

# Healthy Lifestyles

Health and wellness news from Methodist Medical Center | 865.835.4662 | www.mmcoakridge.com | My CARE. My Methodist.

## Wishing You a Healthy New Year!

The New Year is approaching. Whether your goal is to run a marathon, give back to the community, stop smoking, lose weight, or just improve your health—Methodist Medical Center and Covenant Health can help. We offer a variety of fitness activities, informative classes, and volunteer opportunities to meet your needs during the New Year. And of course, we are always here to provide excellent care, now and throughout the year.

# Covenant Health Knoxville Marathon Set for April 2017



## Covenant Health Knoxville Marathon

Need a little extra motivation to help you stick to your health and fitness goals this year? Join thousands of people from across the country and around the world for the 2017 Covenant Health Knoxville Marathon.

The race features a full marathon, half marathon, and relays on Sunday, April 2, with a 5K and a kids' one-mile fun run the night before, on Saturday, April 1. All races finish on the 50-yard-line at the University of Tennessee's Neyland Stadium.

"Whether your big goal is weight loss or just general health and fitness, setting multiple goals along the way can be a huge motivator, and help keep you on track," says Covenant Health fitness

expert Missy Kane.

Kane is a former collegiate track and field coach, an Olympic runner, and a member of the Tennessee Sports Hall of Fame. She also coaches a team for the marathon each year.

"I've seen people of all fitness levels jump start the journey to personal fitness by training for marathon events," Kane says, "and there's nothing like the feeling of walking, jogging, or running across the field at Neyland Stadium to get that medal!"

To be prepared for a half marathon in the spring, now is the time to start training. In addition to regular aerobic exercise throughout the week Kane recommends a long run or walk once a week, adding a



To keep your New Year's resolutions for health and fitness on track, make a run for it! The 2017 Covenant Health Knoxville Marathon is coming in April, and there's no time like the present to start training.



New York resident Bryan Morseman crosses the finish at the 50-yard-line in the University of Tennessee's Neyland Stadium, winning the men's full marathon with a time of 2:25:01 in the 2016 Covenant Health Knoxville Marathon.

mile each time, until you progress to 10 miles. The week before a half marathon should be spent resting up for the big event.

If you haven't exercised much lately, Kane recommends you start at an easy pace, and gradually work your way up to greater distances and faster speeds. The best finish, Kane says, is a safe one.

Training for the 5K can start a little later, but Kane says there's no time like the present to start regular exercise. Kane's team trains with the Knoxville Track Club on Saturday mornings from January through the end of March.

Knoxville Track Club training is free and open to the public, and consists of walkers and runners taking off on the same route to cover mileage that will prepare them for the race goals they've set. To learn more about the marathon, how to train, and the events that will take you to a "finish on the 50," visit [covenanthealth.com/marathon](http://covenanthealth.com/marathon).

# Preparing for Your Best Year of Fitness



If you're getting ready to make New Year's fitness resolutions — don't. Instead, design a year-long fitness plan to make sure that you have effective lifestyle changes in place.

### Month-by-month plan

Use this yearlong plan to improve your health each month:

- January. Set your goals. Take a look at your life. What's missing? What do you wish you could do? Invest in a few sessions with a personal trainer, who will point you in the right direction and help you get going.
- February. Focus on fuel. Keep a daily log of what you eat and how you feel. As your body gets used to more activity, you'll naturally crave a lighter diet with less fat and sugar and more vegetables, fruits, and

grains. You'll need protein to build muscle. Make sure your daily intake meets your new demands.

- March. Check your progress. Look at what you've achieved so far and what's missing. Extreme tiredness, aches, and pains are signs that you're trying to do too much, too soon. If your progress has slowed down or stopped, change your routine to keep your body challenged.
- April. Stir in some variety. Take your activities outdoors or sign up for a sports league. Give yourself some fun challenges and keep track of those accomplishments.
- May. Pace yourself. Daylight-saving time gives you more hours of sunlight, but don't feel forced to fill them with frantic activity. Build your capabilities slowly.

- June. Take midcourse action. You're halfway through the year, but are you halfway to your goals? Take a look at how your fitness efforts are affecting the rest of your life. Do you feel less stressed and more productive? Hopefully, the answer is yes.
- July. Extend your limits. Go hiking or take long walks on the beach. Enjoy your body's increased energy and capabilities.
- August. Put it to the test. Sign up for a fun run or start training for a competition you never thought you'd consider entering. Or add spice to your workouts by setting weekly challenges.
- September. Go back to school. Students are returning to class, and so can you. Sign up for something that interests you, or that brings new

discipline to your body like yoga or tae-bo.

- October. Get in gear. Take advantage of end-of-season sales to treat yourself to some new accessories. Equip yourself for a sport or exercise that challenges you in a new way.
- November. Kick an addiction. Take advantage of your new feeling of power to gain control over an unhealthy habit like smoking, shopping, or drinking too much alcohol. If some habit has taken over your life, you should now find it easier to quit.
- December. Give yourself a present. Take stock of how much better you feel and look, then give yourself a tangible reward for your good work. Buy yourself a new outfit or treat yourself to a special weekend.

## TURN THE PAGE ON YOUR HEALTH

Methodist's Class Catalog Can Help!

2017  
**Class Catalog**  
 CLASSES FOR EVERY STAGE OF LIFE

If you're ready to live a healthier lifestyle, Methodist Medical Center of Oak Ridge has the classes to help.

For a free copy of Methodist's Class Catalog, call (865) 835-4662 or visit [www.mmcoakridge.com/community](http://www.mmcoakridge.com/community).



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# Resolve to Get Your Health Screenings This Year

One important component to living a long and healthy life is to get preventive health screenings for serious diseases. If your doctor finds a disease early, the problem is often easier to treat and may cause less damage. In addition to celebrating milestone birthdays, consider them reminders for certain important health checks.

Here's a timeline for health screenings through the decades:

- **Breast cancer.** This screening uses X-rays to look for breast cancers when they are still small. The American Cancer Society (ACS) recommends annual mammograms for women starting at age 40. Talk with your doctor about frequency, as well as other possible imaging tests if you have a family history of breast cancer. Women should begin performing monthly breast self exams at the age of 20.
- **Cervical Cancer.** Women between the ages of 21 and 65 should have a Pap smear every one to three years.
- **Prostate cancer.** The ACS suggests that men talk with their doctor at age 50 about being tested for prostate cancer. This



screening involves a blood test measuring a substance called PSA. It may also include a rectal exam of the prostate. African-American men and men with a father or brother who had prostate cancer before age 65 should have this talk at age 45.

- **Testicular Cancer.** Men should perform monthly testicular self exams beginning at age 20.
- **Osteoporosis.** The U.S. Preventive Services Task Force (USPSTF) suggests that women be

screened for osteoporosis starting at age 65. Your doctor might advise you to start at a younger age if you are at high risk for bone loss or a broken bone.

- **Colorectal cancer.** The ACS suggests that both men and women be screened for colorectal cancer starting at age 50. The gold standard diagnostic test is the colonoscopy. If no precancerous polyps are found, you may not need to have it the test repeated more than once

every 10 years.

- **Diabetes.** The National Institutes of Health suggests that everyone age 45 or older think about being tested for diabetes. Consider starting at a younger age if you're overweight and have other factors that put you at higher risk for diabetes, such as an elevated blood glucose level, high cholesterol, or high blood pressure.
- **Cholesterol.** The USPSTF suggests that men have cholesterol screenings starting at

age 35. Women should begin at 45 if they're at high risk for heart disease. Both men and women should consider getting this blood test at an earlier age if their risk for heart disease is particularly high.

- **Abdominal aneurysm.** Men should have a one-time screening for abdominal aortic aneurysm between ages 65 and 75 if they have ever smoked, the USPSTF suggests. This ultrasound test looks for a weak, bulging spot in a

major blood vessel in the abdomen. The USPSTF doesn't recommend the screening in older men who haven't smoked or in women.

- **Vision Screening.** A primary care provider should perform a vision screening every one to three years beginning at age 20.

Screenings are just one step you can take to prevent disease later in life. Other crucial steps include:

- Avoiding tobacco
- Maintaining a healthy weight
- Eating a healthy diet rich in fruits, vegetables, whole grains, and fat-free or low-fat dairy
- Getting at least 30 minutes of moderate physical activity on most days of the week
- Drinking alcohol in moderation, if you drink

And don't forget, one of the most important steps, is to establish relationships with local providers to ensure they have a complete record of your health history and you have easy access to care when and where you need it. Need to find a physician? Methodist has over 175 physicians in more than 30 specialties – call 835-4662 to reserve your free copy of the 2017 Physicians Directory.

# Why Quit Smoking?

Here are a few of the many reasons to snuff out that cigarette for good:

You'll have a better chance of living a longer, healthier life. As soon as you stop smoking, your body starts to recover.

Your cholesterol levels will improve, lowering your risk for heart disease.

Your smile will be brighter. With every puff, nicotine and tar coat and stain your teeth.

You'll develop fewer wrinkles. Nicotine blocks the blood supply to your skin, which can cause wrinkles. Tobacco smoke dries your skin and makes it more prone to wrinkles.

Food will taste better. Smoking interferes with your senses of taste and smell.

Make a lifesaving resolution for 2017 by quitting smoking. Need help? Methodist offers smoking cessation classes and the next series is scheduled to start February 7.

Call (865) 835-4662 to learn more.



## Feel the Joy of Giving All Year Long — Volunteer!

Christmas is the season of giving. The air literally rings with opportunities to help the less fortunate, to give back to the community and lend a helping hand. Then January rolls around and we begin to focus on ourselves with resolutions for personal improvement or accomplishment. But that giving spirit — and the good feelings it brings — doesn't have to be put away with the garlands and the tree. There are many excellent volunteer opportunities available all year long, including the Volunteer Organization at Methodist Medical Center. At Methodist, men and women of all ages offer support to staff and patients of the hospital.

There are a variety of areas where volunteers are needed, so you can find a place that suits your skills. Here are a few of the areas

in need of volunteers: Information Desk  
Paging Station  
Surgery Consultation  
Admitting/Registration  
and Outpatient Services  
Surgery Waiting  
Acute Care Waiting  
Hospitality Services  
Patient Representatives  
Emergency Department  
Cheyenne Ambulatory  
Outpatient Center  
Hospitality Houses  
NODA (No One Dies Alone)  
Chart Assembly  
Gift Shop  
Clerical Assistance

Volunteering is a wonderful way to make a difference in the community, meet new people, and learn new skills. Men and women of all ages and abilities have found friendship, inspiration, renewed energy, and the satisfaction

of assisting others through their work. Additionally, there are many tangible benefits to volunteering including discounts in the cafeteria and gift shop and fun social activities.

Methodist also offers a student volunteer program, which provides a valuable experience for high school students interested in pursuing a career in healthcare or who simply want to give back to their community.

Join the Methodist Medical Center Volunteer Organization and see what a difference volunteering can make. For more information, please call (865) 835-4170 or visit [mmcoakridge.com/volunteers](http://mmcoakridge.com/volunteers) to apply online.

## Should You Celebrate the New Year with a New Knee?

Or maybe you want to ring in 2017 with a "Hip, Hip Hooray" and a new and improved hip? If you're experiencing joint pain and a decreased quality of life but are putting off joint replacement surgery, then read on. Today, those with knee and hip problems have some of the best options available for pain relief and a return to active living. But all joint replacement programs are not the same and it's important to do your research to make sure you'll be happy with your joint replacement experience.

The Methodist Joint Replacement Center has embraced a whole new philosophy toward patient care.

The Methodist Joint Replacement Center offers:

- An all board-certified team of eight orthopedic physicians focused on delivering the highest

quality care possible

- Nurses, therapists and certified nursing assistants who specialize in the care of joint patients

• Spacious private rooms designed to accommodate special rehab recliners for patients and comfortable sleeper chairs for family members who will be encouraged to "room-in" during the recovery process

- Emphasis on group activities as well as individual care

• Daily newsletters to keep patients and coaches informed and let them know what to expect for the upcoming day

- Education to help family and friends participate as "coaches" in the recovery process

• A joint care coordinator who works with the patient from preoperative education through the hospital stay and discharge

• A comprehensive patient guide for patients and family members to follow before and after surgery

For a free DVD and information packet about joint replacement and the award-winning care at the Methodist Joint Replacement Center, call (865) 835-4405.



# SPECIAL DELIVERIES: November Births at Methodist's Family Birthing Center



**Ashley Abbott**, Helenwood, a girl, **Tiffany Grace**. Born November 2, 7 lbs. 5 oz. Grandparents: Flonnie Duncan and Charles Abbott.

**Jill Goldston and Zachery Smith**, Harriman, a girl, **Avery Jordan**. Born November 2, 7 lbs. 1 oz. Grandparents: Tommy and Brenda Goldston; Wayne Smith and Bonnie Johnson.

**Amanda and Casey Tackett**, Caryville, a girl, **AddiLynn Joe**. Born November 4, 6 lbs. 14 oz. Siblings: Larry Evan, Nathan, Emma and Chance. Grandparents: Connie Lawson Willis and Doyle Willis; Jan Tackett and Joe Tackett.

**Amanda Smith and Jason Stricklan**, Rockwood, a girl, **Hattie**. Born November 5. Siblings: Sierra, Sadie and Sophie. Grandparents: Debbie Parker and Lee Smith; Cheryl and Larry Gunter.

**Teagan Seiber and Jeremy Robinson**, Clinton, a boy, **Grayson Alan**. Born November 6, 6 lbs. 9 oz. Grandparents: Becky and Larry Seiber; Jerry and Angie Seiber; Walter and Betty Walsh.

**Rui Li and Zongrui Pei**, Oak Ridge, a girl, **Serena Yumei**. Born November 6, 5 lbs. 9 oz. Grandparents: Yiren Li and Yingping Li; Xuede Pei and Xiuzhi Yu.

**Min Liu and Qingge Xie**, Oak Ridge, a girl, **Winni Xie**. Born November 8, 6 lbs. 9 oz. Grandparents: Hangsheng Zhu and Juqi Liu; Yuelan Zhang and Hongtai Xie.

**Morgan Wilson and Travis Breazeale**, Harriman, a boy, **Brentley Jordan**. Born November 10, 7 lbs. 2 oz. Grandparents: Mandy Lands and Jason Wilson; Teresa Moore and Mike Breazeale.

**Megan Mitchell**, Oak Ridge, a boy, **Jansen Thomas**. Born November 12, 7 lbs. 9 oz. Sibling: Zeke. Grandparents: Billi Johnson.

**Tatum Penley and Tyler Kindrick**, Rockwood, a girl, **Rylie Blayke**. Born November 14, 7 lbs. 14 oz. Grandparents: Tammy and Jeff Penley; Carrie Patterson and Jamie Lawson.

**Destini Burchfield and Derek Jones**, Oliver Springs, a boy, **Dallas Carter**. Born November 15, 9 lbs. 2 oz. Grandparents: Sonya

Griffin and Travis Burchfield; Renda Gunter and Greg Jones.

**Abigail Kristina and Dalton Ray Huskey**, Oak Ridge, a boy, **Lincoln Ellis**. Born November 16, 6 lbs. 1 oz. Grandparents: James Harry London and Debra K. London; Betsy Ray Carter and Bradley Richard Carter.

**Kristen Delozier and Jordan Collett**, Harriman, a girl, **Keeley Arabella**. Born November 18, 8 lbs. 2 oz. Siblings: Sawyer and Teryn. Grandparents: Misty Delozier; Samantha Collett and Carey Hixson.

**Tiffany Kellison**, Clinton, twins, **Easton Phillip and Logan Alan**. Born November 22, 6 lbs. 8 oz. and 5 lbs. 7 oz. respectively. Grandparents: Scott and Melody Kellison.

**Christina and Branden Blair**, Oak Ridge, a girl, **Madilynn Star**. Born November 23, 7 lbs. 13 oz. Sibling: Braiden. Grandparents: Mamie Childress and Gary Johnson; Sam David Wiley Blair, Jr., and Cheral Gene Lacy.

**Josie Marie Starbuck and Adam Dwayne Gunter**, Harriman, a boy,

**Adam Dwayne, Jr.** Born November 23, 6 lbs. 8 oz. Grandparents: Richard Moore and Leota Moore; Larry Gunter and Karen Gunter.

**Carla and Justin Livingstone**, Jacksboro, a girl, **Aliyah Grace**. Born November 25. Grandparents: Rachel Veach and Loretta Livingstone.

**Kelly and Dennis Myers**, Robbins, a girl, **Harley Rae**. Born November 25, 6 lbs. 13 oz. Sibling: Lucas.

**Melissa Schooley**, Lenoir City, a girl, **Sophia Grace**. Born November 26, 7 lbs. 11 oz. Sibling: Brianna Dawn. Grandparents: Betty Schoolley and James Schooley.

**Brenda and Cody Webb**, Rockwood, a girl, **Maslynn Claire**. Born November 28, 7 lbs. 4 oz. Siblings: Makenzie and Mason. Grandparents: Linda Barron and the late Tony Yother; Becka Webb and Jody Webb.

**Sharree Gibson, Deer Lodge**, a girl, **Joey Grace**. Born November 30, 4 lbs. 13 oz. Siblings: Braxton, Jayda and Charlee. Grandparent: Iva Thompson.

## New Beginnings...

Little Mr. Cesar Ortiz, Jr. is sporting one of the Family Birthing Center's festive candy cane caps. The caps are being given out to all babies born in December. Proud parents are Cesar and Patricia Ortiz, owners of Gallo Loco Restaurant in Oak Ridge. Cesar, who joins big sister Natalia, also donned a bowtie for his big debut



## Exercise – Put Your Heart Into It!

Physical inactivity, high blood pressure, and smoking are risk factors for heart disease. So, be the exception rather than the rule. Exercise for a healthier heart.

### Eight ways to help your heart

Look at all the ways exercise can help your heart:

1. Reduces your risk of developing heart disease and can help prevent existing heart disease from getting worse
2. Lowers your risk of developing high blood pressure
3. Lowers blood pressure in some people who have high blood pressure
4. Raises your high-density lipoprotein (HDL), or "good," cholesterol
5. Lowers your low-density lipoprotein (LDL), or "bad," cholesterol
6. Lowers the amount of triglycerides, a form of fat, in your bloodstream
7. Helps you lose extra weight, which can strain your heart
8. Makes your heart and lungs work more efficiently

Over time, fat and cholesterol can build up in your blood vessels. When arteries that supply the

heart and brain with blood become clogged, a heart attack or stroke can occur. Exercise can help keep the blood vessels open.

### Added benefits

Exercise may also protect against stroke. Walking, stair-climbing, dancing, jogging, and other activities of at least moderate intensity also reduce stroke risk.

Plus, exercise can help you prevent or manage several chronic diseases that become more common with age: Type 2 diabetes, osteoporosis, and arthritis.

Both your body and mind can benefit from exercise. Exercise can help you manage stress. It's not clear whether stress affects the heart directly or has an effect on other risk

factors and behaviors that affect the heart. These may include blood pressure, cholesterol levels, smoking, and overeating. Cutting down on stress, however, can at least make your life more enjoyable. Exercise can also boost your self-image and help counter anxiety and depression.

### Which activities are right for you?

You don't have to strain your body to benefit from exercise. Even moderate exercise is good for you. The CDC recommends at least 30 minutes, days five a week. Examples of moderate activities include:

- Walking
- Gardening
- Doing housework
- Ballroom dancing.

For increased benefit

to your heart and lungs, try more vigorous aerobic activity. These are examples of more vigorous activities:

- Jogging or running
- Swimming laps
- Bicycling briskly
- Aerobic dancing
- Cross-country skiing
- Rowing

### How to get physical

Use these tips to move toward a more active life:

- Choose activities you like. The key to starting and sticking with an exercise program is to pick activities that you enjoy. Then choose a convenient time and place to workout. Try to make exercise a habit. Do different activities rather than relying on just one so that you don't become bored with

your routine. Finding an exercise partner may make it easier to stick to a regular schedule. If you miss an exercise session, don't worry. Just find another way to be active that day.

- Build up your endurance. Start out by exercising slowly, especially if you haven't been active for a while. This will allow your muscles to warm up. Gradually build up how hard, how long, and how often you exercise. Be careful, though. Overdoing exercise increases the risk of injury. Listen to your body, and don't ignore any pain in your joints, ankles, feet, or legs. If you stretch before exercising, do so gently. Also take plenty of time to stretch at the end of each session. This can help you become more flexible.
- Drink plenty of water. While you exercise, drink some water every 15 minutes, especially in hot, humid conditions. Be sure to drink before you feel thirsty. You can't always rely on thirst alone to tell you when you need more fluids.
- Check with your doctor before starting any new exercise program. This is especially important if you have been

inactive for a while. It is also important if you have a chronic health problem like heart disease, diabetes, or obesity, or if you are at high risk for developing these problems. If you have any chest pain or discomfort during exercise that goes away after you rest, call your doctor right away. This can be a sign of heart disease.

### Exercise tips

Make exercise a part of your life with these tips:

- Walk, jog, or bike around town instead of driving.
- Take an activity break during the day instead of eating a snack.
- Find out if your local shopping mall opens early for indoor walkers.
- Listen to music or watch TV to keep yourself entertained while you exercise.
- Surround yourself with people who support and encourage you.
- Set realistic exercise goals. Reward yourself when you achieve your goals.
- Plan vacations around activities like hiking or swimming.

# ReSolutions for a Healthier You!

Making healthy choices for you and your family is one of life's best investments. Whether your goal is to stop smoking, lose weight or reduce stress—Methodist can help with a variety of low-cost or no-cost classes and support groups. Best of all, they're not only good for you, but they're fun as well!

## **Smoking Cessation**

Make today the day you decide to stop smoking—we'll help you quit. Next 6-week class series starts February 7.

## **Exercise**

- Mommy & Co. Exercise - This action-packed class is for moms and their babies or toddlers.
- CardioMIX - A moderate-to-hard-intensity class which utilizes weights and a floor mat.
- BodyWorks - These exercise classes are for people of all ages and fitness levels.

## **Family Classes & Events**

- "Mommy & Me" Lunches
- Classes for New and Expectant Families
- Big Brothers, Big Sisters Classes

## **Support Groups**

- Grief
- Heart Disease
- Smoking
- Stroke

## **Physician Referral**

Need help finding a physician? Call the Methodist Doctor Finder helpline at (865) 835-4662.

## **Education Programs**

Monthly Health Night on the Town programs - next lecture is Tuesday, January 31 featuring OB-GYN Dr. Scott Peters discussing bladder issues in women over 40.



**Learn more about these programs by calling (865) 835-4662 or visit [mmcoakridge.com/community](http://mmcoakridge.com/community).**

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