

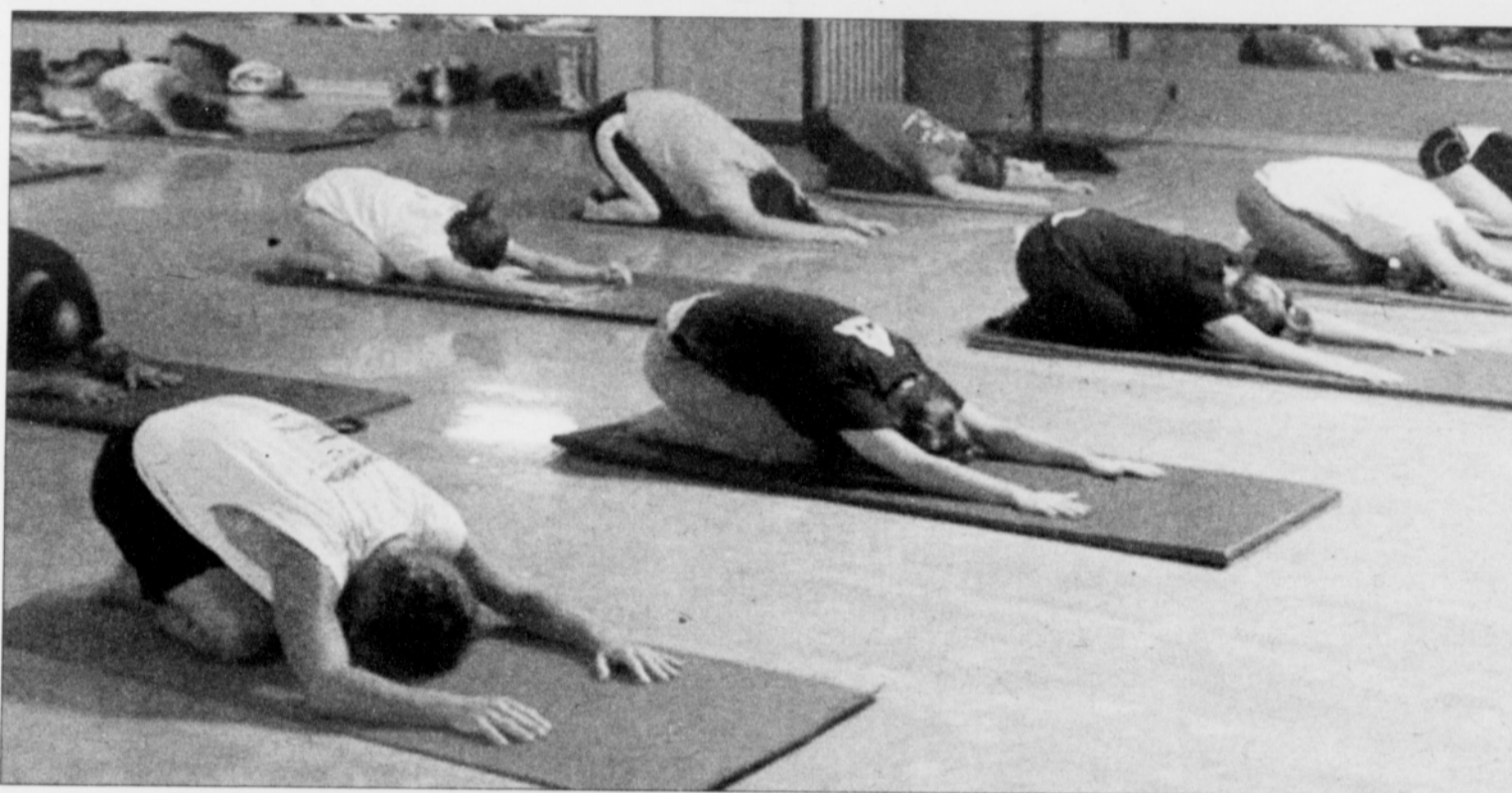
# HEALTH MATTERS

## Yoga Used to Fight Chronic Pain

### Research conducted at OHSU

According to new research conducted at Oregon Health & Science University, yoga exercises may have the power to combat fibromyalgia — a medical disorder characterized by chronic widespread pain.

“Previous research suggests that the most successful treatment for fibromyalgia involves a combination of medications, physical exercise and development of coping skills,” said James Carson, a clinical health psychologist and an assistant professor of anesthesiology and perioperative medicine in the OHSU School of Medicine. “Here, we specifically focused on yoga to



Research at Oregon Health and Sciences University suggests that yoga exercises can have the power to counteract fibromyalgia, a medical disorder characterized by chronic widespread pain.

determine whether it should be considered as a prescribed treatment and the extent to which it can be successful.”

In the study, researchers found that yoga appears to assist in combating a number of serious fibromyalgia symptoms, including pain, fatigue, stiffness, poor sleep,

depression, poor memory, anxiety and poor balance.

All of these improvements were shown to be not only statistically but also clinically significant, meaning the changes were large enough to have a practical impact on daily functioning. For example, pain was reduced in the yoga group by an average of 24 percent, fatigue by 30 percent and depression by 42 percent.

“Based on the results of this research, we strongly believe that further study of this potential therapy is warranted,” Carson said.

As an outcome of this study and Carson’s previous research showing yoga can be helpful with cancer-related pain, next June, OHSU will be sponsoring a training course for U.S. and Canadian yoga teachers who want to build their skills for working with individuals who have chronic pain.

## Diabetes Fitness: Aerobics Plus Weights

### Combo works best for lowering blood sugar

(AP) -- People with diabetes should mix aerobics with weight training to get the best results in lowering blood sugar, a new study suggests. The combination worked best for weight loss too, compared to aerobics or weight training alone.

Blood sugar is fuel to muscles, and more sugar is burned during aerobic activity. Weight training builds more muscle, and both activities change muscle proteins in ways that enhance the process.

“It’s clear that doing both aerobic and strength training is superior to either alone,” said lead author Dr. Tim Church of Pennington Biomedical Research Center in Baton Rouge, La. “It’s almost like taking two different drugs.”

Patients in the study, published in last week’s *Journal of the American Medical Association*, achieved the results over nine months, exercising three days a week for about 45 minutes each session.

“People can manage this amount of exercise,” said Laurie Goodyear of Joslin Diabetes Center in Boston, who wasn’t involved in the new study but does similar research. “They didn’t have to go



Deidra Atkins-Ball, 44, of Baton Rouge, La., combines aerobics and weight training to successfully lower her blood sugar levels.

on a diet. This was purely an exercise effect.”

The researchers’ goal was to test three exercise programs that doctors could realistically recommend and patients could stick with. They compared aerobics alone, weight training alone and a combination. U.S. guidelines recommend aero-

bics and weight training combined for all adults.

“It gave me a lot more energy. That was one of the first things I noticed,” said Deidra Atkins-Ball, 44, a biology professor, diagnosed with diabetes a year before she joined the aerobics-weights group.

A distant aunt with diabetes lost

both legs and her vision to the disease. Too much blood sugar can damage nerves, eyes, the heart and blood vessels.

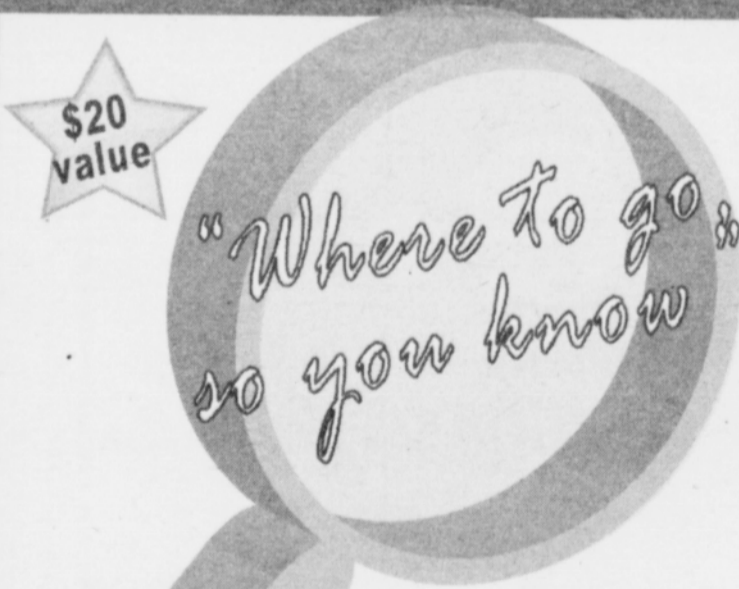
“I remember as a kid having to do things for her, going to the store for her,” Atkins-Ball said. “It really scared me.”

The researchers found that only

the group that combined aerobics and weights both lowered their blood sugar and lost weight, although all three fitness groups reduced their waist sizes.

Atkins-Ball is trying to get back into an exercise routine by walking two miles with her husband in the mornings.

### Take Action. Get Tested!



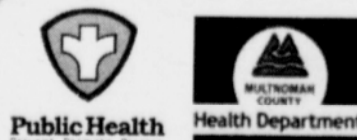
\$20 value

Multnomah County Health Department’s HIV Community Test Site offers **confidential** HIV testing with or without your name at these locations:

**Downtown Community Test Site**  
Call 503.988.3775 for an appt.  
Mon | Thurs | Fri  
426 SW Stark St., 6th Floor,  
Portland, 97204

**Northeast Health Center**  
Just walk in  
Tuesdays | 5:30 - 7:15 pm  
5329 NE MLK Jr. Blvd, 2nd Floor,  
Portland, 97211

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Se habla español: other interpretation by appointment.