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HEALTHY LIVING: FIVE TIPS TO HELP YOU FUEL FOR THE FUTURE

By Lauren Teague

Having a healthy lifestyle is not a new topic but now making informed food choices, developing sound eating habits and maintaining regular physical activity is becoming more important than ever. The food and drinks you consume today will work as fuel for your body and mind in the future.

Taking small steps toward changing your eating habits can add up to big strides that will positively impact your overall health.

Plan meals ahead of time

Before going grocery shopping, take inventory of what food you already have so you know what you need to purchase. Research healthy

recipes that use items you currently have, and fill your list with only what you need for the week.

Try new recipes

They say variety is the spice of life. It's also an important part of healthy eating. Different foods provide different nutrients, so incorporating a variety of foods from all of the food groups into your daily diet can help ensure you are getting all the nutrients you need.

Switch it up with spices

Many of us experience burnout and frustration — and yes, even boredom — when attempting to stick to healthy eating habits. By giving your routine meals a tasty twist with new flavors, spices and herbs, you can avoid falling back into bad eating

habits.

Get creative with leftovers

Use your creativity to repurpose leftovers into brand new meals. Turn those last couple of chicken breasts and leftover roasted vegetables into a savory stew, or mix leftover pasta with some fresh veggies to make a pasta salad for lunch the next day. You'll be stretching your dollar without stretching your waistline!

Ask for advice

You're not alone on your journey to good health. Nutritionists can be a great resource for relatable, personalized nutrition advice that can help you maintain good health long into the future. Learn more about healthy eating habits at MyHaywoodRegional.com/nutrition-education. To speak



Lauren Teague, Haywood Regional Medical Center dietitian

to a nutritionist about how to incorporate healthy eating habits into your routine, contact Haywood Regional Medical Center at 800.424.DOCS or visit MyHaywoodRegional.com to schedule an appointment.

Lauren Teague, MHS, RD, LDN, CDE is a Registered Dietician at Haywood Regional Medical Center and recently named number one in Weight Management category for Best of Haywood.



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CUT YOURSELF WALKING BAREFOOT? IT'S MORE SERIOUS THAN YOU REALIZE

Bare feet are universally associated with summer, but for those who enjoy walking barefoot, a local foot and ankle surgeon warns that inattention to seemingly minor puncture wounds on the soles of your feet can allow serious infections to develop and spread.

"Going barefoot heightens risk for puncture wounds, which require different treatment from cuts because the tiny holes often harbor foreign matter under the skin," says Dr. William Banks, DPM, a podiatrist at Smoky Mountain Foot Clinic, PA and also a member of the American College of Foot and Ankle Surgeons. "Glass, nails, needles and seashells are common offenders. Regardless of the substance, any-

thing that remains in the wound increases your chances for complications."

Puncture wounds in the feet too often are superficially treated, according to Banks, and it is best to get proper care within the first 24 hours to make sure anything that might be embedded in the wound is removed. He notes research suggests that 10 percent of puncture wounds do result in serious infection, but such complications can be prevented with prompt and appropriate medical attention.

The depth and relative cleanliness of a puncture wound are the main factors determining possible infection risk.

"Studies show 60 percent of patients who required incision

and drainage of a puncture wound had something embedded," says Banks. "With the increasing prevalence of drug-resistant bacteria, even healthy people are getting potentially life-threatening staph infections. So if you step on something and the skin is broken, get treated right away."

Treatment involves a thorough cleaning to decrease infection risk. Tetanus shots often are needed. Following treatment, the wound should be monitored carefully at home.

"Sometimes an infection can develop later and migrate to the bones," says Banks. "So if the wound stays red, swollen and sore after a few days, go back to the doctor for further treatment. In all



Dr. William Banks, DPM,
Smoky Mountain Foot Clinic

cases, a puncture wound on your foot should never be taken lightly."

For further information about puncture wounds and other foot conditions, or to make an appointment, contact Smoky Mountain Foot Clinic, PA at 828-452-4343 or visit them online at smoky-mountainfootclinic.com.

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TIPS ON SHAKING UP YOUR STALE WORKOUT ROUTINE

Eating less and moving more are the hallmarks of many fitness regimens, especially for people who want to lose weight.

While people have good intentions when designing an exercise regimen, over time hitting the treadmill or doing a weight circuit can lose its appeal. When exercise routines become stale, people may be put off from doing something that is essential to their overall health. Routinely switching things up can keep workouts fresh and exciting.

Try a trendy workout

Experiment with a new fitness trend to see if you like it. Start by talking with a personal trainer or group exercise captain at your fitness center. Chances are they've already implemented novel work-

outs for others and can walk you through some of the offerings. Whether it's Zumba, yoga or group cycling classes, new exercises can help to banish boredom.

Cut down on workout time

It's easy to lose interest in a lengthy workout. High-intensity workouts can streamline exercise to 30 minutes or less and produce the same results as longer, less intense regimens. High intensity interval training is a popular regimen that pairs bursts of maximum-output moves with short recoveries to streamline efforts.

Bring a friend along

A buddy to exercise alongside can make a regimen fun even if you've done the same things over and over. Plus, a healthy dose of lighthearted competition may motivate you to



keep going.

Change small components

Apart from preventing boredom, changes to a routine also benefit your body. If exercise regimens are never altered, and you keep doing

the same number of reps and sets, your body can adapt to these workouts and make it difficult to break plateaus. Lack of variation also may decrease focus, which can make it hard to achieve your fitness goals.

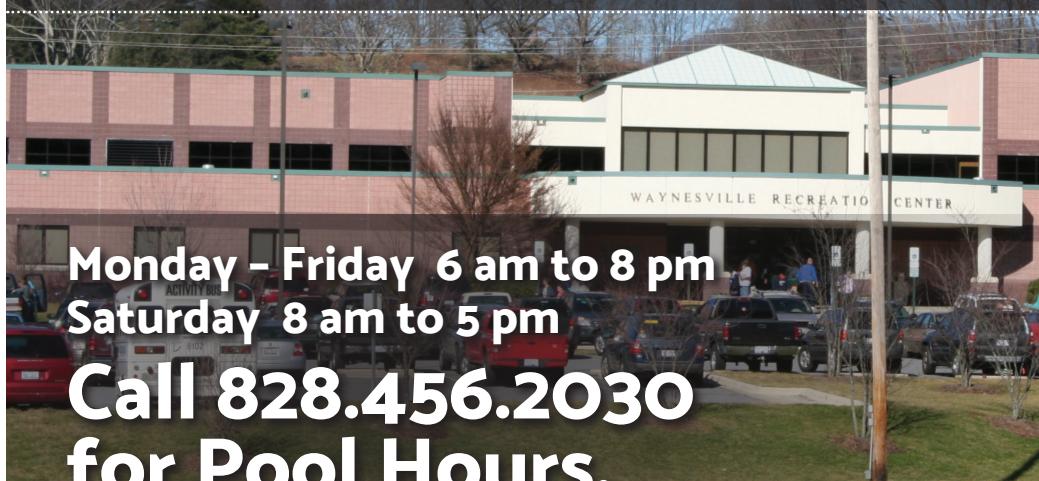
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CAUSES AND REMEDIES FOR COMMON SKIN ISSUES

The skin is one of the most visible parts of the human body. Skin is the body's largest organ and helps to retain water and protect internal organs. The average adult has about 22 square feet of skin, which weighs around 8 pounds.

The skin can be affected by any number of conditions. While many are not overly harmful, certain conditions can cause discomfort and affect appearance.

Redness

Skin redness may occur for a variety of reasons, including allergic reactions, dry skin and irritations. Identifying the root of redness can help individuals make a plan for avoiding it. Long-term redness often is linked to

seborrheic dermatitis or rosacea. Certain medications and skincare products may be recommended by a dermatologist to address these issues.

Scars

Scars are a natural result of the healing process from an injury to the skin. Many scars fade over time, but deep scars can be permanent and visible. Dermatologists may recommend application of vitamin E, silicone gel or other creams or oils to help minimize scarring after a surgery or injury. A prescription retinoid can be helpful when it comes to acne scarring. Steroid injections and laser treatments also can be used to reduce the appearance of scars.

Eczema

Eczema, also known as atopic dermatitis, is a common skin condition that produces red, itchy, dry, and irritated skin. It tends to start in early childhood, and doctors believe an overactive immune system may trigger symptoms.

Psoriasis

Psoriasis is an autoimmune condition that results in the excessive shedding of skin cells. Psoriasis causes scaly, silvery defined patches on the skin and usually occurs on the scalp, elbows, knees and lower back. Plaque psoriasis is the most common form of the condition. Light therapy, moisturizers, topical



retinoids, and biologics may be prescribed to manage psoriasis.

Large pores

Large pores tend to go hand-in-hand with oily skin and are extremely common. Use gentle cleansing to minimize large pores. Exfoliating the skin can help, as can Retinol, which is a derivative of vitamin A, to restore the skin's natural appearance.

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COMBAT AGE-RELATED CHANGES WITH THESE HEALTHY DIET TIPS

Metabolic changes as we age can alter how the body processes foods and nutrients. After crossing the threshold of 50, dietary considerations can help meet new nutritional needs and combat age-related changes.

Prioritize protein

Experts recommend that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

Supplement Vitamin D

People over 65 typically experience a decrease in natural production of vitamin D. Vita-

min D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

Consume ample fiber

Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical resource Healthline notes is a common health problem among the elderly. Though experts say older adults need

slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

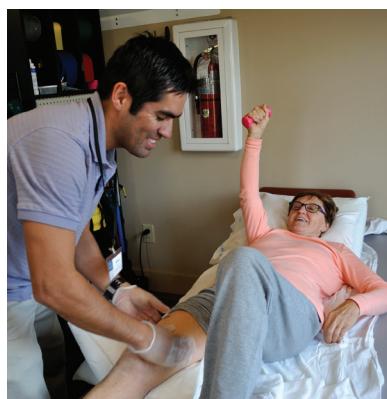
Monitor intake of B12

B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, but if those must be avoided due to



other health concerns, discuss B12 supplements with your doctor to turn to as alternative food sources, such as fortified cereals and salmon.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.



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IMPORTANT REASONS TO VISIT A PRIMARY CARE PHYSICIAN

While it's common to feel anxious about going to the doctor, far too often people delay trips to see their doctors.

Some people avoid going to the doctor due to fear of the unknown. Most just worry about getting bad news.

Here are the benefits of visiting a primary care doctor.

- Chronic disease management: An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

- Vaccines and shots: Primary care providers offer routine



vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe.

- Medical referrals: A primary care provider can assess a health situation and refer a patient to the correct specialist if more extensive care is needed.
- Cancer screenings: Most people will need a few cancer

screenings as they age, including colonoscopies, Pap smears, mammograms, and other important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer.

- Non-life-threatening illnesses or injuries: Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit

their PCPs for help treating a variety of conditions. Individuals should first consult with their general practitioners.

- Routine lab work: Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

- Work or sports physicals: Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.



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TIPS WHEN CHOOSING A HOSPICE FACILITY

Learning a loved one has been diagnosed with a terminal illness is an emotional experience. In such instances, people tend to have many questions, including what they can do to make their loved ones as comfortable and content as possible.

Hospice care is a solution for many families looking to improve the quality of life of someone dealing with a terminal illness. Hospice care aims to help people with terminal illnesses live as well as possible for as long as possible. Increasing quality of life is one of the goals of hospice care.

Hospice teams include a host of interdisciplinary professionals who are tasked with addressing the physical, psychosocial and spiritual distress that often confronts terminally ill patients and their families.

Determining when the time is right for hospice care is difficult. Families can discuss timing with their loved one's physician, but certain factors may indicate it's time for hospice.

It's generally time for hospice when a patient has six months or less to live, though some may remain in hospice care for longer. Patients who are receiving medical treatment but whose conditions are declining rapidly — whether it's through significant weight loss, cognitive decline or an inability to perform daily activities — may require hospice care.

The patients themselves may indicate they are ready to forego treatment aimed at prolonging life, and, in such situations, hospice care can make their remaining days as comfortable as possible.

The following tips can help make the process of choosing a hospice care team or facility go as smoothly as possible.

Seek recommendations

Word-of-mouth can be a great way to find the right hospice facility or care team. Hospital discharge planners or social workers typically have lists of local hospice providers. In addition, physicians often interact with hospice providers, so their insight can be invaluable. Having a loved one in hospice can be difficult for many families, but some neighbors or trusted friends may share their experiences when prompted, and that insight can be invaluable.

Interview hospice representatives

Patients, when capable, or caregivers typically meet with hospice facility representatives to discuss services and answer questions. Prepare questions in advance, and make sure that the visit is free and does not obligate families to choose the provider the person represents.

Ask the right questions

Don't be shy about asking a host of questions before choosing a hospice care team or facility. Questions should per-



tain to the care plan the hospice intends to employ: how quickly the facility will get a handle on pain and/or other symptoms, what happens if a patient does

not respond, and if there are any services the facility will not provide. Additional questions to ask can be found at www.hospicefoundation.org.

An advertisement for Sheppard Insurance Group. The top half of the ad shows a scenic view from inside a tent, looking out over a mountain range at sunset. The text "Protecting your future so you can enjoy the present." is overlaid in the center. The bottom half features the Sheppard Insurance Group logo, which consists of a stylized white flame or leaf shape above the text "Sheppard INSURANCE GROUP". Below the logo, the text "Offices in Clyde and Asheville Business • Home • Auto • Life Sheppardinsurancegroup.com (828) 627-2826" is displayed. A small "Ad27330" is in the bottom right corner.

HOW TO PROTECT VISION RIGHT NOW, AND FOR THE FUTURE

Vision naturally changes as a person ages, but there are proactive and preventative steps you can take to stave off declines in vision. Take inventory of behaviors that put eyes at risk to safeguard your eyes for as long as possible.

Get routine comprehensive wellness exams

Factors that contribute to vision loss can include being overweight or obese, diabetes, high cholesterol and high blood pressure. A wellness exam may uncover family history that increase risk for hereditary eye conditions.

Receive a dilated vision exam

Many eye diseases, like glaucoma or age-related macular

degeneration, have no warning signs. The only way to determine if there is an eye health issue or compromised vision is to get a complete vision exam, which includes dilating the pupil to see components of the inner eye.

Step up healthy eating

Dark, leafy greens like spinach, kale and collards are good for the eyes. Foods rich in omega-3 fatty acids, like salmon, halibut and tuna lower the risk for dry eyes and eye diseases such as macular degeneration and cataracts.

Sip on green tea

Green tea is a great source of antioxidants that can keep eyes healthy and defend them from cataracts and macular degener-

ation.

Wear protective eyewear

Always don sunglasses with UVA and UVB protection when outdoors. Protective eyewear is a must for those who work in an industry that requires eye protection or athletes who play sports.

Practice smart contact hygiene

Always wash hands before inserting or removing contact lenses. Lenses should be stored properly in cleansing solution and discarded after the recommended amount of time for the particular type of lens. Unless they are approved for overnight use, remove contacts before going to bed.



Quit smoking (or don't start)

Smoking increases a person's risk of developing various eye diseases and can make diabetic eye disease more severe.

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KEEP YOUR BODY HEALTHY AND BRAIN SHARP WITH EXERCISE

By Sarah Hubbard

It's hard to argue not to exercise — living in a highly distractible world with never ending input, we are rarely doing just one thing at one time. All the multi-tasking that our brains are doing can be exhausting, which brings us to the topic of exercise and the benefits to our brain health.

Exercise increases the blood flow throughout our bodies, strengthens our muscles, bones and joints, reduces the risk of diseases, lowers blood pressure, improves heart health, increases endorphins, reduces feelings of anxiety and depression... and so on. Today, we're focusing on exercising and your

brain.

Neuroplasticity: What is it?

Neuroplasticity is the capacity of our brain cells to change in response to our behavior. Most people have heard about declining brain function with aging. They know or have heard that reading, learning to dance, doing Sudoku or puzzles, learning to play an instrument or learning a new dance is good for our brains. Learning new tasks is something that helps to increase cognitive function and neuroplasticity.

An unfortunate characteristic of the brain is that it shrinks with age. Statistically, our brains shrink roughly 1%-2% on average annually in individuals age 55 and over.

Exercising has been shown to increase blood flow to the brain, especially the prefrontal cortex and hippocampus which in turn increases neuroplasticity. The power of the brain to change and adapt, no matter what age, is truly remarkable.

A moderate level of exercising over a 3-6 month period has been shown in studies to improve cognitive performance and memory. Exercise, especially, is shown to improve blood flow to the executive functioning parts of our brains.

They say to work smarter, not harder. So let's start exercising! If you don't feel like exercising, remember that if you aren't doing it for your physical health then you're doing it for your brain health.



Sarah Hubbard, Smoky Mountain Sports Medicine & Physical Therapy

General weakness can be a concern with knowing how and where to start. If you are looking to begin an exercise program but are concerned about ways to safely do this with possible health or fitness restrictions, contact Smoky Mountain Sports Medicine & Physical Therapy at 828-550-3923 and a physical therapist will help you figure out what is the best way to get started.



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THE BASICS OF MEDITATION

Taking steps to safeguard mental health is a vital component of a healthy lifestyle. Mental health affects how individuals think and feel, the choices they make, and how they relate to others, which underscores just how important it is to prioritize mental health.

Meditation is a popular practice with a history so lengthy it may surprise even its most devoted practitioners. Some archaeologists trace the origins of meditation all the way back to 5,000 BCE. The global spread of the practice is believed to have started around the fifth or sixth century, when trading along Eurasia's famed Silk Road exposed the practice to various cultures.

The lengthy history of meditation is proof that the practice is no mere fad. In fact, people from all walks of life have much to gain from meditation. Novices can start their meditation journeys with this basic rundown of a practice that has inspired devo-

tees for thousands of years.

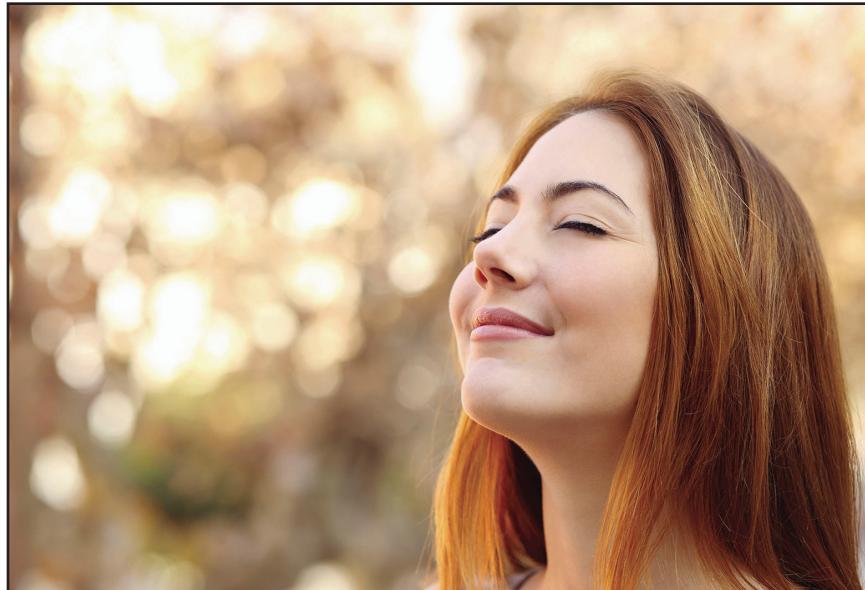
What is meditation?

Meditation is a type of mind-body complementary medicine that intends to produce a tranquil, relaxed state of mind. When practicing meditation, individuals focus their attention and aspire to remove potentially stress-inducing, jumbled thoughts from their mind.

Are there different types of meditation?

- Guided meditation is a popular form of the practice in which individuals form mental images of places or situations they find relaxing. Guided meditation practitioners employ their senses of smell, sight, sound, and touch during a session, which may be led by a guide or teacher.

- Mantra meditation is another form of the practice in which individuals silently repeat a calming word, thought or phrase. The repetition is designed to block out distractions.



while.

4. Feel your breath. As you breath in and out, make an effort to feel the sensation of your breath.

5. Notice if your mind wanders. It's likely that your mind will wander to other places during your sessions. Pay attention to when it does and then refocus your attention to your breathing.

6. Don't judge yourself. Wandering thoughts during meditation are not deserving of scorn. When the mind wanders, simply return to meditating without obsessing over the thoughts that came into your head when your mind wandered off.

7. Close with kindness. As your session draws to a close, gently lift your gaze and take a moment to notice your surrounding environment, how your body feels and your thoughts and emotions.

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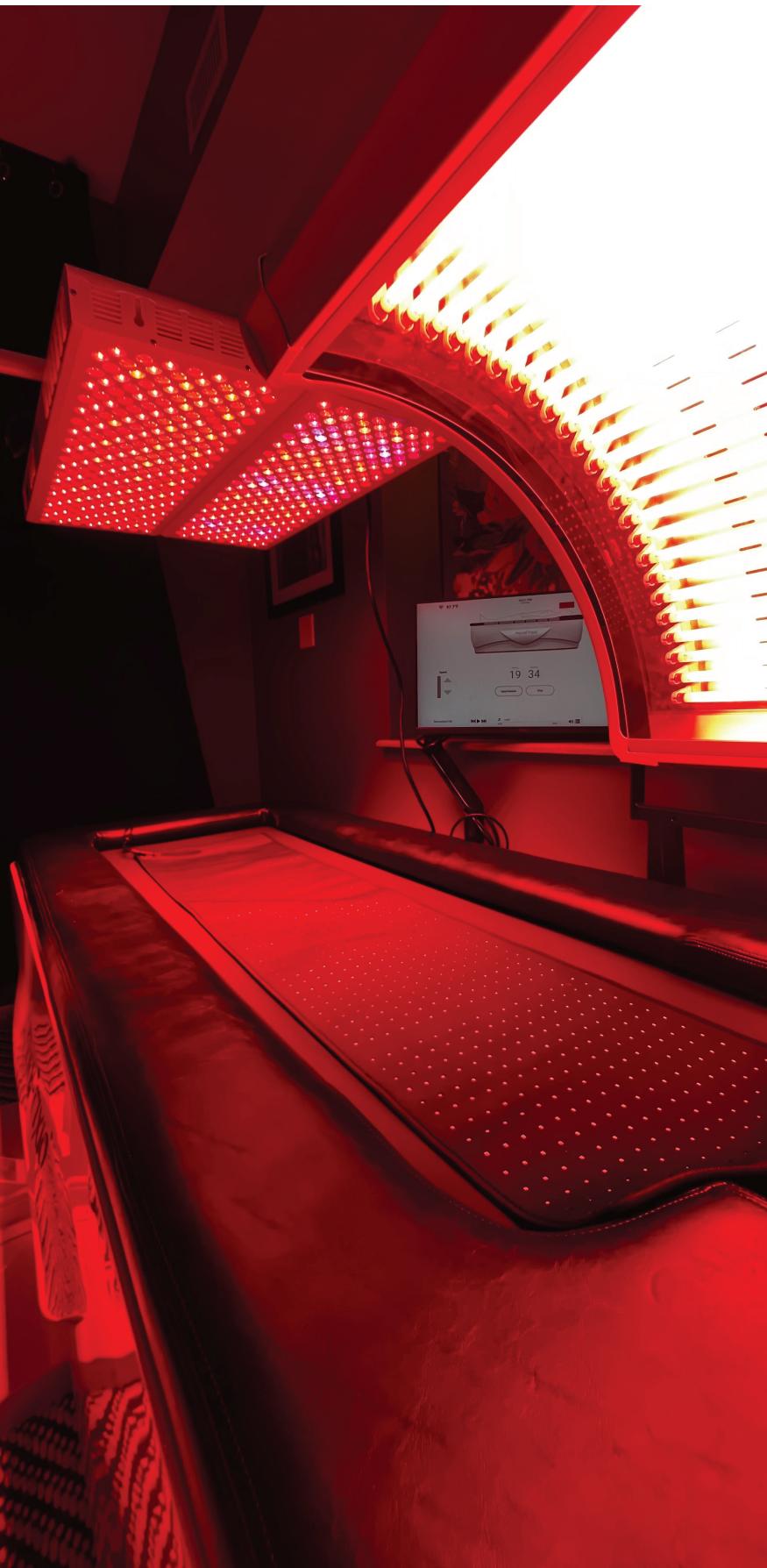
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TIPS TO FIND THE RIGHT SKILLED NURSING FACILITY

Though many seniors can handle the tasks of daily life on their own, others may need varying degrees of assistance.

Those who need round-the-clock help typically look to skilled nursing facilities, which are staffed with licensed nurses and therapists who are capable of providing a more advanced level of medical care than home health aides or assisted living facilities can offer.

Seniors who want to plan ahead can shop around for facilities and make their preferences known in their estate planning. Here are tips for finding the right facility.

Speak with your health care

team

For example, an oncology team may recommend a facility that has a strong track record in working with cancer survivors. Many people who stay in facilities do so as part of a rehabilitation program, and a health care team can provide valuable insight into which facilities may match up well with individual patients' needs.

Give location ample consideration

The quality of care a facility can provide should be the utmost priority, but the value of choosing a facility that's close to loved ones cannot be understated, especially for seniors who

will be moving in for a lengthy period of time. Regular visitors can scrutinize care and serve as residents' advocates if they feel their concerns are not being satisfactorily addressed by staff members.

Visit facilities in person

Online ratings can provide some insight into a facility, but nothing can replace the value of an in-person visit. The American Health Care Association urges families to observe a facility in person so they can gauge its overall environment and whether or not it seems like a peaceful or chaotic place. Pay close attention to residents and try to determine if they're well-



groomed.

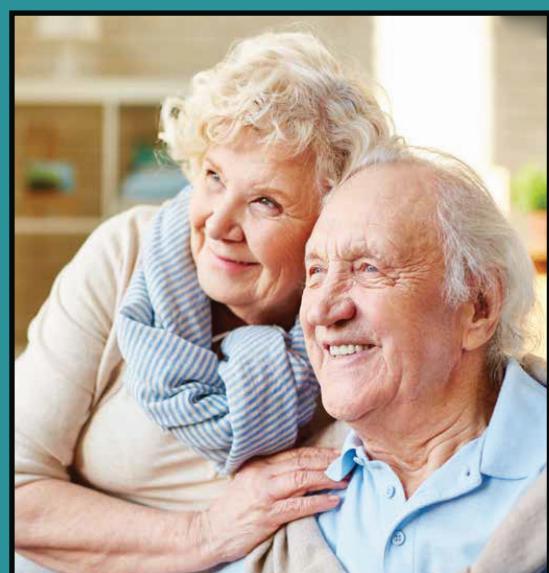
Skilled nursing facilities are an option for seniors who require advanced medical care. Finding the right facility requires careful consideration of a host of factors.

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FIVE WAYS TO PROTECT AGAINST HEARING LOSS

A certain degree of hearing loss can be a normal part of the aging process. However, people who take steps to protect their hearing before Father Time takes his toll can prevent the extreme hearing loss suffered by millions of seniors across the globe.

About 15% of adults aged 18 years and older report some difficulty hearing and up to 39% of adults in their 60s have hearing problems. Lost hearing cannot be restored, though hearing aids and other devices can help people with hearing loss hear better. Here are some simple strategies to protect people's hearing over the long haul.

1. Get a baseline hearing exam.



Speak with an audiologist, who can test your hearing and establish a baseline level against which future tests will be measured.

2. Turn down the volume. Audio devices can contribute to hearing loss. Earbuds are particularly dangerous because they

fit directly next to the eardrum. As many as 1.1 billion teens and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices.

3. Wear protective gear. Protective gear includes ear plugs and

protective earphones. This gear should be worn whenever you expect to encounter loud noises, such as when you mow the lawn, go hunting or shooting, attend rock concerts, or visit construction sites.

4. Limit use of cotton swabs. Ear wax is beneficial to the ears and can stop dust and other particles from entering the ear. Furthermore, using a cotton swab can potentially cause damage to sensitive organs in the ear if they are inserted too far or too roughly.

5. Avoid loud noises. Steer clear of fireworks, loud performances, and other situations if you do not have hearing protection.

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THREE STRATEGIES TO PROTECT YOUR MENTAL HEALTH

Prevention strategies can benefit mental health much the same way that exercise benefits physical health. Routine exercise helps maintain healthy weights and reduces their risk for various conditions and diseases. Preventive efforts designed to improve mental health can significantly reduce a person's risk for anxiety and depression, and overall mental wellbeing.

Get enough sleep

Sleep and mental health are intimately related. Sleep loss can contribute to emotional instability. The amygdala is the part of the brain responsible for humans' emotional responses. Lack of sleep causes amygdala to go



into overdrive, leading to more intense emotional reactions. The prefrontal cortex is another part of the brain that needs sufficient sleep to function properly. Without it, the prefrontal cortex, which is integral to impulse control, cannot function properly.

Eat a balanced diet

A balanced, healthy diet doesn't just benefit the waistline. According to the ADAA, a balanced diet that includes protein, healthy non-saturated fats, fiber, and some simple carbohydrates can reduce the likelihood that mental health issues like fatigue, difficulty concentrating and irri-

tability will arise during the day.

Volunteer

A study published in the Journal of Happiness Studies found that people who volunteered in the past were more satisfied with their lives and rated their overall health as much better than people who didn't volunteer. Perhaps the most noteworthy finding in the study was that people who began volunteering with lower levels of well-being tended to get the biggest boost from volunteering. Volunteering provides opportunities to socialize, which can help ward off the loneliness that can sometimes contribute to anxiety and depression.



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LIVING LIFE: FINDING JOY AGAIN AFTER GRIEF

By Kathy Foster

Judy was in the car with her granddaughter, on the way to an event when she received the call that her brother, her only sibling, had died. Visibly upset, her granddaughter asked if she wanted her to turn the car around and take her home. "No, you've got to live, it's about living."

It is about living. And in our living, we face many challenges in everyday life. Not just meeting the major demands of job, family, household, but the unexpected circumstances of broken water pipes, flat tires, and the big things like illness, and even death.

Any such circumstances can

cause us to grieve at some level. It might be that the flat tire makes us so late that we miss an important event or appointment that directly affects our well-being. We miss many moments of joy and bliss when we find ourselves consumed by the troubles of life.

Although typically short-lived in this type of a situation, it is easy to become paralyzed by grief. How do we go on in any purposeful way when we are heavily laden with grief caused by the death of a loved one? What can we do to pick ourselves up and get living again?

Judy has been a widow since losing the love of her life in 2010.

To help herself get through life without her spouse, she joined a watercolor class and learned that she was a great artist. The camaraderie with other women in the class was comforting and provided support and encouragement, and she has been painting ever since.

At age 79, she packed up the belongings from her home of 58 years — those belongings that were most difficult to part with and able to fit in the smaller space she was moving to — and started a new chapter of her life 825 miles away. She left New England, where she had lived her entire life, and resettled in Western North Carolina.

I thought about how difficult that must have been. It was a dream of hers and her late spouse to one day sell their home and rent an apartment in a thriving community. Having some of her children living in WNC allowed her to become familiar with her current home, in a thriving and upcoming town in the Foothills, well before making a decision to move.

She says, with confidence, "For me, the best way I could honor the love I have for my spouse, who left this world too soon, was to live my life to my fullest. A very challenging endeavor when

Continued on Page 21

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CLOSE THE GAP: TOOTH REPLACEMENT OPTIONS

By Michael Gillespie, DDS

Tooth loss can be a difficult experience, but fortunately, there are several options available to replace missing teeth. As a dentist, I've compiled a list of the most common treatments to replace teeth, along with useful information to help you make an informed decision.

1. Dental Implants: Dental implants are a popular tooth replacement option that provides a permanent solution that looks and feels like natural teeth. The procedure involves surgically placing a titanium post into the jawbone, which acts as a stable base for a crown or bridge. Implants require healthy bone and gums to be successful, and the process can take several months to complete.

2. Bridges: Bridges are a popular option that involves an-

anchoring a false tooth (pontic) between two dental crowns. The crowns are placed on the teeth adjacent to the missing tooth and cemented into place. Bridges can be made from various materials, including porcelain, ceramic, or metal, and are an effective solution for patients with strong, healthy teeth.

3. Dentures: Dentures are removable prosthetics that replace missing teeth and can be either full or partial. They're made from a combination of materials, including acrylic, porcelain, and metal, and are custom-made to fit the patient's mouth. Dentures require proper maintenance and adjustments over time to ensure a comfortable fit and proper function.

4. Removable Partial Dentures: These are similar to regular dentures, but they replace only a few teeth instead of an entire

arch. The partial denture is held in place by clasps that attach to nearby natural teeth.

5. Flipper: This is a temporary solution that can be used while waiting for a more permanent tooth replacement option. It's a removable partial denture that's typically made from acrylic and is attached to a retainer that sits on the roof of the mouth.

Ultimately, the best tooth replacement option will depend on your unique needs, preferences, and budget. I recommend discussing all available options with your dentist to determine the best solution for you.

Dr. Michael Gillespie has practiced dentistry in Waynesville



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one is content to just be and stay in her own world. So many days I would give myself a good 'pep talk' and have deep conversations with my Creator. I found sketching and poetry was one way I could do both, as creativity has a way of soothing your mind and soul while making you feel more alive."

Easier said than done, but we can move forward despite adversity, and we can reverse the paralysis of grief, by making a decision to do something. If we

are so stuck that we cannot even begin to think about what to do, we might learn from others. It may not be an art class, or a bold move out of state, it could simply be choosing to see something that delights you.

See the birds flying from tree to fence, see that spring has sprung and the flowers in the garden are beginning to bloom, sit outside on a breezy day and feel the wind on your skin, and let these things remind you that you are living life. Then perhaps pick up a paintbrush.

HOW TO BE A BETTER HEALTH CARE CONSUMER

Health care can be a difficult world to navigate. Health insurance plans often change just as individuals grow accustomed to them, prompting many people to wonder if there are ways to better understand the health care industry.

Americans spend more time researching which cars and appliances to buy than they do health plans. Much of that is undoubtedly due to the belief that employers do much of the legwork in picking health care plans. But there's more than that to being a wise health care consumer. Here are some strategies:

- Attend information sessions. Enrollment meetings explain



benefits in detail and provide a great opportunity to speak directly with an insurance provider without having to go through the often time-consuming customer service hotline.

- Do your homework. Prior to an enrollment meeting, ask for information about the plans

an employer is offering, then go through those plans and jot down any questions you may have and ask them during the meeting. Ask questions about what is and isn't covered under each plan you're considering. It's necessary to understand your plan.

- Avoid overemphasizing cost, especially at the expense of coverage. Cost is a big consideration for health care consumers. Adequate coverage that will help individuals and their families avoid financial difficulties should be a bigger priority than the cost of the plan.

- Learn about the benefits associated with preventive care. Many health insurance plans offer rebates to consumers who have memberships at fitness facilities and use those memberships regularly. Taking preventive health care measures is one of the best ways for health care consumers to save money over the long haul.



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FOOD AND INFLAMMATION: YOU ARE WHAT YOU EAT

By Dr. Michael Hogan, Blue Mountain Chiropractic

It's been a terrific experience serving thousands of patients over the past 13 years of chiropractic practice.

After all this time, clear trends as to what causes pain for people emerge. Research and clinical experience has confirmed that inflammation is one of the main causes of pain and disease for individuals. When we take care of neck pain, back pain, headache and other such health issues, we observe 'issues in the tissues.' The issue in the tissue is inflammation, and this affects the body's ability to heal properly and to overcome pain and disease with a healthy immune response.

Is inflammation normal? Inflammation is a normal immune response to cell damage. How-

ever, for various reasons, inflammation may become chronic or excessive. Excessive or chronic inflammation can be related to food and nutrition.

Unlike the inflammation caused by physical injury, simply eating the wrong foods can lead to inflammation. Heart disease, rheumatoid arthritis, cirrhosis of the liver, cancer, lupus, asthma, allergies and Alzheimers are all associated with inflammation.

Inflammation in the gut from stress and improper food quality may lead to a condition known as 'Leaky Gut', or intestinal permeability. This is where undigested food particles, metabolic waste, or bacteria exit the colon and enter the bloodstream. This condition is associated with autoimmune responses and irritable bowel syndrome. In addition, joint pain and migraines can be attributed to the gut.

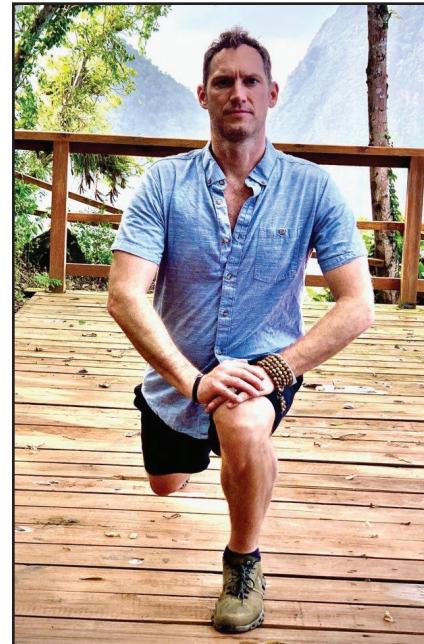
Amazingly, it has been discovered that the 'gut-brain' or the nerves of the gastrointestinal tract contain more neurons than your brain. And let's face it, we all want to be healthy, have less inflammation, and great poos. Also, we now know that your gut produces 95% of the feel good hormone serotonin.

So what can we do? It turns out the quality of the food you intake may reduce an acid that is linked to inflammation, called arachidonic acid. This molecule is high in excessive consumption of grain and corn in the animal supply.

We have been seeing many more quality meat options at the farmers markets where you can find pasture raised animal meat and eggs. It may cost a little more, but if you supplement your diet with pasture-raised protein you will feel the difference.

Also be moderate with raising your insulin. Refined carbohydrates and sugar will spike insulin, which in turn increases arachidonic acid or inflammation in the body. The slower it takes for your body to break food down, the less insulin will respond and the less inflammation. Find sources of complex carbohydrates to add to your diet.

Increasing omega 3 fatty acids in your diet is also essential to maintain healthy levels of inflammation. Foods with omega 3 are: flax seeds, walnuts, cru-



Dr. Michael Hogan, Blue Mountain Chiropractic Center of Waynesville

ciferous vegetables, green leafy vegetables, cold water fish and free-range meats.

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