



## Top tips for tip-top shape

1. Pay attention not only to what you eat but also how much.
2. Read the "Nutrition Facts" on food labels. They are a wealth of information.
3. Do not smoke. Ask your doctor about help with quitting.
4. Have fun exercising. Skiing, hiking, dancing — whatever moves you.
5. Make gradual, sustainable lifestyle changes.

Look inside to see what three Aspen Valley Hospital healthcare providers do to stay healthy.

## Among U.S. adults, age 18 or older:\*

- 57 percent of men and 66 percent of women never engage in vigorous leisure-time exercise lasting more than 10 minutes per week.
- 47 percent are regular drinkers.
- 21 percent are smokers and 21 percent are former smokers.
- 12 percent have been diagnosed with heart disease.
- 11 percent experience feelings of sadness all, most, or some of the time.

\*Based on "Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2004," released May 2006.

## How healthy are you — really?

If you're like most of us, you have at least one health-related goal for the New Year, whether to lose weight, eat healthier foods, or "get in shape." In order to measure your success as 2007 progresses, however, you need a starting point. Use our handy health quiz to help determine where you are now and where you need to be.\*

### Check all statements that apply:

- I eat at least five servings of fruits and vegetables daily, limiting my dietary calories, fat, and sodium.
- I check with my doctor to make sure I am maintaining a healthy weight.
- I get at least 30 minutes of moderate-intensity exercise most days.
- I do not smoke, and I do not drink more than one (for women) or two (for men) alcoholic beverages per day.
- I have regular checkups with my doctor, dentist, and eye care professional.
- I stay up-to-date with recommended health screenings and immunizations.
- I manage stress by keeping a good work/life balance.
- I stay informed about conditions that may affect me, including diseases that run in my family.
- I take steps to protect myself from preventable injuries and illnesses, such as wearing a seatbelt, using sunscreen, and keeping smoke detectors in my house.
- I get plenty of sleep, make time for activities I enjoy, and am generally happy with life.

### Add up your checks and rate your health

- 10 — Wow! Great job! Work with your doctor to stay on your healthy path.
- 7-9 — You understand the importance of good health. Maintain your strengths and work on your weak spots.
- 4-6 — You're off to a good start. Build on your success to make even greater gains.
- 1-3 — Time to take action. Choose two or three goals and work toward building a healthier life.

\*Note: These are some general guidelines. Talk to your doctor about your situation.



# Diet and exercise for good health and for setting a good example

by Charlene Guggenheim, MD, Pediatrician



Staying healthy is a priority in my life. As a pediatrician and mother, I practice what I preach by exercising, maintaining a healthy weight, and not smoking.

I alternate cardiovascular training and weight lifting 3-5 days a week. My cardio regimen typically is running on the treadmill for 20-40 minutes, with downhill skiing added when the

slopes are open. To prevent boredom on the treadmill, I mix up my routine between high and low intensity, interval training, and inclines. I subscribe to *SHAPE* magazine, which offers a different cardio workout each month.

For weight training, I started with a personal trainer (which I strongly recommend). Weight training without the proper form can do more damage than good. Weight training has really toned and

reshaped my body more than just cardiovascular training alone. It has also helped with my sense of balance and is a great way to preserve bone density. My children know that mom and dad exercise regularly to stay healthy.

Diet is a big part of staying healthy, as well. As my metabolism slows with age, I find I constantly need to change my eating habits. I try to eat low fat foods and completely avoid trans fats. Dinner at a fast-food restaurant is a rare event. I try to replace my food “weaknesses” with healthier alternatives (e.g., yogurt or low-fat ice cream, pretzels or baked chips/crackers, and low-fat or light cheese).

Portion control is also a big part of maintaining a healthy weight. At my house, everyone is served, and the extra food is left in the kitchen instead of on the table. When dining out, I will share an appetizer or salad, or skip it. I no longer order dessert at the end of a meal. Finally, I try to leave part of the meal to take home.

## Reflection and renewal

by Julie Puchkoff, MS, Cardiopulmonary Rehabilitation



Most of us know that exercise and eating well are keys to healthy living. My job as an exercise physiologist puts activity in the forefront of my daily routine; for me, exercise is the easy part of the health equation. A bigger key to maintaining my overall health is complementing the sociable nature of my work with time spent on

reflection and renewal. Often, this quiet time is spent reading, working on sudoku puzzles, or enjoying nature with my dog.

I grew up in an environment where giving to others was encouraged, and, like most healthcare workers, I spend the better part of my workweek focusing my energy on others. The flip side of this, and the part that we often forget, is that it's equally important to give to ourselves. Reflective time allows us to drown out the voices around us and put aside the demands on our time. It gives us permission to renew our spirit. Consider it a self-imposed “time-out” for adults. After

spending an hour alone, we're ready and better equipped to share our toys! When I give to myself, I am more joyful, healthier, and better able to give to others.

Being healthy also means accepting imperfection. Most of us know what to do; it's in the execution that we fall short. So, for instance, if I fail to lose several pounds (again), yes, technically I've failed. However, I prefer to focus on my achievements along the way: better eating habits, being inspired by more accomplished skate skiers at the golf course, and maybe even extending my dog's lifespan. I'll remind myself that the road to victory is rarely linear, nor is success ever a guarantee. But what would we be if we didn't try ...

My advice: Pat yourself on the back for accepting the challenge, and be gentle if you miss the mark. I have a full-time job, so I'm willing to work hard at change, but not so much that it becomes work. Remember that the prospect of change brings excitement and a sense of empowerment. And, after all, isn't that what living a healthy life is all about.

# Ask the Dietitian with Michelle MacCarone, RD

**Q** Despite my best efforts, I gained five pounds over the holidays. What can I do to quickly lose this extra poundage?

**A** The average weight gain during the holidays is one pound (not the five to ten pounds previously thought). Unfortunately, the weight gained over the winter holidays isn't lost during the rest of the year. This gradual weight gain over the years may be a contributing factor to increased overweight and obesity.

To achieve successful weight loss and maintenance, you must choose a plan that works for you, and one that you can do forever. Any approach that sounds temporary with the intent to quickly lose weight will probably not work. Of all the diet strategies out there, it still comes down to calories in versus calories out. Therefore, if you eat more calories than you burn, you will gain weight. One pound of fat is equal to 3,500 calories, so to lose one pound of body fat you need to burn 3,500 more calories than you take in.

By cutting out 500 calories from your diet each day, you'll lose approximately one pound a week.

To cut calories in your diet, try to limit high-calorie items. Think about what you eat and drink each day to help determine which foods you should limit or replace with lower calorie foods. By staying away from the mocha at breakfast and the bowl of ice cream after dinner, you will save approximately 500 calories that day. When given the choice, choose the lower calorie/fat options, such as sparkling water or diet soda in place of regular soda, and fat-free milk in place of whole milk. Also be aware of how many calories that second helping of food may have. If you are still hungry after dinner, have an extra serving of vegetables instead of meat. You will be surprised how quickly the number of saved calories adds up.

Another great way to decrease overall calorie intake is to reduce your portion sizes. Start off with smaller portions

when dishing up your plate or ordering out. If you start off with less, you will likely eat less. All food should be served on a plate or bowl rather than eating out of the container. Seeing the volume of food will help make you aware of how much you're eating. And finally, lose the "clean plate club" mentality, and tell yourself that it's better to go to waste on your plate than to waste in your body.

Managing your calorie intake is essential to successful weight loss, but weight loss will still be difficult to achieve without increased physical activity. It is actually the combination of regular physical activity and healthy, calorie-controlled eating that will help you achieve and maintain a healthy weight.

If you have a question you'd like to ask the dietitian, e-mail your question to [dycvi@avhaspen.org](mailto:dycvi@avhaspen.org) or call 544-1296.

## Great health includes "balance"

by Mindy Nagle, MD, Obstetrician/Gynecologist



Good health is multi-dimensional. The obvious components include good nutrition and adequate exercise — two things that are relatively easy to come by in our valley. We are surrounded by mountains to hike, roads and trails to ride, and slopes to ski. Good nutrition starts at home, but it too can be found throughout the valley with our multitude of restaurants and eateries.

Great health, however, also has to do with balance. For me, it is the balance of work, family, and exercise that is most important. One of the

reasons I chose to practice medicine in this valley is that balance is possible. I know there will be long days and long nights of work. Like it or not, babies tend to have a schedule of their own. Work, however, will be followed by a day on the slopes, a beautiful hike, or teaching my five-year-old niece how to ski.

Mentally, physically, and emotionally, we can maintain good health. It's not always easy, but thankfully it **is** possible.

# Calendar of Events

## Brown Bag Lecture Series

11:30 a.m. – 1 p.m.  
at The Given Institute

*Offered in conjunction with the Aspen  
Given Foundation and Given Institute  
of the University of Colorado*

### Human Papillomavirus

with Gail King, MD, OB/GYN  
Wednesday, January 31

### Developing Long-term Successful Friendships

with Alan Nelson, MD, Psychiatrist  
Wednesday, February 7

### Emotional Maturity

with Alan Nelson, MD, Psychiatrist  
Wednesday, February 21

### Girl Talk

for mothers and daughters ages 10 – 12  
with Charlene Guggenheim, MD,  
Pediatrician  
Monday, January 29  
5 – 6:30 p.m.  
at Aspen Valley Hospital

### Community Blood Drive

Tuesday, February 20  
12 – 5:30 p.m.  
Health and Human Services Building

All events are free. For more  
information, call 544-1296

## Critical Surgery Questions

Hundreds of people have surgery at Aspen Valley Hospital each year. While every surgery has risks, there are measures that we can take to try to prevent complications.

One way we at Aspen Valley Hospital reduce the number of preventable surgical complications is by participating in a large national partnership for safer surgery, the Surgical Care Improvement Project (SCIP). SCIP includes a number of steps that surgeons, anesthesiologists, nurses, and patients can take to lower the number of surgical problems. There are also things the patient can do. Following are some questions you can ask your doctors and nurses before surgery.

### To avoid infection

*If I need antibiotics before surgery, when will I receive the antibiotic and for how long?* Antibiotics should be given within 60 minutes before surgery and should be stopped within 24 hours in most cases. Given properly, antibiotics can greatly lower your chances of getting an infection after surgery.

*If hair needs to be removed from the part of my body that is having surgery, what will you use?* If needed, your doctor or nurse should use clippers to remove hair at the site of your surgery. Using a razor to remove hair before surgery can cause infections because of the risk of leaving small cuts on the skin.

### To avoid blood clots

*What will you do to prevent blood clots?* Blood clots can lead to heart attacks and strokes. When you have surgery, you are at risk of getting blood clots because you do not move while under anesthesia. The more complicated your surgery, the higher your risk. Your doctor will know your risk for blood clots and steps that will help prevent them, such as giving you the right medicine before surgery.

### To avoid heart attacks

*If I take medicine for heart disease, should I keep taking it?* Taking certain medicines together can cause problems. Tell your doctor about all the medicines you are taking, including over-the-counter drugs like aspirin and herbal remedies. Your doctor or nurse will tell you which medicines you should continue to take and which medicines you should stop taking before surgery.

### Other important information

- Tell your doctor about other medical problems you may have, such as allergies or diabetes.
- Patients who smoke get more infections. Talk to your doctor about how you can quit.
- If you do not see them do so, ask medical personnel to wash their hands before examining you.

Speak up if you have questions or concerns. If you don't understand, ask again. It's your body, and you have a right to know.



0401 CASTLE CREEK ROAD ASPEN, COLORADO 81611

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