

# HEALTH & WELLNESS

NOVEMBER 2021



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# TEN TIPS TO AVOID HOLIDAY WEIGHT GAIN

Sometimes unpleasant surprises come to haunt us after the Christmas holidays, such as frighteningly large credit card statements or a few extra pounds. Finding a solution to the credit card bill is a little more complicated, but here are some tips to avoid holiday weight gain:

**1. Try not to come to the table starved.** Serve some vegetable soup or salad before the main course, and drink a large glass of water before sitting down to eat.

**2. Try your best to avoid hors d'oeuvres.** Those made with flaky pastry are very high in calories and fat. Skip the creamy dip on

the veggie tray as often as you can.

**3. Choose your foods carefully.** Avoid the empty calories of chips, pastries, and fried foods. Opt for nutritious foods that will leave you feeling full and energized, such as fruits, vegetables, whole grains, and lean meats.

**4. Stay away from buffets.** It has been proven that we eat more if we can choose items one at a time rather than having a complete meal served to us on a plate. If the buffet is unavoidable, why not ask a friend to put together a nutritious plate for you?

**5. Drink with moderation.** Al-



cohol is high in calories, so drink slowly and alternate with low-calorie non-alcoholic drinks.

**6. Eat slowly and breathe between bites.** Adopt the rhythm of the slowest eater at your table.

**7. Eat light meals in between social events.** Opt for fruits and vegetables, which are often under-represented in Christmas meals.

**8. Decline a second serving.**

When seconds are offered, take a breath and a sip of water, and check in with yourself to see if you're feeling full.

**9. Exercise.** During the holidays we tend to eat more and exercise less. In fact, it's important to keep moving when we're eating more.

**10. Sleep!** Lack of sleep deprives us of the necessary energy to resist temptations and excess.



## HEALTH & WELLNESS

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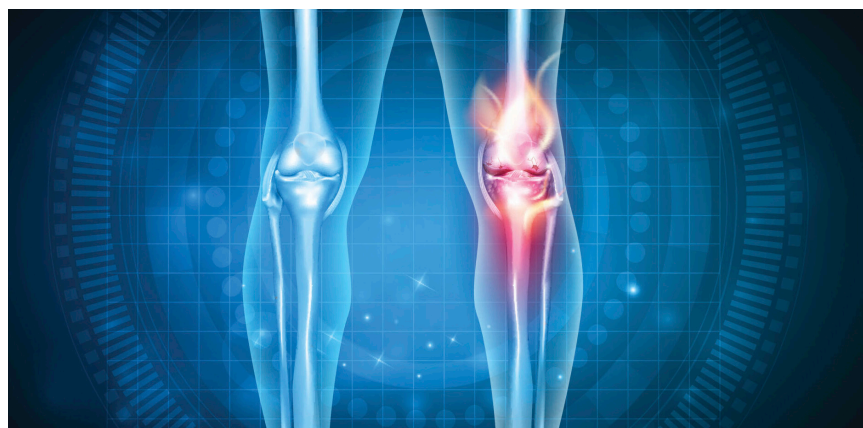
# Rethink surgery with regenerative orthopedics

If you've got pain in one or both of your knees, you're not alone. The knee is one of the most common sites of pain for men and women. With a variety of potential reasons,

it can be hard to discover the causes of knee pain — and, in turn, even more difficult to eliminate it.

Board-certified physician Dr. Christie Lehman from Asheville Regenerative Orthopedics & Sports Medicine can help you identify the cause of your pain, as well as help you work toward finding a treatment for your pain. She is proud to be a part of the world's largest, cohesive physician group dedicated to practicing advanced, Interventional Orthopedics.

Regenexx® Procedures (Regenexx.com) provide non-surgical treatment options for those suffering from pain related to osteoarthritis, joint injuries, spine pain, over-use conditions and common sports injuries. Regenerative intervention-



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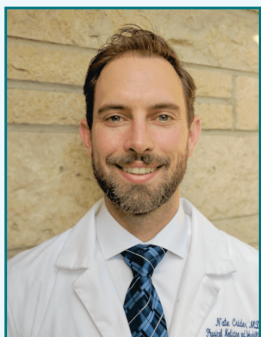
These medical procedures are only performed by highly-skilled doctors trained specifically in interventional orthopedics, and are used to help reduce pain and improve

function. Regenexx procedures have helped thousands of patients improve their quality of life, return to the activities they enjoy, and avoid the need for surgery or joint replacement.

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*Asheville Regenerative Orthopedics and Sports Medicine and Dr. Christie Lehman, MD are excited to introduce our new physician:*



**Dr. Nathaniel Crider, MD**

*Dr. Crider is a graduate of the University of Minnesota Medical School and is Board Certified in Physical Medicine & Rehabilitation (also called PM&R or Physiatry). He has extensive training in the field of Regenerative Medicine and image-guided joint injections through groups such as the Interventional Orthopedics Foundation, American Academy of Orthopedic Medicine, and the Spine Intervention Society. He has done additional training at the world-famous Centeno-Schultz Clinic in Colorado and is certified by both the IOF and Regenexx to perform advanced-level injections throughout the body, including the spine.*

*Modern Regenerative injections allow us to repair areas of orthopedic degeneration which were previously covered up with steroids or major surgeries. But a precise injection still needs a precise diagnosis, which can only be found by listening to the patient's story, performing a comprehensive physical examination, and taking a close look at the imaging. Dr. Crider is committed to providing each of his patients with that level of attention and an honest assessment.*

To schedule a consultation, please contact us:

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# Holiday gatherings can be a litmus test for early hearing loss

As many families gather together this time of the year, you might notice that it's time for a family member to get help with their hearing.

Research has shown that those with untreated hearing loss will withdraw from conversations. Unable to fully participate in social interactions, they gradually stop engaging with friends and family — which in turn leads to an increased risk of depression.

One in three people over age 60 have some form of hearing loss and two out of three over 70 have hearing loss.

What are some common signs of hearing loss and how can you help?

- They frequently ask others to repeat themselves. If they find themselves saying “what?” all the

time, or they need to be looking at someone to hear what they're saying (by also reading their lips), their hearing might be fading.

- They turn the TV to a volume others find loud. When you can't have a normal conversation with them over the TV then it is too loud.

- They have trouble understanding conversations in noisy places. This is one of the first challenges people with hearing loss encounter: tracking what someone else is saying in a noise-filled place like a restaurant.

- They have difficulty hearing women and children's voices. High-frequency hearing loss is very common especially in age-related hearing loss.

- They feel like others are mum-



bling. A classic complaint of people who have hearing loss is that others don't speak clearly. They think people are mumbling and are hard to understand.

- They may have trouble hearing on the phone. They constantly feel like they cannot hear on the phone, whether they are using a landline or mobile phone.

- They avoid social situations that were once enjoyable. People who can't engage easily feel left out of conversations, or who have bad experiences trying to hear in public spaces and often decide it's easier to decline invitations and stay at home.

- They have ringing in their ears. Ringing in your ears is often thought to be a symptom of hearing loss or damage to the auditory system — and hearing loss and tinnitus very often go hand in hand.

If you or someone you know are experiencing some of the situations above you should see a local hearing provider for a comprehensive hearing evaluation. It is recommended that anyone over age 60 get a hearing test each year.

## A stitch in time saves nine

Early detection is important for those experiencing the initial signs of hearing loss. Hearing loss can impact cognitive functioning when it goes untreated — both due to a decline in social interactions and a decrease in auditory stimulus to the brain.

If you do have a hearing loss, don't wait until it is too late. Hearing devices can help preserve your understanding ability.





# The stages of Alzheimer's and decisions that await

Deciding whether or when an Alzheimer's patient should go to an assisted living facility or nursing home can be extraordinarily difficult, but it's a decision many families will face.

Alzheimer's was first identified in 1906. Today, 1 in 9 Americans over the age of 65 have been diagnosed with Alzheimer's — more than 6 million people.

While some degree of memory loss is common with age, Alzheimer's symptoms are significant enough to affect a person's daily life. As the disease progresses, disorientation, confusion, significant memory loss and changes in mood or behavior may become apparent. Early signs of Alzheimer's include trouble remembering new infor-



mation, solving problems or completing familiar tasks. Patients in the early stages may need only minimal care.

The next stage, moderate Alzheimer's, can last for several years. Patients during this stage will have

obvious symptoms, such as confusion, severe memory lapses, getting lost, and behavioral or personality changes, like delusions, suspicion, moodiness, changes in sleep patterns, and in some cases loss of bladder or bowel control.

Late-stage Alzheimer's sufferers become unable to function and

need 24-hour care and supervision.

A person diagnosed with Alzheimer's usually lives another four to eight years after diagnosis but could live as long as 20. Caregiving can be immensely rewarding, but it is also demanding, stressful, and unrelenting.

Caring for an Alzheimer's patient as the disease progresses is not only emotionally taxing, but also physically demanding. They may need help getting in and out of the bath or shower, and lifting in and out of bed. Carrying out daily chores for another person as well as your own can be exhausting if you aren't strong.

It's never too soon to start the conversation with your loved ones about options and wishes if and when remaining at home is no longer possible.



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# What is dry mouth and how is it treated?

Saliva plays a key role in oral health. It cleanses the mouth, helps you chew and swallow food, and even helps you speak. Saliva also helps protect your teeth from decay.

A condition known as dry mouth,

or xerostomia, can make it difficult to chew, swallow, or speak. Low saliva flow can also cause dry, cracked lips; a rough tongue; bad breath; cavities; and infections on the surface of the tongue, cheeks, or gums.

If you are experiencing any of these symptoms, speak with your dentist about it. They can narrow down what could be causing the problem and develop a plan to help minimize the effects, which may include a special gel or rinse designed to keep your mouth moist.

If you are developing cavities, your dentist might prescribe a toothpaste or mouth rinse that has fluoride. They may also apply a fluoride gel or give you a fluoride-containing rinse during your visit.

Most importantly, take care of



your teeth. Good oral hygiene is especially important for people who have decreased salivary flow and are at increased risk of tooth decay. Visit the dentist regularly for professional cleanings and oral examinations.

Dr. Michael Gillespie has practiced dentistry in Waynesville for 27 years. The award-winning office provides a comprehensive array of dental services for the entire family. 828-456-9007.

## Factors that cause dry mouth

- Certain emotional states, such as depression or anxiety.
- A number of medications, including those used to control allergies, cold symptoms, or blood pressure, as well as some pain relievers or antidepressants.
- Some medical treatments like head and neck radiation that affect the salivary glands.
- Habits like mouth breathing, drinking alcohol, or using tobacco products.

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# HRMC PIONEERS ROBOTIC-ASSISTED KNEE REPLACEMENT SURGERY

Orthopedic surgeons at Haywood Regional Medical Center now have a helping hand with total knee replacement surgery.

“Robotic-assisted knee replacement provides superior precision in alignment and ligament balancing. I am very

excited to be part of the next evolution of knee replacement for improved patient outcomes and satisfaction,” said Arnold Silverberg, orthopedic surgeon, who performed the first robotic-assisted case in October.

Robotic-assisted surgery allows sur-

geons the ability to perform complex procedures with added precision, flexibility and control than with many conventional techniques. Patients may benefit from less pain, faster recovery times, fewer complications, shorter hospital stays, smaller incisions and less noticeable scars.

“Joint-replacement surgery is not always an easy decision,” said Greg Caples, CEO of HRMC. “We are pleased to have this new technology at the fingertips of our orthopedic surgeons to help our patients feel at ease when making that decision. This is just another way we are advancing our mission of Making Communities Healthier.”

To take a joint pain assessment, visit [MyHaywoodRegional.com/Joint](http://MyHaywoodRegional.com/Joint). To find an orthopedic surgeon, call the Physician Referral Line at 800.424.3627.



**Doctor Arnold Silverberg, orthopedic surgeon at Haywood Regional Medical Center, training with new robotic-assisted knee replacement equipment.**

## A screening that could save your life

Haywood Regional Medical Center is now offering 30-minute, non-invasive vascular screenings using ultrasound technology for a variety of conditions. Any of the screenings have a low price-point of \$150, regardless of insurance coverage.

“These really can be life-saving tests, and our ultrasound technologists are well-equipped to help patients become more informed about their health,” said Dr. Al Mina.

While vascular diseases often don't have noticeable symptoms, they can be fatal. Risk factors include family history of heart disease or stroke, history of smoking, high blood pressure, overweight, high stress levels, inactive lifestyle, high cholesterol, and diabetes.

For more information call 828.452.8202 or visit [MyHaywoodRegional.com/VascularScreeningforLife](http://MyHaywoodRegional.com/VascularScreeningforLife).

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# Aging and eye health



As people age, the risk for developing eye health problems increases. Left untreated, these can lead to low vision or blindness. Here are the most common eye issues and how to recognize them.

- **Age-related macular degeneration**

Common in people over 60, this disease results in the destruction of the macula, the part of the eye responsible for providing sharp central vision. Early symptoms of it are likely to be blurry vision, seeing straight lines as wavy or distorted and increased sensitivity to glare.

- **Cataract**

This medical condition leads to clouding of the eye lens and is common in older people. Early symptoms include perceiving colors as duller, having blurry vision, seeing halos around lights and experiencing difficulty with night vision. Surgical intervention is needed to remove cataracts and restore visual function.

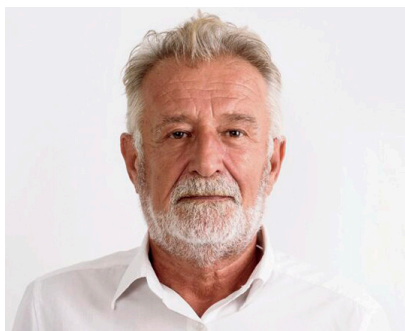
- **Diabetic retinopathy**

This condition results from damage to the blood vessels in the

retina and typically affects both eyes. It's a known risk for people with diabetes. However, it also occurs in those with blood sugar levels not high enough for diabetes but high enough to cause problems, a condition known as prediabetes. Symptoms of diabetic retinopathy vary widely and regular exams are the best way to screen for it.

- **Glaucoma**

Glaucoma refers to a group of diseases caused by increased fluid pressure in the eye. This damages the optic nerve and leads to gradual vision loss. While eye pain can be an early indicator, the fact is many forms don't cause symptoms. Regular screening exams are therefore recommended.



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## DISCOVER DAISY STEM CELL THERAPY

### A new beginning in health and wellness

Regenerative therapies are a spectrum of cutting edge therapeutic techniques used to naturally treat and heal the cause of a painful condition rather than masking the symptom. Regenerative Therapies stimulate and accelerate your own body's natural ability to heal itself. Some of the most effective Regenerative Therapies include stem cells, exosomes, and platelet rich plasma injections.

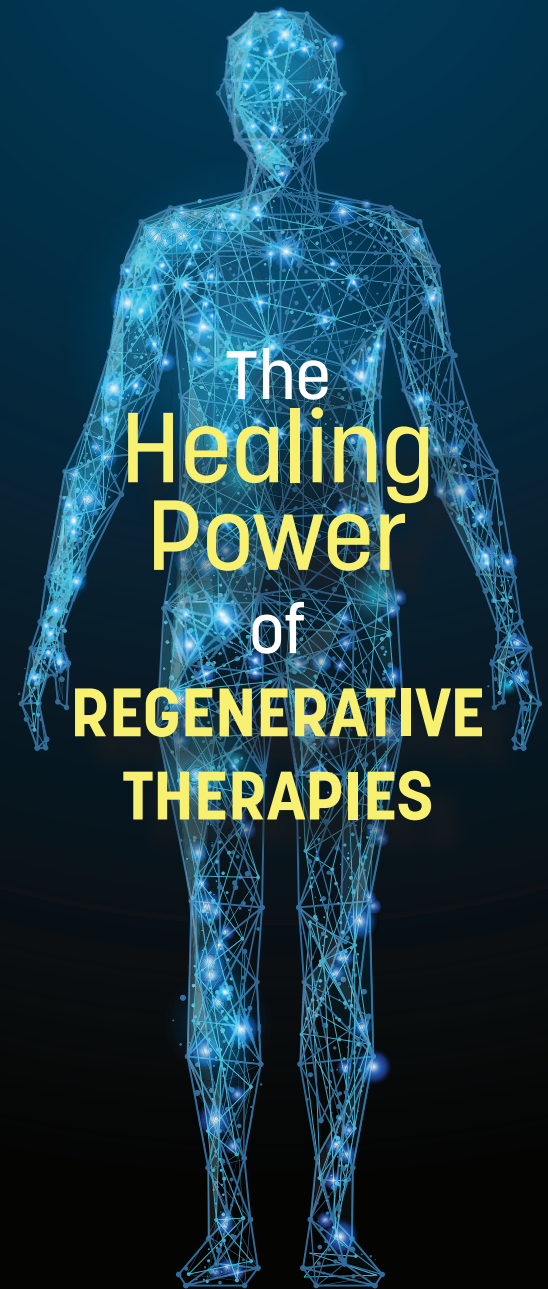
#### TREATMENTS

Injuries and conditions commonly treated by regenerative therapy procedures include:

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- Shoulder Pain
- Knee Pain
- Elbow Pain
- Foot/Ankle Pain
- Hand/Wrist Pain
- Hip/Thigh Pain
- Peripheral Neuropathy
- Anti-Aging and Wellness
- Autoimmune Disorders
- Neurodegenerative Disorders
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TREATMENT  
Peripheral  
Neuropathy



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Hand/Wrist



INJURED  
Foot/Ankle

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# Stem cell therapy can help combat common symptoms of aging

If you've noticed changes in your health and appearance, stem cell therapy can offer a variety of ways to put the spring back in your step.

Stem cell treatments relieve the symptoms and slow the progression of disorders and ailments that approach with age. Regenerative treatments can treat everything

from hair loss to urinary tract infections by combining traditional homeopathic medicine with state-of-the-art medical developments, and the healing power of your own body.

As we age, our body slows down the production of important cells that are vital for our health and well-being, and the number of viable stem cells in our body declines. Treatments such as platelet-rich plasma, stem cells, exosomes, supplements and acupuncture can maintain health and allow the body to regenerate aging or deficient cells.

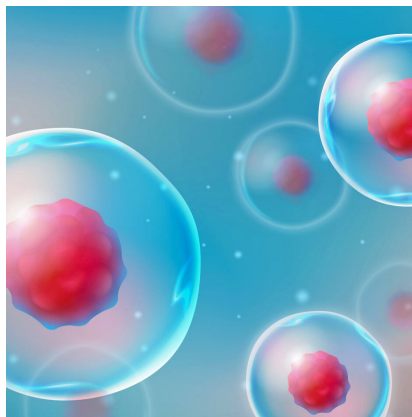
Every cell in your body came from a stem cell. These cells have the ability to replicate and differentiate into multiple tissue types. Stem cells can be isolated in healthy adult donors and used to



promote healing in damaged tissues. When these stem cells are introduced into a patient's body, they address damaged areas and become the specific replacement cell needed for healing and to re-

store vitality.

Regenerative and integrative anti-aging treatments allow you to control the course of your life, by putting your own body's resources in the driver's seat.



## About stem cell therapy

Stem cell therapy is used to treat a variety of medical conditions: orthopedic injuries, joint pain, joint deterioration, autoimmune diseases and sexual health.

There are also many applications for stem cell therapy to treat the common side effects associated with aging.

### • Joint Pain

Regenerative medicine has exciting potential to alleviate the tired, achy joints that start to speak up as we age. A lack of stem cells can make it harder to heal from injuries. Stem cells can sweep into a compromised area and transform into the necessary cells to begin recovery.

### • Hair Loss

Exosomes introduced to the scalp can stimulate hair re-growth. The follicles that produce hair can be jolted into action by prudent applications of exosomes, resulting in gradual growth.

### • Aging Skin

Regenerative medicine offers exciting solutions for the signs of aging that use your body's own resources to produce fresher, smoother, tighter skin.

### • Dementia and Alzheimer's Disease

Stem cell therapy aims to restore degenerating neurons and cognitive function.





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# Knowing when hospice or palliative care is right for you or a loved one

November is National Hospice and Palliative Care Month. Every year, hospices and palliative care centers across the nation unite to raise awareness of available options for end-of-life care. Hospice and palliative care maximize the quality of life of people with advanced or life-limiting illnesses.

“Every year, nearly 1.6 million people living with a life-limiting illness receive hospice or palliative care in the United States,” said Edo Banach, president of the National Hospice and Palliative Care Organization. “Highly trained professionals ensure that patients and families find dignity, respect and love during life’s most difficult journey.”

Understanding what hospice and palliative care offer — and the differences between the two — are the first step to knowing whether and when they are right for you or a loved one.

## Palliative Care

Palliative care is provided in a variety of settings, including the hospital, outpatient clinics, home, and long-term care facilities. Palliative



care is provided by a team of physicians, physician assistants, nurse practitioners, social workers, chaplains, and other specialists who work together with your primary doctor.

Goals of palliative care include:

- Prevent frequent hospitalizations
- Optimize quality of life for both the patient and family
- Help you better understand your condition and your care choices

- Empower you and your families in managing complex illnesses
- Provide expert symptom management
- Improve your ability to go through medical treatments
- Allow extra time for communication
- Help in navigating the healthcare system

## Hospice Care

Hospice Care is specialized care provided with comfort as the primary goal. Care is provided by an interdisciplinary team of professionals who attend to the physical, emotional, and spiritual needs of the individual and family.

Hospice care can be provided in a variety of settings: hospitals, nursing homes, assisted living facilities, a hospice house or your own home.

You or your loved one does not

have to be in their final days to receive hospice care. Anyone who has a prognosis of six months or less is eligible for hospice services. However, people who receive hospice care often live longer than six months and live a fuller, more pain free life. Studies have proven that patients who receive hospice care tend to actually live longer.

Medicare provides a six-month hospice benefit. The hospice Medicare benefit was created to address a national growing concern for the need to have more dignity in our end-of-life care. One of the gems associated with this new benefit was the focus on holistic care for each patient, as well as their family and caregivers. Holistic care includes physical, emotional and spiritual support, including support geared specifically toward loss and grief.





# Get free help from an expert on ACA enrollment

Whether you already have health insurance or are searching for a new plan, now is the time to explore the options offered by the Affordable Care Act Affordable Care Act.

Certified application counselors with Get Covered WNC — a service of Mountain Projects — are standing by to help mountain residents make the most of the opportunity. The counselors offer free, unbiased assistance with health insurance eligibility and enrollment.

The open-enrollment window for 2022 health insurance runs through early January. But even those who already have marketplace insurance could benefit from revisiting their options.

In this new enrollment year,



there are more insurance companies and more plans available

to Western North Carolinians. Get Covered WNC counselors know how to navigate the process of finding the best plan, and can guide clients through the process.

Get Covered WNC encourages participants to avoid automatic renewals and to actively update applications each year, which can lead to greater savings and better coverage.

“There are new calculations for premium tax credits that have made plans even more affordable

for many people,” said Jan Plummer, coordinator for the Get Covered WNC program.

To make a free appointment, contact Mountain Projects at 828-452-1447.

Get Covered WNC serves the seven counties of Haywood, Jackson, Macon, Swain, Graham, Cherokee, and Clay, including the Qualla Boundary. Get Covered WNC is supported by the Kate B. Reynolds Charitable Trust and the Dogwood Health Trust.

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# 6 tips to reduce fatigue among seniors

Have you started to feel increasingly tired as you get older? If so, here are six tips to help you boost your energy level.

**1. Get enough sleep.** Getting the right amount of rest is the best way to recharge your batteries. Whether you go to bed early or take a nap

during the day, making sure you get enough sleep is important.

**2. Eat well.** Both consuming heavy meals and eating too little can make you feel sluggish. Instead, try to eat light meals and small, protein-packed snacks to keep your energy level raised.

**3. Move your body regularly.** Staying active increases your energy levels. If you regularly sit for long periods of time, take short, frequent breaks to stretch your muscles.

**4. Take nutritional supplements.** You may be feeling fatigued because your diet is lacking certain nutrients. Talk to your doctor to see if taking supplements or vitamins might help combat your low energy level.

**5. Keep busy.** Regularly taking on

new hobbies and projects can help prevent boredom and increase your energy level.

**6. Use light therapy.** Sunlight is a natural mood booster that can help rejuvenate you. In addition, light therapy lamps can be beneficial, especially in winter.



## Find your passion at any age

Age isn't a barrier to learning new things. Here are some tips for how to follow your bliss.

- What did you love as a child?
- What do you enjoy talking about with your friends?
- Do you have a secret dream?
- What are you good at?

Now is the time to take up that hobby you've always wanted to try.



## View the Possibilities

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# 4 THINGS EVERYONE SHOULD KNOW ABOUT CANCER



Last year, approximately 1.8 million Americans received a cancer diagnosis. Here's what you should know about this disease.

## 1. Prevention is possible

According to the World Health Organization, between 30 and 50% of all cancer cases are preventable. The adoption of healthy habits can therefore put you at a reduced risk for getting cancer. Eating a healthy diet, quitting smoking, being active, minimizing alcohol consumption and practicing sun safety are among the behaviors that will most reduce your risk of getting cancer.

## 2. Screening is essential

If you do develop cancer, early detection of the disease greatly increases the chances that treatment will be successful. Speak with your doctor to de-

termine which cancer screening tests are recommended for you and when they should be given.

## 3. Outcomes can be improved

Not all cancers can be prevented, but medical advances can increase survival rates and save lives. Cancer death rates have fallen and five-year survival rates have improved in recent years.

## 4. Social support is key

A cancer diagnosis can be difficult to navigate for patients and their families. Social support during and after a diagnosis can make a tremendous difference.

Some studies indicate it can even improve survival rates. If you know someone who's fighting cancer, consider reaching out to offer a sympathetic ear or a helping hand.

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# 11 questions to ask when starting a new medication

Anytime you're prescribed a new medication, it's important that you understand its effects and how to use it. This makes it possible to avoid dangerous drug interactions and safely navigate side effects. You or your caregiver should ask your doctor the following questions when starting a new medication.

1. What's the name of the medicine and why do I need to take it?
2. How often should it be taken, and when specifically should the doses be taken?
3. What's the correct dosage?
4. Do I need to take it with food? Are there foods or beverages I should avoid when taking this medication?
5. If I need to take the medication "as needed," what does that

mean?

6. How long will the medication take to work?
7. Will the medication interact with other medications, supplements or vitamins I'm taking? Should any of these be discontinued or adjusted?
8. Can I drive when taking this medication?
9. If I miss a dose, what should I do?
10. What are the possible side effects? Should some of them prompt an appointment or an emergency room visit?
11. Will I need a refill? If so, do I need a new prescription each time (as is the case with some opioids)? While it may seem excessive to ask so many questions, doing so will ensure your safety.



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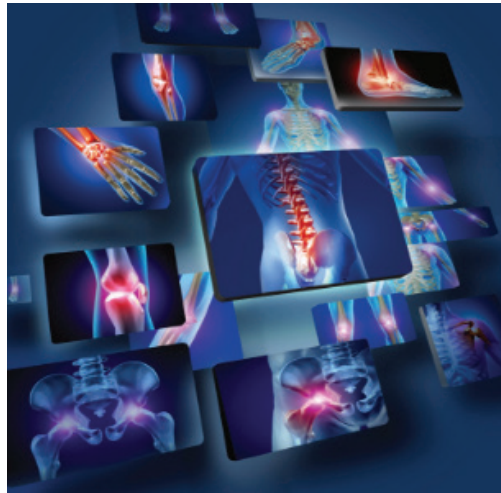


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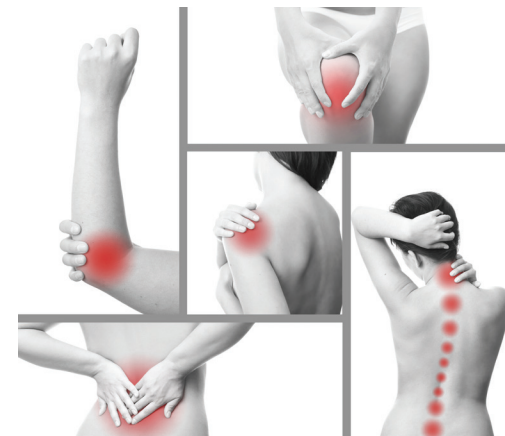
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Toenail Fungus  
Wound Care

Do you take your feet for granted? All too often, foot care is neglected until something goes wrong. Painful foot conditions ranging from corns to heel spurs can impact your self-sufficiency and quality of life. If you try to mitigate the pain or compensate for a lack of mobility by adopting a different gait, you increase the risk of developing other injuries.

Exercise is a crucial component of a healthy lifestyle. Unfortunately, foot issues may prevent you from engaging in physical activity. As a result, you could become more sedentary and consequently increase your risk of developing heart disease, cognitive problems and diabetes.

### How to protect your feet

There are several measures you can take to help prevent debilitating foot problems:

- Trim your toenails to avoid ingrown nails.
- Inspect your feet on a regular basis.
- Take note of any bumps or pain and report them to a podiatrist.
- Wear properly fitted, supportive shoes.
- Consider custom orthotics from Smoky Mountain Foot and Ankle Clinic that can be worn easily inside your own shoes to vastly improve comfort.
- Keep an eye on the condition of your feet if you have arthritis or diabetes. These ailments are known to cause serious foot problems.



# Is it COVID-19, RSV or allergies?

By Dr. Kyle Judkins

**Pardee Family Medicine and Sports Medicine**

Is it allergies, COVID-19, or RSV? Figuring out what you have can be tricky. Let's review each and their symptoms.

## RSV

RSV most frequently occurs in young children. Symptoms usually develop four to six days after infection and can include coughing, sneezing, runny nose, fever, wheezing and decreased appetite. Young infants may experience trouble breathing, decreased activity and irritability.

Most cases of RSV are mild and can be managed at home with plenty of fluids to prevent dehydration, over-the-counter

fever reducers and pain relievers (never give aspirin to kids). But some people — especially young children — can experience more serious symptoms like pneumonia and may require oxygen and hospital care.

## COVID-19

COVID-19 has a wide range of symptoms and not everyone has the same experience. The most common are new loss of smell or taste, fever, chills, cough, difficulty breathing, fatigue, headache, muscle aches, diarrhea, nausea, vomiting, sore throat, congestion or runny nose. If you have a combination of these symptoms, get tested for COVID-19 so that you can isolate and not spread the virus to others.

## Allergies

Fall allergies rarely cause a fever. In most cases you will have a runny nose, itchy or watery eyes, dark undereye circles, congestion, and a dry cough. Allergies can usually be managed with a combination of decongestants, antihistamines, and nasal sprays. Ask your provider which medications are right for you, particularly if you have high blood pressure.

All of us can prevent the spread of viruses with simple steps like handwashing, cleaning frequently touched surfaces, covering sneezes and coughs, and following CDC mask guidelines. But the best way to protect yourself and others is to get vaccinated for both COVID-19 and the



**Kyle Judkins, DO,**  
*Pardee Family Medicine and Sports Medicine Physician*

flu. The data shows us that there is no problem getting the flu shot at or near the same time as the COVID-19 vaccine.



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# CATARACT MYTH BUSTERS



If you're over 40 years old, you may have noticed your vision getting worse — maybe you need a light when reading or have trouble driving at night. What is often shrugged off as another unavoidable part of aging could be a sign of something that can be quickly and safely resolved — cataracts.

Most people will get cataracts at some point in their lives, yet misconceptions exist around what they

are and the treatment options available.

**Myth:** *A cataract is a rare condition where a film grows over the eye*

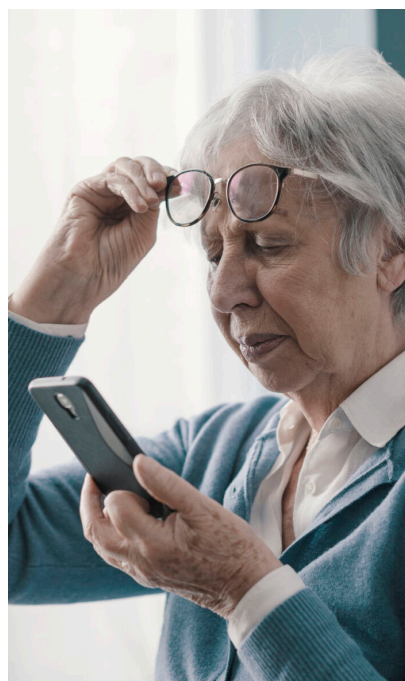
**Fact:** Cataracts impact more than 90% of people by the age of 65. Rather than something growing over your eyes, cataracts are a clouding of the eye's natural lens, leading to blurry or foggy vision.

**Myth:** *Cataracts can be reversed*

**Fact:** Cataracts are fixed by surgically removing the clouded lens and replacing it with a permanent, artificial lens known as an intraocular lens, which can restore or even improve vision. Many patients experience a wider range of vision or eliminate the need for glasses after surgery.

**Myth:** *Cataract surgery is risky and results take time.*

**Fact:** Cataract surgery is one of the most common procedures performed in the United States with a success rate of around 98%. The surgery is quick — with each eye taking approximately 15 minutes. Within 24 hours after the surgery, you can typically resume your daily low-impact activities.





# Is it a strain, sprain or tear? *What's the difference?*

Muscles are susceptible to many different types of injuries. While some mild muscle injuries can heal on their own, a physical therapist can diagnose your injury, prescribe treatment and ensure proper recovery.

## • Muscle strain

A muscle strain, also known as a pulled muscle, occurs when the muscles are overstretched, overused or used improperly. A muscle strain can occur due to a one-time overstretching or overworking of a muscle (acute injury) or from repetitive use of a muscle over time (overuse injury).

Muscle strains result in microscopic tears in the muscle fibers. Strains cause muscle pain that often worsens with movement, stiffness,

weakness, swelling and spasms.

## • Torn muscle

If stretched or pulled too far, muscles can tear. Muscle tears cause a sudden onset of severe pain, as well as bruising, swelling, weakness and a loss in muscle function. It is sometimes accompanied by a “pop” sensation as the muscle rips into two separate pieces or shears away from its tendon.

Torn muscles require urgent medical attention and sometimes require surgery to repair, as well as physical therapy.

## • Sprain

A sprain is a stretch or tear in a ligament — bands of fibrous tissue that connect bones to bones at joints — as opposed to a muscle. Sprains usually happen when a per-



son falls, twists, or is hit in a way that forces the body out of its normal position.

The symptoms of sprains are sim-

ilar to muscle strains: pain and inflammation, and sometimes bruising. About 25,000 people sprain an ankle every day.



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