

PT Newsletter

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Find the 2 misspelled words and WIN !!!

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Top Health Mistakes Women Make

From Tracee Cornforth,

Your Guide to Women's Health.

8 Ways Women Often Sabotage Their Own Health

You consider yourself a smart woman. You see your gynecologist every year, and perform your breast self-exam monthly. You try to watch what you eat and find time for exercise whenever possible. You almost always practice safe sex -- well there was that one time you forgot. You're healthy enough, but are you really doing everything you could to be your healthiest? Are you taking time to do the things that can reduce your risk of cancer, heart disease, and other health conditions? If you are like most women, there are probably a few areas of your health habits that could use a little improvement.

1. Did you know that wearing nylon panties, tight-fitting jeans, pantyhose without a cotton panel, or other garments that restrict airflow and hold in heat and moisture are contributing factors in yeast infections? Wearing cotton panties and avoiding such garments mentioned above will lower your risk of vaginitis infections.
2. Many women are under the false impression that if they see their gynecologist for a Pap smear every few years and perform monthly breast self-exam they have nothing else to worry about. However, all women need a comprehensive routine physical every 1 to 2 years to screen for other health conditions that may arise including diabetes and heart disease (the leading cause of death among women). Remember a clean bill of health only begins at your gynecologist's office.
3. Having unprotected sex, even once, can lead to sexually transmitted diseases (STDs) including HIV/AIDS, and other vaginal infections. Condoms should be used during every act of sexual intercourse, unless you are in a mutually monogamous long-term relationship, regardless of any other birth control method you may use. Remember birth control pills and other forms of contraception do not protect against these diseases which can cause future reproductive health issues, as well as death in some cases -- a condom is your best protection outside of abstinence.

4. Are you getting an adequate amount of calcium in your daily diet? Chances are that you are not. Calcium is not important only for growing kids -- it is a crucial nutrient throughout a woman's life. Calcium has been shown to significantly reduce the symptoms of PMS and is necessary to protect yourself against the bone-thinning disease osteoporosis later in life.
5. Did you know that smoking is the most preventable cause of death in this country? Sadly, more than 140,000 women die from smoking-related causes each year. We all know that smoking increases our risk of heart disease and cancer; however for women smoking can play a significant role in infertility, miscarriage, and other reproductive health issues.
6. Do you exercise regularly? According to the Centers for Disease Control (CDC), just 30 minutes of exercise daily can significantly reduce your risk of disease. The benefits of regular exercise include a significant increase in life expectancy and improved overall health. Regular physical activity reduces the risk of cancer, heart disease, and osteoporosis, as well as reducing or improving the symptoms of menopause, PMS, diabetes, and numerous other conditions.
7. Overeating, eating too much fast food or other restaurant meals is something many of us are guilty of -- this can lead to weight gain, high blood pressure, gallstones, diabetes, and heart disease. The increase in the number of cases of gallstones, in women under 40, may well be attributed to the high fat content of too many fast food meals eaten by today's busy women.
8. Finally, don't forget to take time to give yourself a break. Find time to relax, read a book, take a warm bath, or do something just for yourself. You'll be surprised at how much better you feel when you remember to take care of your own needs and relieve the stress of everyday life in our fast paced world.

How to Exercise Safely in Cold Weather

From [Elizabeth Quinn](#),

Your Guide to [Sports Medicine](#).

Winter weather means taking special precautions when you exercise outside. Cold exposure can make outdoor activity uncomfortable or even dangerous for anyone unprepared for extreme weather. It's important to be aware of the early warning signs and symptoms of cold exposure and how to prevent problems.

Shivering is usually the first sign of dangerous cold exposure, as the body is trying to generate its own heat through uncontrolled muscle contraction. This should be your first warning to seek shelter.

The two most dangerous conditions that can result from cold weather exposure are frostbite and hypothermia.

Frostbite describes the freezing of superficial tissues of the face, ears, fingers and toes.

Symptoms of frostbite include:

- Pain
- Burning
- Numbness
- Tingling
- Skin turns hard and white
- Skin starts to peel or get blisters
- Skin starts to itch
- Skin gets firm, shiny, and grayish-yellow
- Cold sensation, goose bumps, confusion, numbness

Treatment

To help a frostbite victim, get the person to a warm, dry place and remove constrictive clothing.

Raise affected areas and apply warm, moist compresses to these areas. Do not rub frostbitten areas or apply direct heat.

Hypothermia is a more severe response to cold exposure that is defined as a significant drop in body core temperature.

Symptoms of hypothermia include:

- Shivering
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, mental confusion, stumbling, depression
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness

Treatment

At the first sign of hypothermia take the person to a dry, warm place or warm the victim with blankets, extra dry clothing or your own body heat.

Prevention

The first line of defense against cold exposure is dressing appropriately for conditions. Other factors that can negatively affect your ability to handle cold temperatures can include inadequate nutrition, dehydration, alcohol consumption, certain medications and health conditions such as diabetes and heart disease, which can significantly decrease a person's ability to exercise outdoors in the cold.

To improve your comfort and safety while exercising in the cold, the *American College of Sports Medicine* recommends the following:

- **Layer Clothing**
Several thin layers are warmer than one heavy layer. Layers are also easier to add or remove and thus, better

regulate your core temperature. The goal is to keep the body warm and minimize sweating and avoid shivering.

- **Cover your Head**

Your head should be covered while exercising in the cold, because heat loss from the head and neck may be as much as 50 percent of the total heat being lost by your body.

- **Cover your Mouth**

To warm the air before you breathe it, use a scarf or mask. Do this especially if breathing cold air causes angina (chest pain) or you are prone to upper respiratory problems.

- **Stay Dry**

Wet, damp clothing, whether from perspiration or precipitation, significantly increases body-heat loss.

- **Keep your Feet Dry**

Use a fabric that will wick perspiration away from the skin. Polypropylene, wool or other fabrics that wick moisture away from the skin and retain insulating properties keep the body warm when wet.

- **Stay Hydrated**

Dehydration affects your body's ability to regulate body heat and increases the risk of frostbite. Fluids, especially water, are as important in cold weather as in the heat. Avoid consuming alcohol or beverages containing caffeine, because these items are dehydrating.

- **Avoid Alcohol**

Alcohol dilates blood vessels and increases heat loss so the odds of experiencing a hypothermic event increase. Alcohol can also impair judgment to the extent that you may not make the best or brightest decisions in a cold weather emergency. It's best to leave the alcohol behind when you head out into the cold.

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Spelling Bee Contest— find the 2 misspelled words in this Newsletter, then call Sylvia at (718) 729-5947 and be the first 5 callers to win our monthly prizes. Congratulations!!! to this month's winners. Last PT newsletter's misspelled words are **ensymes** (correct word = enzymes) and **protiens** (correct word = proteins).
Huntington Station office= (631) 396-1595



Happy New Year!!! To all of you