

# Exercise: Overcoming Your Inner Couch Potato



VANTAGE  
physicians



The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not!"  
--Mark Twain

How many of you have come away from your annual physical with an earful of advice from your doctor with a similar sentiment in your mind? The more we read up on healthy habits, the more diet books we buy, the more frustrated and overwhelmed we can feel. It's easy to develop a defeated "why bother" attitude when the task of improving our health is made to look like a full time job by the juggernaut of a media and publishing empire dedicated to selling you stuff!

This issue of the Vantage Voice is coming to you at a time when the air is warming, maybe even drying out a bit, the leaves and flowers are busting out everywhere and even the most dedicated couch potatoes are lured outside by lawnmowers and summer barbecues. This is the perfect time to discuss strategies for making a little exercise a part of our routine. Do you need a support group or club membership to remember to brush your teeth? Well, maybe for flossing, but in general this is an intrusion into our free time that most in Western society have accepted as habit. We don't "fall off the wagon" for showering or bathing regularly! How can we slip a little exercise into these accepted routines as well?



Between 1999 and 2003 the AARP conducted a massive telephone survey of its membership on the topic of exercise. Their conclusions and findings were not surprising:

- We all have good knowledge of how to exercise and why
- We are motivated by *reasonable* role models, not the body building, aerobicizing gurus on TV
- Exercise is viewed as **hard** and we need constant affirmation to begin.
- Walking is the preferred exercise for starters.

The AARP also tallied the top six reasons for not exercising:

- Fatigue
- No time
- No convenient or affordable club
- Business due to family obligations
- Boring when done alone
- Hard to fit into daily routines.

The top three reasons for starting an exercise program:

- Vanity (think swim suit season)
- Pride (when you can no longer "suck it in.")
- Fear (a motivation with a short shelf life!)

The best predictors of success:

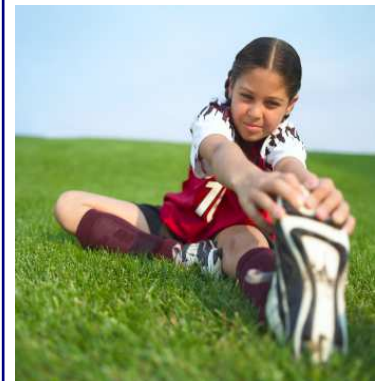
- A positive outlook
- Friends with well established healthy behaviors
- Exercise buddies for competition and socializing
- Starting with a specific goal broken down into smaller goals

The National Institute on Aging also identified four basic areas of fitness that are thought to be important for a long, healthy and active life:

- Endurance
- Strength
- Balance
- Flexibility

With these findings in mind, if you are eyeing the warming weather and remembering a long lost New Year's Resolution try a few of these ideas:

- **Get exercise into your routine.** Pick an organized part of your day and put on comfortable shoes and a watch (and maybe grab an umbrella.) Open the front door. Walk briskly five minutes away from your home and five minutes back. In less than the time it takes to shower and brush your teeth you have just established an exercise routine. There is always time to build on that success but until it's habit just keep it simple!
- **Find a friend.** It is rare to find someone who can always fit into your schedule but maybe you can make a commitment to walk, swim, or play one-on-one basketball once a week. This makes it harder to "fall off the wagon" for long periods of time.



- **Check out opportunities in the community for building strength, flexibility, and balance** like a weekly yoga or tai chi class at the Olympia Center through the Olympia Parks and Recreation department. Many local classes do not require costly club membership but rather charge a low "drop in" or class fee.
- **STOP** buying how-to books, muscle building supplements, and expensive exercise gear. The only person that can exercise your body is YOU and it is better to succeed on a small scale and build on your own successes than to strive for the miracle results that might land you on the back page of an ad in Oprah's magazine!

Good luck and get going!



# VANTAGE

## Clinical Research Group

### VCRG: “They are Us..... Sort of

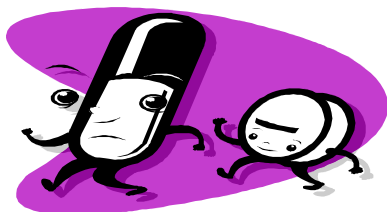
Many of you have asked us if we are connected in any way to the Vantage Clinical Research Group, or VCRG, that has moved into Dr. Merchant’s former office space next door. The answer is “yes” . . . sort of. Dr. Kershishnik and I have worked for several years in the area of clinical trials. Only recently, however, have we been able to acquire office space with the visibility to attract your notice. VCRG is a completely separate endeavor from our medical practice at Vantage Physicians.

### Why research?

Long ago as an undergrad, I had a vision of myself as a research scientist. This vision actually propelled me into my career in medicine as I made the observation that the biggest research grants seemed to go to the M.D.’s and not the PhD’s. Somewhere along that path, however, I fell in love with simply taking care of patients, enjoying the relationships and complexities of Family Practice. Clinical research allows me to satisfy that early itch – the desire to be there for the next big advance, to be part of the march forward in fighting disease.

### What are you studying?

No worries, we’re not cooking Ebola virus next door! In clinical research done in the outpatient (doctor’s office) setting we are usually doing the last round of studies on safety and effectiveness of various medicines that get submitted to the FDA before a drug gets approved. Before they reach this setting they have already passed several other rounds of safety testing and our protocols are just to put the finishing touches on the data submitted. Companies will also study their drug *after* FDA approval if they want to test it for a different use or “indication.” For example, a medicine that is supposed to be used daily may want approval to be used just “as needed.” To do this, a company would need a study to prove that they were just as effective when used every now and then as opposed to every day. That’s where we come in.



## LOOKING FOR VOLUNTEERS WITH:

**CONSTIPATION**  
**ATRIAL FIBRILLATION**  
**DIABETES**  
**HIGH CHOLESTEROL**



**TO PARTICIPATE IN ON-GOING AND UP-COMING TRIALS:**

**CALL GRETCHEN AT 360.459.5515 OR TALK WITH YOUR PHYSICIAN FOR MORE INFORMATION.**

**PLEASE NOTE: YOU DO NOT NEED TO BE A MEMBER OF VANTAGE PHYSICIANS TO PARTICIPATE.**

### Where do the study volunteers come from?

Volunteers are the key ingredient and the strength of this type of research. They need to be from the real world and not just from big cities and research hospitals. Our volunteers lead everyday lives, eat regular food, work regular schedules just like the folks who will eventually be taking these medicines. They typically receive a full exam and blood testing, receive treatment at no cost and often receive some money to cover time and travel expenses. But most who participate in these studies do so out of the desire to learn more about their condition and possibly help other people like themselves. Some of you have heard about studies by talking with your physician or through the fliers we post and many of you have already participated. Other volunteers come from other medical practices in the community. Occasionally a study is for a problem so common that a simple ad in the newspaper is all that is needed to notify potential participants. If you think someone you know may be interested, you may certainly let them know about our studies as well.

### Should I volunteer?

We couldn’t answer that question for you any more than we could tell you which kind of music you enjoy. We post information about the studies we are doing or bring them to your attention simply to keep you informed. You shouldn’t think twice about declining if you have any reservations. The information we give you about clinical trials is informative but is not the same as the *medical advice* that we give to you and hope that you follow. Participating in a study is a personal decision and one that our research coordinator Gretchen would be happy to discuss with you.

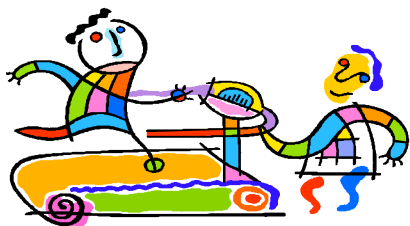
### What’s in the pipeline?

We are currently enrolling volunteers in studies for those with atrial fibrillation that may need to be on a blood thinner and for otherwise healthy but constipated people. We will also soon be enrolling volunteers in a study for diabetes and high cholesterol.

Dr. K has graciously granted me a little corner of her subsequent newsletters to keep you all informed as to the goings on “next door.” Feel free to wander in and sit on VCRG’s new couch. We think you’ll find the refreshments are better at Vantage Physicians but our ambience is not half bad!

Patrick Ogilvie, MD

## Plan Ahead



Now that summer is officially here we are seeing fewer patients for sick visits and the office is a little quieter than during cold and flu season. Now is the perfect time to **schedule an annual physical** if you are due. We think that each of you should take advantage of your membership to come in for one yearly check up to discuss all that preventive medicine has to offer. See below for new opportunities with your physical as well.

For physicians, spring and summer are not too early to be thinking about *next year's flu season*. As you may know, vaccine supplies have been irregular and last year many offices were unable to provide for their patients. At Vantage Physicians, we have done our best to ensure a supply of vaccine by placing our name on a nationally registered waiting or reservation list. This still does not guarantee that we can obtain vaccine until production has begun for next fall. We will continue to keep you updated on vaccine availability and to recommend that everyone get their flu shot!



### FOR FAMILIES OF SCHOOL AGE ATHLETES



*Remember that fall sports require **sports physicals** before participation! Schedule your sports physicals now and beat the rush.*

## WHAT'S NEW!

At Vantage Physicians we take very seriously our mission to work *directly for you* the health care consumer. With that mission in mind, we are continuously attempting to improve our services and accessibility. Here are a few more ways in which we hope to benefit our members:

- We are working with our local fire departments to provide **state-of-the-art wellness physicals** for their firefighters. As a result of these efforts, we have acquired equipment for testing lung function (spirometry), hearing (high quality audiometry), and percent body fat (body composition analysis.) Although these tests are not considered part of a routine physical we would like to make you aware of the opportunity to have these added to your next physical. These are included in your membership. *Please let us know if you desire these additional tests in advance as they will require extra time to perform and interpret.*

- **Our website** is currently under construction! We are working with our electronic health records provider to create a link for viewing portions of your medical records from the website. We hope you find it helpful and welcome your suggestions on how to increase its usefulness. We will be including **testimonials from current patient members** on the website as it will also serve as an introduction to our practice for those interested in joining. If you have a story to share about your experiences as a Vantage patient thus far, please feel free to drop by a written comment or email Dr. Ogilvie or Dr. Kershisnik.
- We are aware of some failures in the phone service provided to us by Qwest. They have assured us that the system flaws leading to our phone's "down times" have been corrected, but in life nothing is perfect. With that in mind, we would like to provide you with a direct line to our answering service should you be unable to reach us during business hours. Please save this number with

other emergency numbers in the event that technical or electrical problems interfere with your ability to reach our practice.

**1-866-861-1202**

As we check the messages left with this service only two times a day, please follow the prompts to have your physician *paged* by the service. You may be the first to let us know the phone is not working!

- We now have the technology to include **a photo of you** in your electronic chart. We will be implementing this as you come in for well check ups. We decided that taking pictures of you on a sick day was just plain cruel! We will be politely asking you if you have time for a picture and you may certainly decline if you have any objection. The photos in the chart will make it possible for a new or substitute staff member to quickly get to know all our patients and improve our ability to provide the personal care we hope you have come to expect.

If you would like future publications of this newsletter emailed to you, please call us at 360-438-1161 or email your physician:

Dr. Ogilvie:

[pdo@vantagephysicians.net](mailto:pdo@vantagephysicians.net)

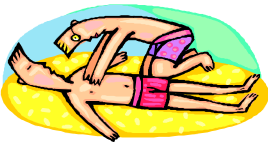
Dr. Kershisnik:

[ekk@vantagephysicians.net](mailto:ekk@vantagephysicians.net)

## Kudos!!

### Patty Bell-Fritz, RN

Has successfully completed her recertification in the latest CPR updates.



### Tish Nerio

Is a first time homeowner (if you haven't heard already!)



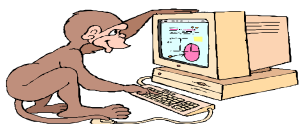
### Dr. Kershisnik

Was published in the Journal of the Washington Academy of Family Physicians on the topic of "The Joy of Family Medicine."



### Stephanie Juhnke

Has completed certification in medical transcription



## Natures Tasty Treats

Berries really are gifts from nature. If you have ever had the pleasure of picking berries right from a garden or gathering wild berries in the woods, you already know how delicious berries are.

Yummy! The most popular berries are naturally sweet, and don't require much effort to make them into a tasty treat.



Berries are fabulous when they are served whole, without anything added, but for a little flair, try serving a mixture of your favorite berries with just a touch of whipped cream and nuts. Another way to serve them is to sprinkle a bowl full of berries with granola and add a splash of half and half. Berries can be combined with other healthy foods such as whole grain muffins and bread, just add them as baking ingredients.



Remember berry season is right around the corner! Talk to your doctor about the benefits of berries and ENJOY

Mary Ogilvie, RN