



Did you know that regular exercise, including moderate walking, can help you lose weight and reduce your risk of several physical conditions such as heart disease? Walking has several benefits such as managing weight, controlling blood pressure, decreasing risk of a heart attack, improving cholesterol levels, lowering the risk of stroke, decreasing risk of diabetes, and even decreasing the risk of a hip fracture!



Recent surveys show that walking has become the most popular fitness activity in the country. It is an easy and fun way to get in a daily dose of exercise. In fact, 4 out of 5 women who start walking continue with it. Here are a few tips to help you make the most out of your new walking routine.

Use a pedometer. Pedometers measure how far you have walked in either steps or miles. They are a great way to set goals and help to provide motivation. Shoot for 10,000 steps a day. It sounds like a lot but according to Arizona State University, you can cover 7,499 steps a day even without a formal exercise program. Use a pedometer to find out how many steps you typically travel in a day and then increase that amount by at least 200 steps a day until you reach 10,000.



Looking to begin a walking program? Check out this website to get further tips and success stories. www.tasteofhome.com/Walk-Off-the-Weight

Source: <http://www.tasteofhome.com/Walk-Off-the-Weight>

First you should try to walk at a pace that causes you to breathe heavily but still be able to talk. Remember your muscles needed oxygen for energy so it is important that you breathe deeply throughout the walk. Try to set a goal of walking for 30 minutes at a time, five days a week. Then, try to increase it by 10 percent each week.



Listening to music has been found to be a great way to distract people from boredom and fatigue. A study published in the medical journal, *Chest*, showed that people with severe respiratory disease who listened to music while walking covered four more miles than a similar group that didn't listen to music.



Ticks attach themselves to areas that are warm and moist, such as the groin, armpits, underside of a woman's breast, and your neck and hairline. If you see a tick, promptly remove it. If you have tweezers, grasp the tick as close to your skin as possible and gently lift it away, pulling gradually but firmly. Try not to squeeze the tick during removal. If you don't have tweezers, pull the tick off by its body. Removal is more important than how you remove it. Use of gasoline, petroleum, and other organic solvents to suffocate ticks, as well as burning the tick with a match, should be avoided.

Summer is the season for enjoying the great outdoors! Activities such as hiking, biking, camping, baseball and tennis, swimming or simply tossing the Frisbee are all part of the sunshine season. However, there are pesky little intruders waiting to ruin our beautiful days that we must protect ourselves against - BUGS!

Black flies, deer flies, horse flies, and mosquitoes are undoubtedly irritating, but usually won't offer any medical problems. Mosquitoes carrying the West Nile virus have not found their way to Michigan's beautiful Upper Peninsula but we must always be aware. Ticks and more specifically deer ticks causing Lyme Disease pose the biggest health risk.



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Bee stings and spider bites can lead to allergic reactions so you also need to be prepared if you have a tendency towards allergic reactions to either of those. Be sure to have your epinephrine kit with you and know the location of the closest hospital. With a little precaution and taking the time to check yourself and your family (including your dog) the wonders of the great outdoors in the Upper Peninsula can be enjoyed by all.



You can use a repellent with DEET if you are so inclined, however, be careful when using DEET products on children. Permethrin-containing repellents are recommended for use on clothing, shoes and camping gear. Permethrin is highly effective as an insecticide/acaricide (against ticks and mites) and as a repellent. Such treatments pose little danger to humans.

OSTEOPOROSIS

Can It Happen to You?



Osteoporosis is a major public health threat for 44 million Americans. Ten million individuals already have osteoporosis and 34 million more have low bone mass placing them at increased risk for developing osteoporosis and the fractures it causes. Eighty percent of those affected by osteoporosis are women. Known as "the silent thief," osteoporosis progresses without symptoms or pain until bones start to break, generally in the hip, spine, or wrist.

Learn more about this bone-thinning disease that causes serious fractures. Complete the questionnaire to determine your risk for developing osteoporosis.



The more times you answer "yes," the greater your risk for developing osteoporosis. See your healthcare provider and contact the National Osteoporosis Foundation (NOF) for more information.

QUESTIONS		YES	NO
1.	Do you have a small, thin frame and/or are you Caucasian or Asian?		
2.	Have you or a member of your immediate family broken a bone as an adult?		
3.	Are you a postmenopausal woman?		
4.	Have you had an early or surgically-induced menopause?		
5.	Have you taken high doses of thyroid medication or used glucocorticoids ≥ 5 mg a day (for example, prednisone) for 3 or more months?		
6.	Have you taken, or are you taking, immunosuppressive medications or chemotherapy to treat cancer?		
7.	Is your diet low in dairy products and other sources of calcium?		
8.	Are you physically inactive?		
9.	Do you smoke cigarettes or drink alcohol in excess?		

Osteoporosis is a complex disease and not all of its causes are known. However, when certain risk factors are present, your likelihood of developing osteoporosis is increased. Therefore, it is important for you to determine your risk of developing osteoporosis and take action to prevent it now.

Osteoporosis is preventable if bone loss is detected early. If the questions suggest that you are at risk for developing osteoporosis, see your healthcare provider. Your healthcare provider may recommend that you have a bone mass measurement test. This test will safely and accurately measure your bone density and reliably predict your risk of future fracture.

The National Osteoporosis Foundation (NOF) is the nation's leading authority for patients and healthcare providers seeking up-to-date, medically sound information and educational materials on the causes, prevention, detection and treatment of osteoporosis. Please contact NOF for more information on osteoporosis or to find out how you can join us in the fight against this devastating disease.

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Experience the Great Outdoors!

Au Train River Canoe Trail. The Au Train River offers a four-to-six hour canoe trip. This river is without technical rapids and portages making it a relaxing outing.

2276. Turn Left (east) and drive 0.7 mile to FR 2596. Turn left (north) and drive 1.4 miles to the boat landing.

Resource: Trails in the Hiawatha "A Guide to Non-Motorized Trails". From the Hiawatha National Forest, United States Department of Agriculture.



Looking for an alternative method to being active in Michigan's Upper Peninsula? Take in the breathtaking views from the miles of winding rivers traversing our beautiful state. This article features the



Warm Weather Activity



After many months of patiently waiting, summer is finally here! This is the time of year many of us like to move our activities outdoors. While the warmth of the summer rays are enjoyable they are not without risk!

It is well known that muscular contractions generate heat that is released to the environment; if not, the temperature of internal organs could eventually reach dangerous levels. High ambient heat and humidity impede heat dissipation. So whether you like to walk, bike or jog; canoe, hike or fish, these hot weather tips can make your outdoor activities a lot safer and enjoyable.

- ☀ In extremely warm weather, avoid exercising during the hottest part of the day. Reschedule exercise for a cooler time such as in the early morning or late evening.
- ☀ Relocate to a shady or breezier site, or indoors with fans and/or air conditioning. Warm-up and cool-down in a shady area.
- ☀ Keep clothing lightweight and light-colored.
- ☀ Slow down, decrease your distance or add rest breaks because your heart rate may be higher in hotter weather.
- ☀ Drink plenty of cool liquids before, during and after exercise.
- ☀ Allow your body to adjust to hot weather gradually - this may take one to two weeks if moving from a cold to a warm setting.
- ☀ Individuals with a history of CHF and/or severe pulmonary disease should avoid exercising outside during periods of high humidity.

A little more on hydration: Maintaining proper hydration is essential in preventing heat illness and optimizing performance. Profuse sweating can lead to serious dehydration unless adequate fluid is consumed. Even mild dehydration impairs temperature regulation and compromises performance. Although difficult to generalize drinking recommendations, a simple suggestion involves drinking two cups of fluid two hours before exercise, and drinking during exercise at a rate that matches sweat losses.



Source: American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription, Seventh Edition. 2006:300-303.