

HEALTH & Wellness

September 21, 2022

SEWARD COUNTY
INDEPENDENT

THE
CRETE NEWS

THE MILFORD
Times

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THE
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REPUBLICAN

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Community fun run valuable experience for all ages

by Amy Hausman
amy@friendsentinel.com

Participating in a fun run may be the best thing you do with your child all year.

In my opinion, here are some reasons why:

1. Teach them how to compete against themselves. The goal might just be to get the free food at the end, but you both will have a sense of accomplishment and reason to celebrate.

2. Registering for the race will keep you motivated. This might

Community fun run set

For the second time, the Crete Area Medical Center will host a community fun run which includes a 5k run and one-mile walk/run on its campus Saturday, Oct. 1.

“The free CAMC Community Fun Run is an excellent event and we are so excited to hold it again this year,” CAMC CEO Stephanie Boldt said. “One of our goals as an organization is to continue to improve community wellness. The Crete Carrier Trail is a wonderful and safe place for people of all ages to get some exercise and enjoy the outdoors. There is no cost to use the trail; all are welcome at any time. We hope to see a great turnout at this year’s fun run.”

The free event on Saturday, Oct. 1, will begin with check-in at 7:45 a.m., with the race to begin at 8 a.m. All participants are eligible for prizes. Registration is available now online at bit.ly/3RTFFEA.

be the push you need to get serious about your fitness goals. When I have an arbitrary goal to get in shape, I am not held accountable, but when there is a deadline circled in red ink, I am forced to keep moving and push through my single-parent exhaustion.

3. Runners lift each other up. In a culture of bullying, how cool is it to take your child to a sport where your competition is also congratulating and encouraging you in their crazy socks and tutus?

(continued on 8)



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COURTESY PHOTO

Seward church offers ways to stay physically active

by Keaton Burgess
reporter@sewardindependent.com

A church in Seward offers ways for people in the community to stay active and do physical activity.

Hillcrest Evangelical Free Church offers a variety of activities including Arise with Refit, a dance fitness class that engages the body, soul and spirit through positive movements and uplifting music, on Tuesdays at 7:30 p.m. for women; Kinship Crossfit, an opportunity for young children to build a foundation of coordination, balance, and body control for parents and elementary school-aged kids on Mondays at 6:30 p.m.; men's basketball on Thursdays at 7 p.m. and interior hallway walking during the winter months. Each of these activities is led by volunteers within the church and is open to participation by anyone, including non-Hill-



crest members. All of these activities take place at the church.

Brant Taylor, administrative pastor at Hillcrest Evangelical Free Church, said the church holds these activities because members realize how important physical health is.

"From our perspective, people are created by God with a body and a soul. Our primary focal point in most of our programming is help-

ing people with soul or spiritual issues," he said. "We also recognize that we should take physical health and wellness seriously because our bodies are these incredible gifts from God that have been masterfully designed."

With soul and physical health being connected, Taylor said both are important to focus on.

"These two things interact with

and impact each other, so we desire to help people with their spiritual and physical needs to pursue health and wellness in both areas of being human," he said.

Taylor said the church has also opened up its facility and worked with local basketball, volleyball and soccer coaches to hold practices inside. They've also recently worked with a group that played pickleball in their gym.

Anyone interested in participating in any of these activities can call the following numbers; Arise with Refit, (402) 322-0889; Kinship Crossfit, (308) 530-4083; men's basketball, (402) 803-9555 and walking in the facility during business hours, (402) 643-2316.

"We believe that God has given us this wonderful facility, and we at Hillcrest enjoy sharing our facility with our community," Taylor said.

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Medical marijuana petitions fail to make November ballot

by Meaghan Stout
design@sewardindependent.com

Nebraskans for Medical Marijuana, a registered ballot question committee, supported a pair of voter initiatives with hopes of getting them on the November ballot.

The two initiatives, the Medical Cannabis Patient Protections Initiative and the Medical Cannabis Regulation Initiative, failed to meet Nebraska Constitutional signature requirements.

The Medical Cannabis Patient Protections initiative set out to “enact a statute that makes penalties inapplicable under state and local law for the use, possession and acquisition of limited quantities of cannabis for medical purposes by a qualified patient with a written recommendation from a health care practitioner, and for a caregiver to assist a qualified patient in these activities,” according to the official object statement on the NMM website.

The proposed bill would have considered five ounces of cannabis an allowable amount and would not include the weight of any other ingredient combined with cannabis. The proposed bill also lined out what would and wouldn't qualify as cannabis. Hemp, for example, would not qualify, while all parts of the plant of genus cannabis would be considered as cannabis.



The bill most notably outlined who would qualify as a patient and who would qualify as a caregiver for a patient who may have a medical need for cannabis. In the case that marijuana was legalized for medical use, the bill would have

protected qualified patients and caregivers who possessed cannabis and outlined accessories.

The Medical Cannabis Regulation Initiative's objective was to “enact a statute that makes penalties inapplicable under state law for the possession, manufacture, distribution, delivery and dispensing of cannabis for medical purposes by registered private entities, and establishing a Nebraska Medical Cannabis Commission to regulate such entities.”

The initiative's purpose was to decriminalize cannabis for medical purposes while putting regulations in place for its possession, delivery and more.

Groups looking for signatures for these petitions circled Saline and Seward County for weeks in hopes of getting medical marijuana initiatives on the ballot this November.

As of July 7, 2022, 7% of registered voters and 5% of registered voters in at least 38 of Nebraska's 93 counties were required for the initiatives to be put onto the ballot, with at least 86,776 valid signatures statewide.

The Patient Protections initiative had 77,843 signatures and met the 5% threshold in 26 counties. The Cannabis Regulation initiative had 77,119 signatures and met the 5% threshold in 27 counties.

Periodic eye and vision examinations are an important part of preventive health care. Many eye and vision problems have no obvious signs or symptoms, so you might not know a problem exists. Early diagnosis and treatment can help prevent vision loss.

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Kenneth L. Marvin, Pharm.D., R.P.
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SEASON CHANGE, SEROTONIN CHANGE: HOW CHANGING SEASONS AFFECT MENTAL HEALTH

by Meaghan Stout
design@sewardindependent.com

As the sun begins to hide away earlier and earlier, moods can begin to change, darkening with the shorter days of winter.

Seasonal Affective Disorder is a type of depression that follows a season-based pattern with symptoms that last four to five months per year. Since SAD is still a type of depressive disorder, symptoms include those associated with major depression. Symptoms can occur during summer months or winter months and may differ depending on the time of year someone experiences SAD.

General symptoms of major depression (that may also apply to SAD) may include:

- Feeling depressed
- Losing interest in activities you once enjoyed
- Changes in appetite or weight
- Having trouble sleeping
- Feeling sluggish or agitated
- Feeling fatigued or low energy
- Feeling hopeless
- Having trouble concentrating
- Having thoughts of death or suicide

Winter-specific SAD symptoms may include:

- Oversleeping (hypersomnia)
- Overeating
- Weight gain
- Social withdrawal

Summer-specific SAD symptoms may include:

- Trouble sleeping (insomnia)
- Poor appetite
- Restlessness
- Agitation

- Anxiety
- Episodes of violent behavior

Symptoms and mood changes associated with SAD can be serious and affect how someone feels, thinks and handles their daily activities.

SAD is more common in people with major depressive disorder or bipolar disorder. People that experience SAD are more likely to have other mental disorders such as anxiety disorders, panic disorders, eating disorders, ADHD or ADD. SAD can also run in families and is more common in people who have relatives with mental

illnesses.

Diagnosis of SAD requires someone to have had symptoms of major depression or SAD symptoms occurring during specific seasons for at least two consecutive years. Though this is how SAD is diagnosed, not everyone who experiences SAD will have symptoms every year.

About 5% of adults in the United States experience SAD. Symptoms usually last about 40% of the year. SAD is more common in women than it is in men.

What causes SAD is mostly unknown, though it may have something to do with sunlight exposure and reduced activity of

serotonin. Despite unclear causes for the disorder, treatments are available to help. Treatments can include:

- Light therapy
- Psychotherapy
- Antidepressant medications
- Vitamin D

Light therapy has been a treatment for SAD since the 1980s and is mainly used for those with winter-pattern SAD. The treatment has the patient sit in front of a specialty bright light box for 30 to 45 minutes a day. This is usually done first thing in the morning from fall until spring.

Psychotherapy is also

known as talk therapy and aims to help people learn to cope with situations and replace negative thoughts.

Antidepressants and medication treatments for SAD depend on medication risks, benefits and what you and your doctor feel is the best course of action.

Vitamin D treatments include taking supplements of vitamin D. Its usefulness in improving symptoms has been compared to light therapy, though findings have been mixed.

Because of the predictable timing onset of SAD symptoms, those with a history of SAD may benefit from starting treatments slightly before the onset of symptoms. For example, if someone has a history of winter-pattern SAD, they could begin treatments in the fall to help prevent and reduce depression when winter comes. There has been no compelling evidence of light therapy or psychotherapy preventing symptoms when begun prior to the patient's SAD season, though antidepressants have shown to be valuable in preventative treatment.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline toll-free at 1-800-273-TALK (8255). You also can text the Crisis Text Line (HELLO to 741741) or use the Lifeline Chat on the National Suicide Prevention Lifeline website.

Information taken from www.nimh.nih.gov/health/publications/seasonal-affective-disorder-and-psychiatry.org/patients-families/seasonal-affective-disorder.

Seasonal Affective Disorder



Local meal prep service is a game changer

by Amy Hausman
amy@friendsentinel.com

Jennifer Perkins, who works as a personal trainer in Friend, Exeter and Geneva, just wanted to get her client to the next level and never envisioned running a meal preparation service out of her home.

"This all started accidentally," said Perkins, who holds a degree in personal training and sports nutrition. "I had a client struggling with the nutrition part of her regime. She was putting in the work at the gym but not getting the results she wanted."

Struggling with having the time to cook, Perkins's client asked her, "Will you just make my meals?"

With a love of cooking and desire for her client to succeed, Perkins agreed.

When her client started bringing her new meals to work for lunch, the referrals spread like wildfire.

What was a side project grew so much that Perkins went through the process to obtain the Nebraska Cottage Food Permit.

The permit allows individuals to sell homemade foods already authorized for sale directly to consumers at the producer's home or online for pick-up or delivery within the state of Nebraska.

All of the meals Perkins prepares are homemade with lean proteins such as salmon, turkey and chicken with between 300 and 350 calories.

Meals are all fully cooked and ready to be reheated in the container they come in at an average

(continued on 9)



Identifying fall risks in your home

Sept. 18-24 is Fall Prevention Awareness Week. This is a nationwide effort to raise awareness on preventing falls.

Falls can be common for any age but for many older adults this can result in a serious and costly injury, says Four Corners Health Department.

About 36 million falls are reported among older adults each year.

Around 3 million older adults are treated in emergency departments each year for a fall-related injury.

Reducing the risk of falls can help older adults live with less fear.

There are many things you

(continued on 8)



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COURTESY PHOTO

Crete Area Health Care Foundation members presented a \$49,579.79 check to the CAMC surgical team on Sept. 8 to be used for a second anesthesia machine.

Second anesthesia machine new addition to CAMC

Crete area residents and medical center employees once again pushed the annual Care and Share campaign to success for the Crete Area Medical Center.

On Sept. 8, the Crete Area Health Care Foundation presented a check for \$49,579.79 to the CAMC for the second anesthesia machine that is used in the Lambert L. Zoubek Surgery Wing.

The money came from a combination of funds raised during this year's community and employee campaign and excess funds from previous Care and Share campaigns.

"This generous gift will have a lasting impact on how we serve

our patients and provide lifesaving care," CAMC President and CEO Stephanie Boldt said. "The community and the Foundation's support is greatly appreciated."

The opening of the new Lambert L. Zoubek Surgery Wing this spring brought a second operating room to CAMC, which is why the Foundation chose the second anesthesia machine as the focus of this year's campaign

This second operating room now houses a state-of-the-art anesthesia machine that administers inhalation anesthesia.

It delivers a mix of anesthesia gases and oxygen to patients while also monitoring blood pressure,

pulse rate and temperature.

Anesthesia machines consist of flowmeters, vaporizers, carbon dioxide absorbers, sources of compressed gases and a mechanical ventilator.

The GE Avance CS2 device provides information that helps clinicians maintain desired oxygen concentration flow and is extremely efficient.

"The surgical staff are very excited about the newly remodeled surgery wing," said Mitch Ebke, CAMC certified registered nurse anesthetist. "By adding the second anesthesia machine into the new procedure room, we can increase the number of surgical cases we can

complete during a day. This allows us to bounce back and forth between rooms and use the surgeon's time more efficiently while they are here."

The Crete Area Health Care Foundation continually strives to improve health care in Crete and surrounding areas. Since its inception, the Foundation has granted more than \$3 million toward the purchase of medical equipment and professional development scholarships by managing a long-term endowment fund.

For more information or to become a financial supporter, call (402) 826-6581.

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Fall prevention

(continued from 6)

can do to help reduce the risk of a fall.

Ask your loved ones about their current health conditions:

- Can they see well or should a trip to the eye doctor be scheduled?
- Are they able to keep track of their medications?
- Are the side effects causing them difficulties?

These could be questions to bring up with a doctor.

Do a walk through safety assessment of the home. Take note if you notice your loved one holding onto walls or acting extra cautious in a certain area.

Remove any tripping hazards and increase lighting so it is easy to see.

Tai Chi and Stepping On classes can also help with movement and balance.

Seward County Aging Partners and the Milford Senior Center offer such classes periodically



throughout the year.

Four Corners offers a Stepping On class as well.

Stepping On is a seven-week program designed for people who are living at home and have experienced a fall or are concerned about falling. It helps participants to strengthen their balance, build confidence and learn more about fall triggers.

To learn more about upcoming events, visit www.fourcorners.ne.gov, call (402) 362-2621 or 877-337-3573, or email info@fourcorners.ne.gov.



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Fun run

(continued from 2)

4. It is good for the mind, too. Running is a way to unplug and let the endorphins kick in. It can reduce stress and anxiety that even our children face.

5. Your kids need to see you struggle. It is a good thing for your child to see you stagger across the

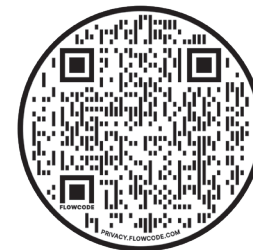
finish line panting and dripping in sweat. They need to know that not everything comes easily, and that on occasion, trying your best means you may not be the winner but that it is still a win.

Look for me at the Crete Area Medical Center's Community Fun Run on Oct. 1. I will be the sweaty one!



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Seward promotes suicide prevention



KEATON BURGESS

Pinwheels and signs line the highway in the Seward County Courthouse south lawn on Sept. 14 for Suicide Prevention Month. The 130 pinwheels represented the number of people nationwide that die on average from suicide in a day. The signs also included the numbers for the suicide and crisis hotline. The number to call is 988 or text 741741 to talk to a crisis counselor.

Meal prep

(continued from 6)

price of \$10 per meal.

Perkins sends out her menu and posts it on Facebook at “Inside Out Health and Fitness” and “The Body Shop” in Friend on Thursdays with a deadline to place an order by Fridays at noon.

Delivery is an option in Exeter, Friend,

Geneva, York and Fairmont for an additional dollar per meal.

“On average I have 75 to 90 meals prepared a week,” Perkins said. “It is important to understand that exercise and nutrition go hand-in-hand. You cannot have one without the other and get results. You need to put the right things in your body.”



Stay in the know, stay safe in emergencies

by Emily Hemphill
emily@sewardindependent.com

When disaster can strike at any minute, it's important to stay informed about what's going on around you.

Both Seward and Saline counties have emergency alert systems in place to notify residents about potential dangers – everything from tornado warnings to road closures to potentially dangerous criminals.

Everbridge alerts – sometimes referred to as Nixle alerts – are available through text messaging, email or a smartphone app.

To sign up for alerts:

- Go to www.sewardcountyne.gov/emergency-alerts for Seward County residents or co.saline.ne.us/web-pages/emergency_manager/emergency_manager.html for Saline County residents.

- Click on the Everbridge or Nixle Alerts icon.

- Enter your mobile phone number, email and address information so the system can send alerts relevant to your area.

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Dancing with friends



COURTESY PHOTOS

POYD's dance students were able to participate in "Bring a Friend to Dance Day!" celebrated in each respective class Sept. 11 to Sept. 16. Guests were able to come in activewear and bare feet to experience the joy of dance.

Knowing the signs of an overdose and what to do

BY MEAGHAN STOUT
design@sewardindependent.com

Drug overdoses were responsible for 209 deaths in Nebraska in 2020, an increase from prior years, with around 35% of Nebraska overdose deaths being from opioids.

An overdose can occur from any drug, whether it be prescription or recreational. Signs of an overdose can vary depending on the drug causing it. Some of the usual signs, though, include:

- Unresponsive to voice or touch
- Slow heartbeat or low blood pressure
- Slow, uneven or lack of breathing
- Dilated eyes
- Blue lips, skin or fingernails.

If you believe someone is experiencing an

overdose, call 911 and do not leave the person alone. Nebraska has the Good Samaritan Drug Overdose Immunity Law. This law protects you or someone else experiencing a drug or alcohol overdose from being charged with drug violations if you call 911 and stay on the scene.

This law also allows minors to call 911 when someone is experiencing a drug or alcohol overdose without having to worry about legal trouble.

The law puts the health and safety of people experiencing drug overdoses first to keep from discouraging people from calling for help when in an emergency.

In case of a suspected overdose, check the person's breathing and try to get a response, either by yelling their name or rubbing the middle

of their chest with your knuckles.

If they're not breathing, begin rescue

breathing or chest compressions. If possi-

ble, give them Narcan, a nasal spray used to



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Get your flu shot

Places in Seward County to get flu shots

- Milford Family Medical Center (402) 761-3307
- Seward Family Medical Center (402) 643-4800
- Twin Rivers Urgent Care in Seward (531) 727-2893
- Utica Family Medical Center (402) 534-2081
- Walmart Pharmacy in Seward (402) 643-6611

Get your flu shot in Crete

Public Health Solutions offers flu shots weekly at their walk-in clinics. No appointment needed. Walk-in flu shots are available at 830 E. 1st Street, Suite 300 Crete, NE 68333 on: Tuesdays from 1 p.m. – 4 p.m. Fridays from 3 p.m. – 5 p.m.

Why should my family get a flu shot?

- Protects your loved ones from the flu or a potentially serious illness
- Prevents your family from spreading the flu to others
- Keeps your child from missing school and you from missing work

Overdose signs

(continued from 10)

reverse the effects of an overdose. Narcan can be obtained for free for any Nebraska resident at participating pharmacies with no prescription. To locate a participating pharmacy, go to stopodne.com/

see-all-narcan-pharmacies. The site also gives instructions on how to use Narcan. Visit www.overdoseday.com for more information about how to use narcan or naloxone for opioid overdose and what to do if you do not have any.

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Arthritis Aches and Pains

About 27 million Americans have osteoarthritis (OA), which is the most common type of arthritis in older people. Hands and weight-bearing joints such as knees, hips, and lower back often take the biggest hit.

OA develops when the cushioning tissue in joints (cartilage) breaks down. Then bone may rub on bone, causing inflammation, stiffness, and pain. When arthritis is advanced, you may hear grinding noises or your joint may become enlarged.

What's the cause of osteoarthritis? It could be a combination of things. Joints can simply lose their cushioning with repeated wear and tear over time. And an injury can hasten this process. Extra pounds can also harm your joints. Sometimes OA runs in families, too.

You can learn better ways to move to protect your joints. Your doctor may even recommend physical or occupational therapy. If you need a cane, make sure a professional fits it for you. You can also buy a brace or knee sleeve or special devices to help open jars or do other challenging tasks.

When pain flares up, it may be tempting to curl up in a ball and try to ignore it. That may be exactly the wrong thing to do. Although rest is important, moving may also help ease your pain. Some types of exercise can relieve stiffness and improve flexibility, while others promote strength or endurance. It may also help to switch to less weight-bearing activities, for example, swimming or cycling instead of running.

If you've put on some extra weight, do your best to lose it. Did you know that with every pound you gain, your knees must handle four more pounds and your hips six more pounds of pressure? And, obesity may add insult to injury. That's because body fat may release chemicals that also cause joint damage.

What else can you do? Heat or cold may help ease the pain of arthritis. And pain medications may be essential as well. -Stop by and we can help you sort-out the differences between the types of medications used for arthritis. Some require prescriptions; others do not, such as aspirin, acetaminophen, and ibuprofen.

NSAIDs (nonsteroidal anti-inflammatory drugs) can also be effective in treating symptoms. That's because, with arthritis, fluid builds up when the body tries to compensate for lost cartilage. The resulting inflammation can cause pain and warmth around the joint.

In more severe cases, you may need other types of treatment such as injections, splinting, or surgery such as a joint replacement.

As for alternative remedies, recent studies show that acupuncture may bring relief for some people. The oral supplements glucosamine and chondroitin may help with moderate to severe osteoarthritis pain. But studies in the knee show these don't appear to improve cartilage changes. Whatever you do, steer clear of unproven supplements. The U.S. Food and Drug Administration (FDA) has warned the public about certain products marketed as "natural" dietary supplements for conditions such as arthritis. If you're not sure about a certain product, please stop in at Mueri Drug and ask the Pharmacist.



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Nicotine addiction: Vaping, smoking, quitting

How vaping affects teen health

In an FDA survey, about 17.1% of teens believe vapes aren't as harmful as other tobacco products.

Chemical ingredients from the liquids of a vape can enter the lungs and cause potential harm.

Nicotine can harm the brain while it's still developing. Some of the key areas that nicotine can affect are:

- Attention
- Learning
- Mood
- Impulse Control

How to get teens to stop vaping

If your teen is currently vaping, here are ways to help them stop.

- Set a good example by not smoking or vaping
- Share the potential health effects of vapes and make an appointment with a healthcare professional to reinforce these ideas
- Connect your teen with resources that can help him or her quit.

Signs that addiction treatment is needed

Addiction can happen to anyone. The first step in recovery is often realizing someone needs help. Common signs of addiction are:

- Taking drugs or drinking in large amounts
- Craving a certain substance
- Prioritizing drugs and alcohol
- Continuing to use the substance after experiencing consequences
- Experiencing withdrawal symptoms when not using

Tips for quitting

Quitting smoking can feel impossible, but it can be done. Here are some tips to help prepare for quitting nicotine.

1. Choose a specific quit date.
2. Think about and write down all the ways quitting will improve your life and health.
3. Get rid of temptations, anything that makes you think of or want nicotine.
4. If you've attempted quitting before, reflect on what your past attempts have taught you.

Remember, quitting is a journey. If you fall down, you can always get back up again.

For support in your quitting journey, call 1-800-QUIT-NOW (800-784-8669). Spanish speakers can call 1-855-335-3569.



York General - Through All Stages of Life

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Respiratory Services
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Imaging Services
Wellness Center

York General Hearthstone

Certified Skilled Nursing Care
Rehabilitation Services
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Hospice

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