

# Sunday Health

## Step into better health: Columnists write book about dance, other health topics

By Edith Decker  
of the Daily Courier

New co-authors Robin Miller and David Kahn — health columnists for the Daily Courier — have two things in common: They're both in the health field and they both love to dance.

"We'd been talking about how dance is so good for health and realized there are so many things we could tell people to get them up and dancing," says Miller, a Jackson County physician with Triune Integrative Medicine.

Both authors have previously published books, so it wasn't long until they decided to work on a book together about the benefits of dance.

"Then we expanded it to include other things as well," Miller says.

The result: "Healed: Health and Wellness for the 21st Century" will be released on Valentine's Day.

"This book is really all about becoming healthier and happier, and the two are intensely related," says Kahn, a certified personal trainer who also directs Southern Oregon Swing, a West Coast swing dance organization.

The book includes four sections.

Part I is about the basics, learning about the body and its systems and caring for them, as well as finding a doctor.

Part II is about overcoming sadness and depression without drugs, using food, herbs and "a great chapter on sex," Miller says.

Part III? "Don't diet. Eat well and lose weight or maintain a good weight," Kahn says.

Part IV is all about how dancing is good for you — the place they started the book.

"I actually discovered dance as an undergraduate at UCLA," says Kahn. "There was a flier up that said 'learn to dance' and I kind of went on a whim. And I learned from a little old guy in a checked coat with a stack of records under one arm."

The more Kahn learned, the more he liked it.

Miller, as a health columnist and local KOB-TV "doctor on call," was tapped for the local version of "Dancing with the Stars."

"I was in dancing with the



Photo courtesy Essence Fotografx Design Studio

David Kahn taught Robin Miller to dance. He's a personal trainer and she's a physician, so they started the idea of writing a book together.

Rogue Valley Stars five years ago and I had not done dance until then," she says of the ballroom competition. "As I kept doing it, I noticed things happening to me."

She gained muscle, lost weight, had better balance "not to mention it made me really, really happy."

She expanded to the rowdy West Coast swing style and found Kahn as a teacher.

Miller also started researching the benefits of partner dancing.

She found an Alzheimer's disease study that suggested it reduces the risk of that disease by 76 percent, if done regularly. "More than any other activity,"

she adds.

Parkinson's disease is helped because dance bypasses the damaged part of the brain to help with movement.

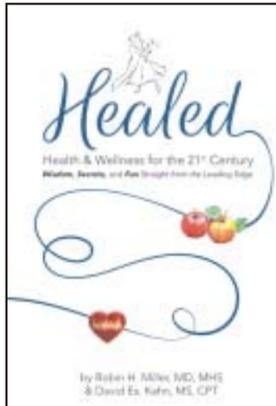
"It helps to create new neural networks in the brain because of the back and forth communication with the partner," she says.

It helps in osteoporosis, diabetes and a host of other issues.

"And the balance thing is huge," she adds. "Seniors who do ballroom dancing can improve balance if done twice a week."

And good balance means fewer falls as a person ages.

Kahn adds: "That's the difference between having an awkward moment or landing your-



The cover of "Healed: Health and Wellness for the 21st Century," which is available beginning Tuesday.

self in intensive care perhaps, so those are big."

From his perspective as a personal trainer, balance is a key.

"A lot of people when they start to work out, they focus on the strength component," he says. "But then there's this other piece that people ignore: balance."

Core fitness and balance work together to make movement possible and easy, he says.

"We feel like there's a lot of people in this culture who have an aversion to dance. I think it's just a cultural thing, a lot of men, but women, too," Kahn says. "I think they're kind of afraid of it. But we thought, 'If people knew all the amazing things they could get out of it.'"

Miller says they interviewed many of the dancers who attend events at the Medford Eagles lodge, all fit and sharp, for the book. "And they attribute it all to dancing."

"Healed: Health and Wellness for the 21st Century" by Robin Miller and David Kahn will be available on Amazon.com beginning Tuesday. Learn more at the authors' new website [wellhealed.net](http://wellhealed.net).

They will be at a book signing Feb. 20, 3 to 5 p.m. at the Wellness Compounding Pharmacy, 522 Crater Lake Ave., Medford.

## Health briefs

### Man educating others about IPF lung disease

Grants Pass High School Performing Arts Center Director Steve Daggett would like to spread awareness about Idiopathic Pulmonary Fibrosis (IPF), a lung disease that is threatening his life.



DAGGETT

"There is no known cause."

Daggett, who was diagnosed two years ago, is heading to UCLA Medical Center Feb. 25 for lung transplant tests and interviews with a nine-member transplant team. Once he's on a waiting list, he'll have to move there to be close to the hospital when

donor lungs become available.

"I may have to wait several weeks or months for a donor match," Daggett said. "It's quite the process!"

Daggett just finished a fundraising campaign that exceeded its goal, to help pay medical and travel expenses. He has a Facebook site that chronicles his journey: [facebook.com/SteveIPF/](http://facebook.com/SteveIPF/)

### Learn about cardiac rehabilitation on Feb. 21

The public is invited to attend a presentation about cardiac rehabilitation, 1:30 to 3 p.m. Feb. 21 at Rogue Regional Medical Center's Smullin Health Education Center, 2825 E. Barnett Road in Medford.

The scheduled speaker at the event is Beth Coker, manager of cardiac and pulmonary rehabilitation at Rogue Regional. A recent study showed that heart patients who did cardiac rehabilitation had a 45 percent lower

risk of death from any cause.

To register, call Chris Kloek, 541-973-9631.

### Wednesday is deadline to get immunized

Wednesday is School Exclusion Day, and the Oregon Immunization Program is reminding parents that children will not be able to attend school or child care starting that day if their records on file show missing immunizations.

Under state law, all children in public and private schools, preschools, Head Start and certified child care facilities must have up-to-date documentation on their immunizations, or have an exemption. If school and child care vaccination records are not up-to-date on Feb. 15, the child will be sent home.

Immunization protects against diseases such as whooping cough and measles.

Parents seeking immunizations for their children should

contact their health care provider or local health department. They also may dial 211 or going to [211info.org](http://211info.org).

No one can be turned away from a local health department because of the inability to pay for required vaccines. Many pharmacists can immunize children age 7 and older.

### Want to volunteer to help hospice?

Providence Hospice will be conducting free training for hospice volunteers March 9-11.

No experience is necessary for those interested, "just an open and willing heart eager to assist patients and families at the end of life."

There is no charge for the training and all materials are provided.

Call volunteer coordinator Susan Cooper at 541-732-6532 for more information and an application. Early application is suggested.

## Asante Physician Partners Family Medicine Providers

520 SW Ramsey Ave., Suite 101  
Grants Pass (541) 472-7810



Amy Brown, MD

Dr. Brown provides care to both adults and children. She is an advocate for healing the body and preventing disease through proper nutrition and complementary medicine.



Angela Marcucilli, NP-C

Angela Marcucilli evaluates and treats acute illnesses, in addition to managing chronic conditions, for both children and adults. She is a member of the American Academy of Nurse Practitioners.



Lacy Scott, FNP-BC

Lacy Scott sees adults and children for their immediate, preventive and chronic health care needs. She has special interest in educating patients on how to improve their quality of life.



Kayla Weber, NP-C

Kayla Weber is dedicated to treating the whole person — mind, body and spirit. Kayla provides care to adults and children who have immediate, preventive or chronic health needs.



Patrick Yeakey, MD

Dr. Yeakey supports patients with managing chronic conditions with a holistic approach to healing. He is the medical director for the local search and rescue teams.



Taking Care of Our Community

## Asante Physician Partners Welcomes Samuel Leung, DO • Family Medicine

Dr. Samuel Leung, has joined Asante Physician Partner in Grants Pass. He sees adults and children for immediate, preventive and chronic health care needs. Dr. Leung has a special interest in caring for the whole person: mind, body and spirit. Outside the office, Dr. Leung enjoys music and calligraphy.

Asante Physician Partners-  
Family Medicine

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Accepting patients. For more information about Dr. Leung, please go to [asante.org](http://asante.org).

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