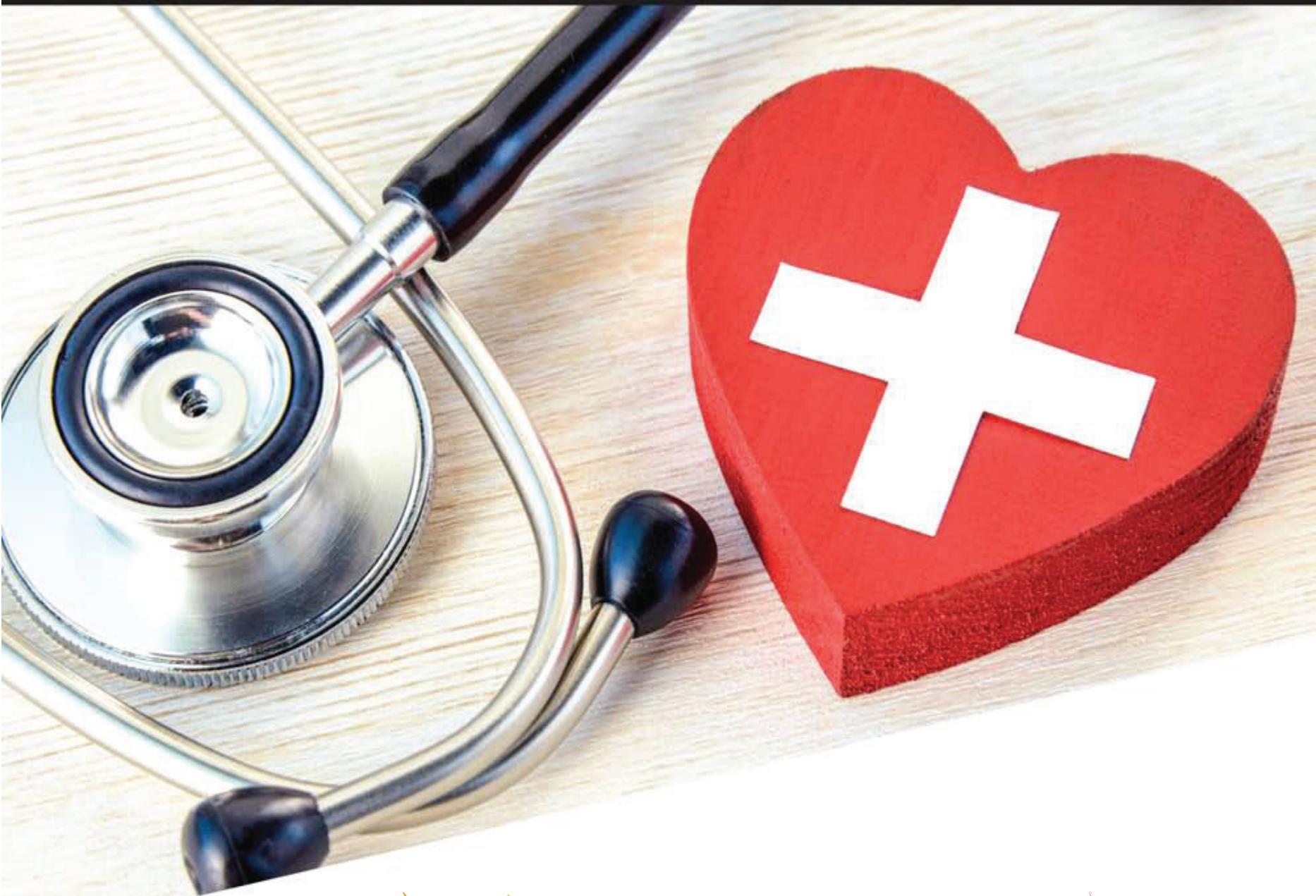


Health & Wellness GUIDE



**Jump
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Spring!**



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Health and wellness options galore available in Hot Springs County

Thermopolis and Hot Springs County are fortunate to have a variety of physicians and medical professionals.

In a time when many small communities are forced to do without doctors or hospital facilities, we not only have a large, dedicated group of individuals with expertise and vision to take us into the future of health care - we are in the process of adding 35,000 square feet to the facility. All new clinical areas are expected to be completed by December of 2020. We are proud to have the support of our community as we move forward and continue to offer legendary experiences here in Hot Springs County!

HSCMH provides a variety of surgical options for our community: general and orthopedic surgery including total joint replacement, cataract, dental, mastectomy, endoscopy and tubal ligation.

Our diagnostic imaging department boasts a state of the art low-dose radiation 64-slice CT scanner, digital mammography, and nuclear medicine. We also offer

cardiac rehab, OB services, chemotherapy administration, wound care and laboratory services which offers affordable "Lab Well" services without appointments every Tuesday, 7-10 a.m. The hospital also has a state of the art 1.5 tesla, 48 channel MRI offering bigger, better, and faster scans. And as of 2018, they have a high-resolution ultra-sound that does 2D, 3D, and 4D images.

HSCMH provides 24/7 emergency room care.

Hot Springs County Memorial Hospital also hosts a variety specialty clinics on an almost daily basis allowing patients to see their specialist locally rather than having to travel out of town - a convenience, especially in the tricky winter months in Wyoming. We provide cardiology, orthopedics, oncology, urology, dermatology, surgical consults and ophthalmology (including cataracts) care provided by visiting specialists. We also added our pain clinic last year. This clinic is held with Ryan Shedd, MSNA, CRNA, NSPM-C. Ryan is 1 of 15 CRNA's nationally

to hold dual Board Certification in Anesthesia and Non-Surgical Pain Management.

Across the street from the hospital is Red Rock Family Practice, housing four local physicians: Dr. Travis Bomengen, Dr. Jason Weyer, Dr. Mattson Mathey, and Dr. Hallie Bischoff, as well as certified physician assistants, Colleen Hanson, Mitch Volin and family nurse practitioner, Linsey Brooks. One of our changes in 2018 was to offer a provider who would work full-time in the hospital. Physician's Assistant, Ellen Reynolds, works with our physicians to provide hospitalist and emergency room coverage.

Adjacent to the hospital you will find Gottsche Rehabilitation and Wellness Center, a facility that has been dedicated to improving health for several decades. Services available at Gottsche include physical and occupational therapy, including dry needling, along with counseling services. Massage services are also available, and there is a wellness area in the lower level. In addition to regular staff, Gottsche is also a location for visiting doctors.

Next door to the hospital, patients can find the office of Dr. Vernon Miller, a well-known surgeon.

Our local optometrist is Dana McDermott, O.D., who owns Thermopolis EyeCare.

Two dentists are available at Paintbrush Dental - Dr. Leif Polson and Dr. Will Robinson. The duo can handle anything from family dentistry to wisdom tooth extractions under sedation, as well as implants and hospital procedures.

Chiropractic services are at your disposal with two practices in the county. Jeffrey Myers, D.C., operates Myers Chiropractic, and Dr. Bill Hayes, D.C. has Thermop-

Certified massage therapists

Several certified massage therapists practice in Thermopolis including Jennifer Jacobson (Days Inn), Val Curley (Gottsche Rehabilitation and Wellness Center) and independent therapist Colleen Andretti, L.M.T., C.M.T.

Marion Burr-Bishop is a certified aquatic massage (Watsu) therapist and Lindsey Bowman (LK Essentials and AromaTouch) provides the AromaTouch technique which combines use of essential oils with massage, to help with stress relief, immunity support, body discomfort and mood elevation.

Both Bishop and Bowman are available by appointment.

olis Chiropractic and Acupuncture Clinic.

Health in the home is available through Community Home Health Services, which can help you recover from surgery or illness in the comfort of your home by providing visiting nurses, CNAs, and therapy services. They are located at 224 South Sixth but cover Hot Springs and Washakie counties.

Counseling and mental health services are available in Hot Springs County at Well Spring Counseling Service, Wisdom Tree Consultation and Counseling Services and Kathy Smith Neurobiofeedback. TLC Counseling provides faith-based mental health and substance abuse counseling and DUI education.

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Healthy Life

Embracing a physically active lifestyle



Routine exercise is one of the keys to a healthy life. When paired with a healthy diet, regular exercise can promote long-term health and reduce a person's risk for a host of conditions and diseases, including diabetes, heart disease and stroke.

While many adults are aware of the importance of routine exercise, finding time to break a sweat can be difficult. In fact, a 2013 study from researchers at the Centers for Disease Control and Prevention estimated that nearly 80 percent of adults in the United States do not get the recommended amounts of exercise each week. (Note: The World Health Organization recommends that adults between the ages of 18 and 64 get at least 150 minutes of moderate-intensity aerobic activity each week, or at least 75 minutes of vigorous-intensity aerobic activity each week.)

Hectic schedules dominated by obligations to work and family can make it difficult to find time to exercise. But working out in the early morning, before the kids wake up and coworkers' emails begin flooding your inbox, can help men and women meet the WHO's recommended exercise guidelines and might even provide a noticeable energy boost throughout the rest of the day. Men and women can expect to run into some obstacles when first establishing a morning workout routine, but a few simple strategies can help make that transition go more smoothly.

1. Prepare the night before.

Waking up with a to-do list in the morning takes away from the time you have to exercise. Rather than fumbling for your gym clothes and sneakers in the darkness of your pre-dawn bedroom, lay out your

workout gear before going to bed each night. Lay out your work clothes as well so you spend more time exercising in the morning and less time choosing an outfit.

2. Set your alarm earlier than you intend to wake up.

Few people wake up the moment their alarm clocks first go off. Snooze buttons may help you ease into your wakeup routine, but those post-snooze button minutes are minutes you could be spending getting your recommended daily exercise. If you're a snooze button devotee and you want to be up by 6 a.m., then set your alarm for 5:50 a.m.

3. Get a good night's sleep.

In 2015, the National Sleep Foundation convened experts from sleep, anatomy and physiology, as well as pediatrics, neurology,

gerontology and gynecology to reach a consensus on sleep guidelines for people of all ages. The panel recommends adults between the ages of 26 and 64 get between seven and nine hours of sleep per night, noting that anything less than six hours or more than 10 hours is not recommended. A good night's sleep will help you feel more energetic when that alarm goes off, even if it is going off before the sun rises. Exercise and sleep go hand in hand, as studies have shown that routine exercise actually improves quality of sleep because exercise is a beneficial stressor to the body, which responds to the stress of exercise by increasing the amount of time the body spends in deep sleep.

Many adults struggle to find time for daily exercise, but early morning might be the best time for busy men and women to break a sweat.

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When exercising outdoors, stick to terrain that is commensurate with your skill level to avoid injury.

How to prevent injury when exercising outdoors

Many people take advantage of nice weather by exercising in the great outdoors. Some might skip the treadmill at the gym in favor of running at the park, while others join recreational sports leagues for some exercise and fun in the sun.

But exercising outdoors carries its share of risk. Unlike gyms where machinery clearly advises members about proper form and warns against lifting excessive weight, Mother Nature comes with no such warning labels. As a result, it's up to men and women to make injury prevention a priority when taking their exercise routine outside. The following are a handful of preventative measures that can help exercise enthusiasts avoid injury as they attempt to get or stay fit in the great outdoors.

• Study the terrain. Part of the danger of exercising outdoors is that, unlike a gym that is designed for the sole purpose of exercise, nature is unpredictable. Safety features you take for granted at the gym, such as padded floors, are nonexistent outdoors. In addition, certain areas might not be suitable to all athletes. For example, mountain biking is a popular sport, but not all mountain biking trails are the same. Some trails are ideal for beginners, while others are best ridden by more seasoned riders. When your outdoor exercise regimen will be taking you off the beaten path, be sure you know the terrain before you start your workout. Speak with fellow outdoor enthusiasts about which trails or courses are best for someone of your skill level, and adhere to their recommendations. When exercising on a trail for the first time, bring a friend along so someone can go get help should an accident happen.

• Stay hydrated. Dehydration is another way athletes can suffer an injury when exercising in the great outdoors. Gyms have water fountains that allow members to take a drink of water when they're thirsty. That water can help prevent dehydration, which

can be both painful and greatly increase your risk of injury. When exercising outdoors, be sure to bring along enough water so you can stay hydrated regardless of how far away from civilization you may find yourself.

• Honestly assess your abilities. When exercising outdoors, it's easy to overdo it. Warm air and sunshine have a way of encouraging athletes to prolong their workout routines or push themselves a little harder. But pushing yourself past your limits can increase your risk of injury considerably. While it's easy to stay within your limits when exercising indoors, where the environment may encourage you to cut a workout short rather than extend it, it's easy to overextend yourself outdoors when the weather is nice. So it's important for men and women to make an honest assessment of their abilities before beginning an outdoor exercise regimen. Once you know what your body can and can't handle, you can tailor an outdoor workout that makes the most of nice weather without putting your health at risk.

• Don't challenge Mother Nature. One of the biggest risks with regard to exercising outdoors is the tendency some athletes have to ignore the elements. Avoid working out in especially cold or hot weather, as such conditions are not conducive to exercise. Extreme weather also reduces the number of people outside, which means there won't be as many people around to help you if you suffer an injury, lose your way or need help with your gear. Exercising outdoors is a great way to enjoy nice weather, but limit such workouts to those times of year when temperatures are most conducive to outdoor activity.

Working out in the great outdoors is a great way to make the most of a beautiful day. But athletes must still take certain precautionary measures to reduce their risk of injury when exercising outdoors.

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Simple ways to alleviate back pain

Few health problems are as prevalent as back pain. The American Chiropractic Association says that 50 percent of working Americans admit to having back pain symptoms each year. Bone and Joint Health Canada states that as much as 80 percent of people experience back pain at least once in their lifetime.

Back pain can be so significant that it results in a loss of function that

impedes daily activities. In fact, according to the 2015 Global Burden of Disease report, back pain is the single leading cause of disability in most countries.

Back pain can be a complex issue. According to data compiled by TheGoodBody.com, only one in 10 people learns the primary cause of their pain. That's because many things, including muscle sprains or joint irritation, can contribute to back pain. Other factors that may contribute to back pain include arthritis, stress, obesity, or diseases of the internal organs. Each of these issues can make it challenging to uncover the culprit behind back pain.

Ruling out degenerative diseases can be a first step in treating back pain. Doctors also may ask their patients about their level of physical activity. Doctors may want to know if patients suffering back pain engage

in activities involving repetitive movements to determine if their back pain can be traced to these activities.

Some common factors contribute to back pain, and addressing these issues may bring about relief.

- **Strengthen core muscles.** Poor muscle tone, especially in the back and abdominal muscles, may result in back pain. Engaging in activities that strengthen the core can help strengthen the area, offering more support to the back. A doctor, physical therapist or fitness instructor may guide you in exercises, such as planks or abdominal crunches, that can strengthen the core.

- **Get up and move.** A sedentary lifestyle can be a major contributor to back pain. Nearly half of Americans who experience back pain are desk workers who spend the majority of

their time sitting, according to the Centers for Disease Control and Prevention. Qi Spine, a clinic that gathered data from 1,300 people who said they deal with spine-related pain, found that half the participants with sedentary jobs had lower back pain. Standing, moving around and taking breaks from the desk can help alleviate pain.

- **Lose weight.** The spine is vulnerable to effects of obesity. Extra weight in the abdomen may pull the pelvis forward and strain the lower back, states the American Obesity Association. Losing weight can reduce that strain on the lower back, thereby reducing pain.

Back pain is a frequent complaint and compels many people to visit their doctors. Exercise, maintaining a healthy weight and strengthening core muscles can go a long way toward keeping the back healthy and pain-free.

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Foods to supplement men's workouts

B Diet and exercise go hand-in-hand for adults looking to reduce their risk for heart disease and cancer. A great workout routine is made even better by a healthy diet, and a healthy diet is even more effective when paired with an active lifestyle. While that's certainly not revelatory, men and women might be surprised to learn they have different nutritional needs, so a diet that might satisfy women's needs will not necessarily do the same for men.

When tailoring their diets, men should be sure to include nutrients that prevent prostate cancer and help them maintain muscle mass. The right nutrients also can help men boost their immune systems, prevent bone loss and strengthen their cardiovascular systems. While many foods provide nutritional benefits to both men and women, the following are some foods that can be especially beneficial to men.

- **Bananas:** Rich in potassium, bananas can aid in protein metabolism, boost the immune system, help with the formation of red blood cells and help the nervous system operate at optimal capacity. Bananas are a great source of vitamin B-6, and because they're so easily portable, bananas make a great midday snack or preworkout bite to eat on your way to the gym. In addition to providing ample potassium, bananas also are rich in magnesium, and diets rich in both potassium and magnesium can reduce a person's risk of stroke. Though women suffer more strokes each year than men, the National Stroke Association notes that is likely because women live longer than men and stroke typically occurs at older ages. Stroke incidence is higher in men than women at younger ages, so

men, especially those with a family history of stroke, should include bananas in their diet.

- **Broccoli:** Broccoli can help men reduce their risk of heart disease and cancer, the No. 1 and No. 2 killers, respectively, of men 35 and older. Broccoli is a great source of a phytochemical known as sulforaphane, which can help men reduce their risk for both prostate and colon cancer. Broccoli also may help men lower their levels of homocysteine, an amino acid linked to an increased risk of stroke.

- **Soybeans:** Soybeans can be an integral part of a diet that is low in saturated fat and cholesterol, and such diets can help men reduce their risk of heart disease. In addition, soybeans contain a substantial amount of isoflavones, which promote a healthy prostate and lower men's risk of prostate cancer. Men should consider soy products such as soy nuts, soy milk and soy cheese to increase the nutritional value of their diets.

- **Oysters:** Oysters are widely considered a delicacy, but few may know that oysters also make for a healthy addition to a nutritious diet. That's because just a few oysters per day can deliver the recommended daily intake of zinc, a powerful antioxidant that research has shown can protect men against the kind of cell damage that leads to prostate cancer. Men may also experience improved sexual function by including more zinc in their diets, as research has shown that zinc can help improve sperm counts.

Men and women benefit differently from various nutrients, vitamins and minerals, and men might be surprised to learn just how healthy certain easily prepared foods can be.

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Health & Wellness

Understanding protein shakes

Protein powder shakes once were consumed almost exclusively by professional body builders or gym rats looking to increase their muscle mass. But long gone are the days of finding protein shake supplies in specialty fitness stores. Nowadays protein shakes are mainstream and big business for the fitness and diet industry.

Although protein shakes are not a magic solution for six-pack abs or overnight weight loss, they can — when used correctly — make a healthy addition to a fitness and nutrition regimen. With that said, they may not be right for everyone. But it's important for individuals to weigh the pros and cons of protein products and work with their physicians to find the right regimen for their age, gender, body type, and desired goals.

Protein shakes have a lot of positive attributes. Convenient and portable, protein shakes are formulated with readily available, highly digestible protein to fuel the body post-workout. Protein is essential for building muscle and overall body strength and is an important building block of bones, muscles, cartilage, skin, and blood. It also helps make hormones, enzymes and other body chemicals. Protein shakes deliver whey or casein protein in a convenient way. And because protein shakes tend to be concentrated, many people

can consume the recommended level of protein for their activity type without having to eat many calorie-laden meals.

Shakes also can be filling and help people feel satiated longer. Some people substitute protein shakes for meals once per day, eliminating a potentially calorie-laden meal in favor of a low-calorie shake. While protein shakes can be beneficial, the International Society of Sports Nutrition recommends that those who exercise should try to reach their protein requirements via whole foods. Protein shakes are not complete meals; therefore, they may create nutritional deficits if they are routinely used as meal substitutes. The Mayo Clinic offers that protein shakes often fall short of supplying significant amounts of carbohydrates, vitamins, minerals and healthy fats. They're also generally missing naturally occurring fiber, antioxidants and phytochemicals. Protein shakes may be flavored with artificial ingredients or sweeteners which can be fine when consumed occasionally, but may not be recommended as a long-term meal replacement.

Too much protein may not be a good thing, either. The U.S. Department of Health recommends that adults should not consume more than twice the recommended

daily intake of protein, which is 55.5 g for men and 45 g for women. Protein shakes often have 20 to 40 g of protein per serving. So it's easy to see how consumers of protein shakes may consume more than their recommended amount of protein. According to the U.S. Centers for Disease Control and Prevention, consistently exceeding daily protein requirements can lead to weight gain, high blood cholesterol, an elevated risk for heart disease, and kidney complications. Also, The Physicians Committee for Responsible Medicine states that consuming too much protein can raise a person's risk of developing cancer, osteoporosis and kidney stones. Protein shakes are convenient forms of a nutrient that active bodies need. When used in moderation and as part of an overall healthy eating plan, they should be safe. But it's important to discuss any dietary and exercise concerns with a doctor before making drastic lifestyle changes.



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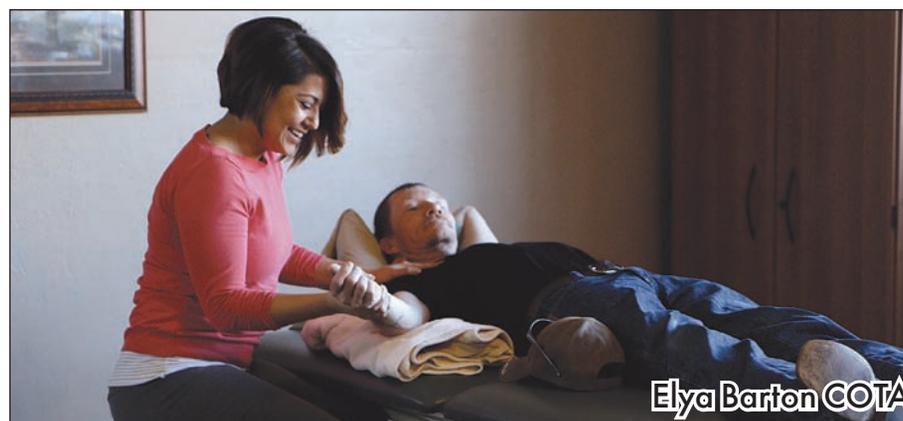
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Choosing fresh fruits like strawberries instead of potato chips at snack time is one way for men and women to maintain a healthy weight.

Maintaining or adopting a healthy lifestyle involves a host of factors. Getting off the couch and being more active is one such factor, as is taking control of your diet so it's helping you and not hurting you.

While adopting a more active lifestyle is a relatively simple step for many people, taking control of diet is oftentimes a much steeper hill to climb. Dietary habits can be hard to break. But altering your diet so the food you consume is helping you instead of hurting you is not impossible, and you won't have to abandon your favorite foods, either. The following are a few tips aimed at helping you make your diet work for you.

- Choose the right foods. Many people feel the culprit behind their unhealthy weight is the portions they consume. While portion size might have something to do with it, the foods you're eating are likely the primary suspect. If your diet is devoid of fruits, vegetables and

whole grains and the dairy products you choose are not fat-free or low-fat, then this is likely why you have difficulty maintaining a healthy weight. Choose low-fat or fat-free, formerly known as "skim," milk and dairy products instead of whole milk for your morning cereal or when preparing recipes that call for cheese. In addition, the Centers for Disease Control and Prevention recommend eating plenty of fruits, vegetables and whole grains each day.

Choose lean meat when buying red meat, but don't overdo it even if you are buying lean meat. Red meat once per week might be enough to satisfy your craving, so enjoy poultry and fish for dinner on other nights of the week.

- Alter your recipes. Many of the foods you enjoy may not be unhealthy. But how you prepare those foods could be compromising their nutritional value or unnecessarily adding calories and causing weight gain. For

example, fried foods are typically loaded with salt and contain more calories than foods that are baked or grilled. Foods that are fried are typically fried in oil, and that oil undergoes changes to its molecular structure during the frying process, when the molecules become harmful free radicals that can damage the body's cells while negatively affecting your cholesterol levels and your body weight. Instead of frying foods like fish or chicken, grill or bake them instead. It's alright to occasionally indulge in some fried chicken or other popular fried foods, but keep such indulgences to a minimum.

Another way to alter your recipes is to replace potentially harmful ingredients with lower-calorie alternatives. When preparing a meal that calls for butter, choose a more heart-healthy alternative such as a low-calorie butter spread. You likely won't be able to taste the difference, but your body will feel the difference.

- Plan your snacks. Many people run into trouble when they find themselves hungry in the hours between lunch and dinner. Healthy snacks that are rich in nutrients do not seem as readily available as snacks like potato chips or cookies that provide little or no nutritional value. But snack time does not have to be a daily sacrifice of discipline in favor of convenience. Plan ahead for snack time just like you do for meal time, packing items like fresh fruit, diced up vegetables or low-fat yogurt when you leave for work each morning. These foods can satisfy hunger just as successfully as their less healthy alternatives, but they won't do so at the cost of your waistline.

Food is too often seen as the enemy for men and women looking to maintain a healthy weight. But when you choose nutrient-rich, low-fat foods, then maintaining a healthy weight becomes a lot easier.

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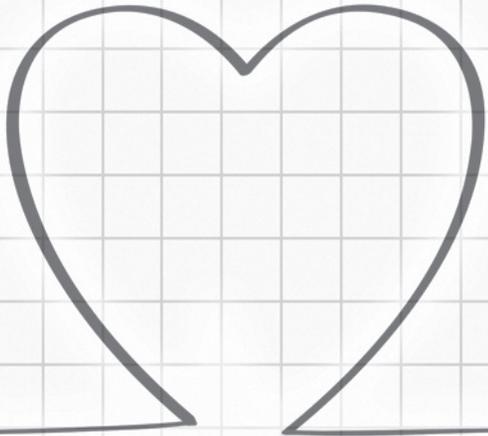
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Exercise and arthritis

Across the country, more than 50 million people are living with doctor-diagnosed arthritis. So says the Arthritis Foundation, which projects that figure will rise to 67 million by the year 2030.

Simply put, arthritis is a significant problem, one that can not only affect a person's quality of life, but also his or her pocketbook, as the Arthritis Foundation notes that working-age men and women (those between the ages of 18 and 64) who contend with arthritis are less likely to be employed than people of the same age who do not have arthritis. Arthritis is not only bad for employees, but also for employers, as it accounts for \$156 billion annually in lost wages and medical expenses.

Exercise may be the last thing on many arthritis sufferers' minds, but exercise can play a vital role in reducing the often painful symptoms associated with arthritis. Among its other benefits, exercise can strengthen the muscles around arthritic joints and help men and women maintain bone strength. In addition, the Mayo Clinic notes that lack of exercise can make joints feel more painful and stiff, as a sedentary lifestyle

will ultimately contribute to putting more stress on joints.

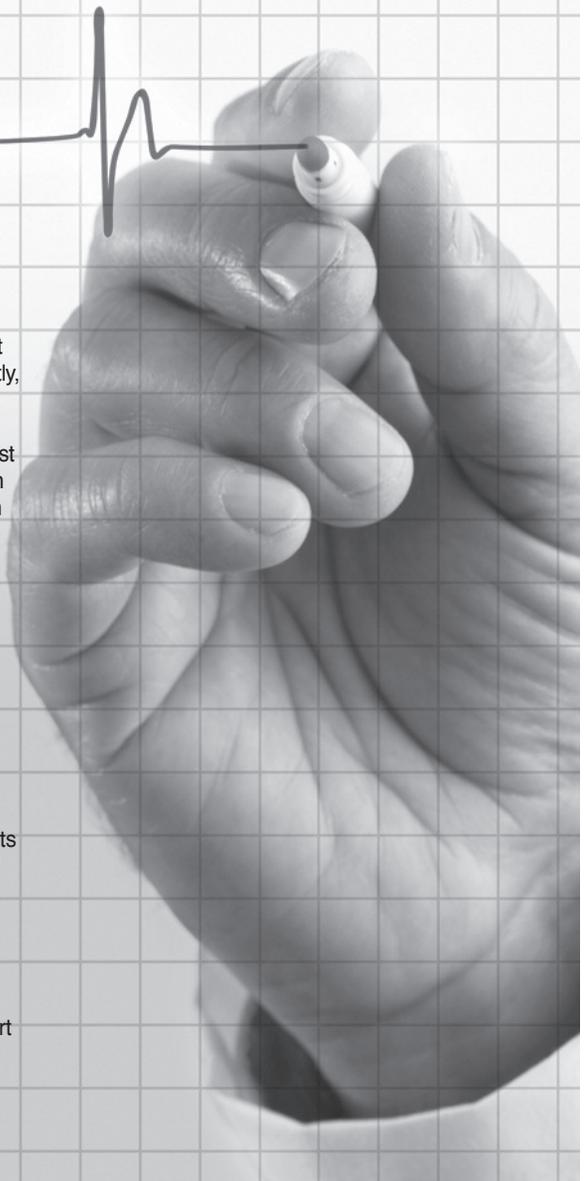
Upon being diagnosed with arthritis, patients should speak with their physicians about the best way to use exercise to combat and relieve their symptoms. Some patients may require physical therapy, while others might be able to work with their physicians to develop an exercise regimen that can help reduce the severity of their symptoms and any pain that accompanies those symptoms. The following are some types of exercises that figure to play a strong role in managing arthritis and improving quality of life.

- **Aerobic exercises:** Low-impact aerobic exercises, such as walking and swimming, can help arthritis sufferers alleviate their symptoms and improve their overall health. Arthritis sufferers who have not exercised in awhile because of their pain may have gained weight as a result, and aerobic exercise is a great way to shed extra pounds. Losing excess weight is a great way to make physical activity less taxing on your joints as well.

- **Range-of-motion:** Range-of-motion exercises are typically simple and don't take much time, but when done correctly, such exercises can be very effective at relieving the stiffness associated with arthritis. A physician or physical therapist might advise you to do range-of-motion exercises each day, and you may even need to do them a few times each day. Adhere to this advice, continuing to perform the exercises as long as your doctor or physical therapists deems them necessary.

- **Strength training:** As previously noted, arthritis sufferers may feel as though lifting weights will only exacerbate their existing symptoms. But strength training will strengthen the muscles around the joints, providing more support for those joints and ultimately reducing symptoms of pain. Speak with your physician or physical therapist about appropriate strength-training activities and the importance of rest. If you experience any pain during strength-training sessions, stop immediately and report the pain to your physician.

More information about managing arthritis can be found at www.arthritis.org.



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Physical therapy can aid recovery

If you're suffering with pain you have no greater wish than to be rid of it. Physical therapy can help alleviate the effects of fractures, arthritis and any number of pain related medical conditions through the use of exercise, electrical stimulation, ultrasound, traction or deep tissue massage.

Many patients find physical therapy increases their range of motion, improves their balance, coordination and motor function as well as helping with muscle performance, all through a physician recommended series of visits.

Your physical therapist will work through your doctor to create an individualized program for your recovery that may consist of a few weeks of visits to long-term care.

In Hot Springs County, there are choices for physical therapy, including Leila Porath at the Physical Therapy Clinic and Gottsche Rehabilitation and Wellness Center.

Porath specializes in orthopaedic therapy with an emphasis on post-surgical therapy and pain management.

At Gottsche, which is celebrating 65 years in 2019 there are several on staff that are accustomed to working with patients of all ages. Gottsche has been leading the way for 60 years, and provide physical therapy, aquatic therapy, occupational therapy and speech therapy, pre- and post-surgical rehabilitation rehab fitness classes, balance training, senior programs, men's and women's wellness, and therapeutic full body massage.

The Gottsche building is undergoing a remodel, and the front parking area and entrance were recently brought up to ADA compliance.

"Our goal is to improve the health and wellness of people throughout the Basin. We want to help people with their therapy needs. Our staff has more than 100 years of combined experience and continues to further their education. We want to keep leading the way by staying on top of current research and programs," stated Gottsche CEO Cheryl Shero.



DPT Erin Dyok discusses therapy with a patient at Gottsche Rehabilitation and Wellness Center.



Leila Porath owns and operates the Physical Therapy Clinic. She specializes in orthopaedic therapy with an emphasis on pain management.

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Brain-healthy habits to practice

Exercise and balanced eating can reduce risk of dementia

Cognitive decline is a condition that is often associated with aging, but even middle-aged people can experience memory loss or cognition issues.

The Alzheimer's Association says that more than five million Americans are living with Alzheimer's disease and other dementias. By 2050, that number could rise to as high as 16 million people. More than 747,000 Canadians are living with Alzheimer's or another dementia, says the Canadian Alzheimer's Association.

Although there is no definitive way to prevent dementia, living a long, vibrant life may be possible by encouraging some healthy habits for the brain. It is never too late or too early to begin health and lifestyle changes.

Exercise

Becoming more active can improve brain volume, reduce risk for dementia and improve thinking and memory skills.

The journal *Neurology* found that older people who vigorously exercise performed better on cognitive tests than others of the same age, placing them at the equivalent

of 10 years younger. Increased blood flow that occurs with

physical activity may help generate new neurons in the hippocampus, an area of the brain involved with learning and memory.

The Harvard Medical School says aerobic exercise may help improve brain tissue by improving blood flow and reducing the chances of injury to the brain from cholesterol buildup in blood vessels.

Quit smoking

The Alzheimer's Association indicates that evidence shows smoking increases the risk of cognitive decline. Smoking can impair blood flow to the brain and cause small strokes that may damage blood vessels.

Eat healthy foods

Foods that are good for the heart and blood vessels also are

good for the brain. These include fresh fruits and vegetables, whole grains, fish-based proteins, unsaturated fats, and foods containing omega-3 fatty acids.

Neurologists state that, while research on diet and cognitive function is limited, diets, such as Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to a lower risk of cognitive issues.

Consume caffeine

Caffeine may help boost memory performance and brain health. A *Journal of Nutrition* study found people ages 70 and older who consumed more caffeine scored better on tests of mental function than those who consumed less caffeine. Caffeine may help improve attention span, cognitive function and feelings of well-being.

Information from Psychology To-

day also indicates caffeine may help in the storage of dopamine, which can reduce feelings of depression and anxiety.

In addition, compounds in cocoa and coffee beans may improve vascular health and help repair cellular damage due to high antioxidant levels.

Work the brain

Engaging in mentally stimulating activities can create new brain connections and more backup circuits, states Dr. Joel Salinas, a neurologist at Harvard-affiliated Massachusetts General Hospital. Working the brain through puzzles, reading and participating in social situations can stimulate the release of brain-derived neurotrophic factor (BDNF), a molecule essential for repairing brain cells and creating connections between them.

A good way to combine these lifestyle factors is to take an exercise class with friends, mixing the social, stimulation and exercise recommendations together.

Cognitive decline can come with aging, but through healthy habits, people can reduce their risk of memory loss and dementia.

...more than five million Americans are living with Alzheimer's disease and other dementias

Variety of mental health services available

Along with your physical health, your mental health is not something you should ignore. In fact, mental health issues which go untreated can actually have a detrimental effect on your physical health.

In Hot Springs County we are fortunate to have three different facilities that are dedicated to the mental health of our community.

WellSpring Counseling, found at 121 S. Fourth Street is an accredited facility that was started in Thermopolis in 1979.

Executive Director Allan Braaten is joined by

several other mental health professionals who provide counseling and treatment for a variety of mental health issues.

Their offices are open Monday through Friday from 8 a.m. to 6 p.m. and until 8 p.m. on Wednesday evenings. For more information on WellSpring or to set up a consultation, please call 864-3138.

TLC Counseling is a faith-based counseling service which began operation in 2014. The company is owned by Toni Casciato.

Casciato specializes in trauma counseling, addiction, family and marital counseling and more

at her facility at 316 Broadway.

For more information about TLC Counseling, please call 864-3211.

Another counseling service available to Hot Springs County residents is Wisdom Tree Consultation and Counseling Service, owned by Catherine Crumpler.

Crumpler has a private practice that provides not only mental health services, but individualized, non-mental health consultations.

If you would like more information about Wisdom Tree, please call 921-3667.

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The low down on health supplements

In the old days, everyone cooked their meals at home, made sure they had breakfast, lunch and dinner, and used fresh ingredients like vegetables, fruits and unprocessed meats.

At that time, there was really no need for supplements like multi-vitamins since folks were getting the nutrition they needed from the foods they ate, but in our world of fast food and dining out, skipping breakfast and snacking all day, many people are missing essential nutrients in their diet and may not even realize it.

There are 13 vitamins and at least 16 minerals that are essential to health. They work with your body in a variety of ways for anything from growth to the regulation of body processes.

Multi-vitamins will contain a good number of the vitamins and minerals your body needs, but it's a good idea to check the label to see just how much of which nutrients are included in your vitamin of choice.

For women, studies have found taking a multi-vitamin for at least three years has lowered their risk of dying from heart disease by 35 percent.

In men, the use of a multi-vitamin has been shown to lower their risk of cancer by 31 percent and long term use has greatly reduced their risk of colon cancer.

Vitamin D is an essential vitamin to keeping your bones healthy.

If you shun the sun, have milk allergies or have a strict vegan diet, you may be susceptible to a Vitamin D deficiency.

Known as the 'sunshine vitamin', Vitamin D is essential for strong bones and not having enough doesn't allow your bone tissues to properly mineralize which could lead to soft bones or skeletal deformities.

Low levels of Vitamin D in adults may lead to cognitive impairment, an increased risk of death from cardiovascular disease and cancer. For children, those low levels can trigger severe asthma.

Speaking of strong bones, your body needs calcium to build and maintain strong bones. Over 99% of the calcium in your body is stored in your bones and your teeth. If you aren't getting the right amount of calcium in your diet, your body will begin taking calcium from your bones and teeth to make up for it.

Women under 50 years old need 1,000 mg of calcium a day and men 70 and younger benefit from

1,000 mg per day. As we age, those numbers go up with women over 50 needing 1,200 mg per day along with men over 70.

We hear a lot about cutting fat out of our diets, but one that is essential are omega-3 fatty acids, primarily found in certain fish.

If you are not a fan of fish, there are supplements you can take and they do have some added benefit such as lowering your triglyceride levels. High triglycerides can put you at risk for heart disease.

Fish oil supplements can also help with stiffness and joint pain related to rheumatoid arthritis and even seem to help with depression, often boosting the effects of antidepressants you may be taking. Scientists say fish oil may even help with the depressive symptoms of bipolar disorder.

Let's face it, for most of us, our diets are somewhere between popcorn for dinner and a fast food burger, so it's no wonder we sometimes suffer from gut pain.

Probiotics are live bacteria and yeasts that are especially good for your digestive system.

Sure, we generally think of bacteria as bad, but our bodies are filled with both good and bad bacteria that play different roles in the way our body is regulated.

Probiotics can help balance your good and bad bacteria to keep your body working the way it should. Sometimes, if you've lost the good bacteria in your body because of a round of antibiotics that kill off everything, a probiotic can replace the good bacteria and get you back on track.

We don't deal with a lot of pollution in Wyoming, but environmental toxins, tobacco, alcohol, ultraviolet rays and icky stuff found in processed foods can cause havoc with your system through "free radicals".

You can fight the aging process and damage to your cells, both inside and outside your body, by the use of antioxidants.

Most of the antioxidants you need can be found in foods you eat, but sometimes an antioxidant supplement will be a better answer or at least a boost to your system.

Included in antioxidant supplements you should find Vitamin A, C and E, beta-carotene, lycopene, lutein and selenium. Check your supplement label to ensure all of these are included.

Bottom line, check with your doctor to see if he thinks a supplement would be a good idea for maintaining your health.



Walking is one of the best things you can do for your health and to help maintain or lose weight. There are plenty of walking paths around Hot Springs State Park.



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Kids Health

Did You Know?

The U.S. Centers for Disease Control and Prevention recommend that children and adolescents get 60 minutes or more of physical activity each day. The CDC advises that such physical activity should include aerobic activity and muscle and bone strengthening exercises. Aerobic activity should take up most of kids' daily physical activities and can include moderate activities, such as brisk walking, or more intense activities like running. Parents should make sure kids include some vigorous aerobic activity in their physical activity routines at least three days per week. Muscle strengthening activities do not mean parents should get their youngsters in the gym as soon as possible. Rather, activities like gymnastics or push-ups done three times per week can be enough to help kids build strong muscles. The CDC notes that as kids reach adolescence, they may start structured weight-training programs to strengthen their muscles. Jumping rope or running three times per week can serve as kids' bone-strengthening exercises.



Be aware of pesky mold and mildew while spring cleaning

Spring cleaning is an annual tradition in households across the country. It's the opportunity to open the windows and let that warm air breathe some new life into your home.

It should also be about making a home healthier for the months to come. The following cleaning tips can make your home a healthy haven when those inevitable spring showers arrive:

Tackle mold and mildew

Few homes can escape the wrath of mold and mildew during the winter months. In addition to being unsightly, exposure to mold can also cause a host of

physical problems, including respiratory ailments, eye irritation, and nasal and sinus congestion.

Clean the filters, ducts, vents

Spring might be synonymous with warmer temperatures, but for allergy sufferers spring can be a difficult time of year. When spring cleaning, don't forget to thoroughly clean filters, ducts and vents to help decrease exposure to airborne allergens.

Protect against viruses, bacteria

Effectively cleaning a home can involve several preventive measures to keep everyone free from vi-

ruses and bacteria. Spray Nine(R) Cleaner/Disinfectant takes just 45 seconds to disinfect a surface of harmful bacteria, including those associated with food poisoning and even infections such as MRSA.

Clear out potentially harmful supplies

Garages and basements are often used to store paints, paint thinners, oils, solvents, and other potentially toxic supplies. If any of these toxic supplies are old, consult your local sanitation department to determine how best to discard such items. For those you want to keep, be sure the lids are tight and not leaking potentially harmful chemicals into the air.

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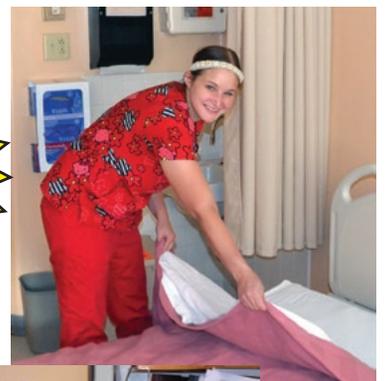
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