

HEALTHSTYLES

Preventive Medicine News

Clinical Nutrition Center • James Berry, M.D., Medical Director • 7555 E. Hampden Ave., Ste 301, Denver, CO 80231 • (303) 750-9454 • January 2000

Realistic RESOLUTIONS For the New Year

1. KEEP EXERCISE ALIVE:

- Hook up with others who share your goals. Mall walking in the winter is a good way to meet other walkers. (Most malls open by 7:00 A.M. specifically for walkers.)
- Have some fun. People don't dance just to get to the other side of the dance floor! Without the fun factor, motivation vanishes. Treat yourself to a healthy brunch with friends after a morning walk. Try snowshoeing or cross country skiing. Sign up for country dance lessons.
- Spice things up with variety. Do something different than your usual activity at least once a month to keep your interest up.
- Be prepared to beat adversity when it shows up. Even the most successful among us meets with a setback now and then. Focus on the process. If you have a cold and don't feel like your usual brisk walk, don't give up. Spend a few minutes visualizing yourself walking. This mental exercise helps keep motivation going in spite of being sick.

addition to food eaten to maintain body processes. Yet we often substitute fruit, juices, ice cream, soda pop, coffee or tea for water when thirsty. Symptoms of chronic dehydration include headache, light-headedness upon standing, constipation, fatigue and decreased fat loss.

4. MAKE TIME FOR YOURSELF

to unwind, relax and get away from everyday stressors. This doesn't necessarily mean going to a spa or taking a long vacation.

Five to ten minutes a day spent doing quiet stretching exercises, meditation or prayer can be an effective and convenient de-stressor.

5. BE ASSERTIVE ABOUT YOUR OWN NEEDS.

Resist the temptation to be everyone's care-taker all of the time. Taking care of your own mental and

physical wellbeing makes you strong enough to then care for others.

6. DEVISE HEALTHY OUTLETS FOR ANGER AND FRUSTRATION.

Participating in aggressive-feeling sports or physical activities (such as martial arts, racquet sports, volleyball, basketball, aerobic dance, jogging, skiing or weight lifting) can help prevent angry outbursts, road rage and unplanned eating.

7. MOST IMPORTANTLY: SET UP A SUPPORT SYSTEM.

Lifestyle changes are difficult to maintain, especially the first year or two. Meeting regularly with an "expert" or two can really help when it comes to surviving difficult food situations or to just keep you going when you're bored. These experts might include a CNC Nutritionist, a counselor or an exercise trainer. Anyone who can help you stay committed to your new healthier habits might qualify.

Happy
2000
from Dr. Berry
and the
CNC Staff!



- ▶ Tackle one day at a time.
- ▶ Focus on being fit, healthy and energetic, not on your weight.
- ▶ When you have a bad day, look back on the events of the day to learn what you can from it and go on.
- ▶ Most important of all, don't give up!

Debby Miller, PA-C Joins CNC Staff

Debby Miller, a certified Physician's Assistant, joined the CNC staff in October. Debby is a second generation Coloradoan who grew up in a medical family. (Her father is a pediatrician and her mother is a nurse.) She received her bachelor's degree from CSU and her PA degree from the University of Colorado Health Sciences Center. She is certified and licensed to practice medicine under a physician's supervision in Colorado. To maintain her certification, Debby takes 100 hours of continuing education credits every two years and must retake the national exam every six years.

Outside the office, Debby keeps busy with the children of her four sisters and one brother. She is also an avid jogger and enjoys other outdoor sports. When she's not skiing, biking or entertaining nieces and nephews, Debby loves to travel, especially to sunny locales offering scuba diving.

We think you will find her friendly and knowledgeable. Debby will be assisting Dr. Berry with most aspects of patient care.

GETTING MOTIVATED: JUST DO IT!

Motivation isn't something you gain by thinking harder about it.
Motivation is something that happens gradually in response to taking positive action.

WHAT IS A PA?

A physician's assistant is a graduate of an accredited PA program who is authorized by the state to practice medicine with the supervision of a licensed physician. There are 116 accredited physician programs in the United States, located at medical colleges and universities, teaching hospitals and in the armed forces. Prior to admission, the typical PA student has a bachelor's degree and over four years of healthcare experience. PA programs are usually 111 weeks in length and students take some of their classes with medical students.

PA's are required to pass a national certifying examination jointly developed by the National Board of Medical Examiners and the Independent National Commission on Certification of Physician Assistants. In addition to passing the exam, PA's are licensed or registered within the state in which they practice.

Their duties include performing physical examinations, diagnosing and treating illnesses, ordering and interpreting lab tests, suturing wounds, assisting in surgery, providing patient education and counseling and making rounds in nursing homes and hospitals. In 46 states, including Colorado, physicians may also delegate prescription privileges to the PA's they supervise.

WISE WORDS



"Perseverance is not a long race. It is many short races one after another."

Walter Elliott

"The greatest mistake a person can make is to sacrifice health for any other advantage."

Arthur Schopenhauer

"I've tried just about everything to lose weight. If things don't change, I may have to resort to diet and exercise."

Unknown

"Humor is by far the most significant activity for the human brain."

Edward de Bono

Many people are voting for the most important developments during the past 100 years. Some health and nutrition developments will probably go unnoticed in the media at large, so we would like to mention a few that we feel are noteworthy:

1999 Health & Nutrition Winners

Item	Reason	Comments
Soy	Cancer preventive: breast, uterine, stomach, colon, lung; also reduces LDL and total cholesterol. Postmenopausal women with high soy intake have greater bone density.	30-50 grams of soy protein daily is recommended.
Makers of Gatorade	For sponsoring education and serious scientific research about exercise, fluid replacement and heat illness without pushing Gatorade products.	Out with salt pills for junior and senior high school athletes.
Fruits and Veggies	More than 800 phytochemicals discovered in the past decade that are necessary for health—and that you cannot take in a pill or a vitamin form. Phytochemicals protect against heart disease, breast cancer, colon cancer and other serious diseases. Some phytochemicals also boost the immune system. Example: 1 orange has 170 phytochemicals!	Americans only eat 1.5 servings of veggies per day and less than 1 fruit serving. We need 5-9 total servings/day.
National Weight Control Registry	Database of 2,500+ people with successful weight loss. The average loss is 55 lbs. kept off for five or more years.. Proof that weight control is possible!	Call 800-606-6927 to register.
Breast Cancer Research	Susan B Komen Fund races raise big bucks for research. In 1999 there were more than 5 million overall participants—52,000 in the Washington DC race alone!	Go for it!
Women's Health Initiative	Recruited 165,000 women in 1998 to follow for about 10 years. Includes 21,000 minority women. Started by 2 women MDs-one is new NIH head.	Benefits to come for future generations.
Spinning Class Boom	Group exercise bike workout started in 1998 by Johnny Goldberg. After training for and finishing the Race Across America bike race, he realized the importance of enjoying your exercise experience. In 1999, spinning was offered by more than 5,000 fitness centers in 60 countries.	Go for it at your own speed.
Camel-back	First real innovation in hydration for sports in years. Allows easy access to needed water when exercising. Many variations for different sporting needs.	Use it or one of the many imitators!
Weight Lifting	Once only for the likes of Arnold Swartzennegger, now recognized as an anti aging solution. Studies show that weight lifting keeps bones strong, increases muscle strength and mass, decreases blood lipids, improves mood and increases metabolism.	Do it with a knowledgeable trainer at first.

\$50 GIFT CERTIFICATES FOR REFERRALS \$50

We appreciate it when you recommend CNC to others. As our way of saying "Thank You," we offer a \$50 gift certificate each time one of your referrals becomes a new patient. The gift certificate is redeemable for any of CNC's services, including nutritionist, doctor or counseling visits, appointments with Helga Hall (exercise trainer), books, et cetera. What a great way to help pay for maintenance visits or add something new to your program!

Please call 303-750-9454 for details.

Exercise Works! NEWS FLASH:

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