

Get Fit, Have Fun

Treat yourself to health

The OSF Saint Anthony Center for Health Fitness, 5510 East State in Rockford, offers a friendly and welcoming atmosphere for people of all ages and fitness levels. The fitness center features spacious exercise areas, AirDynes, stationary bikes, stair climbers, treadmills, Nautilus and other equipment.

When you join the Center, you receive an individualized evaluation for a fitness program that meets your particular goals and an introduction to the fitness equipment. You can also arrange for a personal trainer or try “water walking” for low-impact fitness or therapy.

Group fitness classes include Zumba, yoga, Sh’Bam, aerobics, Qigong, tai chi, body pump and more. Visit our website, www.osfsaintanthony.org, for times, dates and fees or call 815-395-4505.



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The New Diet Math: More Food Equals Fewer Pounds

Eat more. Weigh less. Sound too good to be true? It isn’t—as long as you’re eating more of the right foods. New research highlights exactly how you can pile your plate high but still shed pounds.

Some Foods Do More with Less

There’s still no magic diet pill that can melt fat. However, the latest studies show certain foods can fill your belly, curb cravings and cut your calorie count.

For a new study in the *American Journal of Clinical Nutrition*, researchers added extra pureed vegetables to some meals. Study participants ate 200 to 350 fewer calories without noticing a taste difference. They also boosted their daily nutrient intake from veggies.

People new to spicy foods who added 1 gram of red chili pepper to meals ate about 65 fewer calories at the next meal. They also reported fewer cravings for salty, sweet or fatty foods.

Kids who were served a small bowl of vegetable soup before a pasta dish consumed fewer calories overall. The same group of researchers previously found similar results in adults.

Vegetables and soups fill you up with water and fiber, experts point out. And hot pepper may not only help curb your appetite for unhealthy foods but also stoke your metabolism so that you burn more calories even after you dine.

Try It at Home Tonight

You can use these findings to give your favorite recipes a makeover, slashing calories without sacrificing satisfaction. Take macaroni and cheese, for instance. Here’s how you can transform this unhealthy classic:



- Choose whole wheat pasta instead of white, refined noodles.
- Use nonfat milk instead of whole milk, and light cream cheese instead of full-fat cheddar.
- Stir in cooked, pureed cauliflower, squash or carrots.
- Also add spinach, tomatoes or another favorite veggie.
- Sprinkle with hot red pepper or another spice.

Serve your redesigned casserole after a soup or salad. Choose a soup that’s broth-based, not creamy, and packs plenty of vegetables. Stack salads with a wide variety of colorful veggies and avoid unnecessary extras like high-fat dressings, chunks of cheese or bacon bits.

For the greatest weight loss and health gain, combine a lower-calorie diet with at least 30 to 60 minutes of exercise, four to six times per week.



Heartburn Medicine May Put Your Bones At Risk

The “purple pill” and its brethren are no strangers to our television screens—or our medicine cabinets. These heartburn drugs, called proton pump inhibitors, or PPIs, are the most popular acid-suppressive medications used worldwide.

For this reason, recent research linking PPIs to an increased risk for hip, wrist and spine fractures has doctors alarmed. The latest findings, from *The American Journal of Medicine*, suggest nearly 5 percent of all hip fractures could be blamed on PPI use. In another report, published in the *Annals of Family Medicine*, scientists combined the results of 11 previous studies. They

found that people who took PPIs were significantly more likely to break their hip bone or any other bone.

Behind the Burn

Heartburn occurs when the muscle between your stomach and esophagus weakens, letting stomach acid back up into your throat. PPIs stop your stomach from producing most of this acid. This eases painful burning symptoms and can also treat ulcers.

But the relief may come with unintended side effects. Changing the acidity of your digestive system affects your body’s ability to absorb bone-boosting calcium. Long-term use of PPIs may also cause vitamin B12 deficiency, damaging your nerves and increasing your risk for falls.

The U.S. Food and Drug Administration recently issued a warning about the increased fracture risk from PPIs. People most at risk, it noted, include:

- Those who take prescription-strength rather than over-the-counter formulas
- Adults ages 50 and older
- Those who take PPIs frequently or for long periods of time, for a year or longer

Another form of heartburn medication, histamine-2 receptor antagonists, blocks about 70 percent of your stomach acid. They haven’t shown the same link to fractures.

Other Ways to Fight the Fire

Be sure to talk with your doctor about taking over-the-counter PPIs. Your doctor

can assess your fracture risk. If it’s high, lower doses or different treatments may relieve your heartburn.

Lifestyle changes can also help. Try these drug-free solutions:

- Avoid foods and drinks that make your heartburn worse. Common culprits include coffee, citrus fruits, tomato-based dishes, full-fat dairy and alcohol.
- Don’t smoke, or quit if you do.
- To relieve pain, take acetaminophen. Aspirin, ibuprofen and naproxen can irritate your stomach.
- Don’t wear tight-fitting clothing.
- Eat small meals throughout the day and stop eating at least two hours before going to sleep.
- When in bed, raise your head 6 inches above your stomach with a wedge support.

If you are concerned about your bone health, ask your physician about having a bone density test, a quick, painless screening that determines how strong or fragile your bones may be. When you have your bone density measured at OSF Saint Anthony, you can take advantage of the Bone Health program. This free service provides a private consultation with an OSF orthopedic clinical nurse specialist during which you can learn about nutrition, exercise, lifestyle changes and medications that can help prevent or treat osteoporosis.

For more information, call **815-227-2797** or visit our website at **www.osfsaintanthony.org**.

HAVE YOU VISITED OSF MARKETPLACE?

OSF MarketPlace is now open in OSF Saint Anthony Medical Center, joining the stores located at the OSF Center for Health—Rock Cut and OSF Specialty Clinic—Guilford Square. These boutiques offer healthcare supplies, cards, scrubs and unique gifts. Selection varies at each location. Or browse our online store, eMarketPlace, for flowers, exercise accessories, books, jewelry, housewarming gifts, fleece blankets, wellness products and many other items.

Visit **www.osfsaintanthony.org** and click on “eMarketPlace” or go directly to **www.osfmarketplace.com**.

Vitamin D—Hype or Hope?

From reducing the risk of developing cancer to helping control glucose levels, vitamin D has recently been touted almost as a miracle drug for preventing a variety of health issues. But how many of the health claims are true, and how much is hype?

And if vitamin D levels are a factor in developing diabetes, cancer, autoimmune diseases and other health problems, then would taking additional vitamin D decrease our risk? If so, what is an acceptable or optimal level? Do we need a supplement, and if so, how much?

Unfortunately, at the moment we have more questions than research-based answers. Currently, people are considered to be deficient in vitamin D if their blood levels are lower than 15 or 20 nanograms per milliliter. But many experts believe vitamin D levels should be higher than 30.

Vitamin D aids in the absorption of calcium, helping to form strong bones and maintaining normal blood levels of calcium and phosphorus. A true deficiency can cause rickets in children, resulting in skeletal deformities, or osteomalacia in adults, resulting in muscular weakness.

At the other end of the scale, too much vitamin D can lead to kidney stones and calcification in the blood vessels. Debate about the ideal level continues.

Risk Factors for Vitamin D Deficiency

Vitamin D is found in many dietary sources such as fish, eggs, fortified milk and cod liver oil. The sun contributes significantly to production of vitamin D, and as little as 10 to 15 minutes of direct exposure to sunlight—without sunscreen—may be enough to prevent deficiencies. However, in winter, the sun's rays might not be strong enough for people who live in northern latitudes to synthesize vitamin D.

People most at risk for a deficiency:

- Live in the northern hemisphere
- Rarely spend time outdoors
- Are obese or very old
- Have dark skin
- Rarely consume fish or milk products
- Have inflammatory bowel disease and cannot adequately absorb nutrients from food

- Take certain medications, such as anticonvulsants or glucocorticoids
- Keep in mind that approximately one-third of people who are identified with a deficiency have no risk factors.

How Vitamin D Helps

Since vitamin D helps calcium absorption, it increases bone mineral density and promotes bone strength. Research also shows that it decreases the risk for hip and other nonspinal fractures in postmenopausal women. It also appears to strengthen the immune system.

Research suggests that optimum vitamin D levels may provide protection from osteoporosis, high blood pressure, breast and colon cancer, rheumatoid arthritis, multiple sclerosis, lupus and heart disease.

The Johns Hopkins University School of Medicine in Baltimore reports that a vitamin D deficiency appears to be linked to an increased risk of developing type 2 diabetes. Some experts claim that treating the deficiency might guard against the onset of diabetes or prevent complications.

In the Fall 2011 issue of *Cure*, researchers reported that if there is one bright spot in the field of supplements, it could be vitamin D. People in northern latitudes have higher fatality rates for several types of malignancies, such as breast cancer, than those who are exposed to more sunlight. Patients with lower levels of vitamin D at diagnosis also seem to have an increased likelihood of cancer recurrence.

Low vitamin D levels are also believed to nearly double the risk for cardiovascular disease in people with diabetes and to increase the risk for heart attack and stroke.

Unfortunately no one can yet prove that increasing the intake of vitamin D in people who do not have a deficiency will actually reduce the risk for any illness. At this point,

the excitement surrounding vitamin D still exceeds the scientific findings.

Now What Do You Do?

No one is certain how much vitamin D we need or if supplementation prevents disease or even what the ideal level of vitamin D is—but we do know that deficiencies can increase your risk for serious health issues.

To increase your level of vitamin D, eat more oily fish, such as salmon, mackerel and tuna. A 3.5-ounce serving of wild fresh salmon has 600 to 1,000 IUs of vitamin D. Egg yolks and mushrooms also contain vitamin D, and you can choose cereal and milk fortified with vitamin D.

Bottom line: Eat foods rich in vitamin D and get 10 to 15 minutes of sun when possible. If you take a multivitamin or vitamin D supplement, it's wise for now not to exceed 1,000 IUs per day unless directed by your physician.





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Marketing & Communications

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Entries must be postmarked by Saturday, December 31, 2011, to be entered into the drawing. The drawing will be held between January 16 and 20, 2012. Please indicate significant changes in your mailing address, such as address or name change.

OSF employees and their family members in the same household are **NOT eligible for the drawing.*

OSF Saint Anthony Medical Center

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New Moms Need Support to Make **Breastfeeding** Last

According to a new national report card on breastfeeding, more U.S. mothers than ever—about three in four—choose nursing, at least in the beginning. That's good news, since breast milk contains the perfect nutrition for babies. Breastfed infants have a lower risk for allergies, infections and other illnesses. They're also less likely to be overweight as children. And nursing has perks for moms, too, including:

- Easier weight loss
- Less risk for breast cancer, ovarian cancer and postpartum depression
- A closer bond with baby

There's a flip side to the new report. The American Academy of Pediatrics and other medical groups recommend feeding your baby breast milk alone for six months and continuing to nurse for at least one year. But the number of babies still breastfeeding at these points has reached a plateau.

Experts say not all new moms get the



support they need to keep nursing. The process can be physically challenging. Some women struggle with postpartum depression, jealousy from their partners or challenges in the workplace.

To make nursing work for you, start preparing during pregnancy. OSF Saint Anthony offers free classes for pregnant women who intend to breastfeed. Fathers are encouraged to attend as well. Taught by a board-certified lactation consultant, the classes provide information and recommendations for successful nursing.

After your baby's birth, it's important to start breastfeeding as soon as possible. Your doctor or lactation counselor can

show you the best ways to hold your newborn. Put your nipple as far back into your baby's mouth as you can to form a good latch.

In the beginning, you may need to breastfeed every two hours or so. After a few days or weeks, healthy babies will develop their own feeding schedule. Follow your infant's lead.

A free postpartum clinic is offered to new mothers and their babies who are delivered at OSF Saint Anthony. During the one-on-one meetings with an OB nurse, new moms can ask questions about breastfeeding or report any problems. It's a great opportunity to have both the new mother and baby assessed for any potential problems and to help encourage breastfeeding.

Besides getting you started, your doctor or lactation counselor can help if you have problems breastfeeding. Common issues include overfull or engorged breasts, pain and infections.

You can still breastfeed even if you go back to work. Empty your breasts by hand or use a pump so that your baby can drink your milk from a bottle.

Despite obstacles in our culture, more and more people are recognizing the importance of supporting breastfeeding mothers.

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