



## The Zika Virus

### What is it?

Zika is a virus that a person can get from being bitten by an infected mosquito. The virus is of particular concern for pregnant women and women who may become pregnant.

### Who's At Risk?

Usually, symptoms of Zika virus are mild and include fever, rash, joint pain, and pinkeye. Often there are no symptoms at all. But there have been reports of problems in pregnant women who get infected, especially in Central and South America. There is concern that there might be a connection between Zika and an increase in **microcephaly**, a rare condition in which a child's brain doesn't fully develop, resulting in an abnormally small head.

### Keep In Mind...

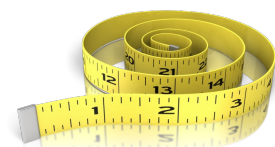
If you're pregnant or trying to get pregnant, experts say you should postpone travel to countries where Zika virus has been found. If you do visit these countries, it's very important to try to avoid mosquito bites by covering up and using insect repellents. There is no vaccine or treatment for Zika virus.

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## Exercise: How To Get Started

### First Things First

First, talk to your family doctor. This is especially important if you haven't been active, if you have any health problems, if you're pregnant, or if you're an older adult.



## What Kind Of Exercise?

The best type of exercise is one that you will do on a regular basis, so choose activities that you enjoy. Physical activities that increase your heart rate and move large muscles (such as the muscles in your legs and arms) are good choices. Walking is a popular choice and does not require special equipment, except for appropriate shoes. Other good options include swimming, biking, jogging, and dancing.

Exercising with a friend or a family member can make it more fun, and having a partner to encourage you can help you stay on track.

## How Much?

Talk to your family doctor about how much exercise is right for you. A good goal for many people is to work up to exercising 5 times a week for 30 to 60 minutes at a time. If 30 to 60 minutes at a time sounds difficult to fit into a busy schedule, you can split up your physical activity into smaller chunks of time. Try exercising for 10 minutes at a time throughout your day. For example, take the stairs instead of the elevator or go for a walk during your lunch break. Remember: exercise has so many health benefits that any amount is better than none.

## How Hard Is Too Hard?



Measuring your heart rate (beats per minute) can tell you how hard your heart is working during an activity. You can check your heart rate by lightly pressing the tips of your first 2 fingers on the inside of your wrist to take your pulse. Count your pulse for 15 seconds, and multiply the number of beats by 4. To time the 15 seconds, use the timer function on your smartphone or a watch or clock with a second hand.

Most people will get the greatest benefit and lower their risks if they keep their heart rate between 50% and 85% of their maximum heart rate when exercising. To figure out your maximum heart rate, subtract your age (in years) from 220. This number is your maximum heart rate. To figure out your target heart rate range, multiply that number by 0.50 and 0.85.

For example, if you are 40 years of age, subtract 40 from 220 to get your maximum heart rate of 180 beats per minute ( $220 - 40 = 180$ ). Then, multiply 180 by 0.50 and 0.85 to get your target heart rate range of 90 to 153 beats per minute ( $180 \times 0.50 = 90$  and  $180 \times 0.85 = 153$ ).

When you first start an exercise program, aim for the lower end of your target heart rate range. As your exercise program progresses, you can gradually build up to a higher target heart rate. If you are taking medicine to treat high blood pressure, you have a heart condition or you are pregnant, talk to your family doctor to find out what your target heart rate should be.

## Injury Prevention

To avoid injuring yourself during exercise, don't try to do too much too soon. Start with an activity that is fairly easy for you, such as walking. Do it for a few minutes a day, several times a day. Slowly increase the amount of time and the intensity of the activity. For example, increase your walking time and speed over several weeks.

Pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint, nauseous, or if you feel pain. Talk with your family doctor if you have questions or think you have injured yourself seriously.

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## Trial Participants Needed

### Cholesterol Trial

We are still looking for people who would like to participate in our **cholesterol** trial. If you or anyone you know has a history of high cholesterol, is being treated with a statin medication and is interested in volunteering for this trial, please call our office at 717-267-3606 or write to Kathy at [kathy@scotlandfamilymedicine.com](mailto:kathy@scotlandfamilymedicine.com). All visits are **free** of charge and you will receive **compensation** for your time.



### Alzheimer's Trial

Please contact our office at 717-267-3606 or write to Kathy at [kathy@scotlandfamilymedicine.com](mailto:kathy@scotlandfamilymedicine.com) if you, a friend or family member would be interested in being considered for a **new medication** that is being investigated to help with behavior of patients with **Alzheimer's** disease.

## Coming Up...

Summer is right around the corner, so next month we cover seasonal allergies, sun protection and more to help you have a happy, healthy summer!

## Any Suggestions?

We'd love to hear any suggestions you might have for us.

If there's a specific topic you'd like us to cover, a preference on how often you'd like to receive these newsletters or any other thoughts you have on how we're doing, please contact us **here** or just give us a call at 717-267-3606. Thanks!



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