

January 2019

A Special Supplement to

Columbus Telegram

Health, Mind & Body

Staying Sharp

How to remain **mentally fresh** during the workday

Conquer Your Cravings

Strategies to control appetite

Creating Healthy Habits

Hospital bringing back popular program

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Strategies to control appetite

Health by the numbers

GREEN SHOOT MEDIA

Every time you go to the doctor, she's going to take a couple of numbers that can tell you a lot about your health. High cholesterol and high blood pressure can both lead to or be symptomatic of serious chronic diseases like heart disease, diabetes and stroke.

The CDC talks about both of these conditions, what to know and how you can make lifestyle changes to keep these numbers in a healthy range.

Cholesterol

Blood cholesterol is a waxy, fat-like substance that your body produces naturally and uses to make hormones and digest fatty foods. Animal products like eggs, meat and cheese contain dietary cholesterol.

High cholesterol, which about one in six Americans has, could be caused by a number of factors, including family history, health conditions like obesity and lifestyle habits such as a diet high in saturated and trans fats, not getting enough exercise, smoking or drinking too much alcohol.

While there is medication to treat high cholesterol, you can make several lifestyle changes to manage your cholesterol more naturally. Eat foods that are low in saturated fats, like fruits, vegetables and whole grains; high in fiber, like beans; lean meats like fish and chicken; and foods with unsaturated fats like nuts and olive oil. Regular exercise, quitting smoking and keeping your weight under control also can help you manage your cholesterol.

Blood Pressure

High blood pressure, also known as hypertension, has two measurements: systolic blood pressure, the



top number, measures the pressure in the blood vessels when the heart beats, and the bottom number, the diastolic pressure, measures the pressure in the vessels when the heart is resting between beats. A normal blood pressure is 120/80; anything over 140/90 is high.

Hypertension can make your arteries hard, which means less oxygen is moving through your body, which can lead to heart attack, heart failure or a stroke. Left untreated, it can lead to chronic kidney disease.

Although about a third of Americans have high blood pressure, it doesn't have any symptoms, so without getting checked by a doctor, you may not know if you have it. There isn't any one identifiable cause, in most cases, although genetics, age, obesity and a poor diet. To manage it naturally, it's a similar diet if you're watching your cholesterol, with the added measure of watching out for your sodium intake.



Staying ON TASK

Brief breaks during the workday can dramatically improve ability to focus

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A 2011 study published in the journal Cognition found that brief mental breaks can improve focus on a prolonged task. The study's authors tested participants' ability to focus on a repetitive computerized task for 50 minutes under various conditions. The control group performed the task without breaks or diversions. The switch group and non-switch group memorized four digits before performing the task and were directed to respond if they saw one of the digits on the screen while performing the task. The switch group was the only group to be presented with the digits twice during the experiment, and both groups were tested on their memory of the digits at the end of the task. Most participants' performance declined considerably over the course of the 50-minute task. However, the performance of those in the switch group did not decline at all, as the two brief breaks to respond to the digits allowed them to maintain their focus throughout the experiment. The researchers behind the study concluded that the switch group's performance was steady because the brain is built to detect and respond to change, and its performance will actually suffer if it must maintain prolonged attention on a single task without taking a break. Professionals with a lot on their plates may see their performance improve by taking frequent mental breaks throughout the workday.

CREATING HEALTHY HABITS

Hospital bringing back popular Food, Fitness & Fun Program

MATT LINDBERG
The Columbus Telegram

Parents of elementary school children looking for something for their youngsters to do after school are in luck. Columbus Community Hospital is bringing back its Food, Fitness & Fun Program next month.

The free eight-week program is for children in second through fifth grades and will take place each Thursday, starting Feb. 7 in the multipurpose room of the Columbus Wellness Center, 3912 38th St. Each Thursday over the eight weeks, participants will learn interactive nutrition and fitness activities while also getting a healthy snack.

Areas of focus are healthy snacks and meals, positive body image, healthy relationship with food, increased activity, reduction in screen time, mindfulness, appropriate portions and advertising/role of the media on food and beverage choices.

"It's a good activity to bring the kids to after school and give them something to do for an hour," said CCH Registered Dietitian Susan Olmer, who will be leading the course

with help from fellow CCH Registered Dietitian Joan Plummer.

But the class is about far more than just giving kids something to do after school.

"It's designed to serve as one strategy to help in the prevention of overweight children," Olmer said, noting obesity in the United States for children is about 18.5 percent – roughly 5 percent higher than in the year 2000.

According to the Centers for Disease Control and Prevention, the percentage of children with obesity in the U.S. has more than tripled since the 1970s. About one in five school-aged children (6-19) is obese, according to the CDC.

"So we can see the trend is, unfortunately, slowly going up," Olmer said. "So we feel we need to continue to do this program and these activities."

This program aims to reduce the number of overweight and obese children locally and prevent obesity and other health issues for these children in the future, CCH officials said in a provided statement when announcing the program.

The hospital started the program last year and had much success with it. Its popularity was part of the reason CCH leaders opted to bring it back. Once again this year, participants will be busy. As part of the program, kids will learn new and simple activities that can help them stay active, particularly when they're stuck indoors.

"All the things we do for this course, there is something in there they can take home and use ..." Olmer said, noting they have planned an obstacle course with different activities at each station. "Water bottles can be filled with water to use as little weights. You can put tape on the floor and jump between the marks on the floor, kind of like a hurdle. We're teaching them things they can do at home."

Kids will also get a nutrition lesson by talking about healthy eating habits and putting it into practice.

"We'll make a fruit parfait and show them what proper portions are for that child," she said.

The class will run from 4-4:45 p.m. each Thursday, and Olmer said she is looking for-

ward to its start.

"The kids are fun, they're interesting. It's very interesting to see how each group interacts or does the activity," she said. "You never know what they're going to do. That's what is kind of interesting to see – is how children react and do things in each age group. That's what I like about it."

For more information on Food, Fitness & Fun, visit www.columbushosp.org.

Olmer said several kids are already signed up for the program, noting she anticipates 20. She added she hopes people consider having their kids take part in it. It will ultimately give kids the chance to interact with a nutrition professional and learn about making healthy lifestyle choices.

"It's up to us as adults to teach our kids how to be more proactive, learn how to exercise and incorporate that into their everyday activities, learn how to eat better, how to treat each other, things like that," she said.

Matt Lindberg is the managing editor of The Columbus Telegram. Reach him via email at matt.lindberg@lee.net.

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Stay mentally fresh at work

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Energy levels tend to ebb and flow throughout a typical workday. A cup of coffee may provide some caffeine-infused spark in the morning, but a big lunch can squash energy later in the afternoon.

Waning mental sharpness as the workday progresses can compromise productivity, making it more difficult for workers to complete projects on time. That, in turn, can contribute to stress. In fact, in its “2017 Stress in America” survey, the American Psychological Association found that 58 percent of Americans say work is a significant source of stress.

Staying mentally fresh during a workday can pay a host of benefits, and the following are just a few ways to maintain mental focus until quitting time.

Exercise regularly. The physical benefits of routine exercise are well documented. But even the most ardent fitness enthusiasts may not realize just how big an impact physical activity is having on their brains. The Harvard Medical School notes that exercise stimulates regions of the brain that release a chemical called brain-derived neurotrophic factor, or BDNF, which rewires memory circuits so they can function better. A stronger

memory can help workers recall project details and deadlines more easily, even as the workday draws to a close.

Avoid the “quick fix.” Relying on a beverage or snack to provide a quick mental boost may end up compromising your mental sharpness. Foods and beverages that are high in sugar may provide an immediate energy boost, but that spike is almost instantly followed by a crash that can adversely affect your mental sharpness. Stick to healthy snacks, such as fruits and vegetables, and avoid late afternoon cups of coffee, which studies have shown make it harder to fall asleep at night, thereby compromising your energy levels the next day.

Take a walk outdoors. Spending some time outdoors during a lunch break, or even a quick, post-lunch stroll around the office grounds, can provide a break for the brain. That break can help the brain refocus, improving productivity as a result. One great way to get outdoors during busy workdays is to conduct meetings outside when the weather permits. This gives everyone a chance to recharge their brains in the great outdoors, and few people would prefer a dusty conference room to a nearby park or picnic area outdoors.

Stress management strategies can do wonders for your health

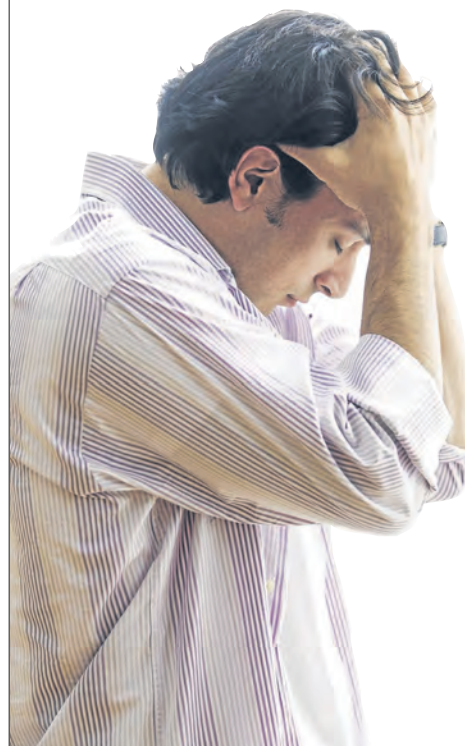
Stress is an issue that knows no geographical boundaries. The Regus Group reports that stress levels in the workplace are rising, with six in 10 workers in major global economies experiencing increased workplace stress. Workers forced to take on too much work or those tasked with performing jobs beyond their abilities might not be able to do much to quell those demands. However, they can employ various strategies to manage their stress.

Embrace planning. A 2011 survey from psychologist Robert Epstein asked more than 3,000 participants in 30 countries which stress management technique was most effective at helping them overcome

their stress. Epstein discovered that participants felt planning was the most effective way to manage their stress. Planning is essentially a proactive approach to managing stress and fighting it before it even starts. Smartphone apps make it easier than ever to schedule your time. Utilizing such apps or opting for the more traditional route by using a day planner can be a highly effective way to manage stress.

Practice cognitive reframing. Cognitive reframing is another effective stress-management technique that involves changing the way you look at something so your experience of it changes. Psychologists note that cognitive reframing is effective because the body’s stress response is triggered by perceived stress and not actual events. So by reframing the way you perceive a potentially stressful event, you can change your body’s response to it. This technique is most effective when people are mindful of their thoughts, particularly those that might be negative or stress-inducing.

Take breaks. A heavy workload may compel people to sit down at their desk and keep working until quitting time. However, that approach takes both a physical and emotional toll. Sitting for long periods of time without getting up not only increases a person’s risk for various diseases, but it also can contribute to something known as decision fatigue. Decision fatigue occurs when someone must make frequent decisions throughout the day. Without a break, such persons’ abilities to reason becomes compromised, and they may end up making poor decisions or feeling less confident in their decisions, which may increase their stress levels. Frequent breaks can help avoid both the physical and emotional effects of stress.



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Reducing heart disease risk is achievable

GREEN SHOOT MEDIA

Heart disease is the No. 1 cause of death for Americans, for both men and women and most ethnicities; for American Indians and Asians/Pacific Islanders, heart disease is second to cancer in causes of death. More than 600,000 people die of heart disease every year; that represents 25 percent of all deaths in this country.

The good news is that while some aspects of heart disease are hereditary and all risk factors can't be fully controlled, there are a number of lifestyle changes that can reduce the risk of a serious heart condition, like a heart attack, or help protect yourself from acquiring a heart condition. And, while heart disease looks different in everybody, there are symptoms to watch for. Since early action is critical in treating



ADOBE STOCK PHOTO

heart disease, that knowledge can save a life.

Signs and Symptoms

Most people recognize that chest pain is symptomatic of a heart attack, but there are other signs to look for as well. Pain or discomfort in the arms, back, neck, jaw or upper stomach; shortness of breath and nausea, lightheadedness or cold sweats all could indicate a heart attack. Women with heart disease are more

likely to report chest pain that is sharp or burning.

When in doubt, it's better to seek treatment immediately. Almost half of sudden cardiac deaths occur before a person can get to a hospital, which likely means early warning signs were ignored.

Risk Factors

High cholesterol, hypertension and smoking are the major risk factors for heart disease; the CDC said about half of people with

heart disease have at least one of these risk factors. Other chronic conditions or lifestyle choices that are risk factors are diabetes, being overweight or obese, having a poor diet, not getting sufficient exercise and excessive alcohol use.

Prevention

Healthy habits like a balanced diet (whole foods with lots of color on your plate that comes from fruits and vegetables, not colored candy), getting plenty of exercise, quitting smoking and reducing your alcohol intake all reduce your risk of heart disease or a heart attack. You also want to keep your cholesterol, blood pressure and diabetes under control; take any medication you should be and see your doctor regularly.

The **facts** about fats

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Fat has a bad reputation. Many people hear the words "fat" or "fats" and immediately think the worst. Fats go by many names, including lipids, fatty acids, vegetable fats, animal fats, and oils. While some fats can be harmful when consumed in excess, many fats are actually helpful to the body. Educating oneself about the different types of fats can make for a more well-rounded diet.

Saturated fats: These are solid at room temperature and tend to come from animal products and processed foods. A large intake of saturated fats can increase a person's risk for cardiovascular disease and stroke.

Monounsaturated fats: This "healthy" fat may lower LDL cholesterol and

keep HDL cholesterol at higher levels when saturated fats are held in check.

Polyunsaturated fats: These fats also are considered good for cardiovascular health and are commonly known as the omega-3 and omega-6 fatty acids that are found in certain seeds, fatty fish and nuts.

Trans fats: Trans fats are synthetically manufactured by adding hydrogen to liquid vegetable oils to make them more solid. They are not good for a person's health, but they have been widely used in the past because they tend to be stable and inexpensive and can improve shelf life of processed products.

It is important to distinguish between helpful and harmful fats so a body gets the healthy fuel it needs.



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Improve life expectancy with some healthy habits

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Doctors and scientists continually study the lifestyles of people who outlive their life expectancies. While genetics can play a role, so can the following healthy habits, which have been identified to promote longevity.

Don't smoke. Many smokers have been told that smoking trims 10 years off their life expectancies, and that statement is corroborated by a study published in 2013 in The New England Journal of Medicine that tracked participants over a span of several years. The good news is people who quit before the age of 35 can usually regain those lost years.

Avoid drug use. Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has skyrocketed



in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.

Maintain healthy body mass. Moderate to vigorous exercise regimens and diets loaded

with healthy foods can keep weight in check. Maintaining a healthy weight has a host of positive side effects, including reduced risk of dying from cardiovascular disease. Cardiovascular disease is a leading killer in North America. According to the National Center for Health Statistics, nearly four in 10 adults and 18.5 percent of children in the United States are obese. According to the 2015 Canadian

Limit alcohol consumption. Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the Lancet suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking.

Simple, healthy lifestyle changes can help people increase their life expectancies.

The benefits of improved circulation

METRO CREATIVE SERVICES

The human body is a complex, efficient machine. One highly important component of that machine is the circulatory system, which sends blood, oxygen and nutrients throughout the body.

In perfectly healthy bodies, blood, oxygen and nutrients circulate throughout the body without issue. However, several conditions, including obesity and diabetes, can contribute to poor circulation, which is not a standalone condition but rather a byproduct of another serious health issue.

Visit your physician. Poor circulation results from various health issues, so people who think they are dealing with poor circulation should not try to

address the issue on their own. Rather, the best way to improve circulation is to visit a physician the moment you note a symptom. Doctors will confirm if patients are experiencing circulation issues and diagnose what's causing those issues. Doctors also will work with their patients to devise a course of treatment for the issue that's causing their poor circulation.

If necessary, lose weight and keep it off. Obesity is one of the conditions that can contribute to poor circulation. So many people who are diagnosed with poor circulation may be advised to lose weight and keep the weight off once it's been lost. A 2009 study published in the International Journal of Cardiology found that losing weight

helped obese women improve their circulation. A healthy diet that includes fish like salmon that is high in omega-3 fatty acids, which have been shown to improve circulation, can help people lose weight and maintain healthy weights going forward.

Consider yoga. A 2014 review of an assortment of peer-reviewed studies found that yoga can have a positive impact on risk factors for cardiovascular disease. A low-impact exercise, yoga can compress and decompress veins, potentially improving circulation. It takes time to master yoga positions, but even beginners who cannot fully perform poses during a yoga regimen can benefit from doing the exercises to the best of their abilities.



Are you fully vaccinated?

GREEN SHOOT MEDIA

Many people are familiar with the vaccination schedule for children, but did you know that adults need vaccines as well? According to the CDC, immunity from childhood vaccines can wear off, requiring boosters. Additionally, adults are at risk of different diseases than children are so require different vaccinations.

These shots are among the most convenient, effective and safest preventative care options available, particularly for people who are traveling to exotic places or working with at-risk groups.

Vaccinations are generally covered by health insurance.

What Vaccinations Do I Need?

Adults and children should get a flu vaccine every year. Protection doesn't last from year to year because the flu virus mutates; scientists determine the strains of the virus that are most likely to infect people each year and prepare a vaccine for those strains. Although getting a vaccine doesn't guarantee you won't get sick, those who get the flu will likely be less sick if they got the flu shot. The Tdap vaccine protects against whooping cough, tetanus and diphtheria and is safe for use in adults and children older than 7 years. Other routine vaccinations include the measles-mumps-rubella, chicken pox and polio vaccines. Most people get those as children.

What About When I Travel?

Depending on where you're traveling, certain vaccinations are recommended or may even be required. The CDC recommends hepatitis A and typhoid vaccines when traveling to Mexico, for instance, as contaminated food or water could be a risk. Parts of Africa have an increased risk of cholera, and jungle areas are full of mosquitoes, so getting vaccinated for malaria is a good idea.

Talk to your doctor about activities that could put you at risk for other diseases. Travelers who may come into contact with wild animals should consider a rabies vaccination. Depending on where you're going and what you're doing, meningitis, yellow fever and hepatitis B may be an issue. Check the CDC's websites for recommended and required vaccines.

What if I'm Pregnant or Breastfeeding?

Getting a vaccine while pregnant also offers your baby that protection, so the CDC recommends pregnant women get vaccinated for whooping cough and, if appropriate, the flu. Newborns do not get vaccinated for whooping cough right away, and this disease can be deadly for them. Other vaccines, like the MMR, should happen before pregnancy.

It also is safe to get vaccines while breastfeeding. Talk to your doctor about questions.

Understanding depression's triggers and symptoms

Knowledge is key to treating very common disorder

METRO CREATIVE SERVICES

Many people periodically have bad days when they just seem to be in a bad mood. When a bad mood isn't short-lived, this might be a potential indicator of depression.

Depression is a common mental disorder that, according to the World Health Organization, affects more than 300 million people across the globe. The WHO notes that de-

spite the fact that there are known and highly effective treatments for depression, fewer than half of those suffering from depression receive such treatments. Furthermore, in many countries, fewer than 10 percent of people with depression receive treatment.

Learning about depression and how to recognize its symptoms may compel people battling it to seek treatment for this very common and treatable disorder.

Why do I have depression?

Everyone has a bad day here or there, but people with depression may wonder why theirs are more than just a bad day. The WHO notes that depression is a byproduct of a complex interaction of social, psychological and biological factors. Exposure to adverse life events, such as unemployment, the death of a loved one or psychological trauma, can increase peoples' risk of developing depression.

Depression also may be caused by physical conditions. The WHO says cardiovascular disease can lead to depression.

What are the symptoms?

The Mayo Clinic notes that one in 10 people whose depression goes untreated commit suicide. That only highlights the importance of recognizing the symptoms of depression and acting once any have been identified or suspected. Symptoms can include:

- Difficulty concentrating, remembering details and making decisions
- Fatigue
- Feelings of guilt, worthlessness and helplessness
- Pessimism and hopelessness
- Insomnia, early-morning wakefulness or sleeping too much

- Irritability
- Restlessness
- Loss of interest in things once deemed pleasurable, including sex
- Overeating or appetite loss
- Aches, pains, headaches, or cramps that won't go away
- Digestive problems that don't get better, even with treatment
- Persistent sad, anxious or "empty" feelings

■ Suicidal thoughts or attempts
Anyone who has exhibited any of the aforementioned symptoms or even those who haven't but suspect they might be suffering from depression should visit a physician immediately.

The WHO notes there are a variety of treatments available to people who have been diagnosed with depression, and doctors will determine which might be the best for each patient. To make that determination, doctors may inquire about the duration and severity of symptoms as well as family history and whether or not the patient has a history of drug or alcohol abuse.

Depression is a common mental disorder that too often goes undiagnosed. Seeking help the moment symptoms are detected or suspected can help people overcome the disorder.

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Topics to discuss before going under the knife

Many people will find themselves on a surgeon's table at one point or another. Professional athletes who get injured frequently and, of course, surgeons may be accustomed to the surgical wings of hospitals, but the general public has no such familiarity. Perhaps due to that lack of familiarity, many people are nervous before an impending surgery. Asking the right questions prior to the procedure can calm those nerves and help people approach pending surgeries with confidence rather than fear.

Anesthesia

Much of the fear people have in regard to surgery surrounds anesthesia. Few people want to be put completely under, but some surgeries may require that. General anesthesia affects the entire body, and this is the type administered during surgeries that require patients to be unconscious. Regional anesthesia affects a large area of the body, while local anesthesia only numbs a small part. Knowing which type of anesthesia will be administered during a surgery can prepare patients and their families in advance, and may even calm nerves.

Length of surgery

Patients and their families often want to know how long surgeries will last. Patients should discuss this with their physicians and surgeons, especially if family and friends will be in the waiting room while a surgery is performed. If surgeons note there's a possibility that a surgery will be extended after it begins,



patients should let family and friends know this, even if they don't want to worry them. People in the waiting room will grow concerned and fearful, possibly unnecessarily, if a surgery is not completed within a certain amount of time.

Pain

Pain might be a side effect of surgery. Knowing this in advance won't raise alarm bells if patients are discharged and begin to experience pain upon arriving home. Ask surgeons if pain is a side effect of your surgery, and where than pain is likely to be felt and for how long. Many people are prescribed opioids to address pain after surgery, but such medications can be addictive. Ask about opioid alternatives, as well as any non-prescription relaxation techniques or therapies that may help manage pain.

Blood clots

Pain is not the only potential side effect of surgery. Some surgeries can increase patients' risk of developing deep vein thrombosis, a type of blood clot that can travel to the lungs and block blood flow. Sometimes referred to as DVT, deep vein thrombosis can be deadly, though it's often treatable when caught quickly. Certain factors, including age, whether or not you're a smoker and a history of clots, can increase a person's risk of developing DVT after surgery. Blood thinners may be prescribed as a precautionary measure.

These are just a handful of topics to discuss with a physician prior to surgery. Patients should not hesitate to ask as many questions as they need to before going in for surgery.

Avoiding the flu



GREEN SHOOT MEDIA

While flu can be dangerous to infants, elderly adults, pregnant women and people with weakened immune systems or chronic illness, for most people it's not deadly, just extremely unpleasant. It's good to be aware of the symptoms and know how to treat them.

According to the Mayo Clinic, early symptoms of the flu appear like a common cold, though they are likely to come on quickly and then get much worse than a cold. Common symptoms of the flu include a fever higher than 100 degrees; aching muscles; chills and sweats; headache; a dry, persistent cough; fatigue; weakness; nasal congestion; and a sore throat.

Most people with the flu don't need to see a doctor; stay home for at least a full day after your fever subsides (your co-workers and fellow students will thank you), rest, drink lots of fluids and treat the symptoms as necessary to remain comfortable. If you or a family member are at risk of complications, see a doctor immediately. Taking antiviral drugs within the first two days may shorten the length of

your illness and help prevent other problems.

Those who are at risk and should seek medical care include the elderly and very young; people who live or work in facilities like hospitals or nursing homes; people with weakened immune systems, like those who have cancer or are going through chemotherapy; people with chronic illnesses like asthma, diabetes or heart disease; pregnant women; and people with obesity.

Getting a vaccine is your first and best option for prevention; it makes you less likely to get sick and likely will reduce the severity of the illness if you do get sick. Other ways to prevent the spread of disease is regularly washing your hands, using alcohol-based hand sanitizer if soap and water aren't available; cover your mouth and nose when you cough or sneeze; and avoid crowds. Flu spreads more easily when people are close to each other, such as in child care centers, schools, auditoriums, public transportation, and perhaps most importantly, doctor's offices and emergency rooms during flu season.

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Strategies to **control appetite**

Fiber-rich vegetables produce feelings of fullness and prevent overeating

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Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

Eat slowly. When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially pre-

venting them from overeating.

Choose the right snacks. The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work. Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites. The time it takes to dip between bites affords more time for the digestive tract to release signals to the brain that you're full.

Reach for fiber first. Another way to conquer hunger without overeating is to

reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they've eaten their main courses. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you're less likely to overeat before your brain receives the signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or other side dishes.

Drink water. Perhaps the best, and least expensive, way to control appetite and ensure you don't over-

eat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

Controlling appetite does not have to be a complex undertaking. In fact, some of the simplest strategies can be highly effective.



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