A voiding Injury on the Slopes, the Streets and Beyond

Winter weather is around the corner and along with it comes the likelihood of pulling, overstretching or tearing ligaments – some of the most common sports-related injuries we see in our offices during the winter. Taking time to cool down and stretch post-workout can be just as important as a quality warm-up, as studies show that stretching improves flexibility, thus increasing the full range of motion for your joints, which in turn, decreases the risk of injury. Adequately warming up before exercising can help reduce the risk of injury and improve athletic performance, as cold muscles can be more prone to injury. Whether it’s the risk for five to 10 minutes, or simulating the movement of whatever activity you’ll be partaking in with stretches, warming up can have a positive effect on your workout, game or time on the slopes.

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A good rule of thumb is that if your general symptoms are “above the neck,” or cold-like symptoms such as congestion, runny nose, sneezing or a minor sore throat, moderate exercise is usually okay. “If you have an upset stomach, chest congestion or a cough, it’s usually best to rest and not worry about exercising until you’re feeling better,” says Judy Losco, D.O., Family Medicine, St. Jude Medical Center. “But for the common cold or other minor illnesses, exercise can often contribute to you feeling better, faster.”

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You may also want to think twice about heading to the gym while you’re sick and stick to working out outside or in your own home, as you may put others at risk if you’re contagious, or may be susceptible to catching a different disease if your immune system is compromised. When you do get back to the gym, make sure to exercise caution when touching equipment, avoiding contact with any germs that may have been left behind. When the sickness subsides, make sure to get back into your regular workout routine gradually – continue your modified routine for approximately a week after your symptoms are gone to ensure your body has time to recover. A week off shouldn’t affect your overall performance and you’ll be back to normal in no time.

“The amount of exercise you choose to partake in while sick is really dependent upon how you feel,” says Dr. Losco, “Do what’s best for you and listen to your body, because everyone deals with illnesses in different ways.”

If you have questions about your symptoms or level of physical activity, or are looking for a new primary care physician, call the St. Joseph Health Orange County physician referral line at 855.737.1523.

Advice From St. Joseph Health for Staying Active and Healthy This Holiday Season

Attention winter sports enthusiasts! If the chill in the air has you polishing your skis, St. Joseph Health wants to offer a few tips. Here’s some helpful advice for winter safety from the health care experts at Mission Hospital (Mission Viejo and Laguna Beach), St. Joseph Hospital (Orange) and St. Jude Medical Center (Fullerton).

“Since many winter sports use very specific muscle sets, it’s so important to make sure that your body is prepared pre- and post-workout, it’s also critical to know your limits, as many winter sports injuries can occur at the end of the day from overexertion or not paying attention to pain increasing or persisting. So if you have an ache won’t subside or leg muscles are feeling overworked or overused, pay attention to pain and know when it’s time to take a break, stretch, or stop the activity.”

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The tide of cold and flu season is easy to get stuck in a rut of an inactive lifestyle. A small case of the sniffles can lead to a full-blown cold in a matter of days, and it can be difficult to determine the amount of activity that’s acceptable for your ailment.

While some say exercise can actually make you feel better, it may be best to take it easier, especially for those with a pre-existing condition or when you’re under the weather? Although there’s no simple answer to that question, there are some guidelines to go by and questions to ask yourself to help aid in your decision.

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Making Health a Priority

Life is busy and our ability to make health a priority can seem overwhelming. Hoag Executive Health is a comprehensive and efficient one-day physical that will help you obtain a snapshot of your current health. Your Hoag Executive Health experience includes a custom, holistic exam that is tailored to your needs with a comprehensive report on findings, recommendations and ongoing referrals (if needed). Additionally, Hoag Executive Health will provide you with a personalized roadmap on how to achieve and maintain optimum health.

The Experience

Hoag Executive Health takes place in a luxurious and private facility in Newport Beach. Committed to providing a best-in-class experience, Hoag Executive Health offers a streamlined experience with personal attention every step of the way. Our goal is to make your day as comfortable as possible and keep the process moving along with minimal wait time. Throughout the day, you have access to physicians for one-on-one discussions, medical staff to aid with any requests, and experts in fitness and nutrition to conduct evaluations and provide counseling. The entire Hoag Executive Health team is committed to making your experience enjoyable, easy and efficient.

Leading the Field

Dr. James Lindberg is the chief of service for Hoag Executive Health. Dr. Lindberg has consulted many of Orange County’s leading executives and brings over 25 years of experience in administering executive physicals and understanding the needs of this unique demographic. A strong believer of developing relationships with his patients and providing a personal touch, Dr. Lindberg is a trusted resource and aims to make the Hoag Executive Health experience efficient and stress-free. Hoag Executive Health is for anyone seeking a best-in-class comprehensive physical or for companies looking to protect their leadership teams. Visit www.HoagExecutiveHealth.com or call 949.999.9300 for more information or to schedule a free consultation.

Morris Hasson, MD

Morris Hasson has always loved the practice of medicine, and specifically the pro-active wellness aspects of patient care. For the past 15 years until June 2012, he served as the Director of the Executive Health Program at UC Irvine. In this role, he focused on Patient Annual Wellness Evaluations and recommended lifestyle changes to improve the overall quality of patients’ health. Said Hasson, “My years at this incredible medical center allowed me to point patients in the right direction with UCI’s Comprehensive Executive Physical Exam protocol. The support services I received from the outstanding medical team at the institution served as a source for patients requiring specialty referrals.”

In July 2012, Dr. Hasson decided to establish a “Personalized Care/Concierge” internal medicine practice which has allowed him to offer a limited number of patients year-round comprehensive care. The cornerstone of his personalized medical practice continues to be a Comprehensive Wellness Evaluation. Also, as the former Medical Director of the UC Irvine Weight Management Program for 15 years, he is offering his expertise in this area as well. Dr. Hasson works together with his clients to actively explore specific diets, exercise plans, wellness strategies and other long-term lifestyle changes to optimize a patient’s health. As Dr. Hasson described his new practice, “This is all about enhanced proactive wellness and becoming a patient’s personal physician and healthcare advocate. My new practice design allows me to offer care to each patient as a whole person.”

Dr. Hasson’s new personalized care practice is located at 5 Journey, Suite 240, Aliso Viejo, CA 92656.
Kirsten Mangers is a capable business woman, wife and mother. She is also a woman fiercely engaged in the fight against Alzheimer’s. It is a disease she knows all too well, having watched her grandfather slowly succumb to the debilitating disease – her mother painstakingly providing his care. It was only after Alzheimer’s had already exacted a significant toll on her family that Kirsten turned to the Alzheimer’s Association for support.

In the final days of her grandfather’s life, Kirsten reluctantly recognized the telltale signs of memory loss in her mother and dreaded the slow decline she knew would follow. Kirsten again, turned to the Alzheimer’s Association for support and referrals. Her mother is now in the later stages of the disease and Kirsten is her family caregiver.

Understandably, in the unrelenting face of Alzheimer’s, Kirsten fears for her own future and the future of her children. But characteristically, she is not one to wait idly. As the board president for the Alzheimer’s Association, Orange County Chapter, Kirsten gives generously of her time and resources in the pursuit of a world without Alzheimer’s.

Understand the Risk Factors

Anything that damages blood vessels anywhere in your body can damage blood vessels in your brain, depriving brain cells of vital food and oxygen. Blood vessel changes in the brain are linked to vascular dementia. They often are present along with changes caused by other types of dementia, including Alzheimer’s disease and dementia with Lewy bodies. These changes may interact to cause faster decline or make impairments more severe.

You can help protect your brain with some of the same strategies that protect your heart – don’t smoke; take steps to keep your blood pressure, cholesterol and blood sugar within recommended limits; and maintain a healthy weight.

Engage in Physical Exercise

Regular physical exercise may help lower the risk of some types of dementia. Evidence suggests exercise may directly benefit brain cells by increasing blood and oxygen flow to the brain.

Choose a Brain-Healthy Diet

What you eat may have its greatest impact on brain health through its effect on heart health. The best current evidence suggests that heart-healthy eating patterns, such as the Mediterranean diet, including little red meat and emphasizing whole grains, fruits and vegetables, fish, nuts and other healthy fats, may also help protect the brain.

Know the Warning Signs

For many, receiving an accurate diagnosis can be a long and frustrating process. Symptoms may be incorrectly attributed to stress or different providers may offer conflicting diagnoses. Understanding the early warning signs plays a critical role in receiving an early and accurate diagnosis.

Ten Warning Signs of Alzheimer’s:
1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Visit www.alz.org or call the 24/7 Helpline: 800.272.3900 to learn how typical age-related memory loss compares to early signs of Alzheimer’s and for information about obtaining an accurate diagnosis and accessing available resources.

What is Your Company Doing?

Early detection of Alzheimer’s is important for your employees as both individuals at risk and as caregivers for family members. By putting off learning more, people impacted by Alzheimer’s disease are being diagnosed too late and miss the opportunity to get the best help possible.

Join hundreds of companies and organizations committed to the Alzheimer’s cause. Partner with the Alzheimer’s Association to educate your clients and employees today. For more information, call 949.955.9000.
Whether you’re a weekend warrior or a retired Olympian, if you’ve passed the 50-year threshold, you probably have a lot of questions about health and fitness. And if you’re like most people, you may be seeking the answers at local fitness clubs.

The fact is you’re not alone in your midlife health quest. Folks over 50 years of age currently make up the fastest growing segment of the fitness population. “For about the past 15 years, the baby boom fitness market has been slowly growing,” claims Colin Milner, CEO of the International Council on Active Aging. “But in the last several years it has really exploded, and it has exploded in many segments, including health club memberships.”

According to the International Health, Racquet and Sportsclub Association, older Americans are gravitating to gyms and fitness centers at a record rate. The group reports that the number of age 55 plus health club members grew by 343 percent from 1987 to 2004.

Unfortunately, the average fitness trainer welcomes new members with a “come as you are and we’ll see what we can do” approach. Rather than taking an in-depth look at each individual to determine what vital areas they are lacking in, these wellness gurus try to mold a physically superior athlete from a physically deficient human being.

There is one local trainer, though, who is taking an entirely different approach to fitness, and it is working wonders for the baby boomer set. John Carrido, former Mr. America contender, author, motivational speaker and successful entrepreneur, recently unveiled his latest project, the CORE F.I.T. total body training facility on 18th Street in Costa Mesa. CORE F.I.T. is the perfect “fit” for the quinquagenarian who insists on more than a rocking chair workout, but doesn’t want a mass-marketed, cookie-cutter routine.

With his expertise in exercise physiology and his charismatic personality, Carrido is the solidifying glue to the success of the CORE F.I.T. center. He takes the guesswork out of addressing the wellness needs of each of his clients right from the get go. Prior to developing any kind of personalized health and wellness regimen, he insists on establishing each individual’s physiological deficits.

“You can’t help anyone without first determining his or her physical shortages,” says Carrido, whose prescription for wellness begins not at his facility, but at the local doctor’s office. “The first thing I would get is a blood test. But not just for cholesterol, glucose and other problem areas, I would find out what vitamins and minerals are lacking by undergoing specific tests. One might even have celiac disease, which affects the processing of gluten.”

While it may be true that, for many people, 60 has become the new 50, 50 the new 40 and so on, there is much more to maintaining a middle physique than collecting such catchy old adages. That is not to say that one needs to dispose of the dream of reaching his or her peak fitness goal well into the golden years; in fact, just the opposite. But the road to getting there for the mid-lifer is far different than the one for a 21-year-old.

Fortunately, the CORE F.I.T. training team knows the detour for getting fit for older Americans. It takes a special commitment from professionals who not only are highly trained in individual overall wellness, but also know how to address the multifaceted maintenance requirements of the aging body and soul.

Carrido, who at 52 years old is in peak condition, has some simple advice for attaining overall fitness well into one’s senior years: “Live for the day, thirty minutes, low-intensity cardio walking along the beach or the woods – wherever there is not a lot of noise if possible,” says Carrido. “Laugh a lot. Watch funny movies. Listen to mellow music. Let your mind and body come as one. At the end of the journey, be happy with the path you’ve taken.”

Stressed? Working 40 to 50 hours a week and still feel like something is missing? Let CORE F.I.T.’s expert trainers show you how balance between mind and body equals a more productive and fulfilling life. We specialize in personal training, pilates reformers, barre, yoga, life coaching, educational tutoring and massage!

Visit CORE F.I.T., the collaboration between Bob Voit of Voit Real Estate Services and John Carrido, renowned fitness expert and motivational speaker. This completely renovated, state-of-the-art fitness and massage facility is conveniently located in Costa Mesa off Newport Boulevard and the 55 Freeway. Contact CORE F.I.T. for your free assessment at 949.645.6463 or online at web@corefitcenter.com.

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**CORE F.I.T. Wants to Put the Balance Back in Your Life**

*No rocking chair workouts here and no cookie-cutter routines either*

*By Jim Larkins*

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www.morris hasson md.com

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Imagine that your one-year-old child is not feeling well and you take her in for a visit with the doctor, who orders an ultrasound. During the ultrasound, the radiologist comes in and asks about your daughter’s tumor. A tumor that you didn’t know existed. This is how Senior Vice President Nikki Kerry with Kimley-Horn and Associates Inc., a full-service engineering, planning and environmental consulting firm, found out that her daughter had cancer, six years ago. The chemotherapy and radiation that saved her daughter’s life also puts her at a greater risk for developing leukemia in the future. This is the connection that spurred co-workers to team up with Nikki to raise funds to find a cure for blood cancer.

Kimley-Horn employees want to do all that they can to help fund research that can prevent this child, and many others, from receiving a leukemia diagnosis in the future.

Kimley-Horn has raised almost $10,000 to fund life-saving research that will help find a cure for blood cancer. Nikki and her teammates wake up early on Saturday mornings to train together for the Tinker Bell Half Marathon on January 20, 2013 at Disneyland in Anaheim, Calif. These five individuals join over 540,000 Team In Training participants, who have completed a marathon, half marathon, triathlon, hike or cycling event and raised over $1.2 billion for the mission since 1988.

More and more corporations and organizations are implementing workplace initiatives such as charitable giving, health and wellness, and teambuilding activities. These initiatives build a stronger sense of community within an organization while supporting business objectives. Through their partnership with The Leukemia & Lymphoma Society, Kimley-Horn is helping to fund research to advance new treatments and cures for leukemia, lymphoma, Hodgkin’s disease and myeloma, and provide critical education and support to cancer patients and their families. Nikki says, “Through Team In Training, Kimley-Horn has fostered strong team bonds that have increased morale, encouraged health and wellness, all while focusing on the immediate need to find a cure for blood cancer.”

By participating in Team In Training, Nikki and her teammates have seen their professional relationships expand into friendships. As Nikki finished the 10-mile run at practice last week, her teammate, who had already finished, waited at the end with a purple cow bell to cheer for her at the finish line. Teammate, Diana Brown, says “working together to complete these runs every week has carried into the office and created a collaborative environment, not only with the teammates who are running, but with other employees who want to learn about what we are doing and who are sometimes running with us just to support our goals.” As a team they are working together for a greater cause, motivating each other throughout their training, and creating a legacy that will last a lifetime. The employees at Kimley-Horn can be proud of the impact that they are making in the community and of the personal connections fostered during their experience.

To join Kimley-Horn and other companies making a difference, please contact Jennifer Shepherd, Sr. Campaign Manager, Corporate Development at jennifer.shepherd@lls.org or 714.481.5621 or visit www.teamintraining.org/socie. The Leukemia & Lymphoma Society, Orange County-Inland Empire Chapter is located at 765 The City Drive South, Suite 260, Orange, CA 92868.
Exercise is best when you don’t let it go stale. No need to overdo it, just 30 minutes done regularly and you’ll feel how exercise helps extend your shelf life. To learn more, go to kp.org/thrive
United Cerebral Palsy of Orange County - Celebrating 60 Years of Community Healthcare Support and Services

United Cerebral Palsy of Orange County reaches an important milestone in 2013 – 60 years of support and services to children and families affected by cerebral palsy and other disabilities!

Founded in the early 1950s by parents and volunteers to serve the needs of children with cerebral palsy, United Cerebral Palsy of Orange County (UCP-OC) has evolved into a comprehensive nonprofit healthcare organization serving children with wide-ranging disabilities for the life course and providing vital support to families.

The Psi Delta Sigma National Sorority played a major role in founding UCP-OC as they provided initial funding, pledging exclusive support to United Cerebral Palsy organizations nationwide. Dedicated members of Psi Delta Sigma Inc. in North Orange County actively continue their pledge to this day with an annual fashion show and other events to give fundraising support for UCP-OC.

Amid decades of change and advancements in healthcare, UCP-OC is as vital today as it was 60 years ago. Nearly 4,000 children are served each year, many of whom have a primary neurologic and physical disability other than cerebral palsy, including Down syndrome, autism, muscular dystrophy and epilepsy. Highly trained staff professionals emphasize inclusion for children with disabilities at every level of society with programs early intervention, advocacy and access to community resources and information. There is a growing emphasis on social and recreational programs that aim to serve an even wider range of children with disabilities through age 22.

Early Intervention

A central component of UCP-OC is their Early Intervention program that provides a critical service in recognizing developmental delays while children are still very young. From birth to age three, a window of opportunity exists for children with disabilities to receive services that will assist in maximizing the child’s development, potential and future. These three years are the most crucial for physical, cognitive, adaptive, communicative and social development.

Additional programs exist for families seeking in-home child development specialists in addition to a wide variety of services at the Life Without Limits Therapy Center in Irvine including individual and group therapy.

Life Without Limits Therapy Center

Access to high-quality therapy is a key priority among parents of children with disabilities for reaching their child’s full potential. UCP-OC’s Life Without Limits Therapy Center, located at the organization’s Irvine headquarters, is considered one of the top resource centers in the county offering:

- Individual therapy rooms providing occupational, physical and speech therapy in a calm, controlled environment
- A team of highly qualified, licensed and caring therapists who work in partnership to address the unique needs of each child and family
- Evidence-based services for children from infancy through adolescence
- A variety of fun and therapeutic equipment including a climbing wall and adaptive swings and a gymnasium
- Recreational activities including dance, yoga, music, gymnastics and martial arts

Social and Recreation

All children and teens need fun and safe opportunities to be physically fit, regardless of what physical or developmental challenges they may face. UCP-OC’s new Fit Kids program facilitates overall and cardiovascular fitness that kids of all ages really enjoy. Topics cover the importance of exercising and physical fitness, adapting exercise for children with special needs, and family centered exercises among others topics.

The Friday Night Club is a program for teens and young adults with special needs age 13+ started by a local teen with a brother with disabilities. The format is modeled simply after what typical teens and young adults do on Friday night – hang out with friends! Teenagers and young adults with special needs have the same opportunity at Friday Night Club every month – get together for games, movies, conversation, friendship and a light snack with typical teens.

To learn more about programming and support for UCP-OC, please call 949.333.6400, or visit www.ucp-oc.org.
it takes rigorous preparation and high standards of pediatric critical care to earn certification by the California Children's Services (CCS). Fountain Valley Regional Hospital's entire range of acute neonatal and pediatric services – Level III Neonatal ICU, Pediatric ICU and Pediatric Unit – are all CCS certified. In fact, the hospital is one of only two, CCS-certified Pediatric ICUs (PICU) serving all of Orange County. This provides families with critically ill kids – children who require ventilator life support, have heart failure, children with cancer, or other chronic, debilitating conditions – more than one option in Orange County.

PICU Admissions
Last year, a third of the hospital's PICU admissions were transfers from other hospitals' emergency departments. Fountain Valley Regional Hospital (FVRH) has streamlined systems for pediatric admissions, including round-the-clock pediatric hospitalists and intensivists. These high-level pediatric specialists work closely with the hospital's ER to coordinate all aspects of inpatient care for sick and critically ill children in the hospital's PICU. Emergency rooms in Orange County without PICUs are ill equipped to manage these patients.

"Families can have peace of mind knowing that their critically ill child who has a CCS-eligible condition will not have to be transferred to another facility miles away. They can also rest assured that high standards of quality are being met in their own community at Fountain Valley Regional Hospital," notes Lisa Sperry RN, BSN, MHA, CCRN; Director of Pediatrics, NICU & PICU.

FVRH instituted some of the latest best practices, having full coverage by board-certified pediatric subspecialists, and maintaining an emergency department team that can support the level of care required to maintain CCS certification. In a recent report of data collected through a national collaborative of pediatric critical care units, Fountain Valley Regional Hospital had the lowest mortality rate of any of the 26 nationwide participating hospitals. The database is supported by a partnership between CHLA, the National Association of Children's Hospitals and Related Institutions (NACHRI) and the National Outcomes Center (NOC).

Child Life Services
In addition, FVRH provides a board-certified clinical nurse specialist on staff specializing in pediatric critical care, offering additional support and education to meet the needs of our patients and families. The hospital's child life specialist, a trained professional with expertise in helping children and their families cope with medical issues and the challenges they present, works closely with the physician and nursing staff during their child's hospital stay. The American Academy of Pediatrics asserts that child life services are "an essential component of quality pediatric health care," and have become a standard in most pediatric hospital settings. Together with on-site social workers, the child life specialist also makes possible more localized coordination of school and community support services while the child is in the hospital.

“We’re very pleased to be able to offer Orange County families more local access,” states PICU Medical Director Dr. Kenneth Kim. “Families with critically ill kids get to continue their relationships with their local pediatrician, specialists and the community while still getting the high-quality, specialized care they need.”

For more information about Fountain Valley Regional Hospital’s pediatric services, visit www.fountainvalleymedicalcenter.com.

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HEALTH RISK APPRAISAL: A computerized health risk appraisal is generated, showing participants how lifestyle modifications can decrease their risk of developing cardiovascular disease and cancer.

The UC Irvine Executive Health Program has helped thousands of executives in Orange County and around the world manage their health since 1999.

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