

HEALTH

HEALTH WATCH

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

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.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

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. Call Dr. Marcelitte Failla at 503-228-6140.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

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.

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.

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.

For Your Health

BY DR. JAMES N. MARTIN JR.



A Healthy, Happy 2012!

The beginning of a new year is a great time to get your priorities in order and to set goals for the next 365 days. Remember these healthy living tips:

Eat Healthier. Aim to eat a balanced diet rich in a wide variety of colorful fruits and vegetables, whole grains, lowfat dairy, and lean protein. According to the Department of Agriculture, a 35-year-old woman who gets 30-60 minutes of exercise per day should eat a 2,000 calorie daily diet consisting of 6 ounces of grains (at least half from whole grains), 2 1/2 cups of vegetables, 2 cups of fruit, 3 cups of low/nonfat milk or milk products, and 5 1/2 ounces of lean meat, fish, and beans. Additionally, cut back on sodium, fats, processed sugar, and refined grains.

Get Active. Regular physical activity helps increase overall well-being while lowering the risk of diabetes, osteoporosis, some cancers, and other illnesses caused by inactivity. Aim for at least 30 minutes of exercise on most days of the week to lower the risk of chronic disease; 60 minutes on most days to maintain weight; and at least 60 to 90 minutes on most days to lose weight. A well-rounded exercise regimen should be fun, sustainable, and include cardiovascular, strength training, and flexibility components.

Quit Smoking. Despite the numerous dangers of smoking—increased risk of heart disease, infertility, early menopause, and more than 10 different cancers, to name a few—one in five American women still

smoke. Quitters gain an improved sense of taste and smell, better circulation, easier breathing, and less hoarseness. They also reduce their risk of heart attack by 50 percent within a year of quitting.

Drink in Moderation. Alcohol has been linked to both positive effects such as improvements in heart health and bone density, and negative ones including an increased risk of breast and other cancers. If you drink, try to keep it to less than one alcoholic beverage a day.

Get Some Rest. Your body repairs and regenerates tissue, builds bone and muscle, and strengthens its immunity while you sleep. Not getting enough sleep may cause short-term problems such as irritability and memory loss and long-term conditions including diabetes and heart disease. The average adult should aim to get seven to nine hours of sleep each night.

Visit Your Ob-Gyn. Women should see their doctor regularly for preventive care. Routine visits to the ob-gyn help ensure women receive age appropriate screenings, exams, and immunizations, and they allow physicians to identify and treat common problems before serious health risks develop.

For more information, patient education fact sheets are available at acog.org.

Dr. James N. Martin Jr. is president of the American Congress of Obstetricians and Gynecologists.

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