

CES Health Beat

A health career bulletin from the SDSU College of Extended Studies

The Power of Blue

Want to keep your mind sharp as you age, lower your cholesterol, keep your bones strong, and prevent hardening of your arteries? Then blueberries are for you! Their sweet taste may make you pop them like candy, only they won't enlarge your waistline. Blueberries are a new super food – packed with power from their rich blue color loaded with antioxidants. This berry contains a number of compounds that researchers believe may have many medicinal properties that can be helpful in treating various diseases.

New research is discovering how phytochemicals from blueberries protect healthy cells from damage and slow the growth rate of pre-cancerous cells keeping cancer at bay. Research has shown that, as with cranberries, blueberries

can help ward off urinary tract infections by preventing infection-causing bacteria from sticking to the walls of the urinary tract. Blueberries can also help make blood platelets less sticky, lowering the risk of blood clots and reducing the risk of cardiovascular disease.

See *Blue Power*, continued on page 2



Health Care Opportunities Abound in San Diego County

Opportunities are endless in the health care field!

According to the Department of Labor, 18% of today's 30 fastest growing occupations are in the health care industry. Within San Diego County, the health care job demand will grow significantly by 2010. Not only do jobs in the health care sector pay well, but there are also plenty of them available.

Moving up the career ladder almost always requires more education. As you climb that ladder and advance to higher positions, you will earn more money.

Among the very competitive health care occupations are pharmacy technicians and administrative dental assistants. Medical transcription and the administrative medical specialist with medical billing

and coding are among the ten fastest growing occupations in the United States. According to the American Medical Association, there are more than 1.2 million medical specialists in the United States.

You can work at your own pace while taking professional certificates online in *Nutrition, Fitness, and Health; Women's Exercise Wellness; or Healthy Aging* through SDSU's College of Extended Studies.

If you are interested in nutrition, fitness, health, and enjoy sharing your knowledge with others, then these professional certificates are ideal for you!

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SAN DIEGO STATE
UNIVERSITY

College of
Extended Studies

never stop learningSM

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Welcome!

San Diego State University's College of Extended Studies is now offering online and in-class professional health care programs that will help you soar in your chosen profession. The purpose of this bulletin is to keep you informed both of the health care industry, and ways to advance your career as you never stop learning through education.

To be removed or added to the mailing list for this bulletin, email us at extended.std@sdsu.edu, or call us at (619) 594-5821.

Blue Power continued from page 1

Want to learn how to make this super food part of your healthy lifestyle – check out the tips below.

What Types Of Blueberries Should I Eat?

- All types of blueberries are packed with power.
- Wild blueberries contain 40% more antioxidant potential than cultivated varieties.
- Blueberries are available fresh, frozen, dried, and as juice. If choosing blueberry juice, try to avoid the brands with added sugars or mixed with other juices.
- Frozen blueberries taste great, cost less, and can be enjoyed all year round.
- The darker the color the more anthocyanins and the higher the antioxidant potential. Anthocyanins are the anti-oxidant coloring compounds that make blueberries blue.

How Much Do I Need To Eat?

- A 1/2 cup serving three to four times per week to help maximize your body defenses.
- To keep your antioxidant levels high, try eating smaller amounts of blueberries throughout the day.

What Are Some Tasty Blueberry Treats?

- They taste great in home made baked goods, jams, pies, pancakes, in smoothies, and on top of low fat frozen yogurt.

- Briefly microwave frozen berries, remove and gently mix them together to spread heat evenly. Add to vanilla or plain yogurt, topped with whole grain cereal, walnuts, and cinnamon to start your day the antioxidant way!
- Instead of a mango or peach salsa to accompany fish or chicken, try experimenting with a blueberry base salsa.
- Chop dried blueberries in a blender along with almonds and raspberry jam to make a fruit chutney – tastes great on top of a sweet potato or with ricotta on toasted whole grain toast!

How To Choose Them:

- When buying fresh berries choose those that are firm, uniform in size, and indigo blue with a silver, powdery look.
- Rinse thoroughly just before serving. While best eaten right away, they will keep refrigerated for up to five days.
- For more tips on super foods and how to incorporate fruit and veggies in your family’s diet visit www.aicr.org, www.sbanutrition.com, and www.fruitsandveggiesmorematters.org.

By: Melissa Halas-Liang, MA, RD, CDE, CNSD.
To learn more about the power of super foods, check out SDSU’s course titled *Nutrition and You; Functional Foods*.

Nutrition Data

Food Energy

Amounts Per Serving	1 cup	%DV
Calories	84.4	4%

Carbohydrates

Total Carbohydrate	21.4 g	7%
Dietary Fiber	3.6 g	14%
Sugars	14.7 g	

Vitamins

Vitamin A	79.9 IU	2%
Vitamin C	14.4 mg	24%
Vitamin K	28.6 mcg	36%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	4%
Niacin	0.6 mg	3%
Vitamin B6	0.1 mg	4%
Folate	8.9 mcg	2%

Minerals

Calcium	8.9 mg	1%
Iron	0.4 mg	2%
Magnesium	8.9 mg	2%
Phosphorus	17.8 mg	2%
Potassium	114 mg	3%
Zinc	0.2 mg	2%
Copper	0.1 mg	4%
Manganese	0.5 mg	25%
Selenium	0.1 mcg	0%

San Diego Health Care Opportunities continued from page 1

Forty-two percent of nationwide businesses surveyed stated that more than one-fifth of their workforce is over 50.

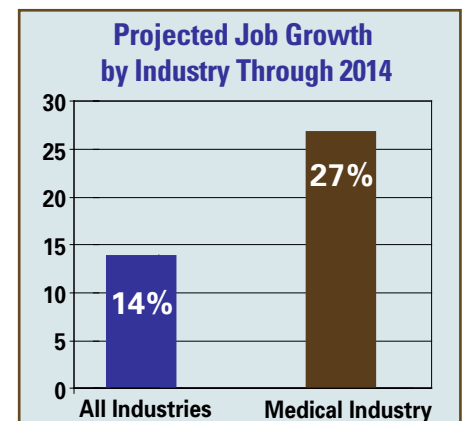
Surveys say that expected retirements over the next five years will cause a talent shortage or “brain drain” in their organizations. Additionally, the new life expectancy age is 77, which means more health care services for more people.

Health care services are offered at hospitals, emergency care centers, outpatient care facilities, doctor and dentist offices, medical laboratories, and long-term health care facilities.

According to the San Diego Workforce Partnership, by 2006 the median annual wage for all health care professionals was \$49,700. For health care practitioners, technologists, and technicians, the median wage was \$62,900.

In general, the more education you have, the more money you can expect to make.

For more information on the programs available through SDSU’s College of Extended Studies, call (619) 594-7078 or visit www.neverstoplearning.net/healthbeat.



Make a difference in the lives of others!

Classroom Certification

Pharmacy Technician

This comprehensive 50-hour course will prepare you to enter the pharmacy field and to take the Pharmacy Technician Certification Board's PTCB exam.



Technicians work in hospitals, home infusion pharmacies, community pharmacies, and other health care settings under the supervision of a registered pharmacist. Content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names, dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, and billing and reimbursement.

Schedule No. 07FAHC 99750 DF

Location: SDSU Extended Studies/Gateway Centers, corner of Campanile Drive and Hardy Avenue.

Dates: Mondays and Wednesdays, Oct. 1-Nov. 19, 6-9:30 pm

Fee: \$ 1,199 (textbooks included)

Medical Billing and Coding

This combined 70-hour billing and coding course offers the skills needed to solve insurance billing problems. Learn how to manually file claims (using the CPT and ICD-9 manual), complete common insurance forms, trace delinquent claims, appeal denied claims, and use generic forms to streamline billing procedures. This course covers CPT (introduction, guidelines, evaluation, and management) specialty fields such as surgery, radiology and laboratory, ICD-9 introduction, and guidelines.

Schedule No. 07FAHC 99751 DF

Location: SDSU Extended Studies/Gateway Centers, corner of Campanile Drive and Hardy Avenue.

Dates: Tuesdays and Thursdays, Oct. 2-Dec. 13, 6-9:30 pm

Fee: \$1,699 (textbooks included)

EKG Technician Certification

This comprehensive 50-hour EKG technician certification program prepares you to function as an EKG technician and take the American Society of Phlebotomy Technician Electrocardiograph Technician exam and other national certification exams. This course will include important practice and background information on anatomy of the heart and physiology, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, laboratory assisting, electrocardiography, and echocardiography.

Schedule No. 07FAHC 99752 DF

Location: SDSU Extended Studies/Gateway Centers, corner of Campanile Drive and Hardy Avenue.

Dates: Tuesdays and Thursdays, Oct. 2-Nov. 20, 6-9:30 pm

Fee: \$ 1,199 (textbooks included)

New Online Health Care Certification

Career-focused online courses are designed to give you the latest in learning. Instructors are actively involved in your online learning experience by responding to any questions or concerns, as well as encouraging and motivating you. Each program includes everything needed to succeed (books, lessons, quizzes, and assignments). Grades are a combination of computer-graded tests and the instructor's evaluation of your work. Programs can generally be completed in less than six months.

Administrative Medical Specialist with Medical Billing and Coding

This online program teaches you medical office operations, with an emphasis on billing and coding, processing insurance forms, and using medical software. This program provides training on medical billing software, as well as preparation for the Certified Coding Associate (CCA) national certification exam. All materials such as the student version of medical billing software are included.

Schedule No. 07FAHO 99760 DF

Dates: Register between August 1 and Dec. 20.

Fee: \$1,995 (materials included)

Administrative Dental Assistant

This nationally-recognized online certificate program teaches the essential administrative tasks for managing the business aspects of a dental practice and becoming an administrative dental assistant. It includes instruction in dental terminology and anatomy, medical records management, accounts receivable and reimbursement management, insurance and patient billing, patient scheduling, and procedural and diagnostic coding. The program will prepare you for a new career working in a dental office. Textbooks included.

Schedule No. 07FAHO 99761 DF

Dates: Register between August 1 and Dec. 20.

Fee: \$1,699 (materials included)

Medical Transcription

This online, instructor-led program will prepare you to start a new career as a medical transcriptionist. A medical terminology course is included. Learn to identify and/or define the knowledge, skills, abilities, and responsibilities required of medical transcriptionists. This nationally-recognized online training program prepares you to start a new career. Transcriber and all materials are included.

Schedule No. 07FAHO 99762 DF

Dates: Register between August 1 and Dec. 20

Fee: \$1,699 (materials included)

Online Professional Certificate in Nutrition for Optimal Health, Wellness, and Sports

This program is designed to meet the growing demand of allied health/medical professionals, registered dietitians, fitness professionals, personal trainers, and the general public who want to learn about developing individualized nutritional programs for clients, patients, or personal improvement. To earn the certificate, you are required to complete all four core courses, which are held year-round.

Course Fee: \$399

Module 1: Sept. 24-Oct. 28 (Registration deadline, Sept. 21)

Course 1: *Nutrition and You: Functional Foods*

Course 2: *Weight Management and Nutrition in the Lifecycle*

Module 2: Oct. 29-Dec. 2 (Registration deadline, Oct. 26)

Course 1: *Introduction to Sports Nutrition and Performance*

Course 2: *Public Nutrition and Wellness Education*

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Online Health Care continued from page 3

Online Professional Certificate in Women's Exercise Training and Wellness

A web-based program designed to prepare students for careers working with women of all ages at medically based fitness facilities, physical therapy clinics, and at health promotion sites. Students will learn to design exercise programs based on women's needs; and using a client's health history, goals, and abilities. To earn the certificate, complete all four courses. Courses offered year-round.

Course fee: \$399

Module 1 Dates: Sept. 24-Oct. 28 (Registration deadline, Sept. 21)

Course 1: *Female Anatomy and Physiology*

Course 2: *Designing Women's Exercise Programs*

Module 2 Dates: Oct. 29-Dec. 2 (Registration deadline, Oct. 26)

Course 1: *Women's Health and Wellness for Special Populations*

Course 2: *Medically-Based Fitness Management and Administration*

Online Professional Certificate in Personal Training for Older Adults

This is a comprehensive web-based program that ensures safe and effective exercise programs for older adults by personal trainers, allied health/medical and fitness professionals, and the general public. To earn the certificate, you are required to complete all four core courses. You may also elect to take the optional field internship course.

Course Fee: \$399

Module 1: Sept. 24-Oct. 28 (Registration deadline, Sept. 21)

Course 1: *Socio-Physiological Aspects of Aging*

Course 2: *Designing Older Adult Exercise Programs*

Module 2: Oct. 29-Dec. 2 (Registration deadline, Oct. 2)

Course 1: *Business Management and Administration for the Mature Market*

Course 2: *Exercise and Aging for Special Populations*

Module 3: Dec. 3-Jan. 13 (Registration deadline, Nov. 30)

Course Elective: *Optional Field Internship in Senior Personal Fitness Training*

Three Easy Ways to Register

By phone: (619) 594-5152

By mail: College of Extended Studies
Registration, 5250 Campanile Drive,
San Diego, CA 92182

Online: www.neverstoplearning.net/healthbeat



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