

Bxbriefs

Heart failure

A person age 40 or older has a one-in-five chance of developing congestive heart failure, according to study recently published in the rapid access issue of *Circulation: Journal of the American Heart Association*. The lifetime risk of heart failure doubles for people who have high blood pressure.

The study highlights a significant link between high blood pressure and long-term risk for CHF for both men and women. For 40-year-old women with systolic blood pressure (the top number) below 140 and diastolic blood pressure (the lower number) below 90, lifetime risk for CHF was 12 percent. For 40-year-old women with systolic pressure of 160 or higher and diastolic pressure of 100 or higher, the risk of CHF more than doubled to 28.9 percent.

For 40-year-old men with blood pressure less than 140/90, lifetime risk for CHF was 14.9 percent, while men with blood pressure of 160/100 or greater had a risk of 27.9 percent.

The researchers followed more than 8,000 men and women for up to 25 years. The participants had no history of congestive heart failure at the start of the study, but 583 developed it during the study.

Prostate cancer

Beaumont Hospital is recruiting volunteers for SELECT, or the "Selenium and Vitamin E Chemoprevention Trial."

The research study, funded by the National Cancer Institute, will include more than 32,000 healthy men in North America, including Puerto Rico, to evaluate selenium (a micronutrient present in food and in supplements) and vitamin E (alpha-tocopherol), to determine their effectiveness in preventing prostate cancer.

Needed are African-American men at least 50 years of age and older men at least 55 years old. Participants must have no prior history of prostate cancer and must be in generally good health. For more information, call Beaumont's Cancer Clinical Trials Office at (248) 551-1695.

Colon cancer

Beginning at age 50, the American Cancer Society recommends men and women follow one of the following five colorectal cancer testing methods: yearly fecal occult blood test (FOBT); flexible sigmoidoscopy every five years; yearly FOBT and flexible sigmoidoscopy every five years (preferred over either option alone); double contrast barium enema every five years; colonoscopy every 10 years.

Personal risk factors, so your doctor can help you make informed decisions about when to begin testing and the most appropriate testing method for you, factors associated with increased risk for colon cancer include:

- Age: Most people diagnosed are 50 or older.
- Race: African Americans are at greater risk.

- Personal or family history of the following: colon cancer, intestinal polyps, inflammatory bowel disease (ulcerative or Crohn's colitis).

- Certain genetic factors, such as: familial adenomatous polyposis, Gardner's syndrome, hereditary non-polyposis colorectal cancer, Ashkenazi Jewish descent.

- Smoking or use of other tobacco products.

- Physical inactivity.

- Diets high in red meat.

For more information about cancer, call toll-free (800) ACS-2345 or visit the American Cancer Society Web site at www.cancer.org.



Starting a fitness program tops New Year's resolutions

Put on a few pounds and want to get fit for 2003? Many people put fitness on the top of their list of New Year's resolutions. To avoid losing focus and straying from your goals within a few months, area health and fitness professionals have loads of advice to help you stick with your program.

YOU ARE WHAT YOU EAT

Chris Klebba, owner of the Water Wheel Health Club in Northville, also a certified personal fitness instructor, lists his tips:

1. Make up your mind. Decide what you're going to change and work to achieve it. Commitment and consistency are key.

2. Do not set the bar too high from the start. Set smaller goals. Pack a healthy lunch a few days a week instead of always eating out. Drink two more glasses of water per day. Setting goals too high can be stressful and unsuccessful.

3. Some is better than none. Doing some sort of physical activity is better than not doing anything at all. Take the stairs. Don't look for the closest parking spot. Choose one farther away and walk.

4. Think before you eat. Ask yourself, "Will eating this food get me closer to my goal?" If not, make a better food choice. Many food choices are habit.

5. Don't buy junk food. If you don't have it in the house, you won't eat it. Out of sight, out of mind.

6. Don't skip meals. We're periodic eaters and our bodies metabolize continuously. To keep your body going all day long, it needs fuel. Drastic calorie reduction and long periods without food will lead to a decline in your metabolic rate that will result in low energy. If you get too hungry, you may not make the right food choices. Smaller, more frequent bouts of eating - four to six times a day - will help keep hunger at bay.

7. Be honest with yourself. Whether you are working out on your own, or with a personal trainer, be honest and don't cheat yourself. Cookies and fruit juice have calories. Sugar and cream in coffee have calories. Alcohol has calories. Be aware, and count them all.

8. Weigh and measure food for a week. This may be inconvenient, but it is very valuable. Once you begin to learn the calorie content of the foods you typically eat, it becomes much easier to eat the appropriate amount of food. It also helps you to learn proper serving sizes so you don't overeat.

9. Stop looking for the shortcut. Many people want the quick fix, like the super weight loss pill, or one machine that does it all, but there are no shortcuts. Changing your lifestyle takes time.

10. Consult a fitness professional. It may sound self-serving to some, but think about investing some time and money in a personal trainer. Let a qualified fitness professional help you set realistic goals and work with you. It could make the difference in sticking with your plan or not.



Personal trainer Chris Klebba works with Plymouth resident Carla Barrett at Water Works Fitness in Northville Thursday.

"We get a lot of people who start out setting their goals too high and that can result in failure."

Mark Papineau
certified personal trainer

LET'S GET PHYSICAL

Mark Papineau, certified personal trainer, and Joe Stachura, wellness coordinator and personal trainer at the Livonia Family YMCA, offer additional tips:

1. Create a personal exercise and nutrition contract for yourself. Writing down a few goals will help you hold yourself accountable and create awareness of your goals. Reward yourself when you have reached those goals, and then create a new contract with additional goals. Post it in a place where it is visible and review it every couple of days. The contract should be for six to eight weeks, then make a new contract, adjusting your goals accordingly.

2. Limit your resolutions to three to five goals and grade yourself each week. This is where the contract comes into play. If your goals are written, you are more likely to achieve them. Assess your progress at the end of the week and give yourself a grade for your effort and achievement.

3. Join an exercise class. Working out on your own may bore you. Join classes such as aerobics, yoga, martial arts, etc.

PLEASE SEE RESOLUTIONS, C7

Good nutrition is important for fitness

With exercise, proper nutrition follows. You can burn a lot of calories in your workout, but if you're consuming more calories than you're burning, you're not going to meet your target weight.

Sherri Isak, registered dietitian and certified dietary expert at St. Mary Mercy Hospital, Livonia, offers her advice for successful nutrition resolutions:

- Use the plate method to get yourself on the right nutrition track. Half of your plate should be filled with vegetables, one-quarter with lean meat or protein, one-quarter with grain or starch and fruit and lowfat milk on the side. This is a way to eat healthfully without having to measure every food you eat.

- Fill up on fiber. Fiber helps increase your level of fullness. Start your day with a cereal that has five or more grams of fiber, add vegetables to lunch, choose beans at least three times per week, and use whole grain bread rather than white or wheat.

- Write it down. Keeping a food diary helps increase awareness of what you're eating.

PLEASE SEE NUTRITION, C7

No. 1 New Year's 2003 resolution: exercise

With 2003 now in full swing, it's time to stop putting off that exercise program. This can be daunting, especially when trying to juggle family, work, social activities, and other priorities in your busy life. In your list of priorities, put exercise near the top, because it is one of the few things that enhances all aspects of your life, from your physical health to your mental and emotional well-being.

So here are a few tips to follow when embarking on the path to wellness:



Dr. Steven J. Karaganes

Even if he or she finds something wrong, the doctor may just limit your activity, not eliminate it. If you avoid the physical, you may not know about diseases that can have catastrophic effects with too much exercise. Things that need to be evaluated include your heart, cholesterol level, and major joints such as the knee and shoulder.

Set a goal. Do you want to lose weight? Get fit? Run a 5K race? A marathon? Look better in a bathing suit? The more specific your goals are, the more motivation you will have to achieve them.

Remember, arthritis gets better with exercise. Use it or lose it. The less you use a joint, the stiffer it becomes, the less nutrition it gets, and the faster the arthritis progresses. Be realistic - you may not be able to squat with lower back arthritis or run with knee arthritis. But your doctor can help you pick activities that are safe and fun.

Start slowly. This advice especially applies to inactive or overweight individuals with New Year's Resolution-itis. The faster you change your exercise regimen, the faster injuries occur. Your body needs to recover from workouts, so start slowly and then gradually increase your duration and frequency.

Combine aerobic activity with flexibility and strength training. A good exercise program incorporates 30-60 minutes of aerobic activity at least three days a week. You can split it into 10 to 15-minute increments if time is an issue. This can include walking (with or without incline), jogging, cycling, swimming, spinning, elliptical machines, etc.

PLEASE SEE EXERCISE, C7