



Southwestern Oklahoma State University  
SWOSU Digital Commons

---

SWOSU BULLDOG WELLNESS

Newsletters

---

1-2022

## January 2022

SWOSU Bulldog Wellness Committee

Follow this and additional works at: <https://dc.swosu.edu/wellness>



Part of the [Dietetics and Clinical Nutrition Commons](#), [Health and Medical Administration Commons](#), [Health Information Technology Commons](#), and the [Medical Education Commons](#)

---

# SWOSU



## Bulldog Wellness

### January 2022



# WELCOME BACK!

January 24 - February 22

CLIMB TO THE TOP *with us on*

# MoveSpring

### Challenge Goals:

- 🏃 Complete a 60-mile virtual race
- 🌟 Move 20 active minutes a day for at least 20 days

Join now!

<https://link.movespring.com/join?orgCode=swosu1&groupCode=MJQN4J>



What?

SWOSU COVID-19 VACCINATION CLINICS

Who?

STUDENTS, FACULTY, FAMILY, and FRIENDS

Which?

JANSSEN, MODERNA, and PFIZER (PEDIATRIC, ADOLESCENT, ADULT, and BOOSTER)

When?

JANUARY 14<sup>th</sup> and 21<sup>st</sup>

| 10 - 2 PM

Where?

@ PIONEER CELLULAR EVENT CENTER

| WEATHERFORD, OK



For more information: <https://share.swosu.edu/JanCOVIDShots>

**THYROID AWARENESS MONTH RESOURCES ON PAGE 2**



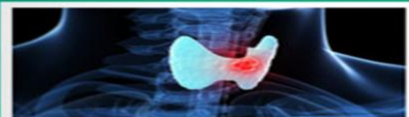
**JANUARY  
THYROID  
DISEASE  
AWARENESS  
MONTH**

**Happy National  
Slow Cooking Month!**

*For more information on thyroid health*

- American Association of Clinical Endocrinologist: <https://www.aace.com/disease-and-conditions/thyroid>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/cancer/thyroid/index.htm>
- Office on Women's Health: <https://www.womenshealth.gov/a-z-topics/thyroid-disease>
- American Thyroid Association: <https://www.thyroid.org>

## COMMON THYROID DISORDERS



**SOLITARY NODULES**  
often require characterisation with ultrasound +/- fine needle aspirate to determine likelihood of malignancy

**MULTINODULAR GOITRE**  
usually benign but may cause compressive symptoms

**GRAVES' DISEASE**  
autoimmune stimulation of TSH receptors leading to hyperthyroidism

**THYROID CANCER**  
important risk factors include family history and a history of radiation exposure. Readily treatable with surgery, often in conjunction with radioactive iodine

**HASHIMOTO'S THYROIDITIS**  
usually self-limiting, can cause hyperthyroidism (early) or hypothyroidism (late). May benefit from surgery if associated with ongoing pain

**THYROGLOSSAL CYST**  
presents as a midline lump above the thyroid cartilage (Adam's apple), may become inflamed or form fistulas to the overlying skin

## COMMON SYMPTOMS OF THYROID DISEASE

**SYMPTOMS OF HYPERTHYROIDISM**


- Heat intolerance
- Tiredness
- Palpitations
- Tremor
- Sweats
- exophthalmos
- Diarrhoea
- Weight loss
- Menorrhagia

**SYMPTOMS OF HYPOTHYROIDISM**

- Lethargy
- Weight gain
- Weakness
- Cold
- Hair loss

**COMPRESSIVE SYMPTOMS**

- Dysphagia
- Dyspnoea
- Lump in the neck
- Voice change



Find a thyroid healthy soup and slow-cooker recipe on pages 3 & 4!

*Additional Healthy Soups/Slow Cooking Recipes:*

<https://www.foodnetwork.com/healthy/photos/healthy-soup-recipes>

<https://www.eatingwell.com/recipes/18042/soup/>

<https://www.wellplated.com/category/recipes-by-type/slow-cooker/>

<https://www.eatingwell.com/recipes/17987/cooking-methods-styles/slow-cooker-crockpot/>

## Crock Pot Chicken Fajita Bowl

### Ingredients

#### For the marinade:

- 4 boneless, skinless chicken breasts
- 1/2 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- Juice of 1 lime
- 1 teaspoon [powdered garlic](#)

#### Vegetables and Spices:

- 2 yellow onions, sliced thin
- 2 green bell peppers, sliced thin
- 2 red bell peppers, sliced thin
- 2 teaspoons [powdered garlic](#)
- 2 teaspoons [ground cumin](#)
- 1 (15.5 ounce) jar organic salsa

#### Toppings (optional):

- Sour Cream (omit for Paleo and dairy free)
- Chopped Cilantro
- Chopped Avocado
- Lime wedges, for spritzing
- Shredded Cheddar cheese (omit for Paleo and dairy free)



### Instructions

1. Place chicken in a baking dish. Whisk olive oil, red wine vinegar, lime juice and garlic powder in a small measuring cup. Pour olive oil mixture over the chicken. Cover and place in the fridge to marinate overnight.
2. The next morning, place onions and bell peppers in the bottom of a [slow cooker](#). Sprinkle the powdered garlic and cumin over the vegetables. Place the chicken on top of the vegetables and pour marinade over it all. Pour the salsa evenly over the chicken. Put the lid on, and cook on low for 7-8 hours until chicken is cooked through and fork tender.
3. Remove chicken and shred. Serve chicken with peppers and toppings. I also like to serve this dish with [Mexican "Rice"](#) (it's grain-free!).

## SLOW COOKER "BETTER THAN BOTOX" BONE BROTH

COURSE: SOUP

CUISINE: AMERICAN

KEYWORD: BONE BROTH, CROCKPOT BONE BROTH, SLOW COOKER BONE BROTH

PREP TIME: 2 MINUTES

COOK TIME: 18 HOURS

SERVINGS: 4 QUARTS

CALORIES: 50KCAL

AUTHOR: [PLATINGS AND PAIRINGS](#)

This Slow Cooker "Better Than Botox" Bone Broth is full of natural collagen! Make chicken, pork or beef stock using kitchen scraps and this simple crockpot method.



### EQUIPMENT

- [Slow Cooker](#)

### INGREDIENTS

- 2 carrots chopped medium
- 2 celery stalks chopped medium
- 1 medium onion chopped medium
- 2 cloves garlic
- 3.5 lb beef or chicken bones or combination of both
- Kosher salt
- 2 tablespoons apple cider vinegar
- water

### INSTRUCTIONS

1. Place the bones in your slow cooker. The bones should fill up about 3/4 of the slow-cooker.
2. Chop your vegetables and garlic, no need to peel. You can also add vegetable scraps and rinsed, crushed eggshells into your slow-cooker. You'll be straining these out before consuming the broth.
3. Fill the slow-cooker with water. Season with a generous amount of salt (about 1 teaspoon).
4. Add 2 tablespoons of apple cider vinegar (you won't notice the taste).
5. Cook on low and cook for 18-72 hours.
6. Strain the broth through cheesecloth or a strainer and cool. A good broth will usually have a layer of fat on the top and will gelatinize when thoroughly cool. Remove the fat with a spoon and discard.

### NUTRITION

Serving: 8oz. | Calories: 50kcal | Carbohydrates: 4g | Sodium: 37mg | Potassium: 149mg | Fiber: 1g | Sugar: 1g | Vitamin A: 5185IU | Vitamin C: 2.9mg | Calcium: 21mg | Iron: 0.1mg