

LivingWell

VACATION TIME SHRINKING?

Think Quality **Not** Quantity

Aberdeen American News Photo



Visiting the Aberdeen Aquatic Center can be a great mini-vacation.

Vacations offer a chance for families to spend time together away from everyday routines and hassles. Getting away can boost your spirits and be good for your health—especially if you're under a lot of stress.

Often, if parents don't get a break, kids don't either. But time off is just as important for children as it is for adults.

TAKE TIME FOR A MINI-VACATION

The length of your family vacation is not as important as the fact that you're all together doing something you enjoy. If a big getaway isn't realistic, take off an extra day or two. Research shows that even mini-vacations can help you recuperate from the strain of daily life.

To help make your plans, remember what you liked about your childhood family vacations. You probably can recall being somewhere other than home and doing something you didn't ordinarily do.

Here are some ideas for your mini-vacation:

- The new Aberdeen Aquatic Center provides fun for all ages. It features three water slides, a huge splash bucket, a lazy river, and both a lap pool and a leisure pool.
- Don't miss out on the many activities for all ages at Wylie Park and Storybook Land in Aberdeen. Admission is free!
- Check out the newly remodeled Dacotah Prairie Museum in Aberdeen. It's free, too!
- Take a trip back in time at Fort Sisseton State Park.
- Don't miss the Brown County Fair in Aberdeen Aug. 11-17. ■

Colorful Fruits and Veggies Help You **See Clearly**

Spinach, peas, corn, and broccoli do more than add color and crunch to your diet. They also may help protect your eyes as you age.

The latest research shows that people older than 60 who eat a diet high in nutrients called lutein and zeaxanthin are less likely to develop age-related macular degeneration. This disease is the leading cause of vision loss in older Americans.

Lutein and zeaxanthin are antioxidants that may help protect the retina, a part of the eye that sends images to the brain. These nutrients may protect the retina from too much light and repair damaged cells.

To get more of these vision-saving nutrients, add the following foods—in addition to the ones listed above—to your meals:

- Squash
- Kiwi
- Red seedless grapes
- Kale, collard greens, and other leafy green vegetables



inside this issue:

2 Women Have Reason to Pump Iron

3 Healthy Habits for Moms-to-Be

4 Take Steps to Stay Safe in the Sun



Looking to Burn Some Calories?

A 150-pound person burns the following calories when he or she completes each of the following activities for 20 minutes:

ACTIVITY	CALORIES USED
Walking (moderate pace)	81
Walking (brisk pace)	94
Raking leaves	94
Social dancing	103
Lawn mowing (powered push mower)	103
Jogging	167
Running (10 minutes/mile)	231

Struggling with Your Weight? We Can Help!

A registered dietitian teaches a weight management class the first Tuesday of each month from 2 to 4 p.m. at Avera St. Luke's Midland campus, 1400 15th Ave. NW. It costs \$30. To register, call (605) 622-5556. (You only need to attend one session.)



Want to find more ways to calculate the calories you burn, determine your body mass index (BMI), and much more? Click on "Health Library" at www.AveraStLukes.org!

Women Have a New Reason to PUMP SOME IRON

The sad fact is that women tend to lose muscle and gain fat as they grow older. When that fat ends up around their middles, it's especially unhealthy. Extra fat around the waist and stomach seems to leave women more vulnerable to chronic illnesses such as diabetes, high blood pressure, and heart disease.



Sara Weigel, RD

"Specifically after menopause, a woman's body tends to change from a 'pear' shape to an 'apple' shape due to the loss in female hormones," said Sara

Weigel, a registered dietitian and licensed nutritionist at Avera St. Luke's. "The apple shape, which puts more fat around the midline, makes women more susceptible to chronic diseases."

The good news is that strength training can help keep waistlines and tummies trim.

FIGHT TUMMY FAT WITH WEIGHTS

Health experts advise women that strength training can prevent muscle and bone loss. A recent study in the *American Journal of Clinical Nutrition* shows that such exercise can help keep overweight women from gaining even more fat as they age.

Researchers studied overweight and obese women ages 25 to 44 who worked out with weight machines twice a week over a two-year period. The result? Those women lost nearly 4 percent of their total body fat.

BE ACTIVE IN THE FIGHT AGAINST AGING

Once a woman hits 30, her metabolism begins to slow by 2 to 8 percent every decade. To keep from gaining weight, women need to exercise more and eat less. Strength training can boost your metabolism by as much as 15 percent. Aerobic exercise also can help women keep off tummy fat as they age.

"Don't forget that a combination of strength training, cardiovascular exercise, and flexibility is important. Most of the time women tend to forget about strength training, which can lead to a higher risk for osteoporosis," Weigel said. "Remember that any type of physical activity needs to be balanced with healthy eating habits such as having more fruits and vegetables. The balance between nutrition, physical activity, and behavior modifications is the key to overall health." ■



The BirthPlace at Avera St. Luke's Hospital, located on the fourth floor of the southeast expansion project, features spacious single-room maternity care specially designed for privacy and quiet. It even has sleeper sofas for fathers who choose to stay overnight with their families! These peaceful "sleeping babies" overlook the family lounge area.

Long Work Hours Boost Risk for Injury

Clocking more hours can mean a bigger paycheck, a shot at a promotion—and an on-the-job injury. According to a new study, more than 64 hours a week at a manufacturing job increases the chance of getting hurt by 88 percent.

Other research has linked overtime to depression, heart problems, and difficulty returning to work after an injury.

More than 100 Aberdeen area businesses, from retail to manufacturing, use **Avera St. Luke's Business Health's Work-Related Injury and Illness Care** services. Our team is specially trained in many aspects of employee health, wellness, and safety. We can help decide when it is safe for an injured worker to return to work and adapt tasks as necessary.

For more information about our services, call (605) 622-5858.



Healthy Habits for MOMS-TO-BE



Linda Erlenbusch, CNS

When you're getting ready to be a mom, the right health preparations can significantly improve the pregnancy—for both you and your baby.

The goals of prenatal care are to:

- Monitor the mother and baby throughout the pregnancy
- Reinforce nutritional requirements
- Explain activity recommendations and restrictions
- Watch for changes that may lead to a high-risk pregnancy
- Address common complaints (such as backaches, joint pain, nausea, and heartburn) and how to manage them

Good prenatal care includes:

- Frequent prenatal exams and routine ultrasounds to help detect problems early
- Good nutrition and healthy habits—including not smoking—before and during pregnancy

"About 20 percent of the women we see at Avera St. Luke's BirthPlace use tobacco during their pregnancies. This is very troubling," said perinatal clinical nurse specialist **Linda Erlenbusch**. "The baby's blood supply is compromised when the mother smokes, so there are complications such as emergency C-sections."



Find a Physician

Looking for a pediatrician for your baby or a doctor for yourself? At www.AveraStLukes.org, the "Find a Doctor" feature lets you search by name, gender, specialty, city, or Avera facility.

Women who are considering becoming pregnant or are pregnant should eat a balanced diet and take a vitamin and mineral supplement with at least 400 micrograms of folic acid. This helps decrease the risk for certain birth defects such as spina bifida.

"Many people don't understand that a woman must be taking folic acid at least three months prior to getting pregnant," Erlenbusch said. "This is so the level of vitamins in the mother's blood is high enough to prevent birth defects that develop in the earliest days of pregnancy, before a woman realizes she is pregnant. That's why the Centers for Disease Control and Prevention (CDC) recommends that all women of childbearing age take a daily multivitamin with folic acid."

Pregnant women also are advised to avoid any medications, unless recommended by their prenatal health care providers. ■

Want to learn more about pregnancy?

Go to www.AveraStLukes.org and click on "Health Library." You'll find lots of information there, especially under the "Women's Center" link.

Take Steps to Stay SAFE IN THE SUN



Worried about skin cancer? You're not alone. A recent survey found that four-fifths of Americans are concerned. Yet more than half have never been screened by a doctor, and one-quarter never check their skin for danger.

What's more, new skin cancer risks are lurking. A new study found that hours spent in the car increase drivers' risks for developing the disease on their left sides. And certain inherited factors can increase your risk for melanoma, the deadliest type of skin cancer.

The good news is that there are a lot of ways to protect yourself:

- Taking care of your skin is something you should do year-round. Spray sunscreens work best on the body and are fun for children. Gels work well for oily skin or when you're working and sweating, while lotions are better for dry skin. Stick balms are great for lips and ears and can also be used around the eyes.
- Close car windows. Most windshields protect against UV rays; however, side and rear windows do not block out

damaging UVA rays. So, be sure to put on sunscreen before hitting the road.

- Cosmetics containing sunscreen also are effective. As with stand-alone varieties, use products that have an SPF of at least 15 on sun-exposed skin. And remember that all types of sunscreen should be reapplied at least every two hours, even if it's cloudy.
- The FDA plans to regulate sunscreen labels so that you can easily identify which products offer the best sun protection. For the latest news, go to www.fda.gov. ■

QUICK TIP

Do a skin cancer self-exam once a month. Look at your whole body for moles and other blemishes that are changing, growing, or bleeding. Ask your doctor to screen you at your regular checkup.

LETTER FROM THE CEO



Ron L. Jacobson
President and CEO

The trend in recent years has been to see hospitals and physicians developing new relationships, partnerships, and joint ventures. At Avera St. Luke's, that has been evidenced in a tremendous growth in our clinic division. We now sponsor and manage 14 clinics, nine in Aberdeen and five in area communities. By recruiting more physicians, including specialists in interventional cardiology, nephrology, and physical medicine, we demonstrate our commitment to the region.

We also offer a network for physicians and allied health professionals called the Avera Medical Group. This Avera-sponsored group provides a framework for sharing resources while strengthening and building relationships. We take our role as a leader in health care seriously and will continue to bring more professionals to the area to meet the needs of our community.

Visit our website at www.AveraStLukes.org.

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Living Well

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