

Healthy Perspectives

For the health of our community

Shedding Winter Weight

Small changes, lasting results

Winter in the Upper Midwest practically guarantees bone-chilling temperatures, sore throats, and for many, unwanted weight gain. According to Stacy Colich, RD, LD, CDE, clinical dietitian and diabetes educator at St. Luke's, adults often gain two to ten pounds between Thanksgiving and New Year's. We give ourselves permission to eat differently, she says, and under all that wool, fleece and down, the weight creeps up, almost unnoticed. Until we pull out the shorts and tank tops.



No instant cures

Quick fixes like fad diets, special supplements and packaged meals are temporary at best, often leading to even more weight gain. "The best approach is to make small, daily changes to what we eat and what we do, with the goal of losing one to two pounds per week," Colich says.

Matthew Harrison, MD, sports medicine specialist at St. Luke's Physical Medicine & Rehab Associates, reinforces the importance of physical activity. "Sitting on the couch is almost

an act of destruction, both physically and emotionally," he says. "The best preventive medicine is exercise."

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Wake-up call

Many of Dr. Harrison's patients who come to the clinic because of neck, back or knee pain get an abrupt wake-up call. "Poor health can often be linked directly to a sedentary lifestyle," Dr. Harrison says. "Long commutes, lack of sidewalks, hundreds of cable channels, computer games, elevators—they take a toll on adults and kids."

Another obstacle is lack of time, but exercise doesn't have to mean sacrificing sleep or joining a pricey health club. "Take the stairs, park farther from your destination, bike to work, do jumping jacks," Dr. Harrison suggests. "It's possible to be more active without adding stress—as long as you're realistic." In other words, if you're just beginning a new fitness routine, you might not be ready to run Grandma's Marathon this year.

Eat to lose

The same applies to the way we eat. "We help our patients set reasonable goals for themselves," Colich says. "We suggest they begin by committing to three meals a day, at least once or twice a week, with the goal of doing this every day of the week." Skipping meals causes the metabolism to slow down and store fat, and

may lead to snacking and overeating later in the day. "Eating at regular intervals can increase weight loss," she explains, "provided we make good choices—like broiled or baked instead of fried."

Portion control using the "plate method" is another of Colich's weight loss tools: eat one plateful, filling half with vegetables, a quarter with a starch or grain, and a quarter with meat or another protein. She also recommends visiting www.calorieking.com, a free online resource with a food database, articles, recipes and tracking tools.

If you would like to learn more about healthy eating or would like to meet with a registered dietitian, speak with your doctor about obtaining a referral.

Staying Motivated

- ~ Keep a food journal
- ~ Join an online support group
- ~ Meet regularly with a health care professional
- ~ Exercise with a buddy
- ~ Take a "before" picture
- ~ Weigh in monthly
- ~ Wear a pedometer

Getting (and Staying) Active

You've taken the first essential step to becoming more active—you've gotten off the couch. Now what? "Get out the door," says Dave LaBore, exercise physiologist and program coordinator of St. Luke's Cardiac Rehabilitation Program. "Any activity is better than none at all."

LaBore's top 10 tips to help you stay couch-free:

1. Get a good pair of athletic shoes.
2. Find an activity you enjoy.
3. Track your progress: weigh yourself and/or take belly and leg measurements, and repeat every few weeks.
4. Garden or do yard work, using a push lawnmower if possible.
5. Try something new, like indoor rock climbing or kayak lessons.
6. Use your pet as your exercise buddy or find an exercise partner to help keep you motivated.
7. Record how you feel after exercising and how it benefits your sleep, energy level and overall health.
8. Walk—anywhere, anytime.
9. Take advantage of the great outdoors with biking, hiking, kayaking or canoeing.
10. Visit www.fitcityduluth.com for more great fitness ideas. Sponsored in part by St. Luke's, Fit City Duluth is a community-wide initiative to improve health and wellness throughout the region.



Managing Your Seasonal Allergies

If you dread the arrival of spring, you're not alone. According to the Asthma and Allergy Association of America, 60 million children and adults in the United States suffer from allergies or asthma, causing 40,000 of them to miss school or work each day.

According to allergist Kristi Monson, MD, with St. Luke's Allergy and Immunology Associates, tree pollens are the primary culprits during April and May, followed by grass pollens in June and July. They blow for miles, triggering a host of unpleasant symptoms that range from mild (runny nose, itchy throat, sneezing) to severe (eyes swollen shut, inability to get out of bed, difficulty breathing). "Unfortunately, some people will suffer for literally decades before seeing an allergist," Dr. Monson says. "But there's no reason to feel miserable and miss out on life."

Dr. Monson works closely with St. Luke's primary care doctors to find the most appropriate medical intervention for each patient. For most people, getting relief from their symptoms is life-changing. Depending on an individual's age and the severity of the allergy, treatment might include over-the-counter (OTC) antihistamines, nasal sprays (OTC or prescription), eye drops (OTC or prescription) or allergy shots.

Dr. Monson also recommends that allergy sufferers:

- ~ Keep windows closed at night
- ~ Use air conditioning at home and in the car, when possible
- ~ Machine dry clothes and bedding rather than hanging them on the clothesline
- ~ Shower and wash their hair before bed if they've been outside
- ~ Minimize yard work or wear a dust and pollen mask

Now that spring is finally here, don't let seasonal allergies keep you cooped up inside. It's time to get out there and enjoy yourself!

Healthy and Delicious

Proving that eating healthy doesn't mean sacrificing taste, Stacy Colich, clinical dietitian and diabetes educator at St. Luke's, recommends the following recipe.

Cranberry-Pecan Turkey Salad (Serves 4)

Ingredients

- ~ ¼ cup fat-free or low-fat vanilla yogurt
- ~ 2 tablespoons light mayonnaise dressing
- ~ 12 ounces boneless, skinless cooked turkey breast, diced (2½ cups)
- ~ ½ cup dried cranberries
- ~ 1 medium rib of celery, sliced
- ~ ¼ cup red onion, finely chopped
- ~ 1 ounce pecan chips, dry roasted
- ~ 2 medium apples, sliced

Directions

In a medium bowl, stir together the yogurt and mayonnaise. Stir in the turkey, cranberries, celery, onion and pecans. Spoon the turkey mixture onto four plates, garnishing each with the sliced apples.

Serving size: ¾ cup turkey salad, ½ medium apple
Per serving: 277 calories, 7 grams fat, 27 grams protein, 28 grams total carbohydrate



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Health care close to home

St. Luke's offers your family a total health care package, from family medicine at a clinic near your home or work to the expert resources of St. Luke's.

Bay Area Medical Clinic

50 Outer Drive
Silver Bay, MN 55614

Clinic Hours
Monday-Friday
8 a.m.-5 p.m.

To schedule an appointment, please call **218.226.4431**.

Chequamegon Clinic

415 Ellis Avenue
Ashland, WI 54806

Clinic Hours
Monday-Friday
9 a.m.-5 p.m.

To schedule an appointment, please call **715.685.6600**.

Denfeld Medical Clinic

4702 Grand Avenue
Duluth, MN 55807

Clinic Hours
Monday-Friday
8 a.m.-5 p.m.

To schedule an appointment, please call **218.249.6800**.

Urgent Care Hours
Daily 10 a.m.-8 p.m.
(except holidays)
218.249.6888

Hibbing Family Medical Clinic

1120 East 34th Street
Hibbing, MN 55746

Clinic Hours
Monday-Friday 8 a.m.-5 p.m.

To schedule an appointment, please call **218.362.7100**.

Laurentian Medical Clinic

901 Ninth Street North
Suite 115
Virginia, MN 55792

Clinic Hours
Monday-Friday 8 a.m.-5 p.m.

To schedule an appointment, please call **218.748.7480**.

Mariner Medical Clinic

109 North 28th Street East
Superior, WI 54880

Clinic Hours
Monday-Friday 8 a.m.-5 p.m.

To schedule an appointment, please call **715.395.3900**.

Urgent Care Hours
Daily 10 a.m.-8 p.m.
(except holidays)
715.395.3950

Miller Creek Medical Clinic

4884 Miller Trunk Highway
Hermantown, MN 55811

Clinic Hours
Monday-Friday
9 a.m.-5 p.m.

To schedule an appointment, please call **218.249.4600**.

Urgent Care Hours
Daily 10 a.m.-8 p.m.
(except holidays)
218.249.5700

Mount Royal Medical Clinic

1400 Woodland Avenue
Duluth, MN 55803

Clinic Hours
Monday-Friday
8:30 a.m.-5 p.m.

To schedule an appointment, please call **218.249.8800**.

P.S. Rudie Medical Clinic

Medical Arts Building
Suite 302
324 West Superior Street
Duluth, MN 55802

Clinic Hours
Monday-Friday
8 a.m.-5 p.m.

To schedule an appointment, please call **218.722.6613**.



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