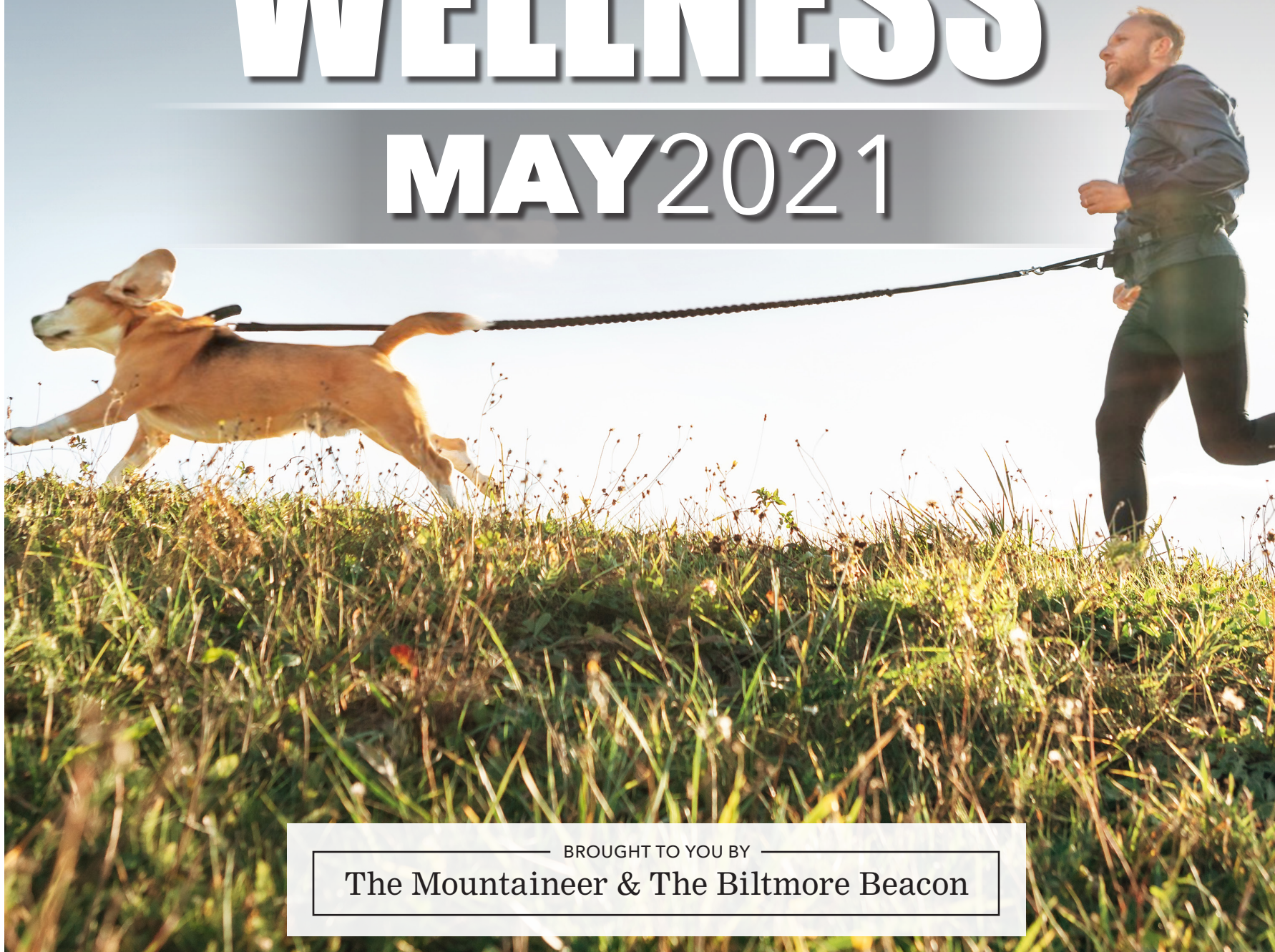


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Ad15765

HRMC AWARDED AN 'A' FOR SPRING 2020 LEAPFROG HOSPITAL SAFETY GRADE



Haywood Regional Medical Center (HRMC) received an "A" grade in the spring 2021 Leapfrog Hospital Safety Grade, a national distinction recognizing HRMC's achievements protecting patients from errors, injuries, accidents and infections.

The Leapfrog Group is an independent national watchdog organization committed to health care quality and safety. The Leapfrog Hospital Safety Grade assigns an "A," "B," "C," "D," or "F" grade to all general hospitals across the country and is updated every six months. It is the only hospital ratings program based exclusively on hospitals' prevention of medical errors and other harms to patients in their care.

"Receiving an 'A' from Leapfrog Hospital Safety Grade – our seventh in a row – is something our staff should be very proud of," said Greg Caples, CEO of HRMC. "Though the pandemic has changed our world, I believe this shows that our commitment to patient safety has been and remains strong. We are always here when you need us."

"An 'A' safety grade is an elite designation that your community should be proud of," said Leah Binder, president and CEO of The Leapfrog Group. "The past year has been extraordinarily difficult for hospitals, but Haywood Regional Medical Center shows us it is possible to keep a laser focus on patients and their safety, no matter what it takes."

Developed under the guidance of a national Expert Panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,700 U.S. acute-care hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

HRMC was awarded an "A" grade today when Leapfrog updated grades for spring 2021.

To see HRMC's full grade details and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org and follow The Leapfrog Group on Twitter and Facebook.

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Six tips to get the most nutrients out of your food

Did you know there are ways to get the greatest possible health benefits from what we eat while also managing our resources to reduce food waste? Obviously there are more nutrients in kale than in a candy bar, but what's less evident is that food combinations, cooking methods and other factors can influence how our body absorbs those nutrients. Here are some tips to maximize your intake of the health-enhancing vitamins and minerals found on your plate.

1. Add fresh lemon juice to your leafy greens

The vitamin C in lemon juice will help your body absorb the iron found in greens like spinach, arugula, kale and watercress.

2. Combine black pepper and turmeric

Turmeric contains a bioactive phytochemical called curcumin, which may act as a powerful anti-inflammatory, antioxidant, and anti-carcinogenic. By itself curcumin isn't easily metabolized, but when paired with black pepper, our bodies more readily absorb it.

3. Add healthy fats to your veggies and stewed tomatoes

The healthy fats found in olive oil and avocado help us absorb both fat-soluble vitamins (A, D, E, K, etc.) and lycopene.

4. Steam cruciferous veggies

Steaming veggies such as cabbage is the best way to retain beneficial phytochemicals and nutrients.

5. Grind flaxseeds

Flaxseeds are rich in omega-3 fatty acids, protein and fiber. How-



ever, if you eat them whole, they pass through the digestive tract unabsorbed. Grind them before use to reap their nutritional benefits.

6. Sprout grains and beans

Not only does sprouting grains

and beans make them easier to digest, but it also increases the range of vitamins and minerals available. Soak them in temperate water for 12 hours prior to cooking to get the most health benefits.

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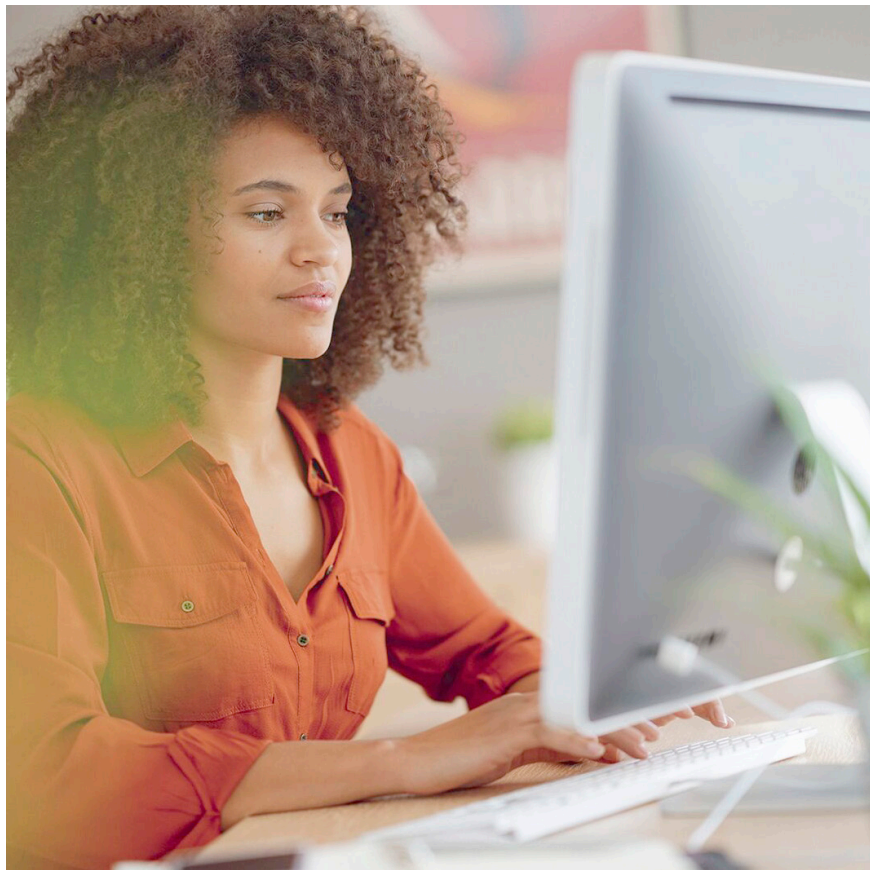
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Ad16320

How to prevent digital eye strain



If you're experiencing dry eyes, headaches or blurry vision, digital eye strain may be to blame. Here are five things that can help alleviate the effects of frequently looking at your computer, tablet or phone screen.

1. Follow the 20/20/20 rule

Look up from your screen every 20 minutes and focus on something approximately 20 feet away for at least 20 seconds. This short break will give your eyes the needed rest to relax, refocus and reset.

2. Change your settings

If your job makes it impossible to avoid looking at a screen all day, try using a larger font size. Additionally, you can increase the contrast, sharpness and brightness of your screen.

3. Adjust the lighting

Glare from the sun or over-

head lights can cause your eyes to work overtime. Try dimming the lights in the room, closing the blinds or installing an anti-glare filter.

4. Improve your posture

Bad posture can intensify digital eye strain. Avoid slumping over, craning your neck or looking down at your screen for long periods of time.

5. Schedule regular eye exams

An optometrist can ensure that your uncorrected vision problems are addressed. Plus, they can provide professional advice on how to keep your eyes healthy.

Though digital eye strain is unlikely to lead to permanent damage, it can be uncomfortable. Taking precautions will help minimize difficulties with your vision and eye health.

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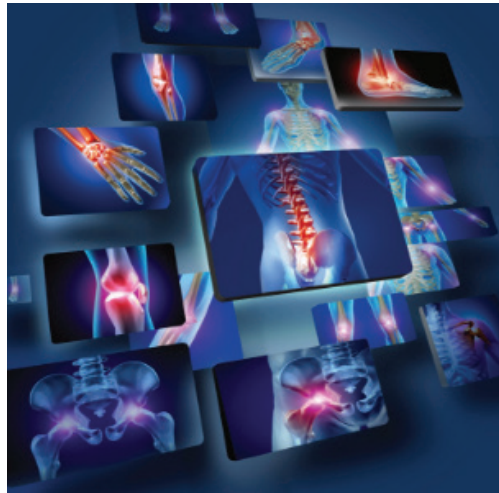
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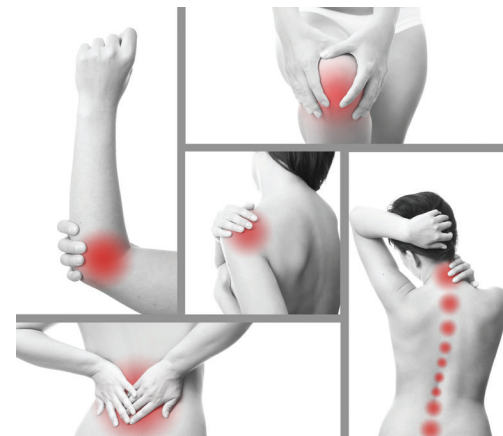
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Naturally Treat & Heal The Cause of Pain with Regenerative Therapies



By Dr. John C. Haasis III, M.D
Daisy Stem Cell Therapy

Your body is an amazing feat of engineering. Many complex physical, chemical, and neurological processes all work together to make you who you are. Too much medicine today focuses on treating a symptom rather than solving a problem. 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. Therapies such as the ones listed below stimulate and accelerate your own body's natural ability to heal itself.

Stem Cells

Stem cells are “undifferentiated” cells, which allow them to develop into another type of cell that is required to repair or replace damaged tissue. Stem cell therapy can repair tissues that are too damaged to heal on their own. Stem cells can stimulate the formation of cartilage, tendon, ligaments, bone and fibrous connective tissues.

Allograft Tissues

A purified amniotic source that contains a healing matrix of cytokines, growth factors, and proteins that helps to rejuvenate and heal damaged tissue can be used via injection.

Exosomes

Exosomes are extracellular vesicles which can be used alone or in combination with stem cell therapy to speed up healing. Exosome therapy can be injected into the affected area for orthopedic injuries, used in aesthetic procedures for cosmetic enhancement or given intravenously for anti-aging.

Platelets

Platelet rich plasma (PRP) therapy utilizes platelets taken from the patient's own blood to rebuild damaged tendons and cartilage. Platelets normally circulate within the blood stream and are responsible for blood clotting and initiating a healing response in an acute injury. Many acute injuries do not heal adequately and can lead to chronic pain and loss of function of the injured area. Platelet rich plasma (PRP) therapy allows us to harvest the patient's own platelets and re-inject those platelets into sites of injury to initiate healing and improvement of function.

Technology

All procedures are performed under the guidance of ultrasound or a fluoroscopy unit to maximize results. We have incorporated the latest innovations in equipment, supplies, and protocols to optimize outcomes. In addition, we have partnered with leaders in the field, with proven track records, to provide the very best stem therapy products to

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our patients.

Dr. John C. Haasis III, M.D., is Medical Director and Founder of Daisy Stem Cell Therapy and Advanced Regenerative Medicine Centers of the Carolinas. With over 25 years of comprehensive and interventional pain management experience, Dr. Haasis has treated thousands of patients in our region.

Dr. Haasis received his undergraduate degree in Biology from Pennsylvania State University was accepted into a Ph.D. program at Temple University where he studied molecular biology. He received his medical degree from the Medical College of Pennsylvania in 1992, followed by Anesthesia and Pain management training at Duke Uni-



versity Medical Center. He currently enjoys a thriving practice with six office locations in NC and SC. Over the years, he and his staff have made it their mission to help people manage their pain and improve function so that they can enjoy life again.

Take Advantage of Telemedicine for Better Health

If there is a silver lining to the challenges the past year created for families, it may be the growth, availability and affordability of virtual care for medical and mental health needs. The ability to see a doctor from home, with little notice, offers a level of flexibility in accessing health care that was historically quite rare.

Virtual care, or telemedicine, can span a wide range of services to address a family's health needs without going to a doctor's office and provides easy access to experts and specialists via phone and video. Plus, telemedicine services are covered by most insurance providers.

"Telemedicine is a safe and practical way to access health care for the entire family," said Dr. Desreen N. Dudley, a clinical psychologist and behavioral health quality consultant for Teladoc.

"For example, Teladoc has thousands of care providers across all 50 states that let members quickly connect with a doctor or specialist who can provide peace of mind any hour of the day or night."

From care for specific illnesses to managing ongoing concerns, learn how accessing telemedicine might be a good fit for your family's health care needs.

Everyday Illnesses

In the past, if your doctor's office couldn't get you in to help treat conditions like allergies, sinus infections or other common illnesses, urgent care was one of your few remaining options. Now, virtual care can be increasingly relied upon to conveniently address non-emergency needs and everyday illnesses in place of urgent care.

Specialty Care

Even with a referral, it can take weeks

or months to get an appointment with some specialists. One example is dermatology. Instead of waiting months to be seen by a dermatologist, with a virtual provider, you can seek and receive treatment a matter of hours.

Mental Health

As a result of the pandemic and related social implications, many organizations are reporting substantial upticks in requests for mental health support and anticipate telemedicine will outlive the pandemic. In fact, phone and video visits for mental health have been shown to be as effective as in-person treatment, according to the Telemental Health Institute.

Wellness Care

Most people think of their health needs in terms of reactive care for known problems, but it can also be useful for wellness care, such as nutrition. With more families cooking meals at home during the pandemic, registered dietitians can provide virtual consultations to help ensure everyone, including family members with special dietary needs, receives proper nutrients.

Expert Advice

If you're unsure about a diagnosis, need help choosing treatment, have medical questions or concerns, or want an expert's advice or second opinion, some virtual care providers can connect you with leading specialists to give you the answers and confidence you need to make informed decisions about your family's health.

Learn more about how virtual care may work for your family at Teladoc.com.



Take Charge of Your Mental Health

Between virtual school, safe playdates and working from home, lives have been interrupted in countless ways by the COVID-19 pandemic. Among those is the impact on mental health. These tips from Dudley can help make your mental health a priority.

Engage in self-care. Self-care should be prioritized along with your work or family priorities. Make time to reconnect with family and friends by phone or video chat and allow kids to do the same. Remember asking for help, including seeking mental health counseling, is a form of self-care, too.

Change expectations. Give yourself and your family grace, embrace flexibility and let go of your pursuit of perfection. Be patient and give yourself a "timeout" when challenges arise. For example, wait to address kids' negative behaviors until you are less frustrated and stop apologizing for things like children making noise in the background of calls.

Keep a structured routine. Even if your regular schedule is off due to virtual school or other factors, maintaining routines like regular bedtimes allows for more time to get things done and unwind. Similarly, focus on your responsibilities during the day then catch up with kids and non-essential activities after work hours.



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How to connect with your emotions

The fast pace of daily life can make it easy to brush feelings aside rather than reflect on them. And yet, the process of connecting with your emotions is crucial to your mental well-being. Here's some advice that can help you get in touch with your feelings.

Learn to accept them
It's important not to distract yourself from difficult emotions. Instead, you should aim to become more at ease with them. If you want to learn to accept your feelings, both positive and negative, you need to find a way to embrace rather than resist your emotions.

Identify them with words
Pay attention to your body and attempt to identify how you feel physically and mentally. Is there

tightness in your throat, tension in your temples or heaviness in your gut? Are you feeling angry, anxious or sad? Putting your emotions into words, out loud or in a journal, will allow you to better understand them.

Recognize their impermanence
Accepting your emotions isn't the same thing as resigning yourself to them. Remember that all feelings are temporary, and even the most powerful emotions will fade with time.

If you're struggling with your emotions, keep in mind that speaking with a friend, family member or mental health professional can help you sort through them.



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Ad16024

Common causes of shoulder pain



By Dr. Christie Lehman, MD
Asheville Regenerative Orthopedics and Sports Medicine

Tendinitis in the shoulder means that the tendons of the rotator cuff or biceps are swollen and “mad.” People can have just achy pain, more at night or with certain activities. If the issue is severe, may be unable to put on a shirt.

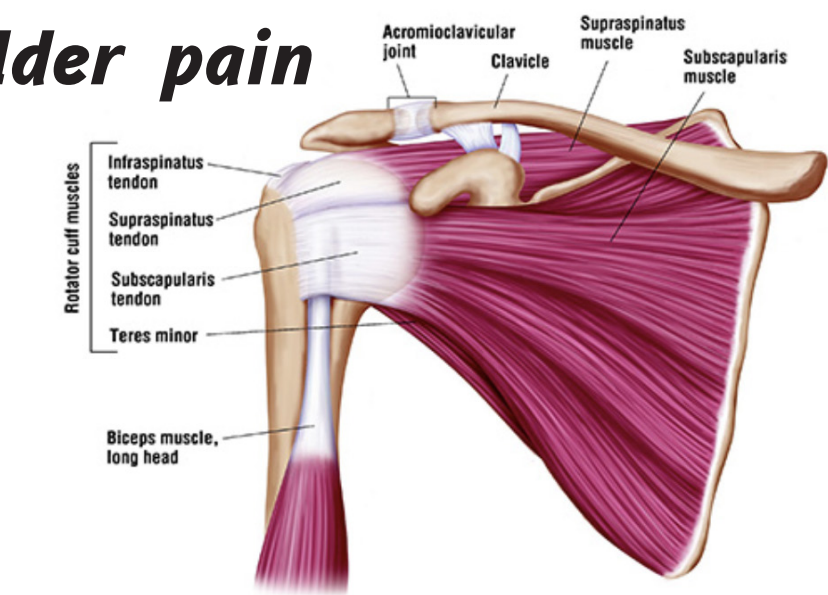
This issue is usually caused by ab-

normal motion of the shoulder joint. It’s usually fixed with simple physical therapy exercises, but when it doesn’t get better that way, many physicians will offer a high dose steroid injection to the area.

There is mounting evidence that this is not a good idea. Steroids and some numbing medications have been shown to hurt these tissues in the long-run, leading to more problems down the road.

A better option is to use an ultrasound-guided platelet-rich plasma shot (your own concentrated blood platelets).

Rotator cuff tendon tears may also be a cause of pain. While physical therapy is initially recommended, the patients who fail that step and who have a bigger tear are usually sent to surgery to sew back



together the torn pieces. Regrettably, recent research has shown that rotator cuff surgery isn’t all that successful.

In one trial it was no more effective than physical therapy. ([https://pubmed.](https://pubmed.ncbi.nlm.nih.gov/24395315/)

[ncbi.nlm.nih.gov/24395315/](https://pubmed.ncbi.nlm.nih.gov/24395315/))

Many patients can be treated without the surgery and just an injection of their own stem cells, leading to a much faster recovery.



Are you looking to exhaust your non-surgical treatment options for problems such as knee arthritis and shoulder rotator cuff tears?

Patients are very happy to find a physician who spends ample time evaluating their problem, and considers multiple overlapping parts of the body.

Dr. Lehman is a neuromusculoskeletal expert and is:

- Board certified in Physical Medicine and Rehabilitation
- Has laboratory accreditation for Electrodiagnostic testing by the AANEM
- Registered in musculoskeletal ultrasound R-MSK
- Nationally recognized leader in Regenerative Medicine

Examples of conditions treated:

- Shoulder arthritis and rotator cuff tears
- Knee arthritis, meniscal tears
- Hip labral tear, arthritis, and bursitis
- Lumbar spine and SIJ pain
- Carpal tunnel and pinched nerves
- Tennis elbow and golfer’s elbow
- Ankle and foot pain, peripheral neuropathy



Dr. Lehman has worked alongside surgeons for many years and knows when a referral for surgery is indicated. Many patients, however, can get relief without surgery using cortisone and hyaluronic acid injections, physical therapy, bracing, weight loss and exercise counseling, and newer Regenerative Medicine procedures.

Seeing Your Doctor During the Pandemic

If you've been putting off a visit to your doctor during COVID-19, you're not alone.

Most adults (57%) agree the pandemic has changed how they feel about going to a health care provider's office, according to a survey of 1,000 adults in October 2020 from a national alliance of health care experts working to stop medical distancing, which was commissioned and sponsored by AbbVie.

The survey showed that in adults with chronic diseases, cancellations of their visits to the doctor amounted to 61%. Of those that had canceled appointments, 18% did not reschedule them. Some of the reasons included concerns about contracting COVID-19, not wanting to go into the hospital if not necessary and believing they can hold off on care until the end of the pandemic.

Keeping up with regular appointments is an important part of effective ongoing health care, especially for those managing chronic conditions. Continuous, clear and open communication with your health care providers is essential to getting the care you need.

See Your Doctor

Most important to know during this time are the measures your health care providers are taking, such as wearing personal protective equipment, practicing physical distancing and increasing cleaning and sanitization procedures. Find out what precautions health care providers are taking in your area.

Also, see if your health care team offers telehealth appointments as an alternative. Virtual visits put you face-to-face with your doctor from the comfort and safety of your own home.

"It's generally wise to limit in-person interactions to safeguard against contracting COVID-19, but forgoing care for an ongoing health condition, especially a chronic illness, may put patients at unnecessary risk," said Dr. Oren Cohen, chief medical officer, Labcorp Drug Development. "Our goal in health care is to keep patients safe and healthy. Health care providers have established robust protocols to minimize the risk of COVID-19 transmission. Calling ahead to understand the process for an office visit or test is a good idea. In some circumstances, telehealth visits may be a good option as well."

Keep Up with Your Medicines

In addition to seeing your doctor, it's also important to take your medications as prescribed. Stay in touch with your pharmacy and health care provider team to ensure prescriptions stay current. Also avoid waiting until the last minute to request a refill so you don't encounter delays or potentially miss doses.

Seeing your doctor and taking your medications are very important to your ongoing care. It's also a time to talk with your health care provider for more advice on how to get the care you need during the pandemic and beyond.

Take Control of Your Health Care During COVID-19

Health care providers are taking extra precautions and implementing additional protocols to conduct in-person visits in the safest way possible. Here's what you can do to take care of your health:

Make and keep your appointments.

Reschedule any canceled ap-



pointments.


If you decide to see the doctor in-person, be sure to call your doctor and ask what health precautions are being taken.

Consider a telehealth visit as an alternative to going to an in-person visit.


Take your medications as prescribed.

Check the expirations of your medications and ask for refills with plenty of time to have them filled.

Ask your health care provider for additional ways to protect your health during this pandemic.



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THE 4 MOST IMPORTANT WAYS TO MAINTAIN A STRONG IMMUNE SYSTEM

By Kim May
The Fitness Connection

These are certainly challenging times to say the least. For the first time in human history we are faced with a global enemy that is ruthless, the COVID-19 virus.

We are all being asked to quarantine ourselves at home as much as possible, as well as take every precaution to properly wash our hands often, not touch our faces, drink water often, etc. What is crucial is that we stay as strong and healthy through this pandemic and here are the four major factors to consider.

Quality sleep is mandatory for a healthy immune system. Eight hours a night of non-interrupted sleep is a fantasy for most of us over

60 years of age; however, we can make improvements. To get more quality sleep turn off ALL electronics, television and bright lighting by 9 o'clock each night. Stop drinking liquids by 7 p.m. Also, by setting a consistent bedtime and wake-up hour and sticking to it makes a BIG difference.

Drink plenty of clean, pure water. Choosing to drink our daily water allotment is critical. 1/2 ounce of pure water per pound of body weight; I weigh 150 lbs., so I need 75 oz. of water daily and much more on hot weather days. I drink 32 oz. first thing in the morning, (Start slow and add 3-4 oz. gradually to prevent spending all morning in the restroom.) 8-16 oz. by lunch, 32 oz. throughout the afternoon

allowing me to have a few ounces with dinner and then I'm finished for the day. Every single physiological function that takes place in the body requires water be present.

Research has proven adequate amounts of physical exercise positively impact and help maintain a strong immune system. Thirty minutes a day, five to seven days a week is the minimum for maintaining the health of our immune system. Large gyms are being closed all over our country however, facilities like The Fitness Connection are ideal. We are small but have plenty of room to segregate a trainer working with a client in a small area of their own. Upon entry we require everyone to thoroughly wash their hands. We have completely sanitized every piece of equipment prior to use and after. The exercise component is one being overlooked by many.

Eating plenty of fruits and vegetables high in vitamin C and cut all foods containing white cane sugar from your diet. Sugar is the No. 1 enemy of our immune system. Just one 8 oz. can of soda contains over 9 teaspoons of sugar and in many



Kim May, owner and fitness instructor at The Fitness Connection.

ways diet soda is even worse. Juices are very high as well, averaging 5 teaspoons of sugar per cup. Eat the orange, berries and apples versus drinking juice because when the sugar in fruit is eaten this way it is contained in the fiber and the body metabolizes it absorbing the nutrients and much of the sugar is then eliminated by the body. Not the case with juice.

Taking the very best care we can during this unprecedented time is vital. We are a resilient bunch here in the US but it's imperative we all "go above and beyond" to contain this enemy as best we can. This too will pass and, we will prevail; of this I have no doubt.

The question to ask is, "are you going to love yourself and your family enough to do all you can?" May the very best outcome be ours and here at The Fitness Connection we are committed to assisting you toward optimal health. Be well friends.

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A woman with brown hair tied back, wearing a bright yellow blazer over a white top, is sitting on a patterned couch. She is smiling and looking at a laptop on her lap. She is also holding a black coffee cup. The background is a bright, indoor setting with plants.





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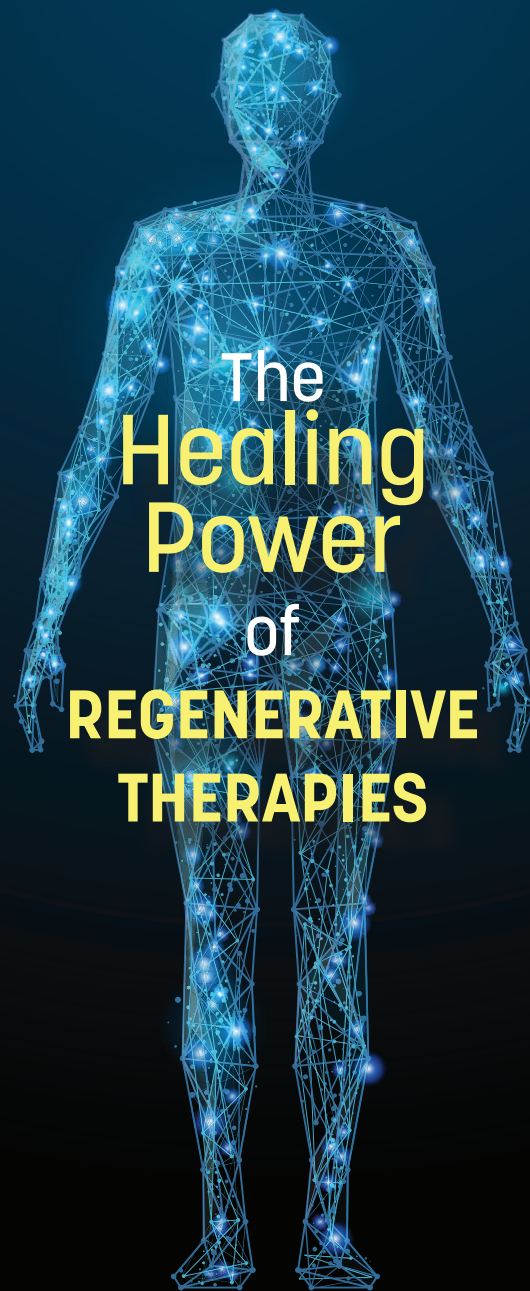
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- Autoimmune Disorders
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- Hair Restoration/Rejuvenation
- Sexual Rejuvenation

Your body is an amazing feat of engineering. Many complex physical, chemical, and neurological processes all work together to make you who you are. Too much medicine today focuses on treating a symptom rather than solving a problem. Explore Daisy Stem Cell Therapy And Regenerative Medicine @ daisystemcell.com. See if this cutting edge treatment option is for you.

Dr. John C. Haasis III, Medical Director & Founder
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6 tips to protect your mental health at work

Work is an important part of our lives and can impart a sense of purpose and accomplishment. However, according to the National Alliance on Mental Health, one in five Americans struggles with mental health issues, and workplace stress is often reported as the primary cause. Among American employees, depression and anxiety are noted as the top two issues.

The result of all this is that absenteeism, loss of productivity and resignations are increasingly common in the workplace. Notable causes of work-related mental health issues are work overload, lack of recognition, precarious employment situ-

ations and interpersonal tensions. Here are six things you can do to avoid or lessen the effects of these problems.

Take a break.

You're entitled to your break times, so take advantage of every minute.

Delegate tasks.

If you have a heavy workload, don't be afraid to unload some of your tasks to your colleagues.

Connect with co-workers.

Make time in your schedule to socialize with your colleagues.

Drink sensibly.

Avoid using drugs and alcohol to manage work-related stress.

Use workplace resources.

Take advantage of any well-being or time management resources offered by your employer.

Resolve interpersonal tensions.

Speak to your employer, or someone you trust, about interpersonal issues like intimidation or harassment.

Outside of work, make sure to eat well, get enough sleep and exercise regularly. In addition, remember that maintaining a supportive social network can be an effective way to prevent or mitigate mental health issues. And if you need to, don't hesitate to talk to a doctor or other health care professional in your community.



Christopher T. Lechner, MD (Hand Surgeon), Bruce I. Minkin, MD (Hand Surgeon), Lacy Eugene Thornburg, MD (Hand Surgeon), Jesse (Jay) L. West, MD (Sports Medicine Surgeon), Travis Snyder, PA-C (Sports Medicine)



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Hospice provides compassionate care for patients



Haywood Hospice medical director, Dr. Michael Pass.

Today, many patients with a chronic or terminal illness have expressed concerns about going into an ER or hospital to address pain or symptoms.

“We have received calls from the community requesting information about home hospice care, and we are able to admit qualifying patients during this time,” said Dr. Michael Pass, medical director

for Haywood Hospice & Palliative Care.

“Many people think hospice care is for the last 24-48 hours of life. Actually, hospice care is designed for patients with an end-stage chronic or terminal illness who are not seeking further curative treatment. They want to be home with loved ones, and they do not want to go back to the hospital or treatment centers,” Pass said.

If they qualify, patients can benefit from a hospice comfort care team comprised of a physician, RN, CNA, social worker, and chaplain. Volunteer and bereavement programs are also provided.

A hospice nurse and practitioner are on call 24 hours, seven days of the week to provide support and care of pain or symptoms. Medicare and most private insurances cover hospice care at home. In addition to a clinical staff, medicines and equipment related to a patient's diagnosis are also covered under Hospice Comfort Care.

“For now, some families prefer only the essential staff in the home, mainly the nurse and nurse



assistant, who have full protective equipment,” Pass said. “The other members of our team are calling and talking with family and patients regularly.”

Pass, who has been medical director at Haywood since its inception in 1983, is an expert when it comes to Medicare's hospice eligi-

bility requirements for care received at home or at a skilled facility.

Haywood Hospice & Palliative Care is at 43 Bowman Drive in Waynesville. For more information on hospice comfort care at home or in a facility, contact your physician or call Haywood Hospice at 828-452-5039.



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Ad16253

New guidance may change how you control your asthma

The National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health recently updated national guidelines for the diagnosis, treatment and management of asthma. Asthma is a chronic lung condition affecting about 25 million Americans, 5.5 million of whom are children. The 2020 Focused Updates to the Asthma

Management Guidelines aim to improve the care of people living with asthma. Together, people with asthma, their caregivers and health care providers can make informed decisions about asthma management based on this new guidance.

The guidelines contain 19 new recommendations in six key areas of asthma diagnosis, management and treatment. For example, they suggest that people ages 4 and up

with moderate to severe persistent asthma use a single inhaler that contains an inhaled corticosteroid and the bronchodilator formoterol.

The guidance recommends this treatment both as a daily asthma controller and as a quick-relief therapy. Inhaled corticosteroids are medicines that help control inflammation in your airways over time, and bronchodilators help keep your airway muscles relaxed. The guidelines also suggest that people ages 12 and up with mild persistent asthma may do well with inhaled corticosteroids along with a type of medication called a short-acting bronchodilator for quick relief.

People who are sensitive and exposed to indoor allergy triggers, such as dust or animal dander, may find that these allergens affect their



asthma. A few different strategies, used together, can help reduce symptoms. Using only one strategy often does not improve asthma outcomes. For example, using a high-efficiency particulate air (HEPA) filtration vacuum cleaner along with pillow and mattress covers that prevent dust mites from going through them could benefit those sensitive to dust. Using an integrated pest management plan may be helpful if you are allergic and exposed to cockroaches, mice or rats.

Talking with your health care provider about these and other updates to the asthma management guidelines is an important part of your asthma care and can help you make informed decisions about your treatment. Asthma is a serious condition, but with the right treatment, it can be controlled. Work with your health care provider to develop a comprehensive prevention and treatment plan that includes:

- Taking prescribed medications
- Addressing environmental factors that worsen symptoms
- Learning skills to manage your asthma on your own (such as with an asthma action plan)
- Monitoring your care to assess how well it's working and how to adjust, if needed

If you have asthma and are concerned about COVID-19, talk to your health care provider. People with moderate to severe asthma may be more likely to get severely ill with COVID-19. COVID-19 can affect the respiratory tract (nose, throat, lungs), cause an asthma attack and possibly lead to pneumonia and acute respiratory disease. For more information on COVID-19, visit [CDC.gov](https://www.cdc.gov).

Read more about the updated guidelines and find asthma resources and information from NHLBI's Learn More Breathe BetterSM program at www.nhlbi.nih.gov/LMBBasthma.

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Ad16221

5 TIPS TO PROMOTE HEALTH DURING SPRING

As seasons change, there's often a great deal of shuffling and movement, including common allergy triggers like trees, pollen, mold spores, dust and dander along with pesky sinus pressure. Combined with changes in barometric pressure and weather patterns bouncing up and down, spring can be one big pain — literally.

“This is the time of year when most of us are excited to see the change of seasons, but millions of allergy and sinus sufferers welcome spring with trepidation,” Dr. Ian Smith, M.D., said. “Common triggers such as trees, pollen, mold spores, dust and dander can wreak havoc for many. Having a trusted multi-symptom reliever of upper

respiratory allergies like Mucinex Sinus-Max is absolutely key in making the season more enjoyable for all suffering from sinus and congestion issues. With a reliable multi-symptom product stashed in your medicine cabinet, and the combination of simple modifications like being mindful of your indoor climate, eating more fruits and veggies, and staying hydrated, can help limit sinus discomfort this season.”

Take steps this spring to ease the impact of sinus and allergy problems and focus on your overall wellness for a smooth transition with these tips:

Spring continues on pg 20



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Health Tips to Navigate Year 2 of the Pandemic

After months of unfamiliar restrictions and guidelines, pandemic fatigue is affecting how some Americans protect their health. However, experts warn that diligence is still extremely important because new mutations and variants of the virus that causes COVID-19 are being discovered. The typical cold and flu season also brings added threats to people's health and wellness.

"Staying diligent is one of the most important things we can do as we navigate through cold and flu season as well as the COVID pandemic," said family medicine physician Dr. Jennifer Caudle.

Though you may still be spending more time at home, it's important to take proactive steps to maintain your health. Caudle offers these practical tips to help protect your health while you're waiting for vaccination eligibility amid the pandemic this cold and flu season.

Avoid Exposure

As COVID-19 continues to impact communities from coast to coast, there's no better time to avoid getting sick. Even if you catch a less serious illness like a cold or the flu, health care professionals in many areas are stretched thin. What's more, getting sick could compromise your immune system, making you more susceptible to a more serious infection.

Minimizing your risk of exposure means limiting close contact with others outside your household, wearing a mask and washing your hands regularly with soap for at least 20 seconds. An alcohol-based sanitizer that is at least 60% alcohol can substitute for hand washing, if necessary.

Practice Self-Care

Staying healthy isn't just about avoiding germs. Managing your physical health means keeping your body in top condition by eating right, exercising, getting enough sleep and ditching habits that can negatively impact your body, like smoking and excess drinking. It's also important to monitor your mental health since factors like stress and depression can take a physical toll that impacts your body's immune response.

Pinpoint Symptoms

If you get sick, it's important to pay close attention to your symptoms. However, this cold and flu season brings a unique variable with the possibility that your symptoms may actually stem from a mild case of COVID-19. Weather may also fuel stronger than usual allergy responses, so distinguishing between cold, flu, COVID-19 and allergy symptoms can be especially tricky. Testing may be necessary to get the proper diagnosis and ensure you're taking the right precautions to prevent the spread of any infection. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

Treat Symptoms

Depending on your diagnosis, a health care professional may suggest medication to help treat symptoms until your illness runs its course. There are a variety of products available over the counter that are commonly used to treat symptoms of respiratory viral infections. Many provide relief from multiple symptoms in a single dose. For example, an option like Mucinex DM lasts 12 hours when used as directed and contains dex-



tromethorphan, which helps to control cough, and guaifenesin to help thin and loosen mucus.

You can identify the right formula to provide relief based on

symptoms you are experiencing by using the online tool at Mucinex.com, where you also can find more information regarding self-care remedies.



Health Perspectives

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Ad16317

Spring continued from pg 20

Control your allergy and sinus triggers. Knowing what flares your allergic reactions can help prevent discomfort. For many people, monitoring pollen counts and limiting time outdoors on high-pollen days can help reduce reactions. You might also avoid hanging laundry outside, as pollen can stick to clothes and sheets as they dry, and ask for help with yardwork to limit your exposure.

Find some pressure release. When nasal congestion or sinus pressure build, it can feel like a ton of bricks have landed on your head. However, you can find relief with products designed to help clear up your stuffy nose, relieve headaches and thin and loosen excess mucus. Often, if you're experiencing sinus problems, you're dealing with multiple symptoms. From congestion to headaches to sinus pressure, an over-

the-counter medicine like Mucinex Sinus-Max can break up your sinus symptoms with just one dose or your money back.

Manage your indoor climate. Even when you start spending more time outdoors, it's important to keep close tabs on the quality of the air inside your home. If you're prone to allergy flare-ups or sinus infections, manage the humidity level by using a humidifier or dehumidifier. If outdoor allergens are a concern, avoid opening windows and doors, and instead rely on air conditioning on warmer days. Also be sure to change filters regularly and use an air purifier for added protection.

Keep fluids flowing. More time outdoors in warmer weather can quickly lead to dehydration, especially if you're working up a sweat. Drink plenty of water to stay well hydrated and keep your body operating in top shape. Staying hydrat-



ed also can help keep mucus moving, allowing you to ease through allergy or sinus problems.

Update your medicine cabinet. A seasonal change is a good time to take stock of your medical supplies and medications to ensure you have what you need for the months ahead. Discard any expired prescriptions or over-the-counter medicines and be sure to restock

common spring and summer essentials like bug bite ointments, sunburn spray and multi-symptom products like Mucinex Sinus-Max to help temporarily relieve sinus and congestion symptoms in one dose. Also, be sure to replenish your first aid kit with plenty of bandages and wound care supplies.

For more information, visit Mucinex.com.



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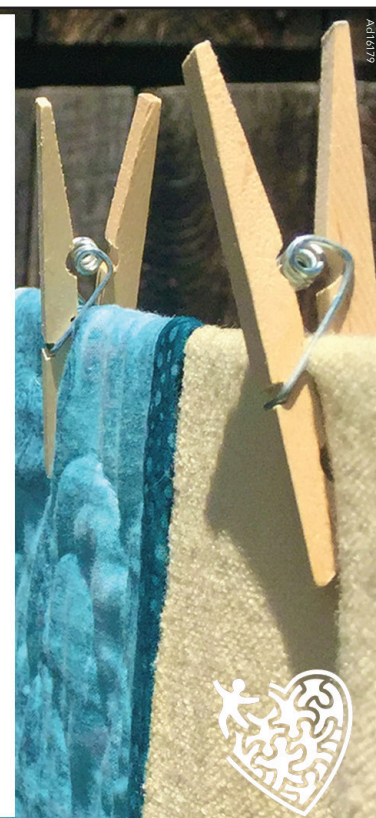
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Identifying and understanding dehydration

Dehydration is a simple condition to understand, but one that can lead to a host of complicated problems. Many people may be quick to associate dehydration with athletes, particularly those who exercise outdoors in warm climates. But dehydration can affect anyone at any time, which only highlights why men, women and even children should learn to identify signs of dehydration and what to do should it surface.

What is dehydration?

Dehydration happens when the loss of body fluids, namely water, exceeds the amount of fluids that is taken in. When a person is diagnosed as dehydrated, that typically means his or her body has lost so much fluid that it has begun to lose its ability to function normally.

Who is vulnerable to dehydration?

Anyone can suffer from dehydration, which can be especially dangerous to young children and older adults. The Mayo Clinic notes that older adults, who naturally have a lower volume of water in their bodies, may not feel thirsty until they are already dehydrated, so it's important that aging men and women understand that thirst is not always the best indicator that they're becoming dehydrated. Babies may become dehydrated when they get sick with an illness that causes vomiting and diarrhea. But even teens and otherwise healthy adults can suffer from dehydration.

What are the symptoms of dehydration?

Symptoms of dehydration vary with age. Parents of babies and young children should be on the lookout for signs of dehydrations, as infants and even toddlers may not be able to communicate that something is wrong.

Signs of dehydration in infants and

young children include dry mouth and tongue, a lack of tears when crying, sunken eyes and cheeks, and a sunken soft spot on the top of the skull. In addition, babies who produce no wet diapers for three hours may be suffering from dehydration. A sense of listlessness or irritability in infants and young children is another potential indicator of dehydration.

Adults who experience extreme thirst may be suffering from dehydration. Less frequent urination and a dark-colored urine when going to the bathroom also is symptomatic of dehydration. Fatigue, dizziness and confusion are some additional indicators of dehydration in adults.

Can dehydration be prevented?

Dehydration can affect anyone, but there are ways to prevent it, even among those people who are especially susceptible to dehydration, such as children and older adults.

Parents of babies who are vomiting or experiencing diarrhea should speak with their pediatricians and discuss the ways to prevent such children from becoming dehydrated. Breastfeeding more frequently and giving the baby a medicine such as Pedialyte® can prevent the occurrence of dehydration in babies who are sick. The Mayo Clinic recommends parents take a proactive approach to preventing dehydration in young children, meaning they should not wait until dehydration occurs or symptoms of dehydration present themselves before taking action.

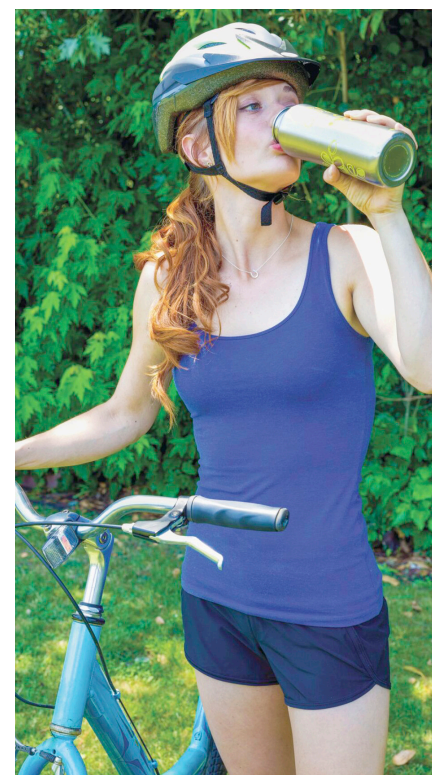
Adults who want to prevent dehydration should drink plenty of fluids and include lots of fruits and vegetables in their diets. Such foods contain lots of water and can help the body avoid becoming dehydrated.

The Mayo Clinic recommends

that athletes begin hydrating the day before engaging in strenuous exercise. A telltale sign of a well-hydrated body is clear, diluted urine. Athletes should replenish their fluids during exercise and continue doing so even after they finish working out or competing.

Older adults should make a concerted effort to drink more fluids when suffering from minor illnesses, which is when such men and women most commonly become dehydrated. Drink extra water when battling influenza, bronchitis or bladder infections, remembering that feelings of thirst often surface only after the body has become dehydrated.

Dehydration is a serious yet preventable threat to men, women and children. Learn more at www.mayoclinic.org.



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DEVELOPING A DAILY DENTAL CARE ROUTINE



School days, school days, dear old Golden Rule days! Just as education is built on the fundamen-

tals, dental health has its own set of building blocks. Healthy teeth and gums can only be achieved

by practicing the basics each day. By developing a daily dental care routine, you can move to the head of the class in healthy smiles. Following is a basic, yet effective daily routine. Ideally, it will be done in the morning and at bedtime.

Floss Your Teeth — By flossing first, you will remove food debris and dental plaque between the teeth, which will allow your toothpaste to bathe the interior surfaces of the teeth. If you are unable to use string floss easily, there are many varieties of floss picks that can get the job done.

Brush Your Teeth — Apply a pea-sized amount of toothpaste to your manual or power toothbrush and gently brush your teeth for three minutes using small circular motions. Make sure you clean all surfaces of the teeth, especially at the interface between the tooth and gums. Bleeding gums are a sign of inflammation and are not normal. If your gums bleed during flossing and brushing,

hang in there. The gums should get healthier as you become more diligent in your routine. Healthy gums are pink, firm, and tight against the teeth.

Brush Your Tongue — The tiny projections from the tongue, often mistakenly called taste buds, can trap bacteria and dead cells. After flossing and brushing, stick your tongue out and gently brush it. The tongue should be pink and healthy, not dark, white, or discolored. You get extra credit if you use a tongue scraper, and you will be surprised at how much better your food tastes after several days of using one! These can be found at your local grocery or drug store.

Dr. Michael Gillespie, DDS has practiced dentistry in Waynesville for over two decades. The office is located at 611 S. Haywood St. in Waynesville, and can be reached at 828-456-9007, or by visiting www.drgillespie.com.

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How to choose the right sunscreen

Do you often feel puzzled when faced with the countless sunscreen options available at your local drugstore? Here is some useful information to help you make a wise choice.

Anti-UVA and UVB

A good sunscreen provides protection on a broad spectrum. This means that it shields the skin against the harmful effects of both UVA and UVB rays, which can lead to signs of premature aging (wrinkles, dark spots, skin tags, etc.), painful sunburns and even skin cancer.

SPF 30 (or higher)

The sun protection factor (SPF) indicates the strength of protection against UVB rays. For example, an SPF of 15 blocks 93 % of

UVB rays, while an SPF of 30—the recommended minimum by the American Academy of Dermatology—blocks 97 %. If you apply a good layer of SPF 30 sunscreen, you can bask in the sun 30 times longer before burning than if you were to forgo sunscreen altogether. Here's another helpful tip: your lips burn too! Make sure to protect them with a balm containing an SPF of at least 30.

Water-resistant

A sunscreen that isn't waterproof becomes much less efficient as soon as it comes into contact with sweat or other sources of moisture. Thus, whether you actively play sports or not, it's always best to choose a water-resistant brand for those sweltering summer

days. But be careful, a sunscreen deemed water-resistant does not make it impervious to bodily fluids and other liquids. Always reapply sunscreen after a swim or profuse sweating for guaranteed protection.

Light-resistant

Many sunscreens lose their

stable sunscreen that retains its integrity upon exposure to the light.

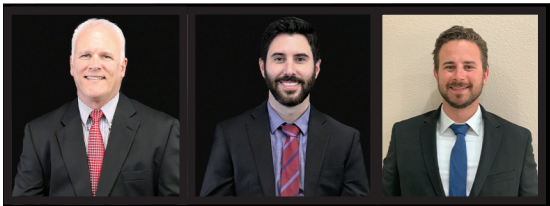
Once you've purchased your sunscreen, don't be afraid to slather it on. The American Academy of Dermatology recommends the equivalent of two tablespoons for total coverage of a medium-sized adult. And don't forget to reapply



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Did you know?

Did you know that it's not recommended to apply sunscreen to infants under 6 months old? Instead, keep them in a well-shaded area, outfit them with a large-brimmed hat and invest in an UV-protective swimsuit with long sleeves for days spent by the pool.

Pardee Health expands to meet healthcare needs

Tracing its history back to 1913, Pardee UNC Health Care in Hendersonville is a nonprofit hospital managed by UNC Health Care.

Pardee is home to a state-of-the-art cancer center, a comprehensive physician practice network, four urgent care locations, three rehabilitation and wellness centers, and six orthopedic clinics with a medical staff representing more than 40 specialties.

Pardee recently expanded its cardiac service by becoming a Percutaneous Coronary Intervention (PCI) designated hospital able to treat heart attack patients around the clock. Pardee is one of only two hospitals in western North Carolina able to provide this level of care.

The designation formally recognizes the collection of personnel and procedures Pardee's Emergency Department and Cath Lab have in place to handle these most serious heart attacks, further enhancing the continuum of cardiac care available 24 hours a day.

Committed to meeting the broader community's growing needs, Pardee continues to expand its primary care, urgent care, and specialty services throughout Henderson, Buncombe, Transylvania and Haywood counties.

In 2020, Pardee added a new urgent care, orthopedics and physical therapy practice in Pisgah Forest, offering convenient care to Transylvania County residents. In early 2021, Pardee opened new primary care facilities in Brevard and Arden, as well as expanded



general surgery services, adding a new office in Brevard.

Pardee UNC Health Care has been honored with a number of awards and accreditations for patient safety, service, quality and

value by many well-known organizations, including the American Heart Association, American Stroke Association, Healthgrades, American College of Cardiology, Great 100 Nurses, among others.



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PHYSICAL THERAPY: A SAFE ALTERNATIVE FOR PAIN MANAGEMENT

Nobody should put their health at risk to better manage pain. The American Physical Therapy Association wants to remind everyone of the transformative power of physical therapy, a rehabilitative practice that restores mobility, function and quality of life without the use of addictive painkillers.

In recent years, the overuse of opioids for the treatment of chronic pain or post-traumatic injuries has grown into a national health epidemic. As a result, the United States' Centers for Disease Control and Prevention (CDC) has urged healthcare providers to pursue safer, long-term pain management options, like physical therapy, in place of potent combi-

nation drugs.

Risks associated with opioid use

Opioids are doctor-prescribed drugs that act on the nervous system to relieve pain and discomfort. However, continued use and dosage abuse can lead to physical dependence and withdrawal symptoms (e.g. depression). Unlike physical therapy, which treats pain through light exercise and manual therapy, opioids only mask the sensation of pain.

Benefits associated with physical therapy

Physical therapy is an effective course of treatment for various conditions that restrict patients' mobility and cause them — sometimes agonizing — pain; for example, muscle and joint injuries,



hip and knee osteoarthritis, fibromyalgia, meniscal tears, lower back pain, tendinitis, sprains and strains, etc. Unlike the camouflaging effects of opioids, physical therapists use individualized treatment plans to eradicate pain. Long-term benefits include improved mobility, increased independence, reduced muscle soreness, and enhanced strength

and flexibility.

Do you know someone in physical pain? Encourage your friends and family to choose physical therapy over long-term or high-dosage use of addictive prescription painkillers.

To learn more about the benefits of physical therapy for chronic pain, visit www.apta.org.



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Tips for surviving heat waves

Heat waves are a serious health hazard. In the absence of air conditioning, here are some things you can do to minimize the risk of heat-related medical emergencies.

Drink lots of water, even if you're not thirsty.

Avoid alcoholic beverages, which can cause dehydration.

Eat water-rich foods like watermelon, tomatoes and cucumbers and opt for cold meals such as salads and sandwiches.

Take a cold shower or bath.

Visit the local swimming pool to cool down. Alternatively, you can use a water hose, watering can or a cold compress.

Between 10 a.m. and 3 p.m. the sun is at its strongest, so avoid going outside between those times if possible.

Protect yourself from the sun. If

you have to be outside, stay in the shade and wear sunscreen with an SPF of 30 or higher.

Wear loose, light-colored clothes that breathe well.

Visit an air-conditioned space like a mall, library or movie theater.

Close your windows and blinds to keep the air inside your home cooler. Keeping your windows open at night is a good idea if the outside temperature is lower than the inside temperature.

Reduce physical activity and avoid serious exertion if possible.

In addition to the above, it's a good idea to be familiar with the signs of heatstroke and heat exhaustion, which includes red skin, lack of perspiration, dizziness, nausea and confusion. Be especially vigilant around seniors and children.



What should you do if you burn yourself?

Scalds and burns can happen to anyone, even if you're careful. Here's what to do if you get burned.

Run the affected area under a gentle stream of cool water for at least 10 minutes. In addition to easing the pain, cooling your skin will help limit the severity of the injury.

Clean the wound with a mild soap and pat it dry with a clean towel.

If your skin looks damaged, cover the affected area with a sterile gauze bandage. You also can apply an antibiotic ointment to help prevent infection.

If the wound is itchy, swollen or painful, consult your pharmacist. You may be able to take an anti-



histamine, anti-inflammatory or analgesic to reduce your discomfort.

If the burns are white or charred, cover a large area of your body or are unbearably painful, seek medical assistance right away.

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HOW OFTEN DO PEOPLE REPLACE THEIR HEARING AIDS?

Do you need an upgrade?

By The Hearing Guy

Your hearing aids are beyond repair — Most hearing aids come with a manufacturer's repair warranty meaning if it is within the warranty period your hearing aid can be repaired by the manufacturer for little to no cost. Moisture and wax are the two main killers of hearing aids. If the warranty has expired and the hearing aids are damaged, this may indicate it's time for new devices.

Your hearing has changed — Even if you have had hearing

aids for some time, your hearing can still change. If you remember, your eyes change as you age; your hearing is the same. Current devices may not be as powerful as you would like and over time your hearing may become accustomed to the sound you hear. When it changes and gets worse, you may need new hearing aids that fit your degree of loss.

Your health / lifestyle has changed — Even a simple change in your health can change how much you can hear. Have you had

a fall, stroke or major surgery recently? If so, you should see your hearing professional to have a new hearing test performed. Your dexterity also may change and so the tiny hearing aid batteries you may have right now are harder to use. If you cannot change the battery and you struggle to open the battery door you might be a great candidate for rechargeable hearing aids. You also may struggle getting the hearing aids in. Custom ear-molds would be perfect for this scenario.

You've had your hearing aids for more than five years — Hearing aids do not last forever. They are

very sophisticated tiny computers and have a shelf life of three to seven years, so if you've had yours for more than five years, you can bet that the technology may be outdated, and it may be time for a replacement. Older hearing aids don't function well and could be difficult to repair if the parts are no longer made. The hearing aids that you can get on the market today are very advanced in comparison, right down to being able to connect to your phone. Choosing to upgrade your hearing aid as you have had it for longer than five years is a smart decision, and you can get better features with a newer model.



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Asheville Eye celebrates 60 years of leading eye care in WNC



Matt Beardsley

A lot has changed since Dr. Edward Isbey, Jr., arrived in Asheville and established his practice in 1961, but one thing hasn't — Isbey and his colleagues' commitment to providing leading eye care services to people in Western North Carolina.

Isbey is proud of how his practice has grown and has become a leader in ophthalmology. He knew that recruiting talented doctors and fellowship-trained sub-specialists would establish Asheville Eye Associates as a leader in eye care.

"Ophthalmology is so unique because it is a specialty that allows you to have total control as a doctor — from diagnosis, to treatment, to surgery," said Isbey. "You become a

leader by virtue of your skill."

Asheville Eye Associates, which has six locations and three satellite offices, operates the only accredited, state-licensed and Medicare-approved outpatient surgery center dedicated exclusively to eye surgery in Western North Carolina.

"One of the happiest moments you can experience is to provide a pair of glasses to a young child who is seeking vision improvement but can't say it, and you provide glasses that all of sudden changes their life totally," Isbey said. "Medicine is a

mission — to take care of people. I tried to expound that as long as I was practicing."



TAKE YOUR OUT-OF-DATE MEDICATIONS TO THE PHARMACY

When you do your spring cleaning, don't forget your medicine cabinet. If there is one thing that should be cleaned out of your home regularly, it's your medications that have passed their expiration dates.

Pharmacists recommend cleaning out a medicine cabinet at least once a year, if not twice.

To do this properly, check the expiration date of every prescription or over-the-counter medication on your shelves and in your drawers. Pay special attention to ointments, inhalers and drops, which don't generally have long shelf lives.

Eye solutions should be disposed of one month after they are opened even if the expiration date hasn't come and gone. Check

natural, non-medicinal products by examining their color, texture, shape and smell.

Where to discard them?

If medications are out of date they must be disposed of in a safe manner. Because they are often composed of chemical products, they should never be flushed down toilets or thrown into the garbage. Nobody wants medicinal substances in waterways, the water table or the soil. The solution is to simply return your old medications to your pharmacist, who will know how to dispose of them safely.

How to store them?

Properly storing medications requires certain precautions. It might be surprising to hear that the bathroom is, by far, the worst place to



store them because of high humidity levels. Medications should be kept in a cool, dry, dark place and always out of the reach of children.

They should also be kept in their original packaging, with the label, in order to avoid dangerous mistakes in dosage and timing.



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