

# HEALTH & WELLNESS

## OCTOBER 2022



BROUGHT TO YOU BY

The Mountaineer & The Biltmore Beacon

# Embrace the Whole-Body Approach to Wellness

In this day and age, specialization seems to be the norm. However, when it comes to health, a broader holistic approach actually produces better results.

“We believe in an integrated approach to physical wellness, with whole body treatment that encourages lifestyle and nutritional changes, meditation and relaxation, physical and mental exercise, and

positive reinforcement,” said Michael Hogan of Blue Mountain Chiropractic Center in Waynesville.

In addition to non-invasive, drug-free treatment to promote healing from accidents or injury, small changes in lifestyle and diet can be life-changing.

## **Coordinated approach to wellness**

Hogan knows that life is busy

and stressful.

“While we cannot adequately stress the importance of regular exercise and proper diet, we understand that major change is difficult,” Hogan said. “In addition to helping our patients with posture and corrective exercises to promote healing, we emphasize diet, regular exercise, sleep, and a positive mindset.

Today’s culture has become increasingly sedentary. Along with job stress, modern habits can take a toll on both physical and mental health.

A growing number of younger people are now overweight or obese. The number of people with diabetes and heart problems has also grown steadily in the past couple of decades. As a society, Americans consume more pharmaceuticals than ever before. We are, in some ways, less fit than previous generations.

## **Finding better ways to fitness and health**

However, that can all change, Hogan said. He recommends a regular program of exercise for 20 to 30 minutes at least three or four times

a week. A gym membership isn’t necessary. A brisk walk or modern dance moves are great ways to reap the benefits. Play a game of pickup basketball, or pickleball, go canoeing with the family or take up yoga to reap the dual benefits of stretching and meditation.

Eat simple meals that are heavy on fruit, vegetables, and fiber; include whole grains, nuts, and legumes. Lessen your dependence on coffee and sweets. Limit alcohol and soda consumption. If you still smoke, quit. Take brown bag lunches to work or school, and skip the drive-through lanes — your budget will stretch further as well. Cook at home.

Visit local farmers markets, or plan a “kitchen garden” to experience true fresh flavors and the great taste of just-picked tomatoes or fruits. Spend a few weekend hours cooking meals to freeze if your weekday schedules are jammed.

*For additional ideas, schedule a consultation with Blue Mountain Chiropractic Center to help you reclaim your vitality and set you on the path to lasting wellness.*



## HEALTH & WELLNESS

### **Publisher**

JONATHAN KEY

### **Marketing Director**

KARL MILLER  
828.452.0661

### **Editor**

BECKY JOHNSON  
828.452.0661

### **Advertising Executives:**

JAN GEORGE  
828.452.0661

LORI GILBERT  
828.713.7473

### **Art + Production**

MATTHEW PERUSI  
Design & Layout

JACK SNYDER  
Design & Layout

AMANDA ADAMS  
Design & Layout

KYLIE FRAZIER  
Design & Layout



**COLD LASER  
THERAPY KNEE PAIN  
SHOULDER PAIN  
ARTHRITIS**

**SPECIFIC CUSTOM  
ALIGNMENT  
POSTURE ENHANCEMENT  
BODY ALIGNMENT**

**HIT YOUR  
TARGET**

**MYOFASCIAL RELEASE  
MUSCLE WORK  
SOFT TISSUE THERAPY**

**PREGNANCY  
CHIROPRACTIC  
LABOR AND BIRTH  
COACHING**



Dr. Tara Hogan & Dr. Michael Hogan

**BLUE MOUNTAIN CHIROPRACTIC CENTER**

1510 Asheville Rd. Waynesville, NC 28786  
(P) 828-246-9555 • (F) 828-246-9556

**WWW.BLUEMTNCHIRO.COM**

# Why Do Your Joints Ache In Cold Weather?

By Charles DePaolo, M.D.

Do you feel like your arthritis worsens or your joints are especially achy during cold or damp weather? It's not your imagination — several possible factors can contribute to joint pain.

Lack of physical activity is a likely culprit. When it's cold or wet outside, you may be more likely to spend time indoors, thus getting less exercise. When you're inactive, your joints can quickly become stiff and sore.

Despite many theories, there is still no conclusive evidence to connect weather with joint pain. One study found that higher barometric pressure and humidity were asso-

ciated with more joint pain. Yet, another study that reviewed medical records from more than 11 million Medicare visits found no connection between the weather and joint pain.

That said, joint pain during cold weather is still a reality for many people. These techniques can help reduce joint aches and pains:

- **Get active:** With your doctor's permission, consider joint-friendly exercises like walking, yoga and swimming.

- **Stay warm:** If it's cold outside, keep yourself warm by dressing in layers, wearing socks and gloves when you go out, keeping your home warm, and using a heated blanket while you sleep.

- **Use a heating pad:** Consider applying a heating pad to the affected area for 15 to 20 minutes a few times a day.

- **Maintain a healthy body weight:** Excess pounds can strain the knees, hips and back.

- **Take care of your overall health:** Get enough sleep each night and make sure you get good nutrition.

Talk to your provider if these lifestyle modifications don't help relieve joint pain. He or she may recommend medications like non-steroidal anti-inflammatory drugs or other treatment options.

Dr. Charles DePaolo is an orthopedic surgeon and sports medicine physician at Southeastern Sports Medicine and Orthopedics, a department of Pardee UNC Health Care.



Dr. Charles DePaolo is an orthopedic surgeon and sports medicine physician at Southeastern Sports Medicine and Orthopedics, a department of Pardee UNC Health Care.



## Get moving again.

### Orthopedic care for your active lifestyle

From an unexpected mountain biking injury to regaining your lifestyle, we have you covered. Pardee's orthopedic services are available for a variety of issues from torn ligaments and sprains to arthritis and joint replacements.

Schedule an appointment: **828-274-4555**



SOUTHEASTERN  
SPORTS MEDICINE  
AND ORTHOPEDICS  
A DEPARTMENT OF PARDEE HOSPITAL

# COMMON CAUSES OF TOOTHACHES

Toothaches run the gamut from mild to throbbing to unbearably painful. Toothaches may be temporary, but many persist and worsen without treatment. If you have a toothache, schedule an appointment with a dental provider to get to the root of the problem.

Here's a look at some top reasons for toothaches.

- **Damaged fillings or dental sealants:** When fillings or sealants come out, vulnerable parts of the teeth become exposed.

- **Tooth damage:** Cavities, tooth abscesses and tooth fractures are common causes of toothaches that must be treated by a dental provider.

- **Gum disease:** Gum disease

may start with mild inflammation and then become more severe if it is left untreated. The inflammation can also affect the ligament that attaches teeth to the socket in the jaw, which has many nerve fibers.

- **Tooth sensitivity:** Despite being hard, teeth actually are porous. When enamel on the outside of teeth wears away exposing the inner layer of the tooth, called dentin, hot or cold foods and beverages — and even air — may result in pain.

- **Sinus congestion:** Sometimes teeth themselves aren't to blame. Pain that persists in the upper teeth only on both sides of the face may occur due to sinus problems.

- **Impacted wisdom teeth:**



Wisdom teeth are a dental milestone that takes place between the ages of 17 and 21. If there isn't enough space for them, wisdom

teeth can cause crowding and pain. When molars do not fully erupt, the result is impacted wisdom teeth, which can be very painful.

## PROVIDING QUALITY DENTAL CARE FOR 28 YEARS!



Michael D.  
Gillespie, DDS  
456-9007

611 S. Haywood St. Waynesville, NC [drgillespie.com](http://drgillespie.com)



Ad24712

# Haywood Regional Medical Center Invests in Local Community

Haywood Regional Medical Center has recently released its annual community benefit report that outlines how the hospital positively contributes to the health and well-being of the community it calls home — an investment which has become increasingly essential in recent years.

“We are proud to call Haywood County our home and feel truly privileged to contribute to its well-being,” said HRMC CEO Greg Caples. “We continue to uphold our legacy of care and community leadership, and cultivate an environment where people choose to come for care. We accomplished this thanks in no small part to the hard work and dedication of our remarkable team of providers, employees and volunteers, and the support of those we serve.”

Highlights from the community benefit report include:

- Adding 108 providers in family medicine, gastroenterology, orthopedics and spine, urology, teleneurology, telestroke and telepsychiatry.

- Investing more than \$3.5 million in capital improvements, including a new OR microscope, a digital mobile C-Arm for radiology services and an air handler unit control upgrade.

- Providing more than \$25.6 million in health services to those in need, demonstrating a continuous commitment to ensuring everyone has access to care, regardless of their ability to pay.

- Contributing to the local economy through \$64.8 million in salaries, wages and benefits for approximately 800 employ-



Haywood Regional Medical Center

ees and by paying \$7.5 million in local and state taxes.

- Supporting local nonprofits that contribute to making the community healthier.

“As we consider the future of HRMC, we are so excited to continue improving the way we serve our neighbors and communities,” Caples said.



Count on us.

## To keep your life in motion.

Issues like knee, hip, shoulder or back injuries can rob you of the activities you enjoy most. From sports medicine to joint repair or replacement, we're here to address the pain and get you moving again, close to home.

**From the routine to the unforeseen, count on us.**

**HAYWOOD**  
REGIONAL MEDICAL CENTER

A Duke LifePoint Hospital

Are You Experiencing Joint Pain?  
Take our free joint pain assessment at  
**MyHaywoodRegional.com/Joint**  
To find a healthcare provider call  
**800.424.DOCS**

*Enhanced cleaning, mask requirements and social distancing to keep you safe.*

# Tips for Wellness After 50

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in midlife in-

cludes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some

additional strategies to maintain their physical and mental well-being for decades to come.

- **Get a pet:** Pets can help people over 50 with no children at home overcome feelings of empty nest syndrome. Dogs in particular, which need to be walked, can help you stay physically active and provide opportunities to connect with other people at the dog park.

- **Prioritize learning:** Whether it's taking music lessons, a class at Haywood Community College or trying a new hobby, learning has a profound effect on aging brains. People who learn new skills experience greater memory improvement and brain cell retention.

- **Improve balance:** Balance exercises not only reduce the risk of falls but also make everyday tasks



A pet not only makes a good companion, but encourages you to go on walks.

easier, like bending over to pick something up off the floor. They can be as simple as standing on one foot and raising up on your toes while holding on to the counter or the back of a chair.

- **Embrace your inner socialite:** Socialization is important for adults 50 and over is a strong predictor of health and happiness. Volunteer, attend library programs, or get involved with a church.



Participating in the Haywood County Senior Games in the spring is a great way to meet new friends and stay active. Here, first-time shuffleboard participants get a crash course on how to play from Ruth Elson.

**THANK YOU HAYWOOD COUNTY FOR VOTING US BEST IN HAYWOOD!**

**HAYWOOD BUILDERS SUPPLY**  
Where there is a Material Difference™

**BUY LOCAL.**  
From A Company That Is Employee Owned.

*We Have Been Serving Haywood County For 75 Years.*

**We Have All Your Building Needs Here At Haywood Builders Supply**

100 Charles St. Waynesville, NC 28786 | 828-456-6051

*Apply4Medical2Day*

*Offering Medicare Advantage Plans, Prescription Drug Plans & Medicare Supplement Plans, Life, Dental, Vision, and Hospital & Doctor Indemnity Plans.*

Local Agency Offering Medicare Insurance Options

**828-246-9950**  
1523 S. Main St., Waynesville, NC

# WALK YOUR WAY TO WELLNESS

By Kathy Foster

Walking — how many times have we heard this? — can help us from head to toe, within our bodies and outside our bodies.

When we walk we improve blood circulation and our bodies use oxygen better, which gives our skin a healthy glow. Our muscles and joints have an opportunity to stretch and work out aches and pains. We can walk away stress and anxiety, burn fat and calories, release toxins from the body and boost our immune system. Walking is good for us!

What better time of year is there than now, in this colorful, cool autumn? I don't think there is one, although walking in spring, summer and winter each have their own delights. The autumn air is fresh with the scent of acorns and berries, the breeze is slightly cool to the skin, the rustle of the leaves is music to the ears. And the

colors — oh, the colors are magnificent this year!

Start small, with a 10-minute walk and work your way up to 30 or 40 minutes. The health benefits are amazing. Walking can improve your mood, improve your sleep, lower your blood pressure, help prevent arthritis, tone muscles and can even increase the size of the brain. Increase the size of the brain? Read more about that in “21 Reasons to Go for a Walk Right Now” at [www.livestrong.com](http://www.livestrong.com).

Are you stuck at your desk all day, staring at a computer? Does your job require you to stand in one place for long periods of time? Boost your mood and your productivity by stepping away and stepping out!

Put on sneakers or comfortable walking shoes, and walk out into the cool autumn air. Take a deep breath in through your nose, lifting your shoulders back and chest



Walking provides both a physical and mental recharge for Kathy Foster, marketing director at Deerfield Episcopal Retirement Community.

out, then exhale through your mouth. Stretch for a minute, arms, legs, then start walking.

### **Come walk with me...**

As I step through the door the breeze immediately reaches me, soft and slightly cool on my skin. I can hear the leaves rustling against each other and then a faint tap as they hit the ground.

The colors of the leaves amaze me, orange, brown, yellow, in soft hues, a pop of bright red, and then I am surprised by a cluster of vibrant purple berries on a bush with lime green leaves.

With each step the leaves crunch and then my sole settles on the soft pine needles that pave

the way. I breathe in the earthy autumn scents, and bask in this relaxed state.

My work is back at my desk, forgotten for the moment. My heart rate slows, and I walk on taking in the sights of squirrels gathering their food, other walkers seemingly delighted in their journey as well, and the sounds of chatter and laughter in the distance.

I am filled with gratitude for all that I see, smell, hear, feel and I am well. The day is calling, it's time to get up and walk your way to wellness.

Kathy Foster is the director of marketing at Deerfield Episcopal Retirement Community.



Your own two feet is all you need to step outside and go on a walk.



FOLLOW  
YOUR  
**WELL  
BEING**

Now is your opportunity to create the retirement lifestyle of your dreams. Experience wellness with a purpose that focuses on your total health – body, mind and spirit. Our beautiful Blue Ridge mountain setting, wonderful neighbors, and newly discovered interests keep you engaged, active and fulfilled.

Call to schedule a visit and discover a joy-filled, worry-free retirement at Deerfield.

*Deerfield*



Asheville, North Carolina

800-284-1531 [deerfieldwnc.org](http://deerfieldwnc.org)

Ad21075

Asheville  
**eye**  
Associates

Here for all  
your eye  
care needs

*Celebrating 61 years  
of eye care  
excellence in  
Western  
North Carolina*

828.258.1586  
ashevilleeye.com



## Low-Vision Aids to Combat Declining Eyesight

Sight is a precious gift that enables a person to enjoy the world in a unique way. Many older adults develop age-related macular degeneration, which leads to a loss of both central vision and the ability to see fine details.

Learning to cope with these vision changes can take time, but low-vision aids can help offset vision loss. Set up a consultative appointment with your eye care provider to discuss tools and aids to help with declining vision.

- **Magnifiers:** Magnifiers use lenses or cameras to make objects appear bigger. They can help with detailed tasks, such as threading a needle or finding buttons on a remote control. There are even video magnifiers that have rechargeable batteries and can be taken to restaurants to read menus.

- **Low-vision glasses:** These are not your typical eyeglasses. Low vision glasses are head-mounted, hands-free wearable technology that magnify anything a person looks at. Some offer text-to-speech capabilities — all in a product about the size of sunglasses.

- **Low-vision lighting:** Low-vision lighting is designed to assist with daily activities such as reading, creating arts and crafts, and



writing. Focused, bright illumination and better positioning, improves detail tasks with a shadow and glare free environment.

- **Color-contrast aids:** Color or contrast can be used to make items easier to see and use. Special key-boards, such as those with black letters and numbers on a striking yellow background, can greatly improve visibility for computer use.

- **Talking products:** From watches to clocks to bathroom scales, voice-equipped products give users information via audio.



# Tips for New Year's Resolutions to Get in Shape

The season for New Year's resolutions will soon be upon us, and getting fit and losing weight are the two most common resolutions Americans make.

Both depend on making daily changes to your life and forming new habits. While breaking hab-

its are hard, that can work in your favor: once going to the gym becomes a habit, you're more likely to keep doing it.

Here are some tips to make your resolution a successful one:

- **Share your goals:** Sharing your goals with people you re-

spect can have a profound effect on your ability to achieve them.

- **Start small, but don't stay small:** Setting small, incremental goals can seem less daunting than dramatic changes. Successfully achieving small goals builds confidence and motivation to stay the course and move on to larger goals.

- **Change your perception of setbacks:** Viewing setbacks as a sign of failure can lead you to give up. Instead, see setbacks as a learning experience.

- **Think concrete:** Set a New Year's Resolution that is more concrete than simply "getting in shape." Instead adopt a resolution of going to the recreation center four times a week or walking on the treadmill for a specific distance each visit.

- **Make it fun:** You're more like-



ly to keep a resolution that's enjoyable, and exercising with others is not only more fun, it helps keep you accountable. Attend yoga or fitness classes held at the gym or take up pickleball to get a workout in a social atmosphere.


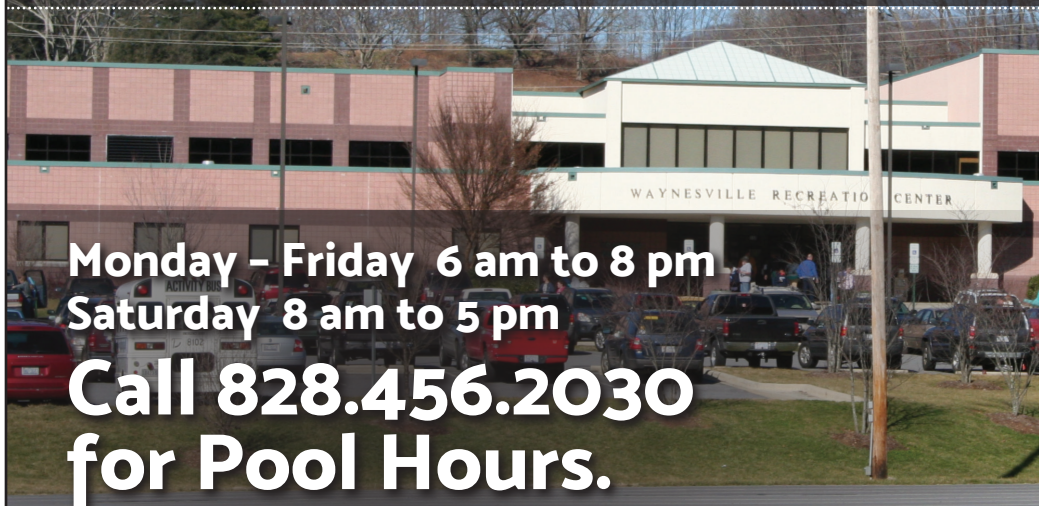


Lap swimming at the Waynesville Recreation Center

# WAYNESVILLE RECREATION CENTER

## BUY A MEMBERSHIP AT WAYNESVILLE REC CENTER

Monday - Friday 6 am to 8 pm  
Saturday 8 am to 5 pm  
Call 828.456.2030  
for Pool Hours.  
550 Vance St, Waynesville



# Does Choosing Hospice Care Mean Giving Up?

The most common myth about hospice care is that it means a patient is “giving up hope” to live.

“Choosing to have comfort care, or hospice care, is actually the opposite of giving up,” said DeLisa Ensley, patient liaison with Haywood Hospice & Palliative Care. “I explain to patients and families that Hospice is choosing a philosophy of care that focuses on providing the best quality of life wherever you are — at home or at a facility. We focus on your physical, spiritual and emotional needs and we provide a team of professionals who come to you.”

Hospice care specializes in pain and symptom management for those battling an end-stage or terminal illness. It simply means that the focus has shifted to improving a patient’s quality of life rather

than trying to cure the disease.

In fact, studies show that hospice can improve quality of life, and in some cases prolong the lives of people receiving care. Patients with certain terminal diseases who chose hospice lived an average of 29 days longer than similar patients who did not receive hospice, according to a report by the National Hospice and Palliative Care Organization.

The findings not only dispel the myth that hospice hastens death, but also suggest hospice could prolong life for patients with certain conditions.

“It is so important to talk with your loved ones about what you want for your care, especially when you are diagnosed with a serious illness,” Ensley stated. “Most people don’t realize that Medi-



care and other insurance provides 100% coverage for hospice services, including medications and equipment.”

Hospice services include training for family caregivers and a bereavement program that provides

support after a loved one passes.

*Haywood Hospice & Palliative Care offers free informational consultations to families to discuss the different care options available. For more information, call 828-452-5039.*

Are you  
turning 65?  
Call your  
local licensed  
Humana  
sales agent.



**Jennifer Francis**  
828-470-8573  
(TTY: 711)

Monday – Friday  
8 a.m. – 5 p.m.  
jfrancis9@humana.com

**Humana**

Y0040\_GHHXDFEN21a\_BC\_C

Ad24709

Family  
Time  
Support



**Hospice Gives the  
Gift of Comfort When  
You Need It Most**

*Medicare and other insurances pay 100% of Hospice Comfort Care at home—that includes our staff, medicines and equipment to keep your loved one comfortable at home or facility!*

To find out more, call us for a no-obligation consultation.  
Get the facts about comfort care—for you and your loved one!

**HAYWOOD**  
HOSPICE & PALLIATIVE CARE

Providing Comfort Care to Haywood County Since 1983

**452-5039**

Ad24698

# Fall Prevention For Older Adults

Experiencing a fall can be a disturbing event and is a serious health risk for older adults. Over one in four Americans over the age of 65 fall each year and account for over 3 million ER visits.

There are four components in the “Vicious Cycle of Falls,” including: initial fall, fear of falling, inactivity, muscle weakening and loss of range of motion. What can we do to help prevent falls from occurring in older adults?

- **Screening:** Adults 65+ should be screened annually for balance impairment and fall risk, which is covered by Medicare as part of an annual wellness visit.

- **Review Medications:** Have your doctor or pharmacist review all the medications you take, even over-the-counter ones. As you get older, the way medicines work in your body can change. Some medications, or combinations or medicines, can make you sleepy or dizzy and can cause you to fall.

- **Have Your Vision Checked:** Poor vision can increase your chances of falling. Have your vision checked by an eye doctor annually and wear the correct prescription lenses. If your vision is poor, your chances of falling are higher.

- **Make Your Living Environment Safe:** About half of all falls happen at home. These tips may help to make your home as safe as possible:

- Remove tripping hazards, such as loose rugs and clutter
- Add handrails to stairs and bathrooms
- Use non-slip mats in the bathtub and shower
- Add lighting in dark areas,



Jennifer Jacobson with Smoky Mountain Sports Medicine and Physical Therapy offers fall prevention tips for older adults.

especially on stairs

- **Wear Supportive Shoes:** Choose shoes that fit snugly with non-slip soles and a flat or low, wide heel. Avoid slippers, flip flops, backless shoes, high heels and shoes with smooth leather.

- **Get Moving:** Exercise will help improve your balance and strength, make your legs stronger and reduce your chances of falling. Multi-component physical activity is best for adults 65+, which includes a combination of balance training, aerobic activity and strengthening exercises.

- **Physical Therapy:** Be evaluated by a physical therapist, who can help design an individualized plan for your fall prevention needs, provide you with multi-component exercises and balance training, as well as recommend appropriate community programs.



SMOKY  
MOUNTAIN  
SPORTS MEDICINE & PHYSICAL THERAPY

*Locally owned & operated!*

**We have a great team and look forward to serving our patients!**

## Services:

- Orthopedic Rehabilitation • Manual Therapy
- Post-Operative Rehabilitation • Dry Needling
- Vestibular Rehabilitation • Lymphedema • Custom Orthotics
- Neurological Rehabilitation • Hand Therapy • Custom Splinting
- Post-Operative Total Joint In-home visits

## Outpatient Locations:

**Sylva:** 90 East Main Street, Sylva, NC 28779  
**Jackson Medical Associates,** 1188 Skyland Drive,  
Sylva, NC 28779

**Bryson City:** 80 Songbird Forest Road, Bryson City, NC 28713

**Cullowhee:** 594 Centennial Drive, Cullowhee, NC 28723

**Waynesville:** 270 N Haywood St, Waynesville, NC 28786

**Phone:**

828-550-3923

**Fax:**

828-354-0209



*Direct-access, employee-owned physical therapy clinics serving WNC*



# Live Your Best Life.

*Through life's challenging seasons, we're here to help.*

## FOUR SEASONS

*The Care You Trust*

### Care Navigation



Offering trusted guidance after being diagnosed with a serious illness and help navigating care options and choices.

### Home Care for Vibrant Seniors

Helping with life's daily routines and activities including assistance in bathing, dressing, and getting groceries.



### Serious Illness & Hospice Care

Our serious illness services provide both the patient and loved one quality of life and more seasons spent together.



### Grief Services for Kids & Adults

Providing community funded support for anyone who has lost a loved one, regardless of hospice involvement.



*We are Grateful to Provide Trusted Care to 13 Counties in Western NC.*

**Need Help Figuring it All Out? Call (828) 692.6178 or visit [FourSeasonsCFL.org](https://www.FourSeasonsCFL.org)**

Ad21147

# Is Hospice and Palliative Care Right for You or a Loved One?

Illnesses and aging can force families to make challenging decisions regarding the health and well-being of people they love. Care facilities, home health aides and other services can help improve quality of life for those people who are no longer well enough — physically or cognitively — to care for themselves. Palliative and hospice care are part of these care offerings.

## What is palliative care?

Palliative care is specialized medical services for individuals living with serious illnesses. It is not designed to cure or treat the condition itself, but it is a way to manage symptoms. It is typically used in conjunction with other forms of medicine that are attempting to treat or cure the disease.

Palliative care aims to ease pain and provide help to people confronting a serious illness, even if it's

not necessarily life-threatening but makes it difficult to live life fully.

## What is hospice care?

Hospice is similar to palliative care in that it is geared to enhancing quality of life — caring for, but not curing, an individual. Hospice care is for people in the last phases of incurable diseases and is intended to ensure they live as fully and comfortably as possible.

Hospice involves a team-oriented approach to medical care and pain management, as well as emotional and spiritual support. Hospice is not only directed toward the patient, but is also designed to offer support and resources to family members to help them better cope with the end of a loved one's life.

Unlike palliative care, which accompanies traditional medical care, those who accept hospice care typically cease any other care attempting to cure the illness.



## Who can benefit from palliative or hospice care?

Anyone living with a serious illness, such as cancer, dementia, Parkinson's disease, and heart failure, can appreciate the support palliative care provides. It is helpful at any stage of the illness, and is best started soon after diagnosis.

Hospice care is for those who are in the final stages of their illnesses. Generally, hospice services are reserved for people who are expected to live another six months or less if their illness continues to run its course.

## Are these services permanent?

With both palliative care and hospice care, wishes are completely driven by the patient and their family. If the patient is incapable of making medical directives, his or her medical proxy can make changes to care wishes.

Often, hospice care is started too late because people think it's a form of "giving up." However, any-

one in hospice care can resume active care if they or their caregivers choose to do so.

## What can palliative and hospice care resolve?

Palliative and hospice care can improve symptoms such as pain, nausea or vomiting, anxiety, depression, constipation, difficulty breathing, fatigue, and trouble sleeping, among others.

Hospice care also can include spiritual and bereavement care. Hospice teams typically follow up with members of the immediate family to offer them counseling or other services.

## Who is in charge?

Patients and their families decide what they want out of these care measures. Palliative care teams are separate from the patient's medical care team that's managing their treatment. Hospice care teams coordinate the majority of care for the patient and communicate with the patient's medical care team.





## NOW OPEN in Haywood

**The New Asheville Cardiology Associates clinic in Clyde is NOW OPEN 5 DAYS A WEEK. We offer cardiovascular evaluations and management, electrocardiograms (EKG), Holter monitors, echocardiograms, and stress tests. For more information or to make an appointment, call**  
**828-558-6150**

360 Hospital Drive, Suite 202,  
Clyde, NC 28721

## The Importance of Mammograms: *One Woman's Story*



Lori Smith never thought she'd be the one receiving bad news after a mammogram. After years of helping area women get screening mammograms through her job as regional radiology manager for Mission Health, she knew there was always a chance an exam might reveal an abnormality. But Smith never anticipated she would be one of those uncovering something otherwise unseen.

"I always thought it would be someone else, not me," she said. "It's one of those things you never really expect to hear."

In early 2019 after an abnormality was detected during her annual mammogram, Smith went through a battery of tests, including a biopsy and MRI before being diagnosed with ductal carcinoma in situ breast cancer that forms inside the milk ducts in the breast.

Her tumor was sizeable, but because of the way it grew inside the duct, she couldn't detect it from the outside.

"It definitely wasn't small, but I still couldn't feel it," she said.

That's one of the many reasons that getting an annual mammogram is so critical. Approximately

1 in 8 women will be diagnosed with breast cancer in their life. Mammograms are the only statistically proven exam to reduce mortality in women, particularly those doing mammograms annually after age 40.

Since her diagnosis, Smith has undergone a mastectomy and reconstruction, and is currently cancer free.

"I personally feel like having a mammogram every year is a woman's best chance of finding this early so you can get it taken care of at an early stage, and in turn, increase your chances of survival," Smith said.

It is important to make mammograms an annual routine, as yearly scans make it easier for radiologists to detect even small abnormalities. Diagnosing cancer is optimal when women are seen every year — it allows the radiologist to look for interval change and catch the cancer earlier.

*Mammography services, featuring the latest in screening technology, are available at all Mission Health locations. Go to [mission-health.org/breast](http://mission-health.org/breast) or call 828-213-9729 to schedule your mammogram.*

# When Can Children Brush Their Own Teeth?

Parents celebrate milestones of independence in children, from picking out their own mismatched clothes to tying their own shoes. But what happens when a youngster suddenly believes they are capable of brushing their teeth without assistance?

Parents wrestling with their kids' can-do attitude may wonder when they can brush their teeth unassisted. Most kids are at least six years old before they have developed the finesse and dexterity to handle a toothbrush in a way that effectively removes plaque.

Children should visit a dentist as soon as a child's first tooth starts to appear, and this is also when parents should begin to clean their children's teeth. As a

child ages, parents can encourage the child to brush and then go over the teeth as a "double check." This helps foster independence while also ensuring teeth are fully cleaned.

Flossing requires even more dexterity than brushing, but it is essential for sloughing off plaque that accumulates between teeth and below the gum line. Pre-threaded Y-shaped flossing tools are easier to handle than loose floss.

Parents will have to check on children even as they age to be sure they are practicing good oral hygiene. Parents who are in doubt about their children's readiness can work with dentists or dental hygienists to assess skills and get other pointers.



*A female-owned, independent insurance agency with locations in Asheville and Clyde, North Carolina. Offering Auto, Home, Business and Life Insurance.*

828.627.2826 | [www.sheppardinsurancegroup.com](http://www.sheppardinsurancegroup.com)

Ad21079

**CREATING BEAUTIFUL SMILES FOR THE WHOLE FAMILY**



**Nicholas Osborne  
D.M.D**

**ACCEPTING  
NEW PATIENTS,  
CALL TODAY!**

**9 HAYWOOD OFFICE PARK #101  
WAYNESVILLE • 456.3600**

Ad24694

# Protect Your Hearing: *Why and How*

October is National Protect your Hearing Month. A lot of people can get confused between hearing aids and hearing protection. Hearing aids are devices designed to amplify sounds to bring the appropriate correction for your level of hearing loss. On the other hand, hearing protection

items are specifically built to prevent damaging your hearing and can offer protection against exposure to loud sounds.

## **Why do I need hearing protection?**

The ear transmits the sound waves to the brain, which then interprets the sounds. Exposure to

loud environments can damage your ear health, affecting the hair cells. When hair cells are damaged, they cannot transmit the sound waves effectively.

## **Who is most likely to need hearing protection?**

We recommend hearing protection to individuals exposed to loud noises, either as part of their professional activities or during their hobbies. For comparison, a normal conversation reaches approximately 60dB. Prolonged exposure to any sound 85dB or higher can be harmful to your ears.

A lot of people may not realize they need hearing protection because they have no reference of loudness. Individuals who are exposed to noises over 85dB should use hearing protection.

## **What are the different hearing protection solutions?**

Not all hearing protection solutions offer the same level of noise reduction. Some protection is also mandatory in specific workplace environments and may already be provided by your employer.

The most common hearing protection types available are the following:

- Earplugs
- Ear defenders or earmuffs
- Helmet-mounted earmuffs
- Noise-canceling headphones

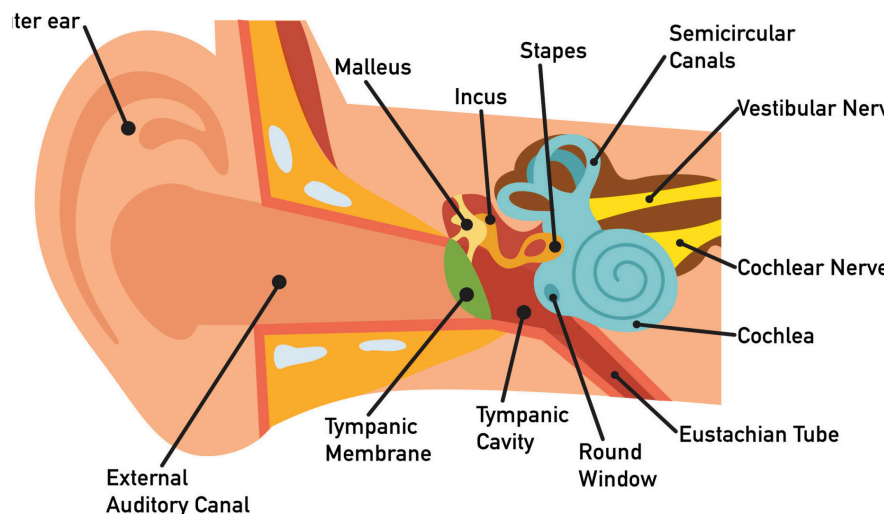
Earplugs offer a noise reduction rating (NRR) between 22db and 33db. Earmuffs also have a similar result. However, you can combine both for additional hearing protection. Noise-canceling headphones also have the same NRR as earplugs. However, they use active noise-canceling techniques to cancel sounds at certain frequencies.

## **When should I replace hearing protection?**

Disposable earplugs should only be used once. Earplugs made from durable material such as plastic need to be replaced when they show signs of wear and tear and are no longer pliable. They last approximately three to four months in extreme climate and humidity and up to eight months with normal wear and conditions.

Earmuffs and headphones need replacement when the ear cushion degrades and can't provide a high level of protection anymore.

For more information on hearing protection options, seek out your local hearing and audiology provider.





Dr. Brent Steele,  
MD, BC-HIS

# The Hearing Guy

Locally Owned and Operated, Est. 2014

## National Protect Your Hearing Month

### How loud is too loud?



**Skyland Ingles Shopping Center  
1863 Hendersonville Road, Suite 121  
Asheville, NC 28803**

.....  
**132 S. Main Street  
Hendersonville, NC 28792**

.....  
**828.274.6913**

**[www.thehearingguy.net](http://www.thehearingguy.net)**



# See The Future Now



Appointments now available in our new Skyland office!

## Compassionate Doctors with World-Class Technology

For more than 40 years, the skilled surgeons of Carolina Ophthalmology have been leaders in providing state-of-the-art eye care and the latest technologies to patients throughout Western North Carolina.

Today, they continue to offer revolutionary advanced treatments such as:

- **Laser Cataract Surgery with Premium Intraocular Lenses**—The only practice in the area that performs this bladeless, more precise cataract removal surgery using the newest advanced lenses that may help reduce dependency on glasses.
- **The ORA System™**—Exclusively available at Carolina Ophthalmology, this technology makes lens selection possible during cataract surgery, resulting in more reliable post-operative vision.
- **iStent**—The smallest implantable medical device in the world, it removes fluid and relieves eye pressure caused by glaucoma.
- **Intense Pulsed Light (IPL) with Lumenis® M22™**—This treatment helps reduce symptoms and improve comfort associated with dry eye disease and ocular rosacea.

Six convenient locations

Carolina   
Ophthalmology, P.A.

[www.carolinaeyemd.com](http://www.carolinaeyemd.com) • 800-624-6575 • 828-820-2900

# Vision Changes as You Age Could Be Due to Cataracts

Vision can become less sharp as a person ages. Some older adults may notice difficulty seeing in bright light or in the evening, and cataracts may be to blame for these vision changes.

By 2050, the number of people in the United States with cataracts is expected to reach roughly 50 million, according to the National Eye Institute estimates.

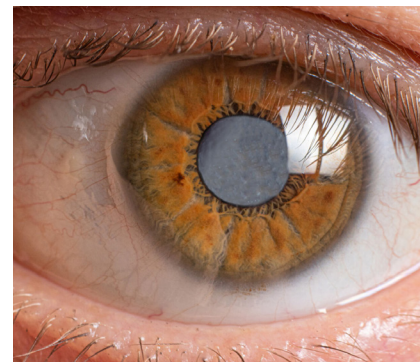
### What causes cataracts?

Normal changes in the eye occur after turning 40. Notably, normal proteins in the lens — the clear portion of the eye that sits behind the pupil — begin to break down, leading to a gradual cloudiness of the lens.

### Symptoms of cataracts

Individuals with cataracts may begin to experience diminished vision. Symptoms can include:

- Double vision
  - Cloudy or blurry vision
  - Seeing halos around lights
  - Increased glare sensitivity
  - Colors appearing faded or yellow
  - Requiring more light to read
  - Difficulty seeing well at night
- Cataract development  
Cataracts tend to form gradually.

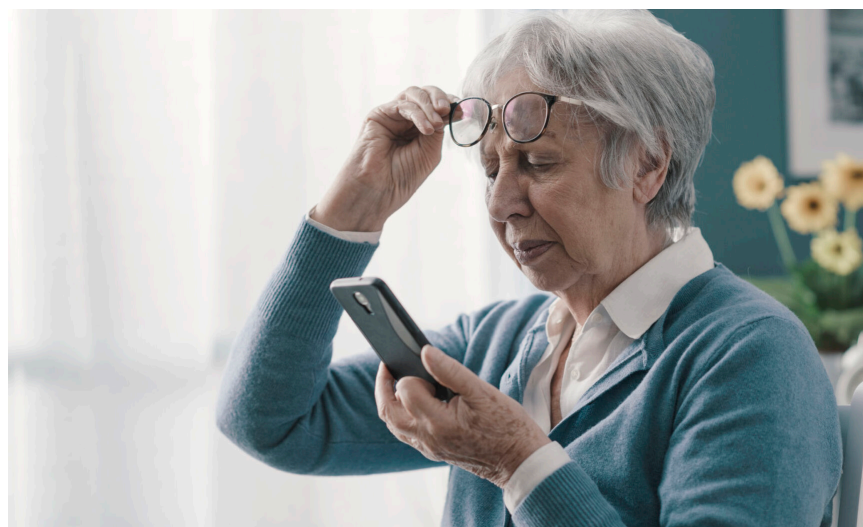


A cataract may be in one eye or both. It may be possible to slow down the development of cataracts by protecting the eyes from sunlight.

### Cataract diagnosis and treatment

An eye doctor will examine dilated eyes to diagnose cataracts. Cataract surgery is one of the most common eye surgeries and is safe and effective.

An ophthalmologist will remove the cloudy lens and replace it with an artificial, clear lens. If cataracts are present in both eyes, each surgery will be performed separately. While cataracts are a common byproduct of aging, they can be successfully managed to improve eyesight outcomes.



# It's Time to Get Your Flu Vaccine

During the height of the COVID-19 pandemic, the flu seemed to fall by the wayside, not receiving nearly as much attention as its more recent and deadly cousin.

However, the flu is still a dangerous illness that needs to be taken seriously. Influenza causes approximately 200,000 hospitalizations and 36,000 deaths in the U.S. each year.

The seasonal influenza vaccine is the best line of defense against severe illness due to the flu. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection. That's why it's best to get vaccinated before the flu starts to spread in your community.

This year's flu season is showing signs of being particularly nasty. With flu cases already circulating in North Carolina, it is par-

amount to get a flu vaccine as soon as possible. If you haven't gotten a COVID booster, you can double up and get both at the same time.

## How Flu Spreads

Flu viruses spread mainly by tiny droplets when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or eyes.

## Flu Symptoms

Influenza can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:



- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches

- fatigue

*Mercy Urgent Care offers walk-in flu vaccines at all its locations in WNC with no appointment necessary.*

# MercyMe

PREMIUM CARE



## The get-well card that actually gets you well!

Comprehensive healthcare packages starting at just **\$29/month.**

 **MERCY  
URGENT CARE**

Open 9a-5p, 7 days a week  
[mercyurgentcare.org](https://mercyurgentcare.org) | 828.210.2121



Sign up now

Ad24697

# ALLEVIATE BACK PAIN WITH TARGETED STRENGTHENING AND STRETCHING

Chronic back pain can be so debilitating, yet millions of cases of chronic back pain go untreated, chalked up to an inevitable side effect of aging. However, various strategies can help mitigate back pain. A physical therapist can help you develop a plan for appropriate exercises, stretches and strategies to relieve symptoms.

- **Regular stretching:** Daily stretching exercises reduce tension

in muscles supporting the spine and improve range of motion and overall mobility. Stretching should be done slowly and gradually, with specific stretches recommended by a physical therapist.

- **Strengthening exercises:** Weak back and abdominal muscles can cause or worsen low back pain. Activate and train the muscles surrounding the spine to provide better sup-

port and stability to the lower back. Core strengthening is critical, since abdominal muscles are the front anchor of your spine.

- **Perfect your posture:** Avoid slouching when standing and sitting. Stand tall with head up and shoulders back. When sitting, sit with your back straight against the back of the chair and feet flat on the floor. If possible, keep knees slightly higher than

hips when sitting. Alternate between sitting and standing to avoid being in the same position for too long.

- **Lift correctly:** Poor technique when lifting, even when lifting items that are not all that heavy, can contribute to back pain. Lift with the legs and not the back, by keeping your back straight and bending at the knees or hips when lifting items. Never twist when lifting.



Ad21085

We're excited  
to announce that as we  
**CONTINUE TO EXPAND  
OUR LOCATIONS**  
to bring the best in  
**PHYSICAL THERAPY**  
to more communities,  
we are changing our name to  
**SEPT Physical Therapy**

VISIT US AT A LOCATION NEAR YOU:

Biltmore  
Black Mountain  
Canton  
Enka-Candler

Fairview  
North Asheville  
Weaverville  
Waynesville



**Southeastern**  
Physical Therapy

**IS NOW**

**SEPT** | **PHYSICAL  
THERAPY**

# Discover a Rewarding Career in Long-Term Care

Do you enjoy helping others and making a difference in your community? If so, consider a career in a long-term care facility. Here are just three reasons to consider this career:

**Forging bonds**

Residents of long-term care facilities are usually there for a long time, so employees get to know them and their families on a personal level. These bonds will create a rewarding, meaningful career. You will discover that each person has a unique story to tell, wisdom to share, and a joke to make your day.

Seniors have lived a long, full life and are willing to share their life lessons with you. By listening to their stories and showing interest, you can learn a great deal from them. Developing



compassion for the elderly will also help you learn what is needed to take care of an aging loved one.

**Being a lifeline**

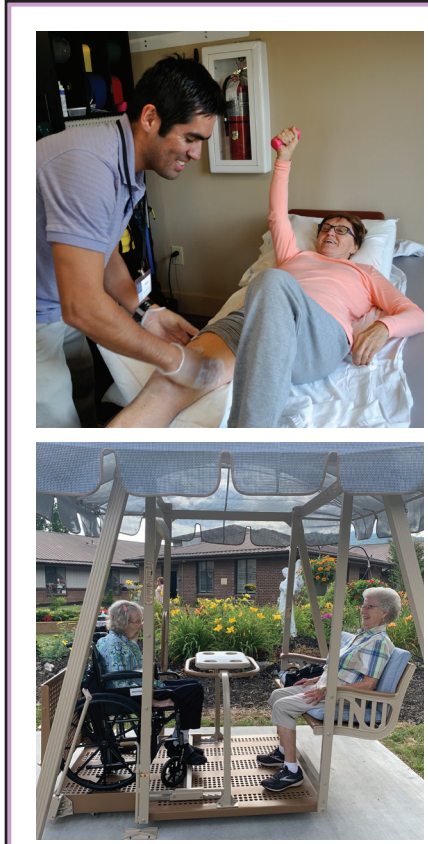
You will have close, regular contact with those who live at the facility. Since they can't live independently,

most will be grateful for your daily care and support. Additionally, their family and friends will appreciate the compassionate services you provide to their loved ones. This gives them peace of mind that their loved ones are in good, caring hands.

**Supportive environment**

When you work in a caring and supportive environment, you look forward to going to work each day. Health professionals who work in long-term care seek to have a positive impact on others' lives. You'll find your co-workers are kind, compassionate, and empathetic individuals who care about the health and well-being of those they care for and for their co-workers.

*If you are interested in starting a rewarding career, contact Silver Bluff Village today. [www.silverbluffvillage.com](http://www.silverbluffvillage.com)*



SILVER BLUFF · ARROWHEAD COVE · PIGEON VALLEY · THE BLUFFS · SILVER BLUFF REHAB



*Our family caring for yours*

*[silverbluffvillage.com](http://silverbluffvillage.com) • 828-648-2044*



# COMPREHENSIVE PAIN CONSULTANTS *of the Carolinas*



**DON'T LIVE LIFE WITH UNNECESSARY PAIN. OUR PROVIDERS ARE HERE TO HELP!**



Edward A Lewis, M.D.



Eric Roslonski, DO



Austin Albright, M.D.



Steven Punzell, MD



Michael Moziak PA-C

[www.cpcdoctors.com](http://www.cpcdoctors.com) | 90 Haywood Office Park | Waynesville, NC 28785

**Call for an Appointment! 828-483-4438 | Referral Fax: 828-483-5808**