

STAR HEALTH

Special Supplement to
Elizabethton Star

January 20th, 2008



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Beginners exercises

Want to start an exercise program but just don't know where to begin? We've made things simple for you by pulling together a sample workout plan that includes all key components: cardiovascular, strength training and stretching. You should check with your physician before beginning any exercise program. If you are unsure of how to do a particular activity, be sure to get advice from a qualified fitness professional.

Cardiovascular (CV) Workout

(e.g., walk, run, climb, cycle, skate, dance, swim) in order to get your heart pumping. Warm up slowly with 5 minutes of CV exercise and gradually increase intensity.

- Frequency - Start with 3 days per week. After 4-6 weeks, increase to 5 days per week. Your goal should be to do at least 30 minutes of activity most days of the week.

- Intensity - Beginners, you should exert yourself at a light-to-moderate level. As your body adapts to the positive stress of exercise, continue to gradually increase your exertion level.

- Time - For starters, try for twenty minutes of activity each time. To increase aerobic endurance and burn more calories, increase duration to 45 minutes for each workout.

- Never abruptly stop a workout. Cool down slowly for 5 minutes by gradually decreasing exercise intensity.

(e.g., weight machines, free weights, rubber tubing, body weight) Warm up slowly with 5 minutes of CV exercise and gradually increase intensity.

- A set is a fixed number of repetitions (reps) or repeated movements of an exercise. You should start with one set of 8-12 repetitions per exercise and progress to two sets as you get stronger. Rest from thirty seconds to two minutes between sets.

- Select a weight that fatigues the working muscles in 8-12 repetitions. When you can do more than 12 reps, increase the weight so the last rep is again difficult.

- Inhale at the beginning of the exercise, and exhale on effort. Lift the weight slowly for

Small steps can make a big difference

We all know that exercise is beneficial to our health, but it isn't always easy to find the time each day to hit the gym or take a walk. Between work, household chores, and family obligations, precious few minutes are left for regular physical fitness. If you don't have an extra hour each day to designate for exercise, don't despair. There are many ways you can work exercise into your life, and the good news is that you're probably doing some of them already.

- Park and Walk. If you are in the habit of circling the parking lot at the mall like a hawk, waiting to swoop into the closest parking spot, it's time to break that habit. Whether you are going to work or the mall, try parking a block or two away, especially during good weather. You will be adding in some excellent walking time and saving a lot of aggravation as well.

- Lunch on the Go. Instead of spending your entire lunch hour eat-

ing and talking, why not go for a walk for part of it? Walking helps you burn off some of the calories you just ate and also energizes you for the rest of the workday. Grab a couple of your coworkers and take them along for support.

- Morning Mini-Workouts. Instead of hovering sleepily over the coffemaker, go outside and take a walk around the block while your coffee is brewing. A brisk morning walk will wake you up and also help you make the most of your time in the morning.

- Walk the Dog. If you own a dog, then taking him for a walk is already a necessary

part of your routine. So why not extend your walking time by a few minutes? Instead of taking Fido halfway around the block, take him all the way around tonight. Fido can benefit from the extra exercise just as much as you!

- Take the Stairs. Whether you're at the mall or the office, skip the escalator and hit the stairs. Stair climbing is a great way to get some aerobic exercise. If you have a little extra time, make a couple laps up



■ See STEPS, 8

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■ See EXERCISE, 8

Keep up your resolution motivation

It is 2008, the confetti is cleaned up and the hats and horns have been put away. The holiday season is over and it's time to focus on keeping your New Year's Resolutions. Whatever goal you set for yourself whether it was writing a novel or losing some weight, you may find that you are struggling to stay motivated.

Here are some tips to help you stay motivated:

- Change does not happen overnight. Remember to be patient with yourself in your journey to achieve your goals.

- Make a list of benefits that your resolution will help you to achieve. For example, exercise helps you burn more calories which can help you lose weight but it also:

- Could improve your sense of well-being
- Could lower your blood pressure
- Could improve your stress-level
- Could help you to sleep more soundly

- If you slip up – you forget to write in your journal one day, you eat a piece of cake at a friend's birthday party, you manage to skip your evening walk – don't throw out the whole resolution or see it as "ruined." Behavior change takes time. Start fresh the next day.

- Reward yourself as you go. Buy yourself a new pair of shoes when you've lost five pounds, or treat yourself to a brand new journal when you've written every day for a month. Celebrating smaller achievements can make your goal seem less daunting and more fun!

- Be creative when you have a hurdle come up – the babysitter canceled so you won't be able to go to the gym – but your two year old will hop like a frog with you for an hour. That's a workout!

- Check in realistically on your resolution –

Your Resolution Solution



is it too ambitious or not ambitious enough? Don't be afraid to change your goals to be more attainable or more strenuous after midnight strikes. Maintain your perspective. You made these resolutions to affect positive change in your life.

Whatever your resolutions this year, you are taking positive steps every day toward a healthier, happier and more balanced life by making considered decisions about how you live. Be confident about the changes you are trying to make and maintain your positive attitude. 2008 could be your best year yet!

Not too late to adopt a healthy lifestyle

If you have been thinking about making positive changes to your lifestyle, there is good news. Even small changes, adopted later in life, may have a big impact on your overall health in the long term.

A recent study conducted at the Medical University of South Carolina and reported in the American Journal of Medicine indicated that when you adopt four habits, even if you start later in life, you may significantly reduce the risk of heart disease and death from all causes.

The study, which tracked nearly 16,000 Americans between the ages of 45 and 64 found that late-starters who adopted a healthy lifestyle, following the four habits listed below, within four years had the same rate of mortality and heart attack as people who had been doing the same behaviors all along.

Some of the habits were more easily adopted than others. For study participants, eating more fruits and vegetables was one of the first habits to be picked up, while losing weight was one of the last. Once all four habits were part of the healthy lifestyle, the risk for heart disease and mortality declined sharply. To gain the cardiovascular benefit, the study showed that participants had to pick up all four habits.

Four Healthy Habits that Can Lead to a Healthier You

- Eat five or more fruits and vegetables a day

Fruits and Vegetables are an important part of any healthy diet. Increasing the quantity and variety of fruits and vegetables in your diet provides your body with the nutrition it needs.

- Keep your weight to within the healthy to overweight range for your body

Reducing calories, eating low-fat foods, reducing your intake of saturated fats, trans fats, and cholesterol, becoming

■ See LIFESTYLE, 8

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STAR HEALTH

Shedding those extra holiday pounds

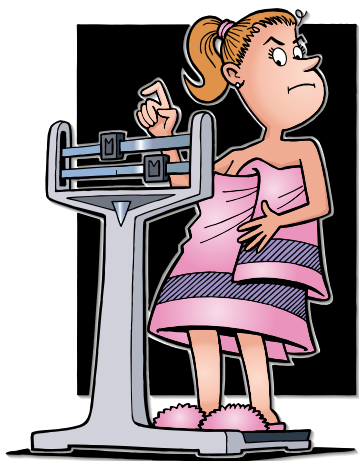
The holidays are officially over. The parties with the overflowing buffet tables are gone, and the wonderful gifts of homemade cookies and cakes you received have all been eaten. Unfortunately, the extra pounds you added to your waistline don't seem to be going away as quickly.

Two or three pounds of extra weight might not seem like a big deal to you, but if you continue to add a couple pounds every holiday season, you could gain upwards of thirty pounds during the next decade. As a result, your odds of developing serious health conditions, such as heart disease, diabetes, and certain forms of cancer are dramatically increased.

If you ate, drank, and were a little too merry this past holiday season, use these simple tips to shed those extra holiday pounds:

- Eat three balanced meals each day. Skipping meals increases your likelihood of overeating later in the day. Start your day with a healthy breakfast, filled with fiber-rich foods like Quaker Oatmeal. Throughout the day consume fresh fruits and vegetables, lean cuts of meat, such as chicken and fish, and low-fat dairy products.

- Drink plenty of water. Water plays an important role in your overall health. It helps flush toxins from your system,



Carrying excess weight can have serious repercussions on our health.

it helps keep your body hydrated, and it also helps curb your appetite. The American Dietetic Association recommends that adults drink eight or more glasses of water each day.

- Eat your meals slowly. Did you know that it takes up to 30 minutes for our bodies to register that we are full? It is therefore important that you take the time to enjoy your food. Chew your food as many times as you can. Eat with a friend, so that you can stop and talk between bites of food.

- Increase your physical activity level. Did you let your exercise routine come to a screeching halt during the holiday season? If so, you should start working your way back

into your fitness routine. Recruit a friend to join you for extra support and motivation. If it is still too cold to exercise outdoors, try to get to the gym at least four days a week. Do some resistance training to help increase muscle mass and reduce your body fat. Aerobic exercises are perfect for burning calories and increasing your cardiovascular fitness levels.

- Look for opportunities to be physically active each day. Walking is a terrific way to burn calories. Take the stairs instead of riding in the elevator or park at the furthest end of the parking lot instead of taking the spot closest to the store. If you're shopping at the local mall, try walking a few extra laps around the mall.

- Don't weigh yourself each day. Your body weight can fluctuate by several pounds from one day to the next due to changes in your water weight. You should only weigh yourself every few days, preferably in the morning before you've eaten.

- Be patient. Don't become impatient if the pounds don't start to magically melt off once you start a healthy diet and exercise routine. In fact, it's really better if they don't. Weight that is lost rapidly is typically water weight, or worse, muscle mass. This often results in any weight that was lost being gained back quickly. Long-lasting weight loss is best accomplished when it is done slowly and steadily.

If you ended up with a couple unexpected, and unwanted, holiday gifts this year, don't despair. All you need to do to lose those extra holiday pounds is to resume your healthy eating habits and exercise regimen that you were following before the holidays hit.



What's your numbers? High blood pressure typically has no symptoms, but it can lead to major health problems including stroke, heart failure, heart attack and kidney failure. It can be controlled with lifestyle changes and medications.

Blood pressure harder to control in winter

ORLANDO, Florida - For people with high blood pressure, the condition can prove tougher to control in the winter, researchers said on Monday.

Veterans treated in the winter were less likely to see their blood pressure levels come down to a healthy level than those treated in the summer, researchers told an American Heart Association

meeting.

The five-year study focused on blood pressure readings for 443,632 U.S. military veterans with hypertension, or high blood pressure, in 15 cities, including such far-flung locales as chilly Anchorage, Alaska, and warm San Juan, Puerto Rico.

In each place, the researchers found, fewer of the veterans — regardless of race or sex — returned to normal blood pressure levels while treated in winter months compared to the summer.

"We are seeing seasonal variation in all of the cities," Department of Veterans Affairs researcher Dr. Ross Fletcher, chief of staff at the VA Medical Center in Washington who led the study, said

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■ See **PRESSURE**, 8

STAR HEALTH



Fresh fruits and vegetables are a key in helping reduce your chances of developing heart disease and play a role in keeping your cholesterol in check.

Food that may help lower your cholesterol

Has your doctor told you that you need to start keeping a closer eye on your diet to better manage your cholesterol? You may know that it is important to eat a diet rich in fruits and vegetables, whole grains and low fat dairy products to help reduce your chances of developing heart disease. What you may not know is that there are certain foods that could help reduce your low-density lipoprotein (LDL) cholesterol (also known as "bad" cholesterol) when eaten as part of an overall heart healthy diet.

The next time you head to the grocery store, consider adding these foods to your shopping cart:


- Oats and oat bran - The soluble fiber found in oats and oat bran has been shown to help reduce LDL (bad) cholesterol when eaten as part of a heart healthy diet.

- Nuts, including almonds and walnuts - Certain types of nuts, including almonds and walnuts, have most of their fat as mono and polyunsaturated fatty acids. Some studies show that eating a small amount of nuts (1.5 ounces) every day as part of

■ See CHOLESTEROL, 8

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2.5 - 4.5 MG/DL
8 - 23 MG/DL
0.3 - 1.5 MG/DL
10 - 22
3.6 - 7.7 MG/DL
0.2 - 1.3 MG/DL
10 - 45 U/L
10 - 33 U/L
2 - 75 U/L
40 - 115 U/L
119 - 223 U/L
35 - 140 MCG/DL
6.3 - 7.8 G/DL
3.9 - 5.2 G/DL
1.8 - 3.5 G/DL
1 - 2.5
10 - 190 MG/DL
300 - 239 MG/DL
) = 240 MG/DL



SAD strikes in winter!

Like many people, you may develop cabin fever during the winter months. Or you may find yourself eating more or sleeping more when the temperature drops and darkness falls earlier. While those are common and normal reactions to the changing seasons, people with seasonal affective disorder (SAD) experience a much more serious reaction when summer shifts to fall and on to winter.

With seasonal affective disorder, fall's short days and long nights may trigger feelings of depression, lethargy, fatigue and other problems. Don't brush this off as simply a case of the "winter blues" that you have to tough out on your own.

Seasonal affective disorder is a type of depression, and it can severely impair your daily life. That said, treatment — which may include light box therapy — can help you successfully manage seasonal affective disorder. You don't have to dread the dawning of each fall or winter. Signs and symptoms

Seasonal affective disorder is a cyclic, seasonal condition. This means that signs and symptoms usually come back

and go away at the same times every year. Usually, seasonal affective disorder symptoms appear during late fall or early winter and go away during the warmer, sunnier days of spring and summer. But some people have the opposite pattern, developing seasonal affective disorder with the onset of spring or summer. In either case, problems may start out mild and become more severe as the season progresses.

Fall and winter SAD (winter depression)

Symptoms of winter-onset seasonal affective disorder include:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal - Oversleeping

- Loss of interest in activities you once enjoyed

- Appetite changes, especially a craving for foods high in carbohydrates

- Weight gain
- Difficulty concentrating and processing information

Reverse SAD

In rare cases, people with seasonal affective disorder don't have depression-like symptoms. Instead, they have

symptoms of mania or hypomania, a less intense form of mania, during the summer. This is sometimes called reverse SAD.

Symptoms of reverse SAD include:

- Persistently elevated mood
- Increased social activity
- Hyperactivity
- Unbridled enthusiasm out of proportion to the situation

Causes

The specific cause of seasonal affective disorder remains unknown. It's likely, as with many mental health conditions, that genetics, age and perhaps most importantly, your body's natural chemical makeup all play a role in developing seasonal affective disorder.

Specifically, the culprits may include:

- Your circadian rhythm.

Some researchers suspect that the reduced level of sunlight in fall and winter may disrupt the circadian rhythm in certain people. The circadian rhythm is a physiological process that helps regulate your body's internal clock — letting you know when to sleep or wake.

■ See SAD, 7



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Winter health tips

The mention of winter evokes images of sparkling snowflakes and skaters gracefully gliding across the ice. But winter can also be a time of illness and injury, if people fail to take adequate health and safety precautions.

Colds

More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year.

Once it enters the body through the nose or throat, the cold virus begins to multiply, causing any of a number of symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two.

The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible and drink plenty of fluids, especially fruit juices. Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure or even shorten the course of the illness.

While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of coming down with the illness. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose and throat and causes them to crack, creating a place where cold viruses can enter your body. Avoid direct contact with those who have colds and wash your hands frequently.

Influenza

A contagious respiratory infection, influenza is not a serious health threat for most people.

However, for the elderly or those who have a chronic health problem, influenza can result in serious complications, such as pneumonia.

Symptoms of the flu usually develop suddenly, about three days after being exposed to the virus. They include fever, chills, cough, sore throat, runny nose, and soreness and aching in the back, arms and legs. Although these are similar to those caused by cold viruses, flu symptoms tend to be more severe and to last longer. Abdominal cramps, vomiting or diarrhea symptoms of what is commonly called stomach or intestinal flu do not accompany influenza.

The flu is highly contagious and, if it occurs in your family or community, there is no practical way to avoid exposure to the virus. Bed rest, a mild pain reliever and lots of fluids are the best treatment. (Caution: Unless advised by a physician, a child or teenager with a flu-like illness should not take aspirin. Its use in the presence of a flu infection is linked with an increased risk of Reye syndrome. Instead use another mild pain reliever that does not contain aspirin.) Antibiotics are not effective against flu viruses.

Flu vaccines, while not always effective in preventing the illness, do reduce the severity of the symptoms and protect against complications that could develop. The shots are strongly recommended for persons 65 years of age and older and those who suffer from such chronic health problems as heart disease, respiratory problems, renal disease, diabetes, anemia or any disease that weakens the body's immune system. Infants, children and young people up to 18 years of age who are receiving long-term treatment with aspirin should also get a flu shot. Persons allergic to eggs or who have a high fever, however, should avoid or postpone getting a flu shot.

Staying warm and safe in winter can be challenging

When winter temperatures drop significantly below normal, staying warm and safe can become a challenge. Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold—either due to a power failure or because the heating system isn't adequate for the weather. When people must use space heaters and fireplaces to stay warm, the risk of household fires increases, as well as the risk of carbon monoxide poisoning.

Exposure to cold temperatures, whether indoors or outside, can cause other serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. To keep yourself and your family safe, you should know how to prevent cold-related health problems and what to do if a cold-weather health emergency arises.

The emergency procedures outlined here are not a substitute for training in first aid. However, these procedures will help you to know when to seek medical care and what to do until help becomes available.

Plan Ahead

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Emergency Supplies List:

- an alternate way to heat your home during a power failure:

- dry firewood for a fireplace or wood stove, or
- kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)

Winter Survival Kit for Your Home

Keep several days' supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
 - Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
 - Medicines that any family member may need.
- If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of

food, water, and medicine.

Older adults often make less body heat because of a slower metabolism and less physical activity. If you are over 65 years of age, check the temperature in your home often during severely cold weather. Also, check on elderly friends and neighbors frequently to ensure that their homes are adequately heated.

Eat and Drink Wisely

Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature. If you have any dietary restrictions, ask your doctor.

Outdoor Safety

When the weather is extremely cold, and especially if there are high winds, try to stay indoors. Make any trips outside as brief as possible, and remember these tips to protect your health and safety:

Dress Warmly and Stay Dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss

■ See WINTER, 7



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SAD

Continued from 5

Disruption of this natural body clock may cause depression.

- Melatonin. Some researchers theorize that seasonal affective disorder may be tied to melatonin, a sleep-related hormone that, in turn, has been linked to depression. The body's production of melatonin usually increases during the long nights of winter.

- Serotonin. Still other research suggests that a lack of serotonin, a natural brain chemical (neurotransmitter) that affects mood, may play a role. Reduced sunlight can cause a drop in serotonin, perhaps leading to depression. When to seek medical advice

Most people experience some days when they feel down. But if you feel down for days at a time and you can't seem to get motivated to do activities you normally enjoy, see your doctor. This is particularly important if you notice that your sleep patterns and appetite have changed — and certainly if you feel hopeless, think about suicide, or find yourself turning to alcohol for comfort or relaxation.

Treatment

Like depression, it's often possible to successfully manage seasonal affective disorder. In milder cases, you may be able to take measures on your own, such as spending more time outdoors or sitting closer to bright windows while at home or in the office.

Other treatments for seasonal affective disorder include:

Light therapy

Because increased sunlight improves symptoms, light therapy is often a main treatment for many people with seasonal affective disorder. However, light therapy hasn't been officially approved as a treatment by the Food and Drug Administration because of a lack of definitive evidence about its effectiveness in clinical trials. Before you purchase a light therapy box or consider light therapy, consult your doctor or mental health provider to make sure it's right for you.

Light therapy mimics outdoor light and causes a biochemical change in your brain that lifts your mood, relieving

symptoms of seasonal affective disorder. In light therapy, you sit a few feet from a specialized light therapy box so that you're exposed to very bright light. Light therapy is generally easy to use and has relatively few side effects.

Medications

Some people with seasonal affective disorder benefit from treatment with antidepressants or other psychiatric medications, especially if symptoms are severe. The Food and Drug Administration has approved bupropion extended release tablets (Wellbutrin XL) for the prevention of depressive episodes in people with a history of seasonal affective disorder. Other antidepressants commonly used to treat seasonal affective disorder include paroxetine (Paxil), sertraline (Zoloft), fluoxetine (Prozac, Sarafem) and venlafaxine (Effexor).

Your doctor may recommend starting treatment with an antidepressant before your symptoms typically begin each year. He or she may also recommend that you continue to take antidepressant medication beyond the time your symptoms normally go away. This strategy can help prevent worsening of symptoms.

Keep in mind that it may take several weeks to notice full benefits from an antidepressant. In addition, you may have to try several different medications before you find one that works well and has the fewest side effects. Like other medications, all antidepressants pose the risk of side effects and some have health precautions that you and your doctor must discuss.

Psychotherapy

Psychotherapy is another option to treat seasonal affective disorder. Although seasonal affective disorder is thought to be related to biochemical processes, your mood and behavior also can contribute to symptoms. Psychotherapy can help you identify and change negative thoughts and behaviors that may be making you feel worse. You can also learn healthy ways to cope with seasonal affective disorder and manage stress.

Winter

Continued from 6

caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

Avoid Ice

Walking on ice is extremely dangerous. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

Cold-Weather Health Emergencies

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move

well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Recognizing Hypothermia

Warnings signs of hypothermia:

Adults:

- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

What to Do

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immedi-

ately.

If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.

- If the victim has on any wet clothing, remove it.

- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to - After body temperature has increased, keep the person dry and - Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

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Cholesterol

■ Continued from 5

low saturated fat and cholesterol diet may help reduce LDL cholesterol. Nuts are fairly high in calories, however, should be eaten in moderation, and replace other sources of calories in the diet.

- Fish – Fatty fish, including tuna, salmon, mackerel, lake trout and halibut, are all good sources of omega-3 fatty acids, and some studies show that consumption of these types of fat may help support heart health. The American Heart Association recommends that people consume at least 2 servings of fish per week.

- Foods fortified with plant sterols or stanols – These substances, found in plants, help block the absorption of cholesterol. Margarines and orange juice are two of the foods that are most commonly fortified with sterols and are available at most supermarkets. Proper use of these types of foods requires that two servings per day are consumed.

- Beans and lentils – Rich in fiber and pro-

tein, beans and lentils may also help reduce LDL cholesterol levels. According to a report published in the Annals of Internal Medicine in 2005, cholesterol levels fell nearly twice as far in participants who added beans and lentils, along with more whole grains and vegetables, to a low fat diet.

- Saturated Fat – One of the most important things that determine your cholesterol levels is the amount of saturated fat you eat. Food sources that tend to add the most saturated fat to your diet are animal products, particularly fatty meats and full fat dairy products. These foods should be limited if you are trying to lower your cholesterol levels.

- Body weight and physical activity – In addition to diet, your cholesterol levels can be affected by excess body and a sedentary lifestyle. Conversely, reducing your body weight towards a more healthy level and becoming more physically active can help reduce cholesterol levels.

Pressure

■ Continued from 4

in an interview.

High blood pressure typically has no symptoms, but it can lead to major health problems including stroke, heart failure, heart attack and kidney failure. It can be controlled with lifestyle changes and medications.

Eight percent fewer patients returned to a normal pressure reading during treatment in the winter compared to the summer, according to Fletcher.

About 60 percent of the patients had a marked change in blood pressure control in the winter, Fletcher added.

Fletcher said the researchers have not figured out just what is causing this, but it did not seem to be changes in temperature or daylight that

occur in the winter or the latitude of the city.

Less exercise, more weight gain

Instead, Fletcher said, the trend may be driven by weight gain, different eating habits and less exercise during winter. He said the data showed the veterans did, in fact, gain weight during winter. Weight gain can contribute to hypertension.

"I don't think it's the blood pressure rise that creates the weight gain. I think it's the weight gain that might create the blood pressure rise," Fletcher said.

Fletcher said people might eat foods with more salt in the winter as well, which also could help drive up blood pressure.

"There have been data looking at seasonal variation in heart attacks and strokes. And they tend to be higher also in the winter," added Dr. Robert Bonow of Northwestern University Feinberg School of Medicine, a spokesman for the American Heart Association.

People should be aware of the possibility their blood pressure may be harder to control in the winter and should be more vigilant during this time, Fletcher said.

"It does appear that if one wants to have very tight control of blood pressure, that the 'winter dip' in control should be addressed — if not by a change of lifestyle, perhaps even by a change of medication," Fletcher said.

Lifestyle

■ Continued from 3

physically active, and eating a healthy breakfast are all good ways to help you achieve and maintain a healthy weight.

- Stop smoking

No matter how long you've smoked, quitting now will help you live longer. The minute you have your last cigarette, your body begins healing. One year after you stop smoking, your risk of heart disease lowers substantially.

- Exercise at least two and a half hours a week (30 minutes a day, 5 days a week)

Even if you have been inactive for many years, beginning an exercise program now will bring long term benefits. Check with your doctor before beginning any exercise program.

Remember, behavioral changes can be challenging. If you have decided to make a lifestyle change for your health, keep trying until it is a habit. Even small changes can add up to big benefits. So, go ahead, take a walk around the block!

Exercise

■ Continued from 2

two seconds; lower the weight slowly for four seconds. Do not hold your breath. Breathe in and out through your nose and mouth.

- Don't train the same muscle group two days in a row.

Flexibility

Exercises/Stretching

Don't stretch a cold muscle. Stretch only after a five-minute CV warm up, a CV workout, or strength training. Stretch the muscles that you worked.

- Stretch by going to a point of mild tension, relax, and hold the stretch for 30-120 seconds.

- You should never stretch a muscle to the point of pain. You should feel a pleasant tugging or pulling sensation as you stretch, but not to the point of pain.

- Try to do stretches each day, whether or not you are taking the day off from more rigorous exercise routines.

Steps

■ Continued from 2

and down the stairs. Stairs can also come in handy if you want to exercise at lunchtime but don't have a suitable place to walk.

- Dance the Night Away. Even if you're heading out for a night on the town, you can still work in some exercise. Instead of dinner and sitting through a movie, why not have dinner and then go dancing? This can be great exercise, and best of all, you'll be having so much fun that you won't even realize you're exercising!

- Heart Healthy Housework. Housework can seem like exer-

cise, and in fact, it really is! Housecleaning requires that you move many parts of your body in order to do certain tasks, such as mopping, dusting, and taking out the trash. To make the work less tedious, turn on some energizing music and get busy!

- Exercise in Increments. There is no law that says that you have to get all of your exercise in one session. Instead of walking for forty-five minutes, try walking for fifteen minutes three times a day. Before you know it, you'll have gotten your walking time in for the day!

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