

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

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Seton Medical Office Building Breaks Ground



The Medical Office Building II began drilling deep foundations on October 26, 2010. Throughout the remaining duration of the year, the project team will continue working on foundations, installing infrastructure, bringing the site up to grade, and erecting the steel structure.

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

THE COUNTDOWN BEGINS as of December 3rd **332** days left

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

Arthritis QUICK FACTS

Tennessee Adults with Doctor Diagnosed Arthritis

- 1,541,000 adults in Tennessee have doctor diagnosed arthritis
- Of adults with diabetes 294,000 (56%) also have arthritis
- Of adults with heart disease 223,000 (62%) have arthritis
- Of adults with high blood pressure 819,000 (53%) have arthritis
- Of adults with high cholesterol 650,000 (52%) have arthritis
- Of adults who are overweight 518,000 (32%) have arthritis
- Of adults who are obese 584,000 (44%) have arthritis
- Of adults who are inactive 542,000 (45%) have arthritis

Source: Centers for Disease Control and Prevention Behavioral Risk Factor Surveillance System (BRFSS) 2007

Growing Stronger – Strength Training for Older Adults

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also have a profound impact on a person's mental and emotional health.

Benefits of Strength Training

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them:

- arthritis
- diabetes
- osteoporosis
- obesity
- back pain
- depression

Arthritis Relief

Tufts University recently completed a strength-training program with older men and women with moderate to severe knee osteoarthritis. The results of this sixteen-week program showed that strength training decreased pain by 43%, increased muscle strength and general physical performance, improved the clinical signs and symptoms of the disease, and decreased disability. The effectiveness of strength training to ease the pain of osteoarthritis was just as potent, if not more potent, as medications. Similar effects of strength training have been seen in patients with rheumatoid arthritis.

Restoration of Balance and Reduction of Fall

As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, increase a person's flexibility and balance, which decrease the likelihood and severity of falls. One study in New Zealand in women 80 years of age and older showed a 40% reduction in falls with simple strength and balance training.

Strengthening of Bone

Post-menopausal women can lose 1-2% of their bone mass annually. Results from a study conducted at Tufts University, which were published in the *Journal of the American Medical Association* in 1994, showed that strength training increases bone density and reduces the risk for fractures among women aged 50-70.

Proper Weight Maintenance

Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories while stored fat uses very little energy. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

Improved Glucose Control

More than 14 million Americans have type II diabetes—a staggering three-hundred percent increase over the past forty years—and the numbers are steadily climbing. In addition to being at greater risk for heart and renal disease, diabetes is also the leading cause of blindness in older adults. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. In a recent study of Hispanic men and women, 16 weeks of strength training produced dramatic improvements in glucose control that are comparable to taking diabetes medication. Additionally, the study volunteers were stronger, gained muscle, lost body fat, had less depression, and felt much more self-confident.

Healthy State of Mind

Strength training provides similar improvements in depression as anti-depressant medications. Currently, it is not known if this is because people feel better when they are stronger or if strength training produces a helpful biochemical change in the brain. It is most likely a combination of the two. When older adults participate in strength training programs, their self-confidence and self-esteem improve, which has a strong impact on their overall quality of life.

Sleep Improvement

People who exercise regularly enjoy improved sleep quality. They fall asleep more quickly, sleep more deeply, awaken less often, and sleep longer. As with depression, the sleep benefits obtained as a result of strength training are comparable to treatment with medication but without the side effects or the expense.

Healthy Heart Tissue

Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. One study found that cardiac patients gained not only strength and flexibility but also aerobic capacity when they did strength training three times a week as part of their rehabilitation program. This and other studies have prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

Research and Background About Strength Training

Scientific research has shown that exercise can slow the physiological aging clock. While aerobic exercise, such as walking, jogging, or swimming, has many excellent health benefits—it maintains the heart and lungs and increases cardiovascular fitness and endurance—it does not make your muscles strong. Strength training does. Studies have shown that lifting weights two or three times a week increases strength by building muscle mass and bone density.

One 12-month study conducted on postmenopausal women at Tufts University demonstrated 1% gains in hip and spine bone density, 75% increases in strength and 13% increases in dynamic balance with just two days per week of progressive strength training. The control group had losses in bone, strength, and balance. Strength training programs can also have a profound effect on reducing risk for falls, which translates to fewer fractures.

Pecan-Cranberry Tart

10 servings | Active Time: 30 minutes | Total Time: 1 hour plus cooling time



INGREDIENTS

CRUST

- 1/2 cup old-fashioned oats
- 1/2 cup all-purpose flour
- 2 tablespoons granulated sugar
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 2 tablespoons canola oil
- 3 tablespoons water

FILLING

- 1 cup pecan halves, divided
- 2/3 cup packed dark brown sugar
- 2 large eggs
- 2 large egg whites
- 1/3 cup light corn syrup
- 1 1/2 tablespoons cider vinegar
- 1 tablespoon butter, melted
- 2 teaspoons vanilla extract
- 1 Pinch salt
- 1/3 cup dried cranberries, coarsely chopped

PREPARATION

Preheat oven to 375°F. Coat a 9-inch tart pan with a removable bottom with nonstick spray.

1. To make crust: Spread oats in another pie pan and bake, stirring occasionally, until toasted, 6 to 12 minutes. Let cool. Place the oats in a food processor and process until coarsely ground.
2. Stir together oats, flour, sugar, baking powder and salt in a large bowl. Drizzle oil onto dry ingredients and use a fork or your fingers to blend until crumbly. Using
3. Turn the dough out onto a floured surface and knead 7 to 8 times. Roll the dough out to an 11-inch circle, dusting with flour if necessary. Transfer the dough to prepared pan, pressing to fit. Trim edges. (If necessary, use scraps to patch any holes in crust.)
4. To make filling & bake: Spread 1/2 cup pecans on a baking sheet and bake until fragrant, 5 to 10 min-

utes. Let cool and coarsely chop.

5. Whisk brown sugar, eggs, egg whites, corn syrup, vinegar, butter, vanilla and salt in a medium bowl until smooth. Stir in dried cranberries and the chopped pecans. Spoon filling into crust. Arrange remaining 1/2 cup pecans on top of the filling.
6. Bake the tart until filling is set and crust is golden, 20 to 25 minutes. Cool completely in the pan on a wire rack.

NUTRITION INFORMATION

Per serving: 276 calories; 13 g fat (2 g sat, 6 g mono); 45 mg cholesterol; 38 g carbohydrates; 4 g protein; 2 g fiber; 152 mg sodium; 129 mg potassium.

2 1/2 Carbohydrate Serving | Exchanges: 1/2 starch, 1 1/2 other carbohydrate, 2 fat

ARE YOU ON THE RIGHT ROAD?



 **The Wellness Center**
Middle Tennessee Medical Center

YOUR WELLNESS DEPENDS ON IT!

The Wellness Center Staff at Middle Tennessee Medical Center is committed to helping you reach a healthy lifestyle. Together, our registered nurses, respiratory therapist, exercise physiologists and registered dietitians will prepare a roadmap specific to your rehabilitation and fitness needs.

We offer many programs and services geared towards helping you reach your destination. Call or log on to find out more about the following:

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|--------------------------------------|------------------------------|
| Bariatric Wellness Aftercare Program | HOPE Cancer Recovery Program |
| Body Composition Testing | Nutritional Counseling |
| Cardiac Rehabilitation | Personal Fitness Training |
| Exercise and Educational Programs | Post-Clinical-Care Programs |
| Fitness Center | Pulmonary Rehabilitation |
| Fitness Testing and Evaluation | Smoking Cessation Classes |
| Group Exercise Classes | Wellness Programs |

Talk to your physician for a referral or call us for more information today!

The Wellness Center / 615-896-0290 > Cardiac Rehab / 615-396-5511 > Pulmonary Rehab / 615-396-4926
611 E. Lytle Street, Murfreesboro, TN 37130 > www.mtmc.org/wellnesscenter