

The Cycle of Debilitation

*Pulmonary Rehabilitation Program
McLaren Regional Medical Center*

Cycle of Debilitation from Respiratory Disease

You first feel short of breath from moderate exertion.



You then avoid such activities to control shortness of breath. But lack of activity causes muscles to weaken and weak muscles use more oxygen than strong ones.



You soon feel short of breath from mild exercise, such as walking, and may make the mistake of further avoiding exercise.

As the body further weakens, you can become short of breath when bathing, dressing and even at rest.



**Break this downward cycle !!!
Exercise and stay active !!!**

REASONS TO EXERCISE -

HEALTH BENEFITS FROM HEAD TO TOE

The physical, psychological and social benefits experienced by people who exercise regularly are many.

CARDIOVASCULAR -

Regular exercise improves the functioning of the heart, blood vessels and lungs.

HIGH BLOOD PRESSURE -

Regular exercise is associated with lowered blood pressure.

DIABETES -

People of normal weight are less likely to develop diabetes. Combining proper diet with exercise can eliminate or decrease the need for insulin or oral antidiabetes drugs in some diabetic patients.

HDL LEVELS -

Exercise has been shown to increase the level of HDL (a cholesterol that carries protein through the bloodstream). High levels of HDL have been linked to a decreased risk of heart disease.

OSTEOPOROSIS -

Osteoporosis, the loss of bony tissue, is a serious health problem for some postmenopausal women. After age 55, women are 10 times more likely than men to suffer a broken bone. In a test group of 20 women with a mean age of 82, exercise was shown to increase bone strength over a three-year period. A similar group that did not exercise regularly showed a decrease during the same period.

SLEEP -

Persons who engage in regular exercise tend to become less fatigued during the day and to sleep better at night.

STRESS AND TENSION -

Physical exercise can help relieve nervous tension or stress and can help you relax.

INCREASED PHYSICAL CAPACITY -

- * Strength is needed for balance and researchers rate leg weakness as an important contributor to falls.
- * Increased muscle strength brought about by regular exercise means that individuals have a greater capacity for an active life.
- * Research findings specific to older people who exercise tell us that older folks have the same absolute rate of strength gain as younger people. As a result, since they start out much weaker, their relative gains from exercise are greater.

WEIGHT CONTROL -

Exercise helps control weight by decreasing your appetite and increasing metabolism even hours after you're done exercising.

IMPROVED SELF-IMAGE -

Not only will you like the way you look and feel, but sticking to a regular exercise program will also give you the satisfaction of having met a challenge.

SOCIAL BENEFITS -

Exercise programs and athletic activities can lead to a wider range of social contacts, giving you the opportunity to make new friends while doing something you enjoy.

STRENGTHENS THE IMMUNE SYSTEM -

Moderate exercise enhances the immune system which is of great importance to the over 65 population because of the susceptibility to and seriousness of infections.

INCREASE JOINT RANGE OF MOTION FOR ARTHRITIS SUFFERERS -

Exercise is important in most types of arthritis. Exercise accomplish two goals. They increase the strength of muscles, and also keep the joints mobile so activity and daily functions can be continued.

QUALITY OF LIFE -

Exercise also gives the aging an increased perception of health and increased life satisfaction.

Exercising

Q. Can exercise make a difference?

A. Yes. Obviously, we will age unless we unfortunately die young. Therefore, the goal should be to maintain good health while aging by preventive measures. One of the best preventive health care measures is to exercise regularly.

- (1) It increases the maximum oxygen consumed by the body, including your maximum heart rate.
- (2) It decreases elevated blood pressure, which could allow a decrease in blood pressure medication.
- (3) It increases your ability to work and your work endurance. It also decreases the cardiovascular recovery time after exercise.
- (4) It decreases muscle loss, which can lead to improved muscle strength and stamina.
- (5) It prevents or delays osteoporosis.
- (6) It increases metabolism.
- (7) It improves your body's ability to handle blood sugar, therefore diabetics should require less insulin.
- (8) It reduces weight and total body fat.
- (9) It decreases cholesterol levels.
- (10) It delays age related neurological changes, such as decreased reflex time.
- (11) It improves joint flexibility.
- (12) It improves psychological well-being.
- (13) It may improve the immune system functioning, therefore possibly decreasing cancer risk.
- (14) It increase the length of life.
- (15) It improves one's ability to function with daily living activities.

There are certain risks to exercising to be avoided. Anyone age 50 years and older should have a physician assessment prior to starting an exercise program. Cardiac type risks are heart attacks or sudden deaths. These are especially worrisome in patients with congestive heart failure or angina pectoris. Non-cardiac events, such as falls, fractures, muscle injuries, dehydration, hyperthermia and hypothermia could also occur in almost any patient. There

are certain illnesses which are considered reasons to avoid starting an exercise program, such as:

- (1) Unstable angina or poor circulation to the heart muscle, which produces chest pains usually.
- (2) Heart arrhythmias, which is irregular heart beats.
- (3) Recent heart attack.
- (4) Uncontrolled high blood pressure.
- (5) Severe heart failure.
- (6) Any present acute illness, anemia, or blood clots.

Finally here are some tips to use when starting an exercise program. First, choose a type of exercise you enjoy and find a partner or group who would like to participate. Second, your goal should be to target a maximum heart rate of 60-80 percent of your maximum heart rate. Maximum heart rate equals 220 minus the patient's age in years. Third, allow yourself 10 to 20 minutes of warm up and stretching prior to exercising. Fourth, exercise from 20 to 30 minutes per day, at least three times a week. Fifth, avoid exercising in any extreme weather, and avoid dehydration by drinking water before, during and after exercising. Six, begin very slowly with 5 minutes three times per week, then add 2 minutes each week over 12 weeks to reach 30 minutes of exercise per session.

If there are any questions, please write to us at the address below:

Kelvin Callaway, M.D.
2510 Nerredia Ste 103
Flint MI 48532
Kelvin Callaway, M.D.
8483 Holly Rd., Ste 204
Grand Blanc, MI 48439

DRINK UP! WATER IS KEY TO GOOD HEALTH

You can sip your way to good health!

Drinking lots of water will help keep your body in top condition.

“If you're going to exercise – even if just taking a brisk walk, gardening or washing a car – weigh yourself before and after,” advised Dr. Kimberly Fagan.

“For every pound you lose, you need to drink approximately two cups of water. Better yet, keep a water bottle with you so you can drink while exercising.”

It's not surprising that water is vital to your health: Your brain is 75 percent water, your blood is 92 percent – and even your bones are 22 percent.

Dr. Fagan, an expert in sports medicine at the Alabama Sports Medicine and Orthopedic Center in Birmingham, said that the miracle liquid:

- ◆ **Keeps your blood flowing and your cells functioning.**
- ◆ **Removed waste by-products from your body.**
- ◆ **Keeps you from being overwhelmed by heat exhaustion, boosts energy levels and even enhances the thinking process.**

“It's easy to know if you're getting enough water,” said the physician. “Your urine should always be pale yellow or even clear. If it's a darker yellow, that's a sign that you're getting dehydrated.

“Another early sign is if your energy level starts to drop. Don't wait until you're thirsty – that's actually a very late sign that you're getting dehydrated. Muscle cramps, confusion and light-headedness could also be caused by dehydration.

Fruit juices and sports drinks are not good substitutes because of the calories and because to get sufficient benefit, you'd have to drink so much it would make you sick.

“Alcoholic and caffeinated beverages not only are not good sources of water, they are diuretics -- which means you'll urinate more. And caffeinated beverages constrict your blood vessels so you don't sweat as effectively. That makes it harder to cool off.”

This expert warned that senior citizens and patients taking over-the-counter cold medications are more prone to dehydration.

“If you're traveling on an airplane,” added the physician, “drink plenty of water. Airplane cabins are extremely dry and you can become dehydrated very quickly.”

ATTITUDE

by
CHARLES SWINDOLL

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes."



ATTENTION

All Lung Patients Considering Air Travel or Travel to High Altitude Locations:

- ✓ Traveling by air poses special concerns for lung patients because of the pressurized aircraft.

- ➔ Pulmonary Associates on Beecher Rd offers a very simple High Altitude Simulator Test (HAST) to determine if you will need oxygen during your flight. This special breathing test mimics the oxygen environment of a commercial flight and your oxygen levels are checked throughout the test to see if they are at acceptable levels.

- ☎ You may want to discuss this with your doctor or call Pulmonary Associates for more details at (810) 230-6800.



The Pulmonary Paper

www.pulmonarypaper.org

With our newsletter, people who live with chronic lung disease will be able to:

- Keep abreast of the latest news on medications and treatments
- Share tips on coping from others with similar problems
- Ask the doctor questions in our *Calling Dr Bauer* column
- The Fibrosis File connects those with Pulmonary Fibrosis
- Learn Travel Tips and Opportunities
- Receive Discounts on Respiratory Products from Participating Suppliers



Join our Nationwide Support Network Today!



Share the Health! Do you know someone who would like a membership in The Pulmonary Paper? Please pass on this form.

Annual Donation

Individual with lung problems:

\$25 \$50 Other _____

Health Professional: \$50 (1 copy/issue/year)
 \$250 (25 copies/issue/year)
 \$400 (50 copies/issue/year)

Check (*Payable to: The Pulmonary Paper*)
 VISA AMEX MasterCard Discover

Card No.: _____ Exp. Date: _____

Signature: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Respiratory Diagnosis _____

Please fill out this form and mail back to *The Pulmonary Paper* at the address below with your donation information.