

# NEVADA PREVENTION RESOURCE CENTER UPDATE

Providing weekly updates for Professionals, Counselors, Educators, Parents and Activists

## In The News

Cancer Meds & Arthritis

Loss of Memory

Suicide and Employment

Eye Implant

Zika Vaccine?

Antidepressants & the Heart

## NPRC News

For a list of recent Clearinghouse additions, click [here](#).

To order these or other items: go to our [clearinghouse](#) website or email us at [nprc@casat.org](mailto:nprc@casat.org)

This publication was supported in whole or in part by the Nevada Division of Public and Behavioral Health, Substance Abuse Prevention and Treatment Agency (SAPTA) through State General Funds and/or the SAPT Block Grant for the Substance Abuse and Mental Health Services Administration (SAMHSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. DHHS, SAMHSA, or the State of Nevada.

## Fitness and Diet

Sometimes medical research supports what may seem to some to be common sense. Recently the American Academy of Orthopaedic Surgeons had a recent news release in which the benefits of walking, as a form of exercise, were promoted. The spokesperson for the Academy suggested walking at least 30 minutes a day, five days a week. They recommend walking at a normal pace for 5 minutes and then increasing the pace for 15 minutes. To obtain additional benefits, they suggested carrying a 1-5 pound weight in each hand.

A recent study also supports what many already believe – that eating a healthy diet may reduce risks of physical disability. The study focused on women and was published in the July issue of the Journal of Nutrition. Study participants whose diets were considered healthier were found to have less of a chance of future mobility related issues. The

study found that certain foods contributed to overall mobility health. The foods were: oranges, orange juice, apples, pears, walnuts and lettuce: either romaine or leaf.

Many people were relieved by the news that eating pasta in moderation may actually help with weight loss. A recent study, the results of which were published in “Nutrition and Diabetes,” found that pasta may actually contribute to a reduced chance of obesity. However, the researchers did find that moderation is important. Those who consumed large amounts of pasta did have increased weight. The study was linked to the Mediterranean Diet and suggests that this diet is supportive of overall health.

New research suggests some options for helping people with a binge-eating disorder. Cognitive-behavioral therapy is believed to be helpful in treating this disorder. In addition, certain anti-depressants were found to help, and

a medication known as Vyvanse also helped.

The American Academy of Pediatrics released a new report about the use of non-prescription supplements by teens. These supplements include diet pills for girls and protein powders, steroids, creatine and others for boys. Many of the supplements have been found to contain toxic metals or amphetamines.

Some NPRC related resources are: 2196 Eating Disorders: About More Than Food; 1957 Spanish language version of 2196; 2265 Dietary Supplements; 198 Dietary supplements: A consumer guide; 3000 Dietary Guidelines for Americans 2015-2020; 1031 Parents Encouraging Healthy Choices on Health, Nutrition, Exercise, and many more.

[Walking for Exercise  
Mobility Health  
Pasta  
Binge-Eating  
Teens](#)

Leslie C. Marlowe

## Events and Opportunities

### 13th Annual National DEC Conference

Save the Date: **October 25th-27th, 2016**

Atlantis Casino Resort Spa  
3800 S. Virginia Street  
Reno, NV 89502

Planned by the Statewide Native American Coalition. Seeking programs about Nevada & its history; Native American Entertainers, items for a silent auction and more. Volunteers needed.

For info about volunteering:  
snac.m.williams@gmail.com

Douglas County Public Library is seeking a Youth Services Librarian

SALARY: \$22.34 - \$33.51 Hourly  
\$46,467.20- \$ \$69,700.80 Annually  
**CLOSING DATE: 07/25/16 at 04:00 PM Pacific Time**

EDUCATION AND EXPERIENCE:  
Master's degree in Library and Information Sciences from an ALA-accredited program; AND one (1) year of professional library operations experience; OR an equivalent combination of education, certification, training and experience.

### SBIRT Training for Nurses

This training will provide participants with the opportunity to gain awareness around epidemiological trends and data regarding percentage of US population participating in risky alcohol and other drug use; and medical conditions associated with risky drinking and drug use.

**Wednesday, July 27, 2016  
9:00 a.m.- 12:30 p.m.**

University of Nevada, Reno  
Redfield Campus, Bldg A, Room 227  
18600 Wedge Pkwy, Reno, NV 89511  
(775) 784-6265 (CASAT Main Office)

## More Events and Opportunities

Douglas County Public Library is seeking a Branch Supervisor

SALARY: \$21.47 - \$32.21 Hourly  
\$44,657.60 - \$66,996.80 Annually  
**CLOSING DATE: 07/25/16 at 04:00 PM Pacific Time**

Responsible for supervising paraprofessional staff at a branch location & performing professional level work. Provides managerial assistance to the Director.

EDUCATION AND EXPERIENCE:  
Master's degree in Library and Information Sciences from an ALA-accredited program; AND one (1) year of professional library operations experience; OR an equivalent combination of education, certification, training & experience.

CDC Recommendations for Nonopioid Treatments in the Management of Chronic Pain

Uses a data-driven approach to help clinicians choose the most effective pain treatment options and improve the safety of opioid prescribing for chronic pain. The series goal is to use case-based content to demonstrate how clinicians can incorporate and apply the guideline's 12 recommendations when using opioids to treat chronic pain.

Participate by Phone:  
800-779-0686 (U.S. Callers)  
312-470-0194 (International Callers)  
Passcode:3377346  
**Wednesday, July 27, 2016; 2:00 pm (Eastern Time)**

Addressing Behavioral Health Equity for Men and Boys

Webinar which will highlight community efforts to address men and behavioral health equity. We know that it can be a challenge for men to address mental health issues but it is increasingly important to increase awareness and treatment to promote mental health, especially for men and boys from community of color. Join us to learn more about efforts underway in communities to address and improve behavioral health outcomes for men and boys.

**Wed, Jul 27, 2016 4:00 PM EDT**

## QR Code



For individuals looking to sign up for the Update - follow this QR Code from your smart phone and find the link on our website!



[facebook.com/NevadaPRC](https://facebook.com/NevadaPRC)



[@NevadaPRC](https://twitter.com/NevadaPRC)

Nevada Prevention Resource Center  
1664 N. Virginia St.  
MS 1284  
Reno, NV 89557

Phone: 775.784.6336  
Toll Free 1.866.784.6336  
Fax: 775.327.2268  
Email: [nprc@casat.org](mailto:nprc@casat.org)