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YOU BE THE THERAPIST!

One of our goals is to help you gain new skills to rebuild your body and your life. In a future issue, we want to include helpful hints you can share with others. Call or e-mail PTC (see page 2 for info) to share the knowledge *you've* gained!



ONE WILD RIDE: STAYING SAFE AT THE STATE FAIR

When the blazing summer heat finally subsides, many of us start anticipating the cool weather—and activities—that will ensue in the fall. Without a doubt, one of the most popular fall activities in town is the Tulsa State Fair.

But before you take the plunge on the fastest, scariest ride this year's fair has to offer, you may want to take a couple of moments to think about your health and safety. After all, each time the G forces are increased on a ride, the risk of injury also increases.

First and foremost, take a close look at the ride before you get in line. Ride structure (from restraints to size) varies greatly, and you should always examine a ride to determine how safe it is for you or your children. As an example, some roller coasters will have very well-designed restraints, while others will have almost nothing at all. Make sure the restraints fit closely against your children, and always remind them to hold on, even on a ride with quality restraints. If a ride doesn't look like it

has adequate restraints, skip it.

And you may want to avoid the hot dog stand if you're planning on trying some of the latest roller coasters. Remind your children to keep their heads facing forward to avoid injury or motion sickness. Also keep in mind that you are spending your day around industrial machinery—which means you should always pull your hair up and avoid wearing anything dangly.



Although you should approach a ride with caution, remember that the risk of injury is low. Only about 1 in 15 million people require hospitalization and 1 in 150 million rides taken results in a death. Most of the worst injuries are from internal bleeding or from brain damage. And studies suggest that these injuries usually occur because the riders suffered undiagnosed brain and circulation problems. If in doubt of your medical condition, visit your doctor before you start using that Mega Ride Pass.

SUCCESSFUL SNACKING GETS AN A+

Fabulous
Fuel!

Whether you spend your day working, running errands, or sending your kids off to school, snacks should definitely be included in your schedule. After all, snacks are the best way to stay fueled and maintain a normal weight without feeling deprived.



The bad news? If you make poor choices or eat too many calories at snack time, you'll probably add to your waistline. And if your snack choices are determined by your emotions or the options waiting in the vending machine, you'll likely overeat and miss out on important nutrients.

That's why planning ahead is crucial. Try controlling your portions with plastic sandwich bags

filled with one serving of your favorite healthy treat (think whole-grain cereal, crackers, or trail mix). These can be prepared the night before for an on-the-go meal.

Avoid foods that are high in sugar or white flour. These foods can cause your blood sugar to spike rapidly. Power bars, which are simply candy bars in disguise, should also be avoided because of their high calorie content.

So which snacks *should* you be reaching for? Think complex carbs (fruits, veggies, beans, legumes), low-fat dairy products (yogurt, cheese, cottage cheese), and low-fat protein (turkey, chicken, fish). These foods will keep you going strong and feeling healthy throughout the day!

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PATIENTS *KNOW* THEY
HAVE BEEN HELPED AT PTC!



Meet Our Winner!

This beautiful photo of
Crater Lake (located in
southeast Oregon) was
submitted by Penny Johnston and
her family. What a great way to
escape the hot days of an
Oklahoma summer!

PTC PHOTO CONTEST WINNER!



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