

Your Health Comes First!

HEALTH AND WELLNESS NEWS FROM CHRISTIANA CARE

JUNE | 2007



HEALTHY ADVICE Q&A



Jim Lenhard, M.D.
Medical Director, Weight Management Center

Q. Can certain medical conditions make it harder to lose weight?

A. There are a number of medical conditions that can make it hard for a person to lose weight. Any condition that restricts your activity level, such as arthritis or other joint problems, can make exercise very difficult. Heart and lung problems also may make it difficult to exercise. In addition, there are medical conditions that are made worse by obesity, but also seem to make it harder to lose weight when you have them. Diabetes, an underactive thyroid, polycystic ovary syndrome, sleep apnea and depression are some examples.

To learn more about losing weight effectively, go to www.christianacare.org/weight

Services at Pelleport

Cardiac Rehabilitation
302-661-3426

Center for Integrative Health
302-661-3477

Community Health Library
302-428-2201

Diabetes & Metabolic Diseases Center
302-661-3070

Diabetes Education
302-661-3401

Exercise Services
302-661-3000

Health Psychology
302-661-3000

Lab Services
302-661-3032

Nutrition Services
302-661-3444

Physical Therapy PLUS
302-661-3350

Sports Medicine
302-661-3075

Weight Management Center
302-661-3475

07C1H2



Are you getting the allergy relief you need?

Facial massages and neti pots are among the recommendations you may want to consider after a visit to the Center for Integrative Health.

Spring time is sneeze time for millions of Americans. If your nose is red and rough from the overwhelming urge to rub it, you may be on the right track for real relief. A certain type of massage can relieve allergy symptoms for some people, according to Seth Torregiani, D.O. who partners with Gerald Lemole, M.D. at the Center for Integrative Health.

It's called a craniosacral treatment and the gentle manipulation of the cranium and other areas can actually improve circulation to the face, head, neck and spine. The improved circulation relieves allergy symptoms. "Several of my patients with chronic sinusitis have had relief with this unique treatment."

"Allergic reactions are caused by an individual's heightened immune response to substances that are generally harmless to others," explains Dr. Lemole, medical director of the Center for Integrative Health. "While traditional medicines may help reduce acute symptoms, added benefits can be achieved by blending quality medical care with integrative therapies such as acupuncture, massage, micronutrients and herbals."



The health professionals at the Center for Integrative Health may offer other options for combatting allergies such as:

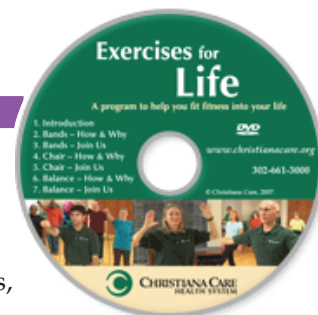
- Journaling to identify allergy-causing foods you eat or products you use.
- Taking vitamins and food supplements which may boost your body's natural defenses when added to a healthy diet.
- Exercising to boost your immunity and relieve the stresses that can aggravate allergies.
- Adopting supportive therapies such as osteopathic manipulation and massage to prevent and treat symptoms of sinus and ear infections triggered by allergies.
- Taking traditional prescriptions.
- Seeking more specialized medical care, based on a referral from the center.

The new center, conveniently located at Christiana Care's Greenville campus, helps consumers find a balance between traditional medical remedies and complimentary treatments.

Learn how to promote your body's natural ability for healing and wellness by developing a relationship with the health professionals at the Center for Integrative Health. Call 302-661-3477 today for a consultation and watch this space each month for more information about this new approach to your health and wellness.

Fit exercise into your life with our new Exercises for Life DVD.

This DVD presents three exercise routines—resistance bands, chair and balance—specially designed by Christiana Care exercise physiologists for people of all ages and physical conditions. These programs can easily be adapted to your ability and daily routine. The DVD is just \$10 and comes with a free resistance band to help you get started. For more information on how to get yours, call 302-661-3000 or go to www.christianacare.org/exercisesforlife.



When you get serious about losing weight, call our Weight Management Center at 302-661-3475.



Tried diet pills



Tried fad diets



Tried aerobics



Succeeded with Christiana Care

