

# Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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## The Right Exercise Program for You Starts Here

### What do you want to get out of an exercise program?

The answer to that question defines what kind of program will work best for you in the long run.

Ask yourself, "What do I want to accomplish?" Do you want to lose weight? Get in shape and stay in shape? Maybe you'd like to reduce some of the stress in your life. Or perhaps you're serious about improving your overall health or increasing your muscular strength.

The good news is that every one of those goals can be accomplished. Each one can be the start of a fun exercise program you can enjoy and from which you can benefit.

Is your goal weight control? Then start with a low-impact or non-impact aerobic activity and work up to at least 30 minutes almost every day. If your goal is strengthening your muscles, there are plenty of strength-conditioning programs that include the use of free weights, weight machines, exercise tubing or calisthenics.

If your goal is improved flexibility, you could try yoga or a simple stretching routine that covers all of your major muscle groups.

But before you take that step, check with your doctor, especially if you're a man over 45 or a woman over 55 or have any health problems, like high blood pressure, high cholesterol, diabetes, a family history of heart disease, or even if you smoke. It's a good idea to have your personal physician give the idea of an exercise program a thumbs-up before you begin.

### A Workday Routine

There is still another direction you can go, and that's to get together with coworkers during lunch to walk or jog. Many people have a good chance of sticking with a regularly scheduled lunchtime exercise program. You just might be one of them.

Deciding where to exercise comes down to picking the place that offers you the greatest comfort, and the one that works best with your lifestyle.

Stop by and visit The MTMC Wellness Center.

## May 21, 2011 REGISTER TODAY!

**Start a chain reaction. Register yourself. Ask a friend. Start a team. Stop Diabetes.**

1-888-DIABETES Ext 3331 • [diabetes.org/tourdecure](http://diabetes.org/tourdecure)



**The Wellness Center**  
Middle Tennessee Medical Center

Hours: M-Th 6am-8pm, Fri-6am-7pm, Sat-8am-1pm, Sunday-Closed



Future location of The Wellness Center and Cardiac/Pulmonary Rehab on Medical Center Parkway.

**COUNTDOWN UNTIL WE MOVE TO THE NEW MTMC CAMPUS**  
as of March 1<sup>st</sup>, 2011

**244** Days Left

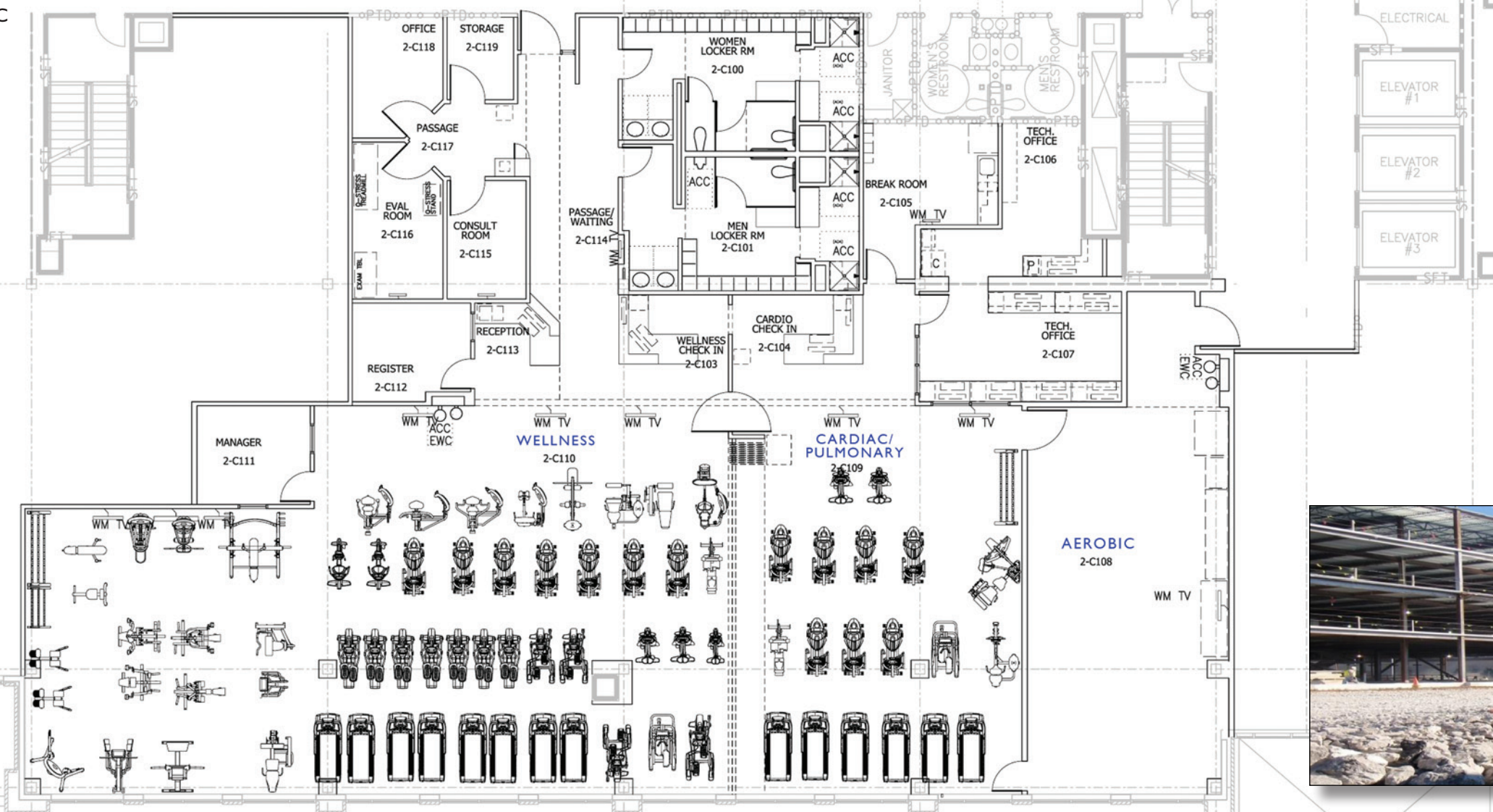
Ground Breaking..... 11.19.10  
Steel Erection..... 12.15.10  
Building Dry-In..... 05.01.11  
Substantial Completion..... 11.01.11

**THIS IS THE WELLNESS  
CENTER FLOORPLAN**  
8,668 SQ FT

The Wellness Center connects to the hospital on the 2<sup>nd</sup> floor.

Offices to be located in the Seton Building include:

- Congestive Heart Failure Clinic at MTMC
- Stroke Clinic at MTMC
- Bariatric Center at MTMC
- Center for Breast Health at MTMC
- Saint Thomas Heart at MTMC
- The Cancer Center at MTMC
- The Wellness Center and Cardiac/Pulmonary Rehab at MTMC
- Wound Care Center
- Murfreesboro Diagnostic Imaging
- Mid State Neurology
- Tennessee Oncology
- Palliative Care



Site update 2/15/2011



## Chronic Kidney Disease (CKD) is Common Among Adults in the United States

Chronic kidney disease (CKD) is a condition in which the kidneys are damaged and cannot filter blood as well as possible. This damage can cause wastes to build up in the body and lead to other health problems, including cardiovascular disease (CVD), anemia, and bone disease. People with early CKD tend not to feel any symptoms. The only ways to detect CKD are through a blood test to estimate kidney function, and a urine test to assess kidney damage. CKD is usually an irreversible and progressive disease and can lead to kidney failure, also called End Stage Renal Disease (ESRD), over time if it is not treated. Once detected, CKD can be treated through medication and lifestyle changes to slow down the disease progression, and to prevent or delay the onset of kidney failure. However, the only treatment options for kidney failure are dialysis or a kidney transplant.

**More than 10% of people, or more than 20 million, aged 20 years or older in the United States have CKD.**

- CKD is more common among women than men.
- More than 35% of people aged 20 years or older with diabetes have CKD.
- More than 20% of people aged 20 years or older with hypertension have CKD.

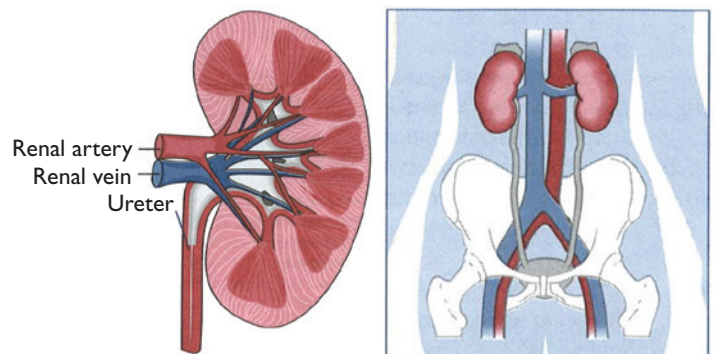
### Risk factors for development of CKD

Adults with diabetes or hypertension are at an increased risk of developing CKD. Other risk factors for developing CKD include CVD, obesity, elevated cholesterol, and a family history of CKD. The risk of developing CKD increases with age largely because risk factors for kidney disease become more common as one ages.

### What can be done to reduce the burden of CKD and prevent or delay kidney failure?

The federal and state government and various national organizations have developed comprehensive strategies to address the burden of kidney disease in the United States. The most efficient way to reduce the burden of CKD is to prevent and treat its risk factors. Screening individuals at high risk for CKD

(e.g., people older than 50 years; people with a history of diabetes mellitus, hypertension, cardiovascular disease; or people who have a family history of CKD) may prevent or delay kidney failure. Screening demonstration projects are currently ongoing to evaluate the effectiveness. Therapeutic treatments can slow progression of kidney disease as well as manage its complications. Timely referral to a nephrologist (kidney doctor) and getting treatment also improves outcomes.



Blood enters the kidneys through the renal arteries, and blood without waste or excess water leaves through the renal veins. Progressively smaller blood vessels filter out waste, which is excreted via the ureter as urine.

*Source: Centers for Disease Control and Prevention. National Chronic Kidney Disease Fact Sheet: general information and national estimates on chronic kidney disease in the United States, 2010. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2010.*

