
CENTRAL PA HEALTH CARE QUALITY UNIT NEWSLETTER FOR HEALTHY OUTCOMES

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Exercising to Relax: Aerobic and Endurance Exercise

From Harvard Health Newsletter Vol 8, Issue 7

Aerobic exercise is key for your head, just as it is for your heart. You may not agree at first; indeed, the first steps are the hardest, and in the beginning, exercise will be more work than fun. But as you get into shape, you'll begin to tolerate exercise, then enjoy it, and finally depend on it.

Regular aerobic exercise will bring remarkable changes to your body, your metabolism, your heart, and your spirits. It has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress. It's a common experience among endurance athletes and has been verified in clinical trials that have successfully used exercise to treat anxiety disorders and clinical depression. If athletes and patients can derive psychological benefits from exercise, so can you.

How can exercise contend with problems as difficult as anxiety and depression? There are several explanations, some chemical, others behavioral.

The mental benefits of aerobic exercise have a neurochemical basis. Exercise reduces levels of the body's stress hormones, such as adrenaline and cortisol. It also stimulates the production of endorphins, chemicals in the brain that are the body's natural painkillers and mood elevators. Endorphins are responsible for the "runner's high" and for the feelings of relaxation and optimism that accompany many hard workouts — or, at least, the hot shower after your exercise is over.

Behavioral factors also contribute to the emotional benefits of exercise. As your waistline shrinks and your strength and stamina increase, your self-image will improve. You'll earn a sense of mastery and control, of pride and self-confidence. Your renewed vigor and energy will help you succeed in many tasks, and the discipline of regular exercise will help you achieve other important lifestyle goals.

Exercise and sports also provide opportunities to get away from it all and to either enjoy some solitude or to make friends and build networks. Exercise is play and recreation; when your body is busy, your mind will be distracted from the worries of daily life and will be free to think creatively.

Almost any type of exercise will help. Many people find that using large muscle groups in a rhythmic, repetitive fashion works best; call it "muscular meditation," and you'll begin to understand how it works. Walking and jogging are prime examples. Even a simple 20-minute stroll can clear the mind and reduce stress. But some people prefer vigorous workouts that burn stress along with calories. That's one reason ellipticals are so popular. And the same stretching exercises that help relax your muscles after a hard workout will help relax your mind as well.

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SAVE THE DATE: June 2, 2011 - Nurses Training Day – Maria Joseph Community Center in Danville Speakers for that day include Bob and Linda Derr and Dave Ferro RPh from the *Medicine Shop*. Registration is from 9 – 9:30 am.

Contagious Disease QUIZ: Can you Catch It?

From Web MD

Contagious diseases can be spread by contact with or close proximity to an infected person, and there are varying degrees of contagiousness. Some diseases are easily transmitted from person to person, like a cold, while others can be transmitted only under specific conditions. Answers follow.

1. Is MRSA (methicillin -resistant Staphylococcus aureus) contagious? Yes No
2. Is fifth disease contagious? Yes No
3. Are hives contagious? Yes No
4. Are cold sores contagious? Yes No
5. Is acne contagious? Yes No
6. Is eczema contagious? Yes No
7. Is varicella-zoster virus (VZV), which can cause shingles, contagious? Yes No
8. Is poison ivy contagious? Yes No
9. A person with a cold is most contagious in the first two to three days. True False
10. Most cases of meningitis are caused by viral or bacterial infections and are rarely fatal.
 True False
11. What causes most cases of Hepatitis? Bacteria The body attacking its own tissues Viruses
12. Malaria can spread by direct contact with an infected person. True False
13. Vaccines exist for which of the following? Typhoid fever Hepatitis A Yellow fever All

The information offered in this newsletter is to increase your awareness of health related conditions and situations and not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.

Contagious Disease Quiz Answers – How did you do?

- 1. YES.** MRSA is a staph infection that's typically spread by direct contact with someone's skin infection or their personal items, such as towels or razors. In health care settings, MRSA can cause severe and potentially life-threatening infections, such as bloodstream infections. However, in community settings, such as locker rooms, most MRSA infections are skin infections that manifest as swollen and painful red bumps on the skin.
- 2. YES.** A person infected with parvovirus B19 (fifth disease), an illness that causes a mild rash and commonly affects children, is contagious during the early part of the illness, before the rash appears. By the time a child has the characteristic "slapped cheek" rash of fifth disease, for example, he or she is probably no longer contagious and may return to school or child care center. This contagious period is different from that for many other rash illnesses, such as measles, for which the child is contagious while he or she has the rash.
- 3. NO.** Hives (red bumps on the skin) typically are caused by an allergic reaction to a drug or food. They also can be caused by infections or stress.
- 4. YES.** A contagious virus called herpes simplex type 1 causes cold sores; more than half the U.S. population is affected by type 1 herpes virus by their 20s. Some people have no symptoms of the infection, while others develop painful cold sores on the lips, chin, cheeks, or nostrils -- or less commonly on the gums or the roof of the mouth -- that can last a week or longer.
- 5. NO.** The exact cause of acne is unknown, but it is thought to involve excess oil, clogged pores, inflammation, and bacterium called *P. acnes*, which is found on everyone's skin.
- 6. NO.** Eczema, a general term for many types of skin inflammation, is not contagious. However, it is believed to be genetically connected, so it is not uncommon for members of the same family to be affected.
- 7. YES.** VZV causes chickenpox and shingles. Someone with chickenpox or shingles can pass VZV to someone who has never had chickenpox, but they cannot cause a person to develop shingles. You can't "catch" shingles from someone else. Shingles can occur only when the VZV is reactivated, usually years after a person has had chickenpox.
- 8. YES.** Poison ivy is contagious, but the rash caused by poison ivy is not contagious if the oil from the plant has been washed from skin, clothing, or tools that have been in contact with the plant or leaves.
- 9. TRUE.** A person with a cold is most contagious in the first two to three days and usually isn't contagious at all by the seventh to 10th day. Symptoms usually begin within those first two or three days of "catching" a cold, but it can take as long as a week.
- 10. TRUE.** Meningitis is inflammation of the membranes that cover the brain and spinal cord. It can be caused by viral or bacterial infections that commonly cause routine illnesses. Most occur from infections that are contagious and spread via drops of fluid from the throat and nose of someone who is infected that become airborne when the person coughs, laughs, talks, or sneezes. Bacterial meningitis is usually more severe than viral meningitis and can have serious aftereffects, such as brain damage, hearing loss, limb amputation, or learning disabilities. Vaccines are available for several of the causes of bacterial meningitis.
- 11. VIRUSES.** "Hepatitis" means inflammation of the liver, and it is also the name of a family of viral infections that affect the liver. The type of hepatitis is named for the virus that causes it, such as hepatitis A, hepatitis B, or hepatitis C. Drug or alcohol use also can lead to hepatitis, and some cases are caused by the body mistakenly attacking its own tissues, but those are not the most common causes.
- 12. FALSE.** Malaria is spread by infected mosquitoes, not by direct contact with an infected person. It primarily is a concern in developing countries in warm climates. Symptoms of malaria are similar to those of the flu, including chills, fever, vomiting, and diarrhea.
- 13. ALL.** Vaccines are the most effective method of preventing disease.

10 Worst Foods In Your Pantry

From Web MD

The newly released 2010 U.S. Dietary Guidelines describes a healthy eating pattern as one that emphasizes nutrient-rich foods and beverages such as vegetables, fruits, whole grains, seafood, beans, nuts and seeds, fat-free or low-fat dairy, lean meats and poultry, and eggs. The worst choices in the pantry are those foods containing sugars, refined grains, solid fats, and high levels of sodium.

Here's an easy way to separate the best from the bad.

1. Soda and Sweetened Beverages

Some of the worst foods in their pantry are soda and other sweetened drinks because these contribute refined carbohydrate calories without nutrients. Some might be surprised that sweetened teas and energy drinks rival the sugar in soda with about 50 grams of sugar per 16-ounce bottle.

2. High Sugar, Low Fiber Breakfast Cereals

Cold cereals were among the top sources of added sugar for children between the ages of 2 and 8, according to a recent report. A cereal that lists a refined grain and sugar as the first two ingredients won't satisfy your hunger through the morning and it won't contribute important nutrients, which come from whole foods like whole grains, nuts, or dried fruit.

3. Snack Cakes and Cupcakes

Snack cakes have three of the four ingredients we need to eat less of: refined flour, added sugars, and saturated fat. The typical snack cake serving contains 228 calories, 9 grams of saturated fat, and 28 grams of sugar.

4. Movie Theater or Mega Butter Microwave Popcorn

The "Extra Butter" or "Movie Theater" microwave popcorn choices are some of the last products that still have shocking amounts of trans fat in them with a small serving of 3 tablespoons (unpopped) containing about 2.5 grams of saturated fat and 5 grams of trans fat. Each serving also adds at least 300 milligrams of sodium to your day's total.

5. Chips and Cheetos

This popular snack group category made the list because they are processed with gobs of fat and sodium and usually include a refined grain. A 2-ounce bag of chips or Cheetos usually adds more than 300 calories, 20 grams of fat, and over 450 milligrams of sodium. The worst part is we tend to eat too much of them because even a 2-ounce portion doesn't seem to satisfy our stomach.

6. Packaged Muffins and Cereal Bars

You expect Pop Tarts to be full of sugar (about 16 grams of sugar each) but you might be surprised to learn that even the more healthful sounding cereal bars or packaged muffins contain about the same amount of sugar (or more) than your typical toaster pastry.

7. Crackers (made with refined flour)

They are so easy to eat a lot of because they are bite-size and crunchy. A few years ago crackers were held together with partially hydrogenated fat (which added trans fat) and now the trans fats are mostly gone, but most crackers are still low in fiber and high in sodium.

8. Yeast Breads (made with refined flour)

Yeast breads, from hot dog buns to Texas toast, made the "worst" list for two reasons: They are one of the biggest sources of refined flour in the typical American diet and they are also the No. 1 source of sodium among the U.S. population.

9. Store-Bought Cookies (especially the chocolate coated ones)

Grain desserts, which includes cookies, are a major source of added sugars, more so than dairy desserts or candy, according to a new report. Some commercial cookies are higher in fat, saturated fat and sugar than others but they all usually start with refined flour. The chocolate coated cookies tend to have the most saturated fat (about 5 grams per 3 cookie serving).

10. Canned Soup and Instant Noodle Cups

Some choices in the soup aisle have half a day's worth of sodium in a serving. The U.S. Dietary Guidelines recommend half the U.S. population, including people aged 51 and older and those of any age who are African-American or have hypertension, diabetes, or chronic kidney disease, reduce their sodium to 1,500 milligrams a day.