

SPLASHMASTER

Volume 7 Number 5

2003 USMS Newsletter of the Year

December 2004

YOUR USMS REGISTRATION IS ABOUT TO EXPIRE

All memberships in United States Masters Swimming expire on December 31. Renew your membership today to keep receiving the *Splashmaster*, the new *USMS Swimmer Magazine*, all the events listed below and more! Registration form on page 7.

USMS Swimmer Magazine to Debut in 2005



Many of you received the latest issue of *SWIM Magazine* and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the new periodical.

USMS's contract with Sports Publications, the publisher and owner of *SWIM Magazine*, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, *USMS SWIMMER*. These developments followed a year-long and complex process of request for proposals, submissions, interviews,

see MAGAZINE on page 2

Corrected Date for
Spokane Meet



Inland NW Masters Calendar

December 11, 2004

Fall Classic Swim Meet (SCM)
Sandpoint West Athletic Club, Sandpoint, ID
Deck entries taken

December 31, 2004

All 2004 memberships in USMS expire

January 1, 2005

Happy New Year, have you renewed your USMS registration? Happy Birthday, all swimmers age up for meters events.

January 1, 2005

One Hour Postal Swim competition begins.

January 12, 2005

Entry forms due postmarked for New Years Splash Meet to be held in Wenatchee on January 23 entry form on page 5

January 23, 2005

New Years Splash Meet (SCY)
Wenatchee High School, Wenatchee, WA
Deck entries taken.

January 26, 2005

Entry forms due postmarked for February Frolic Meet to be held in Spokane on February 5 entry form on page 3.

February 1, 2005

February Fitness Challenge competition begins. Entry forms available online at www.inlandnwmasters.org

February 5, 2005

February Frolic Swim Meet (SCY)
Spokane Club, Spokane, WA entry
Deck entries taken.

February 10, 2005

One Hour Postal Swims due to event host.

March 25 & 26, 2005 (tentative)

Inland NW Masters Champs (SCY)
Gibb Pool, Pullman, WA, entry form in the next issue of the *Splashmaster*

April 9 & 10, 2005

NW Zone Short Course Yards Champs
King County Aquatic Center, Federal Way, WA entry form in the next issue of the *Splashmaster*



Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online www.InlandNWMasters.org

Board

Chair

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3117 S. Jefferson
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Volume 7 Number 4

November December 2004

www.InlandNWMasters.org

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PO Box 641227 • Pullman WA 99164-1227

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

GE04018

Volunteers

Many will be shocked to find,
when the day of judgement nears,
That there's a special place in Heaven
Set aside for Volunteers.
Furnished with big recliners, satin couches,
and footstools;
Where there's no committee chairmen,
no group leader or car pools.
No eager team that needs a coach,
no bazaar and no bake sale;
There will be nothing to staple
—not a thing to fold or mail.
Telephone lines will be outlawed,
but a fingersnap will bring,
Cool drinks and gourmet dinners,
and rare treats fit for a king.
You ask, "Who'll serve those privileged few
and work for all they're worth?"
Why all those people who reaped the
benefits
and not once volunteered on Earth!

MAGAZINE from page 1

comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are

2003-2004 LONG COURSE METERS TOP TEN

Susanne Simpson (SCM, 40-44)

100 Freestyle, tenth, 1:05.07; 200 Freestyle, third, 2:13.65; 400 Freestyle, second, 4:39.93; 800 Freestyle, second, 9:41.90; 1500 Freestyle; fifth, 19:30.86; 50 Butterfly, sixth, 31.59; 100 Butterfly, second, 1:07.61; 200 Butterfly, second, 2:32.57.

Larry Krauser (SCM, 45-49)

50 Freestyle, third, 25.92; 100 Freestyle, fourth 58.06; 200 Freestyle, second, 2:06.93; 400 Freestyle, first, 4:35.95, 800 Freestyle, second, 9:37.74; 1500 Freestyle, first, 18:31.35; 200 Butterfly, seventh, 2:51.94.

constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members, needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

—Jim Miller, M.D., President,
United States Masters Swimming

SPOKANE CLUB MASTERS PRESENTS

FEBRUARY FROLIC SWIM MEET

SATURDAY FEBRUARY 5, 2005

Date/Times: Saturday, February 5, 2005. Warm-up starts at 8:30 am, meet starts at 9:00 am. Second warm-up will start at 10:00 am

Sponsor: Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3550205.

Eligibility: All swimmers must be currently registered Inland NW Masters/USMS swimmers. New registrations (found in the *Splashmaster* or online at www.InlandNWMasters.org) should be sent to Sue Dills or will be available at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by February 11, 2004. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before January 26, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available free of charge.

Conduct of the Meet: Each participant may swim five individual and three relay events.

Directions: Spokane Club, 1002 West Main • **From I-90 east** take the Maple St. exit. Turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave. turning left onto Lincoln St. Continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. **From I-90 west** take the Lincoln Street exit, continue north on Lincoln St. for 6 blocks. Turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on your right.

Questions: can be answered by Susanne Simpson (509) 458-3982 or Todd Stoddard (509) 838-8511.

Postmarked by:	January 26, 2005
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$8.00 prior to January 26 \$12.00 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|---|---|--|
| 1) 400 Individual Medley _____
2) 1000 Freestyle _____
<p style="text-align: center;">Second Warm Up</p> Event #3 will not begin before 10:30 am
3 & 4) 200 & 400 Medley Relay
5) 200 Butterfly _____
6) 200 Backstroke _____
7) 50 Breaststroke _____
8) 100 Freestyle _____ | <p>10 Minute Break</p> 9, 10 & 11) 200, 400 & 800 Mixed Free Relay
12) 200 Individual Medley _____
13) 50 Butterfly _____
14) 100 Backstroke _____
15) 200 Breaststroke _____
16) 50 Freestyle _____
<p>10 Minute Break</p> | 17, 18 & 19) 200, 400, & 800 Free Relay
20) 100 Butterfly _____
21) 50 Backstroke _____
22) 100 Breaststroke _____
23) 200 Freestyle _____
<p style="text-align: center;">10 Minute Break</p> 24) 100 Y Individual Medley _____
25) 500 Y Freestyle _____ |
|---|---|--|

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____



Osteoporosis

How Much Do You Know?

BY SARA QUAN

Osteoporosis is a disease in which the bones become brittle. It is the most common bone disease and affects both men and women. It is a progressive disease that frequently goes undetected until a fracture occurs. It is characterized by low bone mass and thinning bone tissue, making the bones look more porous than normal, hence, quite brittle. The principal sites of osteoporotic fractures are the spine, hip and wrist. Do not ignore fractures that occur at other sites.

Men and women need to educate themselves about the risks of this disease and take preventive measures to avoid osteoporosis. Swimmers, although very active and exercise almost daily, are not receiving the maximum benefits of exercise for our bones. Yes, the muscles are tugging on our bones to stress them, but not as well as weight bearing exercise, for example: running, walking, hiking or dancing.

Medical technology makes accurate testing for osteoporosis available for early detection and ultimately prevention. The following are some of the risk factors for osteoporosis from the National Osteoporosis Foundation:

Non-modifiable:

- Personal history of fracture as an adult.
- History of fracture in first-degree relative.
- Caucasian race.
- Advanced age.
- Female sex.
- Dementia.
- Poor health/frailty.

Potentially modifiable:

- Current cigarette smoking.
- Low body weight (less than 127 pounds).
- Estrogen deficiency.
- Early menopause (age 45 or earlier) or bilateral ovariectomy.
- Prolonged pre-menopausal amenorrhea (more than 1 year).
- Low calcium intake (lifelong).
- Alcoholism.
- Impaired eyesight despite adequate correction.
- Recurrent falls.
- Inadequate physical activity.
- Poor health/frailness.

Below are six statistics that we should all be aware of:

1. The average adult takes in 450-650 mg of calcium per day but it is recommended to take 1000-1500 mg/day.
2. We tend to lose bone mass density at 0.5-1 percent per year after age 30.
3. A woman's risk of developing osteoporosis doubles every five years after menopause (age 50).
4. Approximately one in six women over age 50 will experience an osteoporotic hip fracture in her lifetime, with the risk dramatically increasing with age.

5. One in eight men over age 50 will experience an osteoporotic fracture during his lifetime.
6. On the average a man loses 20-30 percent of his total bone mass in his lifetime; a woman loses 30-40 percent.

Preserving Bone Health:

- Eliminate or reduce risks of tobacco, alcohol, caffeine and steroid use.
- Alcohol damages osteoblasts, making it difficult for these cells to build new bone.
- It is known that excess caffeine promotes calcium loss into the urine via the kidneys (conflicting evidence about how much is detrimental).
- The average person loses 100-250 milligrams of calcium into the urine each day.
- The greatest calcium loss in urine after drinking caffeinated coffee occurs within the first 3 hours after drinking coffee; this loss can be minimized if calcium intake is at least 600 milligrams per day.
- Ingesting more than 1000 milligrams per day of caffeine markedly increases calcium loss in the urine.
- How much is too much caffeine? More than 400 milligrams per day—approx three to four cups of coffee—has been deemed the “critical point” by pharmacologists.
- Use extreme caution walking on slippery surfaces (pool decks & locker rooms); improper or poorly fitting footwear may increase your risk of falling.
- Foot problems can increase risk of falling.

see OSTEOPOROSIS on back cover

WENATCHEE VALLEY MASTERS PRESENTS

New Year's Splash

SUNDAY JANUARY 23, 2005

DATE/TIMES: Sunday, January 23, 2005. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am

SPONSOR: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3550123.

ELIGIBILITY: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster* or online) should be sent to Sue Dills or will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by January 12, 2005. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before January 12, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

CONDUCT OF THE MEET: Each participant may swim five individual, and three relay events.

AWARDS: First-Third place ribbons will be available free of charge.

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will propped open.

POSTMARKED BY:	January 12, 2005
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$8.00 prior to January 12 \$12.00 for Deck Entries
CHECKS PAYABLE TO:	IWMSC

NAME _____ MALE FEMALE BIRTHDATE _____ AGE _____

ADDRESS _____ CITY, STATE, ZIP _____

PHONE _____ USMS # _____ INLAND NW TEAM _____

SHORT COURSE YARD TIMES PLEASE - MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 400 Y Individual Medley _____

2) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

SECOND WARM UP

3) *Freestyle Relay*

4) 50 Y Butterfly _____

5) 100 Y Breaststroke _____

6) 200 Y Backstroke _____

7) 100 Y Freestyle _____

8) 200 Y Individual Medley _____

10 MINUTE BREAK

9) *Mixed Medley Relay*

10) 50 Y Backstroke _____

11) 100 Y Butterfly _____

12) 50 Y Freestyle _____

13) 200 Y Breaststroke _____

10 MINUTE BREAK

14) *Medley Relay*

15) 200 Y Butterfly _____

16) 100 Y Backstroke _____

17) 200 Y Freestyle _____

18) 50 Y Breaststroke _____

10 MINUTE BREAK

19) 100 Y Individual Medley _____

20) 500 Y Freestyle _____

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YOUR SIGNATURE _____ DATE _____

2005 Check-off Challenge



**Federal Way Kings
Masters Swimmers Present
3 Missions to challenge
your swimming abilities:**

- Mission Freestyle – Swim all freestyle events**
- Mission Open Water – Add open water events**
- Mission Stroke & IM – Add strokes and IM**

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. #053612
 Visit www.usms.org/fitness for additional entry forms
 Send questions to Hugh Moore, 2102 N. Vassault, Tacoma, WA 98406 , swimmoore@comcast.net

What is the Check-off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many swimming events as possible during the 2005 calendar year. It challenges all levels of swimmers. Novice swimmers can swim Mission Freestyle and consider adding Mission Open Water. Experienced competitors can add MISSION IM or even add goal times.

Workout Group Involvement

Federal Way Kings Masters Swimmers challenge all workout groups to aim for 100% participation. For the purpose of this event, a workout group is defined as swimmers practicing under the same coach or at the same pool. There is no cost to enter the event unless a t-shirt is desired. Check-off forms are available to keep track of multiple swimmers. Order 10 or more t-shirts as a group and get a free t-shirt for your coach. Simply send the 10 entries together and add an extra entry form marked “coach” across the top.

Where and when do I accomplish the missions?

The events may be swum in practice or in meets, in yards or in meters, any time during 2005. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team “Challenge”. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the missions.

When do I receive my T-shirt?

- T-shirts will be mailed in lots based on receipt of order
- Received by December 10, 2004, mailed by December 20
- Received by February 10, 2005, mailed by February 20
- Received by June 10, 2005, mailed by June 20
- Received by September 10, 2005, mailed by September 20th
- T-shirts are short-sleeved, cotton with two color design.

2005 Check-Off Challenge Entry Form

Hosted by Federal Way Kings Masters Swimmers

Name _____ Club or workout group _____ DOB _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email address _____ Registration # _____

T-shirt size	Qty	Price	Total \$
M	___	@\$15	_____
L	___	@\$15	_____
XL	___	@\$15	_____
XXL	___	@\$17	_____

Mail this form and your check to:
 Holly Bork
 25107 62nd AVE S #J-201
 Kent, WA 98032
 Make checks payable to “**Federal Way Masters**”

Liability release

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

United States Masters Swimming & Inland Northwest Masters 2005 Member Registration

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use
Street Address		Apt.#	
City	State	Zip	
Phone (with area code)		Email: (to be used for online newsletter, and will not be sold for junk email)	

USMS 2005

Date of Birth	Age	Sex
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Team Affiliation

- | | | | |
|---|---|---|--|
| <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> North Spokane Masters | <input type="radio"/> Sandpoint West Athletic Club |
| <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri | <input type="radio"/> WSU Masters | <input type="radio"/> Wenatchee Valley Masters |
| <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached team | <input type="radio"/> Unattached club | |

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

- I am a certified USA Swimming Official
 I am a certified high school swimming official
 I coach Masters Swimmers

B E N E F I T S O F M E M B E R S H I P I N C L U D E :

⇒ *SWIM Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

WHERE DO MY REGISTRATION FEES GO? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2005 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start registering for 2005 memberships on November 1, 2004

- Individual Registration \$30.00
 Couples Registering together \$55.00
 Senior Registration (age 60+) \$27.50
 Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2005)

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these funds.)

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Make check payable to: IWMSC Mail check and form to: Sue Dills 639 N. Riverpoint Blvd. #3W Spokane, WA 99202	Amount Enclosed _____
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Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE	DATE
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SPLASHMASTER

DOUG GARCIA • WASHINGTON STATE UNIVERSITY
PO BOX 641227 • PULLMAN WA 99164-1227

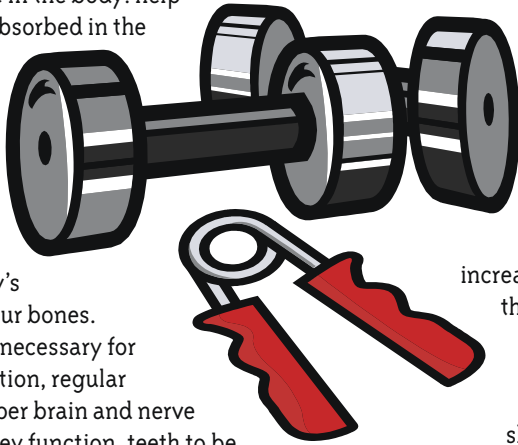
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Permit No.1

OSTEOPOROSIS *from page 4*

- Due to age-related bone loss, most women & many men in their seventies are at risk for fractures from falls.

Vitamins & Minerals role in your body:

- Calcium's role in the body is to provide strength and hardness to the structural framework.
- Vitamin D's role in the body: help calcium to be absorbed in the intestines— help keep calcium levels in body balanced.
- Ninety-five percent of body's calcium is in your bones.
- Calcium is also necessary for muscle contraction, regular heart beat, proper brain and nerve functions, kidney function, teeth to be hard, and blood to clot.
- Bone acts as a reservoir for calcium.
- It is agreed by clinicians world wide that the single most important thing you can do to prevent and treat osteoporosis is to obtain adequate calcium & Vitamin D.
- Healthy bones require healthy eating habits.



Exercise information:

- Abdominal breathing increases capacity to take in oxygen & encourages relaxation.
- Exercise essentials: warm up, stretch, and cool down.
- Weight bearing exercise + strength training + balance + posture exercises = strong bones.
- Unfortunately aquatic exercise (vertical or horizontal) does not seem to give the same bone building benefits as weight bearing or working against gravity on dry land. Why is this important? The increased stress load on the hip with weight bearing exercises improves hip strength (walking, slow jogging, running, hiking, stair climbing, dancing).
- Note that there are special exercise considerations if you have osteoporosis—see your doctor, or health care practitioner.

Women and Estrogen:

- Risks of taking estrogen include: breast cancer, menstrual bleeding, and osteoporosis.
- Benefits include: stronger bones, heart, lipids, and relief of menopausal symptoms.
- Make an informed decision with your health care provider.

Internet sites for more information:

American Society for Bone & Mineral Research: www.asbmr.org.
 Foundation of Osteoporosis Research & Education: www.fore.org
 International Society for Clinical Densitometry: www.iscd.org
 The North American Menopause Society: www.menopause.org
 Osteoporosis National Resource Center: www.osteop.org
 Osteoporosis Links: www.pslgroup.com/osteoporosis.htm.
 National Osteoporosis Foundation: www.nof.org
 Local Osteoporosis Education Link: www.LOEL.net.
 Source: Cole, Raymond E: Osteoporosis: Unmasking A Silent Thief: 2000.

YOUR USMS REGISTRATION IS ABOUT TO EXPIRE
renew yours today, see page 7