

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 4, Issue 4 | April 2011

COUNTDOWN UNTIL WE MOVE TO THE NEW MTMC CAMPUS
as of April 4th, 2011



210
Days Left



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

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

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 4/1/2011



The Wellness Center
Middle Tennessee Medical Center

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

Unhealthy Sleep-Related Behaviors

The National Sleep Foundation suggests that most adults need 7-9 hours of sleep per night, although individual variations exist. School age children require 10-11 hours of sleep per night. An estimated 50-70 million adults in the United States have chronic sleep and wakefulness disorders. Sleep impairment is linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors. Persons experiencing sleep insufficiency are more likely to have chronic diseases such as cardiovascular disease, diabetes, depression, or obesity. In 2008, approximately 28% of surveyed adults in the United States reported frequent insufficient sleep, which has been associated with fair/poor general health, frequent mental and physical distress, depressive symptoms, anxiety, and pain. Sleep insufficiency and poor sleep quality also can result from sleep disorders such as chronic insomnia, restless leg syndrome, sleep apnea, or narcolepsy.

To assess the prevalence and distribution of selected sleep difficulties and behaviors, Centers for Disease Control and Prevention (CDC) analyzed data from a new sleep module added to the Behavioral Risk Factor Surveillance

System (BRFSS) in 2009. The report summarized the results of that analysis, which is determined that, among 74,571 respondents in 12 states, 35.5% reported having <7 hours of sleep on average during a 24-hour period, 48.0% reported snoring, 37.9% reported unintentionally falling asleep during the day at least 1 day in the preceding 30 days, and 4.7% reported nodding off or falling asleep while driving in the preceding 30 days. Continued public health surveillance of sleep quality, duration, behaviors, and disorders is needed to understand and address sleep difficulties and their impact on health.

Source: Centers for Disease Control and Prevention – Morbidity and Mortality Weekly Report, March 4, 2011, Vol. 60/No.8



Center of Sleep at Middle Tennessee Medical Center
1800 Medical Center Parkway • DePaul Bldg Suite 450
Murfreesboro, TN 37130
615.284.5720 (o) • 615.284.5723 (f)

Who needs Cardiac and Pulmonary Rehab?

Outpatient Cardiac Rehabilitation Program

You will benefit if you have been diagnosed with:

- Angina pectoris, stable angina (chest pain)
- Coronary artery bypass graft surgery
- Myocardial infarction
- Stent
- Heart valve repair or replacement
- Heart Transplant
- Congestive Heart Failure
- Angioplasty

What are the benefits of exercise:

- Improves physical fitness and energy levels
- Improves heart strength
- Weight loss
- Reduces blood pressure
- Controls cholesterol levels
- Improves overall well-being
- Improves management of stress
- Reduces risk of future heart problems
- Increases ability to perform jobs or tasks



The Wellness Center
Middle Tennessee Medical Center

Ask your physician for a written referral and release to enroll in the Outpatient Cardiac/Pulmonary Rehabilitation Program today.

Cardiac Rehab: 615.396.5511 • Pulmonary Rehab 615.396.4926
www.mtmc.org/wellnesscenter

Outpatient Pulmonary Rehabilitation Program

Our program is designed for adults who are increasingly limited in their everyday activities due to lung diseases and disorders including:

- Emphysema
- Chronic Bronchitis
- Bronchiectasis
- Asthma
- Pulmonary Fibrosis
- Lung Surgery
- Environmental or Occupational
- Lung Disease
- COPD

Benefits of participating in the Outpatient Pulmonary Rehabilitation:

- Decreased symptoms
- Improved Quality of Life
- Increased Exercise Tolerance
- Greater Independence in Daily Activities
- Better Understanding of your Lung Disease
- Reduced Hospitalizations, Emergency Room Visits and Doctor Office Visits

Physician referral and release is necessary. Insurance coverage will vary.

Important Dates Coming up in May!



May 1, 2011 @ 2PM walk at
MTMC Campus DePaul Building.

To join one of MTMC's team, visit
MarchforBabies.org/mtmc or call 615.396.6713.

May 13, 2011 6PM @
Lane Agri-Park

To join one of MTMC's team, visit
RelayforLife.org/Rutherford or call 615.396.5557



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

19 Steps To A Healthier Heart

Here are 19 things you can do to have a healthier heart:

1. Exercise at least 20 minutes a day (an hour if you need to lose weight). Brisk walking is excellent.
2. If you smoke, stop.
3. Keep fat intake to under 40% of total calories each day.
4. Try to eat mostly monounsaturated fat (olive and canola oils, nuts, avocados).
5. When you buy olive oil, select cold pressed, extra virgin oil. It retains more of the heart-healthy antioxidants than other forms.
6. Substitute fatty fish like salmon for some meat in your diet.
7. Add two tablespoons of ground flaxseed to your daily diet. It is high in omega-3 fat. Add it to baked goods, on yogurt or to cereal. Keep ground flaxseed refrigerated.
8. Drink green (or black) tea. It is loaded with powerful antioxidants.
9. Add more fiber to your diet from fruits, vegetables, whole grains, and legumes.
10. Eat five to seven servings of fruits and vegetables each day.
11. Snack on nuts. Their fat is heart-friendly.
12. Take a multivitamin supplement.
13. If your cholesterol is high, try new spreads in place of butter or margarine (like Take Control or Benecol).
14. Enjoy an alcoholic drink now and then, if you're so inclined.
15. Eat some soy (as in soy milk, tofu, soybeans). It helps reduce the levels of LDL "bad" cholesterol.
16. Handle stress. Don't try to live in a way that is not consistent with who you are. De-stressors include exercise, meditation, hobbies.
17. Nurture relationships with friends and family.
18. Don't be angry. Angry people are at a high risk of heart disease.
19. Have your cholesterol and blood pressure checked. If either is high, ask your doctor about ways to lower it.

Source: AVIATION MEDICAL BULLETIN

Bariatric Wellness

Bariatric surgery is only one small component of the overall success for weight management. Physical activity, good nutritional habits, and smoking cessation are essential to a patient's long-term weight maintenance and health. In fact, the most successful long-term surgical weight loss patients are committed to exercise.

As a part of the only specialized Bariatric Wellness Aftercare Program in Murfreesboro, we want to help you achieve and sustain your personal goals while providing encouragement, support, and direction every step of the way. Participants do not need to be a member of the Wellness Center to meet one-on-one with an Exercise Physiologist.

In addition, we offer participants access to our facility and specialized equipment. You can take advantage of a free equipment orientation and have daily access to certified staff for questions. Prior to program participation, a physician's referral and release is required. To participate in this program, call the Wellness Center at 896-0290 or stop by the front desk about membership cost.

Manual

