

GIANTS

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PREMIERE ISSUE
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**LET ME
SLEEP ON IT!**

Shaun O'Hara on sleep apnea

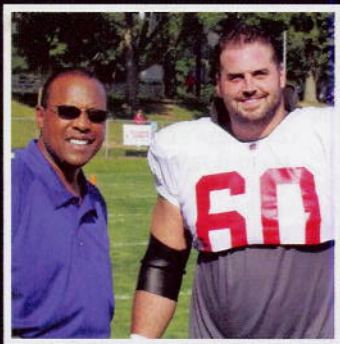


**Stand Up
to Cancer!**

With Steve Tisch

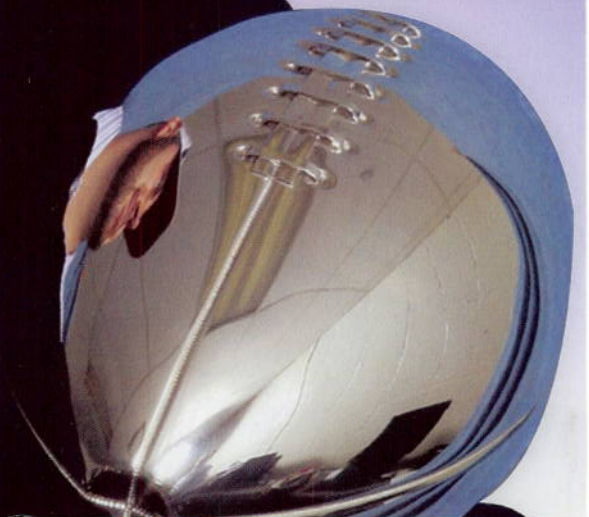
10 Giant
Fitness Tips
From the Coach

Jeff Feagles
Stay-Healthy
Secrets



**Getting
Physical**

VP Medical Services
Ronnie Barnes speaks
out for regular checkups



Dear Reader,

Health Monitor Network and the New York Giants are excited to bring you the premiere issue of *New York Giants Health Monitor*, a publication for men and their families. Each issue features interviews with Giants players, coaches, and athletic trainers about health and wellness topics that relate to you and your family, as well as information, tips, and useful articles from other leading sources, doctors, and associations.

The New York Giants are committed to the health and wellness of fans, their families, and our communities, and we hope that this magazine will help everyone lead healthier lives.

Health Monitor Network, the nation's leading patient-education publisher, in doctors' offices and in homes, is pleased to partner with the Super Bowl Champion New York Giants. This innovative publication will allow us to make a positive impact on our communities by presenting a unique blend of sports, health, and fitness content.

In this issue, you'll find an interview with Giants center Shaun O'Hara, who speaks out about his battle with sleep apnea. You'll learn the health secrets of Jeff Feagles, who at age 42 has played more games in the National Football League than any other player in history. This Giants kicker shares his story of overcoming psoriatic arthritis and the challenge of playing the game with a hearing impairment.

Flip the pages to read about how Giants former player and current Player Development Director Charles Way balances work and family commitments and Giants guard Rich Seubert is lending a charitable hand by starting a fund-raiser for cardiac care.

You'll also learn about a new health initiative, Stand Up to Cancer (SU2C), and how you can help.

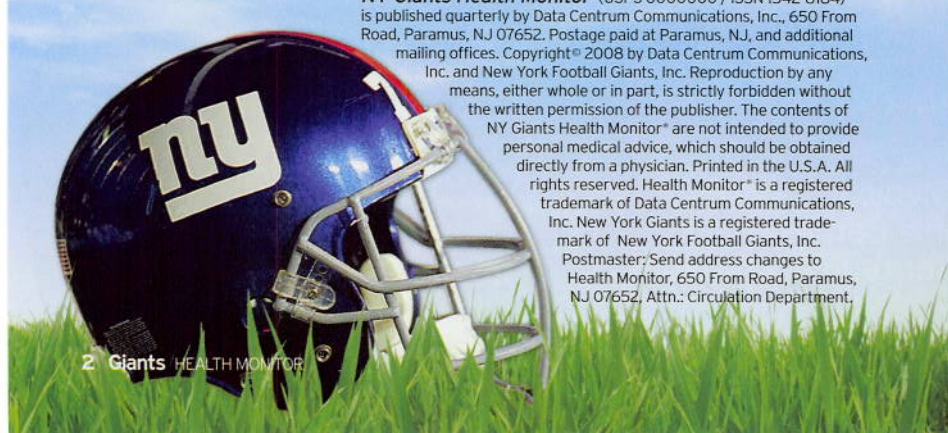
We hope you enjoy the premiere issue of *New York Giants Health Monitor* and invite you to share it with your entire family.

In the meantime, we'd love to get your feedback. Tell us what you think of the premiere issue! Please email the editors with your comments and suggestions at editorghm@healthmonitor.com.

We look forward to hearing from you!

The New York Giants and
the Editors at Health Monitor Network

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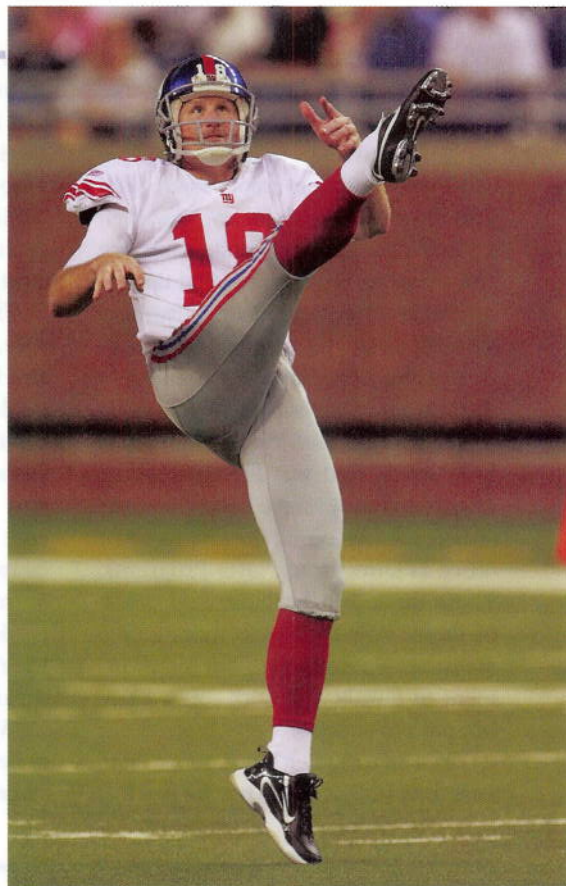
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Giants photography by Jerry Pinkus
Cover Inset photograph by Richard Fugaro

Commitment to family, a **WAY** of life

Meeting challenges head-on is a kind of mantra for Charles Way. In 1997, when Giants starting fullback Rodney Hampton went down with a season-ending knee injury, Way, then a third-year blocking back from the University of Virginia, stepped up and delivered a breakout season. Rushing for 698 yards, he scored five touchdowns and helped lead the Giants to a division title and the playoffs.

Three years later, Way had a serious knee injury and was forced to retire after five NFL seasons. Facing a career crossroads, he joined the Giants front office as Director of Player Programs. These days, as a husband and father of three, Way resorts to more subtle measures—namely, a firm commitment to family and faith—as a sure-fire path to success.

“In a marriage, it’s not about ‘you’ anymore, it’s about the people you live

with,” says Way, who is now 35 and the team’s Director of Player Development. “To make it work, you need to make sacrifices. That goes right to my definition of somebody with integrity—a willingness to accept certain things you may not agree with because it’s for family. We both believe that.”

The other half of the “we” is Way’s wife, Tahesha, a Brown University and University of Virginia Law School graduate who turned down several career opportunities in TV to stay home and give birth to the couple’s first two daughters, Fallon, now 11, and Farrah, 8. Around the time the couple’s third daughter, Faythe, now 5, was born, Tahesha went to work at Fairleigh Dickinson University in New Jersey. She fulfilled a long-standing dream of teaching English literature.

“When I was playing football, Tahesha understood the demands of my job, a career I wanted to keep for as long as

possible,” says Way. “We figured when I stopped, she could finally get to do what she wanted. But I went right to the front office and really never took a break.”

So the Ways continue to juggle career and family demands. Tahesha practices law in Totowa, N.J., and is a member of the Passaic County Board of Chosen Freeholders. So it’s Charles who is often at home monitoring the children’s homework, playtime, and meals.

Coaching in future?

Though Way harbors ambitions to coach, he recognizes that the timing isn’t right. “I’m with coaches all day and see the commitment it takes,” he says. “Right now, I need to do what’s right for my family. It’s a matter of putting my trust in God, and Him putting me in a place where I have to be.”

Part of that “place” is passing on the knowledge he has learned from football and family life in his role as a

Balancing Family and Fitness: MAKE IT WORK!

Spencer Casey can spot them when they walk through the front door of the New York Running Company, the store the 2:36 marathon runner and triathlon coach manages at the Time-Warner Center at Columbus Circle in New York.

“They’re getting the running bug for the first time or want to get back into it,” says Casey, who coaches a 300-member New York triathlon team. “You can see it in their eyes. They’re motivated.”

The good news, say health and exercise experts, is that even if you haven’t worked out regularly since high school, there are several relatively simple steps you can take to help achieve better balance and live a healthier lifestyle. Follow these 10 steps, and not only will you get back into shape, but you’ll also feel better and have fun along the way. Here we go:

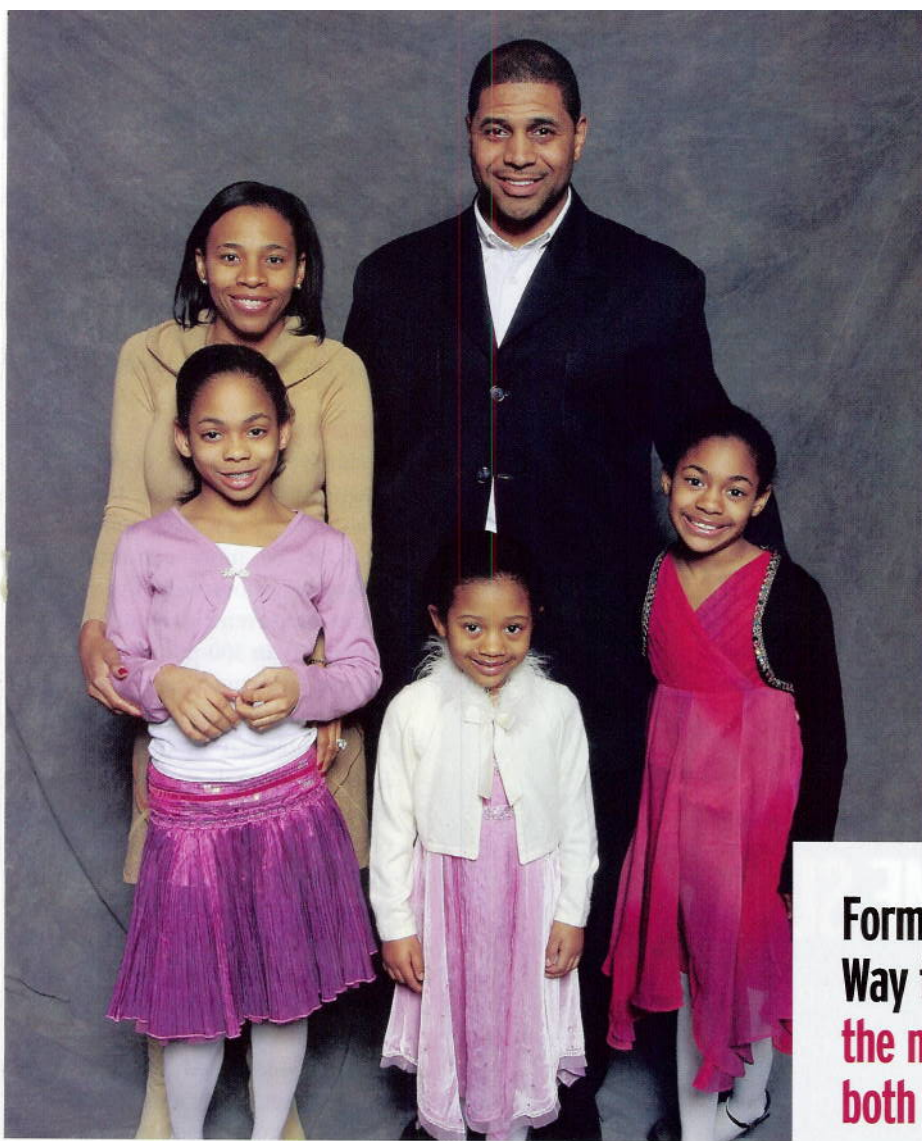


1 SET GOALS. Start by writing down your goals, or as Manhattan-based sports psychologist Dan Schaefer, PhD, puts it, “dreaming about the things you want.” Schaefer uses what he calls a “trunk card” on which his clients list what they hope to achieve so they can begin eliminating distractions. “Doing your best is a real balancing act,” says Schaefer. “With all my clients, we look ahead five years and then work backwards: I want them to identify anything that could get in their way, so they can begin to really focus.”

2 DELEGATE. “Everybody has their own work-family issues,” says Corinne

Post, PhD, assistant professor of management at Pace University and an expert and lecturer on work-life balance. As a delegator or a “juggler,” as Post puts it, you hand off some of the less-dangerous balls to others. “The best jugglers are good at delegating,” she says. “They’re good at letting go and trusting others to help them.”

3 BUILD OUTSIDE NETWORKS. “Whether you work on Main Street or Wall Street, it’s crucial to have contact with people outside your career,” says John G. Kennedy, MD, an orthopedic surgeon who specializes in sports-related injuries at the



mentor to current Giants players. Way talks to them about life skills that go well beyond the NFL, where the average career lasts all of four years.

"I remember as a young player watching the way certain veterans carried themselves with integrity, and wanting to be like them," he says. "I talk to players about the meaning of manhood—and how for a marriage to work, they need to be flexible."

Those life lessons can crop up anywhere. Way recalls a late-night talk show on which a couple, married for 50 years, discussed what had kept them together. "Despite the rocky parts, they said, they'd never fallen out of love at the same time," he says. "That tells you all you need to know: Family is the bedrock." 📱

Former Giants fullback Charles Way teaches players to make the needed sacrifices to excel both on the field and in life.

Hospital for Special Surgery in Manhattan. "Having friends outside of your industry builds perspective and expands your horizons. It's refreshing."

4 EXERCISE, EXERCISE, EXERCISE. "If we could put all the benefits of exercise into a pill, it would be the most prescribed pill ever," says Stuart A. Hirsch, MD, an orthopedic surgeon at BioSport Orthopaedic and Sports Medicine Associates in Bridgewater, N.J. "Exercise remains a critical part of a healthy lifecycle. The list of benefits grows longer all the time."

5 MAKE IT FUN. "Think about what you enjoy

and do it," says Rik Couwenberg, a Mountain Lakes, N.J.-based physical therapist with a practice in Morristown. "The key is doing something you enjoy so it's not a burden."



6 FIND A BUDDY. "Having a partner gives you less of an excuse to not get out there and exercise," says Dr. Hirsch. Finding a partner can be simpler than you think, ranging from cycling

with your toddler to walking with a neighbor. Your buddy can even be a dog who needs a daily walk.

7 BUILD UP GRADUALLY. "Getting fit is like building a house," says Casey. "Without a solid foundation, you're shortchanging yourself." By creating an aerobic foundation, not doing too much too quickly, and getting appropriate rest, you're preparing your body for the work ahead. "Going from A to Z and not A to B and all the steps in between can lead to injury," says Casey.

8 STRETCH. "You don't drive with your foot



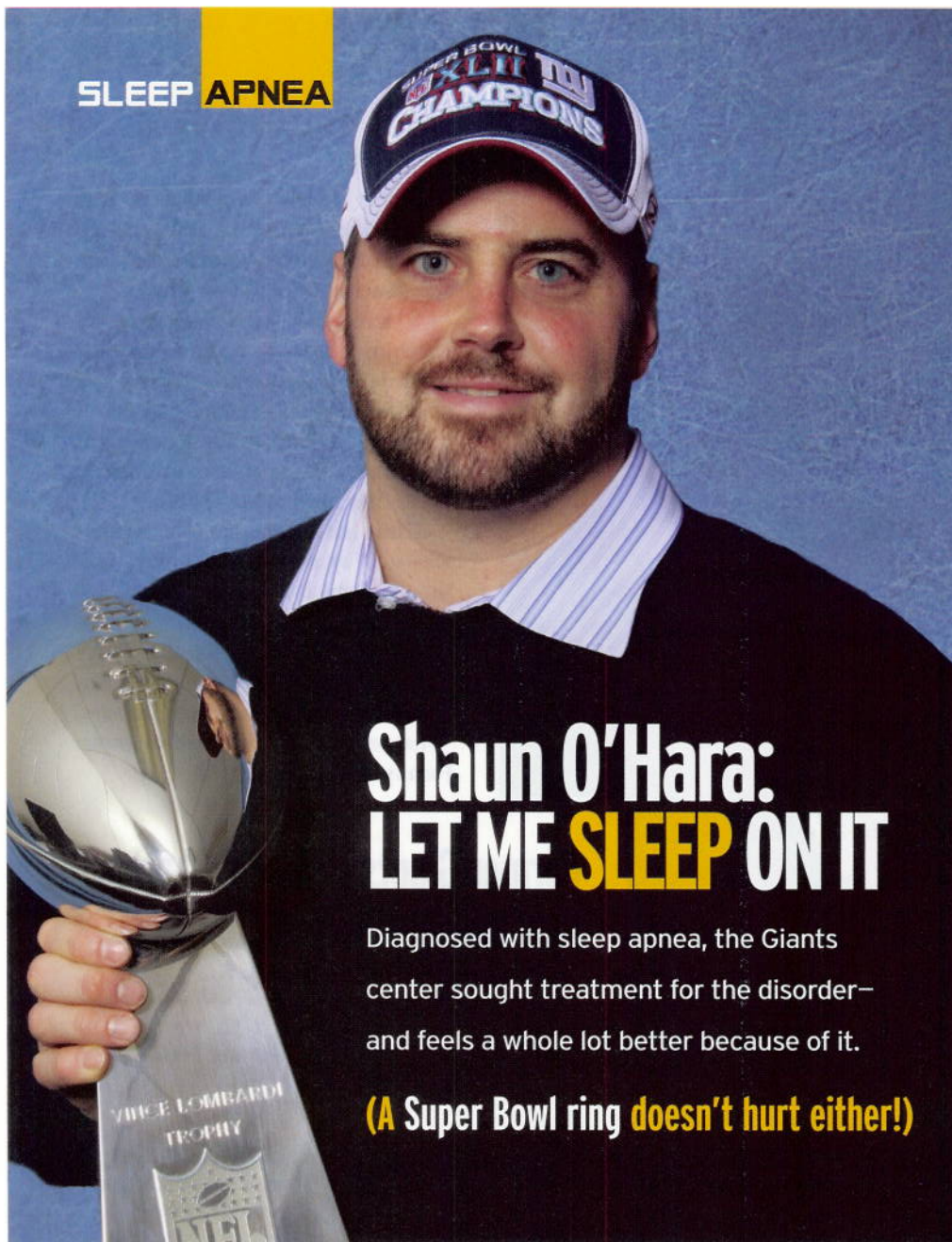
always on the brake, do you?" asks Casey. "The importance of stretching to achieve good flexibility and range of motion is critical—so much so that Casey advises cutting short a 45-minute run to 30 minutes to leave time for stretching.

9 THINK ABOUT DIET. No, we didn't say you have to diet; we said you should *think* about what you're eating. Barrie Wolfe, a registered dietitian with a

private practice in Scarsdale, N.Y., suggests packing an office snack of nuts or 100-calorie popcorn. "Better that," she says, "than raiding the candy machine." Also, Wolfe recommends three balanced meals a day and watching the "binge" eating. Her suggested alternative for your next tailgate: Trade the hamburger for a turkey burger on a whole-wheat bun.

10 GET ENOUGH SLEEP. Okay, we're channeling your mom, but remember that sleep is restorative and important, says Dr. Kennedy, who recommends an average of six to eight hours of sleep a night.

SLEEP APNEA



Shaun O'Hara: LET ME SLEEP ON IT

Diagnosed with sleep apnea, the Giants center sought treatment for the disorder—and feels a whole lot better because of it.

(A Super Bowl ring doesn't hurt either!)

Of all the challenges facing Shaun O'Hara in his nine years as an NFL center, one of the toughest came far from the roar of the home crowd at Giants Stadium. It happened in his bedroom, where for years O'Hara struggled to get a good night's sleep.

So in February 2006, O'Hara talked to the Giants medical staff, which recommended he get tested for sleep irregularities. The diagnosis: O'Hara had sleep apnea, a disorder characterized by brief interruptions of breathing during sleep. Typically, the soft tissue in the back of the throat of the sleep apnea

victim collapses, forcing the person to stop breathing repeatedly during sleep, as frequently as 100 times in a night.

"I'd been unofficially diagnosed by friends and family who had heard me snore," says O'Hara, 31. "It was certainly an issue I was aware of, but with time constraints, I was reluctant to pursue it. I hadn't really realized then how serious sleep apnea can be."

Just *how* serious was drilled home in December 2004 with the shocking death of NFL legend Reggie White, at the age of 43, of respiratory disease combined with other health problems, including sleep apnea. "Reggie's unfortunate death

sent a shock wave through the NFL lineman community," says O'Hara. "It opened a lot of eyes. I told myself—and my fiancée pushed me, too—that I'd definitely better get checked out."

Bigger men at risk

O'Hara's decision to seek a diagnosis stemmed in part from the fact that sleep apnea tends to be more common among big or overweight people, making even highly conditioned 250- or 300-pound NFL linemen walking poster children for the condition. A 2003 study published in the *New England Journal of Medicine* found an alarming occurrence of sleep-disordered breathing (SDB) among NFL players. Of the more than 300 players tested, 14%—or three to five times more than other similarly aged adults—were found to have SDB. Offensive and defensive lineman accounted for 85% of the cases, with a number of risk factors cited—among them a neck circumference of more than 19 inches.

For the rest of us, sleep apnea is as about as common as adult diabetes, affecting more than 12 million Americans. Statistics from the

American Sleep Apnea Association indicate that those at the highest risk are male, often overweight, and usually age 40 and above. At its most basic level, sleep apnea causes people to wake repeatedly during the night, snore loudly, and wake up tired and groggy. Due to a general lack of awareness by the public and health-care professionals, the condition often remains undiagnosed and untreated.

Through Giants head athletic trainer Ronnie Barnes and retired Team Physician Emeritus Dr. Allan M. Levy, O'Hara discovered the Center for Sleep Medicine at Overlook Hospital in