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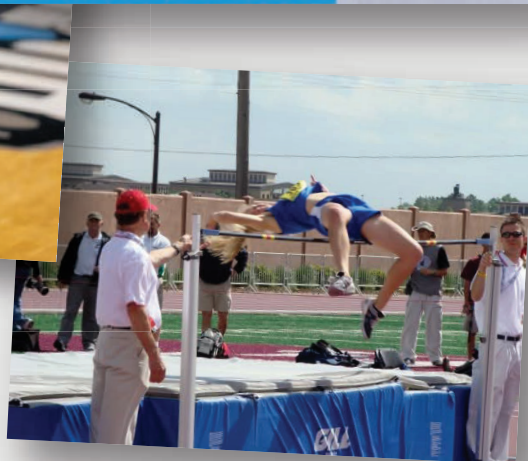
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Help child athletes avoid overuse injuries

Participation in sports can be an ideal way for children to make new friends, get the recommended daily physical activity and learn important lessons they can apply throughout their lives — but a growing number of child athletes are suffering overuse injuries.

With so much to gain from participating in sports, it's no wonder that parents often encourage their children to get involved in local athletic leagues. But it's important that parents recognize how easy it can be to overdo it when it comes to youth sports.

Some youth sports leagues now offer travel teams for children as young as six, and such leagues may require kids and their parents to commit several days per week to practice and games.

What are overuse injuries?

Overuse is defined as a child's body not being able to keep up with the demands a certain activity places on it.

For example, if a basketball player practices a three-point shot for hours each day and goes on to play multiple games each week, there may not be time for the body to recover from the strain. An estimated 50% of all sports-related injuries in kids result from overuse.

Overuse injuries create microtraumas that result from repetitively using the same parts of the body. These injuries can affect bones, muscles, tendons, and ligaments.

What are the symptoms of overuse?

Pain and inflammation often are early symptoms of an overuse injury. Performance may falter due to the injury, and playing through the pain can make it worse and ultimately sideline young athletes.

What are the most common overuse injuries?

- Jumper's knee (patellar tendinitis) is characterized by tenderness right below the knee or upper shin area.
- Avulsion fractures occur when a piece of a growing athlete's growth plate separates from the rest of the bone.
- Little League elbow or Little League shoulder is pain in these areas that develops after an activity like throwing a ball.



- Osgood-Schlatter disease is painful irritation and swelling from the constant pulling of the patellar tendon on the area below the knee.

- Sever's disease is heel pain that typically emerges after running or jumping.

How to prevent overuse injuries

- **Delay starting children in organized sports:** Wait until children are fully ready before starting them in organized sports. That time may be different for all kids, even siblings, but it's recommended parents wait to enroll children in organized sports until around age six. Free play, which is not governed by rules the ways organized sports are, can be just as effective as team sports at helping children develop their muscles, bones and balance.

- **Allow youngsters' ages to guide training time:** A good rule of thumb is that kids should not train more hours each week than their age. Under that guideline, an eight-year-old should not be spending more than eight hours per week practicing and playing a sport.

- **Avoid focusing on a single sport:** Sports specialization is a term now used to describe intensive training or competition in a single organized sport. Children who specialize in playing one sport early on have an increased risk of overuse injuries, which can develop due to intensive training. Such youngsters also are more likely to experience burnout and stress

from playing the sport. Mixing up sports throughout the year reduces the risk for burnout and overuse injuries, as children likely won't grow bored and will be exercising in unique ways for each sport they play.

- **Take time off:** Time off is another way to avoid overdoing it with young athletes. Young athletes are advised to take at least two to three months off from organized sports participation each year. Time off can be divided into one-month increments.

Parents can also limit the number of teams their children are on at any given time, and facilitate and encourage rest between practices and games. Coaches also need to recognize that pushing athletes too far can lead to injury and is not in the best interest of the team or the athletes.

Recovering from overuse injuries

Orthopedic surgeons and physicians specialize in joint reconstruction, spine surgery, sports medicine, and nonoperative treatment informed by the latest evidence-based protocols.

For young athletes, orthopedic care can repair everything from rotator cuff tears to ankle sprains.

At Southeastern Orthopedics & Spine, the sports medicine teams designs personalized care plans — prioritizing function, quality of life, and recovery timelines that suit your goals. Find more information at southeasternsportsmedicine.com

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Of Western North Carolina

PRESIDENT & PUBLISHER

Jonathan Key

GENERAL MANAGER

Karl Miller

EDITORIAL

Becky Johnson

Sarah White

ADVERTISING SALES REPRESENTATIVES

Jennifer Worley — jennifer@themountaineer.com

Alan Sharp — asharp@themountaineer.com

DESIGN/PRODUCTION

Heather Allen

Kylie Frazier

Mac Heishman

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What distinguishes home care from hospice care



Fluorescent lights, beeping machine monitors and personnel conversing at all hours of the day can make hospitals less than ideal for patients recovering from injuries or facing end of life.

Home-based care can offer an alternative to hospitals, particularly for patients with a serious illness to recover from or a terminal condition.

But home care and hospice care are not one and the same. In fact, home care and hospice are two distinct services that provide support to individuals with serious conditions. They share similarities, but they differ in goals and eligibility.

Home care

The main goal of home care is to help a patient recover from a surgery, injury or illness.

Patients typically are visited by skilled nursing providers, physical therapists, speech-language pathologists, or occupational therapists. How long home health care services last depends on the patient's needs and goals.

To be eligible for home coverage, patients have to meet certain criteria

— like being homebound, or having a limited ability to leave the home without help. Service length depends on the needs of the patient, and frequency may decrease over time as the patient's health improves.

Hospice care

Hospice care can be administered at home or in another setting, but it is different from other home care in that it is not curative. Patients who have terminal illnesses can be placed in hospice care.

This care focuses on pain and symptom management for those who are not expected to live longer than six months. Hospice services can include help with personal care from a home health aide, skilled nursing, medical social work to help with advanced directives and insurance, and bereavement counseling.

Hospice patients do not have to be homebound, and hospice visits typically increase over time as the patient's health declines.

Home health care and hospice care are services with different eligibility and modes of care designed to assist patients in home settings.

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Winter is fall season: Icy conditions can lead to broken ankles



Falls on icy surfaces are a major cause of ankle sprains and fractures, and it's critical to seek prompt treatment to prevent further damage that can prolong recovery.

"Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping," said Dr. Robert Przynosch.

He added that in cases of less severe fractures and sprains, it's possible to walk and mistakenly believe the injury doesn't require

medical treatment.

"Never assume the ability to walk means your ankle isn't broken or badly sprained. It's best to have an injured ankle evaluated as soon as possible for proper diagnosis and treatment," Przynosch says. "Putting weight on the injured joint can worsen the problem and lead to chronic instability, joint pain and arthritis later in life."

Some people may fracture and sprain an ankle at the same time, and a bad sprain can mask the fracture.

Przynosch recommends following the RICE technique – Rest, Ice, Compression and Elevation – until medical care is available.

Even though symptoms of ankle sprains and fractures are similar, fractures are associated with:

- Pain at the site of the fracture that can extend from the foot to the knee
- Significant swelling

- Blisters over the fracture site
- Bruising soon after the injury
- Bone protruding through the skin—a compound fracture, which requires immediate attention.

Most ankle fractures and some sprains are treated by immobilizing the joint in a cast or splint to foster union and healing. However, surgery may be needed to repair fractures with significant malalignment.

Przynosch recommends scheduling an appointment with a foot and ankle specialist if you have injured your ankle in any way.

"If you fall on an icy spot and hurt your ankle, the best advice is to seek medical attention immediately," he said.

For further information about ankle fractures and sprains or other foot and ankle problems, contact Smoky Mountain Foot and Ankle Clinic at 828-452-4343. Przynosch is a member of the American College of Foot and Ankle Surgeons (ACFAS) and a doctor at Smoky Mountain.

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Daily tips to safeguard your mental health

When it comes to wellness, mental health is just as important as physical health.

More than a billion people across the globe live with a mental health condition. The need for action on mental health is urgent and undeniable, as safeguarding mental health is integral to well-being.

Mental health is more than just the absence of a mental illness — it includes emotional, psychological and social well-being. Self-care and action play key roles in maintaining good mental health and getting support or treatment if a serious issue is present. Here are steps anyone can take each day to protect their mental health.

- **Exercise regularly:** Just 30 minutes of exercise most days, which can include walking, can boost a person's mood and improve health. Small amounts of exercise add up, so it's possible to spread out the 30 minutes over the course of the day. Exercising outdoors also exposes you to natural sunlight, which is proven to boost mood.

- **Foster relationships:** Good relationships are important for mental well-being. If possible, you

should take time each day to be with family, friends or colleagues. Volunteer work at a local school, community group or hospital can foster socialization for those who may not be able to get together with friends or family regularly.

- **Learn new skills:** Research shows that learning new skills can improve mental well-being by boosting self-esteem and self-confidence. It also helps identify a sense of purpose.

- **Relax:** Schedule dedicated time for relaxation and stress management. Yoga, meditation, reading, or spending time in nature are great ways to slow down, relax and recharge.

- **Seek help:** Anyone with a mental health concern should seek someone to talk to. For some, simply talking things through with a friend or family member may be enough to resolve issues. Others may find that talking to a therapist or counselor is the best course of action. There are also support groups that can provide validation.

- **Curtail harmful behaviors:** Some people turn to drugs and alcohol to mitigate mental health issues. This self-medication is harmful and can exacerbate men-



tal health conditions. Individuals should consult with medical professionals if they suspect they may need medication or additional help to treat mental health issues.

Efforts to safeguard mental health are essential. Anyone who

has concerns about their mental health or the mental health of others should speak first to a primary care provider. He or she can then offer a referral to a qualified mental health professional.



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Facing an unplanned pregnancy? Find clear answers and compassionate support

Facing an unplanned pregnancy can be overwhelming. It's common to feel uncertain, under pressure, or unsure of what steps to take next — but you deserve the time, space, and support needed to make a decision with clarity and confidence. Your health, your future, and the life growing within you all matter.

Ascend Women's Center offers a confidential, compassionate environment where you can pause, ask questions, and receive accurate medical information without judgment.

At Ascend, the goal is not to pressure you, but to ensure you are fully informed and supported.

Importance of accurate information

Before making any decision about your pregnancy, it's essential to understand your health and the status of your pregnancy.

Ascend Women's Center provides free pregnancy testing and limited ultrasounds to give you reliable, timely medical information.

Ultrasounds offer critical insights, including confirmation of gestational age, detection of fetal heartbeat to determine viability, and verification that the pregnancy is located in the uterus rather than ectopic. This information helps protect your health, identify rare but serious medical concerns, and allows you to move forward with greater peace of mind.

Understanding your options

When stress or fear is high, abortion may seem like the simplest solution. True informed consent, however, means understanding every option available.

Ascend Women's Center's counseling options includes factual information about abortion procedures and potential risks, as well as support for parenting through local resources such as prenatal care, material assistance, housing, and medical referrals. The center also provides information about adoption, including secure and customizable plans, based on your comfort level, and connections to trusted community partners for additional guidance.



You are not alone, and you deserve care that truly supports you.

Ascend Women's Center offers free professional services, accurate medical facts, and compassionate guidance so you can make a thoughtful decision rooted in knowledge, dignity, and hope. Call or text 828-252-8509 to schedule a confidential appointment and speak with someone who will listen and help you move forward with clarity and care.

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Injury recovery tips for seniors



There is no escaping the fact that the human body changes as it ages. Some changes are beneficial, like increased wisdom and knowledge from past experiences — others, particularly changes to health and wellness, can be disconcerting.

Generally speaking, recovering from any injury can be a time-consuming process. For those over the age of 60, the process of recovering from injury can be especially lengthy.

Why is healing delayed?

- The inflammatory response in seniors drastically slows down as people age. This is the first phase when blood vessels expand to let white blood cells and nutrients reach wounds. When delayed, the wounds heal much more slowly.
- Reduced skin elasticity and diminished collagen fibers in seniors can contribute to the body's tissues not being able to return to a normal state after injury.
- Sedentary seniors may have lost muscle mass and flexibility, which help physically active individuals regain mobility after an injury. Bones also may be more brittle, particularly if osteoporosis is present.

Steps to recover from injuries quickly, and potentially avoid them

- Slow and steady physical activity: Exercise, including routine strength-training activities, helps strengthen muscles and bones. When complete bed rest is not advised after an injury, getting up and moving even just a little each day can jump-start recovery. Regular activity prior to any injury also may make the body stronger and more flexible to help reduce the likelihood of injuries.
- Maintain a positive mindset: The mind has a role to play in injury recovery. Minimizing stress levels through meditation, and engaging in positive thinking techniques, can make healing and therapies more successful. Reducing stress can boost the immune system, which also will offer healing benefits.
- Improve diet: The body needs certain vitamins and minerals to function properly. Eating a well-rounded, healthy diet can provide fuel that facilitates healing.
- Work with a qualified professional: Seniors should not take on exercise or recovery efforts on their own. Exercising the right way and following prescribed guidelines can speed up recovery and potentially prevent future injuries.

Recovery from injury could take longer for seniors. But with exercise, positive thinking and guidance from health professionals, there are ways to speed up the injury recovery process.

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Winter wellness: Don't leave self-care in the cold

As winter settles over the mountains of Western North Carolina, the cooler temperatures and shorter days can lead to a slowdown in activity as many people cocoon indoors, awaiting the warmth of spring. However, winter can be an opportunity to focus on personal wellness — nurturing our bodies, minds and social connections to stay healthy and happy throughout the winter months.

“Chilly mornings and winter weather can limit outdoor activities,” said Ardenwoods Associate Executive Director Sarah Marr. “But finding ways to stay active is essential for maintaining strength, balance and overall health.”

Indoor exercise options such as stretching, chair yoga or strength training can help improve circulation and reduce physical aches and stiffness. Participating in group fitness classes, taking regular hallway walks or even dancing while doing housework helps make a meaningful difference in physical stamina and wellness.



While exercise is a great way to maintain balance and endurance, eating healthy meals rich in fruits, vegetables, whole grains and lean proteins plays a big role in supporting the body's natural defenses. Warm beverages like herbal teas or broth-based soups are delicious ways to stay hydrated in winter.

Mental wellness is also a concern for many older adults during the quieter winter months. Keeping the mind engaged helps sharpen cognitive skills and boosts overall

mood. Activities like reading, puzzles and trivia-style games are enjoyable ways to stay mentally active while staying warm. Learning a new craft, language or skill can also be rewarding and fun.

Cold days spent indoors can sometimes feel isolating, so try your best to stay social all season long by strengthening bonds with neighbors and loved ones.

“Keeping up with friends and neighbors and staying engaged in the community is a great way to support emotional health and reduce feelings of loneliness,” Marr explained. “We offer our residents ample activities to help them engage with other residents and staff — especially during this time of year.”

Winter has its own unique rhythm. By staying active, eating well, engaging the mind and nurturing relationships, older adults can make the most of this quieter time of year.



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Career of care: Haywood Regional nurse reaches 50 year milestone

Haywood Regional Medical Center has recognized Jill Burnette, RN, for a remarkable 50-year career dedicated to caring for generations of Haywood County residents.

Born and raised in Haywood County, Burnette began her career in 1976 at the former Haywood County Hospital at its old Waynesville location. She continued serving patients through the hospital's transition to its current campus, which opened in 1979.

"Jill is like a stone in a smooth pond: the countless ripples of her legacy continue outward," said Dr. Al Mina, HRMC chief medical officer. "Her influence extends far beyond the patients she treated or the shifts she worked. She shaped the culture of care around her, and the impact of her compassion will be felt for generations."

Her local roots go back even further than the old hospital — she began her nursing journey Haywood Technical Institute, now Haywood Community College. She later completed her associate degree in nursing through Excelsior College, becoming a registered nurse and



continuing a career defined by compassion, resilience, and a deep commitment to patient care.

She spent the majority of her five-decade career serving patients in the emergency department at Haywood Regional Medical Center. For 40 years, Burnette also served as a Sexual Assault Nurse Examiner, providing expert, trauma-informed care to some of the community's most vulnerable

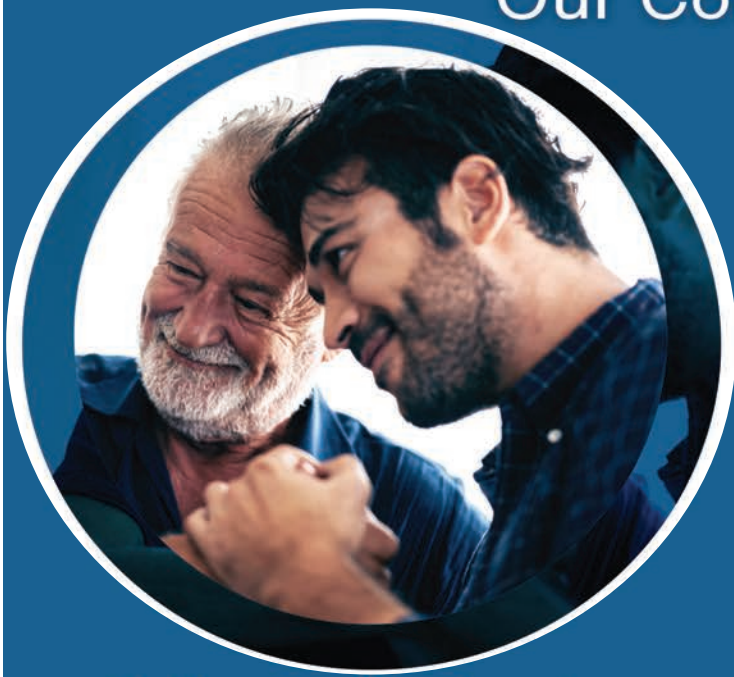
patients during their most difficult moments.

Burnette was honored as Haywood County Hospital's Employee of the Year in 1987, an early reflection of the dedication and professionalism that defined her career. After transitioning from the emergency department, Burnette continued her service in the outpatient infusion center until her retirement at the end of December 2025.

"50 years of service is an incredible milestone, but what truly sets Jill apart is the heart she brought to every role she held," said HRMC CEO Sue Shugart. "She represents the very best of nursing and of this organization with dedication, humility, and a deep sense of responsibility to the community she calls home. We are profoundly grateful for her legacy."

Haywood Regional Medical Center offers a comprehensive array of services. The campus, located in Clyde, is also home to the Haywood Regional Health and Fitness Center, and the Outpatient Care Center. HRMC also operates two urgent care centers in the county. Find more information at www.myhaywoodregional.com

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

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

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What is palliative care?

may receive, and largely involves managing pain and other symptoms of a serious illness.

Palliative care also can help in coping with side effects from medical treatments. And palliative care can be useful whether or not the condition or illness can be cured.

Is palliative care hospice care?

Palliative care and hospice care are not one and the same. In fact, hospice care is a type of palliative care that focuses exclusively on patients who are expected to live for six months or less. Palliative care can be offered to patients with serious illnesses at any stage.

Who is palliative care for?

Just about any person suffering from a serious, prolonged illness can benefit from palliative care.

Palliative care may be particularly beneficial to people with conditions like:

- Amyotrophic lateral sclerosis (ALS)
- Alzheimer's disease
- Cancer
- Cardiovascular disease
- Cystic fibrosis

- HIV/AIDS
- Kidney disease
- Lung diseases like emphysema
- Multiple sclerosis (MS)
- Parkinson's disease
- Stroke

Who offers palliative care?

Teams of professionals often provide palliative care. A care team can consist of doctors, nurses, nurse practitioners, physician assistants, social workers, and spiritual advisors.

When does palliative care end?

There is no time limit on palliative care; it can last as long as the patient requires and is exhibiting symptoms suggesting care can help.

Palliative care is an option for those facing serious illnesses. It is designed to help manage symptoms from the illness itself or the side effects of treatment.

Haywood Hospice offers a range of palliative care for its hospice patients. Find out more about those services at lhcgroupp.com/locations/haywood-hospice-and-palliative-care.

Medical care often falls into two umbrella categories: curative and illness management.

Palliative care falls under illness management because it focuses on improving the quality of life for those with serious or life-threatening illnesses and is not designed to cure or eradicate an underlying condition.

An estimated 56.8 million people, require palliative care each year. However, worldwide, only about 14% of people who need palliative care currently receive it.

What does palliative care do?

Palliative care can improve the quality of life of patients and their families who are facing challenges associated with life-threatening illnesses.

It is often is offered alongside other treatments a person

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Eating well on a budget: Simple tips from a nutritionist



By Morgan Jutras

With rising food costs, it can feel harder than ever to stretch your grocery budget while still eating well. But a good guiding principle is plan and prepare.

When meals aren't planned ahead, convenience often wins — and convenience usually costs more. Planning meals creates intention with food dollars, prepping reduces food waste, and having a healthy option ready makes it more likely you'll choose it over takeout or fast food.

Keeping meals simple and repeatable is

also recommended. Buying dry goods in bulk and rotating a small set of familiar meals can save time, reduce stress, and make grocery shopping more affordable.

Budget-friendly meal ideas:

- Breakfasts like veggie egg scrambles, overnight oats, yogurt with fruit, or waffles with peanut butter.
 - Lunches such as turkey sandwiches, taco bowls, tuna wraps, or dinner leftovers.
 - Dinners like chicken bowls, spaghetti with ground turkey and marinara, chicken noodle soup, or easy sheet-pan meals.
 - Snacks including apples, popcorn, granola bars, and carrots with hummus or ranch.
- The takeaway: eating well on a budget doesn't require complicated recipes or expensive ingredients. It just takes a little planning, preparation, and consistency.



Blue Ridge Health is a nonprofit Federally Qualified Health Center that works closely with its local communities to provide comprehensive medical, dental, behavioral health, pharmacy, and outreach services to all, regardless of insurance status or ability to pay. With more than 70 locations in clinics, public schools, and other sites throughout

nine Western North Carolina counties, BRH works to meet the ever-changing healthcare needs of the region with high quality, accessible service and a compassionate staff. For more information or to make an appointment, you may visit www.BRCHS.com and www.facebook.com/BRCHS.



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How to conduct a skin care self-exam

Winter sweaters and scarves may help protect your skin from sun damage in the colder months, but overexposure to the sun can be dangerous any time of year.

Luckily, many skin cancer cases can be prevented with the help of practices like skin care self-examinations.

Self-exams do not take much time, and physicians can help determine how frequently individuals should check their skin for signs of skin cancer.

Things to remember

- Choose the right time to examine your skin, such as after bathing.
- Use a full-length mirror in a well-lit room to examine skin throughout the body.
- Know what you're looking for. Any new skin markings, like bumps, moles, blemishes, and changes in skin color, are important to note.
- Pay close attention to preexisting moles and look for changes in size, texture, color, and shape. A potential sign of skin cancer includes moles that change over time.



Look for unusual or “ugly duckling” moles. These unique moles look and feel different from nearby moles and may be indicative of skin cancer. These could include moles that look different from one side to the other or moles that do not stop bleeding or will not heal.

How to do a self-exam

- Look closely at your entire body, both front and back, in the mirror.
- Check under your arms and on both sides

of each arm, including the backs of your upper arms.

- Examine the tops and palms of your hands.
- Check the front and back of both legs, and your feet — including the soles and spaces between your toes.
- Examine your buttocks, between your buttocks, and your genital area.
- Look thoroughly at your face, neck, the back of your neck, and scalp. Use both a hand mirror and full-length mirror, along with a comb, to see areas of your scalp.
- Ask a person you trust to help examine any hard-to-see areas.

Skin cancer poses a formidable threat, but many cases of the disease are preventable. Routine skin self-exams are a vital component of skin cancer prevention.

Highlands Dermatology offers a variety of skin treatments and dermatology services. Visit www.highlandsdermatology.com to learn more.

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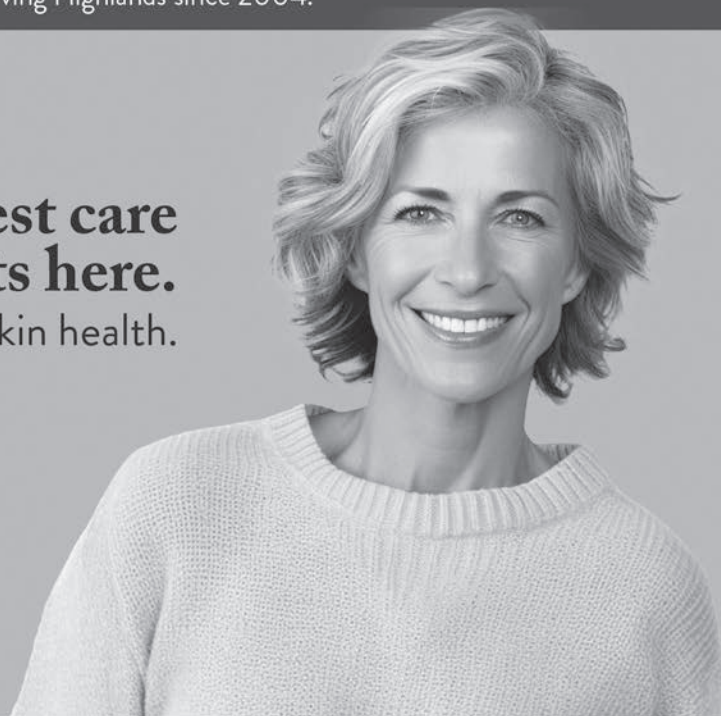
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Chiropractic care for headache relief

Every day, more than 15% of people worldwide experience some type of headache, according to a 2022 analysis. Some suffer from tension headaches after a stressful day at work, while others endure the pain of migraines or sinus headaches. If headaches frequently keep you from making the most of your day, chiropractic treatment can ease your pain.

The connection between the spine and headaches

Vertebrae in your neck and back form your spinal column. These small bones encase the spinal cord and are essential for back and neck flexibility and movement.

Misalignments, or subluxations, of the vertebrae can trigger or worsen headaches. Subluxations press on tissues and nerves, causing or worsening muscle tension, irritation, and pain. Misalignments may also decrease blood flow to the head.

How chiropractic treatment relieves headache pain

Chiropractic treatments correct subluxations, relieve pressure on nerves and blood vessels, reduce inflammation, and decrease muscle tension.

Chiropractors use several therapies to treat headache pain, including:

- **Spinal Manipulation:** Your chiropractor may recommend spinal manipulation, or an adjustment, if you suffer from frequent headaches. During this treatment, your doctor realigns the vertebrae in your spine with quick, hands-on pressure or a handheld activator.

- **Soft Tissue Treatments:** Massage and soft tissue mobilization loosen tight muscles and tissues in the head, neck, shoulders, and upper back.

- **Trigger Point Therapy:** A knot in your neck, head, shoulder, or upper back muscles could be the reason your headaches won't go away. Pain isn't always felt at the source. For example, a knot in your upper back could cause pain that extends to your neck



or head. Applying pressure to tight muscle fibers loosens the knots, relieving headache pain.

- **Exercise:** Your chiropractor will teach you exercises that stretch and strengthen your neck, back, and shoulder muscles.

What kind of headaches do chiropractors treat?

Chiropractors treat many kinds of headaches, including:

- **Tension:** Tension headaches, the most common type of headache, can be caused by stress, poor posture, or tight muscles. The American Chiropractic Association notes that muscle tension in the neck is associated with the majority of primary headaches (tension, migraine, and cluster headaches). Also called “hatband” headaches, tension headaches cause pain and pressure in the forehead, temples, and back of the head.

- **Cervicogenic:** Cervicogenic headaches start in the neck, but trigger pain in the temples, head, or behind the eyes. These headaches may occur due to poor posture, whiplash, or joint issues in the spine. Patients with cervicogenic headaches who received spinal manipulation therapy had fewer headaches after treatment, according to a research study published in BMC Research Notes in 2017

- **Sinus:** Inflamed sinuses cause congestion, which may lead to pressure and pain in and around the cheeks, forehead, neck, eyes and base of the skull. Chiropractic treatments relieve neck pain, ease pressure, and may even help the sinuses drain.

- **Migraines:** Migraine headaches cause intense pain that may be accompanied by nausea, vomiting, dizziness, stiff neck, and sensitivity to light, sounds, and odors. Researchers have noted that spinal manipulation and soft tissue therapy decrease migraine frequency and reduce migraine and neck pain.

- **Cluster:** Cluster headaches affect one side of the head, causing severe pain around the eye. The headaches occur in groups, or clusters, and may last days or weeks. Spinal manipulation eases muscle tension caused by cluster headaches and could reduce pain.

- **Post Concussion:** Chiropractic treatment also helps post-concussion headaches. Treatments relax tight muscles and correct subluxations that can occur as a result of falls, accidents, and blows to the head. Craniocervical junction adjustments can be effective in relieving concussion symptoms. The base of the skull meets the neck at the craniocervical junction. Concussion patients who received spinal manipulation in this area reported fewer headaches and saw improvements in neck pain, dizziness and concentration.

Do your headaches interfere with your life? Contact Blue Mountain Chiropractic's office to schedule an appointment with the chiropractor.

Achieve your full wellness potential with chiropractic care

Chiropractic care is effective for a wide variety of conditions — not just back pain. From infants who are just days old to older adults, children, athletes, men, and women, chiropractic care is appropriate for almost anyone. It offers a drug-free alternative to pain management, improved mobility, and enhanced function for conditions ranging from asthma to PMS and headaches to carpal tunnel. Chiropractic care is also very important for injury recovery and rehabilitation, following auto accidents, falls and other personal injuries.

Patients seeking care at Blue Mountain Chiropractic Center with Drs. Michael and Tara Hogan are assured of receiving only the finest quality care through the use of multiple modern chiropractic techniques. Drs. Michael and Tara Hogan and the staff have a genuine concern for your well-being! Call Us Today (828) 246-9555

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