

HEALTH

Turning a New Leaf on Health

Tips to make your resolutions stick

You hear them every year.

People make New Year's resolutions to help turn a new leaf on better health.

But often times these robustly-stated promises are steadily eclipsed by the same old habits that prompted the resolution in the first place.

Multnomah County has some tips on how to lay low common excuses separating you from your goals.

Excuse 1: Eating the recommended five servings of fruit or vegetables is too much food.

It's not that much. If you can work in a half cup of cooked vegetables, a half cup of raw leafy vegetables, and a small piece of fruit, you're more than halfway there. Bring a bag of carrots to munch on at work.

Excuse 2: I can't find time to exercise or go to

the gym.

Thirty minutes of exercise three times a week is a great way to get on the fast track to fitness. Try breaking that 30 minutes into brisk 10 minute walks.

Excuse 3: I'm stressed but I don't have a lot of time to unwind or meditate.

Whenever you're feeling high-strung at work, give yourself a minute to take a few deep breaths. And try to work in time to relax after work with family or pets.

Excuse 4: I'm smoking light cigarettes and will gradually cut back to none at all.

Smoking will kill you. It is the most preventable cause of death in the U.S. But quitting can be a challenge. Find a support group, or try using patches or gum.

Excuse 5: I do fine on five hours of sleep.

Experts say you need seven. A lack of sleep can contribute to diabetes, obesity, even depression.



H1N1 Shots for the New Year

Vaccinations offer best protection

Oregon Public Health officials are hoping that 2010 will be the year that widespread vaccinations stop the pandemic H1N1 flu from spreading.

"The very best protection against a repeat of the 2009 pandemic is vaccination," says Dr. Richard Leman, Oregon Public Health epidemiologist.

Leman points out that pandemic H1N1 hit Oregon earlier than the normal flu season, causing hospitalizations and death for high-risk populations.

Over the past few weeks, new cases have declined but H1N1 is still circulating in the state at the same time that the regular flu season may be just around the corner.

"We may see another wave of pandemic H1N1 along with seasonal flu," says Leman. "The best way to keep yourself and others healthy in the New Year is to get vaccinated today."

Supplies of H1N1 vaccine are good and are keeping up with demand. By the end of 2009, more than 1.2 million doses of H1N1 will have arrived throughout the state. Many pharmacies in supermarkets and chain stores now have both H1N1 and seasonal vaccines; pharmacists can immunize anyone age 15 and older. Health care providers and public clinics also have vaccine.

People at high risk for complications from the flu include pregnant women, young children and people with underlying health conditions such as asthma and diabetes.

For more information, visit flu.oregon.gov or call the Oregon Public Health Flu Hotline at 1-800-978-3040.

HEALTH WATCH

Cholesterol Profiles -- Calls help you keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Better Breathers -- An asthma educational support group meets on the 1st Tuesday of the month from 1:15 p.m. to 2:45 p.m. at Adventist Medical Center. For information, call 503-251-6830.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques-- People have left these classes joyful and with a peaceful view of their lives. We have these sessions bi-monthly-- Call Dr. Marcelitte Failla at 503-228-6140.

BEDTIME STORIES WITH MOTHER GOOSE!



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Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 18. Chiropractic And Prevention:

Life doesn't have to be a series of emergencies anymore

Q: It seems that I am always sick. I do what my doctor says but if anything my colds and flu attacks are getting worse. What do you think?

A: Constant colds and influenza indicate that the immune system (and the body in general) is highly stressed. Did you know that recently leading scientists have discovered that the entire immune system is an out-growth of the nervous system? If your nervous system is stressed and irritated, the immune system can-

not work properly either. People who have regular Chiropractic checkups report that they get fewer colds and influenza. They keep the stress off their nervous systems. Keeping irritation off the nervous system also helps you avoid morning backache and head-aches and allows you to cope with stress bet-

ter. And you'd be amazed at the energy you have with preventive Chiropractic checkups. If you'd like to trade in your colds for a bounce in your step, call us for an appointment today. It could be the healthiest call you have ever made. Isn't time you stepped up to Chiropractic?

Flowers' Chiropractic Office

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