

'PLEX PULSE

 **PRESBYTERIAN**

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Volume VIII, Issue 2

Winter 2008

WE'RE ON THE INTERNET: <http://www.phs.org/phs/healthy/healthplex/index.htm>

Edited by Janelle Urrea, e-mail: gym@phs.org

Dear Valued Healthplex Member,

To address rapidly rising costs in providing a superb fitness facility with talented, knowledgeable staff, the membership fee for our Healthplex clients will be increasing. As of January 1, 2009, all active Senior members will be charged **\$23** per month and all active HIP members will be charged **\$37** per month. This is a one-dollar increase per month for these programs.

Our decision to increase rates will allow us to continue to provide our communities with state-of-the-art fitness equipment and high caliber staff with a passion for improving the health of individuals, families and the communities we serve.

We anticipate that these adjustments will allow us to continue to serve our membership by supporting our continued growth, while meeting the needs of individuals.

If you have any questions regarding this change, please contact Sandi Rogers, Janet Hindman or Leslea Latham at 823-8399, 8:00 AM to 5:00 PM, Monday through Friday.

Sincerely,

Leslea Latham, PT
Director, Healthplex, Rehabilitation and Wound Programs

Exercise and Cancer Rehab What Every Patient Needs to Know

Anyone can develop cancer. Over one million people get cancer each year. Approximately one out of every two American men and one out of every three American women will have some type of cancer at some point during their lifetime. Millions of people are alive today who have either been cured of cancer or who are undergoing some type of cancer treatment. Early treatment and diagnosis are crucial in the battle against cancer.

Traditional cancer treatments include: surgery, radiotherapy, chemotherapy, hormonal therapy, immunotherapy, bone marrow transplantation, gene therapy, and vaccine therapy. The type of treatment selected for cancer treatment is based on factors such as response rate, drug sensitivity and side effects.

Side effects of some of these treatments can be severe. Not only can the therapies act to destroy cancer cells, but in addition, can cause severe toxicity in multiple body systems and organs. In addition to affecting different body systems, the effect of toxicity can have an enormous impact on a patient's quality of life. Common side effects of treatment toxicity include fatigue, lymphedema, pain, poor body image, sleep disturbances, depression, and anxiety. Over an extended period of time, these negative side effects cause decrements in muscular strength, cardiac function, pulmonary function, red blood cell count, and motor function.

Although many cancer treatments can cause numerous negative side effects, there is something that is beneficial in most patients without causing detriment to the body - **EXERCISE**. Exercise helps to combat

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A Letter from the Presbyterian Healthcare Foundation

The Presbyterian Healthcare Foundation has a longtime commitment to supporting programs that help Presbyterian Healthplex members.

This year \$96,000 in Foundation allocations helped fund staff education, equipment and track carpet replacement and Pulmonary and Cardiac Rehab Week. In 2007, the Foundation provided \$47,000 for continuing education, equipment replacement and scholarships for financially challenged members and for Pulmonary and Cardiac Rehab Week.

As you consider any year-end charitable giving, please keep the Healthplex in mind.

With the growing volume of members, the equipment is in constant use and endures considerable wear and tear.

Some of the Healthplex top needs are:

- EKG machine – current machine is obsolete and can't be repaired or updated. The EKG is used for clients who complain of chest pain to differentiate cardiac pain requiring emergent transport to the emergency room and for non-cardiac, non-emergent pain.

Total - \$6,000 (your gift could be applied toward this need)

- 10 weighted balls and bands with handles for fitness classes – to replace worn out equipment
Total - \$35 per ball; \$10 per band (need ongoing fund to replenish bands that often wear out)

- Refinish gym floor (basketball court)
Total - \$3,300 (your gift could be applied toward this need)

- Treadmills (4) – to replace old treadmills will failing electrical connectors
Total - \$6,500 each (your gift could be applied toward this need)

If you are interested in making a gift, you can send your tax-deductible gift to:

Presbyterian Healthcare Foundation

P.O. Box 26666

Albuquerque, NM 87125-6666

(Please indicate your gift is for the Presbyterian Healthplex.)

For additional information, please call Vicki Macaulay (724-6581) or Ashley Lawrence (724-6576) in the Presbyterian Healthcare Foundation office.

Thank you to the 56 donors who gave nearly \$15,000 to help improve services at the Healthplex during 2007!!



Cranberry-Orange Glazed Ham

Ingredients:

- 2 tbsp frozen orange juice concentrate
- 1/4 cup(s) canned cranberry sauce
- 2 tbsp unpacked brown sugar
- 1 tbsp whole cloves
- 2 pound(s) ham, lean only
- 1 medium mandarin orange(s), cut into wedges

Instructions:

- Preheat oven to 375°F.
- For glaze, in a small saucepan over low heat, stir together orange juice concentrate, cranberry sauce and brown sugar, whisking until smooth.
- Stick cloves into top of ham. Place ham in a baking dish and brush with some of the glaze. Bake for 1 hour, brushing with glaze every 15 minutes.
- Slice thinly, garnish with orange wedges and serve.



Roasted Winter Vegetables

Ingredients:

- 1 medium fennel bulb(s), cored and cut into 1/3-inch thick wedges
- 1 medium acorn squash, peeled and cut into 1-inch cubes
- 3 medium parsnip(s), peeled and cut into 1/2-inch cubes
- 8 oz baby carrots
- 4 large garlic clove(s), peeled and coarsely chopped
- 1 tsp olive oil
- 1 tbsp fresh sage, chopped
- 1 tsp kosher salt
- 1/8 tsp black pepper
- 2/3 cup(s) vegetable broth, or chicken broth

Instructions:

Preheat oven to 375°F. Arrange vegetables and garlic in a shallow baking pan. Add oil, sage, salt and pepper to pan; toss to coat.

Roast vegetables until almost tender, stirring occasionally, about 40 minutes. Add broth and bake 10 more minutes. Yields about 1 1/4 cups per serving.

Note: If you have a difficult time peeling the squash, cut it in half, partially cook it in a microwave and then remove the peel. Or look for it already peeled and cubed at the supermarket.



Presbyterian Senior Connection 2008-2009 Education Schedule

Dec... 18th	Tea Health Studies, Tastings, Selection & Preparation Tips – Learn more about this most commonly consumed beverage in the world (after water); hear about studies being done on tea and: Cardiovascular health Cancer risk reduction Diabetes Obesity Osteoporosis NOTE: Please bring a glass or porcelain teacup or mug – one that can hold very hot water Seating limited to 40 participants	Marsha Thole, Certified Tea Consultant Registered Tea Consultant
January... 29th	“The Latest in Minimally Invasive Oculoplastic Surgery”	Richard C. Allen, MD; PhD Ophthalmic Plastic and Reconstructive Surgery Eye Associates of New Mexico

All classes held Thursdays 1:00 –2:30 P.M. (unless otherwise noted), Reservations Required - **Call 823-8352**
Classes located at the Healthplex, 6301 Forest Hills Drive NE

How to Tweak Your New Year’s Resolution Tips to Avoiding Holiday Weight Gain

During the holiday season, the average adult gains about seven pounds between Thanksgiving and New Year’s. Festivities that include indulging in extra helpings, snacking on seasonal treats, and little to no workout time all contribute to the increase in dieters in January. Use the following tips to help you prepare for the holiday season without worrying about the numbers on the scale...

- Create a plan ahead of time - Schedule your workouts and don’t put your fitness goals on hold until the New Year.
- When attending a holiday function, try to eat ahead of time to lessen your hunger.
- At holiday dinners, skip the gravy, dressings, and high-calorie condiments. Avoid wasting calories on alcoholic beverages.
- On days that you really lack motivation or simply do not have time for your complete exercise routine, commit to do just 10 minutes of exercise. You'll probably end up doing more than that once you get started.
- When running errands or shopping, be sure to pack some healthy snacks to have on-hand. Then after you work-up a big appetite, you won't be tempted to grab something at the mall food court or the fast food restaurant on the way home.
- Focus on socializing. Remember one of the great things about the holidays is spending time with friends and family.
- If you work in an office setting, stash your own healthy snacks in your desk so you won't be tempted to overindulge when your grumbling stomach demands a 3:00 snack time.

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In addition, exercise helps to control lymphedema by increasing full range of motion and strength in affected limbs after surgery.

Patients who are inactive during cancer treatment lose an average of about 5% of functional ability during seven weeks of radiation therapy, 16% during the first nine weeks of chemotherapy and 19% during high-dose chemotherapy for bone marrow transplant.³ On the contrary, patients who exercised during a nine-week program were able to walk on average 15% farther during a 12-minute walk/run test, than their counterparts who followed the normal rest care plan. During that same time, those that did not exercise lost 23% of their functional ability (ADLs). Exercise in moderate duration (as little as 10 minutes) every other day is sufficient enough to reduce fatigue in cancer patients.

In February 2008, the Presbyterian Healthplex began offering a comprehensive cancer rehab program which includes education and an exercise program. Educational information is presented by professionals in the fields of Nutrition, Physical and Occupational Therapy, Accupuncture, Behavioral Health and Oncology. These professionals focus on all types of cancers.

In conjunction with the educational program, the Healthplex is offering a 10-week, self-pay program. All patients referred to the rehab program will go through an extensive exercise consultation and will participate in an individualized exercise program focused on combating decreases in balance and strength as well as chronic fatigue.

Through this program, participants will go through in-depth exercise testing. Testing will look at aerobic function, body composition, flexibility and strength.

If you would like more information on the program, please contact Monica Bartley, B.S., Program Coordinator (823-8312) for more information.



Holiday Heartburn or Heart Attack? Recognizing the Difference Could Save Your Life

Ramona Alires, RN



'Tis the season to be jolly, and you know the drill - you join the family for feasting on a high-fat, high-calorie, carbohydrate-filled meal followed by a generous slice of pumpkin pie. The regret brought on by the growing storm in your stomach begins before you even make your way to the couch!!

While some people sleep off their heartburn, alarming symptoms rouse others. The pain in their chest, is it heartburn or heart attack!?!? The symptoms are similar, but the health consequences differ dramatically. So how do you know what it is?

" We see people in the Emergency Room who think they are only having severe heartburn or experiencing the flu when they are actually having a heart attack," said Nick Zenarosa, M.D., emergency medicine physician on the medical staff at Baylor University Medical Center at Dallas.

If you think you are experiencing heartburn, Dr.Zenarosa recommends watching for the following symptoms which are not typical of heartburn and could indicate a heart attack:

- Breaking into a cold sweat
- Pain moving from the chest into the throat, jaw, shoulder and arms (either shoulder)
- Increased pain in these areas when you exert yourself
- Rapid onset of fatigue
- Shortness of breath
- Turning pale or gray
- Slow or no response of symptoms to antacids
- Nausea and possible vomiting

Keep in mind that the signs of a heart attack can be subtle, particularly in women. If you are experiencing any of these signs, coupled with chest pain and/or pain that radiates through your jaw or down your arm, be sure to go to an Emergency Room.

Time is of the essence when a person is having a heart attack. According to the National Heart, Lung and Blood Institute, the sooner clot-busting drugs and other artery-opening treatments are started, the more good they will do, and the greater the chances are for survival and full recovery.

For more info visit the following sites: www.baylorhealth.com
www.medicalnewstoday.com

Exercise: How Much is Enough?

By Justin Muñoz

In 2005 the US government released new guidelines in regard to physical activity. By law these guidelines change every five years, so until 2010 this is what is recommended in regards to exercise. As a good rule of thumb it suggested that we, as Americans, get in thirty minutes of physical activity a day. Meeting this threshold will help healthy weight individuals maintain their weight as well as reap the natural benefits involved with exercise which include lowering the risk of hypertension, heart disease, osteoporosis and diabetes. Keep in mind this thirty-minute standard is set for people who are of healthy weight. People who still manage to gain weight with this standard are encouraged to exercise for an hour a day. Significantly overweight people must exercise for an hour and a half a day. While this amount of exercise might seem excessive, exercise or physical activity does not always have to involve going to the gym. Search for activities in which you enjoy to support your exercise needs on days that you're away from the gym. Such activities might include hiking, swimming, water skiing, snow skiing or bike riding. Whatever activity it is that you choose make sure it's intense enough to get your heart pumping. If it ain't pumping, you ain't working, and if you ain't working you're wasting your time!

(See side-bar for more detailed information about guidelines.)



Adapted from WebMD.com

Federal Physical Activity Guidelines



Adults (aged 18–64)

- Adults should do 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
- Additional health benefits are provided by increasing to 5 hours (300 minutes) a week of moderate-intensity aerobic physical activity, or 2 hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both.
- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.

Older Adults (aged 65 and older)

- Older adults should follow the adult guidelines. If this is not possible due to limiting chronic conditions, older adults should be as physically active as their abilities allow. They should avoid inactivity. Older adults should do exercises that maintain or improve balance if they are at risk of falling.

For all individuals, some activity is better than none. Physical activity is safe for almost everyone, and the health benefits of physical activity far outweigh the risks. People without diagnosed chronic conditions (such as diabetes, heart disease, or osteoarthritis) and who do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) generally do not need to consult with a health care provider about physical activity.

Adults With Disabilities

Follow the adult guidelines. If this is not possible, these persons should be as physically active as their abilities allow. *They should avoid inactivity.*

Taken from: <http://www.health.gov/PAGuidelines/factsheetprof.aspx>



The Practice of Gratitude

Christine Davis, Yoga Instructor, RYI

The practice of gratitude is not any way a denial of life's difficulties. We live in troubled times, and no doubt you've experienced many challenges, uncertainties, and disappointments in your own life.

The understanding you gain from practicing gratitude frees you from being lost or identified with either the negative or the positive aspects of life, letting you simply meet life in each moment as it rises.

There is a very old Sufi story about a man whose son captured a strong, beautiful, wild horse, and all the neighbors told the man how fortunate he was. The man replied, "We will see."

One day the horse threw the son who broke his leg and all the neighbors told the man how cursed he was that the son ever found this horse. Again, the man answered, "We will see."

Soon after the son broke his leg, soldiers came to the village to take away all the able young men, but the son was spared. When the man's friends told him how lucky the broken leg was, the man would only say, "We will see."

Gratitude for participating in the mystery of life is like this.

The Sufi poet Rumi speaks of the mystery of life coming from God in his poem, "The Guest House:"

*This being human is a guesthouse
Every morning a new arrival
A joy, a depression, a pain, a meanness
Some momentary awareness comes as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows who violently sweep house empty.
Still treat each guest honorably.
They may be clearing you out for some new delight. (The Essential Rumi)*



There are numerous ways to use our mindfulness to cultivate gratitude. Of course, when things are going well, it is easy. Even more helpful, is to notice gratitude when life is difficult. Respond to a difficult situation by acknowledging it as such, then counter with a grateful thought. For example, "I am angry right now but I am grateful. I know this and I will get through it."

Do you believe that gratitude is dependent on feeling good right now? If so, isn't that a very small-minded "what have you done for me lately" attitude? Would it not imply that your gratitude is contingent upon an exchange – as long as you are feeling good, if not, forget it! This is not the quality of

gratitude that leads to a mystical, direct experience of life; it is an unskillful blackmail or emotional demand on the universe.

The next step in gratitude practice is to actively notice things you are grateful for throughout a regular day. For instance, when you are stuck in traffic and its making you late and irritated, notice you can be thankful you have transportation, notice the organized rules that prevent chaos and unsafe conditions. In other words, there is a level of well-being and community cooperation that is supporting you even in the midst of a bad day. Do this not so much to get out of a bad mood, but with the intention of clearly seeing the true situation of your life. Traffic remains frustrating, but the inner experience begins to shift. Slowly, you become clearer about what really matters to you and there is more ease in your daily experience.

You might refer to your "gratitude ratio." Do you experience the good things in your life in the true proportion to the bad things? Or does the bad receive a disproportionate amount of your attention, such that you have a distorted sense of your life? It can be shocking to examine your life this way because you may begin to realize how you are being defined by an endless series of emotional reactions; many of which are based on relatively unimportant, temporary desires. When you look at how much griping you do versus how much gratitude you feel, you realize how far off your emotional response is from your real situation. The purpose of this inquiry is not to judge yourself, but rather to motivate yourself to find a truer perspective. Why would you want to go around with a distorted view of your life, particularly when it makes you miserable?

You may ask, if experiencing gratitude feels so good, why do we often shortchange it? If you answer this question for yourself, you will gain much insight into how you make your life more difficult than it need be. Sometimes you shortchange gratitude because your mind is stuck in problem-solving mode; it only notices what isn't working and sets about to fix it. This might seem desirable, but in fact, there will always be things wrong in your life. So you reduce your experience of being alive if you are only responding to the negative. An obstacle like a negative state of mind, habitual thought-patterns, this obstacle holds enormous power in your life.

Unrecognized arrogance arising from a hidden sense of entitlement can also be an obstacle to practicing gratitude. When you have a strong feeling of entitlement, you don't notice what is going well, but rather what isn't. It can stem from a sense of either having suffered unfairly, or having been deprived. It can also arise from feeling special because you are smart, a hard worker, or successful. At the subtle level of mindfulness, this arrogance is a form of ignorance where these two truths of life are mixed together.

Reflect on this: You, with all your flaws, have been chosen for this opportunity to consciously taste life; to know it for what it is, and to make of it what you are able. This gift of conscious life is GRACE, even when your life is filled with great difficulty and it may not feel like a gift at the time.

When Henry Thoreau went in to retreat at Walden Pond, he and his friend Ralph Emerson had been studying Hindu, Buddhist, and Taoist texts. He wrote, "I went into the woods because I wished to live deliberately, to front only the essential facts of life and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived." He understood that conscious life is a gift for which the highest form of gratitude is to know it in all its depths.