

Excellent Choice Physical Therapy ... "We treat you like family"

PT Newsletter

Volume 2 Issue 38

Find the 2 misspelled words and WIN !!!

Sept

Many Seniors Lose Fitness Due to Lack of Training, Not Just Aging

From Elizabeth Quinn, Your *Guide to Sports Medicine*.

Senior makes quick improvements when they start to exercise.

We all probably know of at least one senior citizen who seems to defy the laws of aging and remains in top physical shape well beyond their peers. We also tend to dismiss this person as genetically gifted or just unusual. However, research, and more and more seniors are showing us that this doesn't have to be the case. Many of the declines in fitness with age are due to lack of use, not just the normal aging process.

While it's true that as we age we have to work harder than the young, a lot of the declines that we attribute to aging may be reversed with fitness training.

Over the past two years, [Senior Journal.com](http://SeniorJournal.com) has published the following headlines and research findings about benefits for senior fitness training:

Study confirms earlier finds on value of weight exercise combine with calcium citrate

Researchers have once again looked at the Bone Estrogen Strength Training (BEST) Study at The University of Arizona – a landmark study on how strength training affects changes in bone density in postmenopausal women. The most recent study confirms the findings that a specific regimen of weight-bearing and resistance exercises, combined with calcium citrate supplement over four years, provided significant improvement in bone mineral density (BMD) at key skeletal sites, whether or not the women were on hormone therapy (HT).

much longer it takes for injuries and wounds to heal as we get older. The body's ability to heal even small skin wounds is one of those things that slows as we age. A new study, however, finds that regular exercise by older adults may speed up the wound-healing process by as much as 25 percent.

Stress reduction and diet also cited as helping memory

A study released today says senior citizens can not only improve their aging bodies with exercise but that by adding memory exercises to their routine they can also preserve their memory.

Exercise Improves Quality of Life for Seniors

A new study has found that previously sedentary senior citizens who incorporated exercise into their lifestyles not only improved physical function, but experienced psychological benefits as well.

Exercise helps prevent Alzheimer's

A new study published today adds to the growing evidence that exercise – particularly if it starts early and is maintained over time - is beneficial in preventing dementia and Alzheimer's disease. The new study focused on the physical activity levels of older people when they were middle aged and concludes being physically active in midlife can significantly decrease the risk of dementia and Alzheimer's.

Developing Good Balance is Critical Element of Healthy Aging

Balance has less to do with strength and everything to do with an elderly person's ability to get around and live independently. Yet, few people in their later years think to practice balancing -- until it's too late. A study at Indiana University Bloomington has produced a balance improvement program that can be done at home.

Exercise, Healthy Diet May Prevent Teeth Loss

Senior citizens and baby boomers are pounded

with advice saying that with exercise and a healthy diet their mental and physical health is substantially improved. Now, a new study says that even oral health is better. The exercise-and-eat-right lifestyle, the study says, can reduce periodontal disease, the main cause of loss of teeth.

Older Senior Citizens Who Don't Exercise Can Face Problems Even Walking

Even for older senior citizen, lack of exercise increases the risk of future problems with climbing stairs or even walking, according to research published in the Journal of the American Geriatrics Society.

Strength Training Is an Antidote to Muscle Loss In Elderly

Resistance or "strength" training has repeatedly been shown to be a safe and effective method of reversing sarcopenia, or muscle loss, in the elderly. The condition actually starts around age 45, when muscle mass begins to decline at a rate of about 1 percent per year. Scientists funded by the Agricultural Research Service (ARS) have been studying the factors involved in gradual muscle loss since 1988.

Boomers, Young Seniors Can Extend Life With Minimal Exercise

A new study gives people in their 50s and 60s another reason to get off the couch and be physically active — especially if they have conditions or habits that endanger their hearts, like diabetes, high blood pressure or smoking.

Elderly Women Should Worry More About Exercise Than Weight

Elderly women should worry more about exercising than about controlling their weight in order to prevent their physical decline, according to a study done at the University of Pittsburgh and recently published in Preventive Medicine.

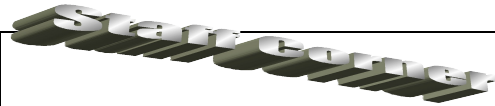
Spelling Bee Contest

Find the 2 misspelled words in this month's PT Newsletter, then call Sylvia at (718) 729-5947 and be the first 5 callers to win our monthly prize.

Congratulations!!! to the winners of the Last PT newsletter's – the misspelled words are **permision** (correct word = **permission**) and **satisfying** (correct word = **satisfying**).

Come visit us at www.excellentchoicept.com and give us a call. Back pain, neck pain, knee or hip pain, muscle weakness, etc. we are here to help.

**Huntington office – 631-396-1595
Queens office – 718-729-5947**



To all of our dear patients,

*We have some great news to share with you regarding some of our staff members at the Huntington office. First of all **Mrs Rupali Pai, PT** had given birth to a 7 lb 13 oz baby girl last June of 2008 and she is doing very well including the baby and hopefully she will be joining us this coming October.*

*Another exciting news was that our own **Stephanie Demonte** threw out the ceremonial first pitch at Shea Stadium's final season last August 7, 2008 (see figure below). As you know Stephanie is a stroke survivor and she also has been volunteering for the American Heart Association "Go Red for Women" program for many years and was nominated by the one of the Directors of "Go Red" to throw out the first pitch and we here at Excellent Choice PT are so proud of her. "You GO girl".*

*Lastly on a sad note, **Mrs Denise Cohen** had tendered her resignation last month to pursue better opportunities and we will surely miss her.*

Hope everyone had a great Summer!!!

*Sincerely,
Lino*

