



TO YOUR HEALTH

Volume 27, Number 6



June 2022

YOGA AND BONE HEALTH

*By Karen Roy, Director of Aquatics and Fitness
and the CWV Fitness Team*

Osteoporosis is a bone condition that causes the deterioration of bone tissue. Over time, this condition causes bones to become thinner, more brittle, and more likely to fracture. Fortunately, there are ways to prevent and help manage osteoporosis. In addition to nutrition strategies and medication, experts recommend regular weight-bearing and muscle-strengthening exercises to help build and maintain bone mass.

Yoga is one such physical practice that has been shown to improve agility, strength, posture, and balance, which can help reduce the risk of falls and fractures. The weight-bearing poses are also helpful in maintaining or improving bone strength. Dr. Loren Fishman is a board certified physician and the Assistant Clinical Professor of Rehabilitation and Restorative Medicine at Columbia University Medical School. His private practice specializes in the medical application of yoga practice. His many studies have found that yoga can even reverse osteoporotic bone loss.

The word "osteoporosis" means "porous bone." Bones naturally have a sponge-like structure that allows them to absorb the pressure of everyday movement. When osteoporosis develops, the "holes" of the sponge become larger and greater in number, reducing overall bone mass. This loss of bone mass weakens the bone. The loss of strength can go unnoticed until a fracture occurs.

Yoga is a mind-body practice that combines physical postures, breathwork, and meditation. The controlled resistance used in yoga poses puts pressure on bones and strengthens them.

The push and pull between the muscles and bones cause the body to produce more bone-making cells (osteocytes), thus improving bone density as you age.

These physical benefits are especially helpful for people with osteoporosis because improved coordination and balance can help prevent falling, which is the main cause of fractures in people with osteoporosis.

Yoga also uses weight-bearing movement—that is, moves that make your body work against gravity—which has been shown to encourage bone formation and increase bone strength. This can help keep osteoporosis from progressing.



Encouraging Tips to Begin Your Yoga Practice:

- Turn off all outside distractions.
- Be aware of your body and stop any movement if it causes pain or discomfort.
- Practice yoga and establish a regular routine at home.
- Work up your strength safely to classical poses.
- Be consistent; just 10 minutes per day can make a difference.

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- Use a soft yoga mat if performing floor poses.
- Sit up tall in a supportive chair if doing seated yoga.
- Slowly ease into each pose, making your best effort.
- If necessary, use props for support, balance, flexibility, and strength.
- Avoid excessive curving of the spine or forcing a twist with too much leverage of your arms.
- Avoid excessive weight-bearing on your hands and wrists before you are ready.
- Build strength slowly and smoothly.
- **Breathe often and enjoy!**

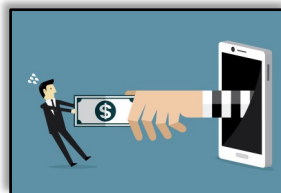


Seated Zoom Yoga

Currently, the Fitness Department hosts Seated Zoom Yoga with Helen on Thursday afternoons at 2:00pm. We hope to have Helen back in person in July. The day and time is yet to be determined so please stay tuned!

If you have any questions regarding yoga or other fitness offerings, please contact Karen Roy at extension 1393.

KEEP MOVING!!



Elder Fraud

By Maeve Lobo,
LICSW

Elder fraud is rife. According to the 2021

FBI Elder Fraud Report, technical support swindles are the most common. This accounted for over \$238 million in losses. Non-payment and non-delivery of goods are another source of income for scammers. Over three thousand individuals in Massachusetts were scammed in 2021. The majority of people being scammed are over the age of sixty.

Scammers will spend numerous hours and days contacting their victims. Over the phone they will develop a rapport with a potential victim. The best way to avoid any interactions with a fraudster is to screen your telephone calls. If you have caller ID, check the number before picking up the phone. Alternatively let the call go into voice mail. Government agencies like the IRS and Social Security will not call to obtain money over the phone.

Here are a few tips to protect yourself:

- Be extremely cautious of unsolicited phone calls. When in doubt terminate the call.
- Always resist the pressure to act quickly.
- Never send money to unverified people. Never give out your social security number or bank account information.
- Make sure the anti virus software on your computer is up to date.
- Be careful of the material you download on your computer.
- When in doubt please contact the Clinic. We are here to help you out.