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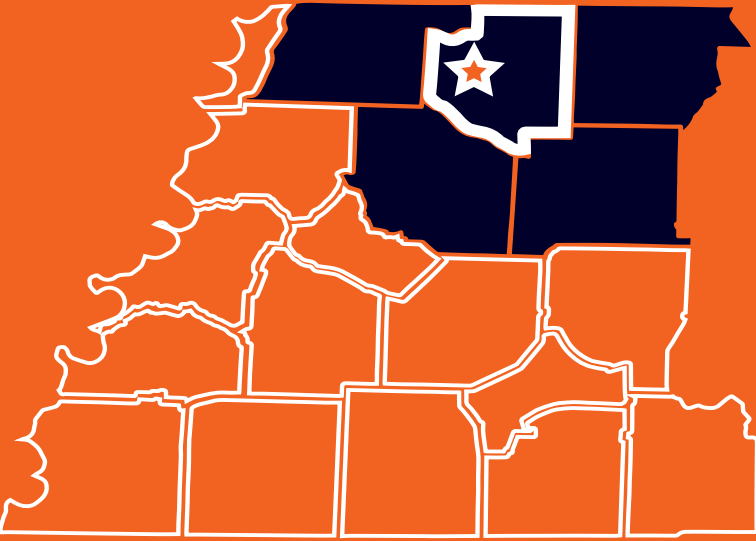




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## HEALTH & WELLNESS

# The Many Benefits of Aerobic Exercise

A great workout routine combines strength training and aerobic exercise. But even some ardent exercise enthusiasts may not understand just how valuable aerobic exercise is. Running on the treadmill or using an elliptical machine might not be the most engaging exercises, but the benefits of aerobic exercise, often referred to as “cardio,” are undeniable.

**• Aerobic exercise helps people maintain healthy weights.** Aerobic exercise can help men and women maintain healthy weights over the long-term. The foods people eat and the fat they store provides energy the body uses as fuel during cardiovascular exercise. The longer and more intense aerobic exercise

sessions are, the more calories the body burns during those sessions. Successful weight loss programs should include routine aerobic exercise.

**• Aerobic exercise lowers risk for various diseases.** Aerobic exercise has been proven to lower people’s risk for various diseases, including diabetes, heart disease and depression. According to the American College of Sports Medicine, high levels of cardiovascular fitness have been linked to a 50 percent reduction in the risk for cardiovascular disease.

**• Aerobic exercise can improve muscle tone.** Exercise enthusiasts who want their efforts in the gym to show should know that aerobic exercise can

improve muscle tone and get men and women closer to the ripped appearance they might be looking for. Interval training, in which cardio routines alternate between high and moderate intensity, is a great way to burn additional fat during aerobic exercise.

**• Aerobic exercise can improve mood.** Studies have shown that aerobic exercise improves mood. In addition to its impact on body image, aerobic exercise triggers the release of endorphins, a group of hormones that can quickly and effectively improve mood. Studies have also shown that physical activity can help the body combat anxiety and stress.

# How to Find Time for Fitness

In lieu of traditional date nights, couples looking to find time to exercise can enroll in classes at the gym or exercise together when they would otherwise be dining out.

Many adults admit to having little or no time to exercise, and statistics support the notion that men and women simply aren’t exercising enough. According to the National Center for Health Statistics, only 21 percent of adults ages 18 and older met the physical activity guidelines for aerobic and muscle-strengthening activity (Note: The World Health Organization recommends that healthy adults between the ages of 18 and 64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, while also performing muscle-strengthening activities involving the major muscle groups at least two days per week.)

Commitments to work and family can make it hard to find time to visit the gym or exercise at

home. But the benefits of regular exercise are so substantial that even the busiest adults should make concerted efforts to find time to exercise. The following are a handful of ways to do just that.

**• Embrace multitasking.** Many professionals are adept at multi-tasking in the office, and those same skills can be applied when trying to find time for exercise. Instead of plopping down on the couch to watch television, bring a tablet to the gym or the basement and stream a favorite show while on the treadmill or the elliptical. When running errands around town, ride a bicycle or walk instead of driving.

**• Cut down on screen time.** A 2016 report from The Nielsen Company revealed that the average adult in the United States spent more than 10 hours each day consuming media. That includes time spent using smartphones, tablets, personal computers, and other devices. By reducing that screen time by just one hour per day, adults can create enough free time to meet the WHO-recommended exercise requirements.

**• Make it a group effort.** Involving others can make it easier for adults to find time to exercise. Instead of hosting work meetings in a conference room, take the meeting outside, walking around the office complex while discussing projects rather than sitting stationary around a conference table. At home, take the family along to the gym or go for nightly post-dinner walks around the neighborhood instead of retiring to the living room to watch television.

**• Redefine date night.** Adults who can’t find time for exercise during the week can redefine date night with their significant others. Instead of patronizing a local restaurant on Friday or Saturday night, enroll in a fitness class together. Parents can still hire babysitters to look after their youngsters while they go burn calories instead of packing them on at local eateries.

Finding time to exercise can be difficult for busy adults. But those committed to getting healthier can find ways to do so even when their schedules are booked.

# Understand the Different Cancer Treatment Types

An estimated 12.7 million people across the globe discover they have cancer each year, and a little more than half will die from the disease, according to the World Cancer Research Fund and the American Institute for Cancer Research. However, many of those deaths can be prevented.

Cancer treatment is not a one-size-fits-all situation. Cancer care often involves different types of doctors working in concert to create patients’ treatment plans, which may include a combination of various treatments. Multidisciplinary teams factor in all aspects of a patient’s health to customize a successful treatment plan.

Although no two cancer care regimens are the same, various treatments are used again and again. Understanding these treatments can give patients more control over their care. The following are various types of cancer treatments, courtesy of the National Cancer Institute, the American Cancer Society and Cancer.net.

**• Surgery:** Surgery can be used to diagnose, treat and alleviate symptoms of cancer. During sur-

gery, doctors remove something from the body. Sometimes all of the cancer can be removed or tumors can be made smaller with surgery.

**• Radiation therapy:** This form of therapy uses high doses of radiation aimed at the cancer to kill cancerous cells and shrink tumors. Radiation works by making small breaks in the DNA inside of cells. This prevents cancer cells from growing and dividing, causing them to perish. More than half of all cancer patients undergo radiation therapy.

**• Chemotherapy:** Chemotherapy relies on drugs to kill cancer cells. Unlike radiation therapy, which only targets small areas where the cancer is detected, chemotherapy can affect the entire body. Chemotherapy kills fast-growing cancer cells, but it also can kill healthy cells that grow and divide quickly, such as those that cause hair to grow.

**• Targeted therapy:** This is a special type of chemotherapy that goes after the inner workings of cancer cells, particularly the functions that make them different

from normal cells. Unlike regular chemotherapy, targeted therapy leaves most healthy cells alone.

**• Stem cell transplant:** Stem cells can turn into several other types of cells. This type of transplant gives patients new cells and is often employed to treat leukemia, lymphoma, myeloma, and cancers that affect the blood. Stem cell transplants also can restore cells in those who have had theirs destroyed by very high doses of chemotherapy or radiation therapy.

**• Immunotherapy:** Immunotherapy is a type of cancer treatment that helps the immune system fight cancer. It is comprised of biological agents that stimulate an immune system response. Certain immunotherapies can mark cancer cells so it is easier for the immune system to find and destroy them.

Doctors may suggest additional treatment options to patients who have been diagnosed with cancer. Cancer can be a formidable foe, but there are many different options that can help restore health.

# Reduce Cold-Weather Fire Risk

Homeowners can reduce their risk for home fires in various ways.

Plenty of things heat up when the temperature drops, including the risk for fire hazards. Fireplaces, stoves, heating systems, candles, and even electric lights are used more often during the winter than any other time of year, so it makes sense that the risk of home fires increases when the mercury drops.

The U.S. Fire Administration says 905 people die in winter home fires each year. Cooking is the leading cause of all home fires and contributes to around \$2 billion in property loss each year. Understanding potential risks and exercising caution can help homeowners protect themselves, their families and their homes from fire.

## Cooking

Home heating fires peak between the hours of 6 p.m. and 8 p.m., when many people are home preparing dinner. The following steps, courtesy of the American Red Cross, can improve safety in the kitchen and reduce the likelihood of a

home fire.

- Never leave cooking food unattended, as it can take just seconds for fires to ignite.
- Keep anything that can catch fire away from the stove or other appliances that generate heat.
- Clean regularly to prevent grease buildup.
- Make sure appliances are turned off before leaving the room or going to bed.

## Heating

The National Fire Protection Association warns that heating is the second leading cause of home fires, deaths and injuries in the United States. The NFPA offers these safety guidelines.

- Install heating appliances according to manufacturers’ instructions or have a professional do the installation.
- Fuel-burning equipment needs to vent to the outside.
- Never use an oven to heat a home.
- Keep anything that can burn away from heating equipment, including portable space heaters.
- Clean and inspect heating appliances regularly.

• Turn off portable heaters when leaving the room or going to bed.

## Electric

The National Safety Council estimates that between 600 and 1,000 people die each year from electrocution. Electricity also can contribute to home fires. The Energy Education Council offers these safety suggestions.

- Never force plugs into outlets.
  - Check that cords are not frayed or cracked. Do not run cords under carpets or place them in high-traffic areas.
  - Use extension cords only on a temporary basis.
  - Make sure light bulbs are the proper wattage for fixtures.
  - Install ground fault circuit interrupters in kitchens, baths, laundry rooms, and elsewhere, making sure to test them regularly.
  - Check periodically for loose wall receptacles and loose wires. Listen for popping or sizzling sounds behind walls.
- Home fires are no joke and can be prevented with simple safety checks.

# Stay Safe During Thunderstorms

The National Severe Storms Laboratory estimates that 16 million thunderstorms occur across the globe each year. The NSSL says that, at any given moment, there are 2,000 thunderstorms in progress. In the United States, eight cities in Florida top the Farmer’s Almanac list for the most thunderstorm-prone areas. The regions’ average conditions can be highly favorable for producing thunderstorms.

Although thunderstorms can be exciting to watch from the safety of indoors, these storms can be strong and dangerous. Thunderstorms are often accompanied by damaging winds and large hail. Thunderstorms can move in very quickly and produce flash flooding conditions. The American Red Cross offers that every thunderstorm produces lightning, which kills

more people each year than tornadoes or hurricanes.

Despite advance warnings, people are killed or seriously injured by severe thunderstorms each year. Respecting the power of a thunderstorm can help keep people safe.

- Follow the 30/30 lightning safety rule. When lightning flashes, immediately go indoors if you cannot count to 30 before hearing a thunder clap. Remain indoors for 30 minutes after hearing the last rumble of thunder.
- Upon hearing thunder, get out of boats, pools and other bodies of water.
- Unplug electronic equipment that may be susceptible to damage from power surges caused by lightning hitting power lines.
- Be sure to have a flashlight and extra batteries handy in the

event of a power outage.

- Listen to the local news or NOAA Weather Radio for emergency updates.
- Get to higher ground if flash flooding is possible.
- Avoid contact with plumbing fixtures, as water conducts electricity.
- Do not try to drive during severe thunderstorms. Afterward, do not drive through standing puddles. They may be too deep to gauge.
- Stay away from windows.
- If you are caught outdoors, seek shelter if possible. If shelter is not available, find a low area away from metal areas or tall objects that can attract lightning. Curl into a ball and make yourself as small as possible.
- After the storm, stay away from downed power lines and report them immediately.

# Five Ways to Increase Home Fire Safety

An average of seven Americans die each week as a result of house fires. Most fires occur in residential buildings between the hours of 11 p.m. and 7 a.m., when occupants are most likely to be asleep. Your first line of defense is fire preparedness.

Here’s five things you can do to increase your chance of survival in a fire:

- Install smoke alarms on every story of your home and outside sleeping areas. Be sure to test them monthly, clean them every six months and replace batteries in spring and fall. Having working fire alarms can cut your chance of dying in a fire in half!
- Have a fire escape plan for your family and practice it. A small fire can spread rapidly - you may only have minutes or seconds to escape. When going

over the details of your escape plan, check windows and doors to ensure all open easily. Know your local emergency number (911). Never stop to gather belongings or reenter a home after safely outside.

- When renovating, consider using fire-rated, noncombustible products. Your choice of insulation, for example, can be vital. Stone wool insulation, like that produced by Roxul, resists temperatures up to approximately 2,150 F. When directly exposed to fire, it will not off-gas, contribute to toxic smoke or promote flames. Fire-resistant building materials can give you extra time to escape when seconds count.
- Purchase a multi-use fire ladder for each bedroom in your home and practice using it. A fire ladder may be your only

escape option if flames block critical exits.

• Place fire extinguishers on every level of your home, especially in high-risk areas like the kitchen, near fireplaces and in the garage. Use only for small, contained fires that are not spreading rapidly. Know how to operate your extinguisher before an emergency occurs using the PASS method: Pull pin, Aim low, Squeeze lever and Sweep from side to side. The safest option is always to evacuate your home and call for help.

Fire prevention measures are a serious matter in every home. Find out how to keep your home and family safe at [nfpa.org](http://nfpa.org) or improve your fire safety knowledge by visiting the Roxul website.

# Common Causes of Cancer That People Can Control

Alcohol is one potential contributor to cancer that men and women can control.

A cancer diagnosis can be shocking. After receiving such news, many people are filled with questions such as, “How did I get this disease?” That question often has no definitive answer, though physicians may be able to work with patients to determine the various factors that contributed to their cancer diagnosis.

Cancer does not discriminate. People from all walks of life are diagnosed with cancer every day. Certain contributors, such as family history of cancer, may be beyond a person’s control. But the American Cancer Society notes that people can avoid some potential cancer contributors by making healthy choices.

## Tobacco

Anti-smoking campaigns have done much to impact the number of people who smoke, but tobacco remains one of the leading causes of cancer across the globe. The ACS notes that while cigarettes, cigars and pipe tobacco are made from dried tobacco leaves, in order to make smoking more flavorful and pleasant,

tobacco companies add various substances. As the resulting products burn, the smoke they produce is made up of thousands of chemicals, at least 70 of which are carcinogens.

Some smokers may not give the smoke coming from their cigarettes much thought, but that smoke contains chemicals such as formaldehyde, lead, arsenic, and carbon monoxide. Recognizing that the smoke from their cigarettes is sending formaldehyde into their air may lead some smokers to quit for good.

## Alcohol

Alcohol consumption can raise a person’s risk of getting cancer. Alcohol has been linked to cancers of the mouth, throat, esophagus, liver, and breast, among others. The ACS notes that regular, heavy alcohol use can damage the liver and cause inflammation and scarring that might increase a person’s risk of developing liver cancer. Women who consume a few alcoholic beverages may be increasing their risk of developing breast cancer, which the ACS believes might be a byproduct of alcohol’s affect on estrogen levels in the body.

Evidence suggests that the ethanol found in alcohol is what increases a person’s risk of developing cancer. All alcohol beverages contain ethanol, so drinkers should not assume that one type of alcohol is safer than another.

## Diet, Sedentary Lifestyle

According to the ACS, research has shown that poor diet coupled with a sedentary lifestyle can increase a person’s risk of getting cancer. In fact, the World Cancer Research Fund estimates that roughly 20 percent of all cancer diagnoses in the United States are related to body fatness, physical inactivity, excessive alcohol consumption, and/or poor nutrition. Men and women who can control their weight and maintain a healthy weight throughout their lives can reduce their risk of getting cancer as well as other conditions, including heart disease and diabetes.

Anyone can be diagnosed with cancer. But men and women who make healthy choices can greatly reduce their risk of getting this deadly disease.



HEALTH & WELLNESS

Reduce Kids’ Risk of Getting Colds at School

School-aged kids who catch colds or the flu from their classmates can quickly spread those colds to their family members, who then might spread the colds further when they go to work. Preventing the spread of colds and flu at school is a team effort that requires the assistance of not just parents, but also teachers and students. Still, parents might be the first line of defense when it comes to preventing the spread of cold and flu at school.

According to the U.S. Centers for Disease Control and Prevention, more than 38 million school days are lost to the flu each year. Those lost days can affect students who miss lesson plans, but also affect parents, who often must take days off from work to tend to their sick children.

While there’s no way for parents to guarantee their children won’t catch a cold or the flu this school year, they can take various preventive measures to increase kids’ chances of staying healthy and achieving perfect attendance.

- **Make sure kids are immunized and that their immunizations are current.** Vaccinations bolster kids immune systems. That’s important, as kids’ immune systems are naturally less mature than adults’, making them more vulnerable to germs and viruses. The CDC recommends that adults and children receive their flu vaccinations in October while noting that such vaccinations can be administered as late as January and still prove effective. The CDC also recommends that adults and children receive flu vaccinations each year. Additional vaccinations may not need to be administered as often, but parents should still ensure kids’ are up-to-date with their shots.
- **Make sure kids regularly wash their hands.** Kids often catch colds by rubbing their hands that have been exposed to cold virus germs on their noses or eyes. To prevent that, parents can teach kids to wash to their hands thoroughly, including scrubbing the backs of their hands, between their fingers and around their fingernails. Kids should know to wash their

hands regularly, but especially after they use the bathroom and before they eat, drink or touch their mouths, noses or eyes.

- **Keep kids home when they are sick.** Parents don’t want their children to miss school, but kids who are suffering from colds or flu should be kept home. This prevents the spread of colds and flu to classmates and teachers, and time to rest at home may help youngsters recover more quickly.
- **Teach kids to avoid common germ spots.** Germs can be lurking anywhere, but some spots seem to make more welcome homes for germs than others. Studies have shown that kids were most likely to encounter germs in schools on water fountain spigots and on plastic cafeteria trays. Teach kids to never put their mouths on fountains and to avoid eating any food that might fall onto their trays in the cafeteria.

School-aged children are susceptible to colds and flu when spending time in the classroom. But parents can reduce their youngsters’ cold and flu risk in various ways.

Depression Common But Treatable

It’s normal to experience feelings of sadness and grief from time to time. But when these feelings are prolonged or interfere with daily life, they may be symptomatic of depression.

Depression can affect anyone regardless of age, gender or economic status. The National Institute of Mental Health says around 350 million people worldwide suffer from depression. Understanding depression can help those dealing with the disorder.

**What is depression?**

Depression is a mood disorder that causes persistent feelings of sadness and loss of interest. The Mayo Clinic says depression can produce a variety of symptoms and affect the way a person thinks, acts and feels. Symptoms may include changes in sleeping patterns, anxiety, fatigue, weight gain or weight loss, unexplained aches and pains, and difficulty concentrating.

**What causes depression?**

Although the cause of depression remains a mystery, certain distinguishing factors are common among those who have the condition. People with clinical depression appear to have physical changes in their brains. In addition, naturally occurring brain chemicals known as neurotransmitters likely play a role in depression. The Mayo Clinic states changes in the function and effect of these neurotransmitters and how they interact with neurocircuits involved in maintaining mood stability may play a significant role in depression and its treatment.

In addition to biological factors in the brain, hormones can impact rates of depression or even trigger it. These hormone shifts may be a leading reason why women have higher incidence rates of depression than men. Depression is more common in people whose blood relatives also have the condition. Therefore, those with a family history of depression may be more likely to get it than those without such a connection.

**Different types of depression**

There are different types of

depression. A person may have a single bout of major depression or recurring episodes. Depression that lasts two or more years is called persistent depressive disorder. A less common type of depression is called manic-depressive illness. This involves cycles of depression that alternate with extreme highs, or manias.

**Treating depression**

Depression is a very treatable condition. Psychotherapy (talk therapy), medications or a combination thereof can be very effective in managing symptoms. Mental health professionals can work with individuals to find the right therapy based on symptoms and severity of the depression. Also, it may take some time to find the right medication or treatment; therefore, people are urged to remain patient and hopeful.

The National Institute of Mental Health says people who suspect they may be suffering from depression should make an appointment to see a doctor or health care provider. The sooner action is taken, the more quickly the condition can be addressed.

6 Things to Share with Your Doctor

It is important to be honest with a doctor about certain health habits, but sometimes it isn’t so easy to be forthcoming. Fear of being judged or discussing embarrassing situations may prevent some patients from telling medical professionals the whole story. However, the things people do not share could end up compromising their treatment or prevent doctors from discovering certain ailments.

Rather than omitting information, people need to be frank with their doctors. Honesty is important when speaking with a physician, even when the discussion turns to the following potentially sensitive topics.

1. **Smoking:** Even if you

aren’t a daily smoker, mention if you smoke in social situations or grab a drag once in a while. Smoking increases the risk for many illnesses and can compromise how effective some medications can be.

2. **Alcohol consumption:** Be honest about how much you drink, as alcohol can interfere with medications.
3. **Supplement usage:** Over-the-counter medicines, herbs and other supplements can affect overall health. A doctor needs to know the entire picture before prescribing treatment.
4. **Exercise habits:** Don’t claim to be a gym rat if you’re more of a couch potato. An accurate idea of their patients’ fitness levels and habits is a key

diagnostic tool for physicians.

5. **Unusual issues:** Be forthright with any issues, even those that occur in embarrassing areas of the body. Remember, if you’re uncomfortable with your doctor, you can always get a referral for a specialist who treats those areas of the body daily.
6. **Drug use:** Prescriptions are written in dosages for the intended recipient. Taking drugs that are not prescribed to you, whether it’s a loved one’s prescription or an illicit drug, affects your body. If you have a medical issue, consult with your doctor so you can get your own legal prescription or begin working toward addressing your addiction.

Signs of Stress That Must Be Addressed

The American Institute of Stress notes that various disorders, both emotional and physical, have been linked to stress. Such disorders include depression, stroke, hypertension, and anxiety, among others. In its 2015 Stress in America™ survey, the American Psychological Association found that money, stress and family responsibilities are the three most common stressors. While the symptoms of stress are uncomfortable and potentially very dangerous, the APA notes that such indicators also serve as a warning from the body that it needs maintenance and extra care. The following are some of the ways the body might be telling adults to step back and make an effort to relieve stress.

- **Headaches, muscle tension, neck or back pain:** Some headaches or aches and pains might be mere nuisances or indicative of issues unrelated to stress. But when such symptoms are accompanied by stress, this could be the body’s way of alerting men and women that the stress is approaching unhealthy levels. The AIS notes

that when a person is under stress, his or her muscles tense up. The contraction of these muscles for extended periods of time can trigger tension headaches and migraines, among other things.

- **Chest pains and/or rapid heartbeat:** Chest pains and rapid heartbeat may indicate various problems, including stress. This happens when the body is stressed because stress causes the nervous system to signal the adrenal glands to release hormones that make the heart beat faster and increase blood pressure.
- **Difficulty falling or staying asleep:** Men and women who are feeling stressed out and also experiencing difficulty falling asleep or staying asleep should consult their physicians about ways to alleviate that stress. When strategies to alleviate stress are successful, adults should be able to return to normal, healthy sleeping patterns.
- **Increased frequency of colds:** Stress can attack the body’s immune system, making it increasingly vulnerable

to colds. The AIS also notes that a weakened immune system also makes the body more susceptible to additional viral disorders, including herpes, and autoimmune diseases such as rheumatoid arthritis and multiple sclerosis.

- **Loss of appetite or over-eating:** Stress can affect the gastrointestinal system in various ways, including influencing appetite. While not all problems with appetite are indicative of a body that is overstressed, stress can prompt some people to eat much more than they normally do, while others may eat considerably less than they normally would.
- **Diarrhea or constipation:** Another indicator that stress is compromising the gastrointestinal system is diarrhea or constipation. Again, while these problems are not exclusive to sufferers of stress, when a person is under stress, this can affect which nutrients the body can successfully absorb and how quickly food is metabolized. This can cause some people to experience diarrhea, while others may be constipated.

How to Keep Pets Safe in Winter Weather

A warm coat, a cozy spot to sleep and limited time spent outdoors can keep pets safe during winter.

The arrival of cooler temperatures sparks various changes. Chilly air and precipitation can be dangerous, especially to pets that are unaccustomed to extreme changes in temperature.

Pet owners may be well aware of the hazards of warm weather, including the threat of leaving pets in hot cars. But cold weather also has its share of risks. Heed these tips to keep pets safe and secure.

- **Schedule a well visit.** The American Veterinary Medical Association suggests scheduling a visit with a veterinarian to check for any medical issues. Cold weather can aggravate symptoms of certain conditions, such as arthritis. A thorough examination can shed light on potential problems.
- **Keep homes humidified.** Going in and out of the house and moving from cold air to dry in-

door heat can affect pets’ skin. Itching and flaking may result, causing pets to scratch at such areas. Maintain humidity in the home for comfort. The ASPCA also says to reduce bathing to help preserve essential oils on the skin.

- **Protect paws outdoors.** Pet paws are sensitive to sand, ice, snow, and chemical ice melts. Massage petroleum jelly or another protectant onto paw pads, or consider the use of pet booties.
- **Keep pets indoors more often.** Pets should not remain outdoors for long stretches of time in frigid temperatures, even if they are accustomed to roaming during other seasons, advises The Humane Society of the United States.
- **Provide options for sleeping.** Come the winter, cats and dogs may need new sleep spaces to avoid drafts and stay warm. Give them other spots they can call their own.
- **Consider a sweater or**

vest. Some pets are more tolerant to the cold than others. However, some dogs and cats may benefit from a sweater, vest or coat designed for pets to offer a little more insulation.

- **Update identification and contact information.** Snow and ice can mask scent cues that help pets find their way home. Update contact information and make sure pets’ collars are on tightly.
- **Keep coolant and antifreeze locked away.** Coolant and antifreeze are lethal to dogs and cats and should be kept out of reach. Clean up any spills from vehicles promptly.
- **Provide fresh food and water.** Pets may burn more calories trying to stay warm. Be sure the animal has a little extra food and plenty of water to stay sated and hydrated.

Winter weather requires pet owners to make changes so pets can remain happy and safe.

Treatments for Alzheimer’s Disease Continue to Evolve

Alzheimer’s disease is one of the most prevalent types of dementia in the world, affecting an estimated 35.6 million people all over the globe, and that number is expected to double in 20 years.

The Alzheimer’s Foundation of America estimates that as many as 5.1 million Americans may be living with Alzheimer’s disease. Australian company Actinogen Medical says Alzheimer’s is Australia’s second biggest killer. According to a 2012 study commissioned by the Alzheimer’s Society of Canada, 747,000 Canadians were living with cognitive impairment, which included, but was not limited to, dementia.

People with Alzheimer’s disease and other types of dementia may experience a decline in mental function severe enough to reduce their ability to perform everyday activities. Some of the cognitive functions that may be impaired include memory, communication and language, ability to pay attention, reasoning and judgement, emotional control, and social behavior.

There is no cure for Alzheimer’s disease, nor is there an effective long-term way to prevent potential mental decline. However, that has not stopped scores of researchers and medical teams that continue to study the efficacy of different

drugs and therapies. The following are some of the more promising options in the works.

**Leukine**

A safety trial on the drug Leukine already is underway at the Colorado University Anschutz Medical Campus.

“We found so far that Leukine is safe in people with Alzheimer’s disease,” said Dr. Huntington Potter, the director of Alzheimer’s research at the university. “That means it doesn’t have the side effects that so many other Alzheimer’s drugs have had, which are swelling in the brain and bleeding into the brain.”

Leukine has been successful in removing the plaque or amyloid along the outside of nerve cells in the brain of mice. Researchers do not know the exact mechanism for removal, but the drug is working and working quickly. Leukine also may be helping the brain repair itself. The Alzheimer’s Association has donated \$1 million toward financing the costs of the next phase of this trial.

**Insulin**

Neurologists at Rush University Medical Center are testing a type of insulin that is inhaled through a nasal spray to see if it improves cognition and memory function in people with mild cognitive im-

pairment.

“There is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of Alzheimer’s disease,” said Dr. Neelum Aggarwal, a neurologist at Rush and the lead investigator of the study.

The 18-month clinical trial will study the nasal spray versus a placebo in 275 adults between the ages of 55 and 85.

**Xanagem**

Australian researchers at Actinogen Medical have begun trials of a new drug called Xanagem. More than 170 patients with mild dementia in Australia, the United States and the United Kingdom will take part in the placebo-controlled 12-week trial. The medicine blocks the stress hormone cortisol in order to improve mental function for those with dementias. In 2015, an Edinburgh University study of mice showed reducing cortisol in the brain improved their memory and decreased the number of Alzheimer’s-associated amyloid plaques in the brain.

Researchers continue to work as they seek a successful, long-term option for treating or preventing Alzheimer’s disease and other dementias.

Simple Solutions for a Better Night’s Sleep

The importance of a good night’s sleep is well-documented. Numerous studies have found that the effects of a good night’s sleep go beyond boosting energy levels and improving alertness. A better sex life, less chronic pain and an improved mood are just a handful of the documented benefits that a good night’s sleep can provide.

As important and beneficial as sleep is, many adults in the United States simply aren’t getting enough rest. A 2016 study from the U.S. Centers for Disease Control and Prevention found that more than one-third of American adults are not getting enough sleep on a regular basis. Those findings are based on guidelines from the American Academy of Sleep Medicine and the Sleep Research Society that recommend adults between the ages of 18 and 60 sleep at least seven hours each night.

Getting a more restful night’s sleep requires concerted efforts on the part of adults who are falling short of seven hours each night. But the following are some simple

ways for adults to start getting more rest.

- **Stick to a routine seven days a week.** People tend to alter their sleep routines based on the day of the week, with many going to bed later at night and sleeping in later in the morning on weekends. But the National Sleep Foundation notes that going to bed at the same time each day, including weekends, helps people feel more sleepy at bedtime and fall asleep quickly.
- **Avoid alcohol in the hours before going to bed.** Alcohol can make people feel sleepy, but that effect is short-lived. The sleepiness many people feel after consuming alcohol wears off quickly, and that can lead to interruptions in sleep.
- **Avoid stimulants in the late afternoon and at night.** Alcohol is a depressant that can affect the quality of sleep a person gets. But stimulants can also make it hard to get a good night’s sleep. Nicotine acts as a stimulant in small doses, so smokers should stop smoking that last cigarette before

bedtime if they’re not getting decent or adequate sleep. Caffeinated beverages also should be avoided in the late afternoon and at night because caffeine stimulates the nervous system and can make it difficult to fall asleep, even if it’s been several hours since that last cup of coffee.

- **Take short daytime naps.** Some people find that daytime naps improve the quality of their nighttime sleep. That might be due to the link between naps and stress. A 2015 study published in the Journal of Clinical Endocrinology & Metabolism found that short naps can reduce stress. Reduced stress levels can make it easier to fall asleep at night. Limit naps to between 20 and 30 minutes, as naps that stretch on too long may interfere with nighttime sleep.

Sufficient sleep can have a dramatic, positive impact on a person’s quality of life. Developing a good sleep routine and employing additional strategies can help sleep-deprived men and women get more restful nights’ sleep.

Don’t Forget about Pets During Cold Weather



 Make sure they have a warm dry place with plenty of food and water

 [weather.gov/winter](http://weather.gov/winter)

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# Shopping for Rehabilitation Is Like Comparing Apples to Oranges



When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research\* concludes that long-term outcomes for IRF patients are superior:

- Return home two weeks earlier
- 8% lower mortality rate
- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year

\*Dobson |DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

| Characteristic                                                | Rehabilitation Hospital            | Nursing Home                     |
|---------------------------------------------------------------|------------------------------------|----------------------------------|
| Frequent visits by an attending physician*                    | Required                           | Not required                     |
| Multidisciplinary team approach                               | Required                           | Not required                     |
| RN oversight and availability                                 | 24 hours/day                       | At least 8 consecutive hours/day |
| Nursing hours per patient per day                             | Between 5 and 7.5 hours            | Between 2.5 and 4 hours          |
| Specialty nursing training, rehabilitation expertise          | Yes                                | Not required                     |
| Physical, occupational and/or speech therapy level of service | 3 hours/day, 5 days/week (minimum) | No minimum                       |

\*The hospital provides access to independent physicians.

Shop to compare and you will see that an inpatient rehabilitation hospital is more comprehensive than a skilled nursing facility. Make a return to independence and choose a higher level of care with Spire Cane Creek Rehabilitation Hospital.

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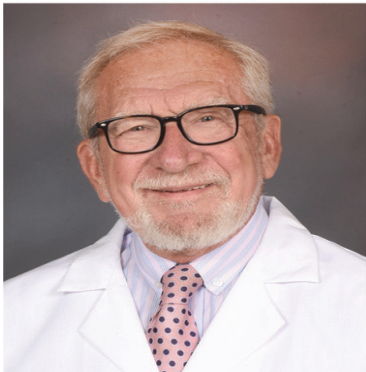
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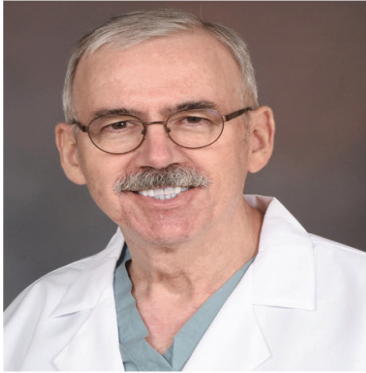


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