

AMH

InsideOut

Arthritis and Exercise

by Jill Harvill, MS, ATC AMH Exercise Physiologist
adapted from Mayo Clinic

An arthritis exercise program is key to helping you maintain your range of motion and reduce chronic pain. Exercise can decrease your pain, improve your range of motion, strengthen your muscles and increase your endurance. All of these are important in supporting your joints so they encounter less strain and wear. Inactivity leads to muscle weakness, which further decreases joint stability.

When starting an exercise program, talk to your healthcare provider first about all your symptoms, arthritis related or not. Sometimes seemingly unrelated problems are connected. Ask your healthcare provider for a clear definition of the type of arthritis you have. Finally, find out whether any of your joints are already damaged.

Exercise selection should focus on stretching and strength training. Include low-impact aerobic exercise, such as walking, cycling or water exercises for improving your mood and helping control your weight. Avoid high impact exercise such as running, jumping and tennis. To protect your joints with exercise, start slowly. Ease

your joints into exercise if you have not been active for a while. If you push yourself too hard, you can overwork your muscles and increase pain. Consider these tips as you get started:

- Apply heat to the joints you will be working before exercise. Heat can relax your joints and muscles, increase circulation and relieve any pain before you begin. Heat treatments — warm towels, hot packs or a shower — should be warm, not hot, and applied for about 20 minutes.

- Exercise with slow and easy movements. If you notice pain, take a break. Sharp pain and pain that is stronger than your usual joint pain might indicate something is wrong.
- Ice your joints after exercising. This can reduce swelling, pain and post-exercise soreness. Use a cold pack on your joints for 15 minutes.

You might notice some pain after you exercise if you have not been active for a while. In general, if your pain lasts longer than an hour after you exercise, you were probably exercising too strenuously. Talk to your healthcare provider about what pain is normal and what is a sign of something more serious. Tell your healthcare provider if your exercise causes persistent fatigue, joint swelling or continued pain.

If you have rheumatoid arthritis, whether you exercise during general or local flares is up to you and your healthcare provider. Consider working through your joint flares by doing only range-of-motion exercises.

AMH Industrial Rehabilitation provides Exercise Physiologists who can help design an exercise program specific to your needs, at no cost to you. Contact Paul Rudis at 376-2109 for more information or visit the [AMH Website](#).



- Move your joints gently at first to warm up. Begin with range-of-motion exercises, such as shoulder circles or flexing the knees, for 5 -10 minutes before you move on to strengthening or aerobic exercises.



The Hanford Site has lost 2387 pounds since January. Keep up the good work. We have 1613 more pounds to go to reach our 2-ton goal for 2010.

Join the [Hanford Highway to Health](#) and enter your weight today.

WATCH FOR UPCOMING EVENTS WITH AMH

August

- [Weight Loss Convoy \(ongoing\)](#)
- [Site-Wide Summer Recreation Challenge \(ends 5th\)](#)
- [Site-Health Fairs \(12th\)](#)
- [Hepatitis B and C Presentation at HAMMER \(13th\)](#)
- [Tobacco Cessation Class \(ends 16th\)](#)

September

- [Weight Loss Convoy \(ongoing\)](#)
- [Site-Health Fairs \(9th\)](#)
- [Beryllium Disease Presentation at HAMMER \(10th\)](#)

Select a link or visit our website: www.hanford.gov/amh



Hepatitis B and C: The “Silent Killers”

by L.B Sandy Rock MD MPH—AMH Risk Communicator

As dramatic as the subtitle may sound, it is accurate. More than four million Americans are known to be chronically infected with either hepatitis B or C virus, and health officials estimate that many others are infected without knowing it. Often, these infections are not curable and can lead to liver failure, cirrhosis (scarring) and/or liver cancer, all of which can be lethal. Many who are infected have no symptoms until many years of infection have taken their toll on the liver. For these reasons, the Institute of Medicine chose 2010 to focus on public awareness of these two diseases to reduce rates of infection and lessen the consequences of chronic liver inflammation.

Hepatitis is an inflammation of the liver involving the invasion of the body’s white blood cells, destruction of liver cells, and reduction in liver function. Hepatitis viruses are contagious, and once they invade the liver, they often will not relent. While the less serious and self-limited hepatitis A can be contracted from eating food contaminated with the urine or feces of an infected individual (e.g. a restaurant food-handler), the B and C viruses require fairly intimate contact with body fluids (such as blood and other potentially infectious materials like semen and vaginal secretions). The riskiest behaviors for contracting these infections, therefore, include unprotected sexual contact and needle-involved drug use.

At Hanford, those who have responsibility for tending to injured personnel—fire, patrol, and first aid providers—are at higher risk and receive both bloodborne pathogen training and voluntary hepatitis B vaccination. Individuals may also

request the hepatitis B immunization series at health departments and from their personal health-care providers. The vaccine is among the most effective developed, resulting in about a 96 percent protection level. For hepatitis C, there is NO vaccine.

Perhaps the most alarming aspect of chronic hepatitis from these two viruses is that there are often no symptoms. Those who do have symptoms may notice fatigue, loss of appetite, nausea, fever, aches, and pains. More severe infection can result in vomiting, jaundice (yellowing of skin and eyes), and abdominal bloating or pain. Often, the first indication of a liver problem comes from a blood test done during routine checkups. Anyone having abnormal liver function tests at AMH is referred to his/her personal healthcare provider for further evaluation and treatment.

The most important ways to prevent the spread of hepatitis B and C:

1. Be aware of and avoid risky behaviors.
2. Get the hepatitis B vaccination.
3. Seek evaluation if you suspect you were exposed to either of these viruses.

Doctor Sandy Rock will give a presentation—“Hepatitis B and C: You Can’t Live Without Your Liver”—at the HAMMER facility at 2:00 PM on Friday, August 13, 2010. The presentation—which will include more details on health effects, prevention, and treatment—is also available on request by calling 372-0407 or emailing or sandy_rock@rl.gov.

Sources: <http://www.liverfoundation.org/>
<http://www.cdc.gov/hepatitis/>

PNNL COMPLETES

WELL 4 LIFE CHALLENGE

Congratulations to the 257 PNNL employees who completed the 12-week Well 4 Life Challenge on the AMH Health Challenge Tracker.

Tri-Cities Cancer Center

The Tri-Cities Cancer Center is an excellent resource in our community for wellness programs including tobacco cessation, healthy cooking classes, and cancer prevention. Visit their website and their calendar of events for more information.

Invite AMH to be a guest at your next work group meeting.

AUGUST FEATURED PRESENTATION:

OBESITY; THE COMMON THREAD



By Shannon Haselhuhn or Kelly Harnish
Email: AHEW@rl.gov
Phone: 376-3939

Healthy Recipes

Almond Cream Cheese Apricots

Serves 12

Ingredients:

- 1 dozen firm, ripe apricots
- 1 8-ounce pkg cream cheese (fat free)
- 1/4 cup almond meal
- 1/4 cup powdered sugar, or to taste
- 1/4 cup cream
- Zest of 1 lemon
- 1 teaspoon vanilla
- Pinch of salt
- Crushed toasted almonds
- Cinnamon



Preparation:

Cut the apricots in half and pit. Hollow out a little more of the center with a paring knife or melon baller. Whip the cream cheese with the almond meal, sugar, cream, lemon zest, vanilla and salt until light and fluffy. Put the mixture into a pastry bag and, using a large tip, pipe into the apricot halves. Sprinkle them with almonds and dust with cinnamon. These hold overnight in the fridge quite well, especially if you pat the apricot halves dry before filling.

Tip: This two-bite dessert is light, easy, and won't heat up the oven in the 90+ degree heat.

PER SERVING: (2- 1/2 APRICOTS)

Calories	77.2
Total Fat	2.1
Saturated Fat	.6
Cholesterol	3.4
Sodium	105.6
Carbohydrate	8.6
Dietary fiber	1.25
Protein	4.3
Potassium	144.5

For more: [Healthy Recipes](#)