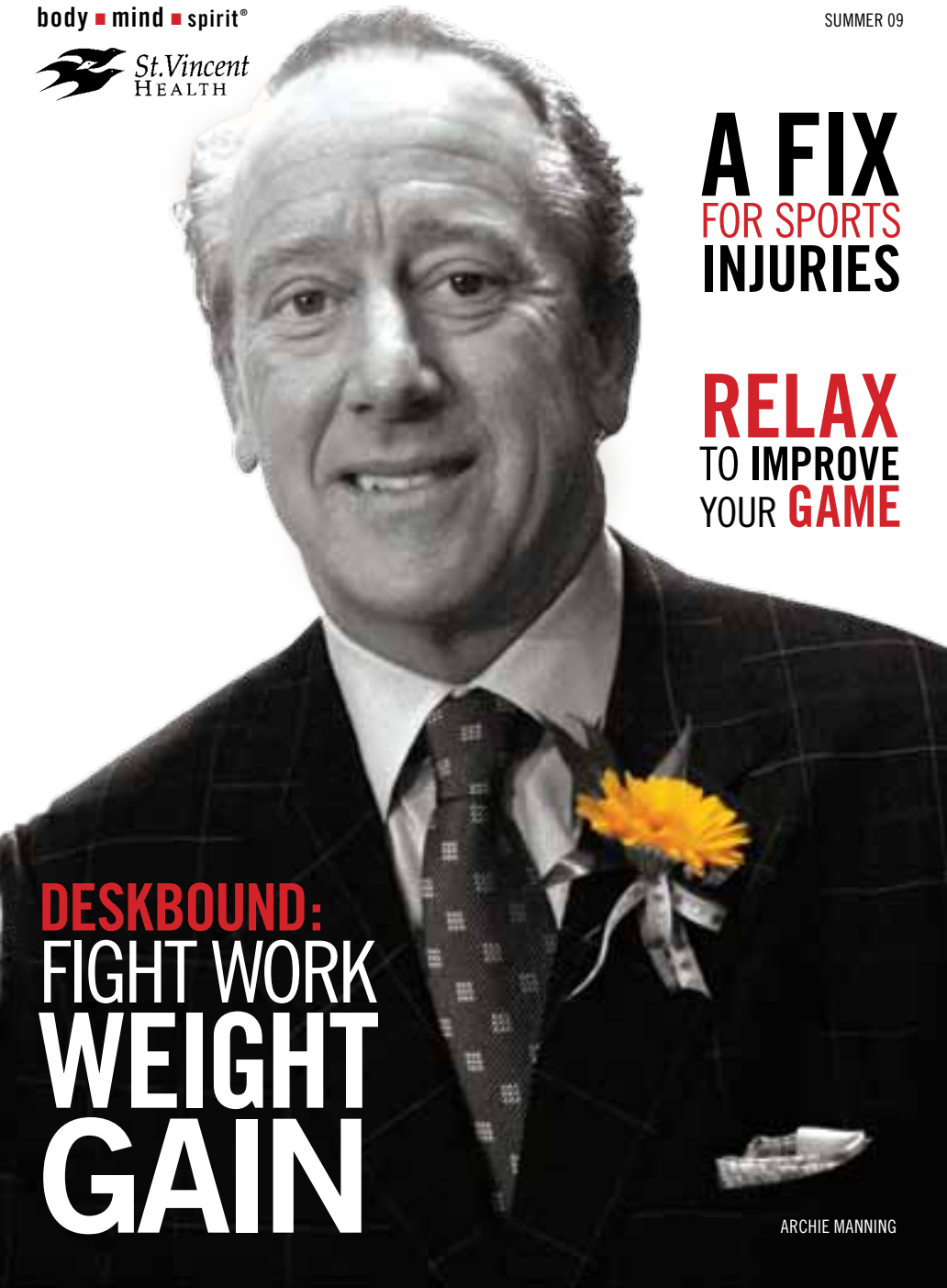


Men's Balance

body ■ mind ■ spirit®

SUMMER 09



A FIX
FOR SPORTS
INJURIES

RELAX
TO IMPROVE
YOUR **GAME**

DESKBOUND:
FIGHT WORK
WEIGHT
GAIN

ARCHIE MANNING



Ask the Expert

QUESTION: AS AN AVID BACKYARD FOOTBALL PLAYER, I'M NO STRANGER TO BUMPS AND BRUISES. HOW DO I KNOW IF AN INJURY IS SERIOUS AND HOW CAN I AVOID GETTING HURT?

ANSWER: All adults are susceptible to injuries, no matter what their activity levels. Although the majority of these injuries are minor, some can be quite serious. Visit your physician for any knee or leg injury that inhibits your ability to walk and any head injury that causes loss of consciousness.

Avoiding weekend injuries revolves around knowing your limits as an athlete. Remember, exercise should be fun. To prevent severe injuries, exercise regularly, warm up before each workout and maintain your flexibility by stretching after your workouts.

— **Jeffrey Fields, M.D.**, sports performance physician and St. Vincent Family Medicine faculty



Get the ZZZs You Need

DO YOU FIND YOURSELF STRUGGLING TO POWER THROUGH YOUR WORKDAY? A SLEEP DISORDER COULD BE THE CULPRIT.

MANY MEN SUFFER from sleep apnea, which is often indicated by habitual snoring. It occurs when the muscles of the throat and tongue relax during sleep, partially blocking a person's airway and causing snoring and lapses in breathing.

FINDING RELIEF

To remedy your snoring, try over-the-counter medications, including special pillows, throat sprays and nasal strips. If over-the-counter medications don't do the trick, a sleep study at a St. Vincent Sleep Disorders Center can identify the reason for your snore.



"Once the cause of a sleep disorder has been identified, treatment can be prescribed," said Kuimil Mohan, M.D., medical director of St. Vincent Sleep Disorders Center. "You don't have to be tired any longer."

For more information about the St. Vincent Sleep Disorders Center and to find a location near you, visit sleep.stvincent.org.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. To remove your name from our mailing list, please call 877.982.CARE.

Circus + Peyton Manning = NIGHT OF STARS



CHILDREN'S HOSPITALS RELY ON THE SUPPORT OF THEIR COMMUNITIES TO PROVIDE CHILDREN THE BEST MEDICAL CARE. THE SECOND ANNUAL CELEBRATION OF CARING GALA HELD MAY 8 RAISED MORE THAN \$500,000 FOR PEYTON MANNING CHILDREN'S HOSPITAL AT ST.VINCENT AND RECOGNIZED TRUE HEROES OF THE HOSPITAL.

THE 1920S CIRCUS-THEMED event began with a special MVP reception held in the Indianapolis Colts locker room. The main reception followed at 6:30 p.m., with dinner and awards.

Maddie Robertson, 19, received the True Heroes Award for courage facing acute promyelocytic leukemia. Diagnosed after her senior year of high school, Maddie has mentored young cancer patients at Peyton Manning Children's Hospital at St. Vincent.

"Maddie takes new patients along to see her biopsies and offers support as they receive treatment," explained Anne Coleman, R.N., administrator for Peyton Manning Children's Hospital at St. Vincent. "Maddie's story is truly an inspiration and a symbol of the comprehensive care we provide each child."

MOST VALUABLE PLAYER

Indiana Senator Evan Bayh received the MVP Award given each year to a community leader who has had a profound impact on children's health.

Senator Bayh co-authored a proposal to improve children's health care, part of a bill to reauthorize the State Children's Health Insurance Program.

Entertainment was provided by Recording Academy award-winning and country music artist Darius Rucker and an auction that featured packages with Peyton. Auction items included football camp for 10 children and an Indianapolis Colts game-day package. A new raffle awarded the winner a meet and greet with Peyton at their child's school.

"I believe in the quality team of professionals at this hospital to execute a winning game plan for each child in our care," said Peyton, honorary chairperson with his wife, Ashley. "Each of our young patients is a true hero and deserves the community's support. Events like the gala raise awareness for our mission and say 'thank you' in a special way."

To support Peyton Manning Children's Hospital at St. Vincent, visit give.stvincent.org.



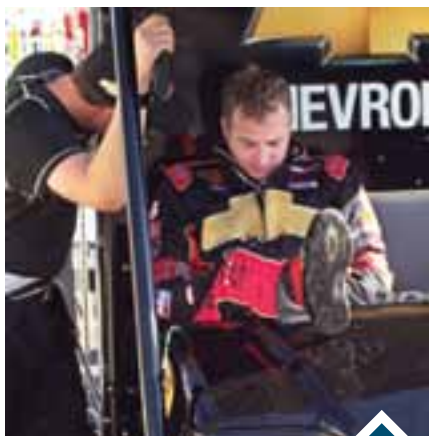
Back Behind the Wheel

“I DON’T LIKE conventional workout methods,” Tracy explained. “I used to ride a dirt bike around my property. The accident occurred when my bike was caught in a fence line. Through a series of flips and bangs, I broke my left femur, my right tibia and dislocated my knees to the point where all four of my ligaments were torn.”

A PARTNER IN RECOVERY

The road back to the race track wasn’t easy for Tracy. For the first few months after his accident, the active athlete was in a wheelchair, unable to bear weight on either of his legs. Facing extreme adversity, Tracy was determined to race again. Enter the St. Vincent Sports Performance team of dedicated therapists.

IN MAY 2007, UNITED STATES AUTO CLUB CHAMPION DRIVER TRACY HINES SUFFERED AN ACCIDENT THAT MIGHT HAVE ENDED THE CAREER OF A LESS DETERMINED DRIVER. HOWEVER, THANKS TO HIS PERSONAL COMMITMENT TO GETTING BACK TO PEAK PERFORMANCE, HE IS LIGHTING UP THE SPRINT CAR CIRCUIT AGAIN.



Tracy Hines Career Highlights

- United States Auto Club National Sprint Car Series “Rookie of the Year,” 1998
- USAC Silver Crown Champion, 2000
- USAC National Sprint Car Champion, 2002

“In August 2007, Tracy was referred to our center,” said Ralph Reiff, certified athletic trainer, director of St. Vincent Sports Performance. “He came in on crutches and barely had any ability to bend and flex his knees. We knew that it would take a collaborative effort and creative approach from our team to get him back behind the wheel.”

A DETERMINED FIGHTER

While the team at St. Vincent Sports Performance was dedicated to working with Tracy every day until he recovered, Tracy’s own commitment to the process played a vital role in ensuring his ultimate success.

“We took a ‘take no prisoners’ approach,” Tracy said. “I made a decision that they weren’t going to make me cry, and that I wasn’t going to tell them ‘no.’

If they told me to do it, there was a good reason for it.”

Tracy’s dedication inspired the team working with him on his recovery efforts.

“I can’t imagine there are too many people who would be able to endure what Tracy did and never complain or give up,” Ralph said. “It was an incredible inspiration to me and to everyone else who helped him work through the process. He took a very active role in his own recovery.”

THE FIRST RACE

In November 2007, Tracy was ready to get back in the race car. He, along with several members of the St. Vincent Sports Performance team, flew to Phoenix, Ariz., so Tracy could compete.

“It was exciting to be back in the car,” Tracy said. “I was incredibly relieved to be there. The first race wasn’t so much about being back to full speed as it was about reaching a goal. Now, I feel like I am stronger than I was before the accident.”

To learn how St. Vincent Sports Performance can help you, visit sportsperformance.stvincent.org.

Not Just for the Pros

St. Vincent Sports Performance isn’t just a place where professional athletes like United States Auto Club champion Tracy Hines can recover after an injury.

A wide array of services is available through the center, including those for:

- A weekend warrior with a torn ligament
- A high school athlete needing to increase agility
- A middle school athlete trying to make the team
- An Olympic athlete suffering from injury

Injury assessment, speed and strength training, sports psychology, physical therapy, nutritional services and educational services are all available at one convenient location. Call 317.415.5747 to begin your training.

Relaxation Can Help Athletes Succeed



IN TODAY'S SOPHISTICATED SPORTS ENVIRONMENT OF HIGH-TECH TRAINING AND LOFTY EXPECTATIONS, ONE BASIC SPORTS RULE IS TRUER THAN EVER: FOR ATHLETES TO SUCCEED, THEY MUST LEARN HOW TO RELAX.

“COACHES AND PARENTS must take several factors into account to create a healthy and challenging environment for young athletes, including skill levels and learning processes,” said Chris Carr, Ph.D., sport and performance psychology coordinator for St. Vincent Sports Performance. “Relaxation training teaches athletes how to maintain composure and emotional control, which enhances overall performance.”

Consider the following relaxation techniques used by Dr. Carr with young athletes:

- **AUTOGENIC TRAINING**— This technique is especially useful for older children who are more aware of their bodies than younger kids. In autogenic training, athletes learn to breathe deeply in a way that warms and relaxes major muscle groups.
- **PROGRESSIVE MUSCLE RELAXATION (PMR)**— Athletes who aren't as attuned to their muscles may benefit from PMR, which teaches them to tighten and relax the major muscle groups in a specific order. PMR promotes a feeling of calm and reduces muscular tension.

YOU SNOOZE, YOU WIN

For many athletes, quality of sleep has a direct impact on their performance on the field. Dr. Carr encourages athletes to keep a journal in which to record their thoughts and reflections before bedtime.

“After an athlete writes in the journal, he or she should lie down and perform a relaxation exercise, like PMR,” he explained. “This allows the athlete to transition to a quiet mind and lets the body move into sleep.”

For more information about St. Vincent Sports Performance, call 317.415.5747 or visit sportsperformance.stvincent.org.

St. Vincent Sports Performance offers a relaxation CD and sport-specific performance CDs for young athletes. The relaxation CD teaches athletes how to achieve a calm mind and develop mental routines, while the sport-specific CDs offer relaxation tips and guided-imagery exercises for baseball/softball, golf, volleyball, diving, basketball, football, soccer, gymnastics, swimming and injury rehabilitation. CDs are priced at \$15 and are available at St. Vincent Sports Performance, 8227 Northwest Blvd., Suite 160, just east of I-465 off 86th Street.

For more information, call 317.415.5747.



WORKPLACE Weight Gain: Breaking the Sedentary Cycle

AN ESTIMATED 25 percent of American adults suffer from obesity. Unfortunately, poor diets and sedentary lifestyles are becoming more common as Americans struggle to find the time to exercise and prepare healthy meals at home.

“Many people have difficulty becoming motivated to exercise because they think it must involve strenuous, time-consuming workouts,” said Ted Eads, M.S.N., R.N., executive director of bariatric services at St. Vincent Carmel’s Bariatric Center of Excellence. “Thirty minutes of exercise three to four times a week can help shed extra pounds.”

For those unable to break away from work to exercise, Ted recommends:

- **WALKING** briskly for 30 minutes each morning before work or during lunch
- **CARRYING** a pedometer and making an effort to walk 10,000 steps each day
- **PARKING** your vehicle at the back of the parking lot
- **TAKING** the stairs

“If someone is having mobility issues or having difficulty performing job functions because of their weight,” Ted said, “they should seek medical intervention.”

Contact the St. Vincent Bariatric Center of Excellence for medical and surgical weight loss help at 317.582.7088.

FOR THOSE WHOSE JOBS DO NOT PROVIDE MUCH PHYSICAL ACTIVITY, KEEPING OFF EXCESS WEIGHT CAN BE A STRUGGLE. BUT INCORPORATING EXERCISE INTO YOUR DAY MAY BE EASIER THAN YOU THINK.

Is Bariatric Surgery Right for You?


Obesity greatly increases the risk of developing conditions such as coronary artery disease, diabetes, hypertension, stroke and osteoarthritis. Weight-loss surgery may help.

“It is important to talk with your physician about the details of the different types of procedures that are available” said Ted Eads, M.S.N., R.N., executive director of bariatric services at St. Vincent Carmel’s Bariatric Center of Excellence. “Bariatric surgery can be a life-changing procedure, but it is important to become as educated as possible about the procedure before making that decision.”

Bill Roytan, 52, had bariatric surgery in 2003 and has since lost more than 200 pounds.

“Before the operation, my whole body would ache, and I couldn’t walk long distances without becoming winded,” Bill said. “Today, I have more energy, more mobility and much less pain. The procedure truly changed my life.”

For more information, visit bariatrics.stvincent.org.



For \$99, we were given something
you can't put a price on.
Peace of mind.

THE HEARTSCAN AT ST.VINCENT HEART CENTER OF INDIANA.

Heart disease is the #1 killer in America and often strikes without warning or symptoms. Which is why St. Vincent Heart Center of Indiana is offering a HeartScan imaging procedure that can help identify your risk for heart disease for only \$99.

HeartScan is a fast, safe, and painless coronary artery scan that measures the amount of calcified or hardened plaque inside the arteries of the heart. It only takes 30 minutes, requires no injections or preparation, has no side effects, and could save your life.

The HeartScan is available at both St. Vincent Heart Center of Indiana locations. For more information or to set an appointment at 106th Street and North Meridian, call 317-583-5151, or at 86th Street, call 317-338-3224.

