

New Options for Wellness news



Stanford Linear Accelerator Center

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Wellness Activities

- **Volley Ball:** Nicolas Berger sets up the volleyball net on front lawn Tues. & Wed. 12-1:00 PM & Thurs. 5-6:00 PM. Call Nicolas Ext.3434 for more info.
- **Healthy Back Cross Training:** Taught by HIP instructor on site. 3/30-6/3/05 Wed. & Fri. 11-11:55 AM in Bldg. 27. STAP fund: Yes
- **Smoking Cessation:** A free consult by P. L. Sachs, M.D. Questions? Dr. Gherman Ext. 4382.
- **Body Sculpting & Step Aerobics:** Taught by Ziba Mahdavi, this stretching class is offered on Tues. & Thurs. 12-1PM in Bldg. 27. Questions? Please call Ext.4458 or 2281.
- **Pilates:** Taught by Kerry Spear & Mary O'Connell Mon. & Wed. 5:15-6:15PM in Bldg. 27 at SLAC. Classes run 3/28 – 6/15/05 Register at: <http://hip.stanford.edu>
- **Yoga:** Taught by Kim Tanzer Friday 12-1:00PM in Bldg. 27 at SLAC. Classes 4/17 – 6/17/05. <http://hip.stanford.edu>
- **Ballet/Lyrical Jazz:** Taught by Vicky Brey, Friday 5:15-6:30 PM in Bldg. 27. Questions? olga@SLAC.Stanford.EDU
- **Aerobics:** Taught by Cecilia Glower, Mon. & Wed. 12-1PM, Tues. & Thurs. 5-6 PM in Bldg. 27. Questions? Michelle Steger @ x.3011 or Bette Ferandin @ x 2601.
- **Stress Counseling:** Rosan Gomperts & Kevin Carr, Stanford Help Center counselors at SLAC on Tues. 10 -4 PM, Thurs. 8-11AM in the Medical Dept. Call Ext.2281 for an apt. at SLAC, or (650) 723-4577 for an apt. at the Stanford campus office.
- **Massage:** Mer Baldoza, CMT, is at SLAC medical Tues., Wed, Thurs., and Fri., 3:30 PM. Call Ext. 2009 to schedule an appointment.
- **Gym:** weights & equipment in NW corner of Bldg. 34. Call Diane Jenkins to join or for more info Ext. 2215.
- **Soccer:** On the front lawn Mon. & Thurs. at noon Call Rafael Miranda x 4471 or Tu Ly x 4442

Prevention of low back pain



The spine is surrounded by many muscles and ligaments which give it great strength

ADAM

If you never suffered from low back pain, consider yourself lucky member of a small group. Four out of five adults will experience this excruciating and debilitating condition at some point in their lives. The gold news is that 90% of cases improve on their own; but other 10 % are notoriously difficult to treat.

Why Does My Back Hurt? In younger adults, an acute injury is often to blame. Back pain in adults over age 60 is usually caused by chronic condition such as osteoarthritis, spinal fractures, spinal deformities, or narrowed spinal canal. If you don't have one of these conditions, your doctor may not be able to determine the cause of your back pain. A clear diagnosis isn't necessary, though; most likely, back pain will go away within 6 weeks with or without medical care. Fewer than 5% of cases require intensive treatment or surgery.



Should I call my doctor? A few cases of back pain require immediate medical attention. Seek immediate treatment if you have back pain and sudden weakness or a fever or if you recently had an injury or were in car accident- you could have an infection or spinal fracture.

For back pain alone, avoid strenuous activity and try ice, hot showers, massages, and NSAID such as Ibuprofen. Bed rest for 1 or 2 days can help, but staying inactive for longer than that may be counterproductive.

If pain does not improve after 2 or 3 days- or if you experience numbness, weakness, or tingling in your buttocks or legs- see your doctor.

Your primary care doctor is the first person to see for back pain. If necessary, he or she can refer you to a spine specialist, such as neurosurgeon, orthopedic surgeon, neurologist, or rheumatologist. You may also be referred for physical or occupational therapy, which teaches you how to go through your daily routine with the least amount of pain.



Keeping Pain at Bay

Activities that strengthen muscles in your back , stomach, hip, and thighs can help prevent back pain. Both walking and swimming are good bets. Specific exercises that target these muscles can also help keep muscles strong and flexible.

The American Academy of Orthopedic Surgeons has a Low Back Pain Exercise Guide on it's website: <http://orthoinfo.aaos.org>.

Click on the image of the spine.

Mobile phone use while driving increases crash risk.
British Medical Journal



Hands-free or not , mobile phone use while driving quadruples the risk of being involved in a crash , reports a study in the August 20 British Medical Journal.

Using a mobile phone during the "hazard interval" up to 10 minutes before a crash significantly increased the likelihood of crashing: odds ratio 4.1. **The increase in crash risk was similar whether**

the driver was using a hands-free device, odds ratio 3.8 or hand-held phone, odds ratio 4.9.

There was no difference in risk for women vs. men nor for drivers older vs. younger than 30 years. Approximately one-third of calls made before crashes or during control periods were on a hand-held phone.

This study suggests that talking on a mobile phone while driving significantly increases the risk of a crash with injury. Using a hands-free device does little to reduce this risk.

Wellness facts

Neither low -dose aspirin nor vitamin E protects against cancer.

Previous research found that aspirin, especially at higher daily doses, may reduce the risk of certain cancers, notably colon and breast. The recent study also found that Vit E pills do not protect against heart attack or stroke or reduce total death rates.

Nonfat yogurt can help you lose weight.



In a recent study from the University of Tennessee, obese people on a low-calorie diet who included three 6 ounce servings of nonfat yogurt daily for 12 weeks lost 22 percent more weight than dieters who ate little or no dairy. Even more important, they lost 60 percent more body fat and maintained more lean muscle mass. Yogurt isn't magic, however. Evidence has been mounting that calcium rich foods in general help control or reduce weight. Calcium supplements may also help.

Light to moderate alcohol consumption may reduce the risk of developing Type 2 diabetes .

All it takes is half a drink a day, and there is no added benefit from drinking more.

AHA advise women to limit themselves to no more than one drink a day, and to no more than 2 drinks for men .