

FITTING ALL THE PIECES

Central Michigan District Health Department
Case Management Program

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RELIEVE STRESS AND BE HEALTHY

Stress is the way in which we all react to life. There are two basic types of stress: acute and chronic. Acute stress is a one-time event that can immediately affect one's body for minutes, days, or even weeks. Chronic stress is a result of several stressful events occurring in a short span of time or an on-going stressful situation in one's life.

The signs of stress consist of physical symptoms as well as mental symptoms. Physical symptoms include rapid heartbeat, headache, stiff neck or tight muscles, backache, rapid breathing, sweating, and upset stomach or diarrhea. Mental symptoms include irritability, frustration, exhaustion, difficulty concentrating, worry, and doubt.

Chronic stress can over time drastically affect one's body. It can lead to high blood pressure, abnormal heartbeats, blood clotting problems, and hardening of the arteries. These factors in turn lead to coronary artery disease, heart attacks, and heart failure. Stiff or tight muscles can lead to neck, shoulder, and back pain and worsen rheumatoid arthritis. It can also play a role in gastroesophageal reflux, peptic ulcers, and irritable bowel syndrome. Symptoms of asthma and chronic obstructive pulmonary disease can be negatively affected by stress. Finally, stress lowers the immune system making one more at risk for illnesses.

The best way to remain stress free is to avoid having too many stressful situations or events in your life. One way this can be accomplished is to effectively manage your time. Another way is to utilize healthy coping strategies. Family and friends can also play a major role in helping one to feel cared for, and valued.

When one does begin to experience the day-to-day stresses of life, there are ways to relieve it before it can cause harm to body or mind. Exercise, especially aerobic, and stretching tight muscles are extremely effective at reducing the effects of stress. Writing in a journal, talking to a trusted individual, laughing, and crying about a stressful situation are other good ways to rid one's body of stress. Hobbies can also relieve tension and stress. Relaxation activities such as massage, aromatherapy, yoga, and meditation are also effective at releasing physical and mental stress.

Clinic Dates

July 10, 2009
8:30 am - 4:30 pm

July 31, 2009
8:30am - 4:30pm

August 28, 2009
8:30am - 4:30pm



We will be out of the office
June 10th-12th for the Case
Management Conference.
Please use our cell phones for
all urgent situations.

Catrina's Corner

Well...better late than never. Finally you've received your newsletter. I do apologize for the lateness. This month's newsletter has some really great tips for exercising as well as de-stressing. I think the summer can be a busy and stressful time for everyone. Hopefully, these tips help make your summer relaxing. Speaking of relaxing, save the date for our annual picnic. This year we'll be getting together on July 27th. I'll send more information with next month's newsletter, but put it on your calendars now since our summers seem to book up fast. See you all soon.



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority

KATI'S TIPS - Get Moving! Why Exercise is so Important

Thanks to highly active antiretroviral therapy (HAART), people with HIV and AIDS are living longer. Unfortunately, this treatment is also associated with an increase in muscle loss, fat deposits in unusual places, higher blood sugar, and altered fat breakdown.

These concerns are all nutrition-related and can be treated through changes in diet and physical activity. In fact, exercise is an extremely important factor of any HIV-related program when these concerns are present. Many studies have shown that strength training activities are safe for HIV-infected individuals and may help decrease the rate of muscle loss. Aerobic exercises are also helpful in improving blood fat levels, making your body more sensitive to insulin, helping to lower your blood sugar, and may improve the overall quality of your life.

The effects of exercise can be enhanced through nutrition. One way to increase the amount of muscle growth seen with strength training is through the use of electrolyte-rich beverages. These include sports drinks and juices. When consumed 30 minutes or less after a workout, the electrolytes in these beverages “feed” your muscles and rehydrate your body. Increasing consumption of protein-rich foods is also beneficial.

Although many foods are marketed to improve the results of exercise, most are all hype. Nevertheless, some may be beneficial to HIV-infected individuals. One such item is a beverage supplement entitled Juven. It is specifically tailored for HIV-infected individuals and may help decrease muscle loss.

This month's recipe incorporates this supplement and a complimen-

tary packet will be given to you at this month's clinic. If you like this recipe or would like additional packets of Juven, please let me know at our next visit. Juven is also available at Walgreens, Long's Drugs, Duane Reade, and online at <http://www.juven.com>. The biggest downside to Juven is its cost. Online it is priced at \$34.99 for 14 packets. If you cannot afford this, do not lose hope! This month's recipe will taste just as good without the supplement and will still provide many energy-rich nutrients to get you up and moving!



Support Group

June 15, 2009 PLWHA Conference Updates
Guest Facilitator: Andrea Eiseler

July 27, 2009 Independence Day Picnic
*date, time, and location change

August 17, 2009 Cooking with Kati
* location change

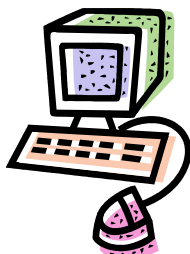
Sept. 21, 2009 To Be Announced

Oct. 19, 2009 To Be Announced

Support Group meets 5:30-7:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

Websites

www.thebody.com
www.cmdhd.org



Questions? Comments? Concerns?

Contact:

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