

A family of four is playing tennis on a green lawn in front of a modern house with large glass windows and a red-tiled roof. A man in a light blue shirt and jeans is in the center, smiling and holding a tennis racket. A woman in a purple shirt is on the right, holding a young girl in a pink shirt and blue overalls. A boy in a yellow shirt is on the left, also holding a tennis racket. A tennis ball is in the air above the man. The scene is set during sunset or sunrise, with warm lighting and string lights visible on the house.

HEALTHCARE & WELLNESS

Of Western North Carolina

**IS YOUR GUT
TRYING TO TELL
YOU SOMETHING?**

*Bite into the secret
superpowers of
cherries*

**How summer
heat impacts
your vein health**

BROUGHT TO YOU BY

The Mountaineer & The Beacon Tribune



Jackson

Medical Associates
& Specialty Care

1188 Skyland Drive
Sylva NC

QUALITY
COMPASSIONATE
& ACCESSIBLE
HEALTHCARE

Urgent Care

Family Care (all ages)

Women's Health

Specialist

Pediatric Specialist

Endocrinologist

Home Care Services

Second location opening
in August 2026 @

1482 Russ Avenue
Waynesville NC 28786

Phone 828-339-CARE | Fax 828-339-2274

8:00am - 6:00pm Monday - Friday

9:00am - 5:00pm Saturday (Sylva location only)

Ad43696

The importance of wellness exams after 50

Wellness checks are important at any age, but they bear even more significance as individuals grow older.

Age brings with it many things, including experience and wisdom, but age also brings an increased risk for health problems.

Aging men and women are vulnerable to chronic conditions like heart disease, COPD, cancer, and arthritis. Many chronic health conditions don't show symptoms until they have progressed to a point where treatment is difficult.

Annual wellness exams can help older adults take charge of their health and stay as healthy as possible. Here are some common screenings and health recommendations that come up in the prime of one's life:

- **Colorectal cancer screening:** A colon cancer screening is recommended for everyone starting at age 45 because colon cancer is the second-leading cause of cancer deaths in the United States, and risk increases at age 45. Although people seldom look forward to a colonoscopy and

the required prep, putting off this test due to a little discomfort may result in missing colon cancer at its earliest stage when it is most treatable.

- **Cholesterol screening:** This simple blood test can help evaluate the risk for heart disease. High cholesterol can contribute to the buildup of plaque in the arteries, making them narrower and less flexible.

- **Mammogram:** Most health organizations recommend annual mammogram screenings from age 40 until menopause. It is important for women to discuss mammogram frequency with their doctors, particularly if there is a family history of breast cancer.

- **Diabetes:** Diabetes may be more common in older adults, so regular screenings for this illness can enable early diagnosis and management.

- **Vaccination needs:** Doctors can alert patients to recommended vaccinations during wellness exams. Seniors should receive an annual flu shot and updated COVID-19 vaccination as available. Pneumococcal vaccines can protect against



pneumococcal disease that can lead to pneumonia, meningitis and bloodstream infections. Adults over 50 also should receive a vaccination for shingles, which can occur in older age in those who have previously experienced chickenpox.

Routine health checkups also give doctors a chance to inquire about fitness routines, stress, sleep, and diets to see if patients are within the guidelines for healthy living.

Recognize the connection between your gut and your brain

Mood and well-being are not governed exclusively by the brain — the gut also plays an integral role in how one feels both mentally and physically.

The close connection between the central nervous system and the gut explains why emotional stress can cause stomach pains, and why an imbalance in gut health

can directly affect mood and cognition.

What is the gut-brain axis?

The gut-brain axis is a two-way biochemical and neural communication network linking the gastrointestinal tract and the central nervous system. Signals pass both ways between the digestive system and the nervous system, and health or

disease in one can affect the other. Anyone who has experienced butterflies in the stomach when nervous is experiencing this connection.

What does the gut's brain control?

The main role of the nerves in the gut is to control digestion. However, they may also trigger big emotional shifts. People with irritable bowel syndrome (IBS) and functional bowel problems like constipation can experience all sorts of emotional issues.

For decades, researchers and doctors thought that anxiety and depression contributed to these problems. Now, studies show that it actually may be the other way around. Signals sent to the brain from the gut can trigger mood changes that make a person feel anxious or contribute to low mood. In fact, a vast majority of the body's serotonin, a neurotransmitter responsible for feelings of happiness and well-being, is

produced in the gut.

New treatments

Understanding that many historically classified mental health conditions actually may have origins in the stomach opens up new treatment options. Doctors may work together to help soothe the gut and the mind in concert. Gastroenterologists sometimes prescribe treatments like antidepressants and cognitive behavioral therapy in addition to acid-blocking medications and specialized diets.

Supporting the axis

People can take steps to ensure their gut is healthy and promote general well-being. Focusing on whole foods, fruits, vegetables, and whole grains is essential. Foods like yogurt, sauerkraut and kimchi can help populate the gut with beneficial bacteria. In addition, practices like yoga, therapy and mindfulness can calm the gut's nerves and reduce intestinal distress.



SEPT | PHYSICAL THERAPY

**9 CONVENIENT LOCATIONS
ACROSS THE WNC TO SERVE YOU!**

- Physical Therapy
- Return to Sport
- Pain Management
- Pre & Post-Op Rehab
- Balance Training
- Musculoskeletal Injuries
- Worker's Comp

ARDEN	FAIRVIEW
BLACK MOUNTAIN	LEICESTER
CANTON	NORTH ASHEVILLE
ENKA-CANDLER	WAYNESVILLE
WEAVERVILLE	

WWW.SEPTPHYSICALTHERAPY.COM

**BETTER MOVEMENT
FOR BETTER LIFE**

**APPOINTMENTS
WITH 24-48 HOURS**
Walk-Ins Welcome



SCAN HERE TO GET
STARTED WITH SEPT AND
SEE OUR LOCATIONS!

HEALTHCARE & WELLNESS

Of Western North Carolina

PRESIDENT & PUBLISHER

Jonathan Key

GENERAL MANAGER

Karl Miller

EDITORIAL

Becky Johnson

Sarah White

ADVERTISING SALES REPRESENTATIVES

Jennifer Worley — jennifer@themountaineer.com

Alan Sharp — asharp@themountaineer.com

DESIGN/PRODUCTION

Heather Allen

Kylie Frazier

Mac Heishman

Healthcare & Wellness of Western North Carolina can be conveniently found in The Mountaineer, The Beacon Tribune and at businesses and rack locations in WNC. Healthcare & Wellness of Western North Carolina can also be found online at themountaineer.com & thebiltmorebeacon.com

NEXT EDITION'S AD & CONTENT SUBMISSION DEADLINES:

Monday, October 12, 2026

We thank our advertisers for their contributions that allow us to bring you an informative & attractive publication. If you have a business or provide a service that would benefit from utilizing this publication – call us at (828) 452-0661, ext.147 or email us at: kmiller@themountaineer.com to reserve space in the next edition. Contents of this publication may not be reproduced in any manner without written consent from the publisher.

Mountaineer Publishing

The Mountaineer / The Beacon Tribune

220 North Main Street | Waynesville, NC 28786

(828) 452-0661

Grooving to the sounds of summer



At Ardenwoods, meaningful engagement is at the heart of every community experience, and sometimes it looks like music, movement and shared moments of joy. Recently, residents at Heather Glen assisted living facility were treated to a lively, hands-on musical experience that brought the spirit of summer to life in a whole new way.

During a week in June, residents gathered each afternoon for Sounds of Summer, an interactive program filled with singing, drumming and even some light dancing with silk scarves. Led by Taylor Sigmon, a certified music therapist, the sessions were thoughtfully designed to be accessible and engaging for everyone in attendance. About 10 to 12 residents participated each day, enjoying familiar tunes and beach-inspired rhythms that captured the feeling of a carefree summer day.

While this was Sigmon's first time leading a program like this at Heather Glen, music has long been part of her background. She has served as a part-time receptionist for a little over a year, but her training in music education and therapy

made this experience a natural extension of her role. Creating this opportunity for residents was a goal of Sigmon's for some time.

The response spoke for itself. Residents embraced the opportunity to make music together, engaging not only with the activities but with one another. By the final day, the program's impact was clear as the experience developed into part of Heather Glen's Family Night. Visitors joined in, giving families and friends a chance to see the joy firsthand, and take part in the music alongside residents.

As the final notes of the week faded, one thing was certain: the spirit of summer will continue to resonate in the community — and residents are already looking forward to what comes next.

Ardenwoods is a retirement community in the heart of the Blue Ridge Mountains in Arden, NC. The 48-acre campus offers the privacy and beauty of a mountain resort with easy access to all the attractions of Asheville. Learn more about Ardenwoods and Heather Glen assisted living at www.ardenwoodscommunity.org.



There must be a
dance coming up.
Life goes on.



ARDENWOODS
A THRIVEMORE COMMUNITY

Call or click for current availabilities
Arden, North Carolina
ArdenwoodsCommunity.org | 828.547.4208

Ad43614

Growing
Savoring
Rejuvenating
Discovering
Reflecting
Enriching
Assisted
Renewing
Connecting
Adventuring
Becoming
Learning
Caring
Playing

HEATHER GLEN
AT ARDENWOODS

Assisted Abundant Living

Call or click for current availabilities
ardenwoodscommunity.org/continuing-care
828.687.7321 • Arden, NC

A smarter way to stay strong

By **Tedd James,**
Certified X-Force Personal Trainer

Healthy aging is not simply about adding years to your life. It is about protecting your ability to enjoy them — to travel, garden, play golf, hike, carry groceries, and remain independent.

Strength plays a central role in all of it. As we age, muscle strength declines, making everyday movement and activities more difficult. The encouraging news is that muscles remain remarkably responsive to training. Research consistently shows that resistance exercise can improve strength and physical function in older adults, supporting the mobility and confidence that make an active life possible.

The challenge is that conventional strength training is not always appealing. Many people do not want to spend hours in a crowded gym, navigate complicated equipment or follow a generic routine. X-Force Strength™ was created for a different kind of experience: private, personalized and remarkably efficient.

What makes X-Force machines superior begins with a simple fact about how muscles work. Every strength exercise has two main phases. The concentric phase is when you lift the weight. The eccentric phase is when you control it as it lowers. Your muscles can generally handle more resistance during the lowering phase,

but conventional machines use the same weight in both directions.

X-Force changes that equation.

Its patented tilting weight stack reduces the weight while you lift, then automatically increases the resistance by 40% as you lower. This method challenges the muscles more fully during the phase in which they are naturally stronger. Every repetition combines controlled lifting, a brief pause and a slower, more demanding lowering movement.

That extra emphasis on the eccentric phase is not merely a clever mechanical feature. Research comparing eccentric and traditional resistance training in older adults has found an advantage for eccentric training. Other studies suggest that even once or twice weekly eccentric workouts can improve strength and physical function.

Because each repetition is more demanding and productive, an X-Force session can train the entire body in approximately 30 minutes. Clients typically work out only once or twice a week, allowing adequate recovery between sessions. The goal is not to rush through exercise; it is to eliminate wasted time and make each movement count.

Technology alone, however, is not enough. At X-Force Strength, every session is supervised one-on-one. The trainer begins by understanding your goals, health history, abilities and concerns, then develops a program specifically for you. Resistance, range of motion and progression can be adjusted as your strength and confidence improve.

For people who want to keep living actively and independently, strength training is essential. It is about maintaining the physical strength to keep saying yes to the trip, the trail, the garden, the golf course and the life you have worked hard to enjoy.

X-Force Strength, conveniently located at 1200 Hendersonville Road in Asheville, is the only gym in the Carolinas offering this advanced technology.

To experience the difference, call X-Force Strength at (828) 277-1722 to schedule a free, no obligation evaluation and introductory workout.



Live Longer, Stronger.

A smarter, more efficient way to build and maintain the strength that keeps you active, mobile, and independent.



Strength supports everything you want to keep doing — traveling, golfing, hiking, gardening, and enjoying life on your terms.



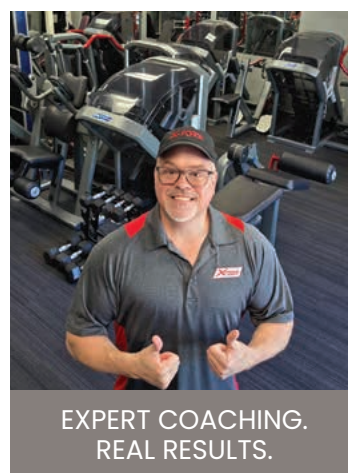
X-Force Strength™ combines private one-on-one coaching with patented, revolutionary technology/results in a highly efficient, full-body strength workout completed in just 30 minutes, once or twice a week.



Unlike conventional strength machines, X-Force automatically increases resistance as you lower the weight — when your muscles are naturally stronger — making every repetition more productive.

A DIFFERENT KIND OF TRAINING EXPERIENCE

- ✓ Private, one-on-one 30-minute sessions, 1-2 times a week
- ✓ No crowded gyms or hours of exercise
- ✓ A program personalized to your goals, health history, and abilities
- ✓ Patented technology unavailable at any other gym in the region
- ✓ Professional, certified personal trainers



EXPERT COACHING.
REAL RESULTS.



ONE-ON-ONE COACHING.
FOCUSED ON YOU.



“After a year of strength training, my bone density improved enough that I was no longer classified as having osteopenia.”

-Mary S, 67

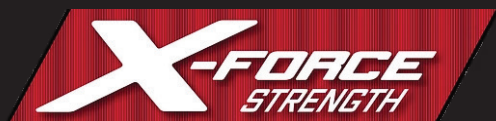


Call today to book your free,
no obligation evaluation
and sample workout:

(828) 277-1722



SCAN
TO LEARN MORE



By Live Longer Stronger®

XFORCESTRENGTH.COM | info@livelongerstronger.net
1200 Hendersonville Road | Asheville, NC
Making Asheville Stronger since 1994

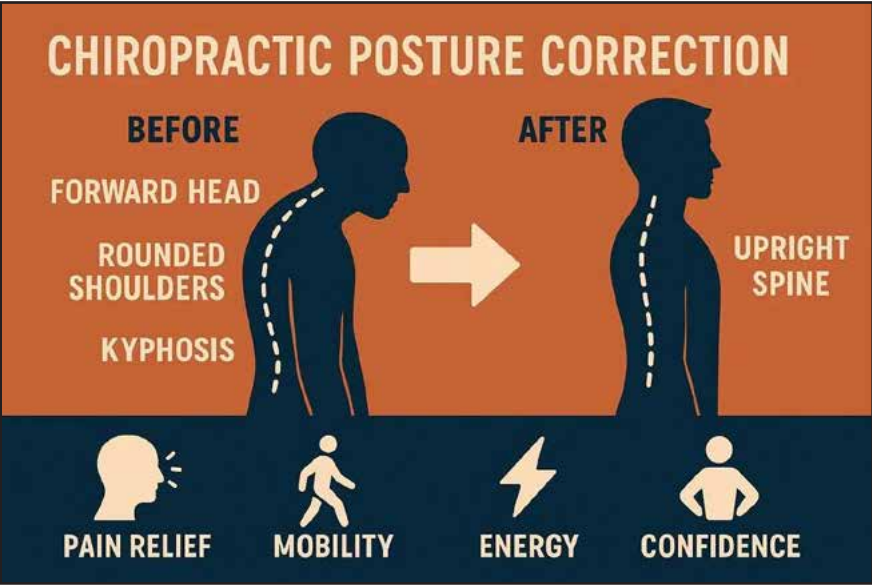
Good posture: Your cheat code to feeling better

What is Posture, and how does it affect how you feel and function on a daily basis?

Your spine is made up of 24 bones, known as vertebrae, along with a sacrum and a coccyx that make up your tailbone. When you look at your self in the mirror, you want your spine to be straight up and down.

Looking at you from the side is a completely different story. Your neck, mid back, low back and sacrum all have different curvatures that allow the spine to remain appropriately supported while allowing healthy movement and absorb gravitational forces.

Good posture supports these curvatures and allows the spine to remain healthy. Poor posture strains the muscles that support the spine and can even cause misalignment



and degeneration in the spinal joints.

So, what is good posture and how

can you maintain it? Good posture is when the spine is in proper position, which is inline with your Center of

Gravity. Here is your cheat code for remembering how to keep good posture: ESHKA. Good posture is, when looking at you from the side, your Ears are over your Shoulders, which are over your Hips, which are over your Knees, which are over your Ankles. ESHKA!

When your ears, shoulders, hips, knees and ankles are in line with your center of gravity, you are exhibiting good posture! For all of my desk workers out there: When you're seated, then you want to keep Ears over Shoulders over Hips. Looking down strains the neck and upper back. Shoulders forward strains the mid back. Not sitting up straight strains the low back.

Correcting your posture on a daily basis may be just what you need to live a life with less pain, aggravation and fatigue.



BETTER LIVING THROUGH CHIROPRACTIC

WAYNESVILLE
CHIROPRACTIC

DR. ANDREW BEACHUM DC

163 S MAIN ST, WAYNESVILLE, NC 28786 | (828) 246-0042 | WAYNESVILLECHIROPRACTIC.COM



Why it pays to take time off work



Paid time off is a perk offered by most employers that enables workers to enjoy time away from work while still getting paid. But the pressures of deadlines, demanding workplaces and the need to get ahead can lead to a lot of unused vacation time.

Although almost 90% of private industry workers receive paid time off, only 23% of Americans use all of their available vacation time. And of those who took vacation, 54% reported working while away.

However, there are many benefits to taking time away from work. Here are some reasons why you should consider taking advantage of all your PTO hours.

- **Recharge your batteries:** Taking time off from work enables you to avoid mental and physical burnout. You may even gain new perspectives on workplace stressors and put plans in place to mitigate stress while on vacation.

- **Fuel creativity:** Downtime activates creative thinking, which can

spark innovation. People are 60% more creative after walking or taking short breaks compared to those who are at their desks all the time.

- **Increase productivity:** Even though it sounds counterintuitive, working less can lead to getting more done. Companies that encourage time off often see higher engagement, increased innovation and lower burnout rates.

- **Increase self-awareness of your value:** An important reason to take time off is because you've earned it. If you don't take your vacation time, an employer may expect more and more from you.

- **Strengthen relationships.** When you're always in a work-inspired go, go, go mindset, it is easy to lose sight of what really matters. Taking time off enables you to connect with loved ones and engage in activities that bring you joy.

Taking advantage of paid time off from work can improve your mental and physical health and even benefit your career.

See what seafood can do for you

If you're headed to the coast this summer, indulging in fresh seafood can do more than just make your tastebuds happy.

Seafood can offer substantial nutritional benefits — whether you're eating the catch of the day while on vacation, or buying fish from your hometown grocery store.

Here are just a few reasons to give fish and seafood a try:

- **Improve heart health:** Fatty fish like salmon are good sources of omega-3 fatty acids, which benefit the heart in various ways. Omega-3 fatty acids can help to lower blood pressure, reduce triglyceride levels in the blood and reduce the risk for irregular heartbeat.

- **Promote bone health:** Salmon and other fatty fish contain vitamin D, which helps the body utilize bone-strengthening calcium.

- **Low-calorie option:** Seafood is typically the main course of a meal.

A single serving of popular fish, such as cod and flounder, contain far fewer calories than the same serving size of meat. For example, a four ounce serving of New York strip steak contains roughly 230 calories, whereas the same size serving of flounder contains around 103 calories.

Seafood is a nutritious option for anyone looking to diversify their diets and eat healthier.



We heal for a living



BEST
OF HAYWOOD COUNTY

Thank you for trusting us with your family's urgent care needs!

Open 7 days a week, 362 days a year

124 Frazier St., Waynesville

mercyurgentcare.org | 828.210.8333

★★★★★ 4.8 • 3,069 reviews on Google and Solv



**MERCY
URGENT
CARE**

Home safety for aging loved ones

Simple household items and habits can become dangerous as residents age. If your loved one is aging at home, it's important to ensure they stay safe and comfortable.

Here are few things you can do to help:

- **Remove rugs:** Rugs of any kind can be a tripping hazard for your loved one, especially if they tend to "shuffle."
- **Ensure proper lighting:** Place nightlights in hallways and ensure lightbulbs are fresh and bright in entryways to help your loved one navigate their home.
- **Tuck cords away:** Keep extension cords and other plugs out of main walkways. You can use electrical tape or zip ties to secure cords against a wall or other furniture if necessary.
- **Stair safety:** Consider adding grips to slippery stairs. Ensure areas with stairs are well-lit to help your loved one navigate them better. And if your loved one struggles with stairs, consider add-



ing a stair lift to large flights of stairs.

- **Shower and bath safety:** If your loved one struggles to push themselves up off the toilet or seems to "plop" down with little control, consider installing a taller toilet. You can also add safety

handrails near the toilet. Hand railings can also be a good addition to tubs and showers. A shower chair can also make bathing more comfortable.

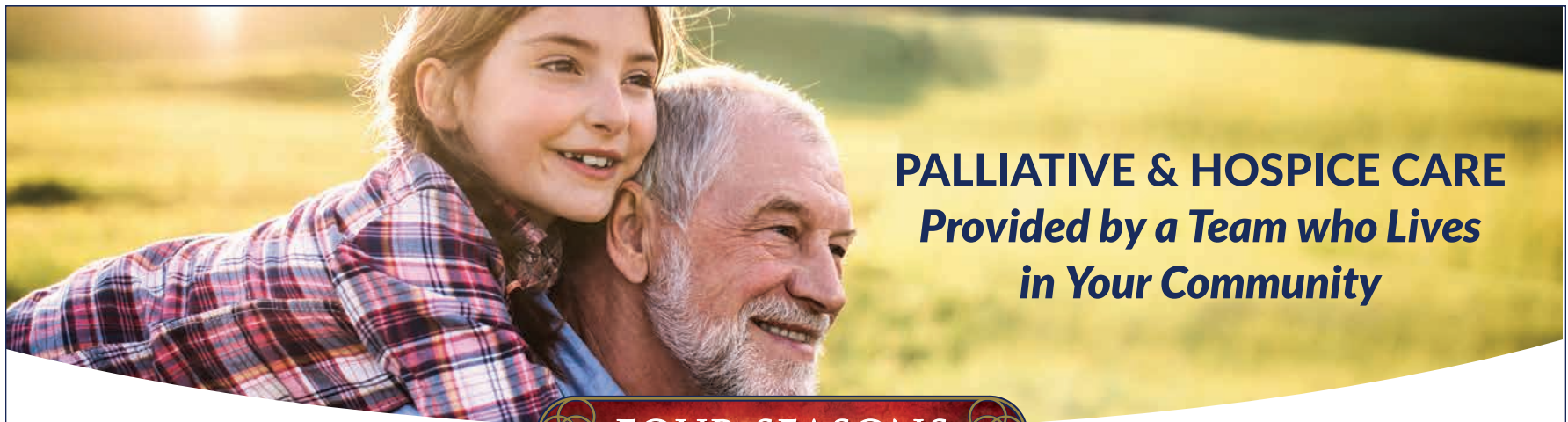
- **Smoke and CO2 detectors:** Ensure that any and all smoke or carbon diox-

ide detectors are in working order, have fresh batteries, and are properly spaced throughout the home.

- **Store medications properly:** Always leave medications in the bottle in which they came so that the medication name, dose, and other important information are intact. Keep medication out of the reach of children and shut away. Always dispose of medications safely and properly, especially if a medication expires.

- **Create a Safety Plan:** Talk to your loved one about a safety plan for their home. You may find it helpful to create an emergency preparedness kit with flashlights and other supplies in an easily accessible place. Consider plans of evacuation in the event of a fire or flood.

Four Seasons The Care You Trust cares about your loved one's safety in their home. But if you need more support for your loved one, visit fourseasonscare.org to learn more about home care options.



PALLIATIVE & HOSPICE CARE Provided by a Team who Lives in Your Community

SERVING WNC SINCE 1979



FOUR SEASONS

The Care You Trust

ENHANCING QUALITY OF LIFE

We are grateful to serve our Western North Carolina neighbors with trusted Palliative Care and Hospice Care. As an award-winning nonprofit organization, our focus is on the patient, providing services that take care of the physical, emotional and spiritual aspects of whatever challenging season you face. Call today to request care or get more information.

REQUEST CARE: 866.466.9734 or visit FourSeasonsCare.org

Ad43481

Cherries offer some sweet perks

Eating healthy, diverse food offerings is a step in the right direction for overall wellness. Foods rich in essential vitamins and minerals should be front and center in most people's diets, and one particular fruit is quite literally the cherry on top when it comes to nutritional value.

Cherries, which are small stone fruits (fruits that have a pit or seed inside), boast some impressive benefits. Whether they're tart or sweet, the nutritional benefits of cherries abound.

Here's a look at some of the health benefits:

- **High in antioxidants:** Cherries are high in plant chemicals (polyphenols and anthocyanins) that have antioxidant properties. Antioxidants fight free radicals, which can cause cell damage and contribute to chronic diseases. Cherries also contain vitamins A, C and E.

- **Reduce inflammation:** These same plant chemicals also are vital in reducing inflammation through-

out the body. Cherries can reduce inflammation by blocking inflammatory enzymes and lowering inflammatory markers. This is good news for people with arthritis or gout, who may find that consuming cherries or drinking cherry juice can alleviate symptoms.

- **Promote restful sleep:** Tart cherries contain key compounds that support better sleep, like melatonin, serotonin and tryptophan. These natural chemicals help promote relaxation and sleep-wake cycles.

- **Low glycemic index:** Cherries are low-glycemic index foods. The fiber from the skin facilitates a slow increase in blood sugar, which makes cherries a treat for those with diabetes when enjoyed in moderation.

Cherry pits naturally have small amounts of cyanide in them — you would have to eat a lot of crushed pits for them to be harmful, but it's best to spit out the pits. Select cherries that have bright green stems, plump fruit and a darker color for a better flavor profile.



Boost your health by going outside

It's no secret that spending time outdoors can be good for your mental and physical well-being, but studies show that being in nature provides a host of measurable health benefits that might surprise even the most devoted outdoors enthusiasts.

Here are just a few positives that can come from getting outside:

- **Cognitive health:** People with dementia can see increases in their quality of life with exposure to therapeutic gardens. And it's not just dementia patients who can experience the cognitive benefits of time spent in nature, as numerous studies have found exposure to nature improves cognitive function for all people.

- **Vitamin D:** Vitamin D may offer added protection against conditions such as osteoporosis, cancer, heart attack, stroke and depression. Exposure to sunshine can help the body generate vitamin D, thus providing further reason to spend time in nature.

- **Overall well-being:** Given the aforementioned health benefits related to spending time in nature, it's

easy for even non-scientists to conclude that being outdoors has a profound impact on overall well-being. But non-scientists can rest assured that recent research has confirmed such conclusions. Individuals who spend at least 120 minutes a week in nature are significantly more likely to report good health and psychological well-being than those who spend less time outdoors.

Nature has a lot to offer, and the benefits of spending more time outdoors may be even more significant than people recognize.



Shining a light on sunscreen use

The sun is vital for life on Earth, but the sun also poses a threat to humans — particularly when they don't prioritize sun protection.

Ultraviolet rays from the sun can cause damage to the skin, eyes and more, leading to premature aging, sunburn and even cancer.

Wearing sunglasses while in the sun and routinely applying sunscreen are some simple ways people can protect themselves from sun damage. But sunscreen needs to become a part of one's daily routine rather than just something to apply before a visit to the beach.

Here are some tips for proper sunscreen use:

- **Use SPF 30 or higher:** Choose a sunscreen that has a sun protection factor (SPF) of 30 or higher, and look for water-resistant and broad-spectrum coverage sunscreens.
- **Try tinted iron oxide:** Sunscreens that are tinted with iron oxide offer better protection for the skin against



the development of dark spots. Iron oxide protects the skin from the sun's visible light.

- **Apply ahead of time:** It takes approximately 15 minutes for the skin to absorb sunscreen, so it's best to apply it before heading outdoors.

- **Don't be stingy:** Most adults need at least one ounce of sunscreen — that's about enough to fill a shot glass — to fully cover skin that is not protected by clothing. At least one teaspoon of sunscreen is needed for the face.

- **Order doesn't matter:** Sunscreen

can be applied before or after other skin care products and makeup. Figure out what works for your routine.

- **Know that most ingredients work:** Sunscreens are often grouped into two categories: chemical and mineral. Chemical sunscreens use ingredients like octisalate or homosalate, while mineral sunscreens use either zinc oxide or titanium dioxide. Both chemical and mineral sunscreens are effective, but people with sensitive skin may want to go with mineral sunscreens, which often leave a noticeable white cast on the skin.

- **Reapply frequently:** It's important to reapply sunscreen every two hours, and immediately after swimming or sweating.

- **Check the expiration date:** Sunscreen expires and can become ineffective. If the sunscreen has been sitting around for awhile, it's probably best to toss it and buy a new bottle.

Skin is exposed to harmful UV rays every time a person goes outside, regardless of the time of year. It is essential to make sunscreen application part of a daily wellness routine.

Keeping you and your pets hydrated in the heat

Drinking water is essential for good health, especially when warm temperatures increase the risk for dehydration.

Many people are familiar with the general guideline that recommends drinking eight to 10 full glasses of water and other beverages a day. But what about hydration for your companion animals?

Ensuring a dog, cat or other pet is getting enough water is complicated. After all, you cannot force a pet to drink.

However, on average, a healthy adult dog needs between one-half and one ounce of fresh water per one pound of body weight, daily. That means a 50-pound dog requires anywhere from 25 to 50 ounces of water a day —

roughly three to eight cups of water. Cats often require less water, but still should have constant access to fresh water.

Temperature will impact how much pets need to drink. In hot weather or after exertion, pets will need more water to regulate body temperature.

Pet owners should discuss concerns about water intake with veterinarians if something seems amiss. Gently pinching the skin near the pet's shoulder blades can offer a quick assessment of proper hydration. The skin should return to normal immediately. If it doesn't, the pet may be dehydrated. On the other hand, pets who are drinking excessive amounts of water may have an underlying health issue, which also should be promptly addressed by a vet.



Be smart about back to school shoe fitting

With kids preparing to go back to school after a summer of bare feet and sandals, parents are shopping for shoes for feet that seem to have grown longer in just a few months.

To help busy parents with shoe choices, Smoky Mountain Foot and Ankle Clinic doctors have some simple guidelines to prevent or minimize possible foot problems from inappropriate shoes.

“When choosing kids’ shoes, size and shock absorption are the key considerations, especially if your child has flat feet that can worsen from improper fitting or worn-out shoes,” said Robert Przynosch DPM, “Also, a child’s foot can grow a size or two within six months, so it’s critical to allow room for growth in the toe box — about a finger’s width from the longest toe.”

Przynosch said snug shoes put pressure on the toes, causing ingrown nails.

“The nail compresses and grows down into the skin,” said Przynosch.



Dr. Robert Przynosch, podiatrist at Smoky Mountain Foot & Ankle Clinic

When an ingrown nail breaks through the skin, it can cause infections.

“If there’s pain, redness and fluid draining from the area, it’s probably infected,” he said. “The ingrown nail can be removed in a simple, in-office procedure. Don’t try to remove a

child’s ingrown nail at home; this can cause the condition to worsen.”

Tight-fitting shoes can also cause blisters, corns and calluses on the toes and blisters on the back of the heels.

“Never buy shoes that feel tight and uncomfortable in the store,” said Przynosch “Don’t assume they will stretch or break in over time.”

Conversely, he noted that shoes that are too loose can cause problems, too.

“If a shoe is too loose, the foot slides forward and puts excessive pressure on the toes.”

Parents should carefully inspect both new and old shoes to check for proper cushioning and arch support.

“Shoes lose their shock absorption over time, and wear and tear around the edges of the sole usually indicates it’s worn out and should be replaced,” said Przynosch. “If a child keeps wearing worn-out or non-supportive dress or athletic shoes, it elevates the risk for developing heel pain, Achilles tendonitis and even ankle sprains and stress fractures.”

A good tip for parents when buying new shoes: The toe box should flex easily and the shoe shouldn’t bend in the middle of the sole.

For more information about childhood foot care, contact Smoky Mountain Foot Clinic, PA at (828) 452-4343. Office locations are in Waynesville, Asheville, Sylva, Franklin and Murphy.



**FOOT CARE
SPECIALISTS**

ACCEPTING
NEW
PATIENTS

Office Locations:
Waynesville, Asheville, Sylva,
Franklin and Murphy

Smoky Mountain
foot & ankle Clinic, PA

SmokyMountainFootClinic.com

Meet Our Podiatrist



Dr Przynosch



Dr DelBene



Dr Davis



Dr May



Dr Khalid



Dr Thomas

**YOUR FOOT &
ANKLE HEALTH
IS OUR PRIORITY!**

As summer heats up, tune into your vein health

By Dr. Al Mina

For many people, summer brings more time outdoors, more travel, and more opportunities to enjoy the mountains we call home. But for those living with vein disease, the warmer months can also bring increased leg swelling, aching, heaviness, cramping or visible varicose veins.

These symptoms are easy to dismiss. Many people assume tired, swollen legs are just part of aging, standing too long or being active in the heat. While those factors can play a role, persistent leg discomfort may be a sign of an underlying vein problem that deserves attention.

Common signs of vein disease

Healthy veins work by moving blood back toward the heart. Tiny valves inside the veins help keep blood flowing in the right direction. When those valves weaken or stop working properly, blood can pool in the legs causing

varicose veins, swelling, discomfort, skin changes, or wounds that are slow to heal.

Warmer summer temperatures cause veins to expand. This can make it harder for blood to move efficiently through the legs, especially for people who have vein disease. Long car rides, air travel, and dehydration can also contribute to swelling and discomfort.

Small steps that may help

The good news is that vein disease is common, and it is treatable.

There are also practical steps people can take to support vein health during the summer months, like:

- Staying active and walking regularly
- Elevating the legs when resting
- Drinking plenty of water
- Avoiding long periods of sitting or standing
- Compression stockings may also be beneficial, especially during travel or long days on their feet.



Dr. Al Mina, Chief Medical Officer of Haywood Regional Medical Center

However, lifestyle changes alone may not be enough when vein disease is already present. If symptoms are ongoing, worsening, or interfering with daily life, it may be time to talk with a health care provider.

Modern vein care is more than cosmetic

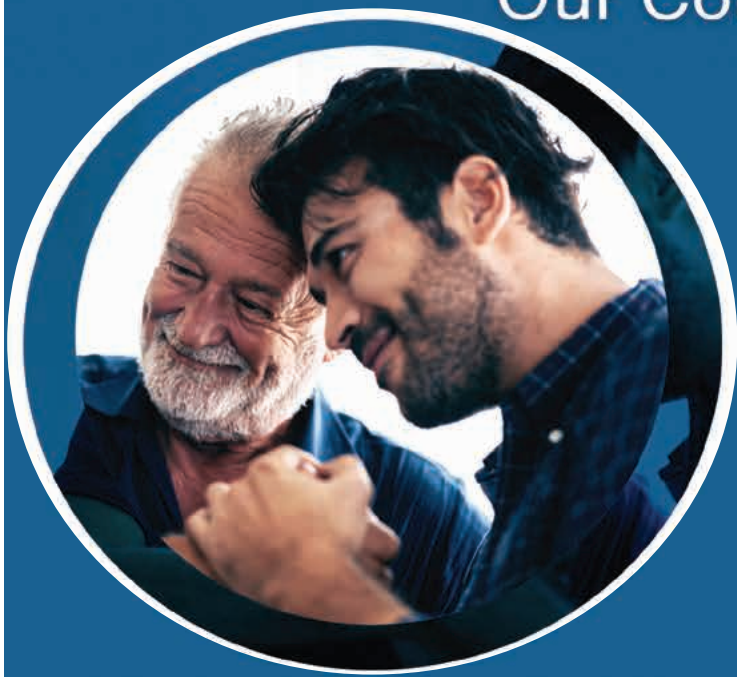
Many modern vein care treatments are minimally invasive and can be performed in an outpatient setting, allowing patients to return to normal activities quickly.

While many people seek help because they are concerned about the appearance of varicose veins, vein care is often about improving circulation, reducing discomfort, and preventing more serious complications.

Taking vein symptoms seriously is an important step toward better comfort, better mobility and better long-term health.

Haywood Vein Center offers convenient access to vein care inside Haywood Regional Medical Center. For more information or to schedule an appointment, visit MyHaywoodRegional.com/vein or call 828-452-8346. Al Mina, MD, Haywood Regional Medical Center Chief Medical Officer.

Here for Every Heartbeat in Our Community.



MyHaywoodRegional.com



Haywood Regional Medical Center has earned full Chest Pain Center Accreditation from the American College of Cardiology, reflecting its commitment to advanced, evidence-based heart care. As an accredited Chest Pain Center, the hospital delivers the right care at the right time to minimize heart damage, provide rapid and accurate diagnosis, and help patients recover quickly and confidently.

From emergency response through recovery, the focus is simple: better outcomes and stronger hearts close to home.

Specializing in YOU.

HAYWOOD

REGIONAL MEDICAL CENTER

Ad40867

Avoid exercise-related injuries

Routine physical activity has a significant impact on physical and mental health. Though the temptation to be sedentary is ever-present and arguably greater than it's ever been, getting up and moving can prolong life and make for happier, healthier days. However, exercise-related injuries can put a damper on those benefits.

More than 3.4 million emergency department visits occur for sports and recreation injuries annually in the United States. Roughly 2.5 million injuries occur in gym and workout environments, highlighting the importance of an approach to exercise rooted in injury prevention. Understanding the risk factors and how to manage them can help individuals stay active and safe.

Types of injuries

Exercise injuries tend to be either acute injuries or overuse injuries. Both types are caused by different factors and often require different treatments.

Acute injuries are sprains or fractures, while overuse injuries include tendinitis or stress fractures. Overuse

injuries develop gradually when tissues are repeatedly stressed without affording time for adequate recovery.

Injury prevention

A proper warm-up gradually increases heart rate and improves blood flow to muscles. Cold muscles are vulnerable to injury, so a body that goes from full resting position to one suddenly in the throes of a demanding workout is more likely to suffer an injury than one that gradually makes that transition.

Experts recommend 5 to 10 minutes of light aerobic activity — like walking, swimming or biking — before engaging in a more lengthy workout. A similar cool-down period after exercising helps return the body to resting levels.

Cooling down and stretching are not one and the same. After cooling down, slowly and carefully stretch until reaching a point of muscle tension, holding each stretch for between 10 and 20 seconds. Inhale before a stretch and exhale as the stretch is released.

Beginners often do too much too soon. Orthopedic specialists recommend beginning with moderate exer-



cise and gradually building up intensity and duration to allow tissues to adapt. Sudden spikes in training tend to lead to overuse injuries.

It's also important to follow proper form while exercising. The risk of injury is lower when using correct exercise forms. Working with a qualified trainer or coach, even if it's just in the beginning to learn techniques, can help establish safe movement to avoid injury.

Repeating activities day in and day out will stress the same tissues. Try cross-training, which alternates between cardio, strength and flexibility workouts, to help distribute exercise load and reduce injuries.

Afford yourself time for recovery

Recovery is when the body repairs and strengthens tissues after a workout. Overtraining without proper rest of at least one to two days per week can lead to fatigue and higher injury risk.

If injury occurs

Should an injury occur, it is essential to follow a doctor's orders for rest without returning to activity too soon.

Early management follows the RICE protocol: Rest, Ice, Compression, and Elevation. Exercising through sharp or

persistent pain can worsen minor injuries, so it pays to be mindful of what the body is saying. Most minor injuries improve within a few weeks, but persistent symptoms should be addressed with a medical professional.

Exercise is highly beneficial, and the risk of injury should not deter people from physical activity. Instead, following key prevention strategies can dramatically reduce injury risk, even for beginners.

If you experience an exercise-related injury, Southeastern Orthopedics and Spine could help. Southeastern Orthopedics and Spine, in partnership with AdventHealth Hendersonville, delivers advanced orthopedic, spine, and sports care backed by a regional health network. Southeastern's experienced team of board-certified surgeons, physicians and health professionals specializes in the diagnosis, treatment, and rehabilitation of musculoskeletal conditions, offering advanced solutions for spine, joints, sports medicine and orthopedic injuries. Whatever your condition, the team at Southeastern Orthopedics & Spine can help you get moving as quickly and safely as possible. Learn more at southeasternorthoandspine.com, or visit one of Southeastern's five Western North Carolina clinics.



NOW ACCEPTING NEW PATIENTS AT OUR CONVENIENT SOUTH ASHEVILLE & CLYDE LOCATIONS

Expert Orthopedic Care in Western North Carolina

Expect personalized care and the latest techniques and treatments for orthopedic injuries and conditions of all types



Keith M.
Maxwell, M.D.
Spine



Richard B.
Jones, M.D.
Orthopedics, Sports



Andrew
Rudins, M.D.
Physiatry



Samuel
Abrams, M.D.
Hand, wrist and elbow



Charles
DePaolo, M.D.
Total joint



Hubert Lee
Gooch, M.D.
Spine



Gregory S.
Lavigne, M.D.
Orthopedics, Total joint



Matthew
Massey, M.D.
Foot and ankle, Sports



John G.
Mawn, M.D.
Orthopedics, Total joint



Marshall
Ney, M.D.
Physiatry



Erik
Olsson, M.D.
Spine



Benjamin
Welborn, M.D.
Orthopedics, Sports



Matthew
Wham, M.D.
Orthopedics, Sports



ASHEVILLE

23 Turtle Creek Drive, Asheville, NC 28803

Hours: Monday - Thursday, 7:30am - 5:00pm, Friday -
7:30am - 3:30pm, 828-271-6580

SOS clinic hours: Monday - Friday: 7:30am - 2:30pm

CLYDE

600 Hospital Drive, Suite 3, Clyde, NC 28721

Hours: Monday - Thursday, 7:30am - 5:00pm, Friday -
7:30am - 3:30pm, 828-452-4958

SOS clinic hours: Monday - Friday: 7:30am - 2:30pm



**SOUTHEASTERN
ORTHOPEDICS & SPINE**

Schedule your appointment today

828-274-SEOS (7367) or 833-747-SEOS (7367)