



WELLNEWS

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It really is all about You!

By R.James Clifft, Pilot, Northwest Airlines/SD Air National Guard, Sanford Wellness Center member

It was raining when my co-pilot and I left the restaurant, so we decided to run the two blocks back to where we were staying. He was much younger than me. We took off in a sprint and as I made my way to the hotel in Philadelphia, the indigestion I felt in my chest was the worst I had ever had. I shouldn't have eaten that Philly cheese steak sandwich! I sat down in the lobby to collect my thoughts and get a handle on the discomfort in my chest. After a few minutes of rest I gathered myself up and went to my room. I have to work tomorrow and have got to get some sleep.



As I continued to work and exercise for the next few months, I regularly felt something different in my chest. I couldn't believe it was anything because I'm a healthy guy. Since I am an airline pilot, anything to do with the heart may be a career ending situation. As long as I felt alright and was able to work out, I wasn't very interested in pursuing this any further. I continued to exercise and monitor the feelings in my chest trying to find a pattern and still thinking it could be related to diet. After much

discussion and serious thought, we decided to schedule a stress test. I passed the physical portion of the stress test with ease, confirming my expectations, this is not a problem.

The next day I got the call. We need you back for an angiogram. But I passed the stress test with ease. Sorry, we found an area of your heart that is not getting the amount of blood flow we would like and we need to verify everything is OK. This began a chain of events that led to me losing my medical certification and my job flying airplanes. The cardiologist said I had a total blockage of my left descending artery. It perhaps collapsed on my run to the hotel in Philadelphia. He couldn't even get a stent into it. It was pretty serious and could have resulted in a major heart attack.

The cardiologist said I could be a poster child for the benefits of exercise. Through years of working out, I had developed enough collateral flow (extra blood vessels in my heart- kind of a naturally formed bypass) to make up for the loss of the artery. All the other main blood vessels were open- no cholesterol problems. The collateral flow and otherwise healthy heart resulted in no muscle damage and a normal lifestyle—except no flying airplanes! That part is bad, but if that is the worst that happens—I can live with it. And I can do so for many years to come with the same quality of life I have enjoyed in the past, thanks to diet and exercise.

Think about it!

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YOU ARE IN CONTROL OF YOUR DESTINY

"If a miracle drug existed that could help you lose weight, live longer, build muscles, avoid heart disease, prevent cancer, lower your cholesterol and blood pressure, stave off bone loss, and improve your mental health, would you take it? Before you answer, you should know that it does require a time commitment. You need to take the drug three to five times a week, and each dose takes about 30-45 minutes to administer. Also, the drug causes most people to sweat and breathe heavily, but only during its administration."

— ACSM HealthTrack July 1996

The choice is yours. With benefits like that, who could refuse? The strongest medicine known to mankind, physical exercise!



What's Hot

By Cal Hanson, Director of Sanford Wellness Center

Have you ever wondered, "How many down and backs do I need to swim in order to have a good swimming fitness level?" Maybe you ask yourself, "Am I swimming fast enough or long enough to even make a difference?" We all know and understand that movement is the key to life of independence from illness—the place to start your movement is in the pool. Whether you can swim many 'down and backs' or just one length of the pool, the pool staff will help you track your progress in the pool. Details to follow soon.

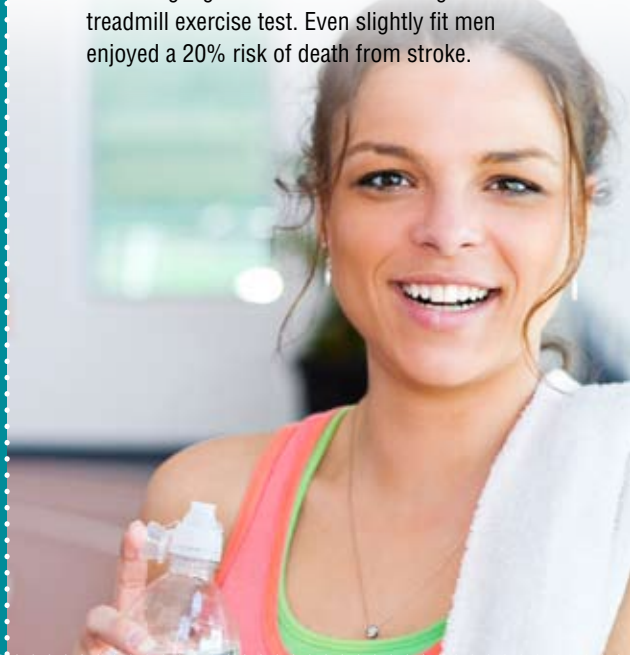
EXERCISE IS POWERFUL MEDICINE

- Walking 1-2 or more hours per week reduces the risk of coronary heart disease by 14-52%.
- In research that monitored 39,372 women aged 45 years or older, the simple act of walking up to two or more hours per week played a significant role in reducing cardiovascular disease risk.
- Incidence of coronary heart disease is 150% lower among women who exercise regularly as compared with women who don't. Those who exercised regularly for more than 3 1/2 hours per week enjoyed enormous benefits in reduced heart disease risk compared to women who did not exercise at all.
- High-fit men have a 68% lower risk of stroke mortality than unfit men. As with other studies, this one gauged levels of fitness using a maximal treadmill exercise test. Even slightly fit men enjoyed a 20% risk of death from stroke.

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