



Heart of America Medical Center - Wellness Center

October is Physical Therapy Month

By John Brandt, PT

Did you know that October is National Physical Therapy Month? So what is it exactly that we physical therapists do? Physical therapists specialize in the conservative treatment of patients with orthopedic, neurological, and physiological impairments.

Physical therapists help people with orthopedic conditions such as low back pain or osteoporosis; joint and soft tissue injuries such as fractures and dislocations; neurologic conditions such as stroke, traumatic brain injury, or Parkinson's disease; connective tissue injuries such as burns or wounds; cardiopulmonary and circulatory conditions such as congestive heart failure and chronic obstructive pulmonary disease; and workplace injuries including repetitive stress disorders and sports injuries.

Physical therapists practice in a variety of settings, including hospitals, private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings and nursing homes.

Some physical therapists seek advanced certification in a clinical specialty, such as orthopedic, neurologic, cardiovascular and pulmonary, pediatric, geriatric, sports physical therapy, or electrophysiological testing and measurement.

If you have questions or think you could benefit from the services of one of our physical therapists, ask your doctor or call us at 701-776-5261 Ext. 2209. We would be glad to help.

COUPON

October special for
**National Physical
Therapy Month**

FREE consult with a Physical Therapist

Call 776-5261 to schedule

Thanks to the Physical Therapists

By Tammy McClintock, CFT

Thank goodness for Physical Therapists! Many times I have received relief from a troublesome ache or pain just by visiting with one of our physical therapists for a few minutes. I have encouraged many of my clients to do the same and they too have gotten the relief they were looking for. Sometimes it can be that simple, a few specific exercises or stretches. It is a privilege to work with those who have so much knowledge to share.

But sometimes we may need a little more attention from them. Some may be dealing with issues due to heart disease or stroke, high blood pressure or diabetes, back pain or osteoporosis. Maybe it's an injury or rehab from surgery. Then we have the opportunity to work with them on a more in-depth basis.

Whatever it may be, let's do all we can to prevent or improve these illnesses through regular exercise. Daily physical activity can help prevent heart disease and stroke, and help prevent and control diabetes. It can reduce body fat, control body weight and prevent obesity. By increasing muscle strength and endurance, and improving flexibility and posture, regular exercise helps prevent back pain and other injuries. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging. The psychological effects of regular physical activity are an improved mood and self esteem. It also helps reduce depression and anxiety, and helps manage stress.

Look at all the things we can do for ourselves simply by having regular, daily exercise as part of our routine. And, thank goodness the physical therapists are there when we do need them!

Veggies: to cook or not to cook

By Kathy Brandt, LRD

So how should I eat my broccoli? Do I destroy all the natural benefits provided by this wholesome food by steaming it? Boiling it? What if it was frozen? What if it is re-heated? Should I try to consume mostly 'raw' foods?

Nearly every food preparation process reduces the amount of nutrients in food. In particular, processes that expose foods to high levels of heat, light, and/or oxygen cause the greatest nutrient loss. Nutrients can also be "washed out" of foods by fluids that are introduced during a cooking process. For example, boiling a potato can cause much of the potato's B and C vitamins to migrate to the boiling water. You'll still benefit from those nutrients if you consume the liquid (i.e. if the potato and water are being turned into potato soup), but not if you throw away the liquid. Similar losses also occur when you broil, roast, or fry in oil, and then drain off the drippings.

Here's a few examples for common foods: Maximum Nutrient Loss (as compared to raw food)

Vit A					
Freeze	Dry	Cook	Cook + Drain	Reheat	
5%	50%	25%	35%	10%	
Vit C					
Freeze	Dry	Cook	Cook + Drain	Reheat	
30%	80%	50%	75%	50%	
Folate					
Freeze	Dry	Cook	Cook + Drain	Reheat	
5%	50%	70%	75%	30%	

Potassium					
Freeze	Dry	Cook	Cook + Drain	Reheat	
10%	0%	30%	70%	0%	
Vit B12					
Freeze	Dry	Cook	Cook + Drain	Reheat	
0%	0%	45%	50%	45%	
Iron					
Freeze	Dry	Cook	Cook + Drain	Reheat	
0%	0%	35%	40%	0%	

For a complete reference on nutrient loss for common food processing methods, please see the USDA Table of Nutrient Retention Factors (2003) at http://www.nal.usda.gov/fnic/foodcomp/Data/retn5/retn5_tbl.pdf.

Consuming Raw Foods

The amount of nutrient loss caused by cooking has encouraged some health-conscious consumers to eat more raw foods. In general, this is a positive step. However, cooking is also beneficial, because it kills potentially harmful microorganisms that are present in the food supply. In particular, poultry and ground meats (e.g. hamburger) should always be thoroughly cooked, and the surface of all fruits and vegetables should be carefully washed before eating. To learn more about preventing common food-borne diseases, visit the Centers for Disease Control and Prevention at <http://www.cdc.gov/ncidod/diseases/food/index.htm>.

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 7 a.m.-Noon

October 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Physical Therapy Month "Physical Therapy brings motion to life."				1	2 Sports Acceleration 4 p.m.	3
4	5 Sports Acceleration 4 p.m.	6	7 Sports Acceleration 4 p.m.	8	9 Tail Gate Party - 5 p.m. Panthers v. Hatton/Northwood Come join in the fun and cheer on the Panthers! (serving: stew) Sports Acceleration 4 p.m.	10
11	12 Sports Acceleration 4 p.m.	13	14 Yoga with John 5:15-6 p.m. no pre-registration required Sports Acceleration 4 p.m.	15	16 Sports Acceleration 4 p.m.	17
18	19 Sports Acceleration 4 p.m.	20	21 Sports Acceleration 4 p.m.	22	23 Sports Acceleration 4 p.m.	24
25	26 Sports Acceleration 4 p.m.	27	28 Yoga with John 5:15-6 p.m. no pre-registration required Sports Acceleration 4 p.m.	29	30 Sports Acceleration 4 p.m.	31

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