

A *free* AIKEN REGIONAL MEDICAL CENTERS
WOMEN'S HEALTH INITIATIVE

ISSUE 1



SPRING 2019

QUARTERLY

GOING STRONG
Muscle building
for women

A SALMON RECIPE
Just right
for spring

UNDERSTANDING KETO
A look at the low-carb craze

Don't miss out! Join *we* today.


we
Women Enlightened
FOR BETTER HEALTH

Ashlee Brewer



welcome

Women Enlightened
FOR BETTER HEALTH

“I’m a woman

Phenomenally.

Phenomenal woman,

That’s me.”

— MAYA ANGELOU

Dear *we* community,

To all of the phenomenal women out there, happy spring! As the season gets underway, I’m thinking about how to make the most of the sunshine-filled days ahead. One thing is certain, I want to be strong enough to enjoy whatever opportunities await. For me, that means focusing less on how I look in a bathing suit and more on how building a strong body will serve me throughout the coming summer and beyond.

I’m energized by the shift in our culture that is embracing a more expansive view of what a phenomenal, strong woman looks and acts like. With this change comes an increased appreciation of powerful women.

Of course, no discussion of strong women would be complete without a shout-out to all of the mothers out there. Sunday, May 12th is their big day. Be sure to show your appreciation to those who helped shape you into the phenomenal woman that you have become. And if you are a mom, thank you for raising strong women!

Whatever stage of life you are in and whatever your personal aspirations, here’s wishing you a healthy start to the season and the strength to make it your time to shine.

Yours in sisterhood,

ASHLEE BREWER

DIRECTOR OF MARKETING, AIKEN REGIONAL


we CALENDAR OF EVENTS

NEW *we* MEMBER ORIENTATION

We want to make sure you understand all the benefits of the program. That's why we encourage you to attend a New Member Orientation. If you are new to *we* and have not attended orientation, mark your calendar to attend an upcoming session, which includes lunch and a tour.

Visit aikenregional.com/nmo for upcoming dates.

SENIOR WELLNESS BREAKFAST CLUB

 Get your day off to a healthy start with breakfast and an engaging discussion.

Topic: Bladder Incontinence in Older Adults
Speaker: Darren Mack, MD, and Jessica Luke, DNP
Date: Friday, May 10
Time: 9 – 10 a.m.
Location: USC Aiken
Alan B. Miller Nursing Building, Room 121
471 University Parkway, Aiken, SC 29801

Register at aikenregional.com/seniorwellness.

RUN UNITED

Presented by Aiken Electric Cooperative Touchstone Energy

RUN United will feature a half-marathon, 5K and kids' fun run. Proceeds benefit United Way of Aiken County, Inc.

Date: Saturday, April 27

Time: Half-marathon begins at 7:30 a.m.

Location: Downtown Aiken

Find out more at aiken-co-op.org/RunUnited.



Worth the **WEIGHT**



Muscle building is important for women

Moving more is on just about everybody's to-do list, and for good reason. According to the Department of Health and Human Services, regular exercise* is one of the best things you can do for yourself. It improves your overall health, increases your fitness level and even reduces your chances of chronic disease. ►



There are many other advantages. “Elevated mood and improved concentration are just some of the added benefits of regular exercise,” says Candace Waters, FNP-BC, CDE, NRCME.

While the Physical Activity Guidelines for Americans¹ emphasizes that adding any physical activity is better than doing nothing at all, most Americans are falling short of recommended amounts. A little more than half of adults actually get enough aerobic exercise, the kind that gets you breathing harder and your heart pumping faster. However, nearly 80% don’t get enough of the combined aerobic activity and muscle-building exercises, the ones that get your muscles doing more than normal.²

Strengthening exercises at least two times a week will help you meet these recommendations, but be sure to involve all major muscle groups. Weights, resistance bands, machines at the gym and even your own body weight can be used to create resistance, which is needed to build muscle.

While ideas about female “bodybuilding” may have previously evoked images of bulging biceps and intimidating weight rooms, today, many women are enjoying a bevy of benefits from these activities. Plus, there are some compelling reasons that adding muscle building to your routine may be beneficial for women. Lifting weights doesn’t just help build muscle, it also works to strengthen bones. And that’s vital to women because of osteoporosis – a disease, affecting ten million Americans, that

causes bones to weaken and break easily. In fact, 80% of reported cases of osteoporosis are female and one in four women, 65 or older, is affected by osteoporosis in the United States.³

Another positive by-product? Building your muscles can help change your body composition and may even boost your metabolism. “Thicker muscles burn more calories,” says Waters. “That’s one reason men tend to lose weight more quickly than women.” Lean muscle also takes up less space than fat. So, while weight training may not lead to immediate changes on the scale, it could lead to looser fitting clothing and a boost in body image.

You can easily incorporate ways to build muscle into your everyday life. “A water bottle or can of food in each hand can be used as simple weights to strengthen your arms, or you can even use a full, eight-pound gallon of milk,” says Waters. “Your own body weight also works when you do things like push-ups, pull-ups and leg squats,” she adds. “And squatting properly to lift books, laundry baskets and small children are daily activities that can be effective. The bottom line is little frequent intervals of any exercise during the day can have cumulative results.”

Of course, adding any new activity must be done with safety in mind. “Proper use of equipment is crucial to prevent bodily harm,” says Waters. “Always stretch before and after exercising to prevent cramping, and if a new activity causes pain, it should be stopped so you don’t cause damage.”



For quick and easy access to Aiken Regional's physician directory, visit aikenregional.com/directory.



**Consult your doctor before beginning a new exercise program. 1: U.S. Department of Health and Human Services. 2: Centers for Disease Control and Prevention. 3: U.S. Department of Health and Human Services, Office on Women's Health.*



Understanding the keto craze

Obesity affects nearly four out of every ten adults in the United States, according to the Centers for Disease Control and Prevention.

With so many in search of a healthier way of eating, it's no wonder that diet trends like the ketogenic (or keto) diet have a way of capturing the public's imagination.

While typical diets are about restricting calories, the keto diet is more concerned with carefully controlling the types of calories that you consume.

Here's how it works. Carbohydrates (or carbs) are usually our most common source of calories, partly because of how readily our body converts them into energy. They're found in foods like bread, starchy vegetables and pasta. On the keto diet, you limit carbs and replace them with mostly fats and some proteins. Meat, nuts, butter, eggs, avocados and non-starchy vegetables are prominent in many keto plans. This forces your body into a metabolic state called ketosis. In this state, your body converts fat into energy that results in weight loss.

On paper it might sound like a good idea, but not so fast says Jackie Enlund, MPH, RD, LD, a Registered Dietitian with the Diabetes and Nutrition Teaching Center. "We don't know the long-term effects of ketosis on the body," she says.

Another concern is the inability to maintain a keto diet over time. "With weight loss, you want to find a healthy way of eating that you can commit to long term," Enlund says. "Because the keto diet is limiting, people tend to go on and off of it. This leads to yo-yo dieting, which makes it even harder to lose weight in the future."

Enlund cautions against any approach that promises a quick fix. "Choose foods from all of the food groups that you actually enjoy and eat them in the right amounts," she says. "That's the key to maintaining a healthy weight over time."

Learn more about the Diabetes and Nutrition Teaching Center at aikenregional.com/diabetesmanagement.

More tips for maintaining a healthy weight

- **Set realistic goals.**
While slow progress can be frustrating, changes that take time are the ones that are likely to last.
- **Don't skip meals.**
If you let yourself get too hungry, you're likely to overcompensate with more calories later on.
- **Avoid overeating "traps."**
Plan ahead and keep smart snacks on hand for the times you know you may be tempted to overeat.
- **Eat a balanced diet.**
Find foods that you enjoy from every food group. Healthy eating isn't about deprivation, it's about treating your body to the nutrients it needs.

Salmon with salsa verde

This keto-friendly combo makes a healthy addition to any meal plan. With just 1g of carbohydrates, it's a delicious way to try the low-carb trend.

Salmon with salsa verde is an easy seafood recipe that can be made in under 30 minutes. The tasty sauce can also be served with any other fish, chicken or steamed vegetable dish.

Ingredients

- 1/2 cup chopped flat-leaf parsley
- 1/2 cup blanched green herbs (basil or dill)
- 1/4 cup celery leaves
- 1 jalapeño, stemmed, seeded and chopped
- 1 tbsp chopped shallot
- 1 tbsp capers
- 1 tsp chopped anchovies
- Crushed red-pepper flakes, to taste
- 1/8 tsp salt
- Black pepper, to taste
- 1/2 cup extra virgin olive oil
- 4 salmon fillets (4 oz each), skinned
- 1 tbsp extra virgin olive oil
- 1 tsp black pepper

Nutrition Facts

Serving size: 1 salmon fillet (4 oz); 1 Tbsp salsa verde

Per serving:

Calories: 247

Fat: 24g

Saturated Fat: 4g

Cholesterol: 66mg

Sodium: 116mg

Carbohydrates: 1g

Fiber: 0g

Protein: 28g

Preparation

Salsa Verde:

In a blender, combine all salsa verde ingredients and purée until smooth. Set aside 1/4 cup and refrigerate remainder for future use. (Salsa verde keeps for up to 1 week.)

Salmon:

Lightly coat a grill rack or grill pan with nonstick cooking spray and heat grill to medium high heat. Rub salmon with oil and pepper and grill fillets face down for 3 to 4 minutes on each side. On each plate, drizzle 1 Tbsp salsa verde and top with salmon. Serve immediately.



Pearl

HEALTH INCENTIVE PROGRAM

The Pearl Health Incentive Program promotes empowerment and personal responsibility. It is available to *we* members who complete the attached registration form and make an annual donation of \$20 to CanHope.

The Health Services Guide in your *we* new member packet provides an extensive list of available services at Aiken Regional Medical Centers. When you become a member of the Pearl Program, you will be given a screening booklet to track your health goals.

You will have the opportunity to complete five health services within a year of enrollment. After completing and documenting five services in your book, such as screenings, tests or physician visits, schedule an appointment with the nurse navigator. She will give you a certificate of completion, which you may redeem for a genuine pearl.

NAME

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Be sure to include a check or money order for your \$20 donation payable to: **CanHope**

Mail to:

***we* - WOMEN ENLIGHTENED FOR BETTER HEALTH**

Aiken Regional Medical Centers
302 University Parkway
Aiken, SC 29801





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Aiken, SC 29801

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Our area of
expertise is

YOU



Physicians are on the medical staff of Aiken Regional Medical Centers, but, with limited exceptions, are independent practitioners who are not employees or agents of Aiken Regional Medical Centers. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website.