

Wellness Center Happenings

at MIDDLE TENNESSEE MEDICAL CENTER

Committed to Medically-Based Fitness Since 1986

Volume 4, Issue 2 | February 2011

Join the excitement as we prepare to move to the **Seton Office Building** on the campus of the **New MTMC**

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

COUNTDOWN UNTIL WE MOVE TO THE NEW MTMC CAMPUS

as of February 2nd, 2011



Days
Left

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



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



Bryan Lowe, Manager

The Wellness Center is very excited about the move to the Seton Building.

MTMC Be Active Movement

The MTMC Be Active Movement will be a 30 minute educational seminar on how to increase your physical activity level, benefits of being physical active, and how exercise can help prevent and manage diseases.

The MTMC Be Active movement was created to encourage the MTMC family to be more active and healthy together while having fun.

More information will be coming out soon.



The Wellness Center
Middle Tennessee Medical Center

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

GET FIT: DIET VS EXERCISE

In a perfect world, everyone would work out enough and eat right all the time. But that's not always possible, so we turned to the experts to find out what really matters most—dieting or exercise—for losing weight, fighting disease, and boosting overall well-being. Here, we crown the champ in each category.

1. Lose Weight

The winner: Diet

The reason: As research makes clear, trimming calories from your diet is the most direct route to a smaller dress size. “It’s much easier to cut 500 calories than to spend an hour in the gym burning 500 calories every day,” says Timothy Church, M.D., Ph.D., director of preventive medicine research at the Pennington Biomedical Research Center at Louisiana State University. However, both diet and exercise are essential for keeping that weight off.

2. Boost Energy

The winner: Exercise

The reason: Exercise causes the brain to pour out invigorating neurotransmitters like dopamine and norepinephrine, says Patrick O’Connor, Ph.D., an exercise psychologist at the University of Georgia. People who train consistently report surges in energy, according to some 70 studies.

3. Reduce Risk of Heart Disease

The winner: Diet

The reason: “If you had to focus on one nutrient that would lower your heart disease risk, it would be omega-3 fatty acids,” says William Harris, Ph.D., director of the cardiovascular health research center at the University of South Dakota.

In studies, omega-3s from oily fish lower heart disease risk by up to 64 percent. That said, working out does strengthen your cardiovascular system.

4. Prevent Diabetes

The winner: Exercise

The reason: Nearly 10 million American women have diabetes. Achieving a healthy weight through diet and exercise is the strongest defense against the disease, but physical activity has a slight edge. Active muscles gobble up glucose from the blood for fuel, which helps keep blood-sugar levels stable.

5. Prevent Cancer

The winner: Both

The reason: Eating a mostly plant-based diet and exercising regularly remain the gold standard for warding off cancer. Keep in mind: Studies have found the more consistently you work out, the greater the protection.

6. Improve Mood

The winner: Exercise

The reason: A 20-minute sweat session can be enough to perk up your mood for a whopping 12 hours, reports a University of Vermont study. It may also be as effective as medication for treating depression in some people. And exercise can lead to changes in the brain that strengthen your resolve against stress.

Source: Women’s Health

(Holiday Hold) Participants Lose Weight During Holidays

To avoid holiday weight gain, 20 participants completed the Holiday Hold Weight Management Program. Participants lost an average of 1.36 pounds. The goal of the Holiday Hold program is to hold people accountable for their weight by not gaining more than 3 pounds. The average person typically gains 3 to 5 pounds during the holiday season. While this does not sound like much, what we gain during the holidays tends to stick around long into the New Year. By planning ahead, you can manage your weight by staying physically active and watching what and how much you eat. All participants who completed the program received a backpack which included a food diary and elastic exercise band.



Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

Healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. As you make daily food choices, read nutrition labels and base your eating pattern on these recommendations:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.
- Keep an eye on your portion sizes.

Source: CDC

FIVE BIGGEST DANGERS TO MEN'S HEALTH

A man can feel healthy and able but still be vulnerable to serious disease. Here are the top five tests men should seek. All but the diabetes test are part of a regular physical exam.

1. Prostate Cancer The leading cancer in men. One in eight men over 60 is at risk; one in six over a lifetime. It can lead to impotence and, if untreated, death.

When, What, & How Often:

Starting at 50, a digital rectal exam and prostate-specific antigen (PSA) blood test yearly. Start at 40 if you're black or your father, brother or son has the disease.

2. High Cholesterol An indicator of heart disease, which men may develop in their 40s (a decade earlier than women). Three men in 100 die of the disease yearly.

When, What, & How Often:

Blood test measuring low-density, high-density and total cholesterol levels and triglycerides. Ages 20-40, every five years; 41-50, every two years; over 50, yearly.

3. High Blood Pressure One in four men 55 or older has high blood pressure, a factor in heart disease and impotence. There rarely are symptoms: You must be tested.

When, What, & How Often:

From age 20, the standard arm-cuff test (systolic/diastolic pressures). If normal, every two years; if mildly elevated, every year; if high (140/90), every two months.

4. Colon Cancer Early detection can save lives, as the disease takes nearly a decade to develop. At present, 28,000 men die yearly from colorectal cancer.

When, What, & How Often:

Starting at age 50, a fecal-occult blood test every year, a flexible sigmoidoscopy or barium enema X-ray every five years, a colonoscopy every decade.

5. Diabetes Rates are rising in men for diabetes, a silent disease that, if untreated, can lead to impotence, blindness, amputated limbs and heart disease.

When, What, & How Often:

Starting at 45, a fasting plasma glucose or oral glucose-tolerance blood test every three years if your blood sugar level is normal; every year or two if it isn't normal.

Source: Healthy Style, Aviation Medical Bulletin

May 21, 2011 REGISTER TODAY!

Tour de Cure: *Riding for Diabetes*

The Diabetes Center at Middle Tennessee Medical Center is the 2011 presenting sponsor of the American Diabetes Association's Tour de Cure. This family-friendly bike ride will be held **Saturday, May 21 at Barfield Crescent Park in Murfreesboro**. Participants can choose between a short route, 10, 30, 60 or 100 mile rides.



Diabetes affects 25.8 million people—8.3 percent of the U.S. population. In 2010, 18.8 million people were diagnosed with another 7 million people believed to have undiagnosed diabetes. Nearly 215,000 people younger than age 20 had diabetes (type 1 or type 2) in the U.S. in 2010. The American Diabetes Association raises funds for research and provides education and support for those living with diabetes.

The Tour de Cure is a ride, not a race, and is fun for all ages. To learn more about the Tour de Cure, visit www.diabetes.org/tourdecure or call 615.396.5556 if you are interested in joining Team MTMC.

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

**I-888-DIABETES Ext 3331
diabetes.org/tourdecure**

**Visit our website
and see what
programs might
benefit you.**

