

January 2021  
A Special Supplement to

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# Health, Mind & Body

- 3 Add more vegetables to your diet
- 3 Tips on how to safely exercise in the cold
- 4 Preventative care and the pandemic
- 4 How to control asthma
- 6 Some high tech ways to stop snoring
- 6 How adults can take active roles in their health care
- 7 Make the dentist a fun experience for kids
- 8 Stick with your exercise plan
- 8 Dealing with PTSD
- 9 Take your legs to new levels
- 10 Fresh herbs that can reduce your reliance on sodium
- 10 What is Keto?
- 11 Orthopedic surgical hardware
- 11 Heart attacks and cholesterol: What you need to know



## THE MANY WAYS WALKING BENEFITS YOUR BODY

### METRO CREATIVE SERVICES

**L**ife changed dramatically in 2020. When the World Health Organization declared a COVID-19 pandemic in March 2020, hundreds of millions of people across the globe were forced to change how they go about their daily lives, including how they exercise.

Health-conscious adults accustomed to exercising at local gyms had to find new ways to exercise in the wake of the pandemic. Many gyms were forced to close in areas hit hard by COVID-19, and that left many people without access to fitness equipment like weights and cardiovascular machines. Resilient men and women soon found ways to exercise, and many of them embraced walking.

Though walking might not provide the same level of intensity that fitness enthusiasts are accustomed to, the Arthritis Foundation notes the various ways walking benefits the body.

■ Walking protects against heart disease and stroke. Walking strengthens the heart and protects it against heart disease. The AF also notes that walking lowers blood pressure. In fact, post-menopausal women who walk just one to two miles per day can lower their blood pressure by nearly 11 points in 24 weeks, while women who walk for 30 minutes a day can reduce their risk of stroke by 20 percent.

■ Walking strengthens the bones. New York-based Plancher Orthopedics and Sports Medicine notes that walking can stop the loss of bone mass for people with osteoporosis. In addition, post-meno-

pausal women who incorporate 30 minutes of walking into their daily fitness regimens can reduce their risk of hip fractures by 40 percent.

■ Walking can extend your life. The AF notes that one study linked walking to longer life expectancy, finding that people who exercise regularly in their fifties and sixties were 35 percent less likely to die over the next eight years than people who never walked.

■ Walking can improve mood. One study from researchers at California State University, Long Beach, found that the more steps people taking during the day, the better their moods were.

■ Walking can lower risk for cognitive decline. Walking also has been linked to a lower risk for age-related cognitive decline. A study from the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease compared to men who walked less. In addition, a study from researchers at the University of California, San Francisco, found that age-related memory decline was lower among women ages 65 and older who walked 2.5 miles per day than it was among women who walked less than half a mile per week.

■ Foot traffic increased as people were forced to find new ways to exercise during the COVID-19 pandemic. Walking is a great way to stay in shape and even provides some lesser known benefits for people who walk each day.



# TIPS ON HOW TO SAFELY EXERCISE IN THE COLD

Many of us pack on the pounds over the winter because of a more sedentary season due to poor weather conditions

**W**e avoid going outside as frequently to avoid the colder temperatures, rain, snow and ice. While this is understandable, many exercise experts say that walking, running or working out in cold weather actually offers many health benefits.

## Get more vitamins

While many avoid the cold, outdoor winter workouts are a great way to absorb small doses of sunlight. The sunlight can help to improve mood and help with vitamin D intake, according to the American Heart Association.

## Stave off sickness

Winter exercise can also boost immunity during cold and flu season. A few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

## A better exercise

Why work out in the winter? For one thing, there is no heat and humidity to deal with in colder weather. Winter's chill might even make you feel awake and invigorated, according to the AHA. Regardless of exercise, studies have shown that being outside in cold weather can transform stubborn fat from our bellies and thighs into calorie-burning fat.

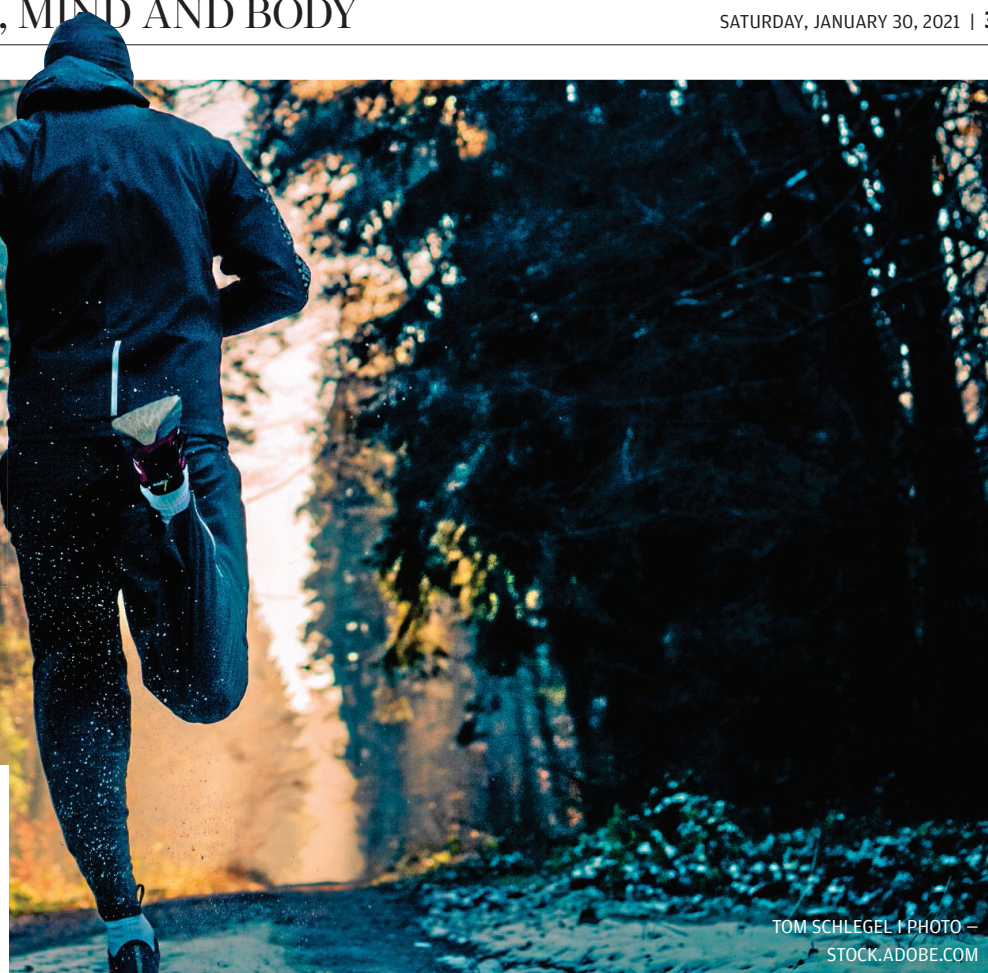
## How to exercise safely

The Mayo Clinic provides the following tips for staying safe during your cold-weather exercise.

Dress in layers. Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

Drink plenty of fluids. Hydration is just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you don't feel thirsty.

Wear gloves. Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece.



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# Preventive care and **the pandemic**

## METRO CREATIVE SERVICES

**P**rocrastination is not typically considered a good thing. But as the world spent much of 2020 confronting the COVID-19 pandemic, putting certain things on hold became part of the new normal.

In an effort to reduce infection rates, public health officials with the Centers for Disease Control and Prevention and the World Health Organization urged people to limit their in person interactions with people outside of their own households. As a result, many of the things people do on a regular basis, including seeing their physicians for wellness visits, were rescheduled.

It's understandable that many people postponed preventive care and wellness visits during the pandemic, but it's also potentially dangerous. For example, researchers with the Health Care Cost Institute found that childhood vaccinations declined by roughly 60 percent in mid-April 2020 compared with 2019. Other screenings and preventive exams, including mammograms, pap smears and colonosco-

pies, also declined by significant percentages during the pandemic compared to the previous year.

The National Center for Chronic Disease Prevention and Health Promotion notes the power of preventive care is undeniable. In fact, the NCCDPHP points out that, while chronic diseases are among the most common and costly of all health problems, they're also among the most preventable. Annual wellness visits and early detection efforts like routine screenings for at-risk populations can uncover problems before they escalate into something more serious. In addition, annual physicals, which are provided free of

charge through many health insurance policies, provide great opportunities for doctors to advise patients on their overall health and how to improve it if exams and blood work turn up any red flags.

Visiting a doctor during the pandemic

As vital as preventive care can be, it's understandable if people are hesitant to visit their doctors during the pandemic. But patients can take certain steps to calm their nerves about booking preventive care appointments during the pandemic.

■ Schedule telemedicine appointments. The number of telemedicine appointments has skyrocketed during the pandemic. While the transition from pre-

dominantly in-person appointments to telemedicine might have been a reluctant and rocky one at the start of the pandemic, many doctors' offices have since firmly established their telemedicine protocols. The Mayo Clinic advises patients who have not yet tried telemedicine to contact their doctors' offices to arrange an appointment.

■ Inquire about office procedures. Doctors try to keep patients healthy, not get them sick. Various medical organizations, including the American Academy of Family Physicians, have provided thorough checklists to help physicians prepare their offices to welcome patients during the pandemic. Patients can ease their concerns by contacting their doctors' offices and asking them about their pandemic-related protocols.

■ Don't hesitate to make requests. There's no such thing as being too safe from COVID-19, so patients can work with their doctors to calm their fears even further. Ask to pay copays over the phone and request that the front desk call you when the doctor is ready so you don't have to sit in the waiting room.



## HOW TO CONTROL ASTHMA

### GREEN SHOOT MEDIA

**A**sthma is a disease that affects your lungs and is one of the most common long-term diseases of children. Adults can also have asthma, which causes wheezing, breathlessness, chest tightness and coughing.

Dealing with asthma can be a struggle, but there are some things you can do to keep your attacks under control.

### Asthma by the numbers

First, let's understand the broad impact of asthma on Americans. Here are some common asthma-related statistics from the Asthma and Allergy Foundation of America:

■ According to the Centers for Disease Control and Prevention (CDC), 1 in 13 people have asthma.

■ More than 25 million Americans have asthma. This is 7.7% of adults and 8.4% of children. Asthma has been increasing since the early 1980s in all age, sex and racial groups.

■ Asthma is more common in adult women than adult men.

■ African-Americans in the U.S. die from asthma at a higher rate than people of other races or ethnicities.

■ More than 11.4 million people with asthma, including more than 3 million children, report having had one or more asthma episodes or attacks.

■ Asthma is the leading chronic disease in children.

■ Asthma is more common in children than adults.

■ Asthma is more common in boys than girls.

■ Currently, there are about 6.2 million children under the age of 18 with asthma.

### What is an asthma attack?

An asthma attack may include a sudden onset of coughing, chest tightness, wheezing and difficulties breathing.

During an asthma attack, your airways become inflamed, narrow and swell, and produce extra mucus, which makes it difficult to breathe.

### How to control your asthma

Prevention is the best tool for keeping your asthma at bay. By knowing the warning signs of an asthma attack, you can greatly improve your chances of managing an attack.

### Some things to remember:

■ Always take your medicine exactly as your doctor tells you, even if you feel fine.

■ Stay away from things that can trigger an attack to control your asthma.

■ Limit exposure to smoke.

■ Visit your doctor if your medicine isn't working or appears to become less effective.

■ Get a flu shot every year to prevent illness that can worsen asthma.





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## How adults can take active roles in their health care

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**A**dults play a significant role in their own health care. Adults focused on getting fit may visit various fitness facilities before signing up for a membership, and individuals who want to improve their diets may spend countless hours poring over healthy recipes and the latest trends in nutrition. Such research pays dividends, and the same commitment can be applied to choosing the right health care services.

Adults who are enrolled in employer-sponsored health insurance plans may feel as though their options are limited in regard to their health care services. However, there are many ways for patients to get more out of their health care plans.

- **Shop around for a primary care physician.** It's easy to be overwhelmed when perusing lists of in-network primary care physicians provided by insurance companies. Such lists can seem endless and it can be hard to distinguish one physician from another. Adults in need of new primary care physicians can ask neighbors or family and friends who live nearby for recommendations. It's important to put the time in when choosing a primary care physician, as people who are comfortable with their physicians are more likely to schedule annual wellness visits or book appointments when they aren't feeling well. Such visits can be life-saving.

- **Schedule annual wellness visits.** Annual wellness visits are very important,

even for health-conscious individuals who are not experiencing any signs of illness or injury. Regular checkups and screenings can uncover health problems even when no symptoms are present, potentially saving patients' lives. For example, Hackensack Meridian Health reports that mammograms have reduced breast cancer mortality in the United States by 40 percent since 1990. Many insurance providers cover annual physicals at no cost to the patient, and screenings can catch diseases early when they're at their most treatable and treatment is less expensive and less time-consuming.

- **Be a prepared patient.** Prepare a list of questions prior to a scheduled doctor's appointment. Jot questions down as they come to you in the weeks leading up to the appointment and don't hesitate to ask questions during the visit.

- **Be open and honest with your physician.** Concealing behaviors from your physician will negate some of the benefits of visiting the doctor. For example, if you live a largely sedentary lifestyle but tell your doctor you're physically active, he or she won't offer advice on how to make exercise a bigger part of your life. Being open and honest with a physician enables the doctor to give the best medical advice.

- **Taking an active role in their health care** is a great way for adults to improve their overall health and can help them reduce their risk for illness.

## SOME HIGH TECH WAYS TO STOP SNORING

**W**hen climbing into bed, no one wants to endure a snore-filled night of fits and starts. Snoring may be inconvenient, but it's more than just disruptive. Snoring may indicate a serious health issue.

The American Academy of Sleep Medicine notes that snoring may be associated with obstructive sleep apnea, a serious sleep disorder and a risk factor for heart disease, diabetes, stroke, and many other health problems.

Men's Health magazine says some 90 million Americans snore, with 37 million doing so on a regular basis. Men are more likely to snore than women. Sometimes snorers can be so loud they disturb bed mates and even those in nearby bedrooms.

People who snore, and their loved ones who deal with the cacophony each and every night, are often on the lookout for ways to alleviate snoring. Despite an abundance of innovation in recent years, anti-snoring solutions have been slow in coming. But technology continues to evolve, and some new anti-snoring solutions have been developed.

- **Track your overnight breathing.** Snorers can use tracking devices to see just how well they are sleeping each night. When worn at night, devices like Fitbit can track breathing and will rate which levels of sleep a person reaches: deep, light or REM. It also records if a person awakens during the night, even when people do not realize their sleep was interrupted. This data can paint a clear picture of sleeping behaviors.

- **Test snore ratings.** Smartphone users can use an app called SnoreLab to rate

snoring. The app is left running next to a bed. If it detects snoring, it will record an audio clip and rate the snoring on a scale that ranges from Quiet to Epic. The premise behind the app is that before snoring can be addressed, one must recognize that it is happening in the first place.

- **Smart sleep masks.** The Hupros Sleep Mask is an example of a smart sleep mask. It works with a smartphone to detect snoring. Then the mask gently vibrates to encourage a person to change positions to open up airways and reduce snoring. The mask also has a nose piece that will be engaged if a change of position doesn't stop the snoring. It delivers expiratory positive airway pressure (EPAP) — allowing a wearer to breathe in through the nose, but making it hard to breathe out in the same way. This creates resistance meant to expand lung volume and reduce airway vibrations.

- **Change positions.** Another device that is supposed to help a person change positions to relieve snoring is the Philips SmartSleep Snoring Relief Band. It straps around a user's torso to monitor sleeping position. If snoring occurs, the device will nudge the snorer on his or her side, a position that is less likely to induce snoring.

- **Go low tech.** While there are many digital devices that may help alleviate snoring, one option does not require a device. A new pillow, such as a wedge pillow, can slightly elevate the head, which may promote better breathing.

- **Snoring is problematic for millions of people.** Turning to technology may help people get the rest they need.





# Make the dentist a fun experience for kids

## METRO CREATIVE SERVICES

**V**isits to the dentist for periodic cleanings and checkups are an important component of oral hygiene. Dentists also may be the first people to identify potential issues that can affect health elsewhere in the body.

Many people are unaware that children should visit the dentist early in their lives. The American Academy of Pediatric Dentistry recommends that a child should visit the dentist by age one or within six months of the eruption of his or her first tooth. However, many parents wait until much later — age two or three — to take kids to the dentist, offers Delta Dental Plans. Hesitance to visit the dentist may stem from personal fears or perceived reactions by children.

Primary teeth may eventually fall out, but they shouldn't be ignored. They save space for permanent teeth and serve other functions. Therefore, parents should begin to acclimate children to the dentist at a

young age to make the experience fun and even enjoyable.

### Lead by example

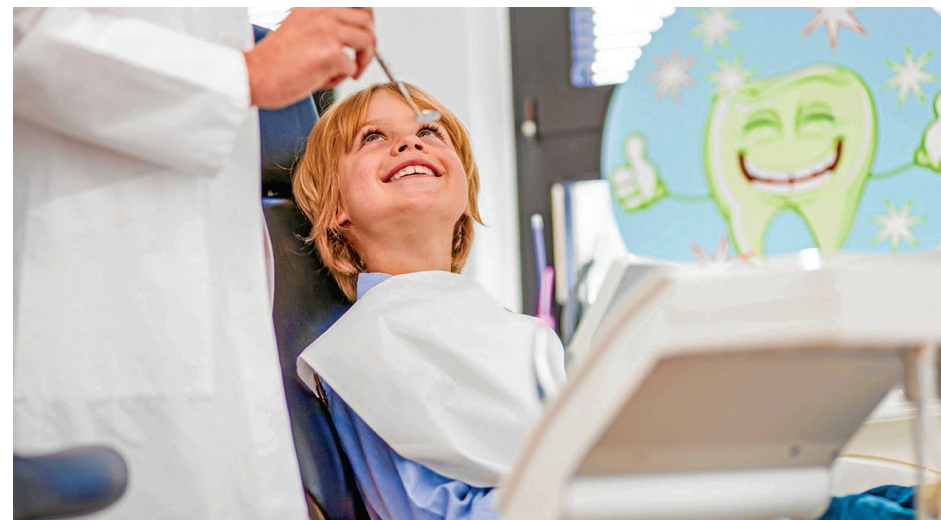
Children who witness their parents putting off going to the dentist or being apprehensive about visiting the dentist may develop their own fears. Always paint the dentist in a positive light and keep appointments.

### Focus on the good aspects

Talk up all the benefits of going to the dentist, such as having a squeaky clean and fresh mouth. Many hygienists will hand out small toys after a successful visit, or at the least a great new toothbrush and other fun products to try.

### Get a tour of the office

Ask the staff if your child can get a special tour of the office with explanations of all the tools and equipment. Understanding



what to expect the next time around in a no-pressure situation can make the process much easier for everyone involved. The dentist may be able to also give a test ride on the exam chair, moving it up and down, as well as showing off the water fountain and oral irrigator.

### Avoid giving false hope

Do not tell a child that "everything will be OK" at the dentist's office. If a child needs treatment that may be uncomfort-

able, he or she may not trust you the next time a dental visit is scheduled, according to Joel H. Berg, D.D.S., M.S., Director of the Department of Dentistry at Seattle Children's Hospital. Avoid words like 'shots,' 'pain,' 'hurt,' or even 'cavities.' Dentists, particularly pediatric dentists, may have their own vocabulary that can assuage fears and seem less alarming to kids.

Over time, dental visits can become an easy routine with children, setting them up for a lifetime of healthy mouths and teeth.

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# Dealing with PTSD

Post-traumatic stress disorder is a real illness faced by millions of Americans.

## GREEN SHOOT MEDIA

**P**TS D makes you feel stressed and afraid after the event, and it can impact your daily life, relationships and future.

## PTSD by the Numbers

Here are some sobering statistics on PTSD from the National Center for PTSD.

- About 7% to 8% of the population will have PTSD at some point in their lives.

- About 8 million adults have PTSD during a given year. This is only a small portion of those who have gone through a trauma.

- About 10 of every 100 women develop PTSD sometime in their lives compared with about four of every 100 men.

## What are the effects of PTSD?

PTSD can cause many serious issues, including:

- Flashbacks, or feeling like the event is happening again.
- Trouble sleeping or nightmares.
- Feeling alone.
- Angry outbursts.
- Feeling worried, guilty or sad.

PTSD can happen to people of all ages. Signs of PTSD may start soon after a frightening event and then continue.

They can also start months or even years after a traumatic event, so it's important to be honest with your physician or mental health provider if you start feeling signs of PTSD.

## Effective treatments to discuss with your physician

According to the National Center for PTSD, there are some therapies that have been proven most effective by medical and mental health professionals, including:

- Prolonged exposure. Teaches you how to gain control by facing your negative feelings. It involves talking about your trauma with a provider and doing some of the things you have avoided since the trauma.

- Cognitive processing therapy. Teaches you to reframe negative thoughts about the trauma. It involves talking with your provider about your negative thoughts and doing short writing assignments.

- Eye movement desensitization and reprocessing. Helps you process and make sense of your trauma. It involves calling the trauma to mind while paying attention to a back-and-forth movement or sound (like a finger waving side to side, a light, or a tone).



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# STICK WITH YOUR EXERCISE PLAN

Many people have great success starting an exercise plan. It's sticking with it that becomes difficult.

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**H**ere are some statistics from the U.S. Department of Health and Human Services:

- Less than 5% of adults participate in 30 minutes of physical activity each day.

- Only one in three adults receive the recommended amount of physical activity each week.

- More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities.

- More than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.

Busy schedules or poor overall health can make exercise more challenging. Fortunately, there are many tips and tricks to maintaining a consistent plan.

## Common benefits

Everyone already knows there are many great reasons to exercise. Consistent, rigorous exercise can improve energy, sleep and overall health. It's also been proven to stave off stress and anxiety.

The good news is that regular exercise doesn't have to be all or nothing. You don't have to spend hours in a gym or force yourself into painful activities to

see the benefits of exercise.

The current recommendations for most adults is to reach at least 150 minutes of moderate activity per week. You'll reach these goals by exercising for 30 minutes, five times a week.

## Making exercise a habit

Integrating exercise into your daily routine requires the right mindset and discipline.

When setting expectations, it's important to remember the more ambitious your goal, the more difficult it will be to achieve. A few failed days of not getting enough exercise can lead us into a downward spiral.

A better approach is to start with easy, achievable exercise goals. Use triggers like notifications on your phone or an alarm clock to remind you to get active throughout the day. Before you know it, you'll have a regular exercise routine that is easy to stick to on a daily basis.

Don't forget to celebrate your success by rewarding yourself. Pick healthy habits or treats that you enjoy as a reward. Write yourself motivational notes or emails to keep you going. Consider involving friends in your new exercise routine to help push you forward.



# TAKE YOUR LEGS TO NEW LEVELS

No one likes leg day at the gym. For many reasons, however, you should be focusing on working your leg muscles while you're working out.

## GREEN SHOOT MEDIA

**A** strong lower body can help to prevent injury and manage chronic conditions such as arthritis and diabetes. Stronger legs can make your cardio workouts easier to complete, as well.

Toned leg muscles keep your body balanced, so don't forget to consistently work on your glutes, quads and hamstrings. Once you appreciate that your legs contain your largest and most important muscles, you can start incorporating fun-to-do exercises that will result in big-time benefits to your overall health.

Here are some of the greatest benefits of leg workouts, according to a recent report by Healthline.

- Build muscle.
- Tone and sculpt legs.
- Strengthen core muscles.
- Burn calories and promote weight loss.
- Improve overall fitness.
- Reduce joint pain.
- Strengthen bones.
- Engage major muscle groups.
- Alleviate lower back pain.

- Boost cognitive function.
- Create an aligned, balanced and symmetrical body.
- Improve mobility, stability and range of motion.
- Manage stress.
- Improve posture.

Read on for a couple of the most effective leg exercises, and remember to always practice safety in the weight room or at home.

## Squats

One of the best leg exercises you can do is the squat. When performing a squat, try to squat straight up and down to focus the most on using your quadriceps to get maximum results. You can do squats with a barbell, dumbbells or just your body weight.

Start at a lower weight until you have the form down, and then move up to get more results.

Once you master the squat, try jumping squats. Stand with your feet shoulder width apart and lower into a squat position until your thighs are parallel to the floor. Then, jump up as high as you can and try to land



MAKSYM ZAITSEV

softly to avoid injury. Repeat this for at least 12 reps and do at least three sets, taking a 30-second break between sets.

## Leg press

The leg press is highly effective in working your quads, glutes and hamstrings. Make it a staple of your weekly workout to see big results in your lower body.

Find the press machine at your local gym and start by setting the weight low. Sit down and press your feet squarely on the footplate, making sure your lower back stays pressed

against the bench pad.

Release the safety and bend your knees to lower the platform. In a steady motion, push the platform back up to the top without locking your knees. Repeat for 12 reps and three sets, taking breaks if needed.

Always remember to exercise caution when you are working out. Without proper form, you can risk injury and may not be getting the most out of your workouts. Seek out a local personal trainer who can help you put together a structured, safe workout plan.

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## Fresh herbs that can reduce your reliance on sodium

### METRO CREATIVE SERVICES

**S**alt has long been used to add flavor to people's favorite foods. In fact, the use of salt as a means to preserving foods and adding flavor to recipes dates back to ancient times and has led to countless conflicts ever since.

According to History.com, wars over access to salt reserves in China are believed to have been fought as early as 6,000 B.C. Though that shows just how valuable salt has been throughout much of human history, it doesn't indicate the negative effects that can result from diets that feature excessive amounts of sodium.

The American Heart Association notes that sodium plays an essential role in the human body by regulating the kidneys and helping to control the body's fluid balance. Sodium also helps send nerve impulses and affects muscle function. However, excessive amounts of sodium can compromise heart health. The AHA notes that excessive amounts of sodium in the bloodstream pulls water into the blood vessels, increasing the total volume of blood within them. As more blood flows through blood vessels, blood pressure increases. Over time, that can adversely affect blood vessels and speed up the build-up of plaque that can block blood flow. Higher blood pressure forces the heart to work harder and increases a person's risk for heart disease.

So what about sodium, a mineral so valued, and indeed vital to human existence, that it's led to wars and created countless devotees in kitchens over the centuries? If it's flavor cooks are aiming for, it's possible to reduce reliance on sodium and increase the use of fresh herbs without sacrificing flavor. Such a transition can improve heart

health and introduce a host of new flavors at meal time.

### Basil

The AHA notes that basil has a sweet and fresh flavor profile and is best added to a dish right before serving. Freshly cut basil leaves can be added to any number of dishes, including tomato sauces, pastas, salads, pizzas, and eggs.

### Cilantro

Cilantro are the delicate leaves and stems of the coriander plant. Like basil, cilantro should be added to a dish right before serving and should not be cooked. Cilantro can be paired with beans, tomatoes, corn, and avocados among other foods, and is widely used when preparing Mexican foods at home.

### Oregano

The AHA notes that Greek dishes often combine oregano, mint and lemon to create a memorable, delicious flavor profile. If chopping fresh oregano, strip the leaves from the stem and then discard the stem.

### Parsley

Parsley isn't just a garnish used to add aesthetic appeal to plates. Flat-leaf parsley provides a light and fresh flavor, while the AHA notes that curly parsley offers a slightly peppery profile. Parsley is typically added to a dish during the final minutes of cooking or right before serving, and can be paired with chicken, fish, potatoes, and pasta among countless other foods.

These are just a handful of herbs that can give meals a flavorful punch and help chefs avoid an overreliance sodium in their recipes.

# WHAT IS Keto AND HOW IT WORKS

By now, you've heard about and maybe even considered trying out a ketogenic diet. What is keto and how effective has it been for other people who have tried it?

### GREEN SHOOT MEDIA

**B**efore incorporating keto into your lifestyle — or any new diet or workout plan for that matter — be sure to check with your physician. He will be able to tell you more about the potential impact on your health, energy levels and body specific to your situation.

The keto diet emphasizes weight loss through fat-burning. The goal for anyone participating in a keto diet is to quickly lose weight and ultimately feel fuller with fewer cravings.

According to keto experts, by reducing the carbohydrates you consume and instead filling up on fats, you safely enter a state of ketosis, which is when your body breaks down both dietary and stored body fat into substances called ketones.

Keto proponents claim that this process can transform your body and improve your energy levels, as well.

### Where Did Keto Start?

The keto diet originated from a decades-old therapeutic diet, and has clinical roots in neurologic medicine.

It has actually long been used to reduce hard-to-control seizures in children. Studies also suggest possible benefits in

other brain conditions such as Parkinson's and Alzheimer's diseases.

Workout and dietary professionals have started to recommend keto to their clients as a way to rethink the way they consume food, and many restaurants now offer keto-friendly food and drink options given the diet's popularity across the world.

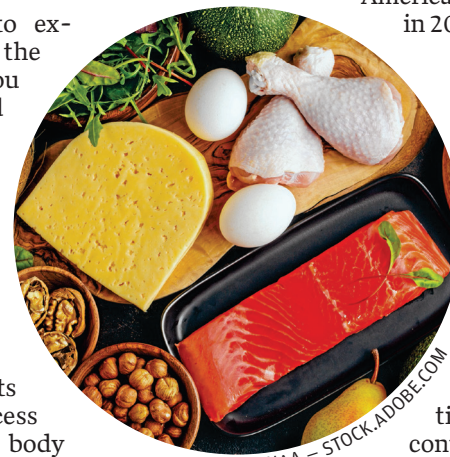
### Does it Work?

Here are some benefits of the keto diet as reported by the Journal of the American Medical Association in 2018:

■ Many people feel less hungry on the high-fat keto diet and so may naturally reduce their overall calorie intake.

■ Beyond weight loss, keto shows promise for diabetes management, with improved insulin sensitivity and blood-sugar control for people following a ketogenic diet.

On the flipside, the U.S. News Best Diet Rankings ranks keto No. 34 in Best Diets Overall. Thirty-five diets were evaluated with input from a panel of health experts. This discrepancy in opinion across the medical community reaffirms the importance of meeting with your healthcare professionals to make sure keto is a good fit for you.



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## Heart Attacks and Cholesterol: What You Need to Know

### STATEPOINT

**D**id you know that 25 percent of the 805,000 heart attacks per year in the U.S. are recurrent heart attacks? The American Heart Association reports that once you've experienced a heart attack, your chances of having another one is higher. In fact, nearly one in five patients who've had a heart attack will have another cardiovascular event, such as a heart attack or stroke, within one year.

While there are various factors that contribute to a heart attack, cholesterol is one of the most important modifiable risk factors. Over time, high levels of bad cholesterol can build up in your arteries and create clogs, making it difficult for blood to flow to where your body needs it. This can ultimately lead to a devastating heart attack. Here are six tips you can implement to help manage your cholesterol numbers:

**1. Get checked:** Stay on top of your numbers by having your cholesterol checked regularly. This is particularly important if you have already experienced a heart attack.

**2. Eat a heart-healthy diet.** A heart-healthy diet is low in saturated fat and trans-fat. You can reduce these fats in your diet by limiting your intake of fried food, red meat and dairy products made with whole milk, and by cooking with healthy oils, such as vegetable or olive oil. Emphasize fruits, vegetables, whole grains, poultry, fish and nuts, while curbing sugary foods and beverages. Eating this way increases your fiber intake, which can help lower your cholesterol.

**3. Be physically active.** A sedentary lifestyle lowers HDL (good) cholesterol, which is needed to remove LDL (bad) cholesterol from your arteries. Stay physically active to not only improve your cholesterol, but to also manage your blood pressure. The Centers for Disease Control and Prevention (CDC) recommends that adults get 2.5 hours of moderate intensity exercise per week in order to lower high cholesterol.

**4. Quit smoking.** According to the CDC, smoking damages your blood vessels, speeds up the hardening of the arteries and greatly increases your risk for heart disease.

**5. Manage weight.** Being overweight tends to raise LDL (bad) cholesterol and lower HDL (good) cholesterol. Losing excess weight can improve your cholesterol levels.

**6. Take proper medication.** Bad cholesterol can be lowered by lifestyle changes, but diet and exercise alone may not be enough to lower LDL-C. Medications like statins USA-145-82348 are important in lowering LDL-C, but patients who've had a heart attack may need to talk to their doctor about additional treatments to lower cholesterol even further.

To learn more about cholesterol and your heart attack, visit [www.heartattackfaq.com](http://www.heartattackfaq.com).

Managing cholesterol requires a multifaceted approach. Understanding the factors involved can help you make lifestyle and treatment tweaks to reduce your risk of another heart attack.

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## Orthopedic surgical hardware

### METRO CREATIVE SERVICES

**A** healthy person is born with 270 bones. As a body ages, certain bones fuse together and the average adult will have 206 bones throughout his or her body. More than half of those bones are located in the hands and feet.

Bones give the human body its form and are essential to movement and keeping people upright. But bones are not impervious to fractures that can result from illness, age or injury.

### What is orthopedic hardware?

Orthopedic hardware or implants are substances that are placed inside or on the surface of the body. The American Orthopedic Foot and Ankle Society states that, in the field of orthopedics, and particularly in regard to foot and ankle surgery, implants refer to hardware that is used to hold bones together, strengthen tendons and ligaments, or attach them to bone. Some implants replace the bone itself.

### Common hardware types

Implants may be biologic and nonbi-

ologic. Biologic materials are similar to human tissue and strengthen areas. Many operations make use of nonbiologic materials, which can be comprised of titanium, stainless steel and plastics. Among the most common types of medical implants are pins, rods, screws, and plates used to anchor bones while they heal. Wires and nails may also make up an orthopedic surgeon's catalog of hardware options.

Depending on a person's age and health status, bones can generally take anywhere from six to 12 weeks to heal to a significant degree, advises the Cleveland Clinic. Orthopedic hardware, in addition to casting, can help keep bones in place as they heal.

### Removal of hardware

Orthopedic hardware was once routinely removed after the fracture had healed. Then physicians realized that it is not always easy to remove hardware. As a result, the decision of whether or not to remove implants is now one doctors and patients discuss.

There are mixed opinions on whether or not it is necessary to undergo further surgery to have rods or pins removed.

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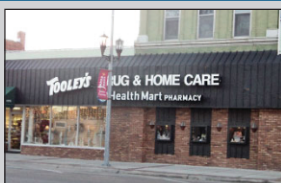
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