

Fall Calendar of Events

For registration or information, visit 92Y.org/MayCenter or call 212.415.5500.

Health Lectures & Workshops

Mindful Eating

Susan Albers, PsyD
Tue, Oct 11, 6:30 pm
\$20/\$10 May Center members

Boosting Brain Power

Samantha Heller, MS, RD, CDN
Tue, Oct 18, 6:30 pm
\$20/\$10 May Center members

Winning by Losing

8-week weight loss program
Mount Sinai nutritionists and May Center staff
Mon, Oct 24, 6:15 pm
\$450/\$350 members

Update on Breast Cancer

Larry Norton, MD
Thu, Oct 27, 8:15 pm
\$20/\$10 May Center members

Alzheimer's Disease: What We Now Know

Mary Sano, PhD and Linda Levine Madori, PhD
Tue, Nov 1, 6:30 pm
\$20/\$10 May Center members

Jin Shin Jyutsu® Self-Help for Parents & Children / 5-7 yrs

Teri Meissner
Sun, Nov 6, 2-3 pm
\$25/\$12 May Center members

The Science of Successful Weight Loss

Karen Miller-Kovach, MBA, MS, RD
Tue, Nov 8, 8:15 pm
\$20/\$10 May Center members

Turning Back the Clock on Diabetes and Prediabetes

Ronald Tamler, MD, PhD and Brett Ives, NP, CDE
Tue, Nov 15, 6:30 pm
\$20/\$10 May Center members

Managing Menopause: Is Soy A Solution?

Tara Allmen, MD
Tue, Dec 6, 6:30 pm
\$20/\$10 May Center members

Fitness Workshops

Qigong: The Fundamentals

Master Yang Yang, PhD
Sun, Oct 23, 2:30-3:30 pm
1 session, \$20/\$10 May Center members

Sports Hoops 92

92Y Dribblers / 3-5 yrs

See 92Y Fall 2011 catalog for times

Beginner Basketball Lessons / 5-12 yrs

See 92Y Fall 2011 catalog for times

Mo' Motion at 92Y: Girls' Hoops & Fitness / 7-10 yrs

Sat, Oct 15
See 92Y Fall 2011 catalog for times

Youth Basketball Leagues/5-12 yrs

Sun, Oct 2
See 92Y Fall 2011 catalog for times

92Y Basketball Boot Camp/12-15 yrs

Wed, Sep 28, 4:15-5:30 pm
10 sessions, \$430/\$310 May Center members

Junior Teen Basketball League / 13-15 yrs

Sun, Sep 18, 12 pm
10 sessions, \$165/\$125 May Center members

Senior Teen Basketball League / 16-18 yrs

Sun, Sep 18, 3 pm
10 sessions, \$165/\$125 May Center members

Travel Basketball League / 10-15 yrs

Call 212.415.5714 for more information

Men's Intramural League / 19 & Over

Tue, Oct 11, 7:15 pm
8 sessions: \$195/\$135 May Center members

Track & Field

Track & Field Club/ 9-12 yrs

See 92Y Fall 2011 catalog for times

Flying Dolphins Swim Team/6-18 yrs

Tryouts: Sep 6 & 7, 3-5 pm
By Appointment only.
Call 212.415.5718

Gymnastics Competitive Tryouts & Class Placement

Registration by permission of coaches only. Call 212.415.5710, option 3

May Center
212.415.5700

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Amine Boubis

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September is 92Y May Center Member Referral Month!

Refer a new member and you each receive one free month plus 92Y May Center members get a \$50 bonus gift certificate.*

*Restrictions apply. See membership office for details on eligibility and redemption.



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Fall 2011, Volume 17, Issue 1

Diabetes and Prediabetes: Turning Back the Clock

Alarm bells are increasingly going off in medical circles about the rapid rise of diabetes. A look at some sobering statistics demonstrates why: according to the American Diabetes Association, nearly 26 million Americans—8.3 percent of the population—suffer from diabetes. An additional 79 million people have prediabetes. Despite all this, however, “All is not gloom and doom,” says Dr. Ronald Tamler, clinical director for the Mount Sinai Diabetes Center. “It’s important for people to know that diabetes and prediabetes can be reversed, primarily through lifestyle changes.”

Brett Ives, a nurse practitioner and diabetes educator at the Mount Sinai Diabetes Center, believes that eating healthier and moving more are the keys to preventing and reversing diabetes. Indeed, Dr. Tamler points out that while doctors can prescribe medication to deal with the disease, “Nothing beats lifestyle changes as a way to prevent and reverse diabetes.”

According to the endocrinologist, prediabetes is the number-one risk factor for developing diabetes. Prediabetes is diagnosed when blood glucose levels are higher than normal, but not yet high enough to be considered diabetes. Research has shown that long-term damage to the body, especially the heart and circulatory system, may already be occurring during prediabetes.

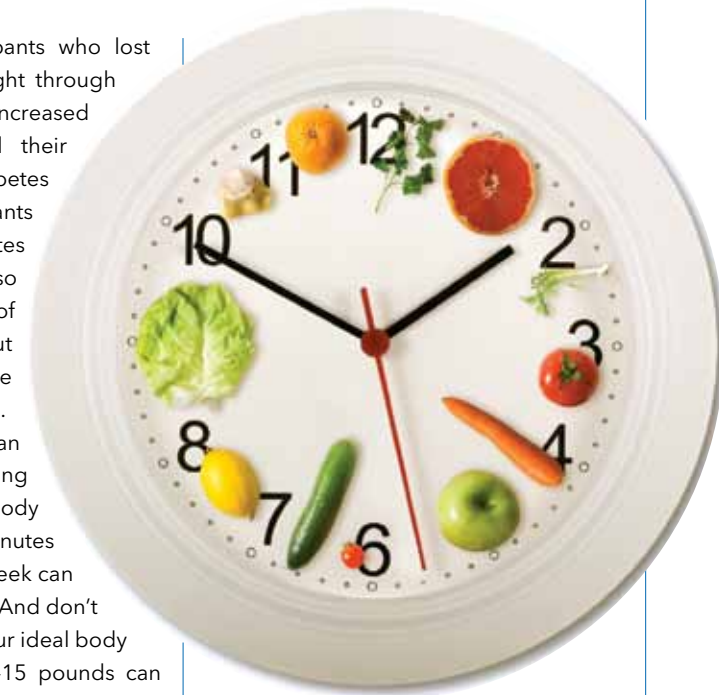
Ms. Ives points out that lifestyle adjustments needn’t be drastic to affect benefits. She cites a 2002 study published in the *New England Journal of Medicine*,

which found that participants who lost a modest amount of weight through dietary changes and increased physical activity reduced their risk of developing diabetes by 58 percent. Participants who took the oral diabetes medication metformin also reduced their risk of developing diabetes, but not as much as those in the lifestyle intervention group.

According to the American Diabetes Association, losing just 5-10 percent of one’s body weight and getting 150 minutes of physical activity every week can prevent or delay diabetes. And don’t worry if you can’t get to your ideal body weight. A loss of just 10-15 pounds can make a huge difference.

Healthy eating should be a family affair, Ms. Ives says. “It’s hard for someone acting alone to stay on track. And since the rest of the family is also at risk for developing diabetes, everyone should be on board.” For those who may need a little extra help establishing a proper diet, 92Y offers personal nutritional counseling, which includes private sessions with a registered dietitian who can tailor a diet plan to your specific needs. For information, call 212.415.5722.

As most people know, exercise goes hand-in-hand with proper diet. Physical activity is critical for preventing diabetes. Even a half-hour walk five days a week helps with weight loss and maintenance. The important thing is to increase the heart rate.



In addition to diet and exercise, there’s an emotional component to preventing and treating diabetes, as well, and Ms. Ives recommends stress management as a way to help to keep diabetes in check.

Continued on next page

Ronald Tamler, MD, PhD and Brett Ives, NP, CDE will be the guest speakers at a lecture on Turning Back the Clock on Diabetes and Prediabetes on Tuesday, November 15 at 6:30 pm. They will discuss risk factors and the latest treatment advances, including medications, dietary and exercise regimens and lifestyle modifications. For further information or to buy tickets, visit 92Y.org/ToYourHealth, call 212.415.5500 or stop by the Box Office.

Buzz

By Shannon Leggett, PT

BACK TO SPORTS
PHYSICAL THERAPY P.C.

What do Serena Williams, Hines Ward and Troy Polamalu have in common? Within the last few years, they have all claimed to be cured of various injuries as a result of a Platelet-Rich Plasma (PRP) injection. With extensive media coverage of the miraculous recovery of these high profile athletes, it is no surprise that the general population has become curious if they too could get the same relief from their nagging sports injuries. Currently, there are many physicians in the city who have made these injections readily available to their patients. At Back to Sports Physical Therapy, we have had many discussions with our patients varying from what PRP injections are to the associated risks/benefits of the treatment.

The most common question asked is what is PRP and how does it work? Platelets are the cells of the blood that transport growth factors that help with cell division and migration. Plasma is the protein-rich solution in which the cells of the blood are suspended. It is believed that by injecting these substances into the site of an injury, the body is given a natural boost to help the healing process. This concentrated dose of platelets will slowly release their growth hormones, which will then attract the body's own tools vital to the repair of tissue.

The next question is usually how is this process performed and which type of injuries does it help alleviate? A sample of the patient's blood is taken and placed in a centrifuge which separates the major components of the blood. The plasma/platelet mix is drawn off the top and then injected back into the injury site. The process takes only 20 minutes and is done in

a doctor's office. The procedure has a very low risk for rejection and the only real side effect is some inflammation at the site. Typically, these injections are used to speed the healing of tendon injuries such as tennis elbow, Achilles tendonitis and jumper's knee. Return to activity usually takes place three to four weeks after the injection.

Overall, this sounds very promising. A low-risk, quick procedure that enhances the body's natural healing process might seem a lot better than the normal course of treatment, (i.e. medication, physical therapy, etc.). However, there is not a lot of objective data to support the efficacy of these injections. In fact, a study done recently at Hospital for Special Surgery did not find any significant difference in the outcomes of rotator cuff repairs done with PRP given at the time of surgery versus those who did not receive this treatment. This does not mean that we should abandon the hope that PRPs can be useful. More studies need to be done to better understand how many injections might be needed and what concentration of platelets is most effective. Also, as a result of the lack of data, insurance companies are currently not reimbursing for these injections. They can cost anywhere from \$500 to \$1,000 per injection.

Now that you understand a little about PRP injections, the decision to seek one may seem a bit murky. When presented with any treatment option, we urge you to become fully informed before making the decision that is best for you. Nothing in life is guaranteed, but taking the risk might bring amazing results!

DIABETES continued

While proper diet, sufficient exercise and reducing stress don't come easily to some people, it's important to note that they are doable. The benefits of reducing the risk of diabetes are worth striving for.

Staff Profile: Leslie Meyers, Fitness Director



Leslie Meyers, the May Center's new fitness director, knows a little something about physical fitness. She's competed in

Ironman triathlon and is currently training for the New York City Marathon. She brings her passion for fitness to the May Center, where she is responsible for overseeing the group, exercise and personal training programs and where she will help facilitate 92Y's Cardiac Rehab program.

She is committed to developing the May Center staff and to inspiring them to achieve their personal best so that they, in turn, will pass it on to members by educating and inspiring them. "The May Center is an incredible source for health and wellness in the community," Leslie says. "Our goal is to empower people to become healthier and happier."

Since her first day at 92Y, Leslie has felt right at home. "From the very beginning, I sensed the same desire, focus and spirit of working together for the benefit of our members," she says. "It's very different from working at a fitness club owned by a corporation. The May Center is very much in line with my personal values about the value of community."

She credits the 92Y instructors for her success. "They're fabulous!" she says. The staff—from locker room attendants to the front desk—helps to create a comfortable, relaxed environment that's conducive to meeting her goals. She enjoys the camaraderie of her fellow May Center members and the fact that they span a wide age range, from young adults to seniors.

Member Profile: Ledia Kaci



Ledia Kaci wants people to know that it's possible to lose 25 pounds in a year. It took some trial and error to find

the right combination of classes and workouts, but she stuck with it and has only five pounds to go before reaching her goal weight. She currently works out at the May Center five days a week, taking Zumba®, Move & Groove and Cardio Detox classes. She also swims for up to an hour twice a week and lifts weights and plays basketball.

Boosting Brain Power

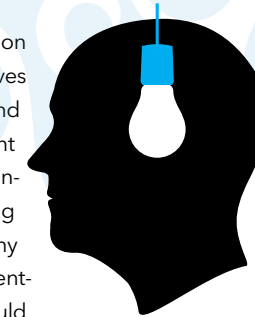
Why am I here? It's a question many people ask themselves after walking into a room and then forgetting what brought them there. It can be disconcerting, but usually it's nothing to worry about. Still, many people report being absent-minded or forgetful and would welcome the chance for improvement.

The good news is that the kinds of lifestyle changes that doctors have been recommending for heart and overall health also contribute to improved brain function. As with other parts of the body, the brain deteriorates with age. But staying physically and mentally active and eating a brain-healthy diet can keep your brain healthier as you age. Of course, there's no magic bullet, but research suggests that preventive measures can reduce the risk of Alzheimer's disease and other dementias.

A UCLA research study published in the *American Journal of Geriatric Psychiatry* found that people may be able to improve their cognitive function and brain efficiency by incorporating simple lifestyle changes, such as healthy eating, physical fitness, memory exercises and stress reduction into their daily lives.

"A healthy lifestyle may be able to delay, reduce or prevent the risk of developing dementia and improve mood, relieve depression and anxiety, and enhance cognitive capabilities," says Samantha Heller, registered dietitian, exercise physiologist and author of *Get Smart: Samantha Heller's Nutrition Prescription for Boosting Brain Power and Optimizing Total Body Health*. And, going a step further, "If you don't have a healthy body, the brain won't function properly, which has implications for heart disease, cancer, diabetes and other chronic illnesses."

Eating to stay sharp: maintain a low-fat, low-cholesterol diet. Studies show that saturated fat and cholesterol can clog arteries and lead to a higher risk for Alzheimer's



disease. Current research suggests that certain foods that reduce the risk of heart disease and stroke may also protect brain cells.

According to Ms. Heller, "How and what you eat will have a direct and profound effect on memory, how well you

focus, your mood, energy level and how well you complete a task."

Proper diet also leads to weight control. According to The Alzheimer's Association, a study of 1,500 adults found that those who were obese in middle age were twice as likely to develop dementia in later life. Those with high cholesterol and high blood pressure had six times the risk of dementia.

Physical fitness for mental fitness: "exercise has a shocking effect on the brain," Ms. Heller says, noting that it maintains brain volume and that people who exercise have bigger brains. Additionally, exercise is essential for maintaining good blood flow (oxygen) to the brain, and for stimulating new brain cells.

Stimulate your mind: research suggests that keeping the brain active may build, its reserves of brain cells and connections and may even generate new nerve cells. Stay curious and involved, attend lectures, plays and other performances, take a class, read, write, play games and do puzzles.

Be socially active: studies suggest that emotional support and close personal relationships appear to have a protective effect against dementia.

Samantha Heller will give a lecture on Boosting Brain Power on Tuesday, October 18 at 6:30 pm. She will offer specific examples of how diet and exercise can improve memory, focus, mental clarity, heart health, psychological well-being and energy levels. For further information or to buy tickets, visit 92Y.org/ToYourHealth, call **212.415.5500** or go to the Box Office.

Dave's Corner

A Diverse Community of Fitness Enthusiasts



Dave Schmeltzer, Director

The subtitle above sums up who we are at the May Center. We have the young, the not-so-young and everyone in between. There are elite athletes and those who exercise because they have to; but they all come to the May Center to pursue their own fitness and sports goals and to become healthier.

We have learned that with such diversity in interests, ability levels and commitment must also come a broad understanding of the unique needs of our members and staff. For example, even with our goal of providing clear signage designating the pace required for slow, medium and fast lanes in the pool, some swimmers often find themselves in unfamiliar waters. As such, all swimmers should pass with care and with the understanding that, depending upon who may be in your lane on any given day, the pace may need to be varied.

Recreational basketball is a unique offering that truly sets us apart from many other gyms. As such, sharing the ball, involving others in the game and not getting too competitive are the principals we hope our members play by. We caution all players to refrain from loud arguing over calls. Cursing is grounds for membership suspension and fighting is grounds for membership termination. Focus instead on the true spirit of sportsmanship.

In the fitness areas, wiping down strength and cardio equipment after usage is not only good etiquette, but also the smart thing to do. If you demonstrate proper etiquette, chances are someone else will follow your lead. Set the example; do the right thing and everyone benefits!

According to New York City regulations, we must hold fire drills to ensure that everyone responds properly in the event of a real emergency. Please abide by the directives of our staff. These drills, although occasionally occurring at inopportune times, may one day save lives!

Lastly, we have developed official *May Center Standards of Acceptable Behavior* guidelines, which can be viewed on our website. These guidelines are a concerted effort to provide an enjoyable, effective, safe and secure environment for our very special community of fitness enthusiasts. Exercise and enjoy!