



**LoriMichielFitness**  
Active Adults, Former Athletes and Seniors

**CELEBRATING 11 YEARS**  
thanks to my Clients & Trainers!



## Fitting News

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Are you healthy enough to have surgery?



### Do Doctors Give Advice to Get in Shape Before Surgery?

Hospitals are asking about your health condition prior to having elective surgery procedures such as hip and knee replacement or a back operation. Their goal is to identify those at higher risk for infections and other complications due to diabetes or other metabolic disorders, heart disease or sedentary behavior that could improve with pre-habilitation.

Pre-habilitation includes medical treatments, diets AND exercise; all recommended to improve your chances of a successful outcome. Exercise prescriptions are not a new concept. Surgeons have been advising patients for years to get in shape before surgery by eliminating bad habits such as smoking and poor diet. Weight reduction and blood sugar control in diabetes patients can be worthwhile. Do we listen? Are we willing to accept the risks if we don't?

#### Postponing surgery

Of course, you need to discuss delaying surgery with your physician if you do choose to improve your health before your operation. The risks to postponing surgery for days, weeks or even months can mean the difference between healing and the likelihood of contracting an antibiotic resistant infection.

#### Proof

At the University of Michigan, a program known as MSHOP, for Michigan Surgical and Health Organization Program, assessed 500 patients at risk for surgical complications based on CT-scans, personal characteristics and surgical outcomes. It then assigned a regimen the patient could complete at home for a specific time prior to surgery. It included fitness, nutrition and breathing capacity. The program's final analysis showed the average length of stay was reduced from six to four days for those that completed the program.

Those individuals who were not following a healthy program and were out of shape prior to surgery had a longer stay and found their recovery was much more difficult and they were frailer than before their surgery.

#### For Your Inspiration

##### *Music is Poetry with Personalities*

"The Ladies Who Lunch" From the musical "Company", words and lyrics by Stephen Sondheim

"Everything That's Old is New Again" From the musical "Boy from Oz", words and music by Peter Allen

"You Make Me Feel Like Dancin'" By Leo Sayer

#### What's NEW



##### Lori Michiel Fitness Gift Certificate

Show how much you care with a Lori Michiel Fitness personal training gift certificate. Save \$75 off an initial assessment if you order before November 15, 2017. Call us today at 818-620-1442 and get a jump start on your holiday shopping!



## Lori Michiel, NASM-CPT, Senior Fitness Specialist

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*Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*