

Orthopaedic Connection

The Tremendous Benefits of Exercise

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Transforming patient information into patient understanding.

You can hardly pick up a magazine these days without seeing an article about exercise. So why am I adding to what is already bombarding you? Because, after two years of articles in the Gratiot County Herald you have come to know me and hopefully can trust what I write for you.

A U.S. government study indicated that in a recent year 36% of adults did not engage in any leisure time physical activity. Gulp!

Inactivity - First the Bad News

Inactivity is as great a risk to health as smoking.

Inactivity contributes to -

- heart disease
- diabetes
- hypertension
- cancer
- depression
- arthritis
- osteoporosis
- excessive weight

The Message

The national message on physical activity should be to get everyone to walk 30 minutes a day. This will have a bigger impact on health than simply losing weight.

Exercise Physiology

For those of you who don't care about "the why", skip this part! I'll try to be brief.

Regular exercise somehow reduces ongoing damage to our cells, tissues and organs. Physical activity has an anti-aging effect at the cellular level. Exercise can induce immune system changes at the molecular level that protect against certain cancers.

More Good News

Benefits of Fitness, Regular Exercise

- Reduces symptoms and effects of common cold
- Lowers stroke risk by 27%
- Reduces incidence of diabetes by 50%
- Reduces blood pressure by 40%
- Lowers the risk of colon cancer by 60%
- Lowers incidence of Alzheimer's by 40%
- Decreases incidence of depression greatly (as much as medication)

Fact

Sadly, only 4 of 10 doctors talk to their patients about the importance of exercise. If they do, they don't usually offer suggestion on the best ways to exercise.

Exercise - The Vaccine, The Medication

Think of regular exercise like a vaccine to prevent disease and a medication to treat disease. Exercise is the same as a drug you need to take to stay healthy.

Getting Started

- Never to late
- Especially important if you are over 40
- Strength, endurance, flexibility, balance begin to decline after 40
- You can't do it all at once, but you do need to begin
- So - get moving, walk
- Please do it for yourself, not for me.
- You can never go wrong having an exam before you get started to see where you are.

Wake Up Call

I have written 87 articles for you.

This one is the most important. You will feel better, be more healthy and likely live longer. Really, it is a no brainer. There are many ways to increase fitness in addition to walking. I stress walking because it is the easiest for most people to do. Please get started, get moving.

You must decide how to squeeze 30 minutes of walking into your day.

Personally, I intend to live forever - so far, so good!

FACTOID

Factoid, our new feature sometimes will be quirky and human interest. Giant Roller Coasters are not what everyone dreams about. I have very few patients say they would ride with me on Millennium Force, Top Thrill Dragster and Magnum XL200 at Cedar Point, the coaster capital of the world. Overcome fear! You might like it! Do it for me!

I don't have an article about Roller Coasters on the website www.orthopodsurgeon.com yet, but I may add one.

Until then check it out for all your Orthopaedic questions.

Our goal is simple - To get everybody to ride Roller Coasters (just wanted to see if you are paying attention!). Ride on.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush