



## Fall 2004

### Good-bye Vioxx, Hello Omega 3's!

By: Bobby Patten

With the recent pulling of Vioxx, a common drug prescribed to adult athletes for inflammation caused from training and over use, I thought I'd explain some other options Masters Swimmers and triathletes have besides potentially dangerous drugs to help alleviate the pain caused by inflammation.

A brief explanation of anti-inflammatory drugs is necessary. There are three classes of drugs used to fight inflammation. The corticosteroids the most common corticosteroid is prednisone. Non steroid anti inflammatory drugs NSAIDs these include aspirin, ibuprofen (Advil), naproxen sodium (Aleve), and the relatively new drugs know as Cox-2 inhibitors, Vioxx and Celebrex are the most common of the Cox-2 drugs. And finally the use of the statin drugs in the attempt to reduce C-reactive protein.

All of these drugs provide relief to millions of people

*Article Continues on pages 4-5.*

### Breakthroughs in Practice By Changing Our Patterns

By: Jim Montgomery

A choice confronts us? Its may have been a long day at the office, the kids are on a rampage or that descent night's sleep has eluded you again. Frightened that Coach Montgomery may not approve of your "slow" pace, the next swim set is called out and you feel your arms shaking, anxiety and escape to the locker room begin to filter into your mind. But you think if I bag it or get out I have surrendered the chance to build character, and forfeit my choice to excel. That's when it's time rise up out of the water and announce to the crowd "I am going to slow. It's time to HAMMER DOWN AND BLOW CHOW!"

Breakthroughs in practice come when we begin to break old patterns. To be successful you need to change your pattern. And to do that you are entering into a personal civil war. For instance I used to have one of the fastest best flip turns in the world. That was way back in my glory days of the 70's & 80's. But lately I started listening to my body's argument that time has eroded my explosive power through the decades and I no longer possess the "legs" to power me off the wall. The bad habit of not keeping a streamline position and using my legs more effectively off the flip turn has started to gnaw on me. It even bums me out feeling venerable when I attempt a competitive swim start. I am always imagining Coach Patten yelling "Timber!" when I push off the starting blocks. Well dad gum it! It time for you and me to break those self-defeating patterns in practice and confront our fears. I took a workshop a while back that explained that the only way to break old self-defeating patterns is to what you are afraid to do. Pretty scary when the coach on deck challenges you with a swim set you have never done before or asks you to move up a lane. So its time to change those bad habits and begin to have those break through practices. I mean come on. Do you want to keep swimming in the sponge or plankton lanes the rest of your life? (If I made you feel guilty with that last statement that may signal that you are moving in the right direction of seeing yourself as one of those "fast" swimmers). Start saying no to those open turns. Put the word butterfly back into your practice vocabulary. And dump that image that your are always relegated in being the lane caboose. My message to all the swim troops out there has and will always be "if it doesn't feel awkward, you are not making a change" You are choosing your swimming destiny every time you decide as Jim Morrison so apply put it: "break on through to the other side!" HEY! HEY! HEY! HEY! YEAH!

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# DAM YOGA FOR SWIMMERS

By: Sheri Hart

DAM introduced a Yoga program for swimmers on September 26, 2004. Ally David, owner of Bend Studio, and long-time Iyengar instructor, developed the class which focuses on opening and strengthening the core muscle groups needed for swimming. About 20 DAM swimmers signed up for the first Series of 4 classes which take place on Sunday's from 4:30pm – 6:00pm. DAM head coaches, Jim and Bobby, have even been spotted *at-tempting* shoulder stands and hip openers!

Ally has done a wonderful job teaching the fundamentals of Iyengar and demonstrating the importance of proper posture and breathing in all the poses done in class. She has taken into account the fact that we tend to work several muscles repetitively, especially across the front of the body, while doing little to work the opposing muscles. This can lead to body misalignment, which can impact our performance both in and out of the water.

In addition to focusing on strengthening our opposing muscles, Ally is working hard to get our stiff, overworked, contracted bodies more flexible. Consistent practice of yoga can help our muscles extend and increase our range of motion in the swimming pool. Through repetitive practice of the different Iyengar poses, we can also develop more flexible muscles which are less susceptible to injury.

I have incorporated yoga into my training since I started Master's swimming three years ago. I believe the mind/body awareness, strength, and flexibility I have gained from my practice, have been instrumental in helping me perform close to the levels I was able to reach in college - yet I spend 75% less time in the pool. However, the most important benefits I receive from yoga are the restorative and confident feelings I have after completing a class. The Sunday sessions are a great way to get your week off to a wonderful start.

## About Iyengar Yoga:

B.K.S. Iyengar's particular style of performing the yogic asana (or postures) is distinguished by tremendous attention to parishioners' individual bodies and alignment. It requires an unrelenting search for deeper levels of awareness and self-penetration in each and every moment of each and every pose.



One important contribution that B.K.S Iyengar has made to contemporary yoga practitioners has been the introduction of artfully contrived and simple props. These are used to make the yoga poses and their benefits more universally accessible to many whose bodies could not otherwise perform the postures. As a consequence of the tremendous spiritual and physical benefits that its practitioners have realized, Iyengar Yoga is currently the most popular approach to physical yoga throughout the world.

## Information about DAM Yoga

*When:* Series II starts Oct 24- Nov 14 – 4 Sunday Session 4:30pm to 6:00pm. Series III starts Nov 21- Dec 19, skip Thanksgiving Sunday (Nov 28)

*Where:* Bendstudio at 5014 McKinney Avenue

*Cost:* \$50 for the Series or \$15 drop in per class.

*To register:* Please send a check payable to DAM at 4901 Cole Avenue, Dallas, TX 75205. Checks are due the Friday prior to the start of each Series. Please include the Series number you are signing up for in the memo area. You can also call or email to have us charge the credit card you have on file with DAM (a \$2 cc processing fee will be added to credit card payments)

*For more information about BendStudio visit [www.bendstudio.com](http://www.bendstudio.com). If you have questions about DAM Yoga for Swimmers, please email me at [sherihart@dams swim.com](mailto:sherihart@dams swim.com)*

## Indoor Cycling at Luke's Starts This Fall!

By: Stacy Mullikin

Daylight savings is coming to a close but that doesn't mean you can't ride your bike! Say goodbye to the wind, rain, heat and traffic – say hello to a fun alternative for ALL levels of athletes with INDOOR CYCLING at Luke's! Whether you're a seasoned cyclist or haven't ridden a bike since childhood – indoor cycling has something to offer athletes of all levels. Wind trainers are provided! Class requirements are a bicycle, comfortable clothing, water bottle(s) and a towel. Certified, elite DAM Luke's coaches offer motivating structured workouts in a fun group environment.

**When:** Starting November 1, 2004

*Mondays* – 6:15pm-7:15pm

*Wednesdays* – 6:45am-7:45am – Immediately following the Luke's weekly 6am group run.

*Sundays* – Join Friends For a Fun Group-Led Outdoor Ride

**Cost:** \$40/month or a \$10 drop in fee per class.

Sign up by emailing [DAMcycling@yahoo.com](mailto:DAMcycling@yahoo.com). Space is limited to 20 cyclists.

## DAM Dryland Training

By: Nancy Pigeon

Have you ever wondered how to get stronger and more efficient in the water without having to get wet? Well, Dryland Training may be the answer for you!

Dryland Training is an out of the water training program targeted to strengthen your core musculature, lengthen tightened muscles, improve overall posture and enhance general balance. The core refers to the abdominal muscles working together with the lower and upper back, pelvic girdle musculature, the gluteals and the muscles surrounding the shoulder. Dryland exercises incorporate the



use of medicine balls, exercise bands and mats to facilitate the activation, recruitment and strengthening of your muscles.

Enhancing our core muscles in this way allows us to become more efficient, not only in the sport of our choice, but also in our activities of daily living. Imagine having a body that is less fatigued by the end of the day, and a back that is not quite so achy because you have been able to distribute the work to a stronger more efficient body. Ultimately you may cut down your risk for injury because of an overworked and unbalanced body.

Dryland training is fun. We work in pairs with groups that are no larger than 20 people. Exercises are modified for individuals based on any preexisting injuries present or in the past.

Come try out a complimentary week of Dryland Training. We meet Wed. 7pm or Sunday 10am at the SMU outdoor pool deck.

**GOT A QUESTION?**  
Visit: [www.damswim.com](http://www.damswim.com)  
For the latest news.

## New DAM Luke's Triathlon Training Program

By: Stacy Mullikin

Are looking to add the word "triathlete" to your resume? Would you like to train in a social and supportive atmosphere? Do you have a quest for speed with the desire to win your age group at your next race? If you said yes to any of the above – the new DAM Luke's Triathlon Training Program is for you!

Starting **January 10<sup>th</sup>** Luke's Locker and Dallas Aquatic Masters are teaming up to add the flavor you've been looking for in your training program. Expert, certified triathlon, swimming, cycling and running coaches will provide detailed training schedules for all levels to compete in a Sprint or Olympic race.



### TRAINING DETAILS:

- The shared team experience during weekly workouts makes for great training partners and enduring friendships whether this is your first triathlon or your 10<sup>th</sup> year in the sport.
- Certified coaches, all seasoned elite triathletes and Ironman finishers will share experiences, knowledge and expertise in all three disciplines.
- Detailed 18 week program specific for Beginner, Experienced and Elite level athletes will utilize periodization methods to ensure logical build up and taper for an early season race. Each athlete will be assigned a coach for general questions.
- Informational speakers and hands on clinics will cover all aspects of triathlon to include nutrition, goal setting, race planning/preparation and transition work.
- Seasonal open water swim sessions will be held at Lake Grapevine.
- Indoor wind trainer sessions at Luke's Locker on Oak Lawn Avenue (trainers provided). Outdoor group rides will also take place on Sundays.
- QuickBeat (previously Beat Goes On) – The magical element of DAM Luke's is the ability of both groups to capitalize on their strengths – both swimming and running. Our Saturday workout will merge with the city's premier 5K/10K walking/running program with top level expert Luke's Locker running coaches.

**Contact:** Stacy Mullikin with questions – [stacymullikin@sbcglobal.net](mailto:stacymullikin@sbcglobal.net) or visit [www.damswim.com/tri.htm](http://www.damswim.com/tri.htm).

**Orientation Meetings:** at Luke's Locker: 7pm, 12/7/04 or 12/14/04

## Good-Bye Vioxx, Hello Omega 3's! (Continued from Page 1)

everyday but they are not magic bullets and for many people they may have a dangerous side effect that far outweighs the benefits. First we'll look at some of the risks, and then at other options you have as an educated individual to safely achieve the same results without the risks caused by extended use of these drugs.

### **Corticosteroids:**

Introduced in the 1950's, corticosteroids became the medical wonder drug. They reduced pain inflammation, and you even felt great while on them. Corticosteroids are a synthetic version of the natural stress response hormone. These drugs are used to treat a variety of diseases and injuries including arthritis, asthma, lupus, and multiple sclerosis. The problem is that continued use of these drugs either orally or injected can cause a medical nightmare. Suppressed immune system, slow wound healing, increase in obesity, decreased bone density, thinning of the skin, bruising, high blood pressure, male infertility, menstrual irregularities and loss of muscle mass are some of the problems associated with these drugs. Hey give me more of that stuff, right?

Corticosteroids are effective for short treatment, though, and can be beneficial. The long-term use, however, has many drawbacks, and for some the risks far outweigh the positives. One interesting use I've recently heard for this drug is first responders injecting high doses into the spinal cord when cord trauma is suspected. This can avoid swelling and saves the function of the spinal cord while preventing a lifetime of paralysis.

### **NSAIDs:**

These drugs are anti inflammatory, but not based on steroids. They include Aspirin, Advil, Aleve, Vioxx and Celebrex. The way these drugs work is by blocking an enzyme called cyclooxygenase; see why it's commonly called the COX enzyme. There are actually two of these enzymes that convert fatty acids into either pro or anti-inflammatory compounds called eicosanoids. Aspirin, Advil and Aleve shut down the effectiveness of both these enzymes causing several side effects in many people. The most common being an upset stomach. It was believed that the COX-2 enzyme was responsible for the inflammatory response; thus, if COX-2 could have been selectively blocked, then the side effects would have been reduced. Unfortunately, these assumptions weren't accurate, and researchers have discovered that COX-2 has many diverse roles in human biology including brain development and memory. In addition, the COX-2 drugs still reduced the action of the COX-1 enzyme suppressing the anti-inflammatory response.

### **The Statins:**

The statin drugs have recently made their way into the treatment of chronic inflammation. They are more commonly thought of as cholesterol lowering drugs, but with the discovery

of their positive effect on C-reactive protein, a very good indicator of risk from heart attack, people have started looking at them as a treatment of chronic inflammation. High CRP levels indicate an increased risk from heart disease of 4.5 times greater than cholesterol. The effects of the statins on inflammation is the subject for another article.

According to an article published in the New England Journal of Medicine NSAIDs use lead to 7,500 bleeding ulcers, 103,000 hospitalizations, 16,500 deaths annually, about the same number of death from AIDS in this country, with a cost of more than \$2 billion.

The Journal of the American Medical Association, JAMA, published a review of four studies of COX-2 inhibitors, and found that this type of drug increases the risk of heart attack by four times. Is it any wonder Vioxx was pulled?

These drugs have an important therapeutic use, but really should not be used for extended periods of time. Most recommend that NSAIDs not be used for longer than 10 days. Remember these drugs don't really treat the cause of the inflammation they only treat the symptom. In fact, since they interfere with so many of the body's biological systems they can cause significant damage and even death.

So the real question is what can be done to safely reduce inflammation? Believe it or not there have been thousands of studies looking at this very question. Surprisingly there are many natural substances that seem to be highly effective and have no dangerous side effects. These include

Glucosamine, Chondroitin, Vitamin C, Beta Carotene, Methylsulfonylmethane or MSM, Garlic, Olive Oil, Vitamin E, the B Vitamins, and even Oregano. All of these have been shown to reduce pain and inflammation. But the granddaddy of all the natural supplements to help control, reduce, and eliminate inflammation are the two long chain Omega-3 essential fats: eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Over 2,600 studies have been published in medical journals that have looked at fish oil. Consider this: Omega-3 oils have been used to effectively treat arthritis since 1775. These Omega-3 oils are better known as fish oil. I know what you're thinking fish oil no way; I can take that it tastes like...well you know dead fish.

For over 200 hundred years it has been known that fish oil is beneficial to over all health even though no one knew why. The problem was that most people couldn't handle the taste, and fish oil quickly goes rancid. So for many years' only obscure people who didn't care about their breath or had killed their taste buds used fish oil. By the late 1980's the ability to refine fish oil, eliminating the impurities, increasing the concentration, and reducing the fishy taste, fish oil became a more frequently used choice of natural treatment. Pretty soon fish oil was being looked at in hundreds of studies as a possible treatment option for disease states, all associated with inflammation,



including Alzheimers, Arthritis, Cancer, Heart Disease, Parkinson's, MS, Depression, and almost every known condition ending in "itis." These studies found that supplementing with high levels of fish oil can have a profound benefit on all the conditions, and in some cases reduce or eliminate the need for medications.

EPA and DHA act in a similar manner in the body to the COX-2 drugs. However, where COX-2 wipes out an entire biochemical process, EPA and DHA seem to create a balance where inflammatory response is slowed, not shut down, and the anti-inflammatory process is enhanced.

The manufacturing processing of fish oil has continued to improve over the past decade. Now it is possible to get a high dose of EPA and DHA in a single teaspoon or a few capsules. Not only is the concentration higher the toxins are reduced to almost nonexistent levels.

So what is the level of fish oil a person should take to achieve the maximum benefits? Depending on your condition and the over all diet you are following. Most of the research has shown that supplementing with somewhere between 2.5 and 10 grams of omega three fats will be of benefit.

One study published by Andrew Stoll of Harvard Medical School found a decrease in the need of psychotropic medications in bipolar patients. In that study the patients were receiving 10 grams of omega 3's a day. Some studies looking at MS, Alzheimer's, and Parkinson's disease have used as high a dose as 25-30 grams of high grade omega 3 a day. To help manage pain and reduce the effects of inflammation most people have found a daily dose of 5-6 grams of omega 3 oils to be an effective amount. Once pain has decreased you can reduce the amount you take daily by about half. So daily you would be around 2.5-3 grams.

The goal is to control inflammation, but not completely eliminate it, and hopefully have a balanced COX-2 inflammatory response. The omega 3's seem to slow down the COX-2 enzyme without completely shutting it down.

I personally take 5 grams of omega 3 a day, and have for over nine years. I take

it at night after dinner or before bed. Since omega 3 fat is not water-soluble you can take your daily dose all at once. Some people decide to split the dose throughout the day, which is not a problem. Absorption is best if you take it with some food or a meal.

The quality of the product you choose to use is important. If you are taking an unpurified source such as cod liver oil, you would never be able to swallow enough to maintain the dose you are shooting for. In addition, cod liver is high in vitamin A, which at high doses can be toxic.

Most health food stores have a product that will meet the lowest possible safety standards for toxicity, so I personally wouldn't take high doses of those products. I know of a few companies that manufacture the high quality fish oil. The product I use was developed by my friend Dr. Barry Sears and his research team in Boston. The product is called OmgeaRX and is available on the web at [www.zonelabsinc.com](http://www.zonelabsinc.com). You can use "DAM swimmer" as an affiliate if you are asked. Two other products, which are also available on the web, are: OmegaBrite, made by Omega Natural Science, and Omega-3, manufactured by Nordic Naturals.

Dollar for dollar supplementing with omega 3 oil is the smartest and most beneficial thing you can do for your overall health and longevity. Not to mention that it's an easy and safe way to help control your pain, and you won't find yourself six feet in the ground from a COX-2 recall!

*This article is written to provide in the area of diet and health and in no way intended as medical advice. Consult your doctor before beginning any new dietary or supplemental programs.*



**MASTERS**  
4901 Cole Avenue, Dallas,  
Texas 75205-3401

**SWIM BASICS  
NOW  
OFFERING  
TWO COURSES!**  
By: Mark Stori

In response to participant requests, the Swim Basics Program is now offering an intermediate course.

The Swim Basics Program is designed for beginning swimmers who may be intimidated by a Masters workout or the thought of the swim portion of a triathlon. The two courses offered are Swim Basics and Swim Basics Intermediate. The Swim Basics course focuses on breathing and extensive stroke instruction. The Intermediate course could be considered a "DAM Light" workout. The intermediate sessions will concentrate on both stroke mechanics and fitness training. The pre-requisite for the Intermediate course is either completion of Swim Basics and/or being able to swim 100 yards without stopping.

We will be offering the November and December Swim Basics Courses at the Bally's Athletic Club in N. Dallas.

Swim Basics

Cost: \$100

Times: Wed 7:15 – 8:15pm

Sat 9:00 – 10:00am

Sessions: 6

Intermediate:

Cost: \$75

Times: Wed 6:15-7:15 PM

Sat: 8:00-9:00 AM

Sessions: 6

Our coaching team will include Liana McStravick, Lia Oberstar, Stacy Mullikin, Bobby Patten and Mark Stori.

Let your friends and family know that these programs are a great opportunity to get acclimated to masters swimming. For more details direct them to the Swim Basics link on [www.damswim.com](http://www.damswim.com). Contact the office to inquire about multi-month package deals.