



## Diabetes and Exercise

People with Type 2 diabetes should get 150 minutes of aerobic exercise a week, according to a new recommendation written in part by an Old Dominion University professor.

**"There is probably not a better medicine out there for people with diabetes than exercise,"** said Sheri Colberg-Ochs, an ODU exercise science professor.

Federal guidelines recommend that all adults get 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise a week. Using recent research into diabetes and exercise, the team came up with a similar recommendation for those with diabetes. They also recommended that diabetics not let more than two days pass between exercise because frequent activity is key to keeping blood glucose levels from rising, Colberg-Ochs said.

Even a little bit of activity counts. The 150 minutes of recommended exercise could come in 10-minute bursts throughout the week, according to the paper. "Weeding and washing your dishes counts, and is very important in people with diabetes," she said.

The first line of treatment of diabetes should be lifestyle changes, such as improving diet and exercise habits, Colberg-Ochs said. "The medications are supplemental to that. You should not take the medications until you make the lifestyle changes," she said.

For someone who has been sedentary for years, she recommends starting slow, by spending more time standing and walking than sitting, for example. Then they can add longer walks and other types of more strenuous activity like resistance training, she said. Those activities help maintain muscle, which absorbs carbohydrates. If you're not exercising, carbohydrates convert to fat.

Centers for Disease Control and Prevention predicts that as many as one in three American adults may have diabetes by 2050 as the number of diabetes patients doubles or triples over the next 40 years. But that doesn't have to be the case. People can make changes to make sure it doesn't happen to them, she said. "This wave of diabetes that's predicted is not inevitable," she said.

### Mark Your February Calendar Assessments

Tuesday and Wednesday  
February 1<sup>st</sup> and 2<sup>nd</sup>  
No Classes on Assessment Days

**No Aquatic Classes**  
Friday, January 21<sup>st</sup>

### Pediatric Aquatic Therapy Changes

Many of you know that Cheshire Fitness Zone uses our pool for therapy for children on Thursday and Friday afternoons. Beginning January 4<sup>th</sup>, 2011, the Zone will use the pool Tuesdays and Thursdays. This does not affect pool use by residents; we just wanted you to be aware of the change.

**Happy New Year!**  
**Be the change you want to see in the world. –Mahatma Gandhi**

### Ease Your Pain with Ice and Heat

When the joint aches, should you apply ice or heat? Generally, ice is best for injuries such as sprains or arthritis flare-ups. The cold numbs nerves and reduces swelling by constricting the flow of fluid through blood and lymphatic vessels. Icing a joint for 20 minutes at a time is sufficient. Wrap the cold source in a towel to prevent freezer burn. Ice packs or frozen bags of vegetables work nicely.

Heat may improve blood flow, reduce pain and stiffness and increase flexibility in sore areas, especially for arthritis sufferers. Moist heat penetrates more deeply than dry heat. Wrap the heat source in a cloth to prevent burning. You can make your own heat pack by stuffing a sock or cloth bag with rice and sealing the ends. Microwave until warm and apply to the affected area.

While hot and cold therapy is generally safe, don't use either excessively. Talk to your doctor before using heat or ice if you have poor circulation or nerve sensation due to diabetes.

### Aspirin Routine Cuts Cancer Deaths

Daily aspirin use, often recommended to prevent heart disease, may also reduce your risk of a range of common cancers. A meta-analysis of 8 randomized trials totaling more than 25,000 participants has found that long-term aspirin doses of 75-500 mg daily were associated with lower cancer deaths and reduced risk of lung cancer and most types of gastrointestinal cancers. Aspirin had previously been linked to lower colorectal-cancer risk, but researchers noted that the results represent "the first reliable evidence that aspirin prevents non-colorectal cancer in humans." Overall, after 5 years, deaths from cancer were 21% lower in those on aspirin regimens than in control groups; lower rates persisted among those followed for as long as 20 years. Experts were cautious, however, about recommending widespread aspirin use for cancer prevention, because even low-dose aspirin can substantially increase the risk of serious gastrointestinal bleeding. Consult with your physician, they advised, before beginning any aspirin regimen.

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### HALF AND HALF

Pair off these groups of three letters to make eight film titles, each comprising six letters.

ASE	CAR	VEY	GRE
ENS	OLI	EXO	BAT
DUS	RIE	VER	HAR
MAN	PSY	ALI	CHO

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Answers on Wellness Board outside Multi Purpose Room