



STAYWELL

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BRIAN COLES – HEALTH ANALYST

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Athletic Trainer Corner

Pain around the knee cap

Patella Femoral Syndrome is pain that is around the patella (kneecap). Patella Femoral Syndrome can be caused by tight muscles, weak muscles, or a combination of both. Other issues in the kinetic chain such as being flat footed, knock kneed, hip problems, wearing the wrong type of shoes for your foot type can also be a cause. Patella Femoral Syndrome tends to be more common in young female athletes because of their hip and knee angle and subsequent weaker gluteal muscles, but it can occur any time in anyone.

Many joint issues can be the direct result of muscle imbalance. One muscle might be weak and an opposing muscle is strong and tight. This is all too often a precipitating cause of Patella Femoral Syndrome. A weak quad, the vastus medialis muscle (VMO), and a tight Iliotibial tendon (IT band), causes the patella to shift towards the outside of the knee leading to friction between the back of the patella and the femoral groove. With physical activity and activities of daily living the pain can be very debilitating and limit movement.

Stretching the tight muscle and retraining the weak muscle may help resolve the issue. People usually see improvement within a couple of days and resolving the issue within 1-2 weeks. The majority of the time this can be done by following a home exercise routine after just one visit. Sometimes correcting biomechanical movement patterns through muscle reeducation exercises or correcting the foot mechanics with different shoes or orthotics is needed. Improving gluteal strength and balance are important in preventing and treating this condition as individuals get older.

If you or a family member are having patella pain, please feel free to contact Brian Coles for help to resolve this issue as quick as possible.



Cancer Risk



While many things can be done to lower ones risk of cancer there is no guarantee you can prevent cancer. Too many genetic, environmental, or combination of lifestyle choices can interact to trigger cancer, even without a family history of cancer. Cancer risk can be lowered by making healthy choices. Getting screened regularly and appropriately for cancer can detect cancer early. The earlier cancer is detected the greater the risk of survival. Vaccines are also available for some cancers and should be discussed with your health care provider.

Screening Tests

Having screening tests regularly may discover certain cancers early. These cancers respond better when treatment starts in the early stages. Screening for breast, cervical, skin, lung, prostate, and colorectal (colon) cancers are such examples. Getting tested for hepatitis, especially Hepatitis C, can detect liver cancer early.

Vaccines (Shots)

Getting the Hepatitis B vaccine lowers the risk of liver cancer. The human papillomavirus (HPV) vaccine prevents most cervical cancers and lowers the risk of several other cancers.



Healthy Choices

- Avoiding tobacco products and avoiding second hand smoke prevent certain cancers.
- Regular medical checkups.
- Protecting your skin. Using sunscreen, wearing wide brimmed hats and long sleeve shirts are proven methods to prevent skin cancer. Limiting the amount of alcohol you drink. Consuming alcohol has been shown to increase risk of getting six types of cancer. The less you drink alcohol the lower the risk.



Keeping a Healthy Weight

Obesity and being overweight increases the risk of 13 types of cancer. These account for 40 percent of all cancers. Diet is controversial regarding cancer prevention with mixed results and findings over the years. Diet is really hard to track when testing for cancer. It is proven that the body

findings over the years. Diet is really hard to track when testing for cancer. It is proven that the body

functions better and has a higher immune response when all nutrient needs are met by eating whole grains, fruits and vegetables rich in vitamins and minerals. The wider the variety of color and fibrous foods, the body will be healthier. Even when a person has cancer, keeping the immune system up is vital to effectively ward off infections. Sixteen to twenty percent of all cancer patients are dying from infections not cancer.

Sources:

<https://www.cdc.gov/cancer/dcpc/prevention/index.htm>

<https://www.cdc.gov/cancer/dcpc/prevention/other.htm>

<https://www.cdc.gov/cancer/dcpc/prevention/vaccination.htm>

<https://www.cdc.gov/cancer/dcpc/prevention/screening.htm>



Quarterly Wellness Initiatives

All Initiatives and challenges are open to employees and spouses. Forms are located at www.ipsc.com or outside Brian's office.

Current programs are also accessible by using the **QR code**.



New Programs

- **No Holiday Weight Gain Repentance Program** — Lose weight by January 31 and receive a gift card.
- **Reconnect/Unplug** — Connect with people again and decrease electronics device use to feel better.
- **Resolution Staywell** — Improve nutrition and fitness.

On Going-Repeatable Each Quarter:

- ✓ **Spouse Staywell Letter incentive** —
- ✓ **Shoulder Protection Initiative** —
- ✓ **100 Winks Sleep Initiative** —
- ✓ **Radon Test** —
- ✓ **Weight loss/Maintenance** —
- ✓ **Diabetes Prevention and BP/Cholesterol Improvement Initiative** —
- ✓ **Qtr. Prove IT Fitness Challenge** —

