

January 2023  
A Special Supplement to

THE COLUMBUS  
**Telegram**  
♦ Print ♦ Digital ♦ Social ♦ Mobile



# Better, stronger, faster

## CCH announces new sports training program

JARED BARTON  
THE COLUMBUS TELEGRAM

The Columbus Fieldhouse will feature many recreational spaces for health, wellness and sports and related programs. One such program is their upcoming training groups for athletes.



Janssen

In September, CCH hired Lucas Novotny as director of performance and training at the fieldhouse, not just to fill the position, but because of his expertise in sports therapy and performance training specifically, for their high-performance training groups at the Columbus Sports Performance Center.

“The reason I was hired well ahead of the fieldhouse being up and running was so I could design the training space in the fieldhouse and start meeting people in the community and have an impact on sports training in the community,” Novotny said.

Novotny has a lot of experience with sports, being a baseball and football player when he was younger and now a certified strength and

conditioning specialist and director of performance and training for the CCH fieldhouse.

Doug Janssen, director of rehab services at CCH, said Novotny was a perfect fit for many reasons including his expertise with athletes at the target high school and collegiate levels.

“This has been his role working with athletes of all levels and something that he has done an excellent job with just by his administrative record, developing relationships and really being on top of the latest and best in his field for strength and conditioning,” Janssen said.

The program, Novotny said, is like other sports training programs, but with more individualized focus and availability for those who may not be in a sports club at their school or college or want that extra bit of training outside of their team’s regular practice and training.

“What I’m going to be doing with these training groups will be really similar to what athletes experience at their schools,” Novotny said.

Novotny added that, while the schools or colleges may have their own trainers or coaches and they are good at what they do, this program would be more focused on each athlete through the 12-week duration with small groups of 15 at a time.

“The training experience will be similar. I think what will be helpful

is I’m not running a large class and there would be some more individualized attention,” Novotny said.

Janssen said the program is unique in that it’s not specific to those in school sports programs, just those who want to get better at whatever sport they play.

“I think as athletes begin to work with him, he really does build strong relationships and he is a motivator,” Janssen said. “He’ll help them reach their goals and improve their success in the things they’re trying to do as it relates to competitions and being part of a team.”

Outside of Novotny’s expertise, the program will utilize technology such as laser timers and an application called Mindbody, Janssen said. Until the fieldhouse is finished, Novotny will hold the sessions at Premier Physical Therapy. Once the fieldhouse is complete and operational, the program will be able to expand.

“The fieldhouse is going to be quite a facility. We’re going to have these strength and conditioning classes prior to having a building because we have some space available at Premier Physical Therapy,” Janssen said. “Certainly once we get the facility open, the sky’s the limit, we’ll have a ton of space.”

Individual sessions are \$25. Those with questions may contact Lucas Novotny at 402-562-4607.



LSTOCKSTUDIO – STOCK.ADOBE.COM

# Preventative care can make an impact

Everyday measures can have a huge impact on your health

may have based on how you’re feeling, and they may suggest other tests.

Here are some of the most common screenings you’ll undergo.

### GREEN SHOOT MEDIA

Research shows that many chronic issues are preventable if you stay on top of scheduled visits and wellness checks.

Your physician will run regular screenings to track high blood pressure, diabetes, weight gain, vision problems and cancers, among others. Discuss any other concerns you

### WOMEN

Women between 30 and 65 should have Pap and HPV screenings every five years. Pap tests collect cells from the cervix in order to test for cervical cancer. Most of those who receive abnormal cervical results

Please see **Preventative**, Page M3

INDEX

Bad Eating Habits to Avoid

Page M7

Stronger support often helps with depression

Page M9

Misery and allergies, go hand in hand

Page M8

Give the simple safe gift of donating blood

Page M6

Focus on cholesterol

Page M6

Signs of a heart attack

Page M3

# SIGNS OF A HEART ATTACK

## GREEN SHOOT MEDIA

While one in five heart attacks are “silent,” others have symptoms that alert you to get help immediately. The sooner you get help after a heart attack, the more likely you are to survive.

According to the U.S. Department of Health and Human Services, the most common signs of a heart attack are:

- Chest pains, usually in the center or left side of the chest; there is a feeling of pressure, squeezing or fullness.

- Upper body pain or discomfort; this usually happens in the arms, back, shoulders, neck, jaw or upper stomach above the belly button.

- Shortness of breath or trouble breathing — either while resting or while active.



KONSTANTIN POSTUMITENKO

- Nausea and vomiting.
- Heartburn or stomach ache.

- Feeling dizzy, light-headed or fatigued.

- Breaking out in a cold sweat.

Many of those symptoms are signs of other things, which is why it is important to know your family history and your risk for

heart disease. Sometimes the symptoms of a heart attack show up without prior notice. Other times they may creep up on you, developing over hours, days or even weeks before the heart attack happens.

While a sudden onset of several of those symptoms should send you to the emergency room, you may

*Since the start of the COVID-19 pandemic, people's chances of dying from heart attacks have doubled. It's why it is more important than ever to be aware of the signs of a heart attack and know when you should seek help.*

want to call your doctor even if you are just feeling unusually tired for several days or if you have a sudden onset of pain or trouble breathing. It's also good to talk to your doctor if you have an existing health issue that has worsened.

Not all heart attacks are the same. Even if you

have had a heart attack in the past, know that a new heart attack may not act the same. You may have different symptoms. That's why it is always good to talk to your doctor when something changes.

## Silent heart attacks

While silent heart at-

tacks are defined by not having major symptoms, there are minor ones that are worth paying attention to. These might include discomfort in your jaw, arms, or chest that go away after resting, getting easily tired or having shortness of breath.

## Responding to symptoms

If you have any of these symptoms, or witness someone who does, call 911. Acting fast can save a life. An ambulance is your best option because the EMTs can start treatment right away and you will be seen more quickly once you arrive in the emergency room.

## Preventative

From M2

are either experiencing early changes that can be monitored or will be diagnosed with human papillomavirus infections, according to the National Cancer Institute. Routine exams will also discuss how you're feeling in order to gauge the onset of depression.

Women should have yearly mammograms, since clinical breast exams save so many lives. Other tests or the frequency of testing may be impacted by any chronic diseases you may be suffering, or considered at high risk of contracting.

## MEN

Regular blood pressure screenings are recommended, in particular for those with readings that are higher than 120/80, according to the experts. Men 35 and older should be checked for lipid disorders, and those younger if they are at high risk of coronary artery disease. These fats include so-called “bad cholesterol,” or low density

lipoproteins, as well as fatty acids known as triglycerides. High lipids are associated with diabetes, kidney and liver disease, and hypothyroidism.

Talk to your doctor about prostate cancer screenings, the timing of which can vary depending on health and age factors. You'll either undergo a digital examination or a prostate-specific antigen test. Men between 65 and 75 who have smoked should get tested for abdominal aortic aneurysms, which when ruptured can lead to severe or even deadly internal bleeding.

## EVERYONE

Adults should be checked for diabetes every three years, in particular if you have high sustained blood pressure of 135 over 80. Everyone should undergo regular baseline comprehensive vision exams. Colorectal cancer screenings are also recommended as we age. Discuss your risks with a health care provider, who will help you make informed decisions about these and other screenings. Your current medical condition and specific family history will play a role in deciding.

PROVIDING SPECIALIZED  
CARE NEAR YOU IS

# THE FAITH DIFFERENCE.

## SEEING PATIENTS IN COLUMBUS.

### CARDIOLOGY

Ajay Chander, MD  
(402) 564-9610

### ENDOCRINOLOGY

Enas Al Zaghaf, MD  
Kaitlin G. Brau, MD  
(402) 844-8680

### INFECTIOUS DISEASE

Afua Ntem-Mensah, MD  
(402) 844-8196

### OPHTHALMOLOGY

Andrew Baldwin, MD  
(402) 844-8097

### ORTHOPEDICS

Jared Rickert, DO  
Kendra Thiem PA-C  
(402) 564-9610

### PHYSICAL MEDICINE & REHABILITATION

Mahmut Kaner, MD  
(402) 844-8078

### RHEUMATOLOGY

Mukund Kumar, MD  
(402) 844-8227





## SMART CHANGE | YOUR HEALTH



CHARDAY PENN.

# USE STRENGTH TRAINING to help ward off chronic disease

This type of exercise may protect you against chronic inflammation, diabetes, heart disease and cancer

HEIDI GODMAN

Harvard Health Publications

**S**trength training is well known for creating stronger muscles and bones, and the benefits don't stop there. A review of studies published online Feb. 28, 2022, by the British Journal of Sports Medicine found that strength training is associated with a 10% to 17% lower risk of premature death from all causes, including heart disease, diabetes, and cancer. It's the latest of many studies to show a connection between strength training and good health.

## What's the link?

Strength training triggers many body reactions that protect us against chronic disease. For example:

■ **It helps reduce blood sugar.** Muscles help the body store blood sugar, and strength training makes them better at it. That reduces the amount of sugar floating around in the bloodstream, which lowers the risk for diabetes and heart disease.

■ **It lowers blood pressure.** "Increased muscle mass means there are more blood vessels or pathways for blood to flow through. That takes pressure off the cardiovascular system," notes Dr. Deepak Bhatt, a cardiologist and editor in chief of the Harvard Heart Letter. High blood pressure is a

major risk factor for heart disease.

■ **It burns calories.** Muscles burn calories 24 hours a day, and the more muscle you have, the more calories you use. This helps reduce fat and control weight. Obesity is a risk factor for heart disease, diabetes and cancer.

■ **It discourages chronic inflammation.** "Strength training helps reduce certain fat cells, which put out signals to the body that increase inflammation," explains Dr. Edward Phillips, associate professor of physical medicine and rehabilitation at Harvard Medical School and Whole Health medical director at VA Boston Healthcare System. Chronic inflammation — the persistent activation of the immune system — is associated with heart disease, diabetes, cancer and other chronic diseases.

## How much strength training is necessary?

The 2022 review suggests that 30 to 60 minutes of weekly strength training leads to the highest amount of benefits. That's in line with the recommendation from the current Physical Activity Guidelines for Americans.

"If you work all major muscle groups, it should take about 30 minutes. So do 30 minutes, twice a week," Dr. Phillips says. "You can also just do a 10-minute session, six days per week—maybe after your daily walk."

But don't worry if you're not at that level yet. "One of the good things about exercise is that the benefits are incremental. It's not all or nothing. If you can't do twice a week, once a week is better than nothing," Dr. Phillips says.

## How to start training

Get your doctor's OK before beginning a strength workout if you have problems with your bones, your balance, or your heart. Once you get the green light, you have many options for workouts.

Want to just test the waters? "Ordering some resistance bands for a few bucks and following a video online will ease you into it," Dr. Phillips says.

If you want to try something a little harder, take a beginner yoga class or follow an online video about free weights for beginners.

You can also go to a local health club or gym and use weight machines or take a strength training class. "But unless someone has taught you how to strength train, it's best to get instruction before starting a routine like that. Work with either a physical therapist or a certified strength and conditioning specialist," Dr. Phillips advises.

No matter which approach you choose, make sure to strengthen all of your major muscle groups, including the arms, buttocks and legs plus the core muscles in the torso.

## The warm-up and cool-down

Two important aspects of a regular strength training routine are the warm-up and cool-down.

The warm-up gets blood flowing to the muscles, so they're pliable and don't tear when you put force on them. A warm-up could be a few minutes of dynamic stretch-

## The most important strengthening exercise you can do

It's essential to strengthen all of your muscles. But strengthening your abdominal, buttock and leg muscles may be most important, since they make it possible for you to get up from a chair and sit down.

"Getting out of a chair becomes an athletic event as we get older. Doing 'sit-to-stands' will help you maintain your function and independence," says Dr. Edward Phillips, associate professor of physical medicine and rehabilitation at Harvard Medical School.

To do a sit-to-stand, sit in a fixed chair with your knees at a 90 angle. Stand up slowly without using your hands, then sit down. Repeat the process 10 times. To make it harder, do the movement with your arms folded. Eventually, hold free weights in each hand when you stand.



MICHAEL CARROLL PHOTOS

ing — marching in place and moving your arms around — or it could be your regular aerobic workout, such as your daily brisk walk.

After strength training, do a cool-down of static stretching (holding a stretch position for up to 60 seconds) to keep muscles long and supple. Stretch the calves, the front and back of the thighs and muscles in the hips, shoulders, neck and lower back.

## Keep it up

Maintaining your strength training program will not only help ward off chronic disease, but also make you stronger. You'll find it's easier to get out of a chair and carry groceries, a laundry basket, or jugs of water. And it doesn't matter how old you are or if you've lost a lot of muscle from aging and inactivity. Your body will adapt, and you'll have stronger, more functional muscles.



**STOP** LIVING WITH THE PAIN!

\$20

NEW PATIENT  
*special*  
(+ \$20 x-rays of spine if necessary)

**Call 402-265-6800**  
**to schedule your appointment!**  
*We accept all major insurances.*

*\*for codes 72082 & 99203 only*

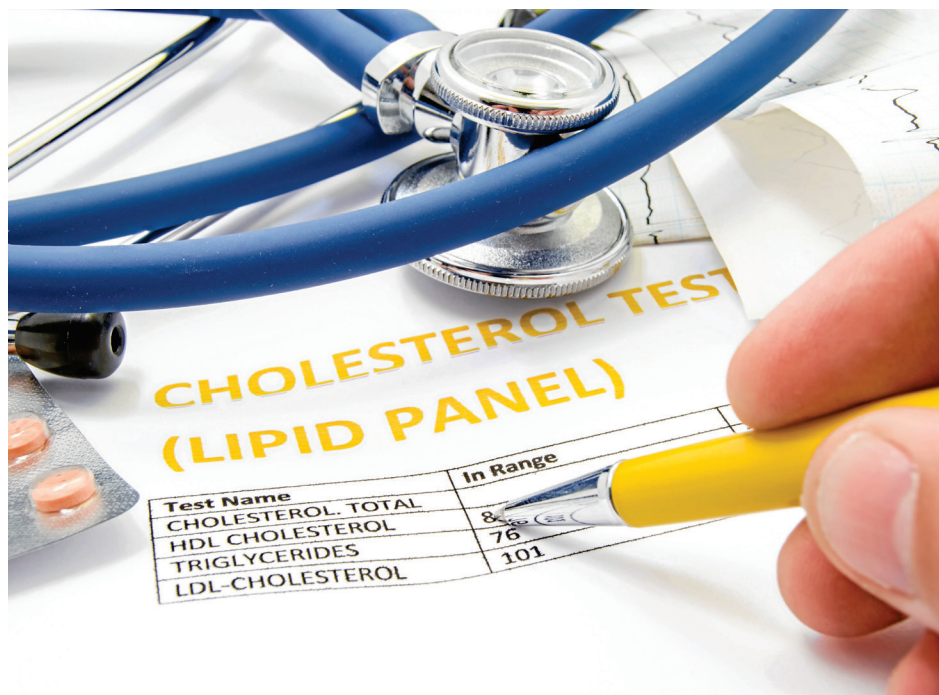


Chris Zabawa D.C.

**ACTIVE FAMILY**  
**Chiropractic & Acupuncture**

**2457 33rd Ave. Suite D**  
**Columbus, NE 68601**  
**[www.ActiveFamily.Health](http://www.ActiveFamily.Health)**  
**402-265-6800**





SHIDLOVSKI – STOCK.ADOBE.COM

## Focus on high cholesterol

Controlling this number can lower risks for heart problems and stroke

### GREEN SHOOT MEDIA

Your body naturally makes all the cholesterol that's needed, but other factors can push us over the line.

This waxy substance is found in many animal-based food sources, like red meat, poultry and dairy. When intake of those fat-rich foods gets out of balance, the liver produces more cholesterol — and that can collect in our artery system.

The heart has to work harder to circulate blood. If plaque breaks loose, it may create blockages leading to the brain that cause a stroke, while blockages around the heart can lead to a heart attack.

It's critically important that we keep these numbers in check in order to live healthier, longer lives. Here's a look at the types of cholesterol, and how they impact our health:

### DIFFERENT TYPES

Turns out, not all cholesterol is bad. It's just that too much of one kind of cholesterol can put you in jeopardy of a serious heart problem. So can having not enough of the other kind of cholesterol. Low density lipoprotein, or LDL, is typically described as "bad" cholesterol, while high density li-

poprotein is "good." Doctors will also keep an eye on triglycerides, another form of fat made in the body. These numbers might be elevated based on being overweight, physical inactivity, diabetes, smoking, alcohol consumption, or eating too many fats or carbs.

### RELATED HEALTH RISKS

Dietary choices aren't the only things to keep a close eye on: Smokers and those with high blood pressure and diabetes are also at higher risk of heart disease. Cholesterol levels can also be impacted by age, gender and family history. Any of these factors may lead to deposits of thick, hard plaque that narrow the arteries, in a process known as atherosclerosis.

### TREATMENT OPTIONS

Your doctor will take regular measurements of your cholesterol in order to create a baseline, then make recommendations if the results don't align properly. This will be done with a blood test, and that may require a short fast beforehand. After the numbers have been run, you could be encouraged to make different dietary choices, create or increase your activity regimen, or perhaps begin regularly taking prescriptions. These medications would play a critical role in lowering your risk of stroke and heart attack, depending on your specific situation, so follow the doctor's instructions to the letter.

# Why donate blood?

This simple, safe gift is often underestimated — and in short supply

### GREEN SHOOT MEDIA

Our health care system relies upon a continuously replenished reserve of blood in order to operate.

It shouldn't be so hard to meet that requirement. After all, almost everyone over the age of 17 is eligible to give blood. Yet doctors and nurses often struggle with huge deficits as too few donate because they misunderstand the need or the process. Others are simply unaware of how important this life-giving donation can be.

Here's a look at why it's so important, and how you can get involved.

### HUGE BENEFITS

Like any other charitable donation, there are feelings of community and goodwill associated with giving blood. But there's more to it — much more — as your

blood bolsters the sick and injured through health care emergencies and surgery. At the same time, there may be a health benefit for you, too. Donors are given a quick health check before giving blood, and there may be important health care indicators found in the results. They check pulse and blood pressure, body temperature and hemoglobins. If your numbers are off, that could be an early sign that there are issues of your own to discuss with a doctor. Either way, you'll potentially be saving a life.

### HOW IT WORKS

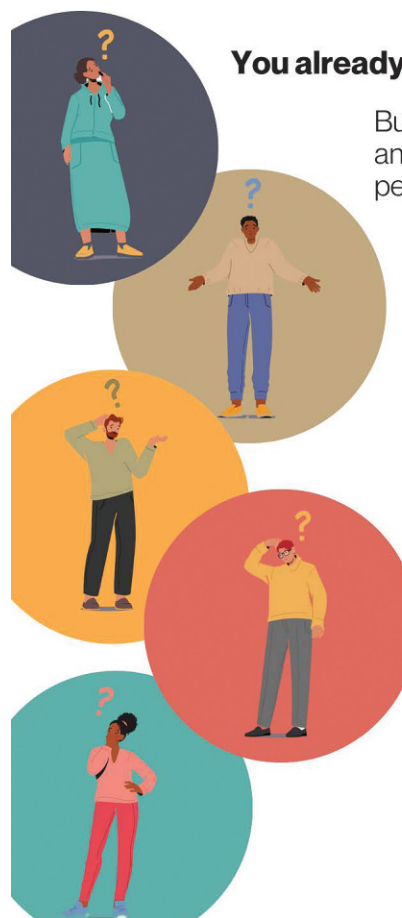
First, you must be in good health. Other basic requirements for donation include age restrictions, which can depend on the state. You'll also have to weigh a certain amount. You may only donate once every 56 days, and up to six times per year. There is no upper age limit, so long as you're well and there are no limitations on your activities. If you're on antibiotics, they'll evaluate to determine if it's a bacterial infection

Please see **Donate**, Page M7

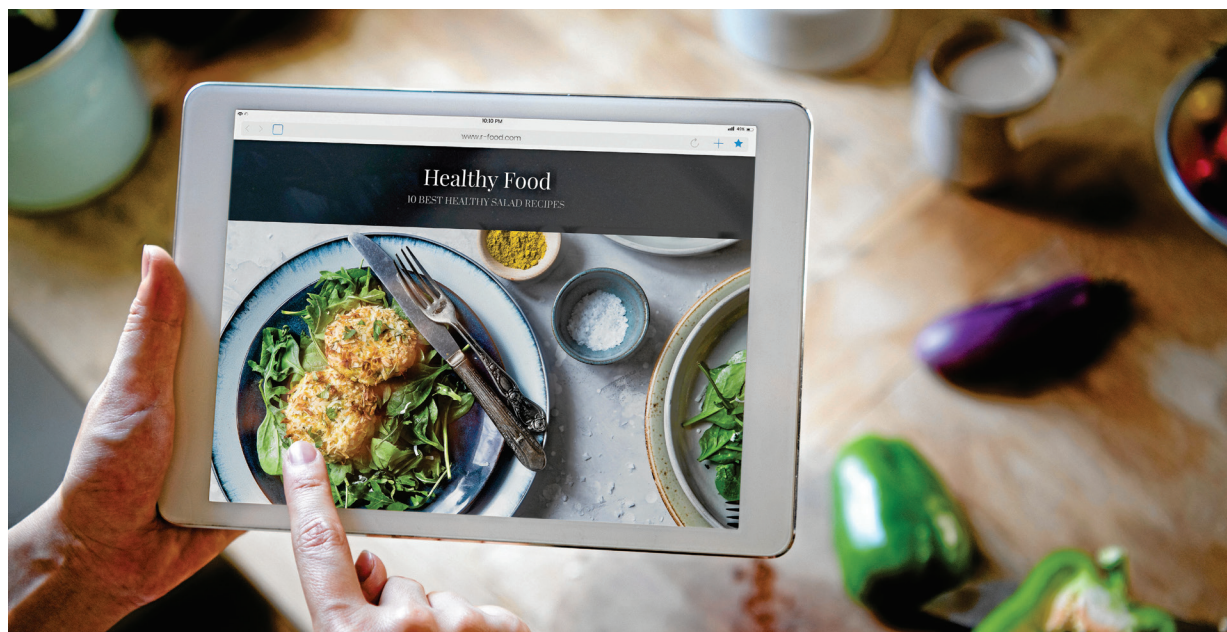
## You already know we give COVID-19 vaccines.

But did you know...we also offer programs and services that help our communities and people build healthier, safer, lives.

- Building Healthy Families
- Community Health Improvement Planning
- COVID-19 vaccines
- Early Development Network
- Emergency Preparedness
- Environmental Health: Lead, Mold, Radon Testing, Water Infrastructure
- Immunizations
- Minority Health (Salud de Minorías)
- Public Health Surveillance and Infectious Disease
- Substance Abuse Prevention and Education
- West Nile Virus
- Women, Infants, and Children (WIC)







RAWPIXEL.COM – STOCK.ADOBE.COM

# Bad eating habits to avoid

Even small, measurable changes can have make a big difference

## GREEN SHOOT MEDIA

Experts confirm what we already know: We're eating badly, and we're eating too much.

The U.S. in general does poorly in these rankings, and some states typically do worse than others, as well. Taken together, the numbers seem to paint a grim portrait.

But we can turn these poor showings around, with one personal choice at a time. They really do start to add up over time.

## HEALTHIER CHOICES

The diet of a typical American is often weighted toward unhealthy choices. We get more than the recommended daily limits on calories derived from added sugars, refined grains and solid fats. These diets also exceed

recommended levels of sodium and saturated fat. Often times, the problem is simply the result of dietary choices. We don't eat enough fresh vegetables, fruits and whole grains. As a result, the Centers for Disease Control and Prevention reports that the nationwide obesity rate has doubled since 1990.

## SMALLER PORTIONS

Average daily intake keeps rising, by hundreds of calories, even as we produce a surplus of available food for consumption. Often times, the extra calories are derived from very familiar places: fast-food restaurants. These franchises have more than doubled since the 1970s. The problem is made worse by an over-reliance on processed and packaged foods, coupled with sugary drinks. They're more often consumed by those from so-called "food deserts," where millions of Americans — including their vulnerable children — live too far

away to regularly shop at a supermarket.

## FOCUS POINTS

Sodium intake continues to be a huge issue in America, with many adults consuming more than 1,000 milligrams a day above the federal guidelines. Total fat intake has also skyrocketed, doubling since 1980. Blame often goes to soda, dairy and grain desserts, pizza and fried foods, but there aren't always convenient choices to eat healthier. That's led to a focus on correcting food deserts, and in addressing the growing number of families who suffer from food insecurity.

In the meantime, West Virginia (38.1%), Mississippi (37.3%), and Oklahoma (36.5%) had the highest obesity rates, while the least obese places were led by Colorado (22.6%) the District of Columbia (23%) and Hawaii (23.8%), according to the CDC. Even though Coloradans fare best,

those numbers are still up 7.6% since 1990.

## Donate

From M6

since that could be transmitted by blood. Diabetics may donate, but there are certain restrictions for other health issues, including some cancers and HIV.

## BEFORE YOU GO

The American Red Cross recommends that donors eat a light meal, and drink plenty of fluids before giving

blood. Bring a driver's license or other forms of identification, and the names of any medications you are currently on. Wear a short-sleeved shirt or one with sleeves that can be comfortably rolled up. If you're feeling apprehensive, or are worried about your ability to drive after giving, bring a friend along for support. They'll likely have a light snack and water, but bring your own if you'd like.



PIXEL-SHOT – STOCK.ADOBE.COM

## FAMILY 1ST DENTAL

"Where Your Family Comes First!"

Cosmetic & General Dentistry • Implants • Teeth Whitening  
New Patients Welcome • Most Insurances Accepted • Se Habla Espanol

(402) 564-7590

Call Today To Schedule  
Your Appointment.

2672 33rd Ave  
Columbus, NE

Dr. Brandon Mizner  
Dr. Victor Romero



A Healthy SMILE IS A Beautiful SMILE  
[www.ffdcolumbuseast.com](http://www.ffdcolumbuseast.com)





# Dealing with pesky allergies

DRAGANA GORDIC — STOCK.ADOBE.COM

It's amazing how much misery can be associated with everyday interactions

## GREEN SHOOT MEDIA

Blame exposure to everything from the environment to pets, from medications to food.

But there's a way to avoid certain irritants, and to lessen the impact of the sneezing, scratchy throats and itchy eyes which may follow. If left unchecked, sufferers are at risk for more serious health issues.

Talk to your doctor if you begin to experience a new allergic reaction — or if your symptoms seem to be worsening. In some very serious cases, a visit to a local emergency room may be required to get more immediate care.

## DEFINING ALLERGIES

Allergies are actually the result of our immune system's overreaction to foreign substances, according to the Mayo Clinic. Our antibodies identify these substances as harmful, even though they may not be. The most common allergies involve many every-

day found things. Airborne allergens include animal dander, pollen, mold and dust mites. Certain foods may also produce a reaction, including wheat, peanuts, seafood, tree nuts, milk and eggs, among others. Many are allergic to insect bites or stings, including bees, ant and wasps. Penicillin and other related antibiotics are allergens for some. Latex is a common skin irritant.

## COMMON SYMPTOMS

In most cases, the symptoms of an allergic reaction mimic a cold. The difference is in how quickly these reactions take hold. You may quickly develop a runny nose, itchy eyes, rashes, swelling, sneezing or breathing problems as your immune system cranks up. Check for sensitivities and talk to your doctor about any family history with allergies. Many of these reactions are minor, but in the severest of cases a life-threatening situation

known as anaphylaxis may occur. In that case, immediate medical care is needed.

## TREATMENT AND PREVENTION

Unfortunately for sufferers, there is no cure for allergies. Still, you can help lessen the occurrences through avoidance, deep cleaning and certain treatments. Allergy meds, including antihistamines and nasal-saline sprays, are typically effective — even at over-the-counter strengths. Check with your doctor, however, before starting any regular regimen of medicine. You may have to avoid time spent with certain pets. For those with a sensitivity to mold, better ventilation and the use of a dehumidifier can reduce moisture. More frequent housecleaning and bedding wash schedules can lessen the impact for those who react poorly to dust or mites.

# Rehab can restore your health

## GREEN SHOOT MEDIA

One program that has proven benefits is cardiac rehab, though the American Heart Association says fewer than 20% of the people who qualify participate.

Cardiac rehab puts a whole team of professionals on your side if you've experienced a heart attack, heart failure, heart disease or had heart surgery. All of them will work with you as part of cardiac rehab, a medically supervised program designed to prevent future health problems.

In order to get cardiac rehab, you have to get a referral from your doctor — and that may mean that you'll need to ask for it. It is available for people of any age.

## Risks

While most cardiac patients benefit from rehab, not everyone can do it. When deciding on whether to refer you to a program, your medical team will review your medical history, evaluate your health, perform tests and conduct a physical exam.

On rare occasions, people can suffer strained muscles or sprains. The medical team will teach each person how to exercise to lower the risk of these injuries.



YURI ARCUS

## What happens in rehab?

The American Heart Association identifies three components to cardiac rehab, each of them important to the success of your rehabilitation:

■ **Exercise:** Your cardiac rehab team will provide you with exercise counseling and training so you know how to move your body in ways that get your heart pumping and promote heart health.

■ **Education:** Your risk factors are personalized to you and cardiac rehab will provide customized education that addresses your specific needs, lifestyle and choices.

■ **Stress-reduction counseling:** Cardiac rehab will help you handle

stresses that can hurt your heart.

The length and content of a cardiac rehab program is going to vary based on your needs, but generally speaking, they last 12 weeks with approximately 36 sessions.

Rehab begins with an evaluation. You and the medical team will discuss your limitations and what you need to achieve better health. The team then creates a program to help you succeed.

Exercises might include walking on a treadmill, riding a stationary bike, using a rowing machine or jogging on a track.

Typically a nurse or technician will monitor you to make sure you do

Please see **REHAB**, Page M9

**402-564-9477**  
[www.columbusy.org](http://www.columbusy.org)



# SHAKE THOSE BLUES

Sometimes building a stronger support network is all that's needed

## GREEN SHOOT MEDIA

Friends, family and health care professionals can help you bounce back after having a bad day.

People may overlook loneliness, brushing it aside as something unworthy of real scientific exploration and consistent personal attention. But this is a natural response to isolation, and feeling like a social connection has been lost can have very real impacts.

They say it takes a village to raise a child. The same may also be said when trying to shake the blues. Surround yourself with helpful individuals who can provide the safety net we all sometimes need when life takes a difficult turn.

## WHY CONNECTIONS MATTER

Experts have consistently

proven that those who are lonely deal with more mental health and physical problems than others with stronger connections. So, creating and maintaining positive relationships at home and at work can have a huge impact on our general well being. We're also encouraged to reach out to professionals, as needed. People without these important bonds may become more reclusive, turning inward to deal with their problems. Emotional and physical wellness may suffer if they feel unable to cope.

## THE SCIENCE OF LONELINESS

Depression sufferers have shown improvement with their symptoms once they started having more positive interactions with the world around them. At the same time, those who experience loneliness increase their risk of early death by a whopping 50%, according to the American Heart Association. Being isolated was also shown to

increase coronary artery disease and stroke risks by as much as 32%. Lonely people are often less active, and studies confirm that those who eat alone tend to have a less healthy diet.

## GETTING INVOLVED AGAIN

If you've found yourself isolated, as so many have after emerging from the quarantine era, there are ways to slowly reconnect with friends, extended family and your community. Start by joining a local club or church. Call up somebody you haven't seen in a while and arrange a fun activity. Rebook that long-delayed appointment with your mental health professional. Enroll in a fun class at the local community college, or sign up for a gym membership. Join a professional organization, where you'll find people who share your work goals. Interacting with business owners or workers in your area can help smooth the way for a return to other social situations.



MONKEY BUSINESS IMAGES

## Rehab

From M8

not experience any negative symptoms. They'll also evaluate when you can work harder and longer and when you can add strength training. They will track your heart rate, blood pressure and EKG.

Education includes developing plans for healthy eating, exercising, maintaining a healthy weight and quitting smoking. It might also include edu-

cation on how to manage any conditions that contributed to your cardiac event, such as diabetes, obesity, high cholesterol or high blood pressure. The educational component will afford you the opportunity to ask questions about your medication, what activities you can do or anything you have concerns about.

Adjusting to life with a serious health problem can cause anxiety, depression and other mental issues. You may get cut off from

friends or your workplace while you recover. That's why social and mental support is part of cardiac rehab. It may also involve making arrangements for occupational or vocational therapy if you will need to change jobs because of your condition.

People who participate in cardiac rehab lower their risk for a future cardiac event, eat better, lose weight, are able to return to work and be able to engage in daily activities they might have missed.

## Super Saver Pharmacy



*At Super Saver, your health is our priority. We are a full-service pharmacy offering free delivery within Columbus city limits, free mail-out service, and adult vaccinations. We accept most insurance plans, including Medicare Part D, Medicaid, Blue Cross/Blue Shield, and Caremark/CVS. Our Time My Meds™ Program can have your prescriptions filled on the same convenient day each month.*

### Meet our Staff:

Marcus Thoendel, PharmD RPh, who has been with us for 2 years, previously he was with Bob's U-Save. Tina Pelan, PharmD RPh, who has been with us for 18 years. To support them, Deb Dahlberg, CPhT, and Maria Espino Arevalo, CPhT, have given us 12 years of experience. Our staff can assist you with all of your questions and needs.

Our drivers, Randy Rawhouser, Pam Goedeken, and Gina Clymer will deliver your prescriptions Monday through Saturday.

Easily transfer your prescriptions with the help of our friendly staff.

3318 23rd Street, Columbus  
402-563-3349, Toll Free – 800-353-9643  
[www.Super-saver.com/pharmacy/](http://www.Super-saver.com/pharmacy/)

**Super Saver Pharmacy Hours:**  
Monday – Friday • 8am – 6pm; Saturday  
9am – 4pm; Sunday • Closed



## SMART CHANGE | YOUR HEALTH



GETTY IMAGES

# The ABCs of atrial fibrillation

Here's what you need to know about this heart rhythm disorder, which can raise your risk of stroke

**MATTHEW SOLAN**  
Harvard Health Publications

**I**f you sometimes notice a fluttering, quivering sensation in your chest, you might have atrial fibrillation. About one in 11 men ages 65 and older has this heart rhythm disorder, commonly known as afib.

Afib causes an irregular and often faster-than-normal heartbeat. At rest, a normal heart rate is 60 to 100 beats per minute with a steady rhythm: beat... beat... beat. During afib, the heartbeat becomes erratic with an irregular rhythm: beat... beat... beat-beat-beat... beat. Afib can be persistent and chronic, or it can happen intermittently (paroxysmal atrial fibrillation).

People might have no symptoms with either variety, or they might feel lightheadedness, shortness of breath, chest pain or extreme fatigue. But the biggest worry with afib is a fivefold increased risk of stroke.

"Science still does not fully grasp exactly why afib happens," says Dr. Paul Zei, director of the Comprehensive Atrial Fibrillation Program at Harvard-affiliated Brigham and Women's Hospital. "You can't cure afib, but there are ways to manage the condition."

## Detecting afib

Many people with afib are not aware they have it. It's discovered when they notice their pulse is erratic or the doctor detects it during an office visit. However, new-onset afib may make the heart beat very fast, 150 or more times a minute. With a fast, irregular pace, the heart does not pump as

***"The sooner it's diagnosed, the sooner you can begin treatment and protect against problematic symptoms and help lower your stroke risk."***

**-Dr. Paul Zei, Director of the Comprehensive Atrial Fibrillation Program at**

effectively, and that's when serious symptoms occur.

While afib can affect people at any age, the risk of developing it increases as we grow older. Other issues that raise a person's risk include high blood pressure, sleep apnea, obesity, diabetes, moderate to heavy alcohol use, smoking and heart disease. Early detection of afib is crucial. "The sooner it's diagnosed, the sooner you can begin treatment and protect against problematic symptoms and help lower your stroke risk," says Dr. Zei.

Afib can be diagnosed in the doctor's office with a standard ECG test, which records the heart's electrical activity. However, people with paroxysmal afib alternate between a regular rhythm and afib, and an office ECG will likely show a normal rhythm. They need an ambulatory ECG test, which requires wearing a monitoring device for a full day, or even up to two weeks, to record the heart's electrical activity over a longer period.

## Rate control

The main therapeutic options for peo-

ple with persistent afib are rate control and rhythm control. You and your doctor will determine which path you take, depending on your treatment goals, age, health conditions (especially stroke risk) and severity of afib symptoms.

Rate control involves taking a beta blocker like metoprolol (Lopressor, Toprol XL) to keep the heart rate within the normal range. For most people, it also means taking an anticoagulant (anti-clotting) drug indefinitely. With persistent afib, small blood clots that form in the heart can break away and block arteries in the brain and other parts of the body. Anticoagulant drugs thereby help prevent strokes. Doctors most often prescribe a direct-acting oral anticoagulant (DOAC), such as apixaban (Eliquis), dabigatran (Pradaxa) or rivaroxaban (Xarelto).

## Rhythm control

With rhythm control, the goal is to stop the fibrillation and restore the heartbeat to a regular pattern. The long-term advantages of rhythm control rather than rate control are fewer afib symptoms, lower risk of

weakening of heart muscle function and the possibility of not needing anticoagulation.

If you and your doctor opt for rhythm control, there are several options. One is a procedure called electrical cardioversion. Here, a small electrical shock to the chest can "reset" the heart to a normal rhythm. You will need to take an anticoagulant drug before the cardioversion and for several weeks afterward. "Electrical cardioversion works in most people, but more than half eventually develop afib again," says Dr. Zei.

Another option is catheter ablation. Here, a doctor guides a thin, flexible tube (catheter) into a large vein and threads it up to the heart. There, it delivers zaps of radiofrequency heat energy to burn away small areas of tissue that may be causing the abnormal heartbeat. The overall success rate for catheter ablation is about 75%. Sometimes, people undergo a second procedure if the first one isn't effective, which boosts the success rate to nearly 90%.

Cardiologists sometimes try to convert patients back to a normal rhythm just with anti-arrhythmic drugs, such as dofetilide (Tikosyn) or flecainide (Tambocor). But these drugs have potentially serious side effects — including a higher risk of a more dangerous heart rhythm — so taking them could cancel any quality-of-life advantage.

People with paroxysmal afib can help avoid episodes with lifestyle changes, like getting enough sleep, managing stress, moderating caffeine intake and limiting alcohol use. Otherwise, the treatment approach is similar to that for persistent afib.





**Dr. Benjamin Woodhead**

# Butler County Health Care Center Orthopedic Services

**Fellowship trained in shoulder and elbow surgery.  
Specializes in all conditions of the shoulder  
and elbow.**

Dr. Benjamin Woodhead is an Orthopedic Surgeon with Lincoln Orthopaedic Center, PC. He received his Masters degree in Physician Assistant Studies from the University of Nebraska Medical Center and Doctor of Medicine Degree from A.T. Still University. Dr. Woodhead completed his orthopaedic residency through Des Peres Hospital and St. Louis University in 2018 where he served as the chief administrative resident. Following residency, He was accepted into one of the most prestigious and competitive shoulder and elbow fellowships at the University of Washington, under the mentorship of the world-renowned surgeon, Dr. Fredrick Matsen III. During his time in Seattle, he also had the unique opportunity to work with team physicians for the University of Washington Huskies and was involved in the care of Husky athletics.

For More Information

Call Butler County Health Care Center Outpatient Department at 402-367-1375



**Butler County  
Health Care Center**



Daily - Weekly - Monthly  
Individual Medicine  
Packaging Available

# TOOLEY

## DRUG AND HOME CARE

*Since 1928 Here For You!*

# WE ACCEPT LOCAL INSURANCE PLANS

**We accept •**

- CVS/Caremark
- Medicare Part D
- Medicaid Plans
- Blue Cross
- Express Scripts
- Optum • Cigna
- Medtrak
- Silver Script • Humana

### Including...

BD Medical Systems  
Behlen Manufacturing  
Cargill  
Camaco  
Local School Districts

ADM  
Columbus Hospital  
Vishay  
Flexcon  
NPPD  
Central Community College

Excel  
Loup Power District  
City of Columbus  
Reliance Electric

**... And all others**

## HOME MEDICAL EQUIPMENT



Complete Respiratory Services Including Oxygen and C-Paps  
Scooters, Lift Chairs and Beds  
Bathroom Safety Products  
Support Hose / Custom / Diabetic Shoes  
Custom Breast Prothesis / Bras  
Aid to Daily Living



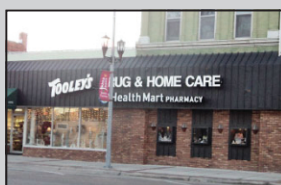
***We care because YOU Care***  
**MONDAY - FRIDAY**  
**8:00 - 6:00**

**SATURDAY**  
**9:00 - 5:00**

**SUNDAY**  
**OPEN AT 1:00PM**

## Refill With Our New Mobile App or Website

**SERVING YOU IN 2 LOCATIONS • [www.tooleydrug.com](http://www.tooleydrug.com)**



**Tooley Drug & Home Care**  
2615 – 13th Street  
Columbus, NE 68601  
402-564-7205



**Clinic Pharmacy**  
4306 – 38th Street  
Columbus, NE 68601  
402-562-8627