

Capital Health

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Capital Region[®]
MEDICAL CENTER
An Affiliate of  Health Care

Better. Every day.



WINTER 2017
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your fitness goals

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providers



Sam B. Cook
HEALTHPLEX
Capital Region Medical Center

Better. Every day.

5 to TRY



These steps can help you along the path to better health

You may know the saying “You have to crawl before you can walk and walk before you can run.” It may be a good one to remember when you’re trying to take care of your health—you might not know where to begin.

If you feel that way, read on. The five health tips below are relatively easy to follow.

1. Have a primary care provider.

A primary care provider is your main doctor, physician assistant or nurse practitioner. He or she can manage your health care and help you stay healthy by conducting regular exams and ordering necessary medical tests.

2. Take your medicines as prescribed.

Medicines can fail to do their job or even cause harm if you don’t follow instructions on how and when to take them.

3. Pile on the produce.

Almost all of us need to eat more fruits

and vegetables. They’re chock-full of vitamins, minerals and fiber, which are essential to good health. You can start by filling half your plate with fruits and veggies.

4. Take a few more steps.

Exercise can help fend off numerous diseases, including heart disease, high blood pressure and type 2 diabetes. It can also help you manage your weight. Walking is a good exercise because it’s low-risk, inexpensive and easy.

5. Gather information.

Do you need to lose weight or quit smoking? Research ways that might work best for you, and seek the support of friends or family members who have made those changes. Good sources of reliable health information include medical organizations, government-sponsored websites and your primary care provider.

Sources: Centers for Disease Control and Prevention; U.S. Department of Agriculture; U.S. Department of Health and Human Services



A primary care provider can help manage your health care. For a list of providers currently accepting new patients, visit crmc.org/acceptingnewpatients.

CAPITAL NEWS is published as a community service for the friends and patrons of CAPITAL REGION MEDICAL CENTER. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

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Step right into a world of health and fitness

As Jefferson City’s only hospital-based fitness center, the Sam B. Cook Healthplex offers the community a secure choice for outpatient therapies, rehabilitation and total wellness. Unlike some health clubs and gyms, the Sam B. Cook Healthplex provides a relaxed and friendly workout environment. This environment allows you to meet your personal wellness goals with expert supervision.



The Sam B. Cook Healthplex offers a number of options for reaching your wellness goals, ranging from group fitness and exercise classes to state-of-the-art cardiovascular equipment and free weights. Plus, fitness plans are available for individuals, families, seniors and businesses.

You don’t have to be a patient to reap all the benefits



our facility has to offer. We are open to everyone! Whether you're training for that upcoming marathon or getting fit for your next special event, our wellness center is right for you.

Lifelong health and fitness

At the Sam B. Cook Healthplex, we encourage and promote exercise as a means for improving overall health while reducing the risk of chronic disease. Research shows that physical inactivity contributes to a variety of chronic diseases and health complications, including obesity, diabetes and cancer. Through our Exercise as Medicine program, the Sam B. Cook Healthplex provides numerous services to improve your overall health while helping you feel better, have more energy and perhaps even live longer!

To learn more about the Sam B. Cook Healthplex, visit our website or call **573-632-5634**.



Join us!

Interested in membership at the Sam B. Cook Healthplex? Go to sbchealthplex.crmc.org/join, and request an initial health assessment. Enter promo code "Capital Health" to receive a one-month free trial membership!

EXERCISE
AS MEDICINE



Sam B. Cook
HEALTHPLEX
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What we offer

- ▶ Jefferson City's only hospital-based fitness center.
- ▶ Aerobics studio.
- ▶ Group fitness classes.
- ▶ Spacious cardio area.
- ▶ Therapeutic exercise pool.
- ▶ Spalike locker rooms.
- ▶ Weight training facilities.
- ▶ Weight management programs.
- ▶ Sports medicine programs.
- ▶ Cardiac and pulmonary rehabilitation.
- ▶ Therapy programs for children and adults.
- ▶ Cancer wellness program.

A unique plan for you

Personal training is an exceptional way to reach your fitness goals. Whether you're interested in training for sport performance, weight loss or working toward a healthier lifestyle—we're here for you. Our experience and education ensures you are reaching your fitness goals safely and effectively. We offer both 30- and 60-minute sessions, and you can choose to participate individually or in a small group.

Your personal trainers



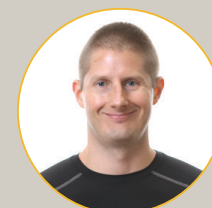
Kay Spradling
Sam B. Cook Healthplex
supervisor and exercise physiologist



Emily Hodge
Exercise specialist



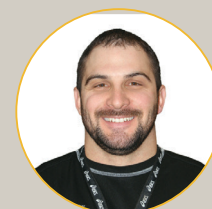
Larsen Daehnick
Coordinator, fitness facilities, and
exercise physiologist



Damon Motley
Exercise physiologist



Spenser Deeken
Athletic trainer



Wes Lochhead
Exercise specialist



Sarah Harbour
Group fitness coordinator and
exercise specialist



Quinton Sallin
Exercise specialist

TREAT YOURSELF TO THE BENEFITS EXERCISE

One of the best gifts you'll ever receive isn't a budget buster. And you don't have to wait for anyone to give it to you—you give it to yourself.

That gift is being active. And while you certainly know that exercise is good for you, do you know how good it really is?

Consider this: People who are active for about seven hours a week have a 40 percent lower risk of dying prematurely

than those who fit in less than 30 minutes during a week, research shows.

Exercise may help you live longer because it can fend off a long list of health problems, from heart disease and high blood pressure to type 2 diabetes and even some types of cancer.

Keep reading, and you'll discover more reasons why you should routinely treat your body to exercise.

EXERCISE
AS MEDICINE



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Stronger muscles and bones Strength training isn't just for body builders. Lifting weights or working out with elastic exercise bands builds and tones muscle, which helps you stay strong and independent.

But that's only one benefit of strength training. It can also speed up a sluggish metabolism and keep pounds from creeping on in midlife and later.

Moreover, strength training—along with weight-bearing exercises such as dancing, jogging or brisk walking—increases bone density, which can help you avoid a broken hip or other fracture brought on by osteoporosis.



Permanent weight loss It's entirely possible to slim down simply by eating less. But lost pounds have a way of reappearing and settling all too comfortably on your tummy, hips and thighs. Only about 5 percent of dieters manage to keep off the weight they lose.

Exercise is the best way to stop the cycle of losing and gaining weight. Data from the National Weight Control Registry, which tracks people who have lost at least 30 pounds and have kept them off for at least a year, reveals that 90 percent of these successful losers exercise frequently.



Better balance Exercise that makes your legs stronger and improves your balance, like tai chi, helps reduce your risk of falling. Falls are the most common cause of traumatic brain injuries in the U.S. Older adults are particularly vulnerable—1 in 3 people 65 and older falls each year.





A happier mood Is your to-do list out of control? Did your spouse snap at you, or did your teen talk back? Feeling stressed is your cue to be active. Exercise releases mood-elevating chemicals that ease tension.



Plus, workouts can seem like play—especially once you realize that exercise can be more than just sweating on a treadmill. Consider hiking a nearby trail, climbing a rock wall or playing tag with your kids. In other words, have fun exercising.



Better arthritis control While it may seem counterintuitive, moderate-intensity, low-impact aerobic exercise can actually help lessen the pain of achy joints and make managing arthritis easier.



Time well spent Any exercise is better than none. But it's best if you do a combination of aerobic exercise, activities that get you breathing harder and your heart beating faster, and muscle-strengthening exercise. Here's how much you need of each:

Aerobic exercise. Aim for at least 2 hours and 30 minutes of moderate exercise (such as fast walking) every week. If you prefer vigorous exercise (such as jogging), do at least 1 hour and 15 minutes each week.

Muscle-strengthening exercise. Lift weights or do other muscle-building exercises at least two days a week. Work out all of your major muscle groups, including those in your arms, chest, back, stomach, hips and legs.

Sources: American Council on Exercise; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services



Are you at risk for lung cancer ?

Find out if you should be screened

Capital Region Medical Center offers patients a better chance for survival when it comes to lung cancer. Until recently, early detection has been difficult, but there is good news about the disease: Doctors now have a screening test that can catch lung cancer early. It's called low-dose spiral computed tomography (LDCT), and you can be screened right here at Capital Region.

LDCT produces cross-sectional images of the entire chest, including the lungs, using special x-ray equipment and sophisticated computers. These images enable doctors to detect very small nodules in the lung.

Who should be screened?

Lung cancer screening isn't for everyone. The U.S. Preventive Services Task Force (USPSTF) recommends screening for certain people at high risk for lung cancer. You are at high risk if the guidelines below apply.

- 1.** You are between 55 and 80 years old.
- 2.** You have a pack-year smoking history of 30 years or more.
- 3.** You smoke now, or you quit within the last 15 years.
- 4.** You do not have symptoms of lung cancer, and you have no history of any cancer within the last five years.

(Pack years = packs smoked per day × number of years smoked. For example, 10 pack years = 1 pack smoked per day for 10 years)

Benefits of LDCT

The biggest benefit of LDCT is that it can find lung cancer in its beginning stages, which helps lower the risk of dying from the disease.

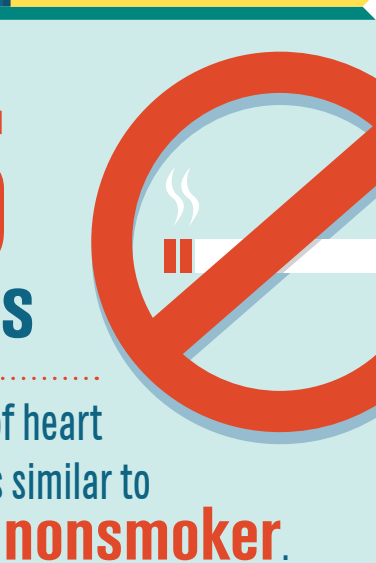
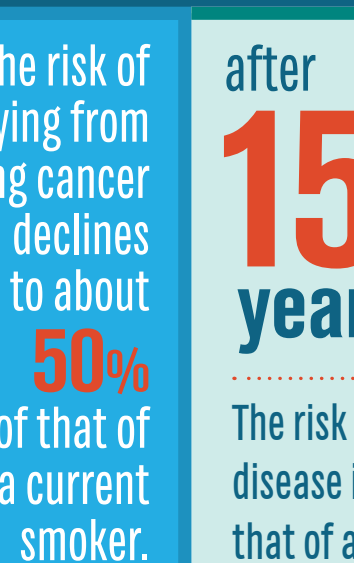
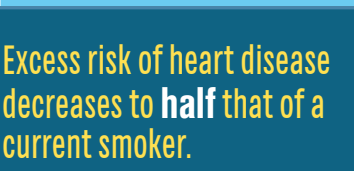
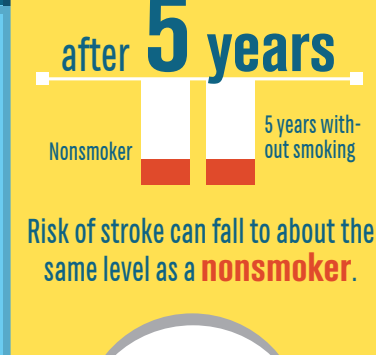
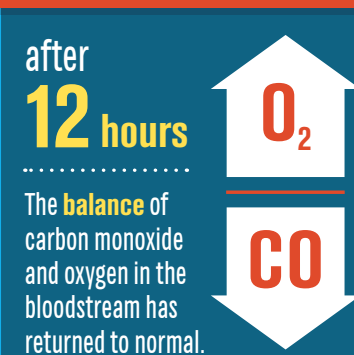
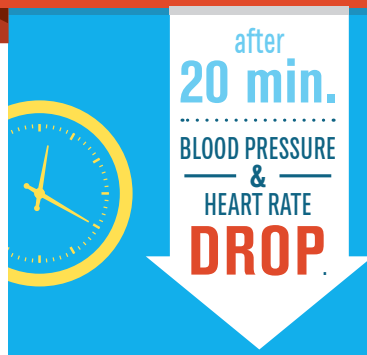
Early diagnosis also means that doctors can often use minimally invasive surgery to remove the cancer and preserve more lung tissue.

LDCT scanning is fast, painless and noninvasive, and it uses much less radiation than a traditional CT scan of the chest.

If you think you are a candidate for a lung cancer screening, speak with your primary care provider. For a list of providers currently accepting new patients, visit crmc.org/acceptingnewpatients.

BENEFITS OF QUITTING

When you give up smoking



Potential risks

There are potential risks to the patient receiving an LDCT scan. While the amount of radiation is considerably less than a traditional CT scan, patients are still exposed to a high dose of radiation. LDCT scans cannot tell if an area of concern is cancerous or not. To find out if cancer is present, patients may need additional tests or more invasive ones. False positives and false negatives can also occur.

If you think you're at high risk for lung cancer, ask your doctor about getting screened with LDCT.

Additional sources: Centers for Disease Control and Prevention; Radiological Society of North America

Sources: American Cancer Society; American Lung Association; Centers for Disease Control and Prevention

Keep in touch!

We want to be here for you.



Call us at 573-632-5000 or visit us on the web at crmc.org.

Socialize with us!

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Welcome, new providers



**Capital Region
Physicians—
Obstetrics &
Gynecology**

Natasha Patel, MD

Medical school: Ross
University School of Medicine
Residency: University of
Buffalo



**Capital Region
Physicians—
California &
Urgent Cares**

Monica Freeman, FNP

Degree: Master of science in
nursing, Maryville University
Member: American Academy
of Nurse Practitioners



**Capital Region
Physicians—
Anesthesia**

Leah Bolten, CRNA

Degree: Master of arts in
biology, Truman Medical
Center—School of Nurse
Anesthesia

Member: American
Association of Nurse
Anesthetists and Missouri
Association of Nurse
Anesthetists



Wellness for our community

Capital Region offers the community access to vital preventive health screenings, wellness education and support services.

Bimonthly cholesterol screening

Cholesterol screening is available every first Tuesday and third Wednesday of the month at the Corporate & Community Health Office. Screening includes a lipid profile, comprehensive metabolic panel, total cholesterol, hemoglobin A1c and prostate-specific antigen.

Chronic disease self-management group classes

Do you or someone you care for have heart disease, cancer, arthritis, fibromyalgia, depression or any other ongoing health condition? The Chronic Disease Self-Management Program is a free six-week group education workshop to help people with chronic conditions gain self-confidence in their ability to manage their own health. The group meets for 2½ hours once a week for six weeks.

Topics include:

- ▶ Exercise and nutrition.
- ▶ Managing pain, fatigue, difficult emotions and depression.
- ▶ Medications and making treatment decisions.
- ▶ Communicating with family, friends and health care providers.
- ▶ Evaluating new treatments.

Diabetes self-management workshop

This free, six-week group class is available for those with diabetes and prediabetes and for adults who take care of someone with diabetes. Topics of this workshop include dealing with symptoms of diabetes, fatigue, pain, hyper- and hypoglycemia, stress, and difficult emotions; exercise and nutrition; medication usage; reading food labels; and working more effectively with health care providers.

For details on screening dates and when the next self-management series begins, visit sbchealthplex.crmc.org/events.

