

SPECIAL POINTS OF INTEREST

- THE IMPORTANCE OF THE PRIMARY CARE PHYSICIAN
- POINT BANK PROGRAM ANSWERS

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Why Choose a Primary Care Physician?



I was asked a fantastic question the other day about primary care physicians. It involved an annual physical screening. “If I see my ob/gyn, oncologist, heart specialist or any other specialist, why would I need to see a primary care doctor.”

In this new world of healthcare reform, I understand we want to see providers that are going to look at our specific problems or needs. But I think what people don’t understand is that the Primary care physician can be a wonderful asset in our coordination of care. It

doesn’t mean you need to see them first before seeking out a specialist if you need one, (unless your insurance requires it) but they can be your best ally! When you see your primary care physician for an annual physical, they check your ears, nose, throat, eyes, heart, lungs, reflexes, thyroid, your abdomen and joints, your family history, your habits and in many cases will order blood work depending on your lifestyle, age and of course your family history. The primary care physician can also house all your records in one area. They can review your history, look for patterns in your health records and results and recommend care based on those results. I asked a colleague of mine, a primary care physician to answer some basic questions about the importance of a primary care physician...

What does a primary care physician do for patients?

The most difficult question in medicine is: “Is this symptom serious or not?” If you have arm pain, chest pain, headache, etc. you always are wondering the significance of the symptom. Having a relationship with a primary care physician can be invaluable for answering this question. For example, when I see a patient in the office who I know well and have an ongoing relationship with, I already know the person’s history – family, medical, etc. – and am able then to focus on determining the etiology of the complaint that the patient raises. Once you identify the significance of the concern, you can focus on the treatment and how to get the patient better. By knowing the patient well and having that relationship, you are able to make a plan which is patient-centered and cost-conscious. (Continued on page 2)

“If you think wellness is expensive then try illness.”

German Village
Chiropractors,
Columbus, Ohio

Why Choose a Primary Care Doctor? (Continued from page 1)

Also from the patient’s perspective, they will trust the physician and be able to communicate more fully their questions and concerns. Both the patient and physician will leave the encounter feeling more satisfied. (Cont. from page 1)

Why is it important to have a primary care physician?

A primary care physician knows your history and needs and thus can tailor health maintenance and prevention strategies/guidelines to your situation. For example, if you have a family history of osteoporosis, the physician can give you advice on how to prevent or delay your development of this disease.

How can your primary care physician monitor your care when you aren’t in the office?

The primary care physician is constantly monitoring information that is coming into the office from other specialists, pharmacy, etc. Also, if you are working on self management goals like monitoring your blood sugars, taking your medications, etc., the primary care physician can be interacting with you without you actually going into the office. Finally, just knowing that you have an advocate available who can see you if you have a concern can provide security for someone with complex medical issues.

I hope that this article answers some questions on why it is important to choose a primary care physician whom you trust and why an annual physical is important too. Many physicians offices now offer you the ability to speak with a nurse about a medical condition to decide whether or not your specific case warrants a visit in the office. Many people do not know about this nor do they use this service. I for one have called my physician’s office several times over the years to ask questions for myself and for my children. In fact, only one time have I been prompted to come into the office for further medical testing.

Article written by Carmen Terry with contributions from Dr. John Boll, DO, FAAFP, Assistant Director, Williamsport Family Medicine Residency

To locate a primary care physician, please visit,

<https://findadoctor.bcnepa.com/>

Click on Group Plan, put in zip code and mileage search, click on type of physician needed.

Wellness Points Bank Program



Updates...

1. I am accepting physician visits such as your annual physical, vision or dental back to **July 1, 2013**. Even if your visit was June 30th, you still have time to make an appointment for next July to count towards your point bank for this year.
2. Shapeuptracker.org This website is an easy way to keep track of your points and once you turn in your receipts, this is the first place I will look to make sure you have totaled your points as well as knowing which report to look for the verifications you have turned in.
3. Biometric Work Screenings-We will be having two make up biometric work screenings in December and January. For those that couldn't make the one at their school. The two dates we have set are **December 21st and January 11th from 8:30-10:30am at the Lycoming Valley mall in the Susquehanna Life Center near JCPenny's and Old Navy**. These make up dates will be **pre-registration only**. Information will be sent out after the Thanksgiving holiday.

Raising your HDL Cholesterol

High Density Lipoprotein (HDL) cholesterol is often referred to as the “good” cholesterol. The reason for this term is due to its properties of removing excess cholesterol from the blood and bringing it back to the liver to be broken down. There are many factors in cholesterol levels, but one main factor is lifestyle choice. By raising your HDL cholesterol your risk factors for heart disease and hyperlipidemia (high cholesterol) go down. So how do you raise your HDL cholesterol? Here are 5 things you can do to help improve your HDL cholesterol.

1. **Exercise– Increase your HDL through 30 minutes of aerobic exercise 5 times a week**
2. **Using healthier fats such as monounsaturated and polyunsaturated. These oils include olive, peanut and canola.**
3. **Eating whole grains, such as oatmeal, oat bran and 100% whole wheat products**
4. **Eating nuts, such as walnuts, almonds and brazil nuts.**
5. **Eating foods high in Omega-3 fatty acids, such as Salmon, tuna, flaxseed, flaxseed oil, sardines, soybeans, halibut, scallops, shrimp, tuna, collard greens, kale. For more foods click [here](#).**

Fitness 101: Benefits of Strength Training

Research has shown that there are numerous benefits to strength training. A strength training program done safely can be very effective for men and women of all ages. Listed below are just a few of the benefits:

1. **Increased strength of bones, muscles, and connective tissues**, which will decrease the risk of injury. A few years ago I heard an orthopedic surgeon say that runners are some of his least fit patients, because many of them aren't doing enough total body strengthening exercises outside of running. Cardio alone does not provide all of the benefits of strength training.
2. **Better weight management**. Muscle takes up less storage than fat, and also requires more energy. Metabolic rate increases with strength training, making weight management easier. This results in more calories burned!
3. **Better quality of life**. As strength increases, performing typical activities of daily living will become easier, (i.e. picking up grocery bags, doing yard work, etc.).
4. **Increased balance**. Strengthening exercises, done correctly, and through the full range of motion can increase flexibility and balance.

Strength training can be done with free weights, machines, resistance bands, and even bodyweight. A few things to remember when strength training are:

1. **Progression**. To avoid plateaus change up reps, sets, or weight periodically. Try switching between machines and free weights or resistance bands.
2. **Find a goal**. For muscles toning and endurance lift 1-3 sets of 10-15 reps. For strength and power lift 1-3 sets of 8-10 reps (note: for strength and power each repetition should be challenging).
3. Allow for **recovery** between workouts. 1-2 days.
4. **Warm up** properly before each workout and **stretch** after.

This section was provided by Sarah Cave, Fitness Center Assistant, The Pennsylvania College of Technology . She will be contributing to our newsletter from time to time. We sincerely Thank Sarah for her fitness expertise in provided this information.

The Fitness Corner...



The Fitness Corner: Resistance Training Exercises

Resistance bands are a great way to perform strength training. They are great to travel with, inexpensive, and versatile! Below are some exercise options that can be performed with a resistance band.

1. Seated Row

Wrap the tubing around a bedpost or other anchor. Grasp both handles. Sit back far enough so there is tension. Have knees slightly bent. Pull back handles so that elbows form right angles as you squeeze shoulder blades together. Repeat.



2. Chest Press

Secure center of tubing at chest level. Face away from anchor and grab the handles in each hand. Start near armpit. Fully extend arms in front of body. Repeat.



3. Military Press

Stand on center of band with feet shoulder width apart. With palms facing forward and hands by shoulders extend arms straight up. Lower and repeat.



4. Triceps Extension

Step on tubing and pull one hand up behind head. Bring elbow up close to your ear and, starting with your arm bent behind you, extend straight up. Repeat.



5. Biceps Curl

Step on the center of band and grab handles. With your palms facing forward, bend your elbows, bringing your hands up toward your shoulders, only bend at elbow. Release and repeat.



What does osteoporosis have to do with oral health?

By Patrick Crawford, DDS and Mario Pary, DMD

Recent studies shed new light on osteoporosis and its potential

Effects.

A lot of people believe that they have already fully comprehend what osteoporosis is all about and what they can do to either prevent or cure the condition. Osteoporosis refers to a disease characterized by extremely fragile and less dense bones. The main causes of the problem are aging, menopause, and lack of Vitamin D and calcium.

Recent advancements in research have shed new light on the entire condition, showing clear reasons for its existence and what sufferers can do to treat it. Osteoporosis is a condition worth worrying about because there are predictions that state its ability to affect more than half of the people in America who will be older than age 50 by the year 2020. New research and studies show more relevant information from the process of diagnosing osteoporosis, to preventing and treating it.

Bone health, osteoporosis, and calcium intake

In the past few years, there are a few studies that report conflicting findings about the effectiveness of calcium supplements mainly utilized for prevention of fractures and improvement in bone health. The reason behind this is that there are also findings that show the ability of these supplements to increase a person's risk of suffering from heart diseases and attacks. Just recently, a San Francisco researcher announced in an issue of the *New England Journal of Medicine* that sufferers of bone diseases and osteoporosis should emphasize taking their daily calcium requirement from the foods they eat instead of from supplements.

According to Douglas C. Bauer, a professor of epidemiology, biostatistics, and medicine, osteoporosis is a result of the lack of calcium consumption, and it has become a common disease among people in the U.S. He further added that it greatly affects the elderly, especially if their intake of calcium is less than their required daily dosage. However, he also stated that it is necessary to follow a high-calcium diet instead of relying on supplements.

The reason behind such a recommendation is that calcium supplements also carry a few adverse side effects. Among the common side effects are minor constipation, increased risk of developing kidney stones, and indigestion. Recent studies also show that calcium supplements increase one's chances of a heart attack. In fact, a nonrandomized study conducted by JAMA's *Internal Medicine* just this year figured out that more than 11,000 deaths related to cardiovascular diseases are connected to the increased and continued intake of calcium supplements.

This is the main reason why a lot of experts recommend increasing calcium intake through foods rich in calcium. Choose to eat dairy products with high calcium content, instead of instantly taking the supplement. Food products fortified with extra calcium such as broccoli and kale can also help. If the intake of calcium supplement cannot be prevented, then it is best to discuss the decision with your doctor. This can help in figuring out if there are any complications to this move.

Osteoporosis and its effects on oral and dental health

Osteoporosis is a health condition that greatly affects the bones, since the disease weakens them and makes them capable of breaking easily. Note that aside from negatively hampering overall health



Photo credit: Dreamstime.com

and well-being, osteoporosis also has a direct relationship on oral and dental health. One should realize that the disease can hamper or damage jawbones. It also triggers dental and oral health issues, including gum or periodontal diseases and loss of teeth. The dental and oral effects of osteoporosis tend to affect more women than man. This holds true for women who are already on their menopausal phase, unless they regularly use a therapy designed to replace lost hormones and balance them. It should also be noted that even if someone has no teeth and does not wear dentures, the effects of osteoporosis can still affect dental and oral health. Bone weakness and loss may also affect the body ridges that hold dentures in the proper position, resulting in poor-fitting dentures. Studies also show that sufferers of the disease are at risk of requiring new dentures more often than those who have strong, healthy bones.

Osteoporosis has a major impact on the part of the jawbone supporting the teeth. Studies show that a loss in this bone is most likely to cause tooth loss or mobility. Female sufferers of osteoporosis also have a higher likelihood of experiencing tooth loss or mobility than no sufferers. Low bone density in the jaw triggered by osteoporosis can also lead to other dental issues. For instance, women suffering from osteoporosis are most likely to experience difficulties linked to ill-fitting or loose dentures. The results of various oral and dental surgical procedures are also less than desirable for these women.

The best way to handle this problem is to avoid delaying or postponing dental treatments. Regular dental visits are essential in correcting problems in oral and dental health caused by weak bones. A healthy lifestyle is necessary in strengthening and maintaining good bone health.

Effective tips in optimizing bone health include eating a well-balanced diet, containing high amounts of Vitamin D and calcium, and performing regular physical activities. The best exercises that are beneficial in strengthening bones are jogging, weight training, dancing, and walking.

Another tip is to avoid excessive smoking and alcohol consumption. Remind your patients to immediately report problems to your dental office related to receding or detached gums, ill-fitting or loose dentures, and loose teeth.

Osteoporosis and the life span of women

Based on new reports and studies, especially the ones published and reported by the International Osteoporosis Foundation, women live longer life spans than male sufferers. However, the quality of living of these women will be seriously and adversely affected if they do not take necessary action to protect their bone health. Studies show the vulnerability of postmenopausal women to bone fractures and osteoporosis. Currently, about 200 million women suffer from osteoporosis. Estimates and studies prove that at least one in every three women who are older than 50 will deal with bone fractures due to osteoporosis.

Solutions linked to preventing and managing fracture and osteoporosis are now introduced to women, especially postmenopausal ones. The reason behind this is that women who are older than 50 and serve as breadwinners of their family or caregivers of society need to prioritize the improvement of their bone health. It would be impossible for these women to continue in their roles if their bones were not in good condition.

Researchers also emphasize the need to do a few things that are valuable in preventing the disease as early as possible. It is crucial to take all the necessary actions designed to boost bone health upon reaching menopause. Note that menopause is a critical stage to perform preventive techniques and measures that fight muscle weakness and bone loss leading to falls, fracture, and osteoporosis.

Menopause is also the stage when the resorption of bones exceeds their formation. This triggers the immediate decline in bone mass, further leading to increased bone loss and triggering osteoporosis. This disease can cause bones to become weak and porous. It also increases the vulnerability of bones to fractures. Encourage your patients to take action to strengthen their bones, increase their intake of calcium-rich foods, and regularly visit a specialist to have their bone structure checked to ensure that this will never be a threat to their health and quality of life.

WILLIAMSPORT YMCA 2013 GROUP EXERCISE SCHEDULE:

November/December 2013

SPINNING ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:45 AM Spinning® Geoff		6:00 - 6:45 AM Spinning® Geoff		6:00 - 6:45 AM Spinning® Geoff	
9:15 - 10:15 AM Spinning® Cindy		9:15 - 10:15 AM Spinning® Melanie			
	5:30 - 6:30 PM Spinning® Rotation		5:30 - 6:30 PM Spinning® Bill		

AEROBIC ROOM SCHEDULE

9:15 - 10:00 AM Cardio Step n' Core Rebecca	9:15 - 10:15 AM Boot Camp Rachel	9:15 - 10:00 AM Cardio Burst n' Core Rebecca	9:00 - 9:45 AM PiYo Strength Mandy	9:15 - 10:15 AM Zumba® Gigi	9:00 - 10:00 AM Group Exercise Rotation
10:00 - 11:00 AM PowerPump Rebecca	10:15 - 10:45 AM Core Strength Rachel	10:00 - 11:00 AM PowerPump Rebecca	9:45 AM - 10:30 AM HIIT Brenda	10:15 - 11:15 AM Cardio Kick Steve	10:00 - 11:00 AM Zumba® Rotation
1:00 - 1:35 PM Fast Fit with HIIT Adele		12:00 - 12:35 PM Fast Fit with HIIT Adele		1:00 - 1:35 PM Fast Fit with HIIT Adele	
5:15 - 6:00 PM Cardio Kick Steve	5:15 - 6:00 PM HIIT Brenda	5:30 - 6:30 PM PowerPump Lisa Lytle	5:15 - 6:00 PM Boot Camp Rachel		
6:00 - 6:30 PM Core Strength Steve	6:00 - 6:45 PM PiYo Strength Mandy		6:00 - 6:45 PM PowerPump Leigh		
6:30 - 7:30 PM Zumba® Jenn	6:45 - 7:30 PM Zumba® Mandy				

2nd Floor - Racquetball Court Hallway, 4th Room on the Right

9:00 - 9:45 AM Zumba Gold® Chrissy

ARENA - ACTIVE OLDER ADULT SCHEDULE

9:00 - 9:45 AM SilverSneakers® Classic Sue M	9:00 - 9:45 AM SilverSneakers® Circuit Sue J	9:00 - 9:45 AM SilverSneakers® Classic Rachel	9:00 - 9:45 AM SilverSneakers® Circuit Sue J	9:00 - 9:45 AM SilverSneakers® Circuit Rachel
	10:00 - 10:45 AM Flexibility n' Function Sue J		10:00 - 10:45 AM Flexibility n' Function Sue J	

Group Exercise Class Descriptions

Spinning®: An interval cycling class held on stationary spinning bikes. Choose your own resistance while you sprint, jump, climb, and race your way to the finish line.

Cardio Step n' Core: Upbeat choreographed combinations on the Reebok Step, plus intervals of Hi-Lo floor work ensured to burn fat and increase your cardiovascular endurance! In addition, benefit from core strength training exercises targeting the muscles used to stabilize your body's everyday movements.

Cardio Burst n' Core: Energized High and Low impact exercises sure to boost your cardiovascular endurance using the floor, step, jump rope, and much more. Benefit from core strength as you move, sweat, and burn away calories one by one!

Boot Camp: Interval Training focused on cardiovascular and muscular endurance through step, high and low impact floor work, resistance training, and non-stop action.

Cardio Kick: Kick butt blend of high paced martial arts styled kicks and punches giving you a great cardiovascular boost and calorie burning workout!

Fast Fit with HIIT: This fast-paced, full-body, High Intensity Interval Training class will energize and challenge your capabilities. Compacted into a quick 35 minutes equals the perfect excuse to use your lunch break and put your health first this year! **HIIT:** Same great class now offered in the morning and evening for 45 minutes.

Zumba®: Dance choreography fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness workout that will blow you away!

PowerPump: Great full body workout for those trying to obtain both muscular strength and endurance using barbells, free weights, and more!

Core Strength: 30 minutes focused solely on the muscles used to stabilize and coordinate your body's everyday movements: Back, Chest, Abdominals, Obliques, Butt, and Hips!

PiYo Strength: A unique core-strengthening workout inspired by yoga and Pilates. With upbeat music and a constant flow of moves, it's a rhythmic, dynamic, and intense workout designed to build strength and flexibility.

Flexibility n' Function: A mat and stability ball class designed specifically for older adults focusing on full body flexibility, increased core strength, and maximizing confidence in ones' ability to perform everyday movements.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Zumba Gold®: Dance choreography fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness workout that will blow you away! Targeted toward the needs of active older adult participants, modifying the moves and pacing of the original Zumba® class.



Winter Fest TRI

This indoor triathlon is limited to 20 participants.
Do not delay, register today!



40 Min Virtual Ride



5K



Relay Style Lap Swim

contact: Buffy Basile
Wellness@elymca.org

Beginner Fitness Levels Are Encouraged To Participate!

Are you currently training for an upcoming triathlon or have you always wanted to participate in a non competitive atmosphere? “Tri the Y” is a friendly group event designed to simulate the physical and psychological demands a competitive triathlon involves. You will begin with 30 mins of lap swimming, followed by a 40 minute virtual terrain spin, and finish with a 5k run. Our Wellness trainers will be located at all transition stages to motivate and ensure your safety. It is about more than a plan, it’s about being part of a community that leads you to the finish line successfully!

Register early, limited to 20 participants. Everyone will receive a finisher’s medal.

Sunday- February 16th – 12:30pm
Members \$25 Non-Members \$35

*Complete the registration information below and submit it to our front desk with payment.

Registration

Name _____

Age _____ Email _____

Member () \$25 Non-Member () \$35

All YMCA sports programs are family oriented. ALL participants are expected to uphold the YMCA character development values of HONESTY, CARING, RESPECT and RESPONSIBILITY. Individuals that do not adhere to these standards will forfeit their opportunity to participate in this program. The Eastern Lycoming YMCA is not responsible for property left in the building or for personal injuries occurring on YMCA property. By signing this release, you also certify that the YMCA may use photos for YMCA displays and publications. Please confirm with your signature that you understand the above mentioned focus of this program and release of liability.

Signature _____ Date _____