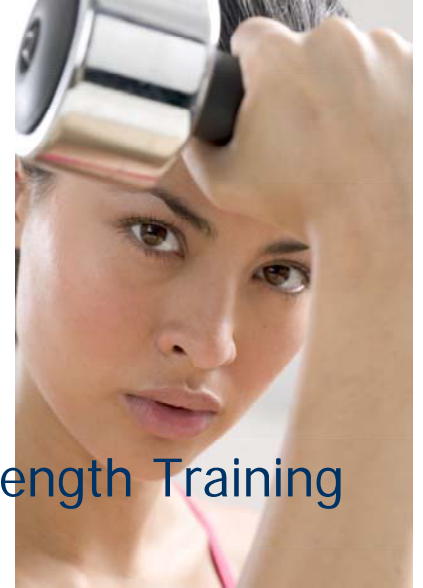


Health Tips



**NORTH COAST
PRIMARY CARE**

*Family Practice and Urgent Care
for Healthy Living*



PREVENTIVE CARE

Growing Stronger: Older Adults Find Benefits in Strength Training

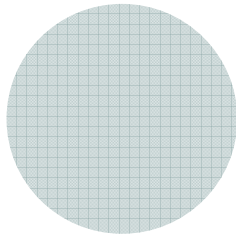
Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including older adults whose health is compromised. In fact, people with health concerns often benefit the most from a strength training exercise program.

Medical practitioners have always known that strength training produces many health benefits, but we are now learning that older adults can gain greater longevity by engaging in even moderate levels of physical activity. Adults who don't strength train lose between 5 to 7 pounds of muscle mass every decade. While endurance exercise improves cardiovascular fitness, it does not prevent the loss of muscle tissue. Only strength exercise maintains muscle mass and strength throughout midlife and senior years.

Strength training, especially in addition to regular cardiovascular exercise, can have a profound impact on mental and emotional health. There are many benefits to regular 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:

- Strengthening exercises, when done properly and through the full range of motion, increase flexibility and balance, which decrease the likelihood and severity of falls.
- The effectiveness of strength training to ease the pain of arthritis has been proven to be just as beneficial, if not more so, as medications.
- Strength training increases bone density and reduces the risk for fractures among older women.
- Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.
- Studies show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. Strength training

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**477 N El Camino Real
Suite A100
Encinitas, CA 92024
(760) 943-9111**

**2626-B El Camino Real
Carlsbad, CA 92008
(760) 729-2351**

Highlights:

- Strength Training
- Protection from the Sun
- While You're Away
- Heart Attack, Stroke & Cardiac Arrest: *Do You Know the Warning Signs?*

Strength Training, continued from page 1.

can produce dramatic improvements in glucose control that are comparable to taking diabetes medication.

- 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. Strength training has been shown to provide similar improvements in depression as anti-depressant medications.
- People who exercise regularly enjoy improved sleep quality. 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.
- Strength training is important for cardiac health because heart disease risk is lower when the body is leaner. The American Heart Association recommends strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

The American College of Sports Medicine recommends strength training of a moderate intensity, sufficient to develop and maintain fat-free weight, should be an integral part of an adult fitness program. One set of 8 to 12 repetitions of 8 to 10 exercises that condition the major muscle groups at least 2 days a week is the recommended minimum. Exercises for a basic strength-training program include:

- * Bench Press
- * Lateral Pull-down
- * Overhead Press
- * Bicep Curl
- * Tricep Pull-down
- * Squat
- * Leg Extension
- * Leg Curl
- * Abdominal Crunch

When beginning any exercise program, remember to warm up. Warming up gives the body a chance to deliver plenty of nutrient rich blood to areas about to be exercised, to actually warm the muscles and lubricate the joints. Your warm-up should include stretching to maintain muscle flexibility. A period of cool down is also important. Cool-down

keeps the body active and prevents pooling of blood in the extremities. The cool-down is done at a lower intensity.

During the first week of an exercise program, keep it light. Work on good body mechanics. Go through the complete range of motion, move slowly and with control, maintain your breathing and a neutral spine.

The intensity of your workout will depend on the number of sets and repetitions, the overall weight lifted, and the rest between sets.

You will get more overall gains with more days per week, sets and resistance, but the progression is one in which you must listen to your body. You do not have to feel pain and fatigue to get results. This can lead to injury. Your body will adapt to strength training, and will reduce in soreness each time you workout.

Following your workout, each muscle that you train should be rested one to two days before being exercised further in order for the fatigued muscles to rebuild. Fatigued muscles can lead to injury.

Most importantly, remember to check with your healthcare provider before starting an exercise program. Your healthcare provider is your partner in achieving optimum health!

References:

*The American College of Sports Medicine
Centers for Disease Control and Prevention (CDC)*

Protection from the Sun

The best sun protection is provided when all sun-safe behaviors are practiced together. Sun protection habits include:

- Limit sun exposure during the hours when the sun's rays are the strongest, 10am to 4pm. Your shadow is an indicator of the sun's intensity. If your shadow is shorter than you are, the sun is at its highest intensity. The American Academy of Dermatology has established the Shadow Rule: No Shadow—SEEK SHADE.



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Protection from the Sun, continued from page 2.

- Refer to the daily UV index when planning outdoor events. The UV Index is a daily forecast of the intensity of the sun's UV rays. The Index indicates the risk of overexposure to skin-damaging UV radiation and can be used to help plan outdoor activities to minimize overexposure.
- Seek shade whenever possible. Shade structures such as trees and umbrellas provide year round protection. Although trees do not offer complete sun protection, they provide about 60 percent blockage from the sun's rays.
- Wear a wide-brimmed hat, sunglasses, and long-sleeved, tightly woven clothing. Clothing can physically block out the sun's harmful rays and should be one of the first lines of defense against sun exposure. Sunglasses should block out 100 percent of UVA and UVB radiation to protect the eyes from damage. Hats are the best way to minimize UV radiation exposure to the face, head, ears, and neck.
- Use broad-spectrum sunscreens whose active ingredients block UVA and UVB rays. The Sun Protective Factor (SPF) should be a minimum of 15. Sunscreens should be used every day, including cloudy days. They should be applied liberally and evenly before going out into the sun and should be applied frequently, especially after swimming.
- Avoid tanning salons. Artificial UV radiation is just

as bad for your skin as sunlight. Most tanning devices use UVA rays which have been shown to go deeper into the skin and contribute to premature wrinkling and skin cancer (AAD, 1994).

- Limit exposure to the reflective surfaces like snow and water. UV rays can be reflected off of sand, tile, water, snow, and buildings. It is important to practice all the sun protective behaviors even when you are in the shade.



While You're Away

When it's time to take a vacation, we make plans. We plan ahead so that we know we'll have adequate transportation and accommodations. We don't want any unpleasant

surprises while we're enjoying time away. Yet, what we often do not plan, is injury and illness while away from home.

North Coast Primary Care provides comprehensive care, including acute care, for all ages. If you are visiting Southern California, we can help with your urgent or primary care needs. We have two convenient North County locations to treat many of your medical needs. Our Encinitas walk-in clinic is open seven days a week, providing Urgent Care and in-house services such as laboratory, x-ray and orthopedic care. Many medications are also available on site. The Encinitas office is located at 477 N. El Camino Real, Suite A100 and you can reach us at (760) 943-9111. Office hours are: Monday – Friday 8:30 am to 5:30 pm; Saturday and Sunday: 9 am – 1 pm. Our Carlsbad office is located at 2626-B El Camino Real. You can reach us at (760) 729-2351. Office hours at Carlsbad are: Monday to Friday 8:30 am – 6 pm, Saturday: 9 am -1 pm, and closed Sunday.

If you require medical care while away from Southern California, contact your medical insurance carrier. They can direct you to local services or provide information on your coverage so you can choose appropriate care. If you receive care while away from home, be sure to follow up with your family physician when you return. It is important to keep your physician involved in your care so that your medical history is considered in any ongoing care and any injuries or illnesses are noted in your medical chart.

Many injuries occur during the summer months. But with careful planning, you can keep them from ruining your family's vacations.



Heart Attack, Stroke & Cardiac Arrest

Do You Know the Warning Signs?

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A100
Encinitas, CA 92024
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Carlsbad, CA 92008
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Heart attack and stroke are life-and-death emergencies where every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast. Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay -- get help right away!

Heart Attack Warning Signs

Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. These signs can signal an impending heart attack:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back,

neck, jaw or stomach.

- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or light headedness.

Women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Stroke Warning Signs

According to the American Stroke Association, the following are warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Cardiac Arrest

Cardiac Arrest strikes immediately and without warning. The signs are:

- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

Coronary heart disease is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

