

LivingWell

We're Caring for Life

Make Your Way Through the *Diet Jungle*

National Nutrition Leader Coming to Aberdeen

It's time to find your way through the diet jungle and eat your way to the body you crave. With just eight realistic, attainable lifestyle habits, it's possible to be slim for the rest of your life.

That's according to national nutrition leader Zonya Foco, who will be coming to Aberdeen on **Thursday, February 1**. Two years ago, she inspired hundreds of women in Aberdeen with her "The Power of One Good Habit" advice. This time, she's cutting through the diet clutter and the "takeaway truths" found in most of today's top-selling diet books. She'll talk about "Finding Your Way Through the Diet Jungle."

Foco wrote the best-selling countertop-coach cookbook *Lickety Split Meals for Health Conscious People on the Go*. Her most recent book is the health novel *Water with Lemon*, and she now has a weekly public television show, *Zonya's Health Bites*. She teaches commonsense nutrition to help fight obesity, diabetes, cancer, and heart disease, focusing on solutions to improve health, create balance, and maximize energy.

"Statistics tell us more than 60 million adults in this country are obese," she says, "and the list of diseases associated with obesity is as long as your arm. The effects can be reversed, but people need to change their

habits, and to do that they need resources that set them up to succeed."

Foco uses humor, hard facts, and common sense to help people of all ages incorporate healthy habits into their busy lives. She's committed to the idea that small, simple steps are the key to long-term lifestyle changes. ■

Reserved-seating tickets for this event at the Ramkota Convention Center are available for \$10 at Dacotah Bank in downtown Aberdeen. Tickets also will be available at the door. Health displays open at 6 p.m., dessert is from 6:15 to 6:45 p.m., followed by Foco's talk at 7 p.m.

Jungle attire optional!!!

Looking for simple and effective healthy habits?

On February 1, be motivated by national nutrition expert Zonya Foco: www.zonya.com.



Zonya's Tips for Positive Eating

For quick and steady energy throughout the day, here are some tips from nutrition expert Zonya Foco, who will be in Aberdeen on February 1:

- Eat several (two to four) fresh fruits per day, starting early in the day.
- Eat whole-grain carbohydrates at each meal, but don't eat too much.
- Limit sugary foods to two (or fewer) small servings per day, consumed only with meals.
- Make your meals "mixed energy fuels," including high-fiber carbohydrates, lean protein, and healthy fat (about 10 to 15 grams).
- Overcome caffeine dependency. Once you are fueling yourself properly, you won't require caffeine. If entirely cutting out caffeine just doesn't seem possible, then limit it to two servings per day.

Check out some healthy meal recipes from national nutrition expert Zonya Foco at www.zonya.com/healthy_recipes.html.

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Heart Services at Avera St. Luke's



Today's technology allows physicians and other healthcare specialists to get a good look at images of the heart.

We call it Avera HeartCARE. It's our network of cardiac care that starts at Avera St. Luke's in Aberdeen with a variety of services. It also includes our partnership with the top-rated Avera Heart Hospital of South Dakota. We serve as an important "link" in the chain of services required to diagnose and treat heart problems.

Avera St. Luke's HeartCARE offers:

- **Prevention**—Encouraging better health through education and screening.
- **Emergency Response**—Having 24-hour emergency physicians in the ER and advanced ICU services, including Avera eICU CARE.
- **Diagnosis**—Providing technology like CT, MRI, and a Cardiac Cath Lab, as well as specialists in cardiology and critical care.
- **Transport**—Offering emergency helicopter transportation through our local Careflight helicopter service, if needed, to heart centers like Avera Heart Hospital of South Dakota.
- **Rehabilitation**—Following up after a heart incident with strengthening and rehabilitation through our Cardiac Rehab Program.
- **Outreach**—Linking cardiac care technology and specialists via mobile services and telehealth.

Cardiac Cath Lab

In 2005, Avera St. Luke's Cardiovascular Laboratory upgraded to the next generation of advanced digital cardiac imaging technology, providing state-of-the-art care for patients. Services include invasive diagnostic procedures for coronary artery disease and syndromes, as well as

diagnosis of peripheral vascular disease.

The Cardiovascular Laboratory performs more than 600 cardiac and interventional procedures annually. The cardiac cath test is one of the most valuable diagnostic exams, allowing a cardiologist to view images of the heart and arteries on nearby monitors to detect blockages and other potential problems.

Coronary Artery Calcium Scoring

Our computed tomography (CT) scanners have the power to scan finer, faster, and further and perform new types of patient exams, such as the cardiac calcium scoring test. This painless, non-invasive exam performed using super-fast CT scan, multi-detector spiral technology can help detect early signs of coronary heart disease and calcium buildup in coronary arteries.

Working with Cardiologists

Cardiologists have their own physician clinic, North Central Heart Institute—located within Avera St. Luke's Hospital in the new southeast addition—providing easy access to all the hospital's facilities and technology. Together, the physicians of North Central Heart Institute and Avera St. Luke's Hospital care for more than 400 cardiac patients each month. They also support cardiac outreach clinics in surrounding communities.

Cardiac Rehab

Avera St. Luke's Cardiac Rehab Program, located on the east side of the hospital's St. Luke's campus, handles more than 4,000 patient visits each year, serving as follow-up treatment for patients experiencing heart problems. The 12-week program includes monitored exercise, education, counseling, and teaching healthy behavioral lifestyle changes. For more information, call **605-622-5533**.

Cardiac Education

Cardiac education for both the public and healthcare professionals is provided through symposiums, grand rounds for physicians, and public health forums. Take Heart is a popular screening to find out if you are at risk for heart disease, usually offered each spring and fall. Call the Education Department at **605-622-5588** for more information. ■

Fighting Childhood Obesity in Aberdeen



Sandeep Batra, MD

Avera St. Luke's is part of a weight re-education pilot project for youngsters that emphasizes aquatic therapy, which Aberdeen

pediatrician Sandeep Batra, MD, launched.

About 30 overweight kids from Aberdeen's public schools swim after school at the new Northeast Regional Health and Fitness Center, which houses the Aberdeen Family YMCA. As the kids go through the program, Avera St. Luke's will conduct studies including body mass measurements and blood panel readings. In addition, Avera St. Luke's Mental Health Unit will analyze the participants' self-perception and happiness. Presentation College provides nutritious snacks, and Aberdeen Public Schools, the Knight Foundation, and the Aberdeen Family Y are also involved.

Dr. Batra strongly believes that something needs to be done about the number of children who are obese, a problem that has alarmingly increased in the United States. "It is of great importance that parents and children are educated about this growing problem," says Dr. Batra. It's estimated that more than 20% of South Dakota high school students are overweight or at risk of becoming overweight, and the prevalence of overweight children ages 6 to 11 has more than doubled in the past 20 years.

The pilot program may attract national attention and serve as a model that can be used in any community with an aquatic facility.



MAGNESIUM: MAGNIFICENT FOR YOUR HEART HEALTH

Magnesium helps maintain your muscles and bones and keeps your immune system healthy. It also may help protect your heart.

In one recent study, a high intake of magnesium was linked to a 31% lower risk of developing a cluster of heart risk factors known as metabolic syndrome. Published in the journal *Circulation*, the study observed more than 4,600 young adults age 30 and younger for 15

years. Women and men with higher magnesium intakes had lower blood sugar levels, lower blood pressure, and lower triglycerides—a type of fat in the blood. They also had higher HDL, or “good,” cholesterol levels and smaller waist sizes.

Other research has found that not getting enough of this mineral may be a risk factor for developing type 2 diabetes. In addition, studies suggest that magnesium may help halt inflammation in the body that contributes to heart disease.

How much magnesium do you need? Here are some guidelines:

Age	Females (mg/day)	Pregnant Women (mg/day)	Males (mg/day)
1-3	80	N/A	80
4-8	130	N/A	130
9-13	240	N/A	240
14-18	360	400	410
19-30	310	350	400
31 and older	320	360	420

To maximize your magnesium intake:

- Have halibut. A 3-ounce serving contains 90 milligrams (mg) of magnesium.
- Cash in on cashews. Just 1 ounce of these nuts contains 75 mg of magnesium.
- Choose whole grains, which pack more magnesium than refined varieties.
- Enjoy baked potatoes with the skin on.
- Have some peanut butter. Only 2 tablespoons contain 50 mg of magnesium. ■

WATCH FOR THE SIGNS OF ADOLESCENT DEPRESSION

Does the young adult in your home seem sad, tired, and apathetic? If these problems have lasted for two weeks or more, ask your doctor if your child could be suffering from depression. The government estimates that 9% of adolescents ages 12 to 17 are depressed. Older adolescents are more likely than younger ones to be depressed. In addition, girls are more likely than boys to have depression. Avera St. Luke's offers help to teens through its adolescent inpatient program. An adolescent day treatment program is also available in partnership with Northeastern Mental Health Center in Aberdeen.

For help, call our Crisis Line at **605-229-1000**.



Community Involvement
Encourages Better Health

Ron L. Jacobson
President and CEO

Studies have increasingly shown that the health habits we start during childhood will

carry through to adulthood. With the rising rate of obesity in our country, Avera St. Luke's wants to be part of the solution for healthier lifestyles for all people, including our youth.

That's why we are excited to be part of a pilot project in cooperation with Aberdeen schools, the Aberdeen Family YMCA, and Presentation College to create a weight re-education program for children. The project is under the medical guidance of local pediatrician Dr. Sandeep Batra and is funded through several local and national foundations. Working together with other healthcare and non-healthcare entities helps provide a more integrated and coordinated effort to improve the overall wellness of the people in our region. It will likely change the lives of the participating young people and their families. And that, after all, is our ultimate goal.

AVOID WEIGHT-TRAINING INJURIES

Weight training is becoming more popular as people discover its benefits. Weight training strengthens muscles, ligaments, and tendons, and even makes bones stronger. And building muscle mass revs up your metabolism to burn more calories—making it easier for you to maintain a healthy weight. Weight training also can lower your risk of developing cardiovascular disease and diabetes.

Most adolescents and adults of all ages can safely weight-train, as long as they perform the exercises properly with the appropriate amount of weight. The weight should be light enough for you to be able to lift it at least 10 times.

Adults older than age 40 who haven't exercised in a while—as well as people with health problems—should check with their doctor before beginning a weight-training program. If you've never worked out with weights before, consider learning how to use them correctly

from a trained professional.

Whether using free weights, weight machines, or homemade weights, such as sand- or water-filled milk jugs, it's important to lift properly. Keep these pointers in mind:

- Wear shoes with good traction.
- Before lifting, warm up—with stretching, calisthenics, and jogging—for five to 10 minutes.
- Start out using a small amount of weight. You should be able to repeat an exercise 10 to 15 times before feeling tired, and it should not hurt to lift. Progress to heavier weights in subsequent sessions, after you've gained strength.
- Keep your back straight.
- Don't hold your breath—breathe out when lifting.
- Lift and lower weight slowly, with control.
- Take a day or two off between weight-training workouts. ■

Visit our website at www.averastlukes.org.

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and Presentation Sisters

Living Well

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