

# Words on Wellness

May 2011

## Strength Training Increases Bone Density



When Gloria Healey was diagnosed with osteopenia, a condition that is a precursor to osteoporosis, she went to work. Gloria has been a member of the Wellness Center of Cape Coral for the past 17 years, and while she was involved in aerobics, she added strength training to her workout routine to boost her strength. Now, a typical day at the gym includes a Zumba or other cardio class, followed by 55 minutes of strength training and a stretching class.

"I've always tried to be fit," Gloria says. "I try to visualize what's best for me."

**"Strengthening the muscles helps keep a stable structure," Jarvis says. "It helps with bone density."**

By mixing up her routine and incorporating strength training into her gym time, Gloria managed to escape osteoporosis, a condition that affects many seniors.

Gloria likes the challenge of the hip abductor and hip adductor machines, abdominal crunches and the leg press. Her payoff is better health and a high energy level. "The key is not to tell your body what it's doing that day," Gloria says. "You have to keep a positive attitude."

Wellness Center of Cape Coral exercise specialist Jarvis Jolly says that Gloria is a good example of what all people should strive for in their fitness routine.

"Strengthening the muscles helps keep a stable structure," Jarvis says. "It helps with bone density."

May is National Osteoporosis Awareness and Prevention Month. Jarvis says that more people, especially seniors, can benefit by the addition of strength training. "It's a good base, even if you use only light weights," he says. "It's never too late to start." Jarvis says many seniors avoid the pitfalls of osteoporosis, including bone fractures, through the use of strength training.

Gloria sees no end to her use of weights to keep her healthy. "I think the weight training has kept me from getting osteoporosis," she says. "I always think you have to do three things: eat right, sleep well and exercise."



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\*An outpatient department of Lee Memorial Hospital



## Ask The Doc

Salvatore Lacagnina, D.O., is the Lee Memorial Health System vice president of health & wellness. He is board certified in internal medicine and has been in practice since 1993. As a regular part of Words on Wellness, Dr. Lacagnina is answering your health-related questions each month. Send your questions to [AskTheDoc@LeeMemorial.org](mailto:AskTheDoc@LeeMemorial.org).

### Question

*How often should I have a bone density test and what test is the most reliable and informative? At what age should I have a baseline test?*

### Answer

Osteoporosis is a weakness of the bones that often results in fractures of the weight-bearing bones in the lumbar vertebrae and in the hips. These fractures usually result in prolonged hospitalization and often subsequent nursing home placement. Many individuals never get back to normal function after an osteoporotic fracture and many even die from the complications.

Fortunately, osteoporosis can be diagnosed easily with a bone density study—also known as a DEXA scan. This is a noninvasive test, similar to an X-ray, that measures the strength of the bones and determines your risk of fractures. There are many things that can be done to decrease the risk of developing osteoporosis and reverse the bone loss after this has occurred.

The current recommendations are for women 65 years or older to have an initial DEXA; and for those 60-64 years old take

one if they have risk factors for osteoporosis. These risk factors include:

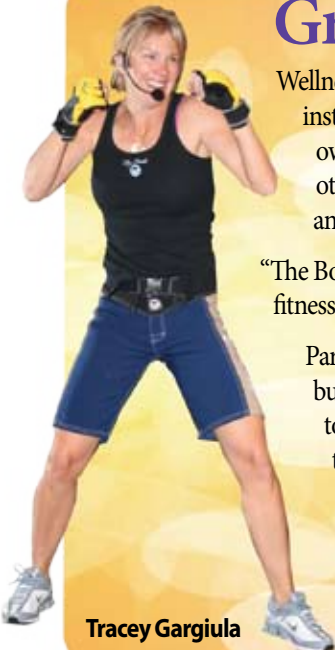
- White or Caucasian
- Low thyroid hormone levels
- Prolonged use of steroid medications
- Family history of osteoporosis



Calcium and vitamin D supplements are part of the prevention and treatment, as well as several prescription medications. Weight-bearing exercises and preventing falls are very important.

Although osteoporosis can be a devastating disorder, sometimes it can be prevented and often can be treated effectively. If you have not had a screening, please call your physician or health care provider to schedule one. Remember that men can be affected by osteoporosis, too, so talk with your physician if you have had a decrease in height, if you have taken steroid medications for a prolonged time, or if you have any other risk factors mentioned above.

Stay well! *Salvatore Lacagnina*



Tracey Gargiula

## Group Classes Keep Instructor Fit

Wellness Center of Cape Coral group fitness instructor Tracey Gargiula works hard on her own fitness, but is enthusiastic about helping others who attend her Body Combat Class and Body Pump classes.

“The Body Combat class has pushed my physical fitness limits and physique,” Tracey says.

Participants in Tracey’s classes range from busy professionals to stay-at-home moms to Baby Boomers who want to challenge themselves in a group setting. Everyone who participates gets their heart pumping and leaves with a sense of pride, and sometimes, a few sore muscles.

“We’re like a team,” Tracey says. “I

push them, but I’m right there with them. No one gets left behind. It’s an awesome feeling and you feel like you’ve accomplished something at the end.”

Tracey has been teaching at the Wellness Center for the past 11 years and has been involved in teaching group classes for 20 years. In that time, the fitness industry has changed.

“Compared to 10 years ago, the classes are more advanced and we have more choices,” she says.

Tracey says she plans to continue her work in group fitness and is looking forward to getting her next certification—CX30. This program is an intense core and strength workout that participants complete in 30 minutes. Tracey says teaching a variety of classes helps her as much as the people who participate.

“Being an instructor has helped me stay in shape,” she said. “I love what I do. I love the Wellness Center. It’s like my second home.”

# Lee Center for Rehabilitation & Wellness Celebrates 27th Anniversary

The Lee Center for Rehabilitation & Wellness opened 27 years ago. Through the years, there have been changes—location, fitness trends and shifts in management—but the commitment to the health and wellness of the members always has remained.

“The staff really cares about what they do,” says Susan Ilczyszyn, manager of the Lee Center for Rehabilitation & Wellness. “The success stories—big and small—mean so much to us. Whether someone loses 100 pounds or a new member tries out their first group exercise class, our staff feels pride and accomplishments along with our members.”

With more than 750 members, the Lee Center for Rehabilitation & Wellness has grown to include men and women of all ages. In fact, Susan shares that there are 13 members who are 90 years or older and 95 members who are 80 years or older.

**There are 13 members who are 90 years or older and 95 members who are 80 years or older.**

Many feel that the people—staff and members alike—make the Lee Center for Rehabilitation & Wellness such a special place.

“It is a great place,” says 78-year-old John Fassett, a member since 1984. “I have referred friends to the center and I’ve made so many new friends here throughout the years. The whole staff is very friendly, knowledgeable and helpful.”

From backaches to pain from falls, exercise has helped John recover from injuries and remain in good health. “Since I joined 27 years ago, I have worked out three days a week for one hour and fifteen minutes each session. As a result, I am limber, nearly pain-free and overall pretty healthy. A number of my friends and acquaintances who have not done this are either suffering or taking pills, or aren’t with us any longer. I credit the wellness center for keeping me alive and well.”

## Therapeutic Arthritis Program Delivers Relief May is National Arthritis Month

Marked by pain or swelling in the joints, stiffness or limited mobility, arthritis is a condition that affects men and women of all ages. Exercise is recommended by physicians—and considered by many with arthritis to be required—to help relieve these symptoms.

In the 93- to 95-degree therapy pool at the Wellness Center of Cape Coral, the staff created a class to help people with arthritis build strength, ease stiff joints and relax sore muscles. Led by Philippa “Philly” McMurrain, the Therapeutic Arthritis Program—also known as T.A.P.—meets three days a week for 45 minutes.

“The buoyancy of the water greatly reduces the pressure on the joints,” Philly says. “Range of motion exercises are easier to perform, and the warm water helps with circulation and blood flow to the joints.”



**Philly McMurrain leads the Therapeutic Arthritis Program in the therapy pool at the Wellness Center of Cape Coral.**

Sharon Solich, an 80-year-old North Fort Myers resident, has been coming to the T.A.P. class for nine years. “I had my right hip replaced and both of my knees,” Sharon says. “I heard about this class after I went to physical therapy, and I am glad I did. Along with the great instructors and the wonderful people, the warm water is the ticket to relief from arthritis pain.”

Philly agrees that the people make the class even more successful. “Most of the participants find that the classes ease their pain,” Philly says. “But, they also enjoy the fact that it is a very social class—there’s lots of sharing of information, laughter and friendship.”

## LEE MEMORIAL HEALTH SYSTEM

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**Please call the Wellness Centers to inquire about our seasonal membership opportunities.**

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## Happening This Month

### The Wellness Center of Cape Coral

**To register, call 578-4800 unless otherwise noted.**

#### Oh! My Aching Back

The Wellness Spine Class includes specific education on your posture, keeping your spine safe and which exercises are essential to accomplish your daily activities, presented by Kurt Gray, physical therapist. 6 p.m., Tuesday, May 10

#### Strong Healthy Bones: Try Strength Training

Presented by Jessica Carter, exercise specialist 4 p.m., Wednesday, May 11

#### Hormones and Metabolism

Presented by Dr. Salvatore Lacagnina 4 p.m., Wednesday, May 18

#### Vascular Screening Clinic

Presented by Dr. Woodrow Yeane, vascular surgeon. Includes screening for carotid narrowing, aortic aneurysm and peripheral arterial disease (circulation problems in the legs). \$50 fee, payable at event. Call 573-4800 to register. 9 a.m.-3 p.m., May 21

#### Healthy Brain Initiative

Four-week class to increase your brain power. Open to all ages and is not a course for those who have been diagnosed with memory loss or signs of memory loss. Cost is \$20 per person for the series, due at the first session. To register, call 772-7565 or visit [www.HealthyBrainFL.org](http://www.HealthyBrainFL.org). Tuesdays, May 3-24, 2-4 p.m.

### Lee Center for Rehabilitation & Wellness

**To register, call 418-2000 unless otherwise noted.**

#### Ballroom Dancing

Back by popular demand. Learn "The Swing." \$10 per class. Instructed by Nathalie Grondin. 6 p.m., Fridays, May 6-27

#### Mother's Day Guest Special

Moms, pay no guest fee on Mother's Day. Sunday, May 8

#### Anniversary Celebration

On Wednesday, May 18, the Lee Center for Rehabilitation & Wellness will celebrate 27 years of service to our members and to our community. Enjoy activities throughout the day and a special thank you for all members who have supported us through the years. Wednesday, May 18

#### Wellness Lecture: Introduction to Regenerative Medicine

Presented by Dean Manton, exercise specialist. 11:30 a.m., Tuesday, May 24

#### Massage Special

Forego the usual breakfast-in-bed and treat your wife, mother or yourself to an hour or more of total relaxation. Schedule a 60-minute Swedish massage and receive a second hour for half price. Appointment required.

