

# On the *MOVE*

A newsletter from the OICM

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## Get back in the water

Very few states can boast the outdoor scenery and recreational advantages that Maine has to offer, especially during the summer. And, we have access to water. In fact some of the most beautiful coastlines, beaches, rivers, lakes and ponds in the country have helped the state earn the title "Vacationland." For those of us lucky enough to be here every summer, we should do our best to take it all in and enjoy it.

Some of the best ways to see and be in nature are being on or in water, whether you are swimming in it, riding on it, fishing, or just strolling along the shoreline. It is therapeutic for your soul and body.

Here are a few of our favorite ways to cool off, be in nature and, at the same time, get some exercise. Try one or all this summer — just remember to be safe and wear a PFD (personal flotation device) when you are boating, rowing, or paddling. And also wear sunscreen and protective clothing, so you can stay out there as long as you like.



### Easy summer gazpacho

Makes 4-5 servings.

Summer meals should be fresh and easy. Add to that good for you and delicious and you've got a winner. This cold soup is a summer staple, making use of many fresh veggies — plus no slaving over a hot stove.

#### INGREDIENTS

- 2 lbs. of fresh tomatoes, chopped (including the juice)
- 1 medium European cucumber, peeled and chopped (save ½ cup and dice finer for garnish)
- 1 large green or yellow pepper, chopped
- ½ cup of a small red onion, chopped
- 2-3 cloves garlic (according to taste)
- ¼ cup olive oil
- ¼ cup white wine vinegar
- Salt and pepper to taste

#### DIRECTIONS

Combine and toss the first five ingredients into a large bowl, reserving the finely diced cucumber for later. Spoon into a food processor, working in batches if needed. Puree. Transfer to bowl. Stir in oil, vinegar, salt and pepper. Chill for 3-4 hours. Garnish each bowl with a bit of the diced cucumber, and a drizzle of olive oil. Serve with crusty bread.

#### NUTRITIONAL FACTS

Each 1 cup-serving equals about 150 calories, 12g fat and 5g fiber.



• **Swimming** Summer is the perfect time to get in the pool or enjoy swimming in a lake, pond or the ocean. It has wonderful benefits, including improved flexibility, increased heart health and endurance as well as increased muscle strength and tone. Many people find that using a wet suit allows them to swim farther and/or for longer periods of time — and makes them more buoyant. Wetsuits also add a layer of insulation, especially important if you are swimming in our cooler Maine waters such as the Atlantic!

• **Standup paddle boarding or SUP** In 2013, standup paddle boarding was reported as having the most first-time participants of any outdoor sporting activity in the country, and it doesn't look like it is slowing down. This sport involves a long, surfboard-like board and a long paddle. Get ready for a full body workout where your core is engaged, and your arms and legs are working. It can be a cardiovascular workout if you keep it going for a while. And, it's low impact — great if you are rehabilitating. Many places rent boards and paddles, and give lessons, a good way to try before you buy.



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## Tip of the day:

Build your meals around ingredients that are fresh and locally grown. This will make menu planning and shopping easier this summer — there's probably a farmers' market near you — and that may help ward off those extra pounds. Make fresh food a priority.



• **Kayaking** Going out for a paddle can be a very self-centering, quiet activity that will quietly bring you close to nature — observing birds and other wildlife or just enjoying the solitude that it brings. On the other hand, it also can be an extremely good upper body, core, and leg workout. If you are moving at 5 mph, you can burn as many as 400 calories per hour. Kayaking can also be a social group activity if you go with a friends for a day trip. And, just think, you could easily burn up 1,200 calories or more in a few hours — and seriously tone those arms — all while having a blast.

• **Beaching it** Sandy lake or ocean beaches can be a great destination for a day relaxing or keeping active.

Alternate time between periods of rest and reading on your beach blanket with quick jaunts down the shoreline — walking barefoot on sand takes about 50% more effort than walking on a floor or pavement. And, the drier the sand, the more resistance. Sand makes your feet, ankles, calves and legs all work harder, but you're at the beach — it's so nice, you won't mind. Later, throw a Frisbee or teach a child how to jump the waves. Just keep moving.

Have some fun and mix it up this summer. The important thing is to enjoy the weather, good company, and Maine's beautiful surroundings.

## Outside the OR

### Dr. Michael Regan

Dr. Michael Regan is a fellowship-trained orthopaedic surgeon with a specialty in spine surgery and joint replacement. When he is not seeing patients or in surgery, he can usually be found outside running or swimming — both of which he does competitively. “I try to keep up with my kids, who are young adults now, so it can get quite competitive,” says Dr. Regan, laughing.



“I am a big believer in exercise. I think it is the solution to most problems and very good therapy after surgery. I tell most of my patients: Walk!” says Dr. Regan. “Just walk as much as you can after surgery and you will come out so much better on the other side.”

Dr. Regan also knows that a sore back or aching hips and knees can slow you down. If you, or a loved one, are having any problems getting around, don't wait. Give Dr. Regan a call at 207.344.2288.

## Some favorite Maine beaches



1. Crescent Beach State Park, Cape Elizabeth
2. Sebago Lake State Park, Casco
3. Peaks-Kenny State Park, Dover-Foxcroft
4. Lake St. George State Park, Liberty
5. Sabbathday Lake, New Gloucester
6. Popham Beach State Park, Phippsburg
7. Range Pond State Park, Poland
8. Ferry Beach, Scarborough
9. Pine Point Beach, Scarborough
10. Mt. Blue State Park, Weld



### MOVING STORIES FROM OUR READERS

*“After my last joint replacement surgery (at the OICM), I walked three times that same afternoon, and then went home the next day. My life has been 100% better.”*

— Sue B., multi-joint replacement, Dr. Jeff Bush

**AT THE OICM, PATIENTS ARE OUR PRIMARY FOCUS.** While we are ready to treat you with the most advanced surgical procedures, we put emphasis on wellness, prevention, and self-care.