

LIVING Well

Starting a Fitness Routine: What's Right for You

It's no secret that staying active can help you stay healthy. But how do you start? Here are some facts to help you decide.

WALK FOR WELLNESS

"It's important to incorporate exercise into any kind of lifestyle," says **Stacy Hansen, a physical therapist** at Avera St. Luke's. Like walking? Outdoor walking is great. For a safe, comfortable, climate-controlled environment year-round, try the Walk for Wellness program at Aberdeen's Lakewood Mall. A one-mile course can be used during regular mall hours.

"Walk for Wellness allows many people who don't have access to a gym or an exercise program to still get indoors and get active," Hansen says. "Socialization helps keep people motivated." Get a brochure at the mall office or at Avera St. Luke's, or pick up a starter packet at Bur-Mar's Shoes.

GOT A SPRING IN YOUR STEP?

Running is a vigorous aerobic workout that melts calories. A 150-pound person burns more than 300 calories running for 30 minutes at 5.5 miles per hour.

But running does have its stumbling points—as many as 70% of runners face injuries

annually. To help ensure you're not one of them, always wear proper running shoes.

BIKING: THE "WHEEL" DEAL

Bicycling is a great low-impact sport that puts you in control. You choose how intense your workout is, depending on how fast you pedal and whether you pick flat or hilly terrain. Also, unlike some other sports, biking doesn't put too much stress on any one part of the body, since your weight is spread between your back, arms, and hips. ■

Get a free Walk for Wellness brochure at the mall office or at Avera St. Luke's, or pick up a starter packet at Bur-Mar's Shoes.



A NEW SEASON

You know that old expression: "There are two seasons in South Dakota—winter season and construction season." Well, this year that may be true for us at Avera St. Luke's. Not only is our building construction still under way, but we'll also be affected by the rebuilding of Highway 12, or 6th Avenue as we call it in Aberdeen. We encourage people to use 3rd Avenue to access the hospital from the north instead of the south. We will be very excited to have the improvements on Highway 12—6th Avenue—which are greatly needed. The project should be completed by mid-summer, depending on weather conditions and other construction issues.

Both projects are exciting and will be cause for celebration when completed. But until then, we ask for your patience and cooperation.



Ron L. Jacobson
President and CEO

inside

- 2 Is "Carb" a Four-Letter Word?
- 3 Get a Break from Back Pain
- 4 When Your Child Needs an Allergy Test

Is “Carb” a Four-Letter Word?

Wondering about the carbohydrate content of some fruits and veggies? A raw pear provides about 26 grams of carbohydrates and a raw apple packs about 19 grams. A baked potato contains almost 43 grams, and 1 cup of boiled brussels sprouts has about 11 grams.

Still not sure how many carbs you need? Try our online nutrition calculator! Visit www.averastlukes.org, click on “Avera Health Library,” then click on “Nutrition Needs Calculator.”

The case for or against carbohydrates isn’t open and shut. They are, in fact, a necessary nutrient. But when we eat more carbohydrates than we burn, they’re stored as fat.

Nutrition experts describe carbs as simple or complex. Table sugar, corn syrup, honey, and maple syrup are simple carbs. They digest quickly, offering quick energy but little nutrition. Plant foods such as grains, beans, fruits, and vegetables are complex carbs. The type of starch and how much fiber it contains dictates how quickly a carb is digested.

Some studies are exploring the glycemic index, which rates carbs according to how fast they’re converted into glucose and absorbed into the bloodstream. Carbs that cause blood sugar to jump up quickly—such as white bread and white rice—get a high rating.

Foods with a lot of fiber rank low on the index, because they are digested more slowly. As a result, blood sugar levels rise gradually. Among these foods are whole grains; fruits such as cherries, pears, and apples; and most vegetables.

But the glycemic index remains controversial among many health experts. First, the index differs from person to person. Plus, it measures

how one particular food eaten alone affects blood sugar, but it’s unclear how it could be applied to whole meals.

So, what’s the best advice about carbs? Stick to the tried-and-true guidelines from the U.S. Department of Agriculture and other experts. They advise everyone to get 45 to 65% of their daily calories from carbohydrates—such as whole grains, fruits, and vegetables. Also, they recommend eating at least 130 grams of carbs per day. Very active people may need even more, though. ■

Our bodies need carbohydrates for energy, to fuel both our muscles and brains.



Becky Rust, a dietitian at Avera St. Luke’s, says to do your body a favor by staying away from fad diets. “Don’t look for an easy way to lose weight fast. Instead, make a lifestyle change in your eating habits that will allow you to lose weight slowly and keep it off. Choose a pattern you will be able to stick with for the rest of your life. Remember, the best diet is a balanced one, low in fat.” And learn to be active, Rust advises. “Exercise is the best form of weight control. Find a variety of activities you enjoy doing and make your body a ‘fat-burning machine’ by increasing your lean body mass and eating a balanced diet.”



Average Carbohydrates in Foods

Regular oatmeal, $\frac{3}{4}$ cup cooked	19g	Banana, medium	20g
White bread, thin slice	13g	Orange, medium	17g
Microwave popcorn, buttered (1 cup)	30g	Average fruit juice, 4 oz.	13g
Glazed doughnut, 2 oz.	34g	Light beer, 12 oz.	7g
Fruit-flavored yogurt, lowfat, 8 oz.	32g	Fast-food hamburger	31g
Ice cream, $\frac{1}{2}$ cup	16g	Small order of French fries	29g
Milk chocolate miniatures, 5 pieces	25g	Slice of cheese pizza	29g
Pancake, 4” diameter	11g	Fettuccine Alfredo	60g
Waffles from mix	18g	Spaghetti, 2 cups plus marinara sauce	105g
Bagel, medium, 3 oz.	45g		
Muffin, medium, 2 oz.	24g		
Chocolate chip cookie, 1 oz.	15g		

Information from “The 2004 Doctor’s Pocket Calorie, Fat and Carbohydrate Counter”

GET A BREAK FROM BACK PAIN

Lower back pain is the most common cause of disability in people under age 45, and something that many of us experience during our lifetime. If you have any of these symptoms, it's time to see a doctor:

- Pain is worse when you cough or sneeze
- Pain, numbness, or tingling travels down one or both legs
- Pain awakens you from sleep
- You find it difficult to pass urine or have a bowel movement
- Pain is accompanied by loss of control of urination or bowel movements

Pain in the lower back can often be attributed to complex origins and symptoms. But the bottom line is if your back hurts, you just don't feel well. After getting an accurate diagnosis, your options can be reviewed.

"Most patients with low back pain can be effectively treated without an operation," says **neurosurgeon Jay J. Schindler, MD**, of Aberdeen, who recently joined Avera St. Luke's medical staff.

"Sometimes, however, surgery may be the appropriate alternative. The time to choose surgery is when the nonoperative alternative is worse. Each patient deserves to be educated sufficiently about their condition so that they can actively participate in the decision-making process."

If surgery becomes the best solution, Avera St. Luke's offers the most comprehensive care in the

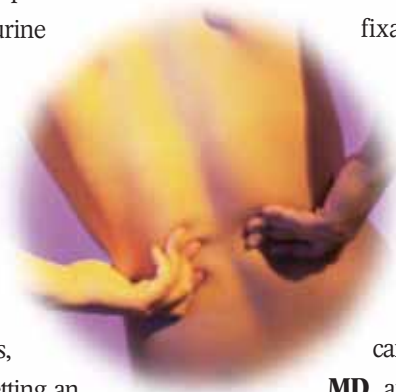
region, integrating services and technologies to help our team pursue a wide scope of treatment options and come up with a customized plan for each patient. Some of the most advanced neurosurgical spinal procedures in the country can be done right here in Aberdeen, including microdiscectomy, laminectomy, foraminotomy, anterior lumbar interbody fusion, posterior lumbar interbody fusion, and pedicle screw fixation with posterolateral fusion.

"We offer a comprehensive, patient-focused approach based on extensive training, years of experience in spine and brain surgery, with sensitivity to the needs of the patient rather than simply looking at what operation can be done," says **Charles J. Miller, MD**, another Aberdeen **neurosurgeon**.

"Our clinical experience has shown us that patients who participate in their own health care decisions are far more likely to achieve an optimal level of healing and recovery."

Dr. Miller is board certified in neurosurgery and spinal surgery through the American Board of Neurological Surgery, and Dr. Schindler is board eligible in neurosurgery. ■

After treatment, people should continue physical activity to enhance flexibility and general health. Classes are offered at Avera St. Luke's, such as the Freedom Fitness program, pool therapy, or tai chi. For more information about therapy services, call 605-622-5878.



DECIDING ABOUT EXERCISE

Keeping Calluses Away

Calluses sure can rub you the wrong way. These thick areas of skin, caused by friction, are common on the soles of the feet. But they also can pop up on the palms because of pressure from tennis rackets and golf clubs. Gloves or cushioned grips can help keep your palms callus-free.

Physician and Sportsmedicine

Everyday Steps to Weight Control

A walk to the corner store. A stroll in the park. These routine trips add up—and may help women in their 40s, 50s, and 60s stay lean. Those who walked an average of 10,000 steps a day were more likely to be at a healthy weight than women who only hoofed it for fewer than 6,000 steps daily. To find out how much you're walking, buy an inexpensive pedometer—or borrow one—and track your average daily steps over a week or so.

Medicine & Science in Sports & Exercise



Neurosurgeons Charles Miller, MD, left, and Jay Schindler, MD, right, offer specialized help to patients in the Aberdeen region for problems of the nervous system, including surgery of the back, neck, brain and peripheral nerves.

Other Related Services

In addition to neurosurgery services, Avera St. Luke's offers other related services that can help people suffering from back problems:

- Pain Management Center
- Rehabilitation Center
- Neurology
- Physiatry (rehab medicine)
- Physical Therapy
- Occupational Therapy/Therapeutic Recreation
- Work Smart (return-to-work services)
- Massage

**Postmaster: Please deliver
between April 24 and 29.**

Visit our website at www.averastlukes.org.

LISTEN STROKE to your body... symptoms

“**W**e have treatment options for stroke patients that can greatly improve the outcomes from experiencing a stroke,” says **Kathy Harris, RN** at Avera St. Luke's. “But only about 24% of our patients get to the hospital in time to use them.”

One reason people delay getting help is because they ignore the early signs.

That's why members of the Avera St. Luke's Stroke Committee encourage you to participate in our awareness campaign, Listen to Your Body. “We want you to know the symptoms of stroke and get immediate medical help,” says Harris. “Treatments can reduce the risk of damage from a stroke, but only if you get help within three hours of your first symptoms.” The symptoms are:

- weakness or numbness of the face, arm, or leg
- confusion, trouble speaking and understanding
- vision problems
- dizziness, loss of balance or coordination
- severe headache.

If you think someone you know is having a stroke, you can help, too. Ask the person to:

- smile
- raise both arms
- speak a simple sentence.

If the person has trouble with any of these, call **911**.

Know the early signs of stroke—with our free bookmark, available in the hospital lobby during May.



Smart Hobbies for a Healthier Brain

Taking a look at how you spend your free time might help you keep your mind sharp as you age. So says a recent study of more than 10,000 women and men in their 30s, 40s, and 50s. Researchers followed these individuals for about 11 years and found that certain kinds of leisure activities actually helped them maintain mental abilities, such as memory and problem-solving skills, over time.

This study—as well as others—sug-

gests boosting your brainpower with activities that cause you to think, try new experiences, and get involved with others. Some pastimes shown to help keep you sharp include:

- visiting museums, live theater, or other cultural events
- reading
- playing cards or board games
- dancing
- joining a club
- taking classes.

When Your Child Might Need an Allergy Test

Pollens, molds, dust mites, and food. These are just a few of the literally thousands of potential allergens, or things that can set off an allergic reaction. And allergies can pop up in kids in almost as many ways.

Should you have your child tested for allergies? You might want to consider it if she has any of the following symptoms:

- Itchy eyes, nose, and throat
 - Chest congestion
 - Problems breathing
 - Nausea
 - Vomiting
 - Coughing, stuffy nose, or other “cold-like” ills that last longer than a week or two
 - Skin problems, such as hives, rashes, or itchiness
- The most common test for allergies is a skin test, in which the doctor places a drop of a suspected allergen into a light prick on your child's skin. If the area swells, the test is positive. A blood test may be used as an alternative, if necessary.



LIVING Living Well

RON L. JACOBSON
President and CEO

PATTY KIRKPATRICK
Director, Marketing & Public Relations

Living Well is published by Avera St. Luke's to provide reliable health information to those we serve. It is not intended to take the place of personal medical advice, which should be obtained directly from a physician.
© 2005 All rights reserved. Printed in U.S.A.