

HEALTHY HAPPENINGS

Prevent Osteoporosis with Aligned Posture

by Jessica Kisiel

Are you worried about osteoporosis? I am, as are many of my clients. Osteoporosis is a thinning of the bones, which increases the likelihood of fractures and can lead to disability and death. The diagnosis of osteopenia also denotes decreased bone mass and is a precursor to osteoporosis. Similar to high blood pressure, osteoporosis is a silent disease. You can have it for many years without knowing because there are no symptoms. The body doesn't warn you of the internal decline of your bones. Often the first sign of the disease is a bone fracture. And not all fractures are from a fall! Breaks can happen at any time due to bone weakness.

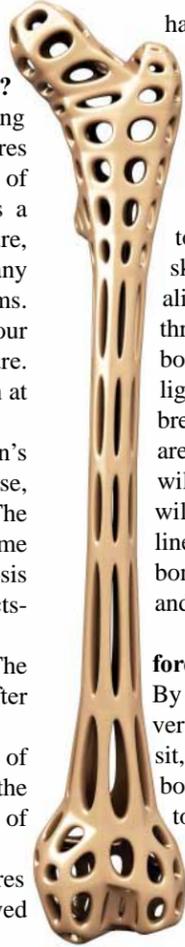
Although osteoporosis is often considered a woman's disease, men are not immune. As our lifespans increase, so does the incidence of men with osteoporosis. The International Osteoporosis Foundation provides some grim facts and statistics about men and osteoporosis on the website (<https://www.iofbonehealth.org/facts-statistics#category-15>):

About 20-25% of hip fractures occur in men. The overall mortality is about 20% in the first 12 months after hip fracture and is higher in men than women.

It is estimated that the residual lifetime risk of experiencing an osteoporotic fracture in men over the age of 50 is up to 27%, higher than the lifetime risk of developing prostate cancer of 11.3%.

In 2025, the estimated number of hip fractures occurring worldwide in men will be similar to that observed in women in 1990.

Is misaligned posture a risk factor for osteoporosis? Not officially, but it is in my opinion. Your bones are stimulated to strengthen through movement. Weight-bearing exercise is the preferred form of activity to build bone. This was determined by studying astronauts. Living in a gravity-free environment, astronauts lost bone at an accelerated pace. Bone density declined at a rate 12 to 24% faster than that of normal aging while in space. Studies



have also found that weight-bearing athletes who stress their bones with numerous powerful jumps and heavy weights such as basketball players, bodybuilders and gymnasts had bone densities 30% higher than non-active controls (Fehling et al. 1995).

So, exercising in gravity is essential to strengthen your bones. But what if your skeleton is not straight? If you are not in vertical alignment, the constant pull of gravity will be sent through your soft tissue instead of through your bones. This will over stress your muscles, tendons, ligaments and fascia, which can cause strain, breakdown and pain in the body. If, however, you are lined up against gravity, the downward force will be transmitted through your bones and they will be stimulated to grow stronger. The bottom line: if you are not aligned when you move, your bones will not receive the needed stimulus to build and, instead, will decay.

How can you take advantage of gravitational force to build your bones?

By aligning your posture! If your bones are vertically stacked one atop another when you sit, stand and move, you will be enhancing your bone density all day long. Improve your posture to prevent osteoporosis by attending Posture Fitness class. Your first class is free!

Class Details

Mondays @ 11:30 am – 12:30 pm
Moab Recreation and Aquatic Center

Investment: \$10 /class or \$45/5-punch card

Jessica Kisiel, MS, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Learn more by signing up for her newsletter, <http://www.thepfathlete.com>.

The Pain Free Athlete



1st Class

Free

Mondays 11:30

Posture Fitness Class

Moab Recreation & Aquatic Center, 374 Park Ave.

Drop-ins are welcome anytime!

505-412-3132

www.thepfathlete.com

Moab Yoga Classes

Monday

8:15-9:30am All Levels Vinyasa with Jill
10:00-11:30am Gentle Yoga with Star
Noon-1pm Power Yoga with Arne
5:30-6:45pm Yoga Basics with Lily
7:15-8:30pm Yin/Restorative

Tuesday

9:00-10:30am Gentle Yoga with Star
12:00-1:00pm Hatha Yoga with Lily
5:30-7:00pm Yoga with Porscha

Wednesday

9:00-10:15am All Levels Yoga with Meagan
NOON-1:00pm Strong Vinyasa with Michelle
4:00-5:00pm Exploratory Tai Chi with Drew
5:30-6:45pm All Levels Yoga with Kristi
7:15-8:30pm Restorative Yoga for Healing with Jill

Thursday

9:00-10:30am Yoga with Porscha
12:00-1:00pm Lunch Flow with Chelsea
5:30-6:45pm All Levels Yoga with Chelsey

Friday

10-11am All Levels Pilates with Jenny
3:30-4:45pm All Levels Yoga with Dylan
5:30-6:45pm All Levels Yoga with Dylan

Saturday

8:30-9:45am All Levels Yoga with Arne
10:15-11:30am Vinyasa Flow with Jill

Sunday

9:00-10:15am All Levels Yoga with Kristi

More Health Opportunities

Posture Fitness Class- every Monday at 11:30am through December 11th with certified wellness professional Jessica Kisiel. Jessica is certified by the Postural Restoration Institute and Egoscue University. Learn more by signing up for her newsletter at thepfathlete.com/subscribe. See article at previous page.

Sheng Zhen Healing Gong- a moving and non moving meditation class for self healing, every Tuesday with certified teacher Lisa De Rees from 1:00-1:45 PM, by donation, at the Grand Center Vitality Room, 182 North 500 West. 435-260-9678

Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home, every Tuesday & Thursday 5:30pm, Saturday 10am. Teacher: Gregory Lee Hood and Music Sound Therapist Annette Kearn, PhD. For info: 713-817-7859

Zumba with Aileena- 8:30pm on Tuesday, 7pm on Thursday at the Moab Arts & Recreation Center, 111 E. 100 North. For info: 435-259-6272

All Levels Sheng Zhen Gong- is a moving & non-moving meditation class for self-healing, every Thursday with certified teacher Don Leathers from 5:30-7pm, at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

Nov 2 Aches, Pains, & Injuries: Natural Perspectives on Pain Management- there is often a web of influences that happen to create chronic structural pain & inflammation, likewise, there are a web of interventions that can be beneficial on the road to recovery. In this class we will cover topical herbs, internal herbal medicine, & dietary changes that can help the musculoskeletal system & connective tissue heal & regenerate. 6-7:30pm at Moonflower Cooperative, 39 E. 100 North. To sign up: 435-259-5712

November is National Hospice and Palliative Care Month

By Jessica Walsh, Grand County Hospice Director

Being diagnosed with a terminal illness can be a completely overwhelming experience. Depending on where an individual is in life, it can be an extremely emotional and spiritual process, on top of potentially debilitating physical symptoms. Developing and nurturing a trusting relationship with your physician is the key to laying a foundation for quality of life at the end. As the Director of Grand County Hospice, a local non-profit, I often see individuals and their families coming to us for help when death is very near. It is important to realize that hospice services can be utilized much, much earlier than that. The knowledge and care that can be provided by a hospice team is invaluable to those dying and their families. Early conversations with physicians about end-of-life preferences and services often lead to earlier hospice referrals. Given enough time, trusting, therapeutic relationships between your physician, the hospice team and you and your loved ones can be established resulting, ideally, in peace, acceptance and comfort.

Leading experts in end-of-life care at the National Hospice and Palliative Care Organization recommend that individuals spend at least 90 days on a hospice service to receive the optimal amount of care. The full six months allowable is even better. Unfortunately, the median hospice stay is 20.6 days. Many families who had loved ones with short hospice stays have reported wishing they had had more time in hospice care. We get constant feedback from our families that they "could not have done it" without us and express extreme satisfaction with the hospice service.

There are many barriers to early referrals. Initiating a conversation with your family or your doctor about your



own death is not exactly easy. Discomfort and hesitancy can create resistance and ultimately end in a chaotic, last minute hospice admission. If possible, anticipating the need for hospice services early can allow for a death with dignity while creating a web of support for your loved ones as you move on. If you find yourself in this position and your physician does not broach this topic, I want to strongly encourage you to advocate for yourself. This is your life. You have control of what the end could look like. Face it bravely and have the courage to create the experience you would like. I know the physicians in this community well. They are more than happy to speak with you about this, and even more willing to support you on your journey.

Most insurances cover 100% of Hospice Services. Medicare has a very comprehensive benefit covering Physician, Nursing, Social Work, Volunteer and Spiritual Counsel Services, as well as medications and any necessary medical equipment at no charge to the individual.

I have witnessed the magical transformation in people from fear and denial to peace and comfort. It is overwhelmingly beautiful. I want more people to experience that. People are dying in this community whether they are on hospice or not. I cannot imagine that hospice isn't the better choice. And the sooner the better.



Are you a practitioner of the healing arts?
Place your ad in Moab Happenings and reach thousands of readers each month.
Your ad also includes a presence on our great website and a link to yours!
259-8431