

Optimus Mission & Vision

To provide research-based, life-style interventions designed to reduce the risks for chronic diseases.

We strive to provide a positive, safe, and comfortable environment to help you achieve your personal health and wellness goals.

Optimus staff members are experienced health and wellness professionals. Optimus has state of the art fitness equipment for total body conditioning and various services to better your health and fitness.

HOURS

Monday-Friday:
6am-1pm and 4-7pm
Saturday: 7am-noon

Inside this issue:

Member Spotlight	2
INTERVENT Health Tip	2
Nutrition Corner	3
Feature Recipe	3
Member Birthdays	4
Health Calendar	4

Bi-Monthly Newsletter for Optimus: The Center For Health

Volume 3, Issue 6

Breast Cancer and Resistance Training: Lymphedema Myths Revealed

By Andy Dawson & Tom LaFontaine

Breast cancer is the second leading cause of cancer death among women. Each year approximately 184,000 women are diagnosed with breast cancer in the United States. On a positive note, there are more than 2.4 million breast cancer survivors in the U.S. and many of them are looking for ways to keep living a healthy life. Several risk factors for initial and recurrent breast cancer have been identified including genetic factors, poor diet, overweight, smoking, excess alcohol intake, and lack of physical activity.

It has been suggested that exercise may protect against both the development and progression of breast cancer. A person's increased capacity for exercise has also been shown to have an inverse relationship with breast cancer, equivalent to a 20-80% decrease in risk of breast cancer in post-menopausal women. One of the more serious concerns of survivors is Lymphedema. In the past, resistance exercise has been proscribed (advised against) because it was thought to make



Lymphedema more severe.

Lymphedema is a chronic, progressive, and incurable swelling or feeling of tightness in the arm or hand due to an accumulation of lymphatic fluid in the soft tissue of the arm. In breast cancer survivors, the condition can occur when axillary (underarm) lymph vessels are removed to treat their cancer. Breast cancer survivors with Lymphedema traditionally were encouraged to limit the use of their affected arm, in fear that the excess load of lifting heavy objects, repetitive movements, or resistance training would worsen their already uncomfortable situation. However, there have been recent reputable studies that show resistance training (RT) does not increase the severity of

Lymphedema and potentially may provide positive benefits. One study reported that women who completed whole body RT, twice a week, involving progressive increases in weight lifted and progressive numbers of exercise sets did not have a significant increase in limb swelling. They also noted improvements in self reported severity of symptoms, and a lower incidence of confirmed inflammation in affected areas as compared to women that did not participate in resistance training. This mirrored the findings of other research studies, which also confirmed that a mixed exercise routine (aerobic and RT) did not result in increased severity in symptoms of women with Lymphedema. For a more in depth report on this matter, you can visit:

[www.cnn.com/2009/](http://www.cnn.com/2009/HEALTH/08/13/)

HEALTH/08/13/

weight.lifting.breast.cancer/

A program of controlled exercise including RT will increase the muscular strength of the affected arm, which could potentially protect it from injury sustained during common daily activities.

(continued on page 2)

Optimus Announcements & Notes

Member Note

Optimus member Dr. Mike Perry was a co-investigator for a study which was conducted by researchers of the University of Missouri. The study revealed that following chemotherapy, mild decreases in skills, such as verbal fluency and problem-solving ability, affect the quality of life for cancer survivors.

Flu Season in Full Swing!

Optimus will be offering flu shots on Thursday, October 8th beginning at 1:00 p.m. in the seminar room. The shots will be \$28.00. If you bring a medicare card, D&H will file your claim. Please sign up at Optimus.

Gym Wipes/Sanitizer

Optimus has put another gym wipe canister by the drinking fountains. Please feel free to wipe down equipment before and after use to better protect yourself.

New Yoga Class

Laurie Digges will begin teaching Power Yoga on Mondays at 10:00am beginning October 12th. Power Yoga is a series of postures linked together with Sun Salutations, emphasizing strength, flexibility and balance.

Breast Cancer/Exercise Cont'd...

Not only is RT beneficial to muscular strength in women with Lymphedema, it also offers additional benefits including decreased incidence of inflammation, improved bone health and as a tool to maintain a health body weight. Resistance training intervention also has the potential to result in cost savings, not only by reducing direct health care costs, but also by potentially reducing the risk of disability and allowing women to return to work at full capacity.

With this knowledge, RT should be included as a component of a

healthy lifestyle, which also includes a healthy diet, regular aerobic exercise, limited alcohol intake, and cessation of smoking. Living a healthy lifestyle, as described above, can act as a multifactorial intervention that has the potential to substantially improve overall health and increase survival rate among women fighting Lymphedema and breast cancer. Please consult with your personal physician or oncologist before initiating an RT or aerobic exercise program.

For more information on breast cancer and Lymphedema, you can visit www.breastcancer.org/tips/lymphedema and navigate through the different subject areas provided on the site. Also, visit the American Cancer Society website at www.cancer.org.

Exercise in Cancer Survivorship Lecture

on Monday, October 12th, 2009 from 9-10am at Acuff Auditorium on MU's campus.



Member Spotlight: Spencer McGowan

Spencer McGowan, a sophomore accounting major at MU, joined Optimus in late May weighing nearly 310lbs. A former high school football lineman and heavy-weight wrestler, Spencer's primary health goal was weight loss.

Spencer has always demonstrated outstanding determination and commitment to achieving his goals as an athlete, student, and Eagle Scout. Those traits have certainly transferred to his diet and exercise

habits. Since mid-May, Spencer has lost over 90lbs through a combination of Weight Watchers and exercise. His current weight is 220lbs. Spencer's exercise routine consists of a combination of resistance exercise, endurance training, and occasionally, martial arts.

Once every two weeks, Spencer trains at Optimus with Personal Health and Fitness Mentor Lance Bollinger. According to Lance, working with Spencer is easy as he

has demonstrated the commitment and discipline to exercise independently.

Since starting an exercise program and losing 90lbs, Spencer says he has noticed improvements in his functional capacity, especially trekking across campus and climbing stairs. Additionally, as a member of Lambda Chi, Spencer is training to run a 5k with his fraternity, a feat he hasn't completed since high

school. Spencer's take on his new diet and exercise habits: **"Diet and exercise used to be something I thought I didn't need because I was active in football and wrestling. Now I understand that everyone needs to be active and watch their food intake."**

INTER_xVENT Health Tip: Get a Handle on Sodium

A typical American eats about 7,000 milligrams of sodium a day. While the recommendation for sodium intake is no more than 2,400 mg per day, your body only needs about 200 milligrams to function properly.

Major Sources of sodium in the typical American diet:

- 45% from processed foods
- 30% added at the table or in cooking
- 25% occurs naturally

Even foods that don't taste salty can contain a lot of sodium. Here are a few examples that might surprise you:

One Serving	Sodium (mg)
Bologna	1,200
Frozen Pizza	1,000
Canned Soup	1,100
Spaghetti Sauce	1,000
Canned Dry Beans	900
Tomato Juice	500
American Cheese	400



The best way to know the amount of sodium in the processed foods you buy is to read the label. Sodium is often added to food in forms other than salt.

Watch for these ingredients:

- *Monosodium glutamate (MSG) - to boost flavor*
- *Sodium saccharin—a calorie-free sweetener*



- *Disodium phosphate—makes hot cereals cook faster*
- *Baking soda/baking powder—in many baked goods*

To complete your FREE online Health Risk Assessment:

- 1) Log on to the INTER_xVENT^{USA} website: www.interventathome.com.
- 2) Select "Click Here to Sign On to Our Secure Server."
- 3) Click on the "Click Here" button to complete the Health Risk Assessment (HRA).
- 4) Accept the Privacy Statement and Service Agreement.
- 5) Complete the HRA. When you get to the question about the Company/Organization, select "PREVENT Consulting Services" from the menu.
- 6) When you have completed the HRA, click "Continue." Then click on the "Display Results and/or Print" button to receive your individualized report.

Nutrition Corner: Wake Up to the Benefits of Breakfast

By Hannah Holzum

Growing up, I'm sure your mother would tell you to eat your breakfast because it's the most important meal of the day. Yes, we've heard it all before, but why is it the most important meal of the day?

The purpose of breakfast is to break that overnight fast and give your body a boost of energy to begin your day. Studies have shown that breakfast eaters consume lower amounts of fat and have improved nutrient density and general dietary adequacy. Those who eat breakfast also show less impulsive snacking throughout the day. Studies have also shown a decrease in body weight, body fat, blood pressure and serum lipids in

those individuals who previously skipped breakfast, but soon began eating it.

You may have convinced yourself that skipping breakfast will help you to cut calories. Well, as much as that may sound like it would work, it just doesn't. This causes your body to be hungrier throughout the day, typically causing you to overeat on higher fat and higher calorie foods.

There are many other excuses why some people decide not to eat breakfast. Here are just a few: "I don't have time", "I'm not hungry in the morning", "I'm saving the calories for later", "I don't like breakfast foods", and the list goes

on and on. One important thing that you can do is make sure to eat something for breakfast. You don't have to have a large, sit-down meal at the kitchen table, but a granola bar, yogurt, fruit, or whole-wheat toast are quick and easy and are perfect for taking with you on the go.

Here are a few ideas for a simple, yet healthy breakfast:

- Yogurt with granola and fruit
- Whole-grain cereal
- Whole-grain toast w/ peanut butter (reduced fat of course)
- Fruit
- Oatmeal



NUTRITION

"To eat is a necessity, but to eat intelligently is an art."

-La Rochefoucauld

Feature Recipe: Oat Applesauce Muffins

Ingredients

- 1 cup multi-grain oats
- 1 cup of buttermilk
- 1 cup of whole-wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup brown sugar
- 1/2 cup applesauce
- 1 egg

DIRECTIONS:

1. Place oats in a small bowl. Pour in milk. Let sit at room temperature for 2 hours.
2. Preheat oven to 375 degrees. Line muffin pan with 12 muffin liner papers.
3. In large bowl, stir together flour, baking powder, baking soda, and brown sugar. Stir in oat/milk mixture, applesauce,

Source: www.allrecipes.com
and egg.; mix well. Pour batter in muffin liner papers.

4. Bake in preheated oven for 30 minutes, or until a toothpick inserted into muffin comes out clean.

*This recipe makes 12 muffins.
One serving equals 1 muffin.*



Nutrients Facts (per serving):

Calories	101
Total Fat	1.2 gm
Carbohydrate	20 gm
Protein	3.5 gm
Dietary Fiber	2 gm
Sodium	112 mg

Dr. Michael Mayer's Upcoming Seminars

Tuesday, October 6th: *What messages are you sending to those around you?*

Tuesday, October 20th: *What did you know about loving before you married and had children versus what you know now? What advice would you give others?*

Tuesday, November 10th: *How do you set more effective limits for yourself and others?*

Tuesday, November 24th: *What does it mean to have emotional problems?*

These informational presentations are offered as a benefit of your Optimus membership and are held twice a month on Tuesdays from 5:45-6:45pm in the seminar room. Please mark your calendars!

Tom LaFontaine:
fithealth@aol.com
Holly Delgman:
hollydelgman@hotmail.com
Janene Sun:
janene@sunsportsmassage.com
Linda LaFontaine:
linlafontaine@aol.com
Laurie Kelly:
laurie@optimushealth.com
Kate Walker:
integralife1976@yahoo.com
Hannah Holzum:
hannahholzum@gmail.com
Dan Smith:
smithda17@gmail.com
Lance Bollinger:
lancebollinger@yahoo.com
Andy Dawson:
awdgm2@mail.missouri.edu
Mason Stevens:
masonstevens@gmail.com
Brianna Heese:
briheese@yahoo.com

The Insurance Group

200 East Southampton Drive
Columbia, Missouri, 65203
573-875-4800

Member Birthdays

Happy Birthday to all those celebrating a birthday in October and November!



NOVEMBER

Craig Van Matre 11/2
Greg Logsdon 11/4
Elizabeth Giuliano 11/5
Dan Hill 11/5
Dennis Smith 11/9
Lynnanne Baumgardner 11/9
Linda Hays 11/14
Nate Bacott 11/15
Sarah Swindle 11/17
Rich Montgomery 11/17
Tom LaFontaine 11/20
Betty Nikodim 11/20
Susan Tumulty 11/21
Steve Millikan 11/26
Beverly Boyd 11/27
Anne Weller 11/29
Katherine Caldwell 11/30

OCTOBER

Christine Stamper 10/2
Marsha Fischer 10/6
Andy Norris 10/9
Bob Roper 10/10
Pat Gruber 10/10
Dan Smith 10/17
Vicki Dunscombe 10/17
Aaron Horschig 10/18
Marlene Edgar 10/19
Nancy Larkin 10/20
Marvin Rogers 10/25
Megan Kelly 10/25
Karen Slates 10/27
Billy Dall 10/31

Upcoming Local Events - Register Today!!

MU Homecoming 5K

October 3rd, 9:00 a.m. at Maryland Ave and Rollins Rd.

Coyote Hill 5K

October 10th, 8:00 a.m. at 2101 Chapel Plaza Court Suite 107

Thank God I Can Run

October 10th, 10:00 a.m. at 2500 Chapel Hill Road

CTC Cross Country Challenge Men's 8K/Women's 6K/Kids 4K

October 18th, 10:00 a.m. at 2001 E. Broadway

Cranberry Crawl 5K/10K/Kids Mile

November 7th, 8:00 a.m. at 2101 Vandiver Drive

XCX Cross Country Extreme

November 14th, 9:00 a.m. at Midway Sandbar

To register for these events, please go to www.ctc.coin.org

Mark your calendars...

OCTOBER

- * National Breast Cancer Awareness Month
- * Healthy Lung Month
- * World Osteoporosis Day—20th

November

- * American Diabetes Month
- * National Healthy Skin Month
- * Great American Smokeout—19th

WEEKLY CLASS SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am Power Yoga <i>Beginning Oct. 12</i>	6am Boot Camp	9am Boot Camp <i>Beginning Nov. 4</i>	6am Boot Camp		
	5:00pm Hatha Yoga <i>Through Oct. 31</i>		5:30pm Hatha Yoga <i>Through Oct. 31</i>		

Fitness Class Notes: Hatha Yoga will be cancelled as of October 31, 2009. There will be a 9:00am Boot Camp class on Wednesdays starting November 4, 2009. Power Yoga will begin October 12, 2009 on Mondays at 10:00am.

Articles in *Optimus Connection* are contributed by the health and wellness professionals of Optimus. Information and recommendations presented in this newsletter are research-based and are given in the best interest of Optimus members and the Columbia community. Please contact Optimus to speak with any of our experienced staff if you have any questions or concerns regarding the content of this newsletter. Newsletter edited by Hannah Holzum and Optimus staff members.