

# “Stall Talk”



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## Carpal Tunnel Syndrome

**Definition:** Carpal Tunnel, abbreviated CTS is a “syndrome.” Syndromes have a pattern of symptoms that are not clear-cut. CTS is also known as Median Nerve Dysfunction. The problem results from compression of the median nerve within the wrist.

**Symptoms:** Symptoms are located in the hand on the thumb side of the palm and may include pain, numbness tingling, weakness, and muscular atrophy (muscle atrophy is the decrease in size of a muscle).

**Causation:** CTS is caused by repetitive movements such as: typing, writing, excessive driving, sewing, excessive painting, playing musical instruments, and sports.

**Treatments:** There are a variety of treatment options including education, splints, hand therapy, massage therapy, ultrasound, anti-inflammatory drugs, injections, and surgical decompression. There are approximately 260,000 CTS decompression surgeries performed annually. CTS surgery is the second most performed surgery.

~Dr. L. Perry, University of Florida

## Spaghetti Squash Primavera



### Ingredients

- 1 teaspoon olive oil
- ¼ cup diced green bell pepper
- ¼ cup diced zucchini
- ¼ cup sliced mushrooms
- ¼ cup diced carrots
- ¼ cup sliced green onions
- 2 cloves garlic minced
- 1 plum tomato, diced
- 1 tablespoon red wine or water
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 2 cups cooked spaghetti squash
- 2 tablespoons grated Parmesan cheese

### Directions

1. Cook spaghetti squash by placing in microwave for 10 minutes after poking with a knife. Let cool and remove shell.
2. Heat oil in medium skillet over low heat. Add bell pepper, zucchini, mushrooms, carrot, green onions and garlic; cook 10 to 12 minutes or until crisp-tender, stirring occasionally.
3. Stir in tomato, wine, basil, salt and black pepper; cook 4 to 5 minutes, stirring once or twice. Serve vegetables over spaghetti squash. Top with Parmesan.

### Serves 2

Calories: 116	Cholesterol: 4mg
Calories from fat: 39%	Carbohydrates: 15g
Total fat: 5g	Fiber: 5g
Saturated fat: 1g	Protein: 5g
Sodium: 396mg	<b>Dietary Exchanges:</b> 1 fat, 3 vegetable

[www.favoritebrandrecipe.com](http://www.favoritebrandrecipe.com)

## **Congratulations to Ms. Sally Steward for winning the Grand Prize at the Fitness Center Open House.**

Sally won a cardio power workout fitness set that included: foam handed grip exercisers, weighted jump rope, exercise band, stress ball, water bottle, and a mesh storage bag.



## **Now Even More Reasons To Take the Stairs!!!!**

The stairwells in the Administration building have recently been decorated with beautiful pictures that have inspirational quotes. Instead of taking the elevator take the stairs and enjoy the scenery.



## Upcoming Class:

**Carpal Tunnel Prevention 08/11/04 Noon-1pm  
Terrace Bldg, 10<sup>th</sup> Fl**

Dr Greg Logan & Dr Tamara Logan will be teaching you how to avoid the devastating effects of Carpal Tunnel Syndrome and how to make your work environment a safer place.

## Reduce Your Stress Level

Stress can affect every part of our lives, that is why it is important to keep your stress level under control.

**Planning** ahead of time is critical. There are some things that we can't change in life and we must **identify and accept** the fact that we have no control. We spend most of our day at work, taking care of a house and /or a family but we must make time for **fun**. Try to find the **positive aspects of life**. Along with this comes **tolerance and forgiveness**. Too often we compete with our peers, **reduce the competition** and enjoy these moments of life. **Talk** with your peers about life and your **philosophical outlook**. As always, **physical activity** including yoga and mediation, are always important, but remember to choose one that you enjoy. ~[www.utexas.edu](http://www.utexas.edu)