

THE WELLNESS CORNER

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One Man's Triumph Over Food Addiction and Obesity

My very first memory of my blossoming weight gain was back in the year 2000 when my then wife was pregnant with our daughter. We would sit down at our favorite pizza joint and enjoy competing in an "All You



Can Eat" pizza frenzy. Dripping in grease, I would proclaim many a bloated victory. Although I was an Army Reservist in my early 20's, it didn't stop me from gaining a robust figure. As a reservist, I had only been weighed in once. Of course I had to be taped at the time, but who cared? I passed. Without me realizing it, time passed by, and my eating habits worsened. At my civilian job, I was working the night shift and would grab a bite of fast food on my way into work. At work I would keep myself awake by snacking on chips and candy bars and chasing those down with caffeinated sodas.

In January of 2003, standing 5 feet 11 inches, I weighed in at 230 pounds. I remember thinking, "Not bad," slightly surprised that I wasn't any heavier. That same year I decided to join the CG Reserves. After that I made a choice to lose the weight. I tried various diets and exercise routines, and I was able to get down to 190lbs in 2005. It was a huge milestone for me because I had finally gotten down below my Maximum Allowable Weight or MAW, and didn't require a taping!

Because I was able to get below my MAW, I celebrated with an extra large "hold-nothing" pizza for one, and a liter of soda to

wash it down with. I got up to 220 pounds just after weigh-ins. That's when the yo-yo dieting began. It was possible for me to pass weigh-ins, and continue my self-destructive food addiction.

During the period between weigh-ins I would work out sporadically, I would not diet at all. Then two month's...okay, one month out, I would work out tenaciously and crash diet. I started taking extreme weight-loss pills hoping they would magically work to shed the weight (of course they only proved to lighten my wallet). Then, as weigh-ins loomed around the corner, I would run for an hour, hit the sauna, and make sure I didn't drink any water. Real safe right?

I did this until December of 2011, that's when I decided

enough was enough! I was sick of going to the extremes and stressing myself out every six months. I stopped with the *excuses*.

I have made a *commitment* to watch what I eat. It's hard, it's so hard to write down everything I eat every day. Even today I just go "ugh", but I do it because for me, I need to. If I don't, I will let myself get away with eating food I really shouldn't eat. I also have a workout schedule. I tried many different classes, programs, and machines before I found my niche. I also tried working out at different times of the day.

This wasn't easy, but I kept my responsibility to myself. I needed to be confident in one aspect in order to move on to the next. First, I worked on my



eating habits. Then, I incorporated a workout program.

The result: For two years now I have been able to maintain my current weight of roughly 170 pounds.

I won't lie, every day is a struggle. Some days are easier than others.

I have many excuses to not work out or eat healthy:

- I have a small child.
- I'm in college full time.
- I live far away from where I work.
- I have to fight traffic at least 5 days a week.
- I'm not as young as I once was.

In spite of all this, *I still pledge* at the beginning of each new day *to keep the weight off*.

My advice: Pick out a program that works for you. Try them all out until you find a few that you like. Switch them up for variety. Get a few workout buddies (not just one or two). Track your food (I use a Weight Watchers app on my iPhone). Doing something is always better than nothing!

Good luck, and if today was not a good eating or workout day, tomorrow will be.

[SK1 David Knapp is a former Company Commander who is also Certified as a Defense Financial Manager. He currently serves as a UHPC and Instructor at SK "A" School]



"IT'S HARD, IT'S SO HARD TO WRITE DOWN EVERYTHING I EAT EVERY DAY. EVEN TODAY I JUST GO "UGH", BUT I DO IT BECAUSE FOR ME, I NEED TO."

Smartphones Can Gather Important Medical Data

When Dr. Paul Abramson treats patients, he has the usual assortment of medical tools, tests and protocols. And then there's the patient-gathered data he reserves for his most confounding cases.

Using an iPhone app, Abramson will have a patient with, say, mystifying migraines or seemingly inexplicable stomachaches self-track data such as how much sleep they're getting or what they're eating.

That information is eventually fed back to Abramson as potential clues to whatever medical mystery he's trying to solve. The result is a more complete picture of his patients that in turn makes it much easier for him to figure out what's going on.

"I am getting immeasurably more info about a patient than I could have gotten on my own," Abramson said. "Patients who have been my patients for years I'm finding out are completely different people than I thought they were."

Abramson is on the vanguard of the emerging digital revolution in medicine. Beyond consumer-driven apps that count calories or encourage exercise, mobile technology is beginning to significantly change how doctors practice medicine.

"We're at a very interesting intersection of technology impacting clinical care, which hasn't really changed dramatically in 50 or 60 years," said Dr. Michael Blum, director of the Center for Digital Health Innovation at UCSF.

"When we look back in 10 years, we're going to be amazed how far we've gone."

An Element Of Tech

The ubiquity of smartphones has already had an effect on clinical practice in numerous obvious ways. Doctors can speedily access important information such as drug dosage recommendations or disease profiles as well as a patient's medical information. They

can also more easily communicate about patients with specialists or other colleagues.

Abramson began experimenting with other uses for mobile medical technologies on himself. He was getting regular headaches, with little clue as to why. A geek of sorts who earned a master's degree in electrical engineering from Stanford before heading to medical

shut-eye, the headaches disappeared.

About a year ago, he debuted the Quant Coach program at his practice. The program's roots stem from the tracking Abramson did on himself.

"I just didn't feel like I had enough information coming back to me from patients," he said.



THE POTENTIAL APPLICATIONS FOR SMARTPHONES IN MEDICINE ARE GROWING MORE SOPHISTICATED.

school, Abramson enjoys putting himself in the role of lab rat.

Using his phone, he started tracking everything from caffeine intake and mood to barometric pressure and light exposure.

This was possible, of course, because of the incredible number of gadgets all rolled into his iPhone. It turned out the headaches were related to sleep; if he got enough

The Mymee App

Patients are instructed to track varying sets of information, entering the data into an app called Mymee. That data is sent to Abramson's office and compiled in an open-source data visualization software called FluxStream. What is called a "quant coach" in his office then pores over this data, summarizing it for Abramson.

He said the methodology has allowed him to solve some complex medical riddles - physical ailments, for example, that wound up related to less-than-obvious causes, such as environment. He can keep close tabs on his patients and amass a rich picture of all the factors that might be contributing to an illness.

The potential applications for smartphones in medicine are growing more sophisticated.

At the 2013 TEDMED conference in Washington, D.C., an exhibition introduced the notion of the "smartphone physical." It featured a collection of gadgets that, when hooked into an smartphone, can gather a slew of clinically relevant information.

Tricked-out, the smartphone becomes something akin to a real-life realization of Star Trek's medical tricorder. Plug in the corresponding device, and the phone can determine blood pressure, monitor glucose or perform an electrocardiogram. The NETRA-G is a small, plastic eye piece that, when hooked into a smart phone, can test visual acuity.

Fusing Med and Tech

As the home to companies such as Rock Health and Health 2.0 that fuse the power of Silicon Valley with medical expertise, the Bay Area has been at the forefront of digital health innovation. Such innovation, though, is still in the early stages.

For one, medicine has been relatively slow to embrace technologies already available. Several doctors referred to that pace as "sclerotic."

"Physicians are still bound to archaic technologies like pagers and fax machines," said Dr. Nate Gross, co-founder of Rock Health, a seed accelerator for mobile and web health startups. In one recent survey, fewer than half of attending physicians reported using smartphones for patient care.

The complexities of developing new medical technologies have

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November 2013 Fitness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 1130 Boxing Conditioning	2
3 0815 Circuit Training	4 1130 TRX 1630 Spinning*	5 0530 Spinning* 1130 Circuit Training 1630 Zumba Fitness	6 0900 Family Fitness 1130 Yoga 1130 Insanity Group 1630 Spinning*	7 0530 Circuit Training 1130 TRX 1130 Circuit Training	8 1130 Boxing Conditioning	9 0800-1900 NORCAL Volleyball Tournament @ SRJC
10 0815 Spinning* 0900-1700 NORCAL Volleyball Tournament @ SRJC	11 ***Veterans Day*** (OPEN 0800-2000)	12 0530 Spinning* 1130 Circuit Training	13 0900 Family Fitness 1130 Yoga 1130 Insanity Group 1630 Spinning*	14 0530 Circuit Training 1130 TRX 1130 Circuit Training 1630 Zumba Fitness	15 1130 Boxing Conditioning	16
17 0815 Circuit Training	18 1130 TRX 1630 Spinning*	19 0530 Spinning* 1130 Circuit Training 1630 Zumba Fitness	20 0900 Family Fitness 1130 Yoga 1130 Insanity Group 1630 Spinning*	21 0530 Circuit Training 1130 TRX 1130 Circuit Training 1630 Zumba Fitness	22 1130 Boxing Conditioning	23
24 0815 Spinning*	25 1130 TRX 1630 Spinning*	26 0530 Spinning* 1130 Circuit Training 1630 Zumba Fitness	27 0900 Family Fitness 1130 Yoga 1130 Insanity Group 1630 Spinning*	28 ***Thanksgiving Day*** (CLOSED)	29 1130 Boxing Conditioning	

GROUP FITNESS CLASSES

BOXING CONDITIONING

Have you ever wanted to learn the proper technique to throw a punch, how to defend yourself from an incoming punch, learn all the basic boxing techniques, or increase your power, speed, stamina, and agility like a boxer? Allow certified instructor ET1 Terrence Joseph train you in the "Sweet Science."

CROSSFIT

CrossFit is a strength and conditioning program that utilizes "constantly varied, high intensity, functional movement" with the goal of improving overall fitness. (Discontinued at this time, but the Workout of the Day (WOD) suggestion is available at the front desk.)

JUDO

Judo (meaning "gentle way") is a modern martial art and combat sport created in Japan where the object is to either throw or takedown your opponent to the

ground, immobilize or otherwise subdue your opponent with a grappling maneuver. Both kids and adult judo classes are available on Tuesdays and Thursdays. A judo gi (uniform) is mandatory for this class. (Discontinued for now due to sequestration.)

SPINNING

Join our certified Spinning instructor staff in cycling inspired rides that combine sound training principle, expert coaching, inspirational music, and a unique mind/body philosophy. * *Due to the popularity of the class, advanced sign-up is recommended to guarantee your spot in the class. Sign-up the day before, in person, at the gym, and receive a numbered card for your bike/participation.*

CIRCUIT TRAINING

Utilizing different equipment, such as medicine balls, BOSU balls, resistance bands, dumbbells, kettle bells, ab wheels, agility ladders, TRX suspension bands, Swiss balls, plyometric boxes, Circuit Training instructors put you through various full-body conditioning exercises

combining resistance training and high-intensity cardio.

TRX

Certified TRX instructors utilize suspension training exercises that build true functional strength and improve flexibility, balance and core stability all at once, as is required on the playing fields of sports and life.

YOGA

Certified and experienced yoga instructor Karen Fosse will lead you through gentle exercises/body positions that improve one's strength, balance, and flexibility. Yoga is also great for loosening up tense muscles and letting go of mental stressors.

ZUMBA FITNESS

Zumba Fitness is moving the world to a new beat. Are you ready to party yourself into shape? Let certified instructor BMC Jenn Stanton lead you in an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's

moving millions of people toward joy and health.

FAMILY FITNESS

Gym mats are set up on the gym floor for toddlers and pre-school children to climb, tumble, and play with parent or guardian present.

PICK-UP GAMES

BASKETBALL Full court pick-up games are held at the gym Mondays, Wednesdays and Fridays at 1100-1300.

ULTIMATE FRISBEE Another popular alternate fitness activity played bi-weekly on the fields of TRACEN. Weather permitting Mondays, Wednesdays and Fridays from 1100-1300.

TENNIS (Ladder) Sign-Ups at the gym.

Reminder: All classes are cancelled on red letter holidays.

10 Tips for Fall Fitness

Autumn is a transitional time of year. The leaves on the trees change, it becomes darker earlier, and the temperatures cool down. It is a favorite time of year for many people. However, these same changes can also lead to stress for individuals who tend to fall off the health and fitness wagon during the transition. There are many enjoyable opportunities to remain fit, or even begin a fitness program in the fall that can work for everyone. Planning for seasonal changes, finding support from group exercise and embracing events and activities that the season has to offer are key factors in staying fit through the transition.

Take Advantage of Autumn Activities



Autumn group events like pumpkin picking, corn mazes, haunted trails, and building leaf piles are active options that can also be fun bonding experiences for family and friends. Organize a weekend trip or local get together with an autumn theme and plan to be active.

Get Involved in Community Events



With the fall season comes many holiday themed local fun runs and events. Look in the newspaper for Halloween runs, turkey trots and reindeer romps. According to a 1991 summary report by ERIC

Digest, a specific goal such as a race to train for increases adherence to an exercise program. Signing up with friends or family will hold you accountable for completing the training.

Head to the Trails



Fall is one of the most beautiful times of year for getting outside. Grab a friend and find some local parks or trails to walk, run or ride a bike and take in the view of changing leaves.

Dress for the Weather



When weather gets cooler, it can deter people from going outside to workout. This problem can be mediated by wearing wind-shielding clothing and dressing in layers. Proper attire and accessories (hats, gloves, etc.) that cut down on bulk but still allow for warmth make outdoor fitness more enjoyable as the chill of fall approaches

Drink Water



Stay hydrated even when the temperatures cool down. People often feel less thirsty when it is not hot outside, but staying hydrated is just as important in the fall as it is when the sun is blazing down. When fall rolls around, remember to stay on top of your fluid intake to help with both exercise recovery and appetite control.

Drink Tea



Drink more tea to warm up for the cooler temperatures. Green tea and black tea contain antioxidants that help ward off diseases during flu season so you can remain healthy and active as the season shifts.

Avoid Holiday Candy



According to the National Institutes of Health, on average, non-obese adults gain about a pound a year around the holidays. In addition

to creating unhealthy habits, accumulation of this weight over time can lead to obesity. Be sure to pack lots of healthy snacks to munch on throughout the day to help deter you from grazing on sweets that pop up in the office, at home or at holiday parties.

Turn Fall Chores into a Workout



Raking leaves or gardening can burn around 150 calories every 30 minutes. Turn these chores into a game by setting small, achievable goals to help pass time and burn away fat.

Exercise Early in the Day



Try to work out in the morning or during the day. With the time changing and it becoming darker earlier, it can feel as if it is later in the day than it really is. This can make people more tired than usual. Getting into a routine of working out early will guarantee the workout gets done and still allow time in the afternoons and evenings to relax.

Vary Activities

As the weather cools down and summer ends, it can become difficult to stay motivated. Trying a variety of different activities and varying workouts, will help keep a fresh spin on exercise and allow for confidence to build within a wide range of activities

Article Written by Rian Landers for Livestrong.com

Maintaining the Zen of Summer at Mealtime



My children are much more relaxed in the summertime, as most children are. When they are home-work-free, their sports seasons have ended and their camp day starts later, they find time to be creative and laugh more together. They pick up a book and get cozy in a chair. They seem to be healthier and happier with all of the unstructured time.

As the summer fades, I always vow to hold on to these slower-paced routines and also the peaceful attitude I embody after vacation, when stress rolls off my back, nobody is in a rush and I feel genuinely connected to my children.

But sustaining these behaviors when life's pace cranks up, the commitments pile on and there are no more lazy vacation mornings is close to impossible.

I have a few ideas of how to extend summer, at least for mealtimes.

1. Keep logistics away from the table. Our vacation meal conversations are entirely different than those during the school year. On vacation, we don't talk about schedules, carpools and backpacks that need to be packed. Our conversations seem to broaden. Some memorable ones have been the qualities of a great president, being a city or country person, and the selling points of different ice cream flavors. These conversations, whether serious or not, were fun. It is easy to lose the fun and get bogged down in the routine when vacation ends. Try to keep logistics away from the table.

2. Eat outside as long as the weather permits. We hear the noises of the city in our little backyard, but we also hear the birds, watch the leaves in the breeze and breathe in fresh air, all of which eases us. So as the temperature drops, we are going to grab sweaters, maybe even hats, and prolong

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Online Health and Fitness Resources

TRACEN PETALUMA RESOURCES (INTRANET ONLY):

Health and Fitness Program

http://swa.tcpet.uscg.mil/directives/6100_2B.pdf

Weight Program Administration for Military Personnel

http://swa.tcpet.uscg.mil/directives/1020_8g.pdf

COAST GUARD RESOURCES:

Coast Guard Office of Worklife (CG-111)

<http://www.uscg.mil/hq/cg1/cg111/default.asp>

WeightTalk

<http://www.weighttalk.net/program/>

Coast Guard Health Promotion Manual

(Currently under review)

Coast Guard Weight and Body Fat Standards Program Manual

http://www.uscg.mil/directives/cim/1000-1999/CIM_1020_8H.pdf

Weight Management Self-Help Guide

http://www.uscg.mil/hq/cg1/cg111/docs/CP_6200_3A.pdf

Coast Guard Running Club

<http://runuscg.org/>

OTHER MILITARY RESOURCES:

Military Tobacco Cessation Program

<http://www.ucanquit2.org/>

Military.com Fitness Center

<http://www.military.com/military-fitness/>

Military Fitness Daily PT Blog

<http://military-fitness.military.com/>

Navy Fitness, Sports and Deployed Forces Support

<http://www.navyfitness.org/>

OTHER GOVERNMENT AGENCY RESOURCES:

Center for Disease Control and Prevention: Healthy Living

<http://cdc.gov/healthyliving/>

HealthierFeds

<http://www.healthierfeds.opm.gov/>

The President's Challenge

<http://www.presidentschallenge.org/>

USDA

<http://www.choosemyplate.gov/>

PRIVATE SECTOR RESOURCES:

Spark People Diet and Nutrition

<http://www.sparkpeople.com>

Livestrong Diet and Nutrition

<http://www.livestrong.com/diet-and-nutrition/>

Combine 360 Challenge

<http://www.combine360.com>

**USCG Training Center Petaluma
Gymnasium, Bldg. 251
599 Tomales Road
Petaluma, CA 94952-5000
Phone: 707-765-7349
Fax: 707-765-7657**

Gym Hours of Operation:

Monday to Thursday 0530-2200
Friday 0530-2100
Saturday, Sunday & Holidays 0800-2200

Aquatic Sports Center Hours of Operation:

Lap Swim
Monday to Friday 0530-0700
1000-1800
Saturday & Sunday 1030-1700

Open Swim

Monday to Friday 1300-1545
Saturday & Sunday 1030-1700

Aqua Fit Class

Monday & Wednesday 1115-1215

Masters Swim Program

Monday to Friday 1130-1230

Youth Swim Team

Monday to Thursday 0815-0900

Wellness Program Manager:

LT Mart Pizana
Phone: 707-765-7687
Email: mart.pizana@uscg.mil

**Athletic Director/
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**Unit Health Promotion Coordinator
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**Unit Health Promotion Coordinators
(alternates):**

SK2 Jessica Barrett
YN1 Ryan Bright
SK2 Amber Brown
ET1 Jayson Christian
IT1 Neil Garrand
HS1 Susan Gibson
OS1 Michael Halasz
IT3 Jessica Jordan
YN2 Flor Joseph
ET1 Terrence Joseph
YN1 Kerry McCarty (Watch Coordinator)
YN3 Breanna Moore
OS2 Claude Nadal
IT1 Rick Paauwe
ET2 Kerson Perez
ET2 Daniel Ramirez
OS1 Marcel Reeves
ET1 Jason Rodriguez
SK1 Juan Serrano
ET1 Jack Setzer
SK1 Carenda Snyder

Smartphones Can Gather Important Medical Data

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also been a hurdle. As Gross explained, young, brilliant techies and investors are more interested in the next Four Square or Angry Birds, which are easily understood and don't require the extensive trials and testing an evidence-based medical iPhone app might call for.

Many of the applications and devices that exist do not measure up to the rigorous standards of medicine. Earlier this year, a study of apps that claim to identify cancerous moles highlighted the disparity of scientific rigor. The best performing app accurately identified moles that had turned cancerous about 98 percent of the time; the worst was accurate less than 7 percent of the time.

FDA regulation

The Food and Drug Administration has announced plans to regulate some apps, and issued draft guidance in 2011. But final regulations - and clarification of which apps would be subject to them - are still forthcoming.

"There is a little bit of disconnect between the community developing these technologies and the actual health-care system," said Blum. But

it's a gap both UCSF and Rock Health are working to bridge.

The key, doctors say, is in developing mobile technologies that are more than just fun gadgets for self-tracking enthusiasts. To be useful to the medical community, mobile technologies need to be at least as effective as traditional tools and pass rigorous standards and scientific evaluations for medical devices.

The smartphone could contribute hugely to making medicine less costly, more efficient and accurate, they say.

For example, a patient with heart palpitations could use the AliveCor Heart Monitor, which requires a prescription, to screen rhythm abnormalities, transmit them to a doctor and determine whether to go to the hospital. Such devices could cut down on the time and money patients spend in doctors' offices and emergency rooms.

Or they could one day replace expensive medical equipment with devices that cost just a few hundred dollars.

"With the smartphone, the opportunity to expand care more broadly is tremendous," said Dr. Aenor Sawyer, an associate director of UCSF's digital health center.

Just The Beginning

In the end, a smartphone or tablet is just one piece of medicine's digital revolution.

In Abramson's San Francisco practice, the use of mobile technology and tracking is an ongoing experiment, one he is constantly honing to make more time- and cost-effective.

For starters, he found that spending his own, high-priced time analyzing patient data was not cost-effective. That's why he added a "quant coach," a combination personal trainer/data analyst who works with patient data.

Eventually his goal is to develop a model that other doctors will use that combines the right amount of technology, tracking and medical expertise to deliver outcomes faster while also not eating up unnecessary resources or patient dollars.

Already, the "experiment" has changed the way Abramson views medicine.

"It's made me focus on the fact that medical care is more of a process," he said. "It's more than just a result."

[Article Written by Kristen Brown for The San Francisco Chronicle]

Maintaining the Zen of Summer at Mealtimes

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the outdoor eating as far into the fall and winter as possible.

3. Slow the pace of dinner. I love the leisurely pace of summer dinners because I feel more present. I never seem to be rushing my kids to finish their meal, probably because there isn't homework to finish or a strict bedtime to meet. To relax and be present at mealtimes, I sometimes set a time frame. I don't disclose to my kids that I have allotted 35 minutes for dinner, but during that 35 minutes I promise myself I won't rush them, I won't get up and start the dishes

or get distracted. I will simply remain engaged. It really helps.

4. Turn on the music. We listen to more music during the summer, and it sets such a joyful mood in our household. Sometimes the kids start to unconsciously dance or sing, which is a clear signal of their summer ease. Our dinners feel more carefree with music — not just classical to calm everyone, but whatever Top 40 song the boys are into, or another round of "Old MacDonald" for my daughter.

5. Keep fresh food accessible. In the summertime it is easy: Fresh tomatoes, peaches and blackberries

are at our fingertips and require no cooking to satisfy. They sit on the table and are plucked up by anyone anytime without guilt or argument. This practice doesn't have to end with summer. In the fall, apples and pears can be at the ready, and other fresh, sliced vegetables can sit in the fridge waiting for snack time. Fresh feels good all year long.

Here's to prolonging the Zen of summer.

[Article Written by Casey Seidenberg for The Washington Post]