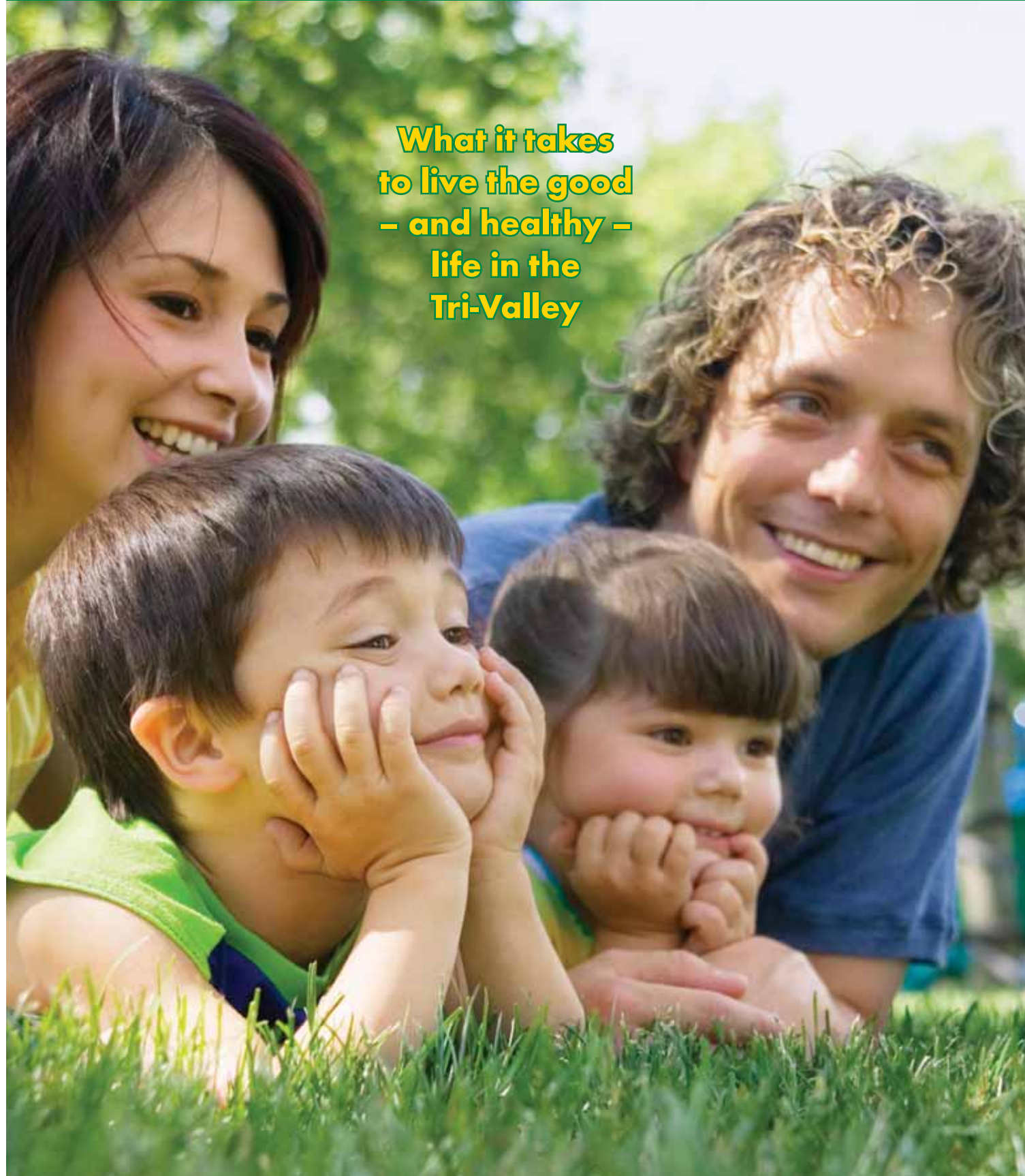


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LIVING WELL 2006

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WELCOME TO

LIVING WELL

2006

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Check out our mini-guides throughout this publication. They're the best resource to find hospitals, emergency rooms, poison centers, health libraries and medical Web sites.



About LIVING WELL

We have all the basic ingredients for the good life here in the greater Tri-Valley: Long, sunny days and an abundance of healthy food and exercise opportunities. This special publication contains some healthy tips on subjects from stretching when you get up in the morning to reading a nutrition label. It is also a celebration of Living Well in our beautiful, bountiful part of the East Bay.

Living Well Editors: Jeb Bing, Dolores Fox Ciardelli, Rebecca Guyon

Art Director: Shannon Corey

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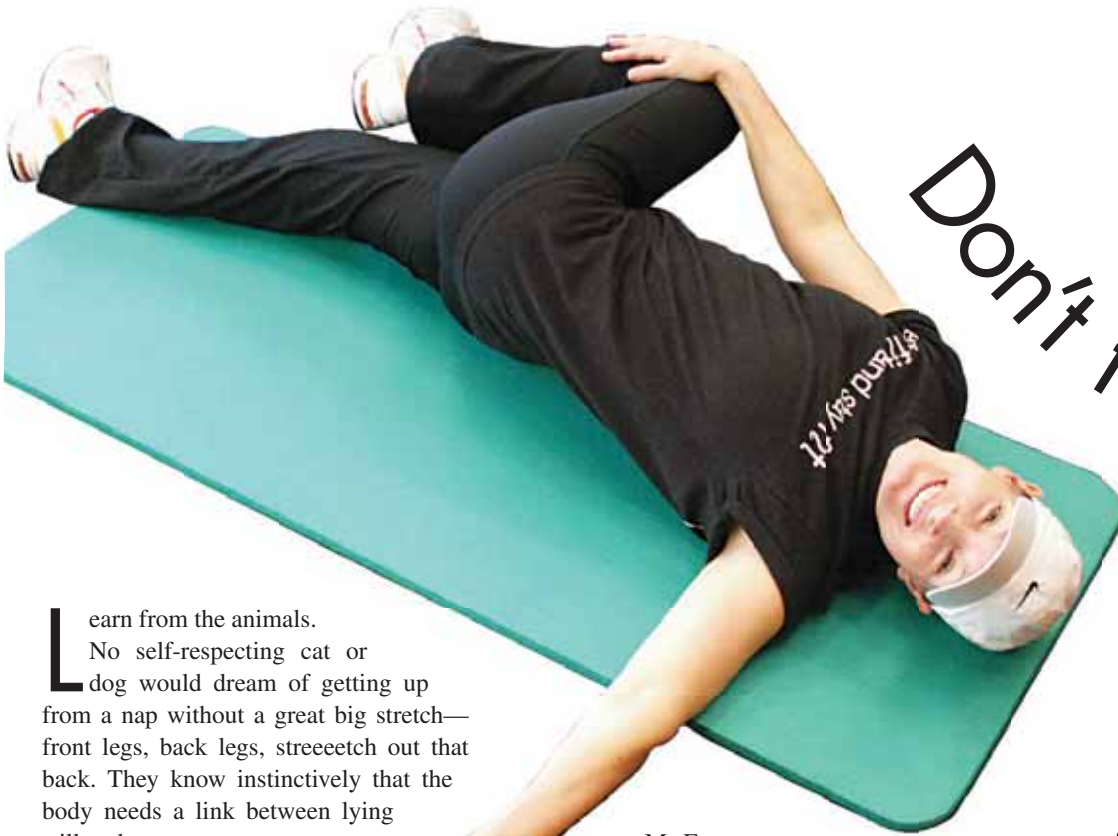
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Don't forget to stretch

Learn from the animals. No self-respecting cat or dog would dream of getting up from a nap without a great big stretch—front legs, back legs, streeetch out that back. They know instinctively that the body needs a link between lying still and movement.

The worst thing humans can do upon awakening is to pop right up into a sitting position, said Sandy McEnroe, owner of Fit Personal Fitness Studio in Danville.

“I’ve seen many people who have thrown their back getting out of bed,” she warned.

McEnroe recommends that upon waking, you pull your knees up to your chest, holding them behind the thighs. Grabbing the knees themselves could cause injury to the patella. Hold the position for 30-45 seconds. Next, lift one leg at a time to your chest, then across your body and move your head to look to the opposite side of the room (see photo). Stretch out both sides this way. Next, pull your legs to your chest again and roll over onto your side and push yourself up into a sitting position on the side of the bed. Now you are ready to get out of bed and start your day.

McEnroe said stretching does two important things:

1. It improves the flow of oxygen and intake of essential nutrients. Stretching allows the muscles to relax. Muscles that are always tense tend to cut off their own circulation, which can result in lack of oxygen and nutrients.
2. It provides better blood circulation: The act of stretching increases blood supply to muscles and joints, improving blood circulation throughout the entire body.

Stretching throughout the day is important, advised McEnroe, especially before engaging in any physical activity, such as gardening. She suggests shoulder rolls, both forward and backward. Another good stretch is raising one arm at a time as high as it can go. She said stretches should be held for 30-45 seconds.

McEnroe also recommends body twists: Stand up straight and slowly twist the body from one side to the other. Another good

(continued on page 7)

Stay limber,
avoid injuries,
release tension

by Dolores Fox Ciardelli

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This testimonial reflects results achieved by this patient. As each case is different and must be independently evaluated and managed, actual results will vary.



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Stretch

(continued from page 5)

stretch is to bend from the waist, stretching one arm across your body, and making a long low swoop to the other side. Repeat with the other arm.

Stretching before a vigorous activity or participating in sports prepares your body for activity without undue strain and is important for preventing injuries as well as discomfort. Stretching after exercise is also important to help prevent soreness.

Stretching is an individual thing, and we can each tailor our movements to our own ability. It should be peaceful and relaxing rather than bouncy. Pay attention to each muscle as you stretch. If it becomes painful, you are stretching too

far and this could cause injury. And don't forget to breathe slowly as you stretch.

In her personal training sessions, McEnroe said she often does "assisted stretching," adding just the right amount of tension as a client stretches after a workout with her.

"I've seen many people who have thrown their back getting out of bed."

—Sandy McEnroe

But she urges everyone to stretch both before getting out of bed and throughout the day. A good stretch will prevent injuries, keep you limber, and relieve tension. Just ask Fido. ■

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Bowtie pasta recipe is full of lasting flavor



It's tasty, quick and easy to prepare

by Dolores Fox Ciardelli

There's nothing like a new cookbook to bring some variety into the kitchen. And a "healthy" cookbook can bring nutritious new recipes.

The *Sunset Light & Healthy Cookbook* has fitness tips and nutrition basics as well as recipes and menus. Many of its recipes are keepers but one in particular has been a popular with my family for the last 10 years. It is indeed light and healthy, as the cookbook promises, and also tasty, quick and easy to prepare, and a delight to behold.

Farfalle with Fresh Tomatoes and Basil

Preparation time: About 10 minutes

Cooking time: 7 to 9 minutes

- 12 ounces farfalle (bowtie pasta)
- 1 Tbls. olive oil
- 2 cloves garlic, minced
- 1 pound ripe pear-shaped tomatoes, coarsely chopped
- 1 cup tightly packed fresh basil leaves, torn into pieces
- Coarsely ground pepper
- Grated Parmesan cheese

In an 8- to 10-quart pan, cook pasta in 6 quarts boiling water until al dente (7 to 9 minutes or according to package directions).

Meanwhile, heat oil in a wide frying pan over medium heat. Add garlic and cook, stirring, for 1 minute. Add tomatoes and cook, stirring, just until tomatoes begin to soften (about 3 minutes). Remove from heat.

Drain pasta and place in a large, warm bowl or platter. Add tomato mixture and basil; toss well. Season to taste with pepper and offer with Parmesan. Makes 4 servings.

Per serving: 382 calories, 13 g protein, 72 g carbohydrates, 5 g total fat (0.7 g saturated fat), 0 mg cholesterol, 16 mg sodium

This dish is especially satisfying as a summer meal. The cookbook recommends serving the quick and easy meal with fresh fruit and cool lemonade.

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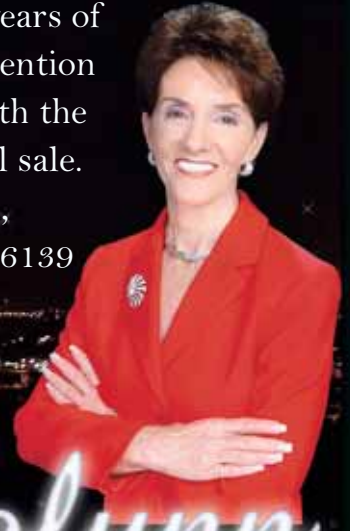
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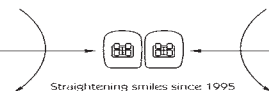
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Dr. Scott McElroy is a board certified orthodontic specialist who has been practicing in the Tri-Valley for more than seven years. He received his DDS from UCLA School of Dentistry and completed his orthodontic residency at the University of Connecticut.



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Sticks and stones may break my bones...

Good diet, proper precautions best defense against broken bones

by Rebecca Guyon

Of the possible injuries out there, breaking a bone is one of the worst. Not only does it hurt more than other injuries, it also means weeks in a cast followed by weeks more trying to regain strength in the injured area. While athletes and people who enjoy “extreme sports” are more likely to have such a serious injury, that doesn’t mean it couldn’t happen to those who play it safe.

“Falls and mishaps around the house are the biggest (causes for broken bones) when we look at the middle age group,” said Dr. Ken Vanos, a general orthopedic surgeon with San Ramon Valley Medical Center. “People are working hard because they have a lot of obligations and stuff to do around the house ... so they’re distracted. That’s when we see accidents like people falling from ladders and flipping off single story roofs.”

Dr. Joseph Donnelly, an orthopedic surgeon with ValleyCare Medical Center, said the causes of broken bones vary by age groups.

“With kids it’s a lot to do with them climbing and jumping off of things,” he said. “When you get to people in the 20-30 age group, it’s usually sports related, whereas with the elderly it may be falls that come from difficulty doing a

mechanical thing.”

Dr. Ted Bayer, a doctor in the Kaiser Minor Injury Clinic at the Pleasanton campus, said that he sees many adults come in with injuries related to recreational activity.

“Because we live in such a temperate climate, we see outdoor injuries year round,” he said.

// Because we live in such a temperate climate, we see outdoor injuries year round. //

—Dr. Ted Bayer

The most common bone injured is the wrist, said Vanos, mostly due to the fact that people instinctively put down their hands to break a fall. Fingers and toes are also susceptible to breaks, said Bayer, and broken bones in the hand are especially common, as well as elbows.

“Areas that are bony in nature are more likely to get broken,” Bayer said.

But that doesn’t mean that any one body part is completely safe from injury.

“You can really fracture any bone in the body, it just depends on what energy went

into it,” Donnelly said.

“It’s a matter of simple physics: Bottom line is if you land hard enough on an area, it will break,” Bayer added. “Also if you land on multiple things at once, then you’re less likely to break anything. I’ve seen someone with both knees banged up, scratches on elbows and wrists, but no broken bones, whereas someone who landed on just their wrist could break it.”

To treat broken bones, doctors still use the traditional plaster cast, but for fractures that don’t require complete immobilization they now more frequently use a lighter, fiberglass cast.

“The plaster cast has fallen by the wayside,” Vanos said. “It has limited applications in young children, but now fiberglass is what we mostly use. It’s light, durable and dries quickly. In the old days you’d go home with a cast that’s 50 percent water, so it would be heavy and wet. The fiberglass really has made an enormous difference.”

Of course, being more careful is the best way to keep from breaking bones, but there are other precautions people can take to make sure they don’t get injured. One of the biggest is making sure you have the right equipment when playing sports or taking part in recreational activities, Vanos

(continued on page 15)

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Broken bones

(continued from page 13)

said. He also suggests people be realistic about their physical limits.

"I think in sports it comes down to conditioning," he said. "There's the 'weekend warriors' who go out and get exhausted skiing, climbing or cycling. It's when you are distracted and can't protect from mishaps that you then fall. Around the home it's common sense. It's slowing down, tak-

ing a mature look at what you're trying to accomplish, and if it's too much, then ask someone to help. Not everyone is designed to clean the gutters in rain. Just say, 'This is not my job to perform this weekend and I need help.'"

Donnelly said that post-menopausal women should take particular care because they are a high-risk group for osteoporosis and are more likely to incur a major bone injury from a simple fall. While maintaining a healthy diet and regular exercise are the best ways for most people to make

sure their bones are strong, older women should take extra precautions by taking calcium and vitamin D supplements and a drug called Fosamax that inhibits bone-resorption.

"The female hormones throughout life help preserve bones, so when a woman has gone through menopause, afterwards her bones are really weakened," Donnelly said. "In that age group the calcium and the vitamin D help. But for the most part, if you have a good diet, you're going to be fine." ■

Medical Internet Web Sites

Hardin MD www.lib.uiowa.edu/hardin/md

Hardin Library, University of Iowa maintains a meta directory of health-related Internet sites. Very large and comprehensive, the site is essentially a list of lists that is easy to use and navigate despite its comprehensive size.

Healthfinder www.healthfinder.gov

Healthfinder is a searchable directory developed by the U.S. Department of Health and Human Services. Leads to selected online publications, Web sites for organizations, support groups, self-help associations and government agencies.

HealthWeb www.healthweb.org

Project of the health science libraries of the Greater Midwest Region of the NNLM, the directory provides a centralized resource to annotated, evaluated health sites. Site is suitable for the consumer and health care professional.

Hospice Net www.hospicenet.org

Excellent source of information on end-of-life issues. Provides help for finding hospice in local areas.

MEDLINEplus <http://medlineplus.gov>

MEDLINEplus, a project of NIH's National Library of Medicine, provides access to extensive information about specific diseases, conditions and pharmaceutical drugs. Links to: consumer health information, a medical dictionary and encyclopedia, lists of hospitals and physicians, health information in Spanish and other languages,

and clinical trials. Highly recommended as a starting point on any health issue.

MyElectronicMD www.sanramonmedctr.com/CWS/MyElectronicMD.aspx

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NOAH (New York Online Access to Health) www.noah-health.org

This outstanding consumer health site is easy to navigate. Content is available in both English and Spanish. This is a project of the New York Public Library partnering with other health organizations.

Oncolink www.oncolink.com

This is a comprehensive, authoritative Web site that includes excellent reference material, links to evaluated Web sites, recommended reading lists and clinical trial information.

Cancer Resources on the Internet

These Internet sites are recommended by the ValleyCare Health Library & Ryan Comer Cancer Resource Center as an excellent starting point.

American Cancer Society www.cancer.org

A nonprofit organization working with cancer patients and family members, the ACS maintains an easy to use Web site. Included are many of its information pamphlets on cancers, links to other cancer Web sites, specialized sections devoted to topics such as breast cancer and access to support groups sponsored by ACS. National ACS site provides links to local ACS branches with Web sites.

Cancer.gov www.cancer.gov

Excellent government site managed by the National Cancer Institute. Includes extensive information with an easy to use table of contents. An important feature is PDQ, the authoritative NCI cancer database of treatment procedures, information on new or investigational drugs and clinical trials. Much of the material is also available in Spanish.

The National Coalition for Cancer Survivorship www.canceradvocacy.org

Founded in 1986, NCCS Web site is a valuable resource for survivorship issues and advocacy. The Web site features a comprehensive annotated list of other cancer sites with links. Sections on caregiving, news items, and other helpful hints for living and coping with cancer are available.

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Serving Size → Serving Size 1 cup (228g)
Servings Per Container 2

Check the calories → **Amount Per Serving**
Calories 250 **Calories from Fat** 110

Limit these nutrients → Lower intake will reduce your risk of heart disease and improve your health

Get enough of these nutrients → These improve your health

The footnotes → Information is the same on every product. Shows the recommended daily values for each nutrient

The Percent Daily Value (%DV)
Based on a 2,000-2,500 calorie daily diet.
The %DV helps you determine if a serving of food is high or low in a nutrient
5% or less is LOW
20% or more is HIGH

Trans Fat
First appeared on the Nutrition Label in Jan. 2006
Trans fat raises the LDL or "bad" cholesterol, increasing your risk of coronary heart disease. Trans fat is found in vegetable shortenings, some margarines, crackers, cookies, snack foods and other foods made with or fried in partially hydrogenated oils. Trans fat is made when hydrogen is added to vegetable. Hydrogenation increases the shelf life and flavor stability of foods containing these fats. Choose foods with low or no Trans Fat.

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	3g	15%
Trans Fat	3g	
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	0g	0%
Sugars	5g	
Protein	5g	
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Danville cardiologist promotes living well with a healthy heart

New techniques, nutrition make heart disease 90% preventable, even reversible

by Jeb Bing

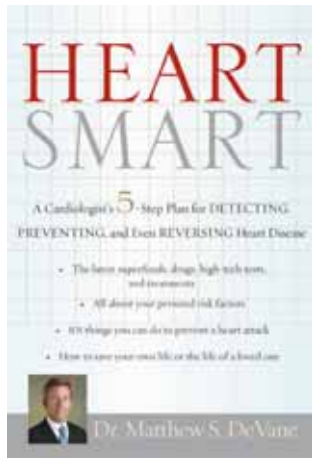
A noted East Bay cardiologist is urging Americans to watch their diet, exercise more and to make sure their doctor calculates their cardiac risks thoroughly on an annual basis.

“The good news is that with the tools at our disposal today, from better food labels to high-tech monitoring procedures, we can prevent heart disease, detect it early if it occurs and even reverse it,” said Dr. Matthew S. DeVane of the Cardiovascular Consultants Medical Group.

“In the old days, we thought maybe 50 percent of heart disease was preventable and the rest was attributed to genetic factors and other reasons,” he added. “But the fact now is that we know the major risk factors, and we know that about 90 percent of heart disease is preventable. Problems ranging from high blood pressure, diabetes, high cholesterol and too much weight can be

controlled to prevent heart disease.”

DeVane, who lives in Danville and practices at San Ramon Regional Medical Center and at other East Bay hospitals, has just published a book, “Heart Smart,” which is winning rave reviews from medical schools and doctors around the country. It’s a five-step “Heart Smart” program that DeVane said teaches Americans everything they need to prevent heart disease.



“First, you’ll learn the key heart attack information that let’s you distinguish symptoms of heart disease from other common causes of chest pain,” he said. “You will also come to understand the importance of identifying your personal risk factors and whether you should get a new high-tech cardiac diagnostic test. Finally, you’ll discover how to prevent 90 percent of heart disease using exercise, diet and nutrition, including ‘super-foods’ and essential cardiac medications.”



DeVane said that “heart disease” is really a generic term that means a lot of things to a lot of different people.

“When we are talking about heart disease prevention, we’re really talking about coronary heart disease, a blockage in the coronary arteries,” he explained. “That type of disease is 90 percent preventable.”

Prevention, he said, starts at home with parents setting a good example for their young children, from what they eat to how they develop a healthy living style. Obesity seen in young children and in school classrooms today is not only caused by the soda machines on campus, although they have been part of the problem, but more likely by what these children eat and do when they are at home.

“Put the Game Boys away and quit teaching them how to program their TiVos and get outside as a family and enjoy life, exercise together and focus on physical activities,” DeVane said. “Food labels are more explanatory today than ever and I encourage all of my patients to read about what they are buying and

(continued on page 21)



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Healthy heart

(continued from page 19)

eating.”

“Stay away from the trans fats and the saturated fats, and look carefully at the calories and other factors for each serving,” he added. “Often we see a label that says 80 calories, but if you read carefully that’s for one serving and there are three or four servings in the container. Read those labels thoroughly.”

DeVane is not your typical cardiologist who often is so mired in exams, surgeries and office work that he has little time for other activities. Passionately devoted to spreading the message that heart disease is preventable, he spends as much time as possible on the public speaking circuit in addition to writing a medical best-seller. As Director of Cardiac Disease Prevention with Cardiovascular Consultants, he sees hundreds of patients from Pleasanton north to his offices in San Ramon, Walnut Creek, Oakland and Castro Valley. He also serves as a key investigator in numerous state-of-the-art cardiovascular clinical research projects, including ever-improving ways to lower cholesterol. He also sits on the board of the American Heart Association.

DeVane appears frequently on national and regional television and radio programs, including Channel 27 community television in Pleasanton and Danville, and sponsors free-of-charge what he calls “Lunch and Learn” programs at Tri-Valley and East Bay companies.

“Employees bring their lunches and I talk for an

hour and take their questions about heart disease prevention and living well,” DeVane said. “If someone’s sitting there munching on a salami and Swiss cheese sandwich, I don’t say a word. I just hope they’ll eat better the next day.”

His five-step “Heart Smart” program for recognizing and preventing heart disease is:

- Step 1: Recognize the warning signs of heart disease. Know the warning signs, know when you should worry and attack the killer plaque—coronary heart disease and atherosclerosis.

- Step 2: Take charge of your cardiac risk factors. Watch out for the “Big 5” killers: hypertension, the new diabetes, smoking, obesity and a sedentary lifestyle.

- Step 3: Go high-tech to detect heart disease and lower your risk. Dig deeper into your risks, such as inflammation, infection and beyond and learn which emerging factors you should be tested for. Also, learn the truth about stress tests, which are only effective in finding heart disease when the arteries are already 70 percent blocked.

- Step 4: Take the “Heart Smart” quiz that is in his book, “Heart Smart,” available at local book stores and through online suppliers.

- Step 5: Live a Heart Smart life, including making exercise a priority for heart health, along with a smart approach to nutrition, dieting, health foods and supplements.

For more information about DeVane and his heart disease prevention program, log on to his Web site at www.heartsmart-online.com or call his office at 277-1900. ■

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Make it golf for lifetime of fitness

Strength, stamina, flexibility
are key aspects of game

by Cathy Jetter

It is surprising when you count the letters, because for so many of us, exercise tends to be a four-letter word. No matter how many times the experts list the benefits of action over lethargy, we somehow remain uninspired to make the move toward filling those recommended daily minutes with motion.

Perhaps the word “exercise” is just too intimidating, conjuring up visions of sweaty workouts that leave a body worn-out. Exercise doesn’t have to be difficult, dreary or arduous. In fact, experts say the best way to make a life change that lasts a lifetime is to make it fun, make it a game. Make it golf.

Yes, golf. Though once perceived as a leisure activity for the wealthy and retired, golf has become an important part of the workout routine for nearly 27 million players who hit the links each year in the United States. Even the American Council on Exercise, America’s nonprofit fitness authority, recognizes golf as a legitimate sport for fitness. A visit to its Web site at www.acefitness.org even offers a variety of exercises for enhancing strength, stamina and flexibility, key aspects of the golf game.

The good news is you don’t have to be in top physical form to tee up; even French-fried couch potatoes can find a way to experience the game without wearing out. From walking 18 holes with the bag on your back (400 calories burned each hour) to pitching and putting at the practice area (220 calories burned each hour), golf has an entry level for everyone. Still better news is that as practice and participation start to bring the scores down, a player’s fitness level can’t help but go up.

While the traditions of golf have stayed virtually unchanged since the Royals and Ancients mowed the first Scottish Fairways more than 500 years ago, adaptability has been a key component of golf’s escalating



popularity. Golf is perhaps the only sport that cuts through the dividing lines of age and gender, permitting people of any age or ability to play together in true competition. This unique aspect allows generations of family members to build relationships and solidify family ties. They say that the family that plays together stays together, and teaching pros across the valley are happy to offer group lessons to any combination of moms, dads, kids and grandparents.

So where do you go to find a pro? Though more than 900 golf courses in the state of California mean there is plenty of opportunity for everyone to get in on the game, people in the Pleasanton area have scored a double eagle with the two public courses located right in their hometown. Recently ranked the sixth best public access course by Golf Week Magazine, Callippe Preserve is the newest course in the Tri-Valley. The beautiful setting and challenging layout make it a favorite with local golfers of all levels. Sunday morning clinics are offered throughout the year to help get beginners ready to go for the green.

If the thought of 18 holes leaves you a little short of time or energy, the Pleasanton Golf Center may be more your style. The nine-hole executive course, located in the heart of the Alameda County Fairgrounds, can be played in less than two hours almost any day of the week. A lighted driving range offers a convenient opportunity to spend an hour or so burning off any extra calories consumed at dinnertime.

Fun in the fairways continues if you’ve got the right friends; the many private country clubs are a pleasure to play, though maybe a little pricey for some. Just compare the price of one green fee to a five-figure membership initiation fee, and suddenly your treat for lunch is a real deal.

Of course, this new bag of knowledge means no more excuses for sitting on the couch while the rest of the world plays through. Once you get that ball rolling, you just may find exercise becomes par for the course. ■

A quick guide to local public golf courses

Pleasanton Golf Center
www.pleasantongolfcenter.com
462-7201

Callippe Preserve Golf Course
www.playcallippe.com
426-6666

Poppy Ridge (Livermore)
www.poppyridgegolf.com
455-2035

The Course at Wente Vineyards (Livermore)
www.wentegolf.com
456-2477

Las Positas Golf Course (Livermore)
www.laspositasgolfcourse.com
455-7820

Dublin Ranch Golf Course
www.dublinranchgolf.com
556-7040

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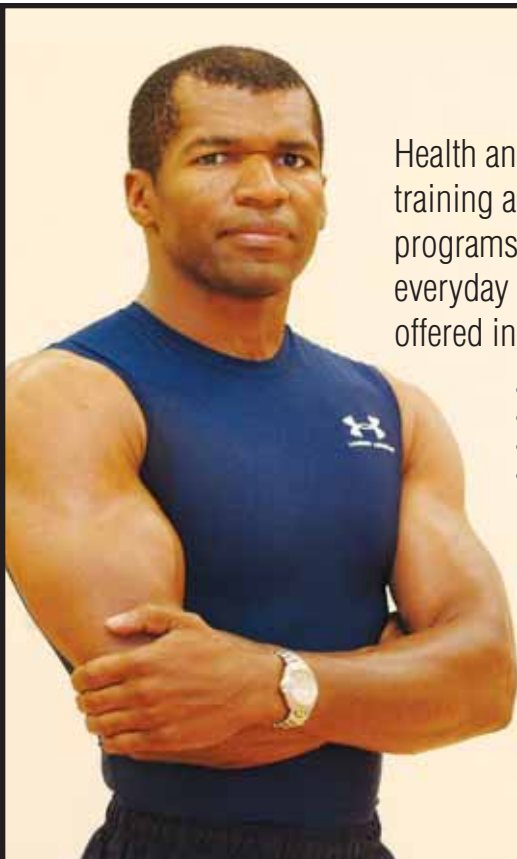
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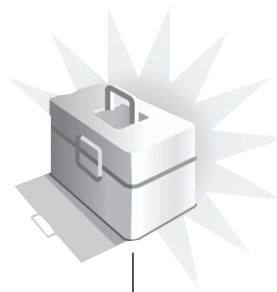
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