

2017



Health, Wellness & Senior Living



INSIDE

Health, Wellness & Senior Living

- | | | |
|---|---|--|
| <p>4 Citizens Baptist: A forward-moving hospital</p> <p>8 Village East: Offering the best quality of life</p> <p>10 LBH: Accessible health care is important</p> <p>14 SVSC: Serving the community and veterans</p> | <p>16 Grizzard Living Aids provides mobility aid services to loyal customer base</p> <p>19 ENT offers relief from sinus pain</p> <p>22 Coosa Valley Medical Center provides new services to patients</p> <p>24 Physical therapy where you are treated like a star</p> | <p>25 Callahan Eye Clinic offering accessible vision care</p> <p>27 Life insurance a healthy investment</p> <p>30 Are you dreaming of a good night's sleep?</p> |
|---|---|--|

Health, Wellness & Senior Living 2017 is the result of the cooperative and combined efforts of The Daily Home staff.

DON'T FALL

KEEP YOUR BALANCE
going up and down stairs



Ornamental Iron Handrails
Over 10 Styles to Choose From

BE SAFE

EUGENE L. EVANS MFG. Co., Inc.
256-237-5821 or 1-800-321-4414
awningsbyeans.com

000240021R1

NORTHSIDE APOTHECARY

We take the time to fill all your needs.

X



Hours: M-F 8:30 am-8 pm, Sat. 9 am-4 pm
72 Plaza Drive | Pell City, AL
northsideapothecary.com

**We accept BCBS
and Tricare!**



FREE DELIVERY 205-753-4000

Services provided:

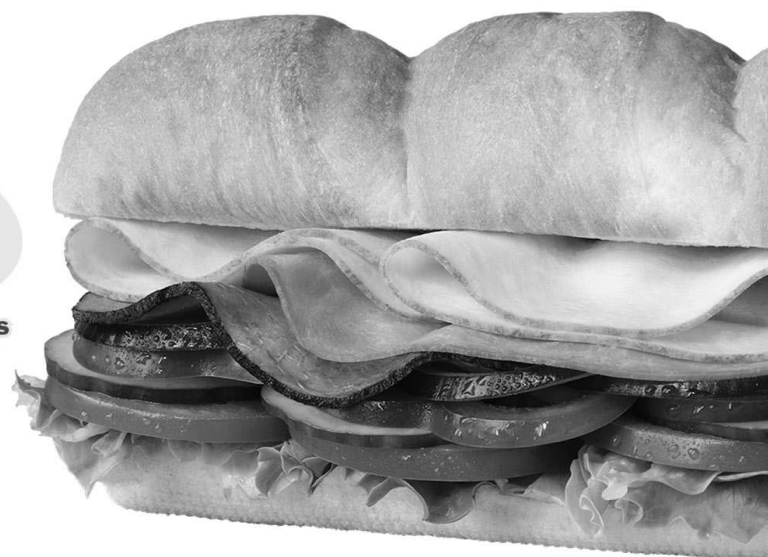
- All prescription insurances accepted
- We carry DME (Durable Medical Equipment Supplies)
- Competitive Pricing
- Wound care supplies
- We match local competitors and have \$4 & \$10 generics
- The Latest Robotic Technology in prescription filling, ensuring fast turn around times, limiting errors, and allowing your pharmacist and staff to provide a more personalized experience for you.
- Drive Thru
- Automatic refill program where we remind you it's time to get your prescription refilled!
- Free medication information consultation
- Internet refill requests
- Fast prescription transfers from other pharmacies
- Flex Spending Cards accepted
- Comprehensive selection of Rehab & Home Health products
- Free Flavoring of liquid medicines
- OTC selection
- Full line of Compression Stockings
- Respiratory therapy care and instruction (excl. oxygen)

000239597



A SIMPLE WAY TO ENJOY EATING BETTER

6 grams
of fat
or less*
on **6"** subs



ROAST BEEF
SUBWAY CLUB®
SWEET ONION
CHICKEN TERIYAKI
TURKEY BREAST
**TURKEY BREAST &
BLACK FOREST HAM**
**OVEN ROASTED
CHICKEN**
BLACK FOREST HAM
VEGGIE DELITE®

**608 Battle Street, East
Talladega
(256) 362-0741**



SUBWAY FRESH FIT® and SUBWAY FRESH FIT FOR KIDS™ should not be considered a diet program.
*Fat content refers to regular 6-inch subs on white or 9-grain wheat bread prepared to standard
formula. Visit Subway.com for full nutritional information. © 2017 Doctor's Associates Inc.
SUBWAY® is a registered trademark of Doctor's Associates Inc. submul_18997

Look For Our KIDS' MEALS



Citizens Baptist: A forward-moving community hospital

By LAURA GADDY
Special to The Daily Home

Citizens Baptist Medical Center is getting a new look.

The hospital plans to invest \$4.5 million to improve its facade, construct a building for medical specialists and renovate an off-campus building for general practice and family physicians.

According to CEO Doug Brewer, \$1 million will be spent to give the hospital's main building a facelift, \$2.5 million will be spent to raise a new specialists' building on the

site of the current parking lot and \$1 million will be spent to renovate space for doctors' offices.

The changes will "reflect the quality of care that's going on inside," Brewer said.

The new specialists' building will replace an existing structure that currently houses specialists, Brewer said. In its place, the hospital will build a 15,000-square-foot structure.

The new building will house a variety of specialists, including surgeons and cardiologists. Keeping the specialists close to the main building will be good for patients

"If you're not moving forward, there's just really not much of a future for you."


— Doug Brewer, CEO

who need to see them and visit the hospital on the same day, Brewer said.

The office buildings that will be renovated for family and general practice physicians was previously owned by Regional Medical Center, he said. Citizens will renovate it, giving the older building finishes that match those that were recently added inside the hospital's main building.

The renovation project is expected to be completed in early January, and doctors will likely

See Citizens, Page 6A



**LUCK WON'T
GET YOU THE
JOB.
The right
staffing
company will.**

**elwood
staffing®**
The better people, people.®

115 Court Street North, Talladega
256-362-1953

0002305771



**Kind, Caring & Complete
Family Dentistry**
General Dentistry for your entire family!
Our patient's smiles say it all!

**New Patients Welcome
Most Insurance Accepted**
Open: Monday-Thursday 8 a.m.-5 p.m.

**CHEAHA
FAMILY DENTISTRY**
116 Coffee St., Talladega
256-362-8511

BEN CONTRATTO, DMD
www.facebook.com/TalladegaDentist

Call for appointment

000239957R1



Five locations. One priority: you.

CARDIOVASCULAR CARE, CLOSE TO HOME.

Since 1946, our cardiologists have been dedicated to one thing: the people of central Alabama, living healthy lives. We're proud to be a member of your community, and with five convenient options in your area, we're ready to serve you and all your cardiac needs.

Visit cvapc.com to learn more.



PELL CITY

2048 Martin Street South
(inside Pell City Internal
& Family Medicine)
Pell City, AL 35128
(205) 510-5000

NORTHSIDE

70 Plaza Drive
Pell City, AL 35125
(205) 510-5000

SYLACAUGA

209 West Spring Street
Suite 104
Sylacauga, AL 35150
(256) 245-5833

TALLADEGA

201 Medical Office Park
Talladega, AL 35160
(256) 480-6300

CHILDERSBURG PRIMARY CARE

34011 US Highway 280
Childersburg, AL 35044
(256) 245-5833

CVAPC.COM



Citizens

From Page 4A

move into the new space in early 2018, Brewer said.

Along with it, the hospital will receive a new physician, Ryan Kissane, a primary care physician who just wrapped up a stint as the chief resident at Jamaica Hospital and Medical Center in Queens New York. He is a family practitioner and will be joining three internists, one other family practitioner and one yet-to-be named physician who will be added to the practice.

"He really wanted more of a mission-driven type experience," Brewer said of the hospital's newest physician. "Talladega was exactly what he is looking for."

In addition to those structural improvements, the hospital plans to invest \$1 million in equipment that is used to safely clean instruments that are used in the hospital's operating room.

Brewer added that those improvements are just one of several steps the hospital is taking to serve residents and remain competitive. In addition to those physical changes, the hospital recently hired a new general surgeon and an obstetrician, it has risen to the top of its hospital system for quality metrics and it is soon to start shuttling patients from their cars to the hospital on golf carts to make it easier for them to see doctors.

"If you're not moving forward, there's just really not much of a future for you," Brewer said. "It's something that we have to do even as a community hospital."



EVERYTHING YOU NEED

- No Waiting
- Convenient Drive Through
- No Automated Phone Lines

TRUST • VALUE • SERVICE

Express Pharmacy

Located Inside "The Pig" on Battle Street, Talladega
(256) 362-1120

Hours: Monday-Friday 8:00 a.m.-6:00 p.m.
 Saturday 8 a.m.-2 p.m.

000229519r1

Presbyterian Oaks

Apartments I, II & III



Talladega's Premier Senior Living

Where communities are built, apartments become homes and residents are like family.

Seniors 62 years and older.

Social Activities ~ Outings ~ Community Gardens
 ~ Onsite Benefits & Services Coordinator ~

Non-Smoking Property ~ Rent based on income
 ~ Generous Utility Allowance ~

408 S. 5th St., 21 & 23 Ironaton Rd. • Talladega

Presbyterian Oaks I - 256/362-5218

Presbyterian Oaks II - 256/761-2469

 Presbyterian Oaks III - 256/362-2202 

View Apartment Info @ spm.net

000239839r1

6 things your doctor needs to know

It is important to be honest with a doctor about certain health habits, but sometimes it isn't so easy to be forthcoming. Fear of being judged or discussing embarrassing situations may prevent some patients from telling medical professionals the whole story. However, the things people do not share could end up compromising their treatment or prevent doctors from discovering certain ailments.

Rather than omitting information, people need to be frank with their doctors. Honesty is important when speaking with a physician, even when the discussion turns to the following potentially sensitive topics.

1. Smoking: Even if you aren't a

daily smoker, mention if you smoke in social situations or grab a drag once in a while. Smoking increases the risk for many illnesses and can compromise how effective some medications can be.

2. Alcohol consumption: Be honest about how much you drink, as alcohol can interfere with medications.

3. Supplement usage: Over-the-counter medicines, herbs and other supplements can affect overall health. A doctor needs to know the entire picture before prescribing treatment.

4. Exercise habits: Don't claim to be a gym rat if you're more of a couch potato. An accurate idea of their patients' fitness levels and

habits is a key diagnostic tool for physicians.

5. Unusual issues: Be forthright with any issues, even those that occur in embarrassing areas of the body. Remember, if you're uncomfortable with your doctor, you can always get a referral for a specialist who treats those areas of the body daily.

6. Drug use: Prescriptions are written in dosages for the intended recipient. Taking drugs that are not prescribed to you, whether it's a loved one's prescription or an illicit drug, affects your body. If you have a medical issue, consult with your doctor so you can get your own legal prescription or begin working toward addressing your addiction.



CURTIS AND SON FUNERAL HOME



Truly caring for the Sylacauga and Childersburg area for over 43 years with dignity, comfort and help.

Barry Curtis, Manager & Elder Care Attorney

**1315 Talladega Highway
Sylacauga**

**10991st Street N.W.
Childersburg**

Dignity®

256-245-4361





Gary Hanner/The Daily Home

Village East in Pell City is home to 24 residents. It has been at its King's Circle location for the past three years.

Village East: Offering the best quality of life possible

By GARY HANNER
Home staff writer

Village East Assisted Living in Pell City opened in August 2014. It is a satellite specialty-care unit with the Village At Cook Springs, a Nolan Health Services Senior Living community.

Located on King's Circle, there are 24 residents who live at Village East, and many call it their 'Happy Home.'

"We want our residents to be happy while living here," said Cevannah Cox, administrator and nurse manager at Village East. "We have activities for the residents every day, generally every morning and every afternoon. We have a book club, we enjoy cooking, and generally take them out every Wednesday on a couple of bus rides. We also have church services and Bible studies.

The Pell City Senior Center comes to visit our residents. We have also had Kids Quest to come visit as well as the Pell City and Moody Line Dancers who have been here to entertain us. We are much more than bingo."

Guest service coordinator Sherrie Luker said once a month, they take residents out to eat.

Residents receive three meals a day plus snacks. Family members can come at any time to visit. Luker said they have a lot of family in and out.

"We have 15-to-20 employees on staff at Village East, and we have a nurse on staff 24 hours a day," she said.

Cox said their goal is to keep their residents safe, healthy and happy.

"We want to offer them the best quality of life possible at their age," Cox said.



Gary Hanner/The Daily Home

Cevannah Cox is the administrator and nurse manager at Village East.

Grace Memorial Chapel NOW OPEN

220 East 3rd St., Sylacauga, AL

AFFORDABLE FUNERAL & CREMATION SERVICES

Please Call or Click for Details
256-487-8102

www.Gracememorialchapelllc.com

You Can't See Early
Signs of Eye Disease...
BUT WE CAN!



We accept: BCBS, Southland, Medicare, ALL Kids, Medicaid, VSP, Healthspring, United Health Care (Medical Only), Blue Advantage, Eyemed & Viva

JOSEPH SCHNORBUS, OD

ALABAMA EYE CLINIC

Comprehensive Eye Health Care

109 Coosa St. East, Suite A
Talladega (Located Behind Post Office)



(256) 362-4872

Visiting loved ones in senior care facilities

For many seniors, a day arrives in their lives when it is no longer safe or practical to live at home alone. Assisted living facilities can help seniors adjust to their new situations. Such facilities typically offer comfortable surroundings, caring staff and all the amenities of home.

Although fellow residents can provide companionship and friendships can develop over the course of time, assisted living facility residents also enjoy regular visits from family and friends. Such visits keep seniors connected with their loved ones and break up routines that, over time, may become monotonous.

Some people may feel anxious or awkward visiting assisted living facilities because it may shed light on the frailties or specialized needs of loved ones. This may be especially true if a loved one has a physical, neurological or mental illness. Rather than avoiding visits, individuals can follow these guidelines.

TIME VISITS RIGHT

Many residents have the most energy in the morning or early afternoon right after meals. Call ahead to find out if there are any medical appointments or outings planned. Visiting during meals or activities can be fun because you'll be engaged and will have something to keep both of you busy.

LIMIT DISTRACTIONS

Find a quiet and comfortable place at the facility where you can spend time with your loved one. This way you can focus most of your attention on the person you are visiting, and he or she can do the same. A sitting room or an outdoor area can be a nice place to spend time away from television or other people's conversations.

PLAN AN EXCURSION

If you are able to take the resident off of the property, arrange to take them somewhere that would interest them. Do not plan too much, because you want the excursion to be fun, not taxing.

BRING ALONG ITEMS

Gifts are not necessary, but photos, books, puzzles, or even keepsakes from home can serve as catalysts for wonderful conversations.

HELP THE CONVERSATION ALONG

If a loved one has dementia, visits can be especially challenging. However, simply being present can be comforting for the person even if conversation is stilted. Be patient and positive. Find topics that stimulate responses, and fill in if things get quiet.

Visiting someone in an assisted living facility can buoy residents' spirits and make for an enjoyable afternoon.



DailyHome.com



facebook.com/
DailyHomeNewspaper



@dailyhome

Quality Healthcare for the Entire Community



**Ammar Aldaher,
M.D.**



**Stephen R. Bowen,
Ph.D., M.D.**



**Laura G. Deichmann,
M.D.**



**Mahgoub A. Eltoum,
M.D.**



**Walter Pinson,
M.D.**



**Imad Khdaire,
M.D.**

*We want you to know that you and
your good health are important to us.
We appreciate the trust you place in us,
and we will do everything possible to
meet your health care needs.*

*Craddock Health Center physicians have a proud heritage of medical care
dating back to 1912.*

CRADDOCK Health Center

www.craddockhealthcenter.com

Coosa Valley Medical Plaza
209 West Spring Street, Suite 200
Sylacauga, Alabama 35150

(256) 245-5241

Lincoln Baptist Health Center nurse practitioner Misty Ralyea stresses importance of accessible healthcare

By LACI BRASWELL
Home staff writer

Located at 47344 US Highway 78, Lincoln Baptist Health Center provides an array of healthcare services as well as a friendly atmosphere for its patients.

"We have a really welcoming and laid back atmosphere here," Lincoln BHC Nurse Practitioner Misty Ralyea said. "I feel that we all do a good job of treating everyone like family."

The nurse practitioner, along with Dr. Stanley W. Jett, practices family medicine at the facility.

"I've been here for almost three and a half years," Ralyea said. "I've also worked at Citizens Hospital in Talladega and UAB in Birmingham."

The nurse practitioner described family medicine as treating patients from "birth to death."

"I went back to school to become a practitioner because I really wanted to help provide accessible healthcare to individuals especially in rural areas such as Lincoln. I've worked in the medical field since I was 21," Ralyea said. "It's just something I've always wanted to do."

Ralyea noted that she feels passionate about bringing awareness to metabolic conditions such as childhood obesity, diabetes and hypertension.

"I have two children who are actively involved in sports at Lincoln High School," Ralyea said. "Being active is so important in helping prevent future health conditions."

The nurse practitioner noted that diabetes and hypertension are what she diagnoses most often in seniors.

"Some of the common symptoms are weight loss, increased thirst and urination," she said.

The practitioner added that Lincoln BHC accepts all major insurance providers as well as Medicaid.

"Providing efficient and affordable healthcare is significant, especially today, because people overall are living longer," Ralyea said. "We want to give them the best quality of life possible."

The nurse practitioner stressed the importance of the community being health aware.

"I'm planning on conducting diabetes awareness classes in September," Ralyea said. "It's something that really affects our local community and I want to do what I can to help."

Lincoln BHC is open Monday - Thursday from 8 a.m. until 5 p.m. and Friday from 8 a.m. until noon. For more information, call 205-763-7848.



Misty Ralyea

Diabetes by the numbers

- **Prevalence:** In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes.
- **Undiagnosed:** Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed.
- **Prevalence in Seniors:** The percentage of Americans age 65 and older remains high, at 25.2%, or 12 million seniors (diagnosed and undiagnosed).
- **New Cases:** 1.5 million Americans are diagnosed with diabetes every year.
- **Prediabetes:** In 2015, 84.1 million Americans age 18 and older had prediabetes.
- **Deaths:** Diabetes remains the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death, and a total of 252,806 death certificates listing diabetes as an underlying or contributing cause of death.

Source: American Diabetes Association

Hypertension by the numbers

- **About 75 million** American adults (29%) have high blood pressure—that's **1 of every 3** adults.
- Only **about half (54%)** of people with high blood pressure have their condition under control.
- **Nearly 1 of 3** American adults has prehypertension—blood pressure numbers that are higher than normal, but not yet in the high blood pressure range.
- High blood pressure costs the nation **\$46 billion** each year. This total includes the cost of health care services, medications to treat high blood pressure, and missed days of work.
- More than **360,000** American deaths include high blood pressure as a primary or contributing cause. That is almost **1,000 deaths each day**.

High blood pressure increases your risk for dangerous health conditions:

- **First heart attack:** About 7 of every 10 people having their first heart attack have high blood pressure.
- **First stroke:** About 8 of every 10 people having their first stroke have high blood pressure.
- **Chronic (long lasting) heart failure:** About 7 of every 10 people with chronic heart failure have high blood pressure.
- **Kidney disease** is also a major risk factor for high blood pressure.

Source: Centers for Disease Control and Prevention

The role of exercise in fighting cancer

Cancer can strike without warning. Although there is no way to prevent cancer, there are certain measures people can take to help reduce their risk, and exercise is one of the more effective ways to do just that.

The National Cancer Institute notes that there is substantial evidence to support the idea that higher levels of physical activity are linked to lower risks of several cancers, including colon cancer, endometrial cancer and breast cancer. In addition, a study published in the journal JAMA Internal Medicine found that leisure-time physical activity was associated with a significantly decreased risk of not only these three cancers, but also esophageal cancer, liver cancer, stomach cancer, kidney cancer, and myeloid leukemia, among others.

As many as one-third of cancer-related deaths can be linked to obesity and sedentary lifestyles, so it's easy to see the relationship between exercise and a reduced cancer risk.

One of the more important ways that exercise may lower cancer risk is through the reduction of estrogen and insulin levels in the body. Women with high estrogen levels in their blood have increased risk for breast cancer. Although estrogen is a reproductive hormone, it is also contained in fat cells. Exercise can help burn fat and lower the amount of blood estrogen in the body, thereby lowering a woman's risk of developing breast cancer.

Exercise also can decrease the potentially harmful effects of obesity, which are linked to the development of insulin resistance. According to the study, The Links Between Insulin Resistance, Diabetes, and Cancer by Etan Orgel, MD, MS, and Steven D. Mittelman, MD, PhD, although the precise mechanisms and pathways are uncertain, it is becoming clear that hyperinsulinemia (insulin resistance), and possibly sustained hyperglycemia, are important regulators of not only the development of cancer but also of treatment outcome. Insulin resistance has been linked to the development of tumors in cases of breast and colon cancers.

The NCI states that exercise also can reduce cancer risk by:

- reducing inflammation,
- altering the metabolism of bile acids in the gastrointestinal tract, helping to decrease exposure of the body to suspected carcinogens,
- improving immune system function, and
- boosting mood and feelings of well-being.

Additional research is needed to study the link between exercise and cancer risk. However, based on observational studies, existing studies support the notion that regular exercise can go a long way toward reducing cancer risk.

Your source for local high school sports news, scores, and more!

www.DailyHome.com



COOSA VALLEY MRI



**Be
Safe
Be
Sure**

Sports injuries happen.

When they do, you can turn to us to make sure your athlete is getting the most accurate diagnosis with fast scheduling, fast results, and more head-out MRI scans.

**INSIDE
COOSA VALLEY
MEDICAL CENTER**

315 West Hickory Street
Sylacauga
256-207-2686

COOSAVALLEYMRI.COM



Serving our community and our veterans

By DAVID ATCHISON
Home staff writer

Not only does St. Vincent's St. Clair Hospital in Pell City serve the community, but it also serves our veterans.

A day does not go by that veterans at the Col. Robert L. Howard State Veterans Home are not served by the local hospital just a stone's throw away, directly across the street. In fact, the construction of the St. Vincent's St. Clair hospital was one of the determining factors for the five-star veteran's facility coming to Pell City.

If a World War II veteran takes an accidental fall, it is likely they may end up in the St. Vincent's St. Clair



Bob Crisp/The Daily Home

See **Serving**, Page 15A

St. Vincent's St. Clair Hospital in Pell City continues to offer more and more services since opening its doors in December 2011.



Now seeing patients in Childersburg!

Next door to Charter Communications and McDonalds

Call to schedule an appointment!

256-378-3301

- Annual Health Screenings
- Preventative Medicine
- Vaccinations
- Health Risk Assessments
- Cardiac Assessment
- Healthy Lifestyle Consults
- DOT Physicals Available
- Inpatient Hospital Rounding at Coosa Valley Medical Center



Anthony Nix, M.D. Family Medicine, Board Certified

DeShazer Leverton Family & Cosmetic Dentistry



Dr. Robert DeShazer
and daughter

Dr. Claire Leverton
offer Comprehensive Family
Dental Care & Cosmetic
Dentistry All Under One Roof.

NOW ACCEPTING NEW PATIENTS

**DeSHAZER
LEVERTON**

FAMILY & COSMETIC DENTISTRY

2501 Stemley Bridge Road
Pell City, AL

205-884-1691

DeshazerLeverton.com

Earn More with E-Interest

Open your E-Interest Checking account today and enjoy other great benefits...

.1.85%* APY

6 MONTH INTRODUCTORY RATE

- 5 Free Mobile Deposits Per Month
- Free Internet Banking
- Free Bill Pay



**First
Bank**
OF ALABAMA

(256) 362-2334 | www.firstbankal.com

**Show Your Spirit
With A Custom Debit Card!**



*Choose from over 60 catalog images
or bring your own!*



* APY= Annual Percentage Yield. APYs are accurate as of 7/21/17. Minimum to open is \$100. Qualifications: 1) have at least 25 debit card purchases post and settle each cycle, 2) have at least 1 direct deposit post each cycle, 3) be enrolled and receive eStatement each cycle. If qualifications are met each cycle: 1) waive monthly service charge, balances up to \$25,000 receive APY of 1.85% for six months after opening, rate may change after 6 months, 2) balances over \$25,000 earn 0.09% APY on portion of balance over \$25,000, resulting in 1.85%-0.09% APY depending on the balance. If qualifications are not met: 1) all balances earn 0.02% APY, 2) monthly service charge of \$6 will apply. There will be a fee of \$1 per mobile deposit item in excess of the 5 free mobile deposit items each statement cycle. Mobile carrier/data fees may apply. Other First Bank of Alabama service charges, such as overdraft or stop payment charges, will apply. These fees could reduce the earnings on your account. We reserve the right to end this promotion at any time. "Statement cycle" and "cycle" mean a period to begin on the third Thursday of each month and end one day prior to the third Thursday of the following month. Consumer accounts only.



Bob Crisp/The Daily Home

St. Vincent's St. Clair provides medical services to veterans at the Col. Robert L. Howard State Veterans Home.

James W. Bedsole O.D.
Eye Care

Comprehensive eye exams
 Glaucoma
 Cataracts
 Diabetic eye care
 Macular Degeneration
 Dry eyes
 Contact Lenses

*Frames to fit every
 unique style and personality*

**We specialize in providing
 a personalized solution for you
 and your family**

1723 Cogswell Ave.
 Pell City, Alabama 35125
205.884.2020
www.drbedsole.com

0002401741

Marble City
PHARMACY
& Gifts

COLD & FLU SEASON

*"The way a drug store used to be...
 ...Caring for you, and about you."*

**Flu Season is On Its Way...Come in today for your in-store
 flu shot. No reservations required.**

OUR PHARMACISTS:
Jared K. Johnson, PharmD - owner
Jacob M. Johnson, PharmD - owner
Daniel Allison, PharmD

264 West Fort Williams St. in Ogletree Plaza, Sylacauga, AL
256.245.4446
www.marblecitypharmacy.com

Business Hours:
 Monday through Friday
 8:30am-6:00pm
 Saturday 8:30am-12:30pm
 Closed Sunday

We Deliver

facebook  twitter 

0002400661



Bob Crisp/The Daily Home

Lisa Nichols, RN, MSHA, has served as the St. Vincent's St. Clair Hospital Administrator since January 2016.

Serving

From Page 12A

Emergency Room for evaluation and treatment.

St. Vincent's St. Clair Hospital Administrator Lisa Nichols, RN, MSHA, said on routine medical treatment or services, medical professionals go to the veterans.

Like, for example, routine blood work, Nichols said.

"Sometimes they send the blood over, sometimes we go over there and collect it," she said. "Another thing we do is radiology. We have a portable x-ray machine over there. We will send a radiologist technician over there to do the imaging."

Nichols said some of the veterans can't leave, so it's more convenient that medical staff go there.

She said if St. Vincent's St. Clair did not have the portable x-ray machine at the veterans home, veterans would have to make the trip to the hospital for chest x-rays.

Nichols said the hospital just hired its first full-time speech therapist to assist in a swallowing study at the veterans home.

And while the hospital continues to help meet

veterans' medical needs, St. Vincent's St. Clair continues to expand its advanced medical services to the community.

Nichols said St. Vincent's St. Clair has some of the best patient satisfaction scores among its many hospitals.

"We strive to get it right," she said.

Nichols said the hospital offers more services, bringing specialists to Pell City, so patients don't have to travel to Birmingham.

"They know who is coming and when," she said.

Nichols said one thing she is proud of is the new telehealth service at the hospital. Through a computer screen, a specialist in Birmingham can see and examine a patient in Pell City, like they are in the same room.

She said doctors are now performing joint replacement surgeries at St. Vincent's St. Clair and introducing patients to St. Vincent's Joint Navigation program, the first and only health system in the area to provide a navigator to guide patients through joint replacement surgery.

Before surgery patients go through pre-operation education and assessment, Nichols said, they will learn to make sure their homes are set up properly for rehabilitation, ensuring they have no issues when they return home after surgery.

Medical professionals will go over what medical equipment they will need and patients will actually meet and talk with their physical therapist and case manager before their surgery, if they require rehab.

The Joint Navigation Program helps ensure that patients fully recover from joint surgery.

She said they offer knee replacement surgery and just completed their first total hip replacement surgery at St. Vincent's St. Clair this past spring.

The hospital also offers a transitional care program, where patients can receive 12-14 day rehabilitation care between the hospital and home.

The hospital also has an Advance Wound Care Center that focuses on patients who have hard-to-heal wounds that need advanced care. Many cases involve diabetics, and the hospital offers diabetes education.

Nichols said St. Vincent's St. Clair offers education classes for diabetics. The course takes diabetics through self-management skills, lifestyle and control.

"Most insurers will pay for all or a portion of the classes," she said.

She said the classes are held the first Tuesday of each month, 11a.m.-3p.m. and patients must pre-register by calling 205-939-7248.

"This is a good program for anybody with diabetes," Nichols said.

St. Vincent's St. Clair is a \$32 million, two-storied, 79,000-square-foot, state-of-the-art facility at 7063 Veterans Parkway, Pell City.

256-362-1000
SUBSCRIBE
TODAY!
The Daily Home

DR. PRAMOD BHATIA

Ear, Nose & Throat

Sick of Being Sick?

If recurring colds and sinus infections have you down for the count, it may be time to see a specialist.



Specializing in:

- Balloon Sinus Surgery**•
- General Ear, Nose & Throat Diseases**•
- Allergy Testing**•

3 Locations To Serve You:

204 Medical Park - Talladega - Mon. & Tues.
256-761-1729

7063 Veterans Parkway - Pell City - Thursday
205-814-2434

1010 Christine Ave. - Anniston - Wednesday
256-761-1729



Tucker Webb/The Daily Home

Grizzard Living Aids is at 1227 Noble St. in Anniston. Hours are 9 a.m.-5 p.m. Mondays - Fridays.

Grizzard Living Aids provides mobility aid services to loyal customer base

By LACI BRASWELL
Home staff writer

Grizzard Living Aids in Anniston provides a variety of mobility aid products for its customers to help make life more enjoyable.

“Grizzard Living Aids sells and services products that improve the lives of anyone who has a difficult time with mobility,” owner Terry Grizzard said. “We offer stairlifts, both straight rail and custom made, vertical platform lifts and more.”

According to Grizzard, most of the equipment sold is not paid for by insurance or Medicaid so the business does not accept insurance, and he stressed the affordability of the its inventory.

“We are able to keep our prices at an affordable level,” Grizzard said. “In fact many people tell us that our price for a scooter or lift recliner are less than the copay that they would have to pay at a Medicare provider.”

“I think this relationship is what makes our business special. We know that no one wants to buy our equipment, but they buy it because it is a necessity for them to have a better quality of life.”

—Terry Grizzard

Grizzard offers straight rail stairlifts with a starting price of \$3,500, plus a \$250 charge for a permit inspection.

“To keep you safe at home, straight rail stairlifts are a good solution for most homes,” Grizzard said. “Custom-made stairlifts have a starting price of around \$11,000. We also sell and install commercial stairlifts for businesses that need to be more

accessible.”

Grizzard Living Aids also sells and installs vertical platform lifts, or porch lifts, which allow access for someone in a wheelchair or powerchair to get up an incline or set of stairs.

“They look like an open-air elevator and has a starting price of around \$10,000,” he said.

The owner added that the business also offers commercial vertical platform lifts for business and churches that “need to have better access.”

“Grizzard Living Aids also sells and installs lifts to carry your scooter or powerchair with your vehicle,” he said. “We have lifts that go into vans, SUVs and pickup trucks and lifts that will carry a scooter or powerchair on a trailer hitch.”

The owner recommended contacting the business before purchasing a new vehicle if needing assistance for powerchairs and scooters.

See Grizzard, Page 18A

GRIZZARD LIVING AIDS

Improving Lives Through Better Mobility

We only sell the best quality equipment because we want it to always work properly.



Straight & Curved Rail Stairlifts



Turning Automotive Seats

Terry Grizzard
Owner

Brenton Young
Service Mgr.

1227 Noble St.
Anniston, AL

256-237-2006

tgrizzard@glalifts.com

www.glalifts.com



Interior Vehicle Lifts



Exterior Vehicle Lifts

Subscribe online
@ dailyhome.com





GREYSTONE
NEUROLOGY AND PAIN CENTERS

(205) 991-3300

Providing Comprehensive, Effective and Ethical
Pain Management Services to Central Alabama.

Now Accepting Medicaid.

- EEG's • Neurology • Pain Management • Pain Blocks • Physical Therapy
- Nerve Conduction Studies • Joint Injections • Botox for Migraines

Same-Day Appointments for Referrals

Referring Providers can be
confident that their referrals
can be seen the same day.

Comprehensive In-House Treatment Process

- Wellness Evaluations
- Toxicology Testing
- Physical Therapy

Treating All Types of Pain Patients

Chronic, Acute, Sub-Acute,
Workers Comp. and Disability

Hisham Hakim, MD, MPH

20 years of Practice in Neurology with subspecialty in Pain Management.

L. Fernando Franco, MD

Over 45 years of Practice in Neurology, Pain Management and Neuromuscular Disorders

Danne McLain

BSN, MSN. CRNP

Our Mission is to help our patients improve their lives and manage their pain and spine conditions by using a comprehensive multidisciplinary approach. This method is patient centered and based on multiple diagnostic and treatment steps. We utilize cutting-edge technology and methodology for the benefit of each patient.

About Us

Greystone Neurology and Pain Centers has been a pioneer and center of excellence in Birmingham for treatment of spine pathology since 1991. The center has been involved in research and treatment of back problems for the last 25 years. Greystone Neurology is one of the largest, privately owned Neuroscience Centers in Alabama. We have treated thousands of patients successfully through the use of our own unique nonsurgical protocol.

Three convenient locations to better serve our patients.

Birmingham/Greystone

7500 Hugh Daniel Dr. | Suite 250

Birmingham, AL 35242

(205) 991-3300

Sylacauga

234 North Braodway

Sylacauga, AL 35150

(256) 249-5500

Talladega

202 Medical Office Park

Talladega, AL 35242

(256) 362-7009

Grizzard

From Page 16A

In addition to various mobility lifts, Grizzard Living Aids also rents, sells and services new scooters, powerchairs and wheelchairs.

"Many of the scooters that we sell are easy to take apart so a lift is not needed," Grizzard said. "This is often a good solution for someone who only uses a scooter occasionally or who has a small vehicle. We only have a few scooters to rent so reservations are advised."

He added that scooter rentals are ideal for family outings with the grandparents.

"Take granddad to a football game or take grandma shopping, you will be surprised how happy it may make them," he said.

Grizzard noted that although his business is significant to senior citizens, it serves all age groups.

"Many of our customers are seniors, but we also see folks of all ages who, due to accident or illness, have mobility issues," he said. "We are a contractor for VA, and it is our honor to assist our veterans with their mobility challenges."

When asked what sets his business apart, Grizzard responded, "I think this relationship is what makes our business special. We know that no one wants to buy our equipment, but they buy it because it is a necessity for them to have a better quality of life. We value our reputation and protect it with each new sale. It's a bond that our staff cherishes."

Grizzard added that his business has been located on Noble Street since 2009, but he has worked with mobility products for several decades.

"I sold my first Bruno lift in 1993, and it was still in service until a couple of

years ago when the purchaser sold her van and stopped travelling," he said. "It's now in my showroom, and I'm sure it would still work if we put a battery on it."

Grizzard sold and installed vehicle lifts on a part-time basis for several years while owning a former bicycle shop in Anniston.

"In 2004 I incorporated the business as a LLC., and got a separate phone number for it. By October of 2006, the business had increased to the point that I was having to spend too much time away from my family. After prayer and consideration, my wife and I decided that I should give up my job and work where my heart was."

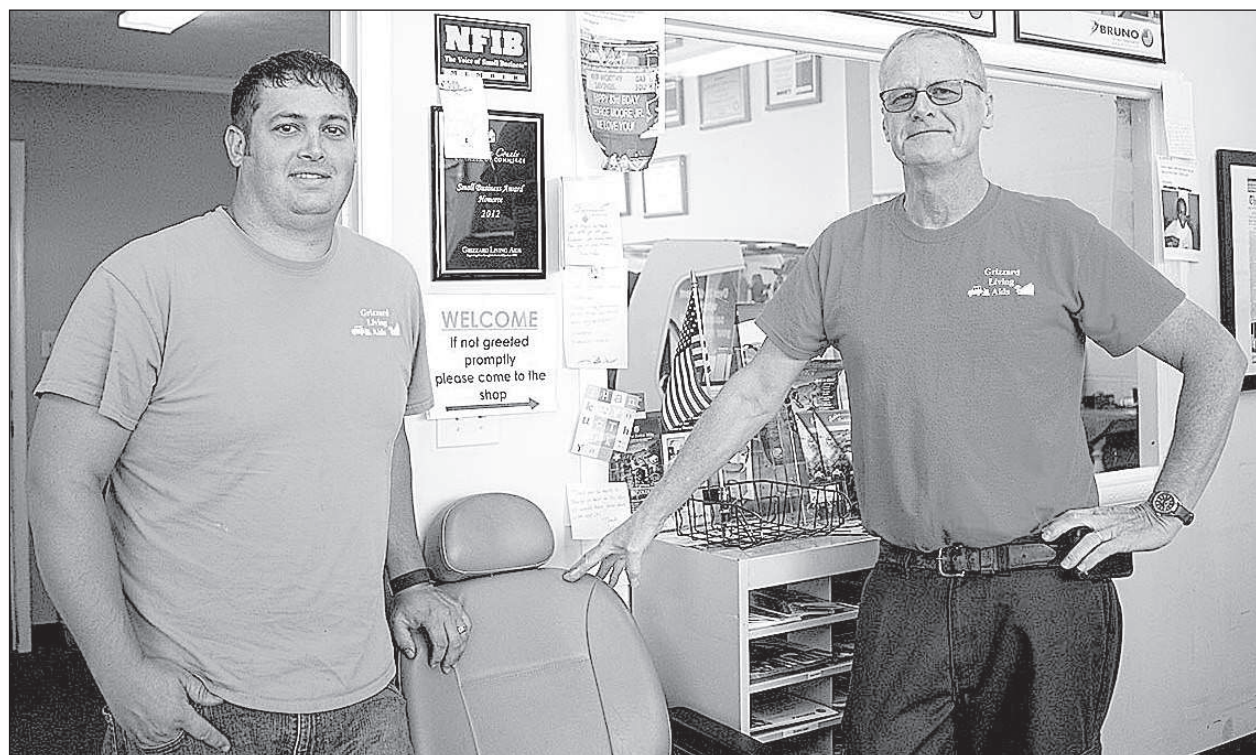
The business has also become a family affair.

"In 2012 my nephew Brenton Young, who had been helping me with installations and other jobs since he was six years old joined me in the business," Grizzard said. "Brenton is now our service manager having been certified by several of our manufacturers."

Grizzard added, "We are fortunate to have a very loyal customer referral base. We always tell our customers that we treat them like family and it's always good to hear from a prospective customer that one of our 'family members' spent significant time with them showing them how their lift works, and cautioning them to only go to Grizzard Living Aids."

Grizzard continued, "This type of customer referral has brought us customers from Douglasville, Pine Mountain and Stone Mountain, Georgia, as well as Decatur, Warrior and Tuscaloosa."

Grizzard Living Aids is at 1227 Noble St. in Anniston. Hours are 9 a.m.-5 p.m. Mondays - Fridays. For more information, call 256-237-2006, or visit www.glalifts.com.



Tucker Webb/The Daily Home

In 2012 Brenton Young, left, joined his uncle Terry Grizzard in the business.

Foot Pain? We Can Help!

PODIATRY ASSOCIATES, PC.

The *foot* doctor is in!

DR. ROBERT RUSSELL

DR. JAMES BOWMAN

DR. STEWART PIERSON

TREATING MAJOR & MINOR FOOT PROBLEMS, INCLUDING BUT NOT LIMITED TO:

•Diabetic Foot Care •Bunions •Heel Pain •Hammer Toes
•Ingrown Toe Nails •Corns & Plantar Warts

CELEBRATING OUR 31ST YEAR IN SYLACAUGA!

9 South Western Avenue, Sylacauga • 256-249-2212
www.podiatryassocpc.com

No representation is made about the quality of podiatry services to be performed or the expertise of the podiatrists performing such services.

Talladega ENT specialist offers relief from allergy and sinus problems

By **ADRINECE BEARD**
Special to The Daily Home

After 35 years of expertise in otolaryngology, Pramod Bhatia, an ear, nose and throat (ENT) specialist focuses on patient concerns for sinus infections and allergies.

Inspired by his father, who was also trained in ENT, Bhatia received his medical degree from the Armed Forces Medical College in India. He and his wife Meera came to the United States in 1986, where he completed a fellowship at SUNY Downstate University in Brooklyn, New York. Four years later, he settled in Alabama with Meera, who manages his offices in Talladega, Pell City and Anniston.

In the past, his duties ranged from tonsil removals to plastic surgeries, but now are focused on evaluating chronic sinus infections and seasonal or year-round allergies. He typically treats 25 to 30 patients per day, mostly adults, who take time off work due to experiencing dizziness, headaches, nasal congestion and other discomfort.

"Usually, if you are allergic (to something), you are allergic from the beginning," he said.

However, sometimes symptoms do not arise until an allergen (something people are allergic to) accumulates in the body over time, which is why a skin test—a small drop of a possible allergen being pricked or scratched into the skin—can be so effective.

Bhatia has tested as many as 70 different substances for allergic reactions. The patient is taken off all allergy medication a week before the test is administered. As an option for treatment, injections can be given weekly for allergies unrelated to food. The injections start at low concentrations and increase depending on the patient's response.

Although allergic reactions can be life-threatening, Bhatia has never had a patient die from one.



Tucker Webb/The Daily Home

Before coming to the United States, Dr. Pramod Bhatia received his medical degree from the Armed Forces Medical College in India.

However, in the case of a severe reaction, a one-time epinephrine shot or EpiPen is prescribed.

Beyond allergies, he is one of few specialists in the area who offer patients a less invasive procedure for the treatment of blocked sinuses called balloon sinuplasty, which, unlike conventional sinus surgery,

requires no cutting or removal of bone and tissue; putting patients back in the workplace two to three days after the procedure.

If patients experience pain after the surgery, Bhatia will prescribe opioids (painkillers) for no more than three weeks, aware of opioid addictions caused by overprescribing.

dailyhome.com

Your source for news and more.

PROFESSIONAL APOTHECARY

210 North Street W. • Talladega
256.362.8328
www.proapo.com

*Your Friendly
Hometown Pharmacy*

Chris Helms | Alicia Holbrook | Jennifer Carter

**We are here to help
fill all of your needs.**

PROFESSIONAL APOTHECARY DURABLE MEDICAL EQUIPMENT

- Diabetic Supplies & Shoes
 - CPAP & Supplies-Nebulizers
 - Lift Chairs-Hospital Beds
 - Manual & Motorized Wheelchairs
 - Mastectomy Bras & Prosthesis
- Plus Many Other Medical Supplies

**Delivery Service Available for
Prescriptions & Medical Equipment**

Want better health? Put down the cigarettes

Smoking has been linked to a number of negative side effects, including raising smokers' risk of cancer and cardiovascular disease. Quitting smoking can greatly reduce the likelihood of both of those outcomes, but the additional benefits of kicking tobacco to the curb may surprise smokers.

According to the American Lung Association, smokers' heart rates drop to normal levels within 20 minutes of quitting smoking. While not all side effects of quitting smoking are so immediate, many are just as impactful.

The health benefits of quitting smoking are seemingly endless. The Office of the U.S. Surgeon General says quitting smoking is the single most important step smokers can take to improve the length and quality of their lives. The health benefits of quitting smoking are too numerous to list them all, but the following are some of the ways that quitting can improve smokers' overall health.

Quitting benefits blood pressure. Smokers' blood pressure levels can return

to normal levels within two hours of quitting. Smokers may also notice their fingers and toes starting to feel warm shortly after they quit. That sensation occurs because quitting smoking also improves circulation.

Quitting decreases levels of carbon monoxide in the body. When smoked, lit cigarettes release carbon monoxide, which compromises smokers' ability to absorb oxygen into the bloodstream. That makes it difficult for red blood cells to carry oxygen. Body tissue that does not receive an adequate supply of oxygen can cease to function. But according to the American Heart Association, after 12 hours of smoke-free living, the carbon monoxide levels in smokers' blood return to normal.

Quitting reduces risk of stroke. Stroke is another of the myriad of cardiovascular diseases that has a connection to smoking. According to the U.S. Centers for Disease Control and Prevention, stroke occurs when the blood supply to the brain is blocked or when blood vessels in the brain burst and cause brain tissue to die.



Smoking increases the buildup of plaque in blood vessels, which can block blood from getting to the brain. Smoking also causes blood vessels to thicken and narrow, again compromising the body's ability to get blood to the brain. Within five to 15

years of quitting smoking, smokers' risk of having a stroke is the same as that of nonsmokers.

Smokers interested in quitting can visit www.smokefree.gov for more information and support.

The Experience Matters



COOSA VALLEY
HEMATOLOGY AND ONCOLOGY

With over 50 years of experience,
our Board Certified Physicians will
make the difference in your **cancer** journey!

Meet Our Physicians



Allen Yeilding, M.D.



Khaleel Ashraf, M.D.



Mark Bridges, M.D.



David Mooney, M.D.

Coosa Valley Hematology & Oncology

Professional Office Building • 209 W. Spring Street Suite 303

LOCATED DIRECTLY ACROSS FROM THE HOSPITAL

256-401-0417

000240192r1

**4010 Masters Rd.
Pell City, AL 35128**

**205-884-1111
Fax 205-884-1114**

www.lakesidehospice.org



Lakeside

HOSPICE



ASK FOR LAKESIDE HOSPICE
IT IS YOUR CHOICE!

Serving St. Clair, Blount, Talladega, Jefferson, Etowah,
Calhoun, Shelby and Coosa Counties.

000240132r1



Pell City Pediatrics welcomes

DR. FARZANA MALIK

Now accepting new patients
ages newborn to 18 years

Pell City Pediatrics

2850 Dr. John Haynes Drive
Pell City, Alabama 35125
205.884.2260



Children's
of Alabama®



Dr. Malik is joining Drs. Rubina Siddiqui and Irfan Rahim.

Pell City Pediatrics

ChildrensAL.org/pell-city-pediatrics



Submitted photo

CVMC has more than 700 employees. It has 35 active physicians and more than 100 courtesy and consulting physicians.

Coosa Valley Medical Center is committed to its community and bringing new services to patients

By DENISE SINCLAIR
Home staff writer

For more than 70 years, Coosa Valley Medical Center has been a key player in Sylacauga, from providing much-needed medical care to being the largest employer in the city. As the medical center moves forward into 2018 it continues that commitment and continues its focus on the healthcare needs of the community. The hospital has the latest technology and equipment available to care for patients, offering various services that include but are not

limited to cardiac rehab; labor and delivery; intensive care; cardiac cath lab; post-acute care; women's health; outpatient and inpatient surgical procedures; emergency; express care and imaging; "Friday Night Sports Medicine Clinic;" senior behavioral health center; cancer care; and programs on drug, alcohol and related issues.

CVMC is an independent, non-profit hospital focused on delivering the highest quality of health care to Sylacauga and surrounding communities, said Glenn Sisk, hospital CEO.

The hospital is highly decorated for its services, having been named

as one of the Top 10 Best Hospitals in Alabama by the Joint Commission of Hospitals. CVMC is a top performer in health care in the state.

Vanessa Green, chief business development officer for the hospital, said CVMC wants residents in Sylacauga and surrounding areas to know the hospital is here for them and committed to making sure each patient gets the care he or she needs.

In looking at some of the services the hospital provides, Green pointed out Dr. Juan Campos, a general surgeon who has returned to town with Sylacauga Surgical Associates. "We're proud to welcome him

Your Local
NEWSPAPER
Be heard



**Hwy. 231 N.
Pell City
205-338-3221**

**BUFFET HOURS:
10:30 a.m.-8:00 p.m.**

**Every Tuesday is
"Senior Day"**

000240190r1

**Cheaha
Eye Associates, P.C.
Optometrists**
Member American Optometric Association

Office Park East
Suite F
300 East St. No.
Talladega

**Call 256-362-5800
For Appointment**



Dr. David H. Pickrell

- Comprehensive Eye Exams • Contact Lenses (Bifocal & Disposable)
- No Line Bifocals • Latest Fashion Frames

INSURANCES ACCEPTED
NEW: Health & Welfare

- Humana • Southland • Aetna • Blue Cross/Blue Shield • Cigna-Health Springs
- Eyemed • Medicaid • Medicare • NVA • United Healthcare • Spectera • VSP • VCP • AEA
- Superior Vision • Viva • Avesis • Advantra • Davis Vision

**NEW HOURS: Mon., Wed., Thurs. & Fri. 8:30-5:00,
Tues. 8:30-5:30 & Saturday 8:30-4:00 By Appointment**

000220050r1

back and he is open for business," she said. "He joins Dr. David Marotta and Dr. Matthew Dimon along with certified nurse practitioner Tinsley Forbus at Sylacauga Surgical Associates."

The group's surgical services include general surgery, laparoscopic surgery, gastrointestinal surgery, EGD and colonoscopy, thoracic surgery, wound care and breast biopsy.

Another service available for high school athletes and the community is "Friday Night Sports Medicine Clinic" at CVMC.

"CVMC is proud to provide our high school athletes and community with this clinic," Sisk said.

The clinic is adjacent to the emergency department at the hospital from 9:30 p.m. to 11 p.m.

Dr. Anthony Tropeano, orthopedic medicine and surgery, Shaun Duhe, certified athletic trainer and Coosa Valley Therapy (physical therapy) operate the clinic.

Green said the hospital's Community Links programs kick off Monday, Sept. 11, at noon at B.B. Comer Memorial Library. These programs provide the public with free medical information and lunch from September to May of each year. Lunch will be served at 11 a.m. by CVMC. Guest speaker for the first program is Dr. Matthew Dimon. He will discuss acid reflux.

All those attending the program will get to meet the surgical team from Sylacauga Surgical Associates.

A program started in the past year at the hospital is called New Vision. It focuses on helping people break through the cycle of addiction. It is an inpatients medical stabilization and withdrawal management service for adults with drug, alcohol and related health issues.

The service accepts appropriate adults, who are currently using or are experiencing acute withdrawal symptoms from certain drugs. It consists of a medically supervised hospital stay that typically last three days.

Cancer care is another important service the hospital provides to patients. The hospital several years ago joined forces with Hematology & Oncology Associates of Alabama for cancer care to patients in Sylacauga and surrounding areas.

Amy Price, chief nursing and operating officer for the medical center, said Dr. Allen Yeilding has been in Sylacauga for more than 30 years. His

partners here are Dr. Khaleel Ashraf, Dr. J. Mark Bridges and Dr. David Mooney.

The cancer center has moved to a larger space in the medical building next door to the hospital. The center has 14 chemo chairs with extra space offering more comfortable, individualized care and privacy. Treatment is offered five days a week.

Green and Sisk emphasize the importance of cardiac care available at the hospital.

"There is a tremendous amount of cardiac disease in this community and we want to make sure we have the medical care to treat it," Sisk said.

Key to that care is a heart catheterization lab the hospital now has.

"This lab fills a need in the community because it provides closer access to cardiac services. CVMC decided this state-of-the-art piece of equipment was vital to our community. It saves patients from having to drive to Birmingham for something they could have done just as easily and safely in Sylacauga," Green said.

The hospital invested \$1.5 million in the cardiac catheterization lab at CVMC.

Two cardiology groups use the lab at the hospital. The two groups serving Sylacauga and surrounding areas are Alabama Cardiovascular Group and Cardiovascular Associates. Both groups are in Sylacauga five days a week. Both offer patients a comprehensive range of cardiac services from general cardiology to diagnostics, intervention and specialty clinic.

Green said there are two new nurse practitioners serving patients through Sylacauga Surgical Associates and Dr. Clay and Dr. Renee Davis's practice.

Also, Dr. Anthony Nix recently moved to the U.S. 280 area near Childersburg to serve patients in that area as CVMC continues to work to serve the community.

CVMC has more than 700 employees and it is the largest employer in the city. It has 35 active physicians and more than 100 courtesy and consulting physicians.

Some 60 volunteers serve the hospital through its auxiliary service.

For more information about the medical center, visit www.cvhealth.net. The hospital is also on Twitter and Facebook. It is at 315 West Hickory Street in Sylacauga. Its phone number is 256-401-4000.



Submitted photo

The cancer center has moved to a larger space in the medical building next door to the hospital. The center has 14 chemo chairs with extra space offering more privacy and comfortable, individualized care.

CALL FOR FREE CONSULTATION

We Treat SPORTS INJURIES, Fall Injuries & Balance

Therapy, Tendonitis,
Total Joint Rehab,
Work Injuries, Sprains, Strains,
Arthritis, Back Pain, Neck Pain,
Now Offering Dry Needling
and more...

GAIN RELIEF & LOSE THE PAIN! CALL TODAY!

Ben Donahoo, PTA

Dan Schabel, PT

Abby Allen, PTA



114 W. Fort Williams St.
Sylacauga, AL 35150

256-487-8040

Physical therapy where everyone is treated like star

By DENISE SINCLAIR
Home staff writer

When Todd Malone started his physical therapy business five years ago, he wanted a special name that signified what he wanted to do for clients.

He named his new business Star Physical Therapy. "I wanted a place where everyone is treated like a star," Malone said.

Today, he believes Star Physical Therapy does that. The business is in the Victorian Village at 1035 W. Ft. Williams St. in Sylacauga.

Star Physical Therapy provides pain relief, sports medicine, orthopedic and spine rehab.

Not only is Malone a physical therapist but also an athletic trainer. The other physical therapist at Star is Marty Stewart. The business has five employees.

It is open Monday through Friday, 8 a.m. to 5 p.m.

Malone treats athletes from high schools in the area in addition to providing on the field coverage for B.B. Comer Tigers.

"We treat athletes all year round with football season being our busiest. Locally, we're the only physical therapy business with an athletic trainer in the clinic at all times," he said.

During the summer the business has sports, speed and agility training for young athletes.

"We treat sports medicine injuries, orthopedic problems and back, knee and shoulder pain," he said.

When it comes to care, Malone said he wants patients to feel like they are being treated like a star. "When patients come here, I want them to get individualized care that will allow them to return to their normal lives. I want their care to be something they can't get anywhere else," he explained.

Malone has been in the physical therapy business for 20 years. He got his athletic training degree from Troy State University and his physical therapy degree from the University of Finland.

Star Therapy also treats older adults dealing with arthritis. "These older adults have wear and tear on their joints and decreased mobility. We work to condition them to feel better and they find exercise minimizes the pain," Malone said.

Also the business participates in a senior exercise program through insurance companies called Silver Sneakers. Star Therapy accepts most insurances.

Another treatment provided through Star is dry needling. Acupuncture needles are used to correct muscle dysfunction.

A therapy session usually lasts an hour, Malone said, when hands-on treatment is provided. "Hands-on care is unique and important to a fast recovery."

Malone got into physical therapy because as a child he had a baseball injury and that forced him to miss a season. "That led me to physical therapy and athletic training"

As an athletic trainer for B.B. Comer, Malone provides physicals prior to the start of a sport season. He does injury prevention and conditioning for the athletes.

For more information on Star Physical Therapy, call 256-249-4701 or email starpt@att.net.



Denise Sinclair/The Daily Home

Physical therapist Todd Malone examines a patient's knee before he begins therapy on it.

LINCOLN PHARMACY

Your Neighborhood Pharmacy

We make it easy to get everything you need with friendly, helpful service and a wide range of convenient products.

99 Magnolia South
Lincoln

205-763-7759

Monday-Friday
8:30 am - 6 pm

Saturday
8:30 am - 1 pm



000229769R1

WE HAVE MOVED!

2109 7th Ave. N., Suite 2

JP DAILEY FOR ALL YOUR INSURANCE NEED

As your good neighbor agent,
I can help you meet your insurance needs.
Call me today for Free Insurance Quotes for
Life Insurance & Supplemental Health.



State Farm™

JP Dailey, Agent
Pell City, AL

205-525-5525

0002401351

Callahan Eye Clinic improving patient access to vision care

By **DAVID ATCHISON**
Home staff writer

There is another certainty besides death and taxes – cataracts. “If you live long enough, you’re going to have cataracts,” said Jason Swanner, MD., F.A.C.S., an ophthalmologist with the University of Alabama at Birmingham Callahan Eye Hospital, who treats patients at the new Callahan Eye Clinic in Pell City.

Swanner joins other specialists, ophthalmologist Waid Blackstone, M.D., and optometrist Kayla Thomason, at the new Callahan Eye Clinic.

The new eye clinic in the professional medical building adjacent to St. Vincent’s St. Clair Hospital only recently opened and is a satellite office to the University of Alabama at Birmingham Callahan Eye Hospital. The Callahan Eye Clinic is at 7067 Veterans Parkway, Suite 240.

“It (Callahan Eye Hospital) is one of two eye hospitals in the entire country,” said Swanner, who specializes in glaucoma, anterior segment surgery and

cataract surgery.

Swanner said most people experience cataracts between the ages of 60-80.

“Some people are younger, some people are older,” he said.

In surgery, Swanner will remove the cloudy eye lens and replace it with clear plastic lenses.

He said cataract surgery only takes a few minutes to complete.

“People can drive the next day,” he said.

Swanner said he has patients from Pell City, who encouraged the group to open a clinic in one of the fastest growing counties in Alabama.

“It’s been fantastic,” he said.

Thomason, who sometimes refers patients to Swanner and Blackstone, is at the Callahan Eye Clinic daily, seeing patients, performing eye examinations, writing eye prescriptions and checking for any possible problems with patients’ eyes.

Thomason and her husband Evan, a mechanical engineer at Honda Manufacturing of Alabama in Lincoln, live in the Pell City area.

“I’ve been working my way closer to home,” she said.



David Atchison/The Daily Home

Kimberly Sparks of Pell City is the Patient Encounter Specialist at the new Callahan Eye Clinic in Pell City.

Before coming to the Callahan Eye Hospital Clinic in Pell City, Thomason worked at the Alabama Eye Clinic in Talladega.

Thomason looks for certain eye diseases in elderly patients, including cataracts.

She said people with cataracts start having a hard time seeing at night, experiencing a halo effect with night lights.

“Sometimes patients notice their vision is not clear anymore,” she said.

Patients are given a glare test to check their night vision.

Thomason may recommend that their eyes be evaluated by a cataract surgeon, like Swanner.

Thomason has an army of specialists to refer patients to at the Callahan Eye Hospital in Birmingham, but most patients are seen and evaluated at the clinic in Pell City.

“This location will improve patient access to pediatric eye care, glaucoma specialists and comprehensive adult ophthalmology services,” said Rett Grover, the chief operating officer for UAB Callahan Eye Hospital. “The new clinic will

offer advanced eye care and convenient access to the latest fashion in eyewear and contact lenses.”

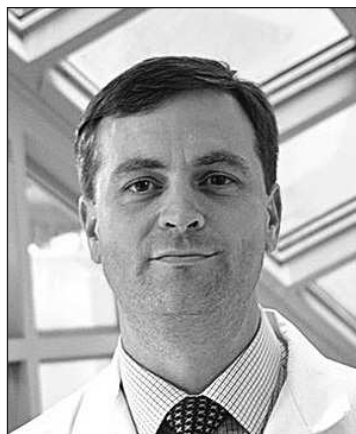
Services offered at the new clinic include adult ophthalmology and optometry, pediatric optometry, eye examinations, eyeglasses and contact lenses, cataract evaluations, glaucoma screenings, diabetic eye examinations, dry eye testing and an optical store with a wide selection of eyeglasses and sunglasses.

The new eye clinic also offers a variety of designer eyeglasses and sunglasses, with such brands as Ray-Ban, Coach, Maui Jim, Tom Ford, Miraflex and Costa Del Mar.

For more information or to make an appointment with the new Callahan Eye Clinic in Pell City, call 205-812-0445.



Dr. Jason Swanner

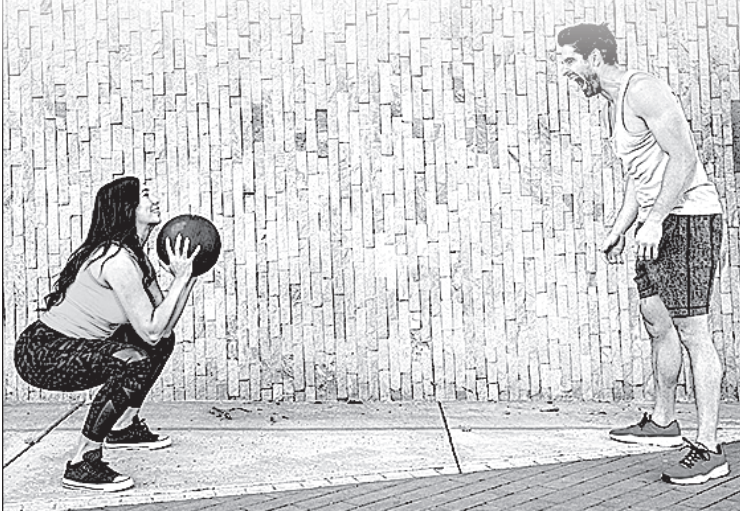


Dr. Ward Blackstone



Dr. Kayla Thomason

How to find time for fitness



Many adults admit to having little or no time to exercise, and statistics support the notion that men and women simply aren't exercising enough. According to the National Center for Health Statistics, only 21 percent of adults ages 18 and older met the physical activity guidelines for aerobic and muscle-strengthening activity (Note: The World Health Organization recommends that healthy adults between the ages of 18 and 64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week, while also performing muscle-strengthening activities involving the major muscle groups at least two days per week.)

Commitments to work and family can make it hard to find time to visit the gym or exercise at home. But the benefits of regular exercise are so substantial that even the busiest adults should make concerted efforts to find time to exercise. The following are a handful of ways to do just that.

Embrace multitasking. Many professionals are adept at multi-tasking in the office, and those same skills can be applied when trying to find time for exercise. Instead of plopping down on the couch to watch television, bring a tablet to the gym or the

basement and stream a favorite show while on the treadmill or the elliptical. When running errands around town, ride a bicycle or walk instead of driving.

Cut down on screen time. A 2016 report from The Nielsen Company revealed that the average adult in the United States spent more than 10 hours each day consuming media. That includes time spent using smartphones, tablets, personal computers, and other devices. By reducing that screen time by just one hour per day, adults can create enough free time to meet the WHO-recommended exercise requirements.

Make it a group effort. Involving others can make it easier for adults to find time to exercise. Instead of hosting work meetings in a conference room, take the meeting outside, walking around the office complex while discussing projects rather than sitting stationary around a conference table. At home, take the family along to the gym or go for nightly post-dinner walks around the neighborhood instead of retiring to the living room to watch television.

Finding time to exercise can be difficult for busy adults. But those committed to getting healthier can find ways to do so even when their schedules are booked.

**Tri-City
Neurology, LLC**

FAZAL RAHIM, M.D.

Diplomat American Board of
Psychiatry & Neurology
Board Certified Sleep Medicine
Board Certified (UCNS) Neuroimaging



TEST - EMG/NCV - EEG NERVE CONDUCTION STUDIES IN OUR OFFICES

- Strokes and Seizures
- ALS
- Migraines/Headaches
- Therapeutic Botox for Migraines
- Sleep Disorder Evaluations and Testing
- Disease of Muscles (Myopathy)
- Myasthenia
- Restless Leg Syndrome
- Dementia/Alzheimer's
- Parkinson's Disease and Tremors
- Multiple Sclerosis
- Carpel Tunnel Syndrome
- Radiculopathies
- Motor Neuron Diseases
- Brain & Spinal Diseases
- Neuropathies

**TO SCHEDULE AN APPOINTMENT
CALL 256-362-9677**

MAIN OFFICE TALLADEGA 200 East Battle St.
PELL CITY 7063 Veterans Pkwy.
St. Vincents/St. Clair Hospital Physician's Plaza



Life insurance is a healthy financial investment

By **KELLI TIPTON**
Home staff writer

As we get older, get married, and start a family, we come to realize that life insurance is fundamental to a solid financial plan. Even during our younger, healthier years, having a life insurance plan can provide peace of mind in knowing that money will be available to care for our final expenses.

Alfa Insurance agent Jennifer Hayes has 11 years of experience in helping clients with their life insurance needs. "Having the right life insurance is the best way to cover the cost of final expenses," she said. "Funeral and burial expenses usually average \$12,000 to \$15,000, and that is before paying an attorney to settle the estate."

The Ordinary Life Plan is one product she recommends. She said it is easy to qualify for and does not require a medical exam or blood



Jennifer Hayes

work. "This plan won't disqualify you if you have had a heart attack more than two years prior to your application," she said. "You won't be disqualified if you have diabetes that is controlled by diet and medication. Those are usually the first two things that stop you from getting a traditional life insurance policy."

Another popular product is the Modified Whole Life Plan. "Once the coverage is accepted, the price is presented, and once the policy is issued, the prices never change, and it is a whole life policy which will cover you until you are 100 years old." The

policy doesn't require a medical examination.

Hayes said that one of the most important things to consider when purchasing life insurance is the designation of beneficiaries.

"I always tell people to have a contingent beneficiary listed. Most people don't know what a contingent beneficiary is. It is a person who will receive the money from the policy in the event that the main beneficiary dies. For example, if a husband has his wife as the main beneficiary on his policy, and they both die in a car accident, then the contingent beneficiary will receive the money from the policy."

In addition to life insurance, Hayes recommends that seniors have a will, a living will and a power of attorney. "Have the conversation with your parent. It may be a difficult topic, but it is certainly something that needs to be discussed."

For more information, call 256-362-2002, or visit Alfa Insurance in Talladega at 430 Battle St. W.

SYLACAUGA HOUSING AUTHORITY



*Providing
Affordable Housing
in Sylacauga
Since 1941*

1-2-3-4 & 5 Bedroom Apts.

(256) 249-0381



The Daily Home News you can use
Call 256-362-1000 to subscribe

Foods that help fight cancer

People concerned about their cancer risk may find that switching their diets can do a world of good. Certain foods may reduce cancer risk, according to various cancer experts, including the MD Anderson Cancer Center. In addition, some foods might increase a person's risk of developing cancer. Knowing what to put on the table come breakfast, lunch and dinner can go a long way toward reducing one's cancer risk.

Some foods show cancer-fighting properties, although it is impossible to currently say one food or another can actually stop cancer from developing. Studies have shown that diets filled with colorful fruits and vegetables can reduce the risk of developing cancer, heart disease and diabetes. Cancer Research UK points out that some foods, such as red meat and salt-preserved foods, can increase a person's risk of developing some cancers, while vegetables, fruits and foods high in fiber have the opposite effect.

A comprehensive review of thousands of studies on physical activity, diet and weight conducted for the World Cancer Research Fund and the American Institute for Cancer Research found that plant-based foods are the best at fighting cancer. Broccoli, berries and garlic showed some of the strongest tendencies to prevent cancer. According to research associates at Johns Hopkins University School of Medicine, a variety of chemicals from plants known as phytochemicals protect cells from

harmful compounds in food and in the environment. Phytochemicals prevent cell damage and mutations.

When making their grocery lists, people who want to eat healthy and lower their cancer risk can include as many of these foods as possible.

Garlic: Studies suggest that garlic can reduce the incidence of stomach cancer by attacking bacteria associated with some ulcers and belly cancers. Sulfur compounds in the food may stimulate the immune system's natural defenses against cancer and could reduce inflammation and tumor growth.

Broccoli: Broccoli and other cruciferous vegetables like cauliflower, cabbage and kale contain glucosinolates. These are phytochemicals that produce protective enzymes that activate in the intestines. One particular compound, sulforaphane, is strongest and found in broccoli. Protective properties are highest in raw or steamed broccoli.

Blueberries: Blueberries are loaded with antioxidants. Antioxidants neutralize the unstable compounds, called free radicals, which can damage cells and lead to cancer.

Tomatoes: The red, rich coloring of tomatoes comes from lycopene. In laboratory tests, lycopene has stopped cancer cells, including breast, lung, and endometrial cancers, from growing. Researchers speculate that lycopene protects cells from damage that could lead to cancer by boosting the immune system.



Village at Cook Springs



Noland Health Services

Retirement Community

- Independent Living
- Assisted Living
- Memory Care

Skilled Nursing

- Long Term Care
- Memory Care
- Cornerstone Rehab

Call Today!
(205) 338-2221
www.villageatcooksprings.com

000239997r1

Local service.

Drew Alexander
Union State Insurance, Inc.
1920 1st Ave N. | Pell City, AL
(205)884-1670
800-239-4356

Great insurance.

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

000240137r1

Keep Your Eyes Healthy With The Following Tips:

01

Good Diet / Good Vision

Studies show that certain nutrients help to keep age-related vision problems (like macular degeneration and cataracts) at bay. Work foods and supplements with omega 3 fatty acids, zinc, vitamin C, lutein and vitamin E into your diet.

Stop Smoking For Healthier Eyes

Smoking increases your risk of developing macular degeneration, optic nerve damage, and cataracts. Have you tried to quit before? Don't give up. Keep trying and talk with your doctor about new cessation techniques.

02

03

Protect Eyes With Sunglasses

You are more likely to develop vision problems if your eyes are exposed to too much UV. Good quality sunglasses help to protect eyes from the sun's ultraviolet rays.

Use Safety Eyewear at Work, Playing Sports and at Home

Wear safety glasses or protective goggles whenever you handle hazardous materials at home or at work. Sports like lacrosse, ice hockey and racquetball can lead to eye injuries. Wear sports goggles with polycarbonate lenses or a helmet with a protective face shield to protect eyes.

04

05

Give Eyes A Break from the Computer Screen

Take an eye break every 20 minutes. Rest eyes by gazing 20 feet away for 20 seconds. Get up and take a 15 minute break at least once every two hours.

Visit Your Eye Doctor Regularly

Even young children should have their eyes examined routinely. It helps to protect eye health and make sure that your vision is as good as possible.

06

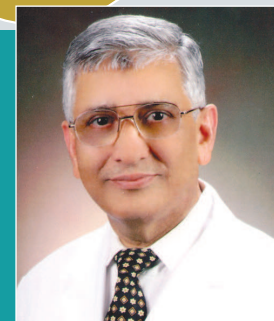
TALLADEGA / PELL CITY OPHTHALMOLOGY CLINICS

Open Monday-Friday 8 a.m.-5 p.m. 2 Convenient Locations:

216A East Battle St., Talladega
256-362-1590
or 1-800-362-4140

Professional Office Building
2811 Dr. John Haynes Dr., Pell City
205-338-6444

Khalid L. Khan, M.D.
Board Certified
Ophthalmologist





Tucker Webb/The Daily Home

Simmons Beautyrest manufactures a base with sensors that can detect sleep patterns to improve overall sleep quality.

Are you dreaming of a good night's sleep?

By **KELLI TIPTON**
Home staff writer

What are you dreaming of? If it's a good night's sleep, you are not alone. According to the Centers for Disease Control and Prevention, more than a third of American adults are not getting enough sleep on a regular basis, which increases the chance of developing chronic conditions such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.

What if your bed could be causing those restless nights? Bedzzz Express spokesman Amy Hammett has nine years of experience with helping customers find the right mattresses, bases and pillows to address many sleep-related problems, especially those

associated with aging.

"A lot of seniors have aches and pains, usually associated with arthritis, that keep them from getting a good night's sleep. They toss and turn a lot during the night, and anything that relieves pressure is good for them," she said.

Pressure relief for hips and shoulders is essential to getting a good night's rest and is an important factor in choosing a mattress. "My favorite is the Tempur-Pedic. It uses your body shape, your weight and your body temperature for personalized comfort and support. The Tempur-Contour collection is ideal for those who like a firm feel, the Tempur-Cloud collection has a little softer feel, and the Tempur-Flex collection has a more springy feel," she said.

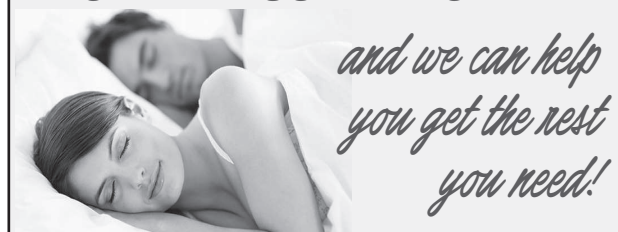
Motion separation is another



Bedzzz Express manager Mark Champan and staff are trained to conduct a "rest test" that will identify which mattress best meets the needs of each customer.

Your source for local high school sports news, scores, and more!
www.DailyHome.com

IT'S ALL ABOUT THE SLEEP...



and we can help you get the rest you need!

A good night's sleep is essential for good health!

**WE HAVE •TOP BRANDS
•LARGE SELECTION •BEST PRICES
•DELIVERY & A GOOD NIGHTS SLEEP**

Mattress & More, LLC

1911 Martin St S # 8, Pell City, AL 35128

205-338-2335

PATTY HODGE, MANAGER

000240136r1

¡ Feliz día de la Independencia !

CHECK OUT OUR FULL BAR!

L'Acosta Mexican Restaurant

Our Area's Only Mexican Lunch Buffet

Served Sunday-Friday

215 N. Broadway Ave.
Sylacauga, AL

256-249-3360

000240157r1

factor. "If you have a partner in the bed with you, their movements can also keep you awake, and a Tempur-Pedic mattress has motion separation. You can't feel the other person moving around in bed next to you," she said.

Bedzzz Express has a wide selection of mattresses from other popular brands such as Serta, Beautyrest, Sealy, Stearns & Foster and King Koil. Many of these are available in pillow top or gel top, which also provides pressure relief. "Gel infused memory foam doesn't collapse like the old memory foam. It also keeps you cooler as you sleep," she said.

Combining the proper mattress with the right base can also help with getting some shut-eye. Adjustable bases provide elevation of the upper body and/or legs for ultimate comfort. "Adjustable bases are wonderful. They can help with snoring, acid reflux, and sleep apnea. A split base allows each person to sleep elevated according to their own comfort level. A split king bed is the answer to a lot of couples' prayers for a good night's sleep," she said.

Simmons Beautyrest manufactures a base with sensors that can detect sleep patterns to improve overall sleep quality. The Beautyrest SmartMotion Base is powered by Sleeptracker, an advanced new sleep optimization system. "Sleeptracker monitors your awake time, and it can tell when you are in a light sleep, a deep sleep and REM

sleep. It provides you with a report about the quality of your sleep. It also provides coaching to help you get better sleep," Hammett said.

And don't underestimate the importance of a proper pillow when it comes to getting a good night's sleep. "People who sleep on their side need a thicker pillow than those who sleep on their back or stomach. Pillows made for side sleepers have a notch cut out of it for their shoulder to fit into. This keeps the neck properly aligned. Your neck alignment is actually 20 percent of your total body alignment, so keeping the neck at the right angle is important," she said.

Hammett often recommends scented pillows too. "We carry a line of pillows scented with lavender or chamomile, which can help with relaxation."

Bedzzz Express recently opened a new store the WalMart Shopping Center in Pell City. The friendly staff is trained to conduct a "rest test" that will identify which mattress meets the needs of the customer. "Everyone's 'feel preference' is different, so we do a rest test. We put you on a Stearns and Foster Lux Firm, and if you need firmer or softer, we can go from there. It takes a lot of the guesswork out of choosing a mattress, and it saves the customer time, too," she said.

For more information about Bedzzz Express products and services, call (205) 338-3829 or visit 89 Vaughn Lane, Suite A-1 in Pell City.



Tucker Webb/The Daily Home

Bedzzz Express is at 89 Vaughn Lane, Suite A-1 in Pell City.



Health Care & Rehabilitation Center



Improving Every Life We Touch.

510 Wolf Creed Road North
Pell City, AL 35125

205-338-3329

Chicken soup is good for more than the soul

Cold season never seems to take a year off. Experts estimate that colds are so widespread that very few humans escape infection. Some people come down with colds more than once per year. That should not come as too great a surprise, as there are now thought to be more than 200 different strains of cold.

For the past 50 years, researchers studied two classes of viruses responsible for a total of roughly 100 different incarnations of the common cold. Two years ago, after development of molecular techniques to look at the viral genome, researchers found a third class of rhinoviruses, according to James Gern, MD, an asthma specialist at the University of Wisconsin School of Medicine and Public Health. This discovery doubled the number of potential cold viruses.

While there's no cure for the common cold, cold remedies have been around for centuries. Chicken soup remains one of the more popular cold remedies. Grandmothers have long espoused the virtues of chicken soup with regard to treating colds, but now research is backing up those claims.

Researchers have long examined the potential health benefits of chicken soup in an attempt to understand why it seems to be such an effective tonic at treating colds. A 1998 report found that broth may help improve the function of the tiny hairs in noses called cilia. The cilia help prevent contagions from getting into the body. Hot fluids also can help increase the movement of nasal mucus, helping to relieve stuffiness and congestion.

Chicken soup also can help reduce inflammation, which often results as the immune system works to fight the cold virus. A study in the journal *Chest* found that chicken soup appears to inhibit neutrophil chemotaxis, which is the movement of certain immune cells to mucus membrane surfaces. As a result, mucus production is inhibited and cold symptoms are reduced.

Chicken soup is loaded with immune-boosting vegetables and other ingredients that provide phytonutrients. The American Cancer Society defines phytonutrients, or phytochemicals, as plant compounds like carotenoids, lycopene, resveratrol, and phytosterols that are thought to have health-protecting qualities. Chicken soup may also contain onions and garlic, which are believed to have natural antibacterial or antiseptic properties.

An easily digestible comfort food, chicken soup also helps a person feel better because it effectively delivers vitamins and minerals.

While some profess that homemade chicken soup is the key to fighting a cold, many commercially-made soups fit the bill as well. The salt, steam, vegetables, chicken protein, and soothing broth combine to form a worthy adversary to the common cold.



SYLACAUGA SURGICAL ASSOCIATES

"ALL OF YOUR GENERAL SURGERY NEEDS, RIGHT HERE AT HOME!"



David Marotta, D.O.
General Surgery



Juan Campos, M.D.
General Surgery



Tinsley Forbus,
C.R.N.P.



Matthew Dimon, M.D.
General Surgery

SYLACAUGA SURGICAL ASSOCIATES OFFERS AN ARRAY OF BOTH
OUTPATIENT AND INPATIENT SURGICAL PROCEDURES

OUR SURGICAL SERVICES INCLUDE:

- GENERAL SURGERY
- LAPAROSCOPIC SURGERY
- GASTROINTESTINAL SURGERY
- EGD & COLONOSCOPY
- THORACIC SURGERY
- WOUND CARE
- BREAST BIOPSY



COOSA VALLEY
MEDICAL CENTER

SYLACAUGA SURGICAL ASSOCIATES
110 SOUTH ANNISTON AVENUE
SYLACAUGA, AL 35150

256-207-0200

000240248r1



DailyHome.com



facebook.com/
DailyHomeNewspaper



@dailyhome