

Tips & Tricks: Managing Holiday Stress

For most of us, the holidays can bring both moments of great joy and overwhelming stress. From the family dynamics of Thanksgiving dinner to the smiling faces on Christmas morning, the financial demands and crazy social schedule it takes to get there can be enough to make anyone feel overwhelmed. But there are some things you can do to help manage stress and keep your sanity during the most wonderful time of the year:

1. Be realistic. Remember everything doesn't have to be perfect and it's ok to cut yourself (and others) some slack. Put your energy into creating memories, not masterpieces.
2. Plan ahead. Designate specific days for baking, shopping and other tasks. Plan your menus and then make your grocery list to help prevent rushing around last minute for forgotten items.
3. Stick to a budget. Decide what you can afford to spend on gifts and food and then stick to it.
4. Put aside differences. Be accepting of your loved ones and set aside your differences, at least until a more appropriate time to discuss them.
5. Learn to say no. You don't have to say yes to every activity you're asked to attend or participate in. Saying yes when you shouldn't can leave you feeling overwhelmed and even resentful.
6. Make time for yourself. In all the hustle and bustle of the season, it's important to take a breather and get some alone time. Take a walk, get a mani/pedi or just find a quiet place and read a book.



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FALL INTO THE HOLIDAYS!

Although it's hard to tell by the current temperatures here in Central Florida, we are now over a month into the Fall season and the holidays are in clear sight. Accompanying the holidays are all the family, festivities and food that we all love and anticipate each year. For some of us, the holidays also bring the stress, strains and overindulgences that take a good part of the coming New Year to recover from. But it doesn't have to be this way! This edition of *SpineTimes* includes tips and tricks to manage holiday stress, healthy holiday eating strategies and how to make the right resolutions that are **gasp** actually possible to keep. We hope these holiday tips help you maneuver through the upcoming months with ease and lead you to start next year healthier and happier.

In this edition we also cover everything you need to know about Osteoporosis – from the causes and risk factors to detection and treatment. According to the International Osteoporosis Foundation, Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million women and men aged 50 and older in the US alone. Could you be one of them?

While you're here, don't miss the other topics we've packed into this quarter's newsletter - information on healthy habits to help build and maintain strong bones, tips on how to stay active when the temperatures drop outside and more.

We hope you enjoy falling into the holidays with us here at Spine Institute of Central Florida. We wish you and yours a wonderful holiday season and hope it's the hap-hap-happiest one yet!

A Word from Our President and Medical Director

Welcome and thank you for choosing Spine Institute of Central Florida (SICF) for your spine health and orthopaedic needs. We are committed and passionate about providing the most comprehensive care to our wonderful community.

On behalf of everyone here at SICF, I would like to wish you and your family a safe and happy holiday season and a prosperous new year!

~ Dr. Chukwuka Okafor



Meet German Marulanda, MD a Fellowship Trained Orthopaedic Spine Surgeon here at Spine Institute of Central Florida. Dr. Marulanda is an expert in the treatment of all spine related traumas, reconstruction and disorders. He has extensive training in all aspects of spine surgery, including the most advanced and complex procedures for treating neck and back disorders, spine trauma and spinal cord injuries.

Dr. Marulanda completed medical school at the Universidad El Bosque in Bogotá, Columbia. He was then accepted into the Orthopaedic Surgery Residency training program at the University of South Florida. Following completion of his residency, he completed a Complex Spine Surgery Fellowship at Moffitt Cancer Center and Florida Orthopaedic Institute.

Dr. Marulanda is active in research and has published extensively. He has presented his work around the country and authored numerous peer-reviewed publications and book chapters on the diagnosis, treatment and rehabilitation of orthopedic care issues.



Dr. Marulanda treats all of his patients as if they were close friends and is dedicated to providing the best care for them. He employs the least invasive, most innovative and effective techniques to lead to the best outcome for each patient.

Provider Spotlight:

Dr. German Marulanda

Meet the Team

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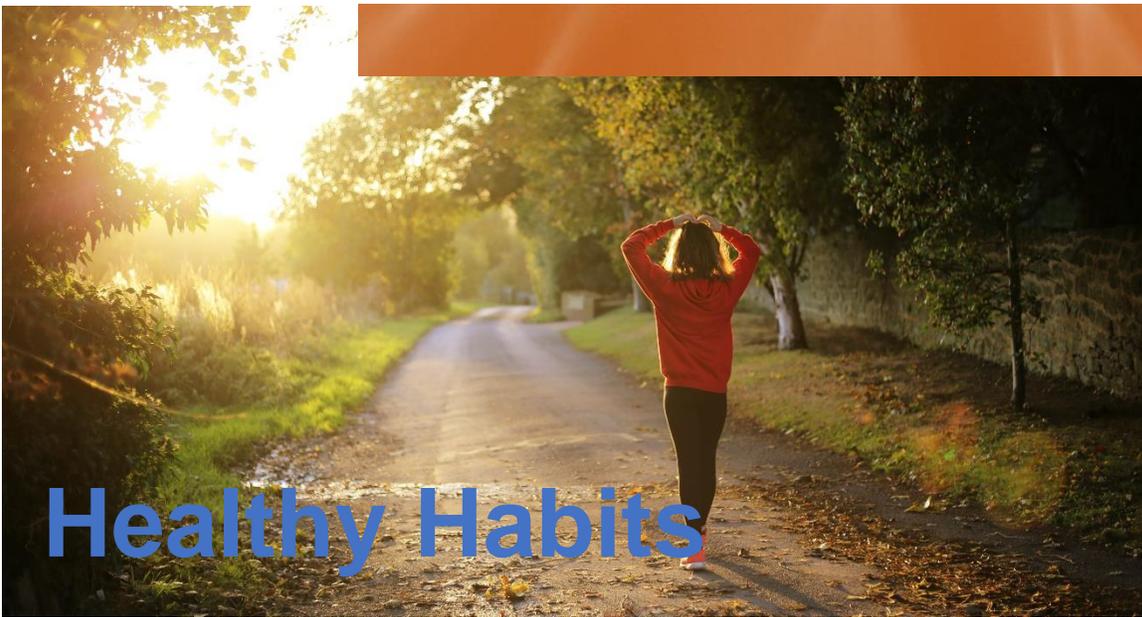
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Healthy Habits

Exercise isn't just good for your health, it's necessary to build and maintain healthy bones.

Most people are aware that regular exercise is good for your cardiovascular health, building strength and maintaining a healthy weight, but did you know that it's also essential in building and maintaining healthy bones?

Bone is a living tissue like muscle and it responds to exercise by becoming stronger. For most people, bone mass peaks between the ages of

25 & 30 and begins to decline slowly after the age of 35. The good news is that regular exercise, along with a proper diet, can combat bone loss.

There are several different types of exercise, all of which offer health benefits, but weightbearing and strength training exercises are the most effective for building strong bones. Weightbearing exercise includes anything that forces your bones and muscles to work against gravity such as running, dancing, tennis and jumping rope. Strength training exercise uses resistance

to build muscle strength. Lifting weights or doing push-ups, which use your own body weight as the resistance, are two examples of strength training. It is recommended that you get at least two and half hours of exercise each week to keep your bones strong.

Exercise is vital at every age for keeping your bones healthy and it is also important in the prevention and treatment of osteoporosis. You are never too young or too old to protect your bones and there's no time like the present to get started!

Staying Active During the Winter Months

Our mild winters here in Central Florida offer us the opportunity to continue spending plenty of time outdoors for exercise, while people in other parts of the country might prefer hibernating indoors, wrapped up on the couch, avoiding the outdoors until spring. In case you're not a Floridian, or so cold natured that even Florida's winters are too much, there's no reason to stop being active this time of year. There are lots of ways to stay active while staying inside! You could join a gym, walk at an indoor mall, climb stairs at home or work and even create an inexpensive home gym with hand weights and resistance bands.

If you are willing and able to get outdoors this winter, there are some advantages to exercising in cooler weather. The chill in the air can help wake you up and make you feel invigorated. And since there is little to no heat or humidity you may also be able to work out longer, which leads to burning more calories. Even a chore like raking leaves can be part of your weekly exercise quota. Everything frozen solid and covered in snow? Build a snow man and go sledding or ice skating with the kids – it's not only a lot of fun, it's also a great way to squeeze in your exercise.

If you need another reason to stay active this winter (aka cold and flu season), according to the CDC, exercise boosts your immunity and just a few minutes a day can help prevent simple bacterial and viral infections. Get creative to stay active and healthier this winter!

If you aren't sure what activities may be the best for you this season, talk to your healthcare provider or consult with one of our physical therapists on developing the best exercise regimen for your level of health and fitness.

How to Make & Keep New Year's Resolutions

Keeping your resolutions is possible, if you make the right ones.

According to research, approximately 60% of people make resolutions for the new year and only half of them keep them longer than a few months. Making the right resolutions is the key to sticking with them.

What makes a resolution right you ask? The right resolution is realistic and specific with clear and measurable goals. To explain let's use weight loss as an example resolution. Weight loss is achievable with diet and exercise, but the weight loss goal must be realistic.

I want to lose 20 lbs. is a realistic goal while *I want to lose 20 lbs. by next week* is not. *I want to lose 20 lbs.* is also a specific goal but planning to do so by losing 1 – 2 lbs. per week over the next 4 months is a clear, specific and realistic goal. Once you've made the right resolution for your weight loss goal, you can measure your progress by weighing weekly.

Another important part of sticking to your resolutions is not getting discouraged if you slip up. It happens to the best of us and if you're willing to try again the next day you can achieve your goal!

Everything you need to know about Osteoporosis.

Osteoporosis is sometimes called “the silent disease” because easily breaking a bone can be the first noticeable sign that you have it.

Osteoporosis is a degenerative bone disease that occurs when the body loses too much bone, makes too little bone or both. Bones become less flexible, weaker and easier to break because of the condition. To better understand osteoporosis let's start by learning a little more about bones.

Bones are living tissue. Over the course of your life, old bone is removed by resorption and new bone is added by formation. Up until you reach a certain age, during what are considered your bone-building years, your body adds new bone faster than old bone is removed. This results in larger, stronger and denser bones. The desired outcome of the process is to reach your peak bone mass before bone resorption slowly begins to exceed formation and you begin to lose bone mass. For most people, peak bone mass is reached between the ages of 25 & 30 and it very slowly begins to decline after age 35.

Osteoporosis, which is more likely to occur if peak bone mass isn't reached during the bone-building years, develops when bone resorption happens too

fast or bone formation is too slow. Although it can strike at any age, the risk of getting the disease grows as you get older simply because the longer you live the less bone you will have. But this doesn't mean that all older people will develop osteoporosis and there are certain risk factors linked to the disease. Some of the risk factors are controllable such as smoking, excessive alcohol consumption, poor nutrition and an inactive lifestyle. The uncontrollable risk factors are genetic, hereditary or medical and include your gender, family history and having an autoimmune disease. For more in-depth information on both types of risk factors please see the column on the right.

Now that you know what osteoporosis is and what can cause it, let's cover symptoms, detection and treatment. As mentioned earlier, osteoporosis is sometimes called “the silent disease” because you can't feel the bone loss and easily breaking a bone can be the first symptom. A loss of height or change in your posture, such as stooping over, are other early

symptoms of osteoporosis. To detect the disease a bone density test is normally used by your doctor to assess your bone strength. The most common and standard type is a dual-energy x-ray absorptiometry scan, known as DXA. This test measures the levels of bone density in certain parts of your body, like the spine or hips. It then provides a number that is compared to the levels of other people the same age, race and body build to determine if you have osteoporosis. If diagnosed, the treatment plan will vary depending on what is causing the loss of bone, but all comprehensive programs will include a focus on proper nutrition and exercise as well as how to prevent falls that could lead to more fractures. If you have lost a lot of bone density, your doctor may also prescribe medication based on your specific needs that will either slow bone loss or help rebuild bone.

If you have symptoms or are concerned about your risk of developing osteoporosis be sure to discuss it with your health care provider.



OSTEOPOROSIS RISK FACTORS

Certain risk factors are associated with developing osteoporosis and can add to the likelihood that a person will develop it. Some of the risk factors are controllable and some are uncontrollable.

Controllable Risk Factors -

- Smoking: bad for bones and causes cancer, which directly causes osteoporosis
- Alcohol: excessive alcohol consumption can prevent the body from absorbing calcium, which helps build stronger bones
- Nutrition: eating a well-balanced diet is important for healthy bones; calcium, vitamin D, magnesium, potassium and vitamin K are just a few of the many minerals and vitamins important to bone health
- Lifestyle: an inactive lifestyle and not getting adequate exercise leads to weak and unhealthy bones

Uncontrollable Risk Factors -

- Gender: women have a greater chance of developing osteoporosis, especially after menopause
- Genetics/Hereditry: if you have a family history of osteoporosis or other related conditions you are more likely to develop the disease
- Ethnicity: White and Asian women have the highest risk of developing osteoporosis
- Autoimmune Diseases: some medications used for treatment can increase the risk, along with the direct effect on the body from inactivity due to pain (like with lupus or rheumatoid arthritis).

Lightened Sweet Potato Casserole

This lightened version of the classic sweet potato casserole is topped with both marshmallows and pecans, but still comes in at under 200 calories per serving.

Ingredients:

2 1/2 pounds sweet potatoes, peeled and cut into 1-inch cubes
3/4 cup packed brown sugar
1/4 cup butter, softened
1 1/2 teaspoons salt
1/2 teaspoon vanilla extract
1/2 cup finely chopped pecans, divided
2 cups mini marshmallows
Cooking spray

How to Make It:

Step 1 -
Preheat oven to 375°.

Step 2 -
Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

Step 3
Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden.

Recipe from Alison Ashton (November 2017)
www.cookinglight.com

Eat, Drink, Be Merry

Healthy Holiday Eating Strategies



The holiday season is chock-full of temptations from festive party food to fancy drinks. Studies show that each year the average person gains 1-2 lbs. during the holidays. That pound or two doesn't sound so bad, but the fact that most people never lose it and instead add to it each year is where the problem lies. So how can you enjoy yourself this season without overdoing it and gaining weight that you may never lose? Making an effort to eat mindfully and following other healthy eating strategies can make all the difference.

Mindful eating is as straightforward as eating only what you really like and savoring your food. When you take the time to slow down and appreciate each bite it helps keep you present in the moment. As a result, you eat less and enjoy your meal more. When you eat while doing something else, like

watching television, the distraction will likely take your attention off your meal. This makes it easy to miss the cue that you're full and leads to mindless eating.

One common pitfall to avoid during the holiday season is skipping meals during the day in an attempt to *save up* calories for a party or feast later in the day. This almost always leads to making poor food choices at the event and overindulging. A better strategy is to eat as you normally would during the day and even have a small, healthy snack before heading to the party. This keeps you from arriving famished and eating everything you can get your hands on.

Since most holiday parties and meals are served buffet style it can be challenging not to overdo it when fixing your plate, but if you come armed with a plan it is possible not to. Take a look at the spread before you grab your plate and decide which dishes are on your holiday must have list. Use portion control for the entrees and aim

for filling half your plate with veggies. When you do sit down with that glorious plate of your favorite foods don't forget to be mindful while you enjoy it.

It takes your brain 20 minutes to get the signal that you're full, so wait before you go back for seconds and give your brain a chance to register whether you are still hungry. This is also a good strategy to be sure that you leave a little room for your favorite dessert.

After you are finished eating, avoid falling into a food coma and get up and move around. Take a walk or help clean up while you catch up with family members and make those memories!

The holidays bring us together with some of the best things in life – family, friends and food, all of which should be thoroughly enjoyed. You don't have to avoid every indulgence this season to stay healthy, just be sure to enjoy them in moderation. Aim for balanced, mindful eating and you'll head into the new year healthier and happier.

Cheers to You!

Sipping Smarter During Holiday Festivities

How to keep the calories at a minimum and avoid a killer hangover if you imbibe.

If you're going to drink, it's a good idea to alternate between water and alcohol. This will not only minimize intake, but also cut down on calories and help keep you hydrated. Staying hydrated is a big part of avoiding that dreaded headache the next morning. Never drink on an empty stomach - you'll either end up trying one of everything at the buffet or raiding your fridge before bed.

If you're a beer drinker, it's worth noting that a lower alcohol content usually means less sugar which translates to less calories. If spirits are more your style, clear liquors like vodka or gin are better for avoiding a hangover when compared to darker liquors like whiskey or brandy. Try mixing them with no-calorie seltzer water and a squeeze of citrus or go for a flavored vodka instead of choosing sugary mixes that are loaded with calories. Prefer a glass of wine instead? The lower the alcohol content the less calories it will contain. As a general rule, white wines are lower in alcohol and calories than reds. And as always, moderation is the key.

Types of Orthopaedic Imaging

Diagnostic imaging techniques are used to help physicians determine the cause of various conditions within the body.

Orthopaedic patients are often asked to obtain images so that an injury or ailment can be better understood. These images help the doctor see a picture of what's going on inside of your body to more accurately diagnose and treat the problem you are experiencing. The most common types are x-rays, computed tomography scans and magnetic resonance imaging.

X-RAY: An x-ray is the most basic type of image your orthopaedic doctor may request. They use a small amount of radiation to capture a two-dimensional view of bones and joints. X-rays are fast, easy and widely available.

CT SCAN: A computed tomography (CT) scan is very similar to an x-ray, but it combines a series of x-rays with computer technology to offer a more detailed and cross-sectional image of the area.

MRI: A magnetic resonance image (MRI) uses a magnetic field, radio waves and a computer to create high-resolution images. It can be used to scan your bones or soft tissues like muscles, tendons and nerves.

Sport Spotlight: Basketball – Stay Safe on the Court

Basketball is a fast paced and exciting sport. Dribbling down the court as quickly as possible while dodging and colliding with other players who are jumping, pushing and swatting to try and get the ball before switching directions and doing it all over again, provides ample opportunity for injury. According to the American Orthopaedic Society for Sports Medicine, it is estimated that more than 1.6 million injuries are associated with basketball each year. The most common injuries are sprained ankles, cuts and bruises, jammed fingers, knee injuries and overuse injuries. As with any sport, there are actions you can take to stay safe and prevent injuries on the court – from the play area and equipment to fitness and technique.

The game itself provides plenty of risk, so checking for hazards like holes or debris if playing outdoors and making sure an indoor court is clean and dry before the jump ball is a good habit if you aren't playing with an organized team where a coach or referee would handle this step. You should also wear basketball shoes that fit properly and are non-skid. A mouth guard will protect those pearly whites and ankle supports will provide the extra help already weak ankles may need. Maintaining your fitness during the off season and having a pre-season physical performed is important and will ensure you are ready to hit the court when the season starts. Always take time to warm up and stretch prior to the first buzzer and drink plenty of fluids before, during and after the game for proper hydration.

Practicing proper technique and good sportsmanship during all four quarters is another step to help protect players from unnecessary injuries. If you are injured, make sure to notify the team trainer or see your healthcare provider right away so that the injury can be properly treated. Lastly, be sure to give any injuries you do sustain the necessary time to heal to avoid causing additional damage.

Did You Know?

Humans and giraffes have the same number of neck vertebrae. Although the size of each vertebrae is much larger in the giraffe when compared to humans, we both have 7 vertebrae in our necks.

Upcoming Events

- November 15th – American Cancer Society Great American Smokeout
- November 16th through December 14th – Inaugural Toy Joy Drive
- November 22nd – Thanksgiving Day (Office Closed 11/22 & 11/23)
- December 25th – Christmas Day (Office Closed 12/24 & 12/25)
- January 1st – New Year's Day (Office Closed 12/31 & 01/01)
- January 21st – Martin Luther King Jr. Day

Contact Us

We'd love to hear from you! If you have any topics you'd like to see covered in our newsletter or questions addressed in our Ask the Doctor features, please drop us a note in our suggestion box. You may also email us at info@SpineInstituteFL.com or find us on Facebook at www.facebook.com/SpineInstituteFL.

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