



HEALTHCARE & WELLNESS

Of Western North Carolina

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HEALTHCARE & WELLNESS
Of Western North Carolina

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What Would You Do Without Neuropathy Pain

Several years ago, I was diagnosed with cancer and underwent chemotherapy treatments. I'm now in remission and blessed to be here but in so much pain. My feet and hands were constantly burning - a tingling sensation, almost like when your leg is falling asleep," shares Barbara of Biltmore Forest

Barbara was suffering from Chemotherapy Induced Peripheral Neuropathy or CIPN. While chemo kills cancer cells, it also causes many other bodily damage. Nerves, especially those far from the brain, are among the first to be harmed. 30-40% of cancer patients treated with chemotherapy result in peripheral neuropathy.

"Standing all day was not just a challenge, and it caused me physical agony. Keeping up with my busy schedule - forget about it. I couldn't even go for walks in my neighborhood."

Barbara, like so many others, was prescribed Gabapentin to help with the pain and told there was nothing anyone could do - in their words, 'there is no treatment for neuropathy'

Then Barbara found Dr. Autum Kirgan, DACM, C.SMA, L.Ac of South Slope Acupuncture & Wellness. By blending the time-tested science of acupuncture with more modern medical technology, Dr. Autum has designed a natural solution for peripheral neuropathy.

"Acupuncture is incredible at restoring blood flow and stimulating damaged nerves, preventing them from dying off," says Dr. Kirgan. "We take our treatments a step further by integrating FSM Therapy which targets specific nerves in the body using microcurrent. FSM Therapy is like watering a plant. This treatment will stimulate the blood vessels to grow back around the peripheral nerves and provide them with proper nutrients to heal and repair.

After only four weeks of treatment Barbara is already seeing incredible improvement. "I've taken the handicap placard off my rearview mirror and I am finally back to walking my neighborhood. I can't wait to see how I feel at the end of my program! I used to think that this pain was just the price I have to pay for still being alive. Dr. Kirgan has really given me hope for a better life!"

The number of treatments needed to allow nerves to recover fully will vary from person to person and can only be determined after a detailed neurological and vascular evaluation. If you or someone you love is suffering from peripheral neuropathy (of any origin), call 828-575-5904 to schedule a consultation with Dr. Kirgan and her South Slope Acupuncture & Wellness team.

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Popular types of creams and gels can help sun-damaged skin

Summer and sun go hand in hand. Though a day of lounging in the backyard or at the beach may make for a perfect summer afternoon, it's vital that people take steps to protect their skin from sun damage.

Some sunlight can be good for the skin so long as people make a significant effort to protect themselves from overexposure. When ultraviolet rays from the sun penetrate outer skin layers and hit the deeper layers of the skin, skin cells can be damaged or even killed. Damage to skin cells increases a person's risk of skin cancer, the most commonly diagnosed cancers across the globe.

In addition to increasing a person's risk for skin cancer, overexposure to the sun's UV rays can produce some painful side effects, including sunburn.

The following topical creams and gels can help treat sun-damaged skin:



• **Exfoliants:** Exfoliants are designed to stimulate faster skin cell turnover. That can help people with sun-damaged skin, as such damage slows the rate at which

skin cells turn over and replace themselves. As a result, exfoliants can help to alleviate the dull, dry skin that often develops after overexposure to the sun.

• **Retinoids:** Retinoids are compounds derived from vitamin A that, like exfoliants, also speed up the turnover process of skin cells. Retinoids also stimulate collagen production and lighten brown spots.

• **Vitamin C and other antioxidants:** Research has suggested that vitamin C can help to reduce the harm that UV rays do to the skin, though such creams should never be used as a substitute for sunscreen.

As effective and helpful as creams and gels can be, individuals are urged to prioritize preventing sun-damaged skin, which involves avoiding the sun between the hours of 10 a.m. and 4 p.m., when the sun's UV rays are strongest, and wearing and routinely reapplying sunscreen with a minimum sun protection factor of 30. Individuals concerned about sun-damaged skin can speak with a dermatologist about the various ways to protect their skin when they're spending time in the great outdoors.

Essential summer skin care tips

Skin care is not seasonal, though efforts to protect the skin may need to be stepped up during the summer. The American Academy of Dermatology says one in five Americans will develop some form of skin cancer in their lifetimes. In the summer, ultraviolet radiation levels are elevated and more sun damage may occur.

These skin wellness tips can help protect the skin and keep it looking its best when the mercury rises:

Lighten up

Choose lightweight products for summer usage. This includes cleansers, makeup and oil cleansers. For instance, rather than an oil cleanser, choose a gentle, foaming option. Thicker products mixed with increased perspiration and humidity may lead to clogged pores and inflammation.

Lather on sunscreen

Sunscreen with an SPF of 30 or more is recommended to protect the skin from UV damage. But it's easy to forget to apply sunscreen. However, using a lightweight moisturizer with SPF built in reduces product usage and time spent caring for skin.



Utilize vitamin C serums

Hyperpigmentation can occur in summer. Vitamin C serum can improve the appearance of fine lines, help with collagen production and also prevent hyperpigmentation.

Drink more water

Higher temperatures and increased perspiration can lead to dehydration. That may cause headaches, dry skin and even lightheadedness. Drink at least eight eight-ounce glasses of water every day.



Choose the Right Sunscreen

- **Broad-spectrum**
Sunscreens with this label protect against both UVA and UVB rays
- **Sun protection factor (SPF) 30 or higher**
The SPF number is the level of protection the sunscreen provides against sunburns
- **Water resistant**
How long (either 40 or 80 minutes) the sunscreen will stay on wet or sweaty skin for a while before you need to reapply

Stay in the shade

In addition to using sunscreen daily, try to stay out of the sun as much as possible when UV rays are at their strongest, which is between 10 a.m. and 2 p.m. In addition, wear clothing that offers sunscreen protection.

Beat the heat: Essential tips to keep seniors cool

By Ardenwoods Retirement Community

As summer temperatures in Western North Carolina soar in the 90s or higher, staying cool and safe becomes paramount, especially for seniors. Older adults are more susceptible to heat-related illness making it crucial to take practical measures to beat summer heat. Here are some easy and practical tips to help seniors stay cool and comfortable this summer.

Stay hydrated: Maintaining adequate hydration is vital in hot weather. Seniors should drink plenty of water throughout the day, even if they don't feel thirsty. Avoiding alcoholic beverages and drinks with caffeine is advisable as they can contribute to dehydration.

Dress appropriately: Wear lightweight, loose-fitting clothing in light colors to reflect sunlight and heat. Natural fabrics like cotton are breathable and can help seniors stay cooler compared to some synthetic materials.

Utilize cooling devices: Investing in portable fans or air conditioning units can create a more comfortable environment indoors. Electric fans can improve air circulation and help alleviate heat,

while air conditioning provides effective cooling during peak temperatures.

Plan outdoor activities wisely: Schedule outdoor activities during the cooler parts of the day, such as early mornings or evenings. Avoid going outside during the hottest hours. If you are out during the hottest part of the day, seek shade and cooler spaces where possible. Look for shaded areas like parks with trees or visit some of WNC's waterfalls, many of which are wheelchair accessible, for a cool respite. Using umbrellas to shield from direct sunlight is another great way to avoid the sun's rays when outside. Spending time in air-conditioned public spaces such as shopping malls or community centers can also offer relief from the heat while giving seniors a place to stretch their legs and socialize.

Monitor medications: Certain medications can increase sensitivity to heat or dehydration. Seniors should consult with their healthcare provider to understand if their medications could put them at risk for side effects or complications in hot weather and how to manage them accordingly.

Eat light and cool meals: Opt for lighter meals that are easy to digest



and don't require cooking over a hot stove. Fresh fruits, salads, and chilled soups are excellent choices for seniors to stay nourished without adding heat to the body and without increasing the temperature of their home by using the stove or oven. Enjoying cold treats like popsicles, ice cream, or chilled fruit can also provide a refreshing way to cool down while staying hydrated.

Be weather wise: Keep track of weather forecasts and heat advisories in your area. Knowing when temperatures are expected to rise can help seniors plan their activities and take appropriate precautions before temperatures become dangerous. Regularly checking with friends, family members, or neighbors, especially those who live alone, is a must during extreme heat events. Social connections are essential for emotional well-being and can also serve as a safety net during summer's hottest days.

Know the signs of heat-related illness: Educate yourself on the symptoms of heat exhaustion and heatstroke, such as rapid pulse, dizziness, nausea, confusion, or unconsciousness. If you or someone you know experiences these symptoms, seek medical attention

immediately.

Keep and carry on: Using lightweight bedding and having a fan or air conditioner in the bedroom can ensure a comfortable sleep environment. Keeping windows open at night, can help circulate cooler air, especially when combined with window fans. Seniors should also have a plan in place in case of power outages during extreme heat or weather events. Keeping a supply of bottled water, non-perishable food, and battery-powered fans or flashlights can help ensure comfort and safety.

The great indoors: Engaging in indoor exercises or activities is a great way to beat the heat while enjoying exercise and social interactions. Activities like swimming, water aerobics, or indoor yoga classes are excellent options to stay active without overheating.

Although WNC is known for its temperate, year-round climate, summer heat can disproportionately affect seniors. By following these tips, seniors can beat the heat and enjoy a safe and comfortable summer season.

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The best way to treat a burn

Injuries due to burns often increase in the summer as people gather around campfires, enjoy fireworks, fire up grills and other activities.

Common sources of summertime burns

In addition to sun exposure, other common sources of summertime burns are:

- Bonfires, campfires and fire pits
- Chemical burns, such as from pool chemicals
- Fireworks and sparklers
- Hot car handles, metal seatbelts and steering wheels
- Grill and grease burns

Five don'ts for burn treatment

There are also many misconceptions about what to use if one occurs. Severe burns should always be treated at a hospital by a medical professional. When treating a mild burn at home, here are five things you should never do:

Butter: A common folk remedy is to put oil or butter on a burn. The belief is that a greasy substance will cool and soothe the burn. But there is no evidence that butter or any other greasy substance — mayonnaise, petroleum jelly, etc. — can heal a burn. Instead, they'll cause the wound to retain heat, slowing the healing process. Plus, bacteria in butter and other food sources can cause infection.

Honey: Honey has antibacterial and anti-inflammatory properties, so it's no surprise people have used it to treat burns throughout history. But you shouldn't use just any honey from your cupboard to treat a burn. However, dressings with medical-grade honey can be

an effective treatment. Medical-grade honey (MGH) has been sterilized to ensure it can be used safely to treat wounds. MGH can be used for minor burns, but use with caution if you have a pollen allergy.

Mustard: There is no scientific evidence for using mustard to treat burns. In fact, it may actually irritate your skin further. After applying mustard, your skin may feel warm, but that doesn't mean it's healing your skin. The vinegar in mustard can lead to a reaction, worsen your burn or cause an infection and exacerbate your symptoms.

Toothpaste: Another misconception about burn treatment is that you should put toothpaste on it — but again, this can make it worse. Toothpaste can intensify the pain from the burn and increase the risk of infection and scarring. The ingredients in toothpaste do not have the healing properties to treat a burn. Instead, they can irritate wounds.

Ice: Although it sounds like common sense to put ice or ice cold water on a burn, this remedy should be skipped. Ice decreases blood flow to the affected area, which can reverse the healing process. It also numbs the pain from the burn, so you might not notice that the skin is getting too cold. This can lead to frostnip, a milder form of cold injury that precedes frostbite. Ice cold water can damage tissue and increase the risk of infection.

What is the best way to treat a burn?

The best burn treatment will depend on the type of burn. First, remove yourself or the injured person from the heat source. Remove any burned clothing — except clothing that is stuck to the burn — or jewelry.



• Minor first-degree burns, or burns that only affect the outer layer of skin, can be treated with cool running water or a cold compress.

• Do not apply creams or ointments, and do not pop burn blisters, as this can cause infection.

• Avoid adhesive bandages; they can stick to the skin and cause further damage. Instead, loosely cover the wound with a clean, dry, non-adhesive wrap or dressing.

Serious burns require emergency care. Seek medical attention immediately if you have any of the following symptoms:

- Fever
- Pus or drainage coming from the wound
- Excessive swelling or redness
- A burn that doesn't heal within two weeks



New heart procedure performed at Mission was the first in NC

A groundbreaking heart procedure was performed in May by Asheville Cardiology Associates at Mission Hospital in Asheville.

Mission was the first hospital in the state to perform the TriClip procedure following final approval from the Food and Drug Administration this spring. This new technology is a treatment for patients suffering from tricuspid valve regurgitation.

Tricuspid valve regurgitation is a common condition where the valve fails to close correctly, causing the blood to flow backward into the



Dr. Michael Chenier

heart, leading to symptoms such as fatigue, shortness of breath and swelling in the legs or abdomen.

The procedure, led by Dr. Michael Chenier of Asheville Cardiology Associates, marks a significant advancement in cardiac care for the region.

"Further solidifying the commitment to the community to help improve the care and improvement of human life, we believe this procedure will help expand quality of life for patients who receive this treatment," Chenier said.

Prior to approval, there had only been three centers in the state who had performed this procedure while it was still in its trial stage.



Mission Hospital Cardiac team. Dr. Michael Chenier, who performed the new procedure, is in the center.

The many ways to love your liver

By Claire Mager
Zoolies Natural Foods Market

The liver is considered the largest internal organ and performs 500 functions. Certain habits, like the overconsumption of alcoholic beverages — extremely toxic to the liver — or eating processed foods and added sugars can hinder its ability to perform its essential functions. Cirrhosis of the liver and Hepatitis A, B and C are a result of degeneration of this organ.

What are the essential functions that the liver performs?

- Storing glucose from the foods that you eat
- Cleansing carbohydrates that contribute to fatty tissue
- Cleaning inflammation from exposure to harmful chemicals and metals
- Some of the symptoms of the liver's inability to perform it's tasks are:
 - Belly bloat
 - Brain fog
 - Fatigue

To detox and flush out harmful ingredients there are many herbs and vitamins to repair and support the liver.

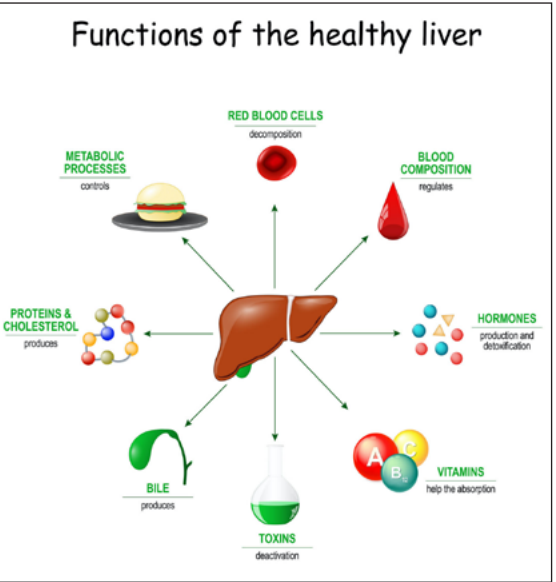
The following herbs can help cleanse the organ:

- Milk Thistle
- Dandelion
- Yellow Dock

The body also needs bile to perform the digestion of fats. These herbs aid in the production of bile and efficient digestion.

The following foods are beneficial to the healing process:

- Broccoli, cauliflower, brussels sprouts and cabbage are considered cruciferous vegetables, which are beneficial, as well as berries, beans and grapes.
- Drinks such as lemon water and, surprisingly enough, coffee, can aid in the promotion of a healthier liver.
- The liver is the only organ in the human body that



can regrow and regenerate itself. Eating right quality supplements, exercise and rest will enhance the healing of this organ — then your liver will love you again!

Zoolies Natural Foods Market in Waynesville carries a wide variety of natural supplements and foods, including Zoolies' own premium brand label made in the USA. Located at 308 N. Haywood St., Waynesville.

How parents can help kids keep their weight in check

Obesity poses a significant threat to adults and children across the globe. Being overweight or obese is a particular concern for children because the extra pounds gained in childhood can follow them into adulthood, potentially leading to serious health issues down the road.

The rate of childhood obesity has tripled since the 1970s. As of 2023, 1 in 5 children in the US are obese, with this number rising yearly.

A healthy lifestyle can turn the tables on the obesity epidemic. Parents and other caregivers are instrumental in helping children avoid the pitfalls of obesity, and the following are some ways they can help kids make healthy choices.

Involve children in health discussions

When children visit the pediatrician for periodic health examinations and physicals, inform them in age-appropriate ways about their health. Doctors frequently use charts and body mass index numbers to explain healthy weight ranges. Use these diagrams and data sets to show children where they rank, but don't make it seem like they made mistakes. Assure them that everyone will work together to get on track.



Stock the home with healthy foods

Easy access to high-calorie junk foods is a problem for many kids. Children may be more inclined to reach for a bag of chips than an apple if the chips are easier to access. Parents can keep plenty of healthy food on hand, and limit the propensity to keep sweets or other foods available.

Model good behavior

Parents who are overweight themselves and do not eat a healthy balance of foods may be setting the wrong example for their children. Make maintaining a healthy weight a family affair by cooking and exercising together.

Encourage physical activity

Parents can set strict parameters on screen usage so that children will have to find other activities to fill their time. When video games or TV shows are no longer available, kids will venture outdoors to ride bikes or play sports.

Parents should be vigilant in their efforts to prevent childhood obesity. Learning to manage weight is an important life lesson that can pay lasting health dividends.

LeAnna DeBruhl, Zoolie Davis owner, Kelly Deese
Not pictured: Rose Schilling

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Unlocking well-being & empowering health and vitality

By YMCA of WNC

Health and wellness play a crucial role in our lives, impacting every aspect of our well-being.

Here’s why they matter:

- **Physical Health:** A healthy lifestyle involves nutritious eating, regular exercise, and adequate rest. These habits can prevent diseases, such as cardiovascular issues and type 2 diabetes.
- **Mental Well-Being:** Prioritizing mental health is equally vital. When we’re well, we handle stress better, feel more confident, and maintain emotional balance.
- **Energy and Vitality:** Good health gives us energy to pursue our passions, achieve goals, and enjoy life. When we’re physically fit and mentally resilient, we can tackle challenges with confidence.
- **Financial Impact:** Staying healthy can save money in the long run. Preventing illnesses reduces medical expenses, and maintaining well-being means fewer sick days and increased productivity.
- **Environmental Benefits:** A healthy lifestyle also benefits the environment. Choosing sustainable practices, such as eating locally sourced foods and reducing waste, positively impacts our planet.
- **Fitness Programs:** Offers a variety of fitness classes, from yoga and swimming to strength training and cardio.



When it comes to achieving health and wellness goals, the YMCA of Western North Carolina is an excellent resource.

- dio. Their expert instructors guide you toward physical well-being.
- **Nutritional Support:** Provides workshops, cooking classes, and personalized advice to help you make healthier food choices. Understanding nutrition is crucial.
 - **Community Engagement:** Hosts events, group activities, and social gatherings, fostering connections and mental well-being. Being part of a community enhances overall wellness.
 - **Family Wellness:** Encourages families to stay active together. Family swim sessions, sports, and wellness programs create a supportive environment.
 - **Financial Accessibility:** Ensures that everyone has access to health resources. They offer financial assistance and scholarships to make wellness achievable for all.
- Remember, the YMCA isn’t just a gym. It’s a holistic wellness center committed to helping you thrive!
- The YMCA has seven gym and recreation locations that offer fun and engaging exercise environment. Visit ymcawnc.org/locations.

Understanding Lymphedema: Causes, symptoms, and management

By Brittany Rickert
Smoky Mountain Sports
Medicine & Physical
Therapy



Brittany Rickert

Up to 10 million Americans, and hundreds of millions worldwide suffer from lymphedema. This number may be even higher as it often goes undiagnosed or misdiagnosed.

But what is it?

Lymphedema is a chronic condition that presents as an abnormal excess of fluid, occurring most commonly in the arms or legs. Though less common, swelling can occur throughout the body including the head, neck, and trunk. There are two types, primary and secondary lymphedema.

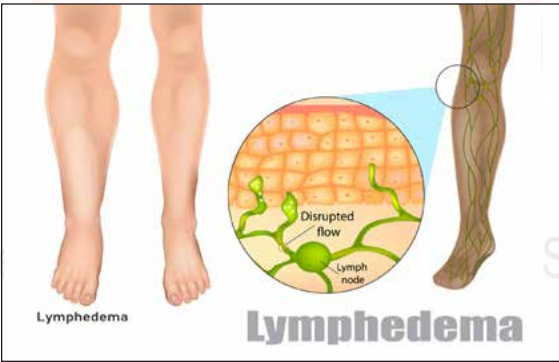
Primary lymphedema has no known direct cause and may result from inherited issues with the lymphatic vessels—secondary lymphedema results from damage to the lymphatic system caused by another condition or treatment. Normally, secondary lymphedema results

from surgery related to cancer treatment and/or radiation therapy directed at lymph nodes.

Symptoms of both primary and secondary lymphedema include:

- Swelling of part or all of the arm or leg, including fingers/toes.
- Feelings of heaviness/tightness in the limb, restricted range of motion.
- Recurrent infections of the skin (cellulitis), and hardening/ thickening of the skin (fibrosis).

Initially, a person may experience something simple



such as their shirt sleeve fitting tighter on one arm, or the feeling of their jewelry cutting into the wrist or fingers. For secondary lymphedema these symptoms may occur days, months, or even years following a surgical procedure or cancer treatment. If you recognize any of the symptoms, please do not ignore them. It is best to seek treatment immediately from a certified lymphedema therapist.

Treatment will include:

- An initial evaluation
- Development of a customized treatment plan
- Follow-up visits which may include a variety of the following: compression bandaging, manual lymphatic drainage, mechanical drainage, decongestive exercise, skin care education, and facilitation of compression garment(s) purchase.

If you or someone you know is experiencing persistent swelling in a limb, or if you’ve already been diagnosed with lymphedema and there is a sudden, dramatic increase in the size of the involved limb, please seek medical attention from your primary care doctor and request a referral to a certified lymphedema therapist.



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Tips for seniors to safeguard their mental health

At least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. Those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

Socialize regularly: Older adults who socialize with people beyond their circle of family and close friends are more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to a 2023 study, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.



Speak with a mental health professional: Two-thirds of older adults with mental health problems do not get the treatment they need. Speak-

ing with a mental health professional can help seniors identify the issue that is prompting them to seek help and offer suggestions that can

improve overall health and quality of life. Seniors can utilize digital behavioral health tools, like telehealth, if they have limited mobility and/or no one to help them make it to in-person appointments.

Volunteer: Many older adults are retired and experience a void once their life no longer has the structure that work can provide. Retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation.

Understanding ABA: A Lifeline for Kids with Autism Spectrum Disorder

By Ashley Sanderson
All Therapies Support Inc.

Applied Behavior Analysis (ABA) is a vital treatment for Autism Spectrum Disorder (ASD), offering hope and real results for many families. As All Therapies Support opens its new office in Western North Carolina, serving Haywood, Henderson, Buncombe, and Jackson Counties, it's important to understand what ABA is and how it benefits children and adolescents with ASD.

What is ABA?

ABA is a therapy based on behavior science principles. It focuses on understanding and improving behaviors by observing how they are influenced by the environment and how learning occurs. The main goal is to increase positive behaviors and reduce harmful or disruptive ones. ABA is highly personalized, making it effective for children with ASD who have unique needs.

Key Components of ABA

• **Positive Reinforcement:** Positive behaviors are encouraged with rewards like praise or favorite activities, helping children learn new skills effectively.

• **Task Analysis:** Complex skills are broken down into smaller steps, taught systematically to ensure mastery.

• **Data Collection:** Therapists collect data on the child's behavior to track progress and adjust strategies.

• **Generalization:** Learned behaviors are applied in various settings, like home and school, to help children adapt.

How ABA Helps Children with ASD

ABA therapy significantly aids children with ASD in developing crucial life skills:

• **Communication Skills:** ABA teaches verbal and non-verbal communication, helping children express their needs.

• **Social Skills:** Children learn to initiate conversations, share, take turns, and understand social cues.

• **Self-Care Skills:** ABA helps children perform daily routines independently, such as dressing and grooming.

• **Behavior Management:** ABA reduces challenging behaviors like aggression and tantrums by identifying triggers and reinforcing positive behaviors.

All Therapies Support: A New Resource in Western North Carolina

The new All Therapies Support office in Western North Carolina is dedicated to providing high-quality ABA services to the community. Serving children and adolescents aged 3-20 with ASD and other behavioral disorders. The team offers personalized, compassionate care to local families and aims to positively impact the lives of children with ASD.



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Farmer’s markets to stroll this summer

Whether you want to spend a peaceful Saturday browsing a local market or looking to pick up some homegrown goods during the week, this list of farmers markets in Haywood and Buncombe Counties has you covered.

Haywood County

Haywood’s Historic Farmers Market: 9 a.m. to noon on Saturdays

Located at HART Theater Parking Lot, 250 Pigeon Rd, Waynesville, NC

Mill Town Farmers Market: 4 p.m. to 7 p.m. on Thursdays

Located at 8 Sorrells Street, Canton

Cruso Community Farmer’s Market: 8 a.m. to 2 p.m.

Located at Cruso Community Center, 13186 Cruso Rd, Canton

Buncombe

Asheville City Market: 9 a.m. to noon on Saturdays

Located on North Market Street between Woodfin and Walnut streets in downtown Asheville. The street is closed to traffic during market times.

Black Mountain Tailgate Market: 9 a.m. to noon on Saturdays



Located at 130 Montreat Rd, Black Mountain

East Asheville Tailgate Market: 3 p.m. to 6 p.m. on Fridays

Located at Groce United Methodist Church, 954 Tunnel Road, Asheville

Enka-Candler Farmer’s Market: 3:30 p.m. to 6:30 p.m. on Thursdays

Located at 1465 Sand Hill Road (Small Business Center parking lot, across from Ingles), Candler

Leicester ‘Lester’ Farmers Market: 3 p.m. to 6 p.m. on Wednesdays

Located at 2979 New Leicester Hwy, Leicester

North Asheville Tailgate Market: 8 a.m. to noon

Located on UNCA campus, 1 University Heights, Asheville. The market is outdoors on a paved parking lot with a moderate grade increase from the South Entrance (entering from University Heights) to the North Entrance (exiting onto Edgewood Rd).

River Arts District Farmers Market: 3 p.m. to 6 p.m. on Wednesdays

Located at 350 Riverside Drive, Asheville

Southside BIPOC Farmers Market: Noon to 3 p.m. on the first Sunday of the month

Located in the Arthur Edington Center parking lot, 133 Livingston Street, Asheville

Weaverville Tailgate Market: 3 p.m. to 6 p.m. on Wednesdays

Located at Weaverville Community Center, 60 Lakeshore Dr., Weaverville

West Asheville Tailgate Market: 3:30 p.m. to 6:30 p.m. on Tuesdays

Located at 718 Haywood Rd., Asheville

Western N.C. Farmers Market: 8 a.m. to 5 p.m. Monday-Friday

Located at 570 Brevard Road, Asheville

These dessert bars are peachy keen



Peaches are a favorite ingredient in many different types of desserts, from cobblers to pies. But in this recipe for “Fresh Peach Crumble Bar,” peaches are presented as a cross between a cake and cookie. Enjoy this recipe, courtesy of Saving Room for Dessert, as adapted from AllRecipes.com.

Fresh Peach Crumble Bars

(Makes 20)

Crust/Crumb topping:

- 1 cup granulated sugar
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 cup unsalted butter cold, cut into cubes
- 1 large egg, lightly beaten

Peach layer:

- 1/2 cup granulated sugar
- 1 tablespoon cornstarch
- 1/4 teaspoon ground cinnamon
- 5 large peaches, peeled and diced
- 1 teaspoon fresh lemon juice

Icing:

- 1 cup powdered sugar
- 1/4 teaspoon almond extract
- 1 tablespoon milk (more or less for desired consistency)

How to cook:

1. Preheat oven to 350 F if using a glass pan or dark metal pan, or 375 F for a light metal pan. Lightly grease or spray a 13 x 9-inch baking pan and set aside.
2. In a medium bowl, whisk together 1 cup of sugar, 3 cups of flour, baking powder, salt and cinnamon. Using a pastry cutter, blend in the butter until the mixture resembles coarse sand. Add the lightly beaten egg and mix until the dough starts to hold together, but is still crumbly. Gently press a little more than half the dough into the prepared pan. (Optional: Use a food processor to process these ingredients.)
3. In a large mixing bowl, whisk together the sugar, cornstarch and cinnamon. Add the diced peaches and toss to combine. Drizzle the lemon juice over the peaches and toss to coat. Pour the peach mixture over the crust and spread evenly.
4. Using your hands, press together handfuls of the remaining crumb topping to create clumps. Scatter the clumps and remaining crumbled topping over the fruit layer, leaving some peaches showing through.
5. If using a glass pan, bake at 350 F for 50 to 55 minutes or until lightly browned. If using a metal pan, bake at 375 F for 40 to 45 minutes. Cool completely, then chill before cutting and icing.
6. Whisk together the powdered sugar, almond extract and milk. Drizzle on the bars just before serving.

The benefits of organic agriculture

Customers who prefer fresh fruits and vegetables to frozen alternatives may wonder if they should be even more selective when purchasing their favorite foods in the produce aisle. That decision may come down to whether or not to purchase organic produce.

Organic produce can be significantly more expensive than non-organic fruits and vegetables, so it’s understandable if budget-conscious consumers cannot afford to go entirely organic. However, it’s important that consumers recognize the many ways that organic agriculture is having a positive impact on the health of humans and the planet they call home.

• **Organic produce reduces exposure to pesticides and antibiotics:** Organic produce has been proven to reduce consumers’ exposure to pesticides and antibiotics. That’s a significant benefit, as pesticide exposure has been shown to lead to neurodevelopmental issues and has been linked to higher cancer risk.

Consumers shopping on budgets can pick and choose which organic foods they purchase. Certain foods have been shown to have higher

pesticide residues than others. Apples, celery, grapes, spinach, strawberries, and tomatoes have high levels of pesticide residues, so choosing organic versions of these foods may be a wise choice. Avocados, broccoli, cabbage, and cantaloupe are some of the foods that typically have low levels of pesticide residue.

• **Organic agriculture reduces environmental degradation:** Synthetic pesticides and fertilizers used on some conventional farms can deplete the soil of valuable nutrients and increase environmental degradation. Organic farmers do not use such pesticides or fertilizers, instead utilizing such practices as composting, cover cropping and crop rotation, each of which can have positive, long-term effects on soil quality.

• **Organic agriculture benefits local wildlife:** Small mammals are more abundant around organic farms than conventional farms. That’s not just good for those mammals, but also the farmers, as small mammals can feed on insects that would otherwise adversely affect crops.



Stems, roots and rhizomes: Learn your produce

When gardening at home, gardeners may not know which parts of the plant are edible and which must be discarded. The following rundown can answer those questions and help people become better gardeners.

Tubers: Certain plants have underground storehouses of nutrients. Tubers are modified plant structures that are enlarged to store nutrients. These subterranean caches actually are the edible part of the plant. Potatoes, sweet potatoes, cassava, yicama, yams, and Jerusalem artichokes are some examples of tubers.

Taproots: Taproots seem similar to tubers, but they are actually quite different. While tubers are a modified and engorged part of a stem system,

taproots are the central root of a plant. Carrots, radishes, beets, and parsnips are popular examples of taproots.

Stems: When munching on a stalk of celery or roasting freshly picked asparagus, people may not realize that it’s the stems of these plants that are being prepared and consumed. The stem enables water and minerals to travel up to the leaves. Rhubarb is another popular stem vegetable.

Leaves: Sometimes referred to as “greens,” the leaves of many plants can be quite tasty. However, some leaves are simply edible all on their own. Spinach, parsley, chicory, lettuces, kale, arugula, and even dandelion leaves are part of many different salads and recipes. Cabbage heads also are the

leaves of the plant, but some people also define these tightly compacted leaves as shoots.

Rhizomes and bulbs: Rhizomes are modified stems that run underground horizontally and strike new roots out of their nodes into the soil. Certain produce, including ginger, arrowroot, ginseng, and turmeric, is often mistaken as a root vegetable, but is actually a rhizome. Bulbs also are mistaken for roots, but are short stems enclosed by layers of fleshy leaves, says the food resource NutriNeat. Garlic, onion, fennel, leeks, and quoniam are types of bulbs.

Fruits and flowers: Flowers turn into fruits in many cases, but some flowers are edible as well. Believe it or not, broccoli is a flower bud, as is



Steps for safe and effective stretching

Nearly everyone knows that exercise is important, but stretching is equally essential to a healthy body. Stretching is one component of maintaining flexibility that can reduce injury risk.

Stretching may help improve athletic performance; a person's ability to perform daily activities; increase blood flow to muscles; and enable muscles to work most effectively.

Stretching is key but it should be done correctly, here are some tips:

Stretching is not a warm-up: A person can get injured if he stretches cold muscles. Before stretching, warm up with light walking, jogging or biking at low intensity for five to 10 minutes; otherwise, stretch after the workout when muscles are warm and ready.

Don't be pained: Stretching should only be done to the point of mild tension, and never to the point of pain. Stop stretching immediately if there is any pain.

Stretch daily: If possible, stretch daily to keep

up with flexibility and maintain range of movement.

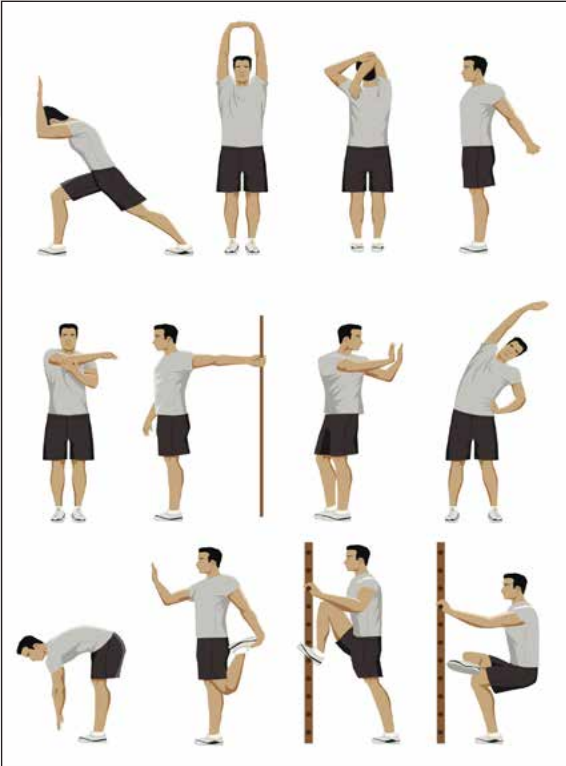
Move slowly into stretching: Gradually move into stretching positions, and never jerk or snap suddenly into position.

Aim for stretching symmetry: Stretch both sides of the body similarly. It's a goal to have equal flexibility side to side, but keep in mind that genetics may make one side more flexible than another.

Don't bounce: Bouncing while stretching can injure muscle and actually contribute to tightness.

Breathe while stretching: Always breathe through stretching; do not hold your breath.

Pay attention to form: Poor posture can cause muscles to shorten and tighten. Do not counteract stretching by using poor posture while sitting, standing or moving. Those who have concerns about posture can work with a physical therapist to learn strategies for improving posture and flexibility.



Low lights please

By Kathy Foster
Deerfield Episcopal Retirement Community

One day I looked in the mirror and graying roots were showing. I said to my reflection, "I am going to age gracefully!" I said it with conviction. I saw the stunning transformation of women friends and colleagues when they let their hair go natural. It was healthy, no more chemicals, and it enhanced their beauty. I was on a path to better health — again, this was another box to check. Another influence was that gray hair was a trend — all the young girls were going platinum. Maybe I would look younger if I went gray.

It was the repercussions of Covid that reinforced my plan to stop coloring the gray, as salons closed — I had given up the at-home Clairol version a long time ago.



Kathy Foster

So, I did it. I stopped coloring and let my hair go natural. I had visions of my beautiful Aunt Pearl who had soft gray and white curls set around her lovely face in a chin-length bob style. I admired other women in my life in various stages of grays and white, and styles ranging from short pixies and wavy mid-length to long straight hair pulled into school-girl ponytails and farm-girl braids. In the years since I have experimented with all of the styles.

My hair stylist wanted to try some low lights one day, just to soften the harsh white of my hairline. I had been feeling like I looked older than my age, and I thought, sure, let's live on the edge, let's go rogue. When I looked in the mirror a younger me was staring back. I liked it. I struggled a little because I thought I was going back on my plan to age gracefully and naturally. But it was a good jolt of vanity.

Nora Ephron, American journalist, writer, and filmmaker once commented "There's a reason why forty, fifty, and sixty don't look like they used to and it's not because of feminism, or better living through exercise. It's because of hair dye."



I do think that today it is certainly about better living — but not just that. It's also about the attitudes we carry with us, especially towards ourselves, and sometimes we need a little jolt of something to reignite our passion for where we are in our life. We have to give ourselves grace because aging isn't easy. I will definitely take a salad, a good walk, reps in the weight room, and some low lights, please.

Kathy Foster is the Director of Marketing and Transitions at Deerfield.

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A photograph of two people sitting in red folding chairs on a golf course. They are wearing white hats and are seen from behind, looking out over the green landscape. Golf bags and clubs are visible next to them.

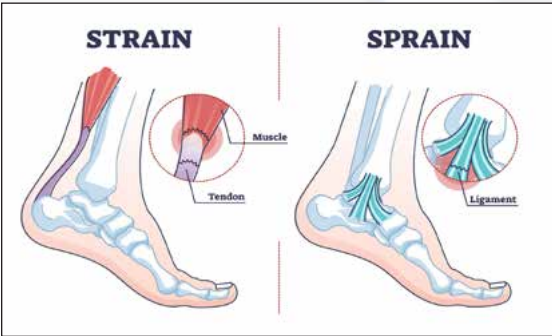
The basics of sprains

Many athletes have experienced a sprain at one point or another. In fact, the American Academy of Orthopaedic Surgeons notes that sprains are among the most common soft-tissue injuries.

What is a sprain?

A sprain is an injury to a ligament, the tissue that connects two or more bones at a joint. When athletes suffer a sprain, one or more of their ligaments are stretched or torn.

What's the difference between a sprain and a strain?



It's easy to mistake sprains with strains, or assume both injuries are the same. But unlike sprains, which affect the ligaments, strains are injuries to muscles or tendons. Tendons are the fibrous cords of tissue that connect muscle to bone. When a person has a muscle strain, a muscle or tendon is stretched or torn.

Which areas of the body are vulnerable to sprains?

Ankles, knees and wrists are most vulnerable to sprains. Many basketball players have experienced sprained ankles, which occur when the foot turns inward, placing extreme tension on the ligaments of the outer ankle. Sudden twists can result in a sprained knee, while sprained wrists are often the result of falling onto an outstretched hand.

The three categories of sprain are:

- **Grade 1:** Considered a mild sprain, a grade 1 sprain is marked by slight stretching and some damage to the fibers of the ligament.
- **Grade 2:** A grade 2 sprain causes partial tearing of the ligament and is marked by abnormal looseness in



the joint when it moves in certain ways.

- **Grade 3:** Significant instability can result from a grade 3 sprain, which is characterized by a complete tear of the ligament.

No matter which type of sprain a person suffers, they are like to experience pain, bruising, swelling, and inflammation. The intensity of these symptoms is linked to the grade of the sprain.

How seniors can overcome a lack of motivation to exercise

Seniors may be uniquely positioned to overcome their lack of motivation to exercise, particularly if they're retired and have time on their hands. Seniors who aspire to exercise more frequently can consider these strategies if motivation becomes an issue.

- **Exercise away from home:** Home workouts can become monotonous since most people do not have enough room at home to house the same array of equipment that's available at their local gym. Seniors can overcome monotonous workouts by purchasing a gym membership at a local facility. Many clubs offer discounted rates to seniors and some even offer senior-specific fitness classes like yoga and Pilates.
- **Employ the buddy system:** Encourage neighbors or friends to come along to the gym for a favored fitness class, or invite friends and family on hiking excursions or daily walks. The National Institute on Aging notes that turning ex-



ercise into a social activity is a great way for seniors to maintain their motivation to exercise.

- **Track your progress and celebrate your successes:** Success can be measured in various ways.



Some might aspire to produce healthier blood test results at the doctor's office, others may hope to lose a few pounds. Celebrate when you achieve your fitness goals. Rewards such as a spa day or a weekend getaway can provide motivation to stay the course.

- **Be flexible with your routine:** Mix up your routine so you can still exercise even if physical limitations make traditional workout routines more challenging. Go for nature walks on days when your body needs a break from strength-training.

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Haywood Regional Medical Center invests in health and economy of community



Chris Brown, CEO of Haywood Regional Medical Center.

Haywood Regional Medical Center recently published its Community Benefit Report for the 2023 calendar year.

The annual report outlines the various ways the hospital continues to invest in the health and economic vitality of Haywood County as part of its mission of making communities healthier.

“As a leading health care provider in Haywood County, Haywood Regional Medical Center is committed to provid-

ing high quality care close to home, investing in our region’s overall well-being and making a positive impact on those we serve,” said Chris Brown, RN, CEO of HRMC. “This year’s report highlights our continued effort — both inside and outside our hospital walls.”

HRMC’s 2023 community benefit report highlights its continued efforts to meet the growing health care needs of its community through welcoming new providers, expanding service lines and continually investing in its facilities and health care technology.

- Added 93 providers in anesthesiology, emergency medicine, family and internal medicine, nephrology, OB/GYN, psychiatry, radiology, telemedicine and urology
- Made more than \$2.5 million in capital improvements, including new operating room lighting, anesthesia machines, same-day surgery suite expansion, new ultrasound machines and new sterilizers/washers for surgical instruments.

- Made a donation of more than \$33.2 million in health services to those in need, demonstrating its continuous commitment to ensuring everyone has access to care, regardless of their ability to pay.
- Distributed more than \$75 million in salaries, wages and benefits for its approximately 755 employees, while contributing more than \$110,694 in tuition assistance so all its employees



NOT JUST A HOSPITAL — Haywood Regional Medical Center published a Community Benefit Report which includes donations to local organizations and community members in need of financial assistance.

can have the opportunity to learn, grow and improve the care they provide their patients.

- Paid \$13.07 million in local and state taxes, while also continuing its support of local activities and organizations committed to serving the region, including Big Brothers Big Sisters, Canton Labor Day Festival, Haywood Community College Foundation, Haywood County Schools Foundation, Haywood Healthcare Foundation, Haywood Pathways, Lake Junaluska Assembly, Power of Pink and Senior Games.

“We are proud to call Haywood County our home, and we feel incredibly grateful for the continued support of all those who entrust us with their care,” said Brown. “Our success would not be possible without the hard work and dedication of our providers, employees and volunteers. As we look ahead to the future, we are so excited to continue improving the ways we serve our neighbors and communities.”

Is fair skin more susceptible to skin cancer?

Skin type is a major factor in risk for skin cancer, including the deadly melanoma. While people with any shade of skin can get skin cancer, those who have fair skin tones are even more at risk for sunburn, sun damage and skin cancer.

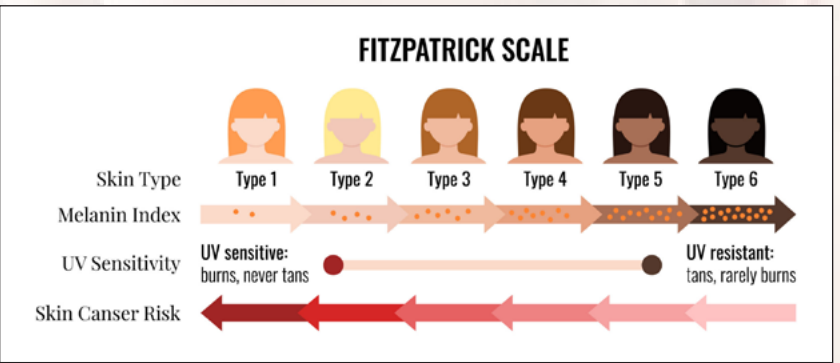
In 1975, Harvard Medical School physician Thomas Fitzpatrick created a scientific classification sys-



tem for skin type, identifying six types of skin. The Fitzpatrick Skin Type chart goes from very light to very dark. Skin types I and II face the highest risk of developing skin cancer, while types V and VI are at the lowest risk. That’s because fair skin doesn’t have as much pigmentation and natural melanin protection from the sun.

In addition to pigmentation, skin type also is calculated by how skin reacts to sun exposure. This means whether one easily burns or easily tans. Fair skin tends to burn easily and tan lightly or not at all.

Even though fair-skinned individuals are at greater risk for skin cancer, anyone can get the disease. Everyone should use a broad-spectrum daily sunscreen of SPF 30 or higher to protect against harmful rays. In addition, wearing sun-protective clothing and avoiding



exposure between the peak hours of 10 a.m. and 4 p.m. is essential.

There are many different types of skin cancer and that it can appear differently depending on the type and the person. Any changes in skin should be brought to the attention of a doctor immediately. The sooner treatment begins, the better the prognosis typically is.



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The health benefits of being in nature

Spending time in nature provides many health benefits that might surprise even the most devoted outdoors enthusiasts.

Cognitive health

A study published in the American Journal of Alzheimer’s Disease & Other Dementias found that engaged persons with dementia in horticultural therapy-based (HT-based) programming solicited higher participation rates than traditional activities (TA) programming.

In addition, a separate study found that exposure to a therapeutic garden positively impacted the quality of life for people with dementia. And it’s not just dementia patients who can experience the cognitive benefits of time spent in nature, numerous studies have found exposure to nature improves cognitive function.

Vitamin D

Vitamin D may offer 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

A study published in the journal Scientific Reports found that individuals who spent at least 120 minutes a week in nature were significantly more likely to report good health and psychological well-being than those who spent less time outdoors.

Individuals, after a consultation with their physicians and confirmation that it’s safe to get out more often, can aspire to spend at least 120 minutes in nature each week.



HIGHTS serves vulnerable youth and families in Western North Carolina. Through experiential activities, community service projects, job training, and goal-driven exercises the organization helps youth develop life skills and instill feelings of community belonging and purpose.

Digital trends in dentistry

By Dr. Michael Gillespie
Michael D. Gillespie, DD Family Dentistry



Dr. Michael Gillespie

The field of dentistry has seen significant advancements with the incorporation of digital technology, enhancing accuracy, efficiency, and patient experience.

Here are some key digital trends shaping modern dental practices:

Digital Radiographs

- **Improved Imaging:** Digital radiographs offer clearer images compared to traditional X-rays, enabling more accurate diagnosis and treatment planning.
- **Reduced Radiation Exposure:** Patients are exposed to significantly less radiation, making the process safer.
- **Immediate Results:** Images are available instantly, reducing waiting times and allowing for quicker consultations and interventions.
- **Easy Storage and Sharing:** Digital images can be

easily stored and shared electronically, facilitating better collaboration among dental professionals.

CEREC Crowns

- **Same-Day Crowns:** Chairside Economical Restoration of Esthetic Ceramics (CEREC) technology allows dentists to design, create, and place crowns in a single visit.
 - **Precision and Customization:** Advanced software designs crowns that fit perfectly, enhancing comfort and aesthetics.
 - **Durability:** CEREC crowns are made from high-quality ceramic materials that are long-lasting and closely mimic natural teeth.
 - **Convenience:** Eliminates the need for temporary crowns and multiple appointments, saving time for both patients and dentists.
- ## Digital Scanning for Dental Appliances
- **Accuracy:** Intraoral scanners capture precise 3D images of teeth and gums, leading to better-fitting dental appliances like aligners, retainers, and dentures.
 - **Comfort:** Digital scanning is more comfortable for



patients than traditional impression methods, which can be messy and uncomfortable.

- **Efficiency:** Speeds up the process of creating dental appliances, reducing turnaround time for patients.
- **Enhanced Communication:** Digital files can be easily shared with dental labs and specialists, improving collaboration and outcomes.

The integration of these digital technologies is revolutionizing dentistry, making procedures faster, safer, and more comfortable while improving the overall quality of care.

Dr. Michael Gillespie has practiced dentistry in Waynesville for 30 years. The practice is located at 611 S. Haywood St. in Waynesville and may be reached at 828-456-9007.



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The transformative power of physical therapy can improve lives. Whether you're recovering from an injury, managing a chronic condition, or seeking to enhance your overall wellness, physical therapy offers a myriad of benefits that can help you achieve your health goals.

ENHANCED MOBILITY AND MOVEMENT

Physical therapy plays a crucial role in restoring and improving mobility. Whether you have difficulty walking, standing, or moving due to injury, surgery, or a medical condition, physical therapists create personalized treatment plans to help you regain strength, flexibility, and coordination. Improved mobility enhances your independence and quality of life, allowing you to engage in daily activities with greater ease and confidence.

PREVENTION OF SUR- GERY AND INJURY

For many conditions, physical therapy can be an effective alternative to surgery. By addressing issues early and using therapeutic techniques to promote healing, physical therapy can eliminate the need for invasive procedures. Additionally, physical therapists teach patients how to perform exercises and movements correctly, reducing the risk of future injuries. This preventative aspect is especially beneficial for athletes and individuals with physically demanding jobs.

PAIN MANAGEMENT WITHOUT MEDICATIONS

One of the most significant advantages of physical therapy is its ability to manage pain effectively without relying on medications. Through targeted exercises, manual



therapy, and modalities such as ultrasound or electrical stimulation, physical therapists can alleviate pain, reduce inflammation, and improve function. This holistic approach not only addresses the symptoms but also treats the underlying causes of pain.

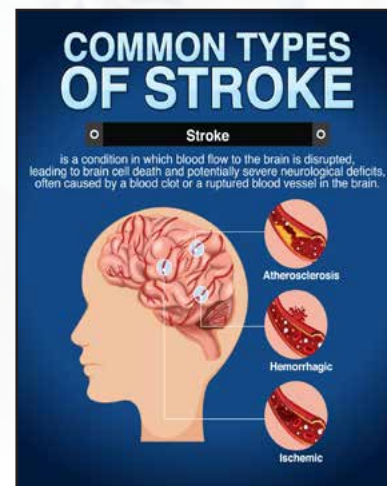
Embrace the benefits of physical therapy and take the first step towards a pain-free future. SEPT Physical Therapy offers a path to a healthier more active life with ten locations in Buncombe, Haywood and Henderson counties.



7 ways to reduce stroke risk

Stroke is a serious medical condition that results from impaired blood flow to the brain, the consequences of which can be trouble with mobility, speech complications, lack of muscular control, and even death. However, up to 80 per-cent of all strokes are preventable.

Strategies to reduce risk



1. Lower your blood pressure: Hyper-tension can double or even quadruple stroke risk if it's not controlled. High blood pressure is the biggest contributor to the risk of stroke in both men and women.

2. Keep a healthy weight: Being over-weight or obese increases risk for stroke.

3. Quit smoking: Smoking can lead to hardening of the arteries that can make it more difficult for blood to flow to the brain.

4. Exercise: Exercise can help lower blood pressure and keep weight in check, but Harvard Health says it also stands on its own as a method for reducing stroke risk. Reach a rate of exercise that involves breathing hard but still being able to talk.

5. Lower alcohol intake: Keep it to no more than one to two drinks per day. After which, increased drinking elevates stroke risk sharply.

SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST

B

E

F

A

S

T

BALANCE
LOSS OF BALANCE,
HEADACHE
OR DIZZINESS

EYES
BLURRED VISION

FACE
ONE SIDE OF THE
FACE IS DROOPING

ARMS
ARM OR LEG
WEAKNESS

SPEECH
SPEECH DIFFICULTY

TIME
TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

CALL 911 IMMEDIATELY

6. Control cholesterol: Have your cho-
lesterol checked at least once every five
years, says the CDC.

7. Manage your atrial fibrillation:
Afib is an irregular heartbeat that can

cause the formation of clots in the heart.
These clots can then make their way
to the brain. Afib increases stroke risk
significantly.

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Symptoms of pancreatic cancer



Symptoms

Symptoms may not appear until pancreatic cancer is in an advanced stage. People who notice any of the following symptoms should bring them to the attention of their physicians immediately.

• **Abdominal pain:** A vague mid-abdominal pain is one of the first symptoms of pancreatic cancer.

• **Fatigue:** Fatigue may be an early symptom of pancreatic cancer, so it's important that aging individuals do not write off any instances of fatigue as merely a byproduct of getting older. Fatigue is often noticed prior to diagnosis, so taking it seriously is urgent.

• **Lower back pain:** Over time, pain in the abdomen may move or radiate into the back.

• Yellowing of the skin and of the whites of the eyes

• Loss of appetite

• Significant loss of weight in a 30-60 day span

• Depression

• **Digestive issues:** The pancreas is part of the digestive system. As many as 40 percent of pancreatic cancer patients report nausea and vomiting.

• Itching

Many of the symptoms noted above may be byproducts of pancreatic cancer treatments, but they also may appear prior to diagnosis. So it's important that they be treated seriously and reported to a physician immediately.

TOP 5 CANCER KILLERS

1 Lung Cancer	2 Pancreatic Cancer	3 Breast Cancer	4 Colorectal Cancer	5 Prostate Cancer
				

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If you are struggling with the loss of a loved one, please join us for one or more of our free outreach programs:

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Every second Wednesday of the month at 3:30 p.m.

Weekly Book Club for Grief & Loss
Thursdays from 12-1:00 p.m.
Heartwood Space @ Grace Church in the Mountains,
394 N. Haywood Street

Healing Hearts Equine Support Camp
For children 5-16, Saturday, September 14 at Encore Stables.
1-5pm. To register, email Sarah.tomaka@gmail.com

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Tips for daily living with arthritis



Arthritis refers to more than 100 conditions characterized by joint pain or joint disease and is the leading cause of disability in the United States, affecting women at a proportionally higher rate than men.

When arthritis flares up, it can make performance of daily activities challenging. The following are steps to make living with the condition somewhat easier.

additional kitchen tools that can make life with arthritis a little easier.

Move your bedroom: If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down. Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the washer and dryer upstairs to make laundry easier.



Work with an occupational therapist: An occupational therapist can assess work and home situations and make recommendations on potential modifications to these spaces. Having items at counter height; purchasing smaller sizes of products that are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby to sit while doing an activity can help.

Use smart devices: With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the house.

Focus on kitchen tasks: Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items around. Electric jar openers, kitchen scissors and even vegetable steamers that require less water are

Get a rollator: A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

Get the right pain relief: Strategies include anti-inflammatory medications, physical therapy and massages, stretching and exercising, and even prescription therapies that target the immune system in people with autoimmune arthritis. Work with health professionals to get the right combination to alleviate pain and stiffness.

Natural health: Innate intelligence vs artificial intelligence

By Dr. Michael Hogan
Blue Mountain Chiropractic Center

Dr. Michael Hogan

What does it mean to be natural?

Does it mean to run around naked in the woods and not wear deodorant? Does it mean to grow your own food and make granola?

Natural as I see it, means to be instinctual and intuitive.

As humans, we have both instincts and intuition, however, instincts are survival based and can be programmed or used in an artificial way. So, instincts are programmable, like artificial intelligence is programmed. Pavlov's dogs is a classic example of training a mammal's nervous systems to respond instinctively to a bell ringing.

Instincts can save your life, and they are preprogrammed at birth. The better you can develop or integrate your instincts, your reflexes and your primitive reflexes in general, the better your body will function. Healthy reflexes are a positive response of the nervous system.

These technologies surely have great benefits as well when used responsibly.

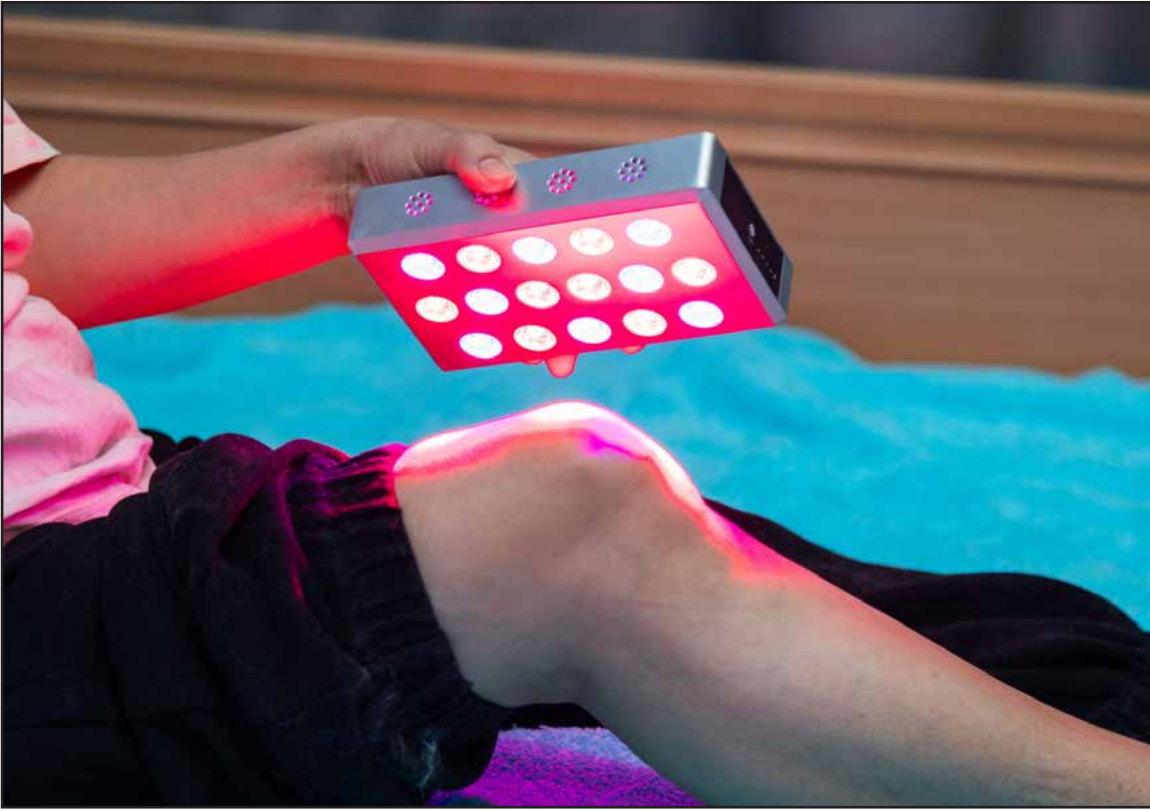
Artificial vs. Natural treatments

Regarding artificial vs natural treatments for my torn IT muscle, I have been using cold laser therapy every day. This is also known as photobiomodulation, using specific laser light frequencies to support injury repair. It seems to significantly enhance healing times.

Laser therapy is a great tool for healing, but not something to become solely dependent on. What are the natural things that I could do to recover and learn from this painful event? The pain was so bad Sunday evening, I could not get out of my car, nor could I lay down to sleep. I asked God if he wanted me to become more empathic to my patients by making me experience more pain.

But intuitively, I knew the truth: fear. Fear was driving my decisions. Fear of slowing down. Fear of taking a break. Fear of resting and missing out. Yet, this fear caused actions that moved me further from my goal.

To my rational mind, I thought I just needed to push through it, work through it — workout and shut the pain down — but my body responded with a resounding STOP. So now I am relaxing at home, writing an



article. I am actually feeling much better, as it feels like I have not truly relaxed in quite a while.

Natural health care looks at the human holistically, not as the condition, but as a person with mental, emotional, physical, and spiritual components. We have tools like adjustments, massage, and cold laser to help someone heal.

Real healing occurs when we listen to our instincts and ask our intuition what we can do to adapt better in our lives and truly overcome our challenges. We must focus our minds on inspirational content through positive, uplifting materials. And also take time to sit or walk in silence and listen to our inner selves. Spend time with loved ones or friends.

We also must look at our nourishment or nutritional support and blood sugar. Balancing our food intake with local raw foods as a snack adds hydration, enzymes, and minerals to our bodies. We also look at the physical. Our bodies are meant to move, not necessarily to the extreme as in my case, but also not to the sedentary aspect. Each of these approaches will help balance your nervous system and bring more joy to your life.

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