

# HEALTH MATTERS

## For Your Health



## Sidestep Frailty with Exercise

BY DR. RICHARD N. WALDMAN

By 2030, the number of Americans age 65 and older is expected to double from 35 million to 70 million. And as the ranks of older Americans expand, so will the occurrence of chronic disease among this population.

Increasing age is considered a main risk factor in the development and progression of most chronic diseases such as diabetes, heart disease, osteoporosis, and cancer. Many seniors first turn to medications to combat these problems, often overlooking an inexpensive and powerful technique to reduce and even pre-

vent disease: Exercise.

In addition to the benefits that regular exercise holds for everyone—such as increased energy, improved mood, strength, and muscle tone, and reduced body fat and body mass index -- older adults have even more to gain.

Physical inactivity is a culprit in much of the loss of strength, stamina, and flexibility that many assume is a side effect of aging. Declines in aerobic capacity and muscle strength can increase the risk of falls and injuries, such as hip fractures, and can severely limit one's ability to perform

everyday tasks and maintain independence.

Exercise combats this progression. It can help improve balance, circulation, and cardiovascular function, lowers blood pressure, and wards off weight gain. It can improve quality of life and self-esteem and reduce the risk of memory problems and dementia in older adults. Regular physical activity may also help increase life expectancy by delaying the onset or progression of chronic diseases.

All adults should aim for at least two hours and 30 minutes a week of moderate-intensity physical activity per week. If

you are unable to do that amount of activity, do as much as you can.

If the idea of getting active is less than exciting, remember that being fit is not about running a marathon or even joining a gym. In fact, it's probably much easier than you think. For example, walking is a great way to build cardio-vascular endurance and muscle tone.

Talk to your doctor before beginning your exercise plan. He or she can help you tailor your routine to suit your ability level and include the things that you enjoy. No matter what the activity--golfing, swimming, gardening or doing yard work, dancing,

biking, house cleaning -- the important thing is that you keep doing it. A good pair of athletic shoes, supportive undergarments, such as a sports bra, and loose-fitting clothes may help you feel more comfortable and enjoy your exercise routine more.

While genetics and lifestyle factors affect how an individual will respond to an exercise program, most adults who get physical will reap some rewards. To maintain independence, it's vital to stay strong and active and it's never too late to start.

*Dr. Richard N. Waldman is president of the American Congress of Obstetricians and Gynecologists.*



### Annual Wellness Village & Health Disparities Conference



Poor health affects everyone  
so join us for two great events  
because a healthy community starts with you!

Friday Oct. 15th, 11:00 a.m.- 1:00 p.m.

6th Annual Health Disparities Conference:  
We Can Make a Difference  
Airport Holiday Inn Hotel  
8439 NE Columbia Blvd.  
Portland, OR 97220.

#### Who should attend?

For community members, health care providers, and policy makers to generate solutions to health disparities in Oregon.

#### Keynote:

Sally Norby, Executive Director of the American Diabetes Association of Oregon and SW Washington

#### Diabetes:

##### More Than Just A Little Sugar

- 11:00 a.m.-11:30 a.m. Registration
- \$200 Individual; \$1500 Table of 10)
- 11:30 a.m.-12:00 a.m. Program
- 12:00 p.m.-1:00 p.m. Keynote Address and Lunch

Saturday Oct. 16, 9:00 a.m.-3 p.m.

15th Annual Wellness Village  
at The Blazers Boys & Girls Club  
5250 NE Martin Luther King Jr. Blvd.

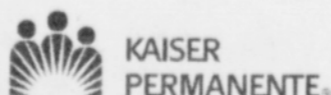
#### FREE health screening and activities at the Wellness Village include:

- Flu shots
- Dental Screenings
- Vision and Glaucoma
- Hearing
- Diabetes Foot Checks
- Massage therapy

#### Activities & Exhibits

- Nutrition Education
- Yoga
- Zumba Dance Lessons
- Cooking demo & tastings
- Gospel choir
- Children Activities
- Raffle prizes

For more information contact the AAHC at 503-413-1850 or visit [www.aahc-portland.org](http://www.aahc-portland.org)



## HEALTH WATCH

**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. Marcelite Failla at 503-228-6140.

**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.

**Heart Talk Support Group** -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

**Family Caregiver Support Group** -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**Chronic Pain Support Group** -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

**Cholesterol Profiles** -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

**Bereavement Support Groups** -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

**Osteoporosis Screening** -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Red Cross Certification** -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit [pdxinfo.net](http://pdxinfo.net).