Taking Care of Your Joints and Bones!

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National Bone and Joint Action Week (Oct 12-20) focuses on disorders such as arthritis, back pain, trauma, pediatric skeletal conditions and osteoporosis. In fact, there are more than 100 different types of arthritis and related conditions. These conditions affect more than half of the American population over the age of 18. One in three people over the age of 18, require medical care for musculoskeletal conditions each year. In fact, bone and joint conditions are the most common cause of severe long-term pain and disability worldwide, affecting hundreds of millions of people.

Chances are, either you or a loved one is impacted by some form of the above conditions. If so, you may wonder what you can do, besides medications. According to Marcy O’Koon, Senior Director of Consumer Health, Arthritis Foundation: “Staying physically active and managing your weight – losing weight, if needed, or staying at a healthy weight -- are key principles of osteoarthritis care. Those strategies may sound too simple to be effective, but they are proven as powerful ways to reduce pain and stay mobile.”

One recommendation includes the very popular workout known as HIIT or High-intensity interval training. According to a study published in Arthritis Research & Therapy, HIIT was shown to help participants not only lose weight and gain muscle, but they improved joint health without any increase in inflammation or pain. Additionally, researchers at Duke University in Durham, North Carolina, who enrolled 12 sedentary RA patients, most in their 60s, in a 10-week program of high-intensity interval walking. At the end of the program, participants reported feeling healthier.

Plus, it showed that their heart and lung health had improved, blood pressure, resting heart rate and depression all decreased and reported measures of RA disease activity, including tender swollen joints, declined by 38 percent. Although their study had some limitations, it does support the fact that moving more decreases overall pain and improves the health of participants. Here is a link to more information on arthritis-friendly exercises https://www.arthritis.org/living-with-arthritis/exercise/

Another factor that influences the occurrence of flair ups, including inflammation, is diet. Many foods, including highly processed foods and those with high sugar content, cause inflammation in the body which leads to increases in symptoms of many diseases, not just those that impact the joints and bones. An article found on the Arthritis Foundation website https://www.arthritis.org/living-with-arthritis/arthritis-diet/ provides insight into the best and worst foods for arthritis and includes tips on healthier eating.

Besides medication, other things that can help with pain include warm water, topical medications, making sure you wear the right shoes, meditation, heat/cold therapy, trigger point injections and many others. Ask your provider what other options are available to you.

If you want to know more and would like to get involved and become more active, the San Antonio chapter of the Arthritis Foundation is hosting their annual Jingle Bell Run on December 8, 2018. For more information go to JBR.org/sanantonio

References:
Arthritis Foundation website: https://www.arthritis.org/
https://www.usbji.org/programs/public-education-programs/action-week
http://blog.arthritis.org/rheumatoid-arthritis/ra-high-intensity-interval-training-hiit/
JBSA-Fort Sam Houston & Surrounding Area Information

Vogel Resiliency Center

Community Partners/ VRC Services - Front Desk: 210.539.1281/1282

Army Substance Abuse Program
⇒ Prevention & Education
⇒ Risk Reduction
⇒ Suicide Prevention

Health Promotion Operations
⇒ Coordination, Health Education, & Metric Analysis
⇒ Support to Battalion & Brigade level Health Promotion programs

R2 Performance Center
⇒ Resilience Training (MRT and In-Processing)
⇒ Performance Enhancement
⇒ Academic Enhancement

Chaplain Services/Spiritual Resiliency
⇒ Family Life Chaplain
⇒ Pre-Martial Workshop Counseling
⇒ Other spiritual resiliency services

Military Family and Readiness Center
⇒ Military Family Life Program
⇒ Personal Financial Readiness Services
⇒ Military & Family Life Counselor
⇒ Resilience Training (Family & Civilians)

Army Wellness Center
⇒ Health Assessment Review
⇒ Body Composition
⇒ Metabolic Testing
⇒ Fitness Testing
⇒ Health Coaching
⇒ Biofeedback

Nutrition Coaching
⇒ Individualized Counseling and Meal Planning
⇒ Sports Nutrition, Weight Management, Heart Health
⇒ Unit and Group Education

Public Health Nursing
⇒ Tobacco cessation & prevention classes
⇒ Unit-Level Performance Triad (P3) & Move to Health (M2H) training
⇒ Health education and community outreach

DON’T WAIT...VACCINATE!

October Flu Vaccination Schedule

THE FLU STOPS WITH YOU!

FOR: BAMC Staff, Active Duty, Retired & Beneficiaries
DATES: October 1-12, 2018 - NOTE: 8-October, Columbus Day, NO Vaccines will be administered.
LOCATION: Consolidated Tower (COT) at BAMC
HOURS: Monday thru Friday, 0730-2300 (7:30 AM - 9:00 PM)

FOR: BAMC Staff, Active Duty, Retired & Beneficiaries
DATES: October 15 - November 15, 2018
LOCATION: Consolidated Tower (COTD) at BAMC
HOURS: Monday thru Friday, 0730-1630 (7:30 AM - 4:30 PM)

FOR: All Beneficiaries
DATE: October 27, 2018
LOCATION: Children’s Health Fair - BAMC Medical Mall
HOURS: 0800-1200 (8:00 AM - 12:00 PM)

Ages Four Years and Up.

Please call the FluLine at 210.916.7FLU (210.916.7358) for updates on vaccination locations and Times for all Beneficiaries.