

WELLNESS NEWS MONTHLY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OLD COLONY YMCA

WINTER

January 2014

www.oldcolonymca.org

HELPING OUR COMMUNITY MEMBERS IN THEIR PURSUIT OF WELLNESS, REDUCTION OF RISK, AND RECLAIMING HEALTH

ASK DR. DAVID MUDD

OSTEOARTHRITIS

Arthritis is a term that means inflammation of the joints. There are many causes of arthritis but the most common is osteoarthritis. Osteoarthritis is really wear and tear arthritis that comes with age and injuries to the joints. Some people inherit from their parents an increased likelihood of developing osteoarthritis as well. Osteoarthritis is very common in athletes especially those who play contact sports such as football and gymnastics.

Osteoarthritis can affect any joint in the body but the most common sites are in the hips knees and hands. Osteoarthritis affects the cartilage that lines the bones at the joints. The surface of healthy cartilage looks like the inside of an eggshell when it is healthy, completely smooth and glistening white. The surface of the cartilage with osteoarthritis looks like a fried egg with yellow irregular spots. Cartilage provides a smooth gliding surface and also works as a shock absorber protecting the bone underneath. When the cartilage is healthy you can stand and walk and exercise without any discomfort. With osteoarthritis the joints become painful and swollen and stiff, making standing and walking difficult.

Unfortunately once the process starts it cannot be reversed. It can only be slowed down and the symptoms of pain and swelling can be treated with non-steroidal medications such as ibuprofen and naproxen. As it worsens injections of gels and steroids into the joints can give relief temporarily. Weight loss and building up of the muscles involved with the joint are very helpful in slowing the process. Exercise such as pool aqua therapy and stationary cycling and rowing can help keep the joints working and reduce the pain and swelling. Once the joint becomes very painful and stiff, total joint replacement becomes the final option.

In the past decade joint replacements especially of the hip and knee have become extremely common. Over 700,000 knee replacements alone are performed annually in the United States. This number is projected to increase to 3.5 million procedures by the year at 2030! Most artificial joints last 15-20 years or longer, although rarely infection or malfunction can occur.

Dr. David Mudd is a 20-year Easton resident, board certified physician in Internal Medicine, former President and trustee of Good Samaritan Medical Center, Chairman of the Old Colony YMCA's Easton Branch Board of Governors, Active member of the Easton Lions club and the Natural Resource Trust, and more! You can often see him swimming laps at our Easton branch.

MEET DR. MUDD!



SUBMIT QUESTIONS FOR THIS COLUMN TO:

sselmon@oldcolonymca.org

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Serah Selmon, editor, at 508.238.9758 or sselmon@oldcolonymca.org

VISIT OLDCOLONYMCA.ORG
FOR BRANCH AND PROGRAM
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NUTRITION

RECIPE: SCOOPABLE CHINESE CHICKEN SALAD

Ingredients:

One 16 oz package dry broccoli slaw mix
12 oz. cooked skinless lean chicken breast, chopped
1 cup canned water chestnuts, drained and sliced into thin strips
1 cup canned mandarin orange segments packed in water or juice, drained and chopped
1 cup chopped scallions
¾ cup Newman's Own Lighten Up! Low Fat Sesame Ginger Dressing

In a large bowl, toss together all ingredients until mixed well. Refrigerate for at least 2 hours. Stir well before serving. Enjoy!

LIVESTRONG AT THE Y

LIVESTRONG® at the YMCA is a wellness program that builds physical, emotional, and spiritual strength and self-confidence for cancer survivors. Y staff trained in cancer treatment and recovery will individually guide cancer survivors through their 12-week journey to wellness.

By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in our YMCA community.

"I heard about the program at a reunion luncheon for those who had their radiation treatments where I did. My first impression was - that's for me, as bad a physical shape as I'm in. I'm 76 and had external beam radiation therapy two years ago for prostate cancer.

To make a long story short, we're two weeks away from completion of the twelve week program and my blood pressure is down, I've lost a couple of pounds, and I feel great. Being in a group of about 10 makes it easier to get motivated. There's no competition, but just realizing that we're all there for the same reasons and recovering from a common issue makes for great companionship. I look forward to going to the Y and being encouraged by the wonderful trainers assigned to us, as I couldn't do it on my own. Besides cardio work on treadmills and bikes, there's strength machines, times when we're together doing circuit training led by the instructors, and stretching exercises including yoga as we cool down.

It has been a very worthwhile program and I'm sure a few of us will join the Y after we complete it, to stay in the good condition we're now in."

-Ernie Johansen, Bridgewater, MA

Upcoming start dates & class times- Contact your Y to register
East Bridgewater- Jan. 14th Tue/Thu 11-12:15pm
Brockton- Jan. 14th Tue/Thu 10-11:15am
Stoughton- Feb. 24th Mon/Thu 11-12:15pm
Easton- Mar. 4th Tue/Thu 11-12:15pm
Middleboro- Mar. 17th Mon/Wed 11-12:15pm
Taunton- Feb. 10th Mon/Wed 10:30-12pm

RESOLUTION SUPPORT

MAINTAIN YOUR MOMENTUM

It's January and many are using the new year for a fresh start on their health and wellness goals! If you have chosen to join the Y, or commit to attending the Y more often, rest assured that our staff are here to help!

- Schedule a Get Started Appointment at our Welcome center! Our fitness coaches can help you think through your goals and interests, develop a plan for success, and think through ways to breakthrough your barriers!
- Consult your branch My Y, My Way calendar! This month, each branch has a number of introductory classes, meet the trainer events, and more!
- Schedule an appointment to meet with a personal trainer! Our trained, certified staff will design customized routines to help you reach your goals safely while keeping you motivated and accountable!

REDUCE RISK

YMCA DIABETES PREVENTION PROGRAM

If you are at high risk for type 2 diabetes, the YMCA's Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes. The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes by 58%.

In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over a 12-month period, beginning with 16 weekly one-hour sessions followed by monthly maintenance for added support to help them maintain their progress.

PROGRAM GOALS:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?

In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25) and at high risk for developing type 2 diabetes indicated by a confirmatory blood value, prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy, or a qualifying risk score.

"The group experience was really helpful because one person may be struggling with something and the group would bounce around ideas. A fresh perspective can really help. We encouraged each other. To see that it is such a struggle for other people too was unexpected. You always think it's just you struggling, but everyone in the group had different challenges, but we collaborated and supported each other."

-Monica, YMCA's Diabetes Prevention Program Participant

Contact Lauren for more information or to enroll in one of our classes beginning this month:
lbartell@oldcolonymca.org or 781.341.2016 ext 204

HOW CAN I HELP?

SUPPORT YOUR Y

- Advocate for these programs in your community. Talk with your friends and pass along feedback to your medical providers, school nurses, and teachers.
- Help our Y and community partners position our programs as a benefit that helps kids and their families live well and healthy lives.
- Support our programs by becoming a volunteer or donor at the OLD COLONY YMCA.