Curtis Andrews
DDS, MS
ORTHODONTIC SPECIALIST
Living & Practicing In Butte

Child, Teen & Adult Orthodontics
Clear Porcelain Braces
Digital X-Rays
TMJ Treatments
Certified Invisalign® Provider

Andrews Orthodontics
1405 Dewey, Butte, MT 59701 • 406-494-8866
www.andrewsorthodontics.com

Office Open Monday-Friday
Accepting New Patients
No Referral Necessary

We are proud to be part of the Anaconda Community!

Excellence in Health Care in Our Own Community.

- Recognized as a top 100 Critical Access Hospital in the United States by iVantage HEALTHSTRONG, 2011-2015
- 24-Hour Emergency Department
- Convenient Care Hours Daily
- Accredited Radiology Department
- Physical & Occupational Therapy
- Obstetrics/Gynecology
- General Surgery
- Neurosurgery
- Orthopedic Surgery
- Urology
- Respiratory Therapy
- Medical Laboratory
- Hospice Services
- Home Health
- ADA Recognized Diabetes
- Self-Management Education Program
- Baby Friendly Designated Hospital
- SPECIALTY CLINICS
- Oncology - Neurosurgery - Cardiology
- Orthopedics - Ophthalmology - Urology
- General Surgery - Gastroenterology
- Neurology - Endocrinology
- Rheumatology
- Long Term Care Facility

COMMUNITY NURSING HOME OF ANAconda
615 Main St., Anaconda, MT 59711
563-8417

Pintler Home Options
118 East Seventh St., Anaconda MT 59711
563-7023

Pintler Family Medicine
305 West Pennsylvania, Anaconda, MT 59711
563-8686

COMMUNITY HOSPITAL OF ANAconda
401 West Pennsylvania, Anaconda, MT 59711
563-8500 • www.communityhospitalofanaconda.org
Healthy grocery shopping tips

Planning your grocery list for the week sets you up for healthy eating.

Healthy Hot Spots
If you have paid attention to the layout of most grocery stores, you’ve probably noticed that the healthier choices are located around the perimeter. There, you will find the fresh produce, meats and dairy sections. Shopping the perimeter first will load your cart with healthy choices and make it easier to avoid these displays and purchase only sensible food choices.

Healthy Hot Spots
If you have paid attention to the layout of most grocery stores, you’ve probably noticed that the healthier choices are located around the perimeter. There, you will find the fresh produce, meats and dairy sections. Shopping the perimeter first will load your cart with healthy choices and make it easier to avoid these displays and purchase only sensible food choices.

Keep it Fresh
When planning your healthy shopping trip, avoid processed foods and spend a little more on fresh items. Processed foods are loaded with preservatives in order to provide a longer shelf life. For instance, the meat that your butcher slices daily has much lower levels of sodium nitrite than that of the prepackaged meats that arrive frozen.

Consider purchasing your bread from the bakery, where most grocery stores bake their bread daily. Buying fresh bread helps you cut out many of the preservatives, artificial flavors and loads of added sugar that can be found in some of the processed options.

Healthy Hot Spots
If you have paid attention to the layout of most grocery stores, you’ve probably noticed that the healthier choices are located around the perimeter. There, you will find the fresh produce, meats and dairy sections. Shopping the perimeter first will load your cart with healthy choices and make it easier to avoid these displays and purchase only sensible food choices.

Keep it Fresh
When planning your healthy shopping trip, avoid processed foods and spend a little more on fresh items. Processed foods are loaded with preservatives in order to provide a longer shelf life. For instance, the meat that your butcher slices daily has much lower levels of sodium nitrite than that of the prepackaged meats that arrive frozen.

Consider purchasing your bread from the bakery, where most grocery stores bake their bread daily. Buying fresh bread helps you cut out many of the preservatives, artificial flavors and loads of added sugar that can be found in some of the processed options.

Your grocery store’s meat department can be a gold mine in the quest for a healthy shopping trip. Look for fresh fish and chicken. These two meats are packed with healthy fats and protein that will add loads of nutrition to any meal.

Keep it Fresh
When planning your healthy shopping trip, avoid processed foods and spend a little more on fresh items. Processed foods are loaded with preservatives in order to provide a longer shelf life. For instance, the meat that your butcher slices daily has much lower levels of sodium nitrite than that of the prepackaged meats that arrive frozen.

Consider purchasing your bread from the bakery, where most grocery stores bake their bread daily. Buying fresh bread helps you cut out many of the preservatives, artificial flavors and loads of added sugar that can be found in some of the processed options.

Your grocery store’s meat department can be a gold mine in the quest for a healthy shopping trip. Look for fresh fish and chicken. These two meats are packed with healthy fats and protein that will add loads of nutrition to any meal.
Staying healthy at work

If you consistently put in full-time hours at your company, you probably find yourself exhausted after the end of a busy work day. Working 40-plus hours per week at any job can expose you to unhealthy habits and conditions, especially if you have a high-stress role with demanding responsibilities.

From washing your hands to making a little time for exercise during your work day. Working 40-plus hours per week at any job can expose you to unhealthy habits and conditions, especially if you have a high-stress role with demanding responsibilities.

Doing Your Part
Regardless of your workplace environment, bacteria can easily be found there. The Centers for Disease Control and Prevention recommends frequently washing your hands with hot, soapy water for at least 20 seconds. It is also a good idea to keep a bottle of alcohol-based hand sanitizer around to use after coughing or blowing your nose.

Getting preventive vaccinations also is a good way to keep yourself and co-workers protected from seasonal viruses like the flu. If you are experiencing symptoms of the flu or any other contagious illness, be sure to call your supervisor and explain that you feel it would be more responsible to take the day off.

Exercise and diet
It can be hard enough to dedicate yourself to a good exercise routine at home; trying it at the workplace may seem impossible. Depending on the type of job you have, exercise may be hard to come by, but it’s important to squeeze it in when you can.

Busy work days make it too easy to justify picking up a quick lunch from the local fast-food place. Instead, pack yourself a healthy lunch and eat at work. Utilize the extra time you saved by not driving to the fast-food restaurant to go on a walk during your break.

Protect your health info

Before computers, medical data was stored in paper files. These days, almost everything is gathered, analyzed and transmitted electronically. This means your personal information may be prone to cyber attacks.

The Health Insurance Portability and Accountability Act (HIPAA) provides data privacy and security provisions for safeguarding medical information. This includes the HIPAA Privacy Act that gives you several ways to ensure your medical data is used and secured safely.

Your HIPAA Rights
HIPAA grants you several benefits when it comes to finding health coverage. It can assist you in gaining coverage when starting a new job and lessen your chance of losing your existing care.

Here are a few different benefits you have under the HIPAA Privacy Act:
- Getting a copy of your medical record;
- Getting a notice about how your personal medical data is being shared;
- Filing a complaint if you think your rights have been violated.

Take Control
While you might think leaving your data in the hands of your medical professionals means it’s protected, it may not be in your best interest. Doctors are in charge of many different records, which can mean unintentional mistakes.

Take Security Steps
While you may not be able to set the level of security devoted to your medical data, there are still proactive ways you can approach your safety.

Regularly checking your credit can give you indications that your personal information has been compromised. The sooner you see your information being misused, the sooner you can take corrective steps to regain control.

Your Social Security number is one of the most important pieces of information that needs to remain private. If compromised, someone else can open credit card accounts, apply for loans and gain access to your accounts.

The best ways to prevent someone else from gaining access to your SSN include: keeping your card in a safe place (at home, not a wallet), frequently checking your accounts for fraudulent activity and using an identity protection service.

Bacteria Hot Spots
Aside from washing your hands, a good rule of thumb is to keep a package of anti-bacterial wipes on hand. Wipe down appliances that are heavily used, like the microwave or vending machines, before you operate them.

Avoid using your co-workers’ equipment. It’s never a good idea to handle a co-worker’s telephone, keyboard or other work tools. Especially if they aren’t as apt to keep a clean environment, you may wind up negating your healthy behaviors.

Exercise and diet
It can be hard enough to dedicate yourself to a good exercise routine at home; trying it at the workplace may seem impossible. Depending on the type of job you have, exercise may be hard to come by, but it’s important to squeeze it in when you can.

Busy work days make it too easy to justify picking up a quick lunch from the local fast-food place. Instead, pack yourself a healthy lunch and eat at work. Utilize the extra time you saved by not driving to the fast-food restaurant to go on a walk during your break.
How to choose a doctor

Your physician will learn many confidential things about you — things that you may even feel uncomfortable talking about with your closest friends. It’s important to find a physician you can trust when discussing health-related details.

Thanks to the Affordable Care Act, the number of people with health insurance has increased dramatically. With this influx into the healthcare marketplace, it may actually be a challenge to find the perfect physician for you. Don’t get discouraged, and definitely don’t settle when you’re making this very important decision.

Questions to Ask

Does your physician accept your insurance? Most insurance companies offer a directory, revealing all physician offices that accept their clients. For added assurance, call the physician’s office to make sure it hasn’t dropped your insurance plan.

Are you comfortable with the hospital your physician is affiliated with? If your physician deems that you need to be admitted to a hospital, you may not have a choice on where you go. If there is a hospital in the area you are opposed to visiting for some reason, you may need to find a physician who isn’t affiliated with that hospital.

Office Policies

Each physician’s office has different policies, but there are a few that should be industry standard. Consider finding a different physician if scheduling a routine appointment takes more than a week.

Comfortability at the office

Feeling comfortable with your physician is a critical factor when making your choice. It also is important to pay attention to the other members of your physician’s staff. Remember, the people who are scheduling your appointments, relaying messages to your doctor and greeting you as you enter their building were put in place by your physician. Disrespectful or inefficient staff should be a red flag about the physician’s practices.

A study by The Associated Press-NORC Center for Public Affairs Research discovered that over half of Americans focus on personality and relationship when it comes to choosing a physician. Look for a physician who seems interested in what you’re saying. Someone who interrupts your sentences or inadequately answers your medical questions should convince you to keep shopping for a different physician.

Are you at risk for COPD?

(COPD) is the second leading cause of death in the United States. What many people don’t know is that COPD is a risk factor for a potentially deadly condition called respiratory compromise which can occur during hospitalization. While relatively unknown, respiratory compromise can cause a patient’s breathing to deteriorate, leading to respiratory failure and death.

In addition to causing a downward decline into respiratory failure, respiratory compromise is the second leading avoidable patient safety issue and is as common as cardiac complications following cardiovascular surgery. This condition can be caused by a number of factors, including pre-existing diseases and conditions such as COPD, or receiving opioid painkillers or sedatives for a procedure.

Although respiratory compromise is a serious health concern, it is often preventable. By using patient monitoring technologies and appropriate therapies to continuously assess a patient’s respiratory status, healthcare professionals can help detect and treat patients earlier, which may help prevent further decline.

The National Cancer Institute, the National Heart, Lung, and Blood Institute, and the American Association for Respiratory Care are among the many organizations working to raise awareness about COPD.

“Individuals living with COPD must realize their increased risk for respiratory compromise, a condition, which, if not caught early, can be fatal,” said Phil Porte, Executive Director, Respiratory Care Promise Institute. “Fortunately, many medical facilities already have the necessary tools to detect respiratory compromise early to allow for proper treatment. This is why it is important for those living with COPD to talk to their healthcare provider about their increased risk for respiratory compromise if they need to undergo a medical or surgical procedure, particularly those procedures that can worsen COPD symptoms.”

If you have COPD, you should familiarize yourself with your risk for respiratory compromise, as well as the other risk factors — such as advanced age, obesity and sleep apnea — which can increase your likelihood of suffering from this condition.

We Are Your One-Stop Pharmacy

We are open to the public and accept the majority of insurances including Medicaid, Medicare, and Worker’s Compensation. Set in a facility that offers medical services, a lab, and x-ray services, we provide one stop convenience. We also offer immunizations, professional consultations and delivery. See us for all your pharmacy needs.
Benefits of sleep

Sleep is the foundation for overall good health. Without sleep we're grouchy and testy. With proper sleep, we're back to our old peppy selves.

Getting plenty of sleep will improve your quality of life both mentally and physically, so finding ways to increase your ratio of shut-eye to being awake should be an important part of your overall health.

Some of the benefits of sleep are quite obvious, because we can all relate to that feeling of refreshed when we sleep well. Some of the benefits of sleep are quite obvious, because we can all relate to that feeling of refreshed when we sleep well. However, researchers have discovered that hardships in physical abilities and impacted by inactivity more than aging.

This means that regular physical activity can slow and sometimes even reverse some cases of physical decline.

As we age, our heart rate declines. This can lead to the heart and lungs pumping less oxygen to our muscles during physical exercise. If you have noticed a considerable amount of fatigue during exercise it may be due to this restriction of fuel to your muscles.

Just because you're fatigued doesn't mean you should give up on your physical goals. In fact, researchers have discovered that hardships in physical abilities and impacted by inactivity more than aging.

This means that regular physical activity can slow and sometimes even reverse some cases of physical decline.

Be active, but know your limits

As we age, our heart rate declines. This can lead to the heart and lungs pumping less oxygen to our muscles during physical exercise. If you have noticed a considerable amount of fatigue during exercise it may be due to this restriction of fuel to your muscles.

Just because you're fatigued doesn't mean you should give up on your physical goals. In fact, researchers have discovered that hardships in physical abilities and impacted by inactivity more than aging.

This means that regular physical activity can slow and sometimes even reverse some cases of physical decline.

Know Your Limits

If you are just beginning a new cardio regimen, it is important to know how far your body can go. Be sure to see your healthcare expert before beginning your new routine. Your health care professional can explain possible risks based on your physical health and medication you may take.

It is crucial that you do not push yourself to the point where breathing and talking becomes difficult during your workout. A good way to test yourself is to use The Talk Test, which was created by the Centers for Disease Control and Prevention created.

To perform this test, begin talking during your workout. If you can comfortably carry on a conversation but are unable to sing, you are at your body’s ideal intensity zone. However, if even saying more than a few words is difficult, you will need to dial down your intensity level.

Pre-Workout Activities

If you prepare your body before your workout by engaging in light warm-up exercises and stretching, you will likely see better results. Stretching will loosen up muscles and joints, making a safer and more comfortable exercise experience. Allow yourself five minutes for a warm-up workout before engaging in more intense cardio. Some good pre-cardio workouts include push-ups, marching in place and squats. These exercises can get your blood pumping before your actual workout.

A Bridge between Hospital and Home.

We believe our residents are special and so are their families. Our community provides quality medical, skilled nursing and rehabilitative care services through our RNs, LPNs and CNAs along with Physical, Occupational and Speech Therapists.

We take your health care personally.

Call or Stop by for a Tour.
406-723-3225
3251 Nettie Street, Butte, MT 59701
You’re not just ‘growing old’ if this happens to you

Judith Graham
Kaiser Health News

When Dr. Christopher Callahan examines older patients, he often hears a similar refrain.

“I’m tired, doctor. It’s hard to get up and about. I’ve been feeling kind of down, but I know I’m getting old and I just have to live with it.”

This fatalistic stance relies on widely-held but mistaken assumptions about what constitutes “normal aging.”

In fact, fatigue, weakness and depression are among several other common concerns, aren’t to-be-expected consequences of growing old, said Callahan, director of the Center for Aging Research at Indiana University’s School of Medicine.

Instead, they’re a signal that something is wrong and a medical evaluation is in order.

“You have a perception, pro-mulgated by our culture, that aging equals decline,” said Dr. Jeanne Wei, a geriatrician who directs the Don-ald W. Reynolds Institute on Aging at the University of Arkansas for Medical Sciences.

“That’s just wrong,” Wei said. Many older adults remain in good health for a long time and “we’re lucky to live in an age when many remedies are available.”

Of course, people’s bodies do change as they get on in years. But this is a gradual process. If you suddenly find your thinking is cloudy and your memory unreliable, if you’re overcome by dizziness and your balance is out of whack, if you find yourself tossing and turning at night and running urgently to the bathroom, don’t chalk it up to normal aging.

Go see your physician. The earlier you identify and deal with these problems, the better. Here are four common concerns that should spark attention — only a partial list of issues that can arise:

fatigue. You have no energy. You’re tired all the time. Don’t underestimate the impact: Chronically weary older adults are at risk of losing their independence and becoming socially isolated.

Nearly one-third of adults age 51 and older experience fatigue, according to a 2010 study in the Journal of the American Geriat-rics Society. (Other estimates are lower.) There are plenty of poten-tial culprits. Medications for blood pressure, sleep problems, pain and gastrointestinal reflux can induce fatigue, as can infections, conditions such as arthritis, an undetected thy-roid, poor nutrition and alcohol use.

All can be addressed, doctors say. Perhaps most important is ensuring that older adults remain physically active and don’t become sedentary.

“If someone comes into my office walking at a snail’s pace and tells me ‘I’m old; I’m just slowing down,’ I’m like no, that isn’t right,” said Dr. Lee Ann Lindquist, professor of ge-riatrics at Northwestern University’s Feinberg School of Medicine. “You need to start moving around more, get physical therapy or occupation-

therapy and push yourself to do just a little bit more every day.”

Appetite loss. You don’t feel like eating and you’ve been losing weight.

This puts you at risk of developing nutritional deficiencies and frailty and raises the prospect of an earlier-than-expected death. Between 15 and 30 percent of older adults are believed to have what’s known as the “anorexia of aging.”

Physical changes associated with aging — notably a reduced sense of vision, taste and smell, which make food attractive — can contribute. So can other conditions: decreased saliva production (a medication-induced problem that affects about

as antioxidants and are beneficial in low to moderate amounts.

Support brain health by spending time with friends and family.

Five steps to preserve brain health

(BPT) — Everyone knows aerobic exercise gets the heart pumping and lifting weights keeps muscles strong. But when it comes to keep-ing the brain healthy, most people are unsure what to do.

As you age, brain health and main-taining memory functions becomes a top concern. Turns out, these issues may begin sooner than you think.

“We tend to think about memory decline as an older person’s issue, but that’s not the case at all,” says Dr. Aimee Gould Shunney, a licensed naturopathic doctor specializing in women’s health and family medi-cine. “There was a study published in 2012 in the British Medical Jour-nal that examined cognitive func-tions in people age 45 to 70. The re-searchers did not expect it, but they found evidence of cognitive decline in the 45-year-old participants as well as the older participants.”

She notes there are two basic pathological processes that cause degeneration of the brain: oxidative stress and inflammation. Basically, the standard American diet and life-style contribute to those processes. So is this really a natural process? Men and women of all ages.

No matter your age, you can take charge of your brain health by fol-low ing these five smart steps from Dr. Shunney:

Healthy eating

“A Mediterranean-type diet that fo-cuses on whole foods, good fats and foods high in antioxidants is a great place to start,” says Dr. Shunney.

She encourages her patients to focus on getting omega-3 fats from fish and monounsaturated fats from olives, olive oil, nuts and seeds. She also recommends increasing fruits (especially berries) and beans (they’re packed with antioxidants). What’s more, research shows a little cocoa, coffee and red wine can act

drugs and alcohol, which make food taste bad.

Nutritional deficiencies and frailty may begin sooner than you think. Perhaps most important is ensuring that older adults remain physically active and don’t become sedentary.

“Social isolation has been linked with cognitive decline,” says Dr. Shunney. “In one study, people who were lonely experienced cognitive decline at a 20 percent faster rate than people who were not lonely.”

Make time to take a foreign language class, join a Toastmaster’s Club, take a watercolor class — anything that connects you regularly to other people.

What’s more, research shows a little cocoa, coffee and red wine can act

as antioxidants and are beneficial in low to moderate amounts.

Thinking activities

“I recommend anything that keeps your mind working,” says Dr. Shunney. “Activities that require things to be arranged or puzzles that have to be put together. Crossword puzzles, word games and board games are all great.”

She also notes some activities to avoid: “It’s important to limit certain activities. The constant scanning of social media and newsfeeds elimi-nates creativity and keeps us on edge. Limit the time you spend do-ing that and instead do things that cause you to explore and think and put ideas together on your own.”

Socialize

“Social isolation has been linked with cognitive decline,” says Dr. Shunney. “In one study, people who were lonely experienced cognitive decline at a 20 percent faster rate than people who were not lonely.”

Make time to take a foreign language class, join a Toastmaster’s Club, take a watercolor class — anything that connects you regularly to other people.

Five steps to preserve brain health

(BPT) — Everyone knows aerobic exercise gets the heart pumping and lifting weights keeps muscles strong. But when it comes to keeping the brain healthy, most people are unsure what to do.

As you age, brain health and maintaining memory functions becomes a top concern. Turns out, these issues may begin sooner than you think.

“We tend to think about memory decline as an older person’s issue, but that’s not the case at all,” says Dr. Aimee Gould Shunney, a licensed naturopathic doctor specializing in women’s health and family medicine. “There was a study published in 2012 in the British Medical Journal that examined cognitive functions in people age 45 to 70. The researchers did not expect it, but they found evidence of cognitive decline in the 45-year-old participants as well as the older participants.”

She notes there are two basic pathological processes that cause degeneration of the brain: oxidative stress and inflammation. Basically, the standard American diet and lifestyle contribute to those processes. So is this really a natural process? Men and women of all ages.

No matter your age, you can take charge of your brain health by following these five smart steps from Dr. Shunney:

Healthy eating

“A Mediterranean-type diet that focuses on whole foods, good fats and foods high in antioxidants is a great place to start,” says Dr. Shunney.

She encourages her patients to focus on getting omega-3 fats from fish and monounsaturated fats from olives, olive oil, nuts and seeds. She also recommends increasing fruits (especially berries) and beans (they’re packed with antioxidants). What’s more, research shows a little cocoa, coffee and red wine can act
Benefits of fitness centers

One major perk of belonging to a gym is having an indoor area where you can exercise during extreme temperature conditions. Extreme heat or cold will not only make it more difficult for your body to perform during a workout but also may hinder motivation. You also will notice a sense of companionship when surrounded by like-minded people with the same goal in mind. Your fitness center will likely offer group classes. These will allow you to associate with many different people at once.

Questions before Joining

Once you find an age-friendly area where you can exercise, ask any questions before joining. Be sure to ask about the facility in your area, you should ask about the staff’s senior fitness certifications.

Make a Plan

A good starting point for your new gym routine is to create a plan. Your plan should consist of landmark goals and how you plan to achieve them. It’s important to create realistic goals based on your current state of fitness.

Sticking to the solid plan that you create will allow you to regulate the amount of time you dedicate to your fitness. You also will be able to use your plan to track progress and adjust it as you go.

Setting Goals

Creating goals for yourself will keep your trips to the gym interesting and fulfilling. Whether it’s a certain number you want to see on a scale or a certain spot you want to jog to, your goals should be within reason. Setting yourself up with unrealistic goals may cause discouragement when you are unable to meet them.

Once you get a good sense of the amount of physical activity your body can endure you will have a clearer idea of what a realistic goal is. Pay attention to your exercise habits and your body’s endurance, then set goals that cannot be easily obtained but aren’t too unrealistic to achieve.

One perk of joining a gym is having a place to work out indoors during extreme weather conditions.

We’re committed.

Our commitment to the community has been unwavering for more than 140 years and we are dedicated to continuing that legacy into the future.

We are the heart of the community.

Your newspaper is as strong as ever.
Many benefits from staying fit

You are probably familiar with many of the health benefits you can gain from physical activity. Exercise assists in heart health, healthy bones and weight maintenance. You may be surprised to learn how exercise can protect seniors from dangerous diseases and decline in brain function. Aging may provide an excuse for a lack of physical activity, as you may blame your lack of exercise on sore muscles or weak bones. But your senior years are when you should be focused on improving your physical health. In fact, the Centers for Disease Control and Prevention reports that seniors have more to gain than younger people.

Brain Function

It is a common rule that any exercise that benefits your heart is also promoting brain health. Increasing your heart rate allows oxygen to be pumped to your brain and creates hormones to aide in the growth of brain cells. An active exercise regimen has been shown to aide in the prevention of dementia and Alzheimer’s disease. There are non-physical activities you can perform on top of a physical lifestyle to promote brain health. Some of these include a healthy diet, learning a foreign language or learning a musical instrument. Learning something new is great way to keep an aging mind active.

Fight Diseases

The National Institutes of Health state that staying active can prevent or slow down many diseases. The Mayo Clinic has listed a few ways exercise helps hinder symptoms of several common diseases among seniors:

- Diabetes. Exercise assists in insulin more effectively managing your blood sugar. It also will control your weight, which is a huge factor in your fight against diabetes.
- Asthma. Exercise has been shown to reduce the frequency and severity of asthma.
- Arthritis. Exercise will help manage pain associated with this disease. It also will maintain muscle strength in certain joints.

Control Stress

You may notice higher stress levels as you age. Physical activity can be a key component in managing stress by improving your ability to get a good night’s sleep and releasing stress-fighting endorphins. It has been shown that physical exercise will decrease tension and stabilize moods, and aerobic exercise can have anti-anxiety effects.

30-minute basic workout

Jordan D. Metzl
Rodalewellness.com

If you’re ready to sweat and burn serious calories in little time, this is the workout for you. Start with a dynamic warm-up, which should be completed in three minutes. Then, rest for one minute. Now, perform the first three exercises below for one minute, cycling through the set three times.

First 10:

Bodyweight squat
Assume a pushup position. Quickly move your right leg forward so your right heel lands outside your right hand. Pause and return to the pushup position. Now, quickly move your right leg forward so your right foot lands outside your left hand, and then return to the pushup position. That’s 1 rep. Work for half the allotted time, then repeat with your left leg.

First 10:

Pushup
Do a pushup the right way, get down on all fours, placing your hands slightly wider than your shoulders. Straighten your arms and legs. Lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat for the allotted time.

First 10:

Plank
Assume a pushup position but with your weight on your forearms. Brace your abs, clench your glutes, and keep your body straight from head to heels.

Second 10:

High knees
Now, rest for one minute. Then, for the next nine minutes, perform the next three exercises for one minute each, cycling through the set three times.

Second 10:

Three-point core touch
Assume a pushup position. Quickly move your right leg forward so your right heel lands outside your right hand. Pause and return to the pushup position. Now, quickly move your right leg forward so your right foot lands outside your left hand, and then return to the pushup position. That’s 1 rep. Work for half the allotted time, then repeat with your left leg.

Second 10:

Changeup pushup
Assume a pushup position with your hands close together. Do a pushup. Next place your hands shoulder-width apart. Do a pushup. Now, spread your hands twice shoulder-width apart and do a pushup. Continue back to the close-hands position, and repeat the cycle for the allotted time.

Third 10:

Jump squat
Now, rest for one minute. Then, for the next nine minutes, cycle through the following three moves three times, performing each workout for one minute each time. Stand with your hands on the back of your head and your feet shoulder-width apart. Lower your body until your thighs are parallel to the floor, and then jump as high as you can. When you land, immediately squat and jump again.

Third 10:

Elevated bird dog
Assume a pushup position and ‘walk’ your feet forward so your knees are bent about 90 degrees and slightly above the floor. Raise your right arm and left leg until they’re in line with your body. Return to the starting position, and then repeat with your left arm and right leg. Alternate arms and legs with each rep.

Third 10:

Mountain climber
Assume a pushup position. Your body should form a straight line from your head to your ankles. Without allowing your lower-back posture to change, lift your right foot off the floor and move your right knee toward your chest. Return to the starting position, and repeat with your left leg. Alternate legs, moving quickly.

I
I. Water aerobics easier on joints

If you are experiencing painful joints or muscles during your exercise routine, you should know the benefits of working out in the water. Water provides low-impact exercise that enables working out in the water.

Benefits in the Water

- By performing water-based exercises, you are taking advantage of a hydrostatic pressure that lowers your heart rate and helps blood pump even more efficiently than exercising on land.
- The AARP has laid out some based exercises, you are taking advantage of a hydrostatic pressure that lowers your heart rate and helps blood pump even more efficiently than exercising on land.

Water Pressure will Spike

- When working out in the water, the pressure of your body against the water will make it easier on your joints, muscles, and tendons.
- Water pressure will spike your body’s blood pressure. If you suffer from high blood pressure, it is a good idea to start out in the shallow end, allowing your body to get used to the water. Remember that water provides extra resistance. Moving too fast may cause extra strain on your muscles or bones. Be sure to take it easy when you begin training under water until your body is used to the extra resistance.

Keeping Safe in Pool

- While working out in the water can be safer than land exercises, there are a few things to consider before you jump in the pool. Water pressure will spike your body’s blood pressure. If you suffer from high blood pressure, it is a good idea to start out in the shallow end, allowing your body to get used to the water.
- Remember that water provides extra resistance. Moving too fast may cause extra strain on your muscles or bones. Be sure to take it easy when you begin training under water until your body is used to the extra resistance.

Water Exercises

- Whether you decide to join a facility with a water-based exercise program or plan to exercise in your own pool, there are some common exercises you should know about.
- Aqua jogging is a low-impact exercise that can be used for a great pre-workout. Performing this exercise is as easy as it sounds. Jog from one side of the pool to the other. Remember to start slow and gradually speed up.
- Leg lifts will improve your balance. Stand straight in the pool and alternate lifting each leg to the side and back down. Flutter kicking is another popular water exercise. To perform this, exercise just float with your stomach down and your head above water and kick your legs. This is a great way to get your heart pumping.
- Keep joints lubricated with low-impact water exercises.

II. Three-dimensional imaging improves breast cancer screening

What if breast cancers could be found earlier, lumps seen more clearly or the number of callbacks reduced? Three-dimensional breast imaging technology has shown that, by using this technology, doctors are able to screen for breast cancer with much greater accuracy, regardless of your age or breast density.

Conventional mammograms provide doctors with a two-dimensional image to evaluate the breast. She explains this screening is widely accepted and available, but it can be limiting due to overlapping layers of tissue, which sometimes can produce unclear results, false alarms or, worse, cancer being missed. Digital breast tomosynthesis offers these advantages over two-dimensional mammography:

- An increase in invasive breast cancer detection
- Up to 40 percent reduction in false positive recalls, minimizing patient anxiety and unnecessary costs
- Digital mammography of tissue, which sometimes can provide doctors with a two-dimensional image to evaluate the breast. She explains this screening is widely accepted and available, but it can be limiting due to overlapping layers of tissue, which sometimes can produce unclear results, false alarms or, worse, cancer being missed. Digital breast tomosynthesis offers these advantages over two-dimensional mammography:

- An increase in invasive breast cancer detection
- Up to 40 percent reduction in false positive recalls, minimizing patient anxiety and unnecessary costs
- Digital mammography

Three-dimensional imaging

- Improves breast cancer screening

Digital breast tomosynthesis

- U.S. Food and Drug Administration-approved, and more than 100 clinical studies have shown that, by using this technology, doctors are able to screen for breast cancer with much greater accuracy, regardless of your age or breast density.
- Conventional mammograms provide doctors with a two-dimensional image to evaluate the breast. She explains this screening is widely accepted and available, but it can be limiting due to overlapping layers of tissue, which sometimes can produce unclear results, false alarms or, worse, cancer being missed.
- Digital breast tomosynthesis offers these advantages over two-dimensional mammography:

- An increase in invasive breast cancer detection
- Up to 40 percent reduction in false positive recalls, minimizing patient anxiety and unnecessary costs
- Digital mammography

Digital mammography

- U.S. Food and Drug Administration-approved, and more than 100 clinical studies have shown that, by using this technology, doctors are able to screen for breast cancer with much greater accuracy, regardless of your age or breast density.
- Conventional mammograms provide doctors with a two-dimensional image to evaluate the breast. She explains this screening is widely accepted and available, but it can be limiting due to overlapping layers of tissue, which sometimes can produce unclear results, false alarms or, worse, cancer being missed.
- Digital breast tomosynthesis offers these advantages over two-dimensional mammography:

- An increase in invasive breast cancer detection
- Up to 40 percent reduction in false positive recalls, minimizing patient anxiety and unnecessary costs
- Digital mammography
Hypertension, the silent killer

Hypertension, or high blood pressure, is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Mayo Clinic nephrology and hypertension expert Dr. Ivan Porter agrees that everyone age 18 or older should have regular blood pressure checks, and, if the numbers are high, they should take steps.

Know your numbers
When reviewing your blood pressure numbers, the top number, or systolic pressure, represents the pressure in your arteries when your heart pumps. The lower number, or diastolic pressure, represents the pressure in your arteries when your heart is at rest. Ideal blood pressure numbers can vary depending on age and medical conditions, but here is some general guidance:

**Normal**
Your blood pressure is normal if it’s below 120/80.

**Prehypertension**
You have prehypertension if your top number ranges from 120 to 139 or your lower number ranges from 80 to 89. Prehypertension tends to get worse over time.

**Hypertension**
You have hypertension if your numbers are above 140/90. Untreated high blood pressure puts you at increased risk for:
- Heart attack or stroke
- Aneurysm
- Heart failure
- Weakened and narrowed blood vessels in your kidneys
- Thickened, narrowed or torn blood vessels in the eyes
- Metabolic syndrome
- Trouble with memory or understanding

Medication and/or changes in lifestyle can help get blood pressure numbers down. These healthy habits can make a difference:
- Eat a healthy diet with less salt (Dietary Approaches to Stop Hypertension, or DASH, diet).
- Exercise regularly.
- Quit smoking.
- Limit alcohol.
- Maintain a healthy weight or lose weight if you’re overweight or obese.

How important is foot health?
The American Podiatric Medical Association states that your two feet contain more than 50 bones, 60 joints and 200 muscles, tendons and ligaments that work in unison. All those moving parts and your feet still can handle the stress of your busy day. That should be enough to get you to provide proper care.

Being further away from your heart than any other body part also may cause your feet to incur issues. Certain diseases, such as peripheral arterial disease, can slow down your heart’s attempt to pump blood to your feet because of a buildup of plaque in blood vessels.

Common Conditions
Take a look below at some of the common conditions your feet may experience and learn what causes them. The good news is that a podiatrist can give you advice to prevent these and many other conditions.
- **Athlete's foot:** A fungal infection commonly found in areas where many people walk around barefoot. Sweaty feet are more likely to catch this infection.
- **Ingrown toenail:** A toe nail that pierces a person's skin causing inflammation and infection. Wearing tight-fitting shoes or the same pair of socks without washing causes the skin to become moist and weaken, allowing the nail to penetrate more easily.
- **Verrucae:** Warts that are usually found on the soles or near toes on the feet. Again, caused by moist environments such as swimming pools and locker rooms.

Benefits of podiatrist
Your podiatrist can be helpful in any foot pain emergency. He or she also can assist in encouraging preventive measures so you have a much lower risk of experiencing these issues.

From gait analysis to selecting the proper size and fit of your footwear, your podiatrist can point you in the right direction for healthy feet for life. Reach out to your local podiatrist to set up your consultative appointment today. Your feet will thank you.

Visit your local podiatrist for podiatrist for foot woes.

Consider podiatrist for foot woes
Cold weather workout tips

Don’t pack away your workout routine just because the weather turns cold. Exercise is important, no matter the temperature.

Although it may take more motivation, it is still possible to keep up your workout during the winter.

Certain factors can make winter exercise dangerous, but follow the tips below to keep the body you worked so hard for in the summer.

Plan for Different Variables
Keeping an eye on your local weather forecast can save you a great deal of trouble when preparing for a workout. Plan to stay inside if the forecast calls for rain or snow. Unless you have waterproof exercise gear, your body will have trouble keeping up your core temperature.

Wind chill is another factor to consider. The Mayo Clinic reports frostbite is rare when temperatures are above 5 degrees Fahrenheit but becomes much higher with a wind chill of minus-18 F. Even a warm set of clothing may not be enough to stop the wind from penetrating layers and making your skin vulnerable to frostbite in chilly conditions.

Protect Yourself
The cold may make it harder to realize that you are becoming dehydrated. You are just as likely to become dehydrated whether you’re working out in the cold or heat.

Keep your body hydrated by drinking plenty of water before, during and after your work out. Just because you don’t feel thirsty doesn’t mean your body doesn’t need to be replenished.

When your body is cold, blood flow is focused on the core. This may make your hands and feet more susceptible to frostbite. Wearing a thin pair of gloves and covering them with a heavier pair lined with wool will protect your hands and give you a layer to remove if they become too hot.

A pair of shoes that are just a tad bigger than what you usually wear will give you room for a pair of thick, thermal socks to keep your feet from getting too cold.
Walk-In Patients Welcome!

NO APPOINTMENT NECESSARY

Pediatric Walk-In
Monday - Friday
8 am - 11:30 am

Adult Walk-In
Monday - Friday
1 pm - 4:30 pm

St. James Rocky Mountain Clinic is pleased to announce walk-in appointments for both pediatric and adult patients.

In addition, you can make an appointment Monday thru Friday from 8 am to 4:30 pm with extended hours on Wednesday to 6:30 pm.

435 S. Crystal
406-496-3600

www.stjamesphysicians.org