



DYK

DID YOU KNOW? – QUARTERLY NEWSLETTER JAN - MAR 2023 | ISSUE | VOL 2

A QUARTERLY PUBLICATION OF YOUR RAC HEALTH CARE COMMITTEE

Who is ultimately responsible for your health?

By Heather Haverfield, DC



Is it your doctor? No, it is you! Unfortunately, our medical model has become sick care, not health care. The changes in insurance and regulations are forcing doctors to see more patients, spend less time with them and more

paperwork. Have you noticed how you have to be sent out for everything? It is hard to find a health care provider who offers labs, diagnostic testing, and wellness care under one roof. This shift in our health care system, or as I call it sick care system, has put much more responsibility on you as a patient to be involved in your health. Is this a bad thing? I don't think so. I see too many patients who take one doctor's advice and never question or get a second opinion, only to pay for it in the long run.

What do you need to do to protect yourself in this day of our sick care system? First always ask questions. What are your options? If it is a major procedure that is needed, can you try something less invasive first. If it is a new drug prescribed, always look into the side effects and read the fine print on the paperwork that the pharmacy gives you. The warnings are there for a reason, and too many ignore them and end up suffering in the long run.

Now don't misunderstand where I am coming from, some drugs are life saving for people with heart conditions, diabetes, etc. However, the majority of medications prescribed are for pain relief and musculoskeletal dis-ease. Not only do these drugs just mask the problems, but they are some of the more addictive drugs. Make sure to ask about your options and know what you are putting in your body.

What other choices can you do to take control of your health? First, you are what you eat. So when you put artificial foods that are processed in a factory and have a shelf life that would survive an atomic blast, don't put it in your body. Most people put more thought about what fuel

they put in their car than they do their body. There needs to be a paradigm shift in your thinking. If you put garbage into your body, you may not see negative changes now, but in your golden years you may develop diabetes, coronary disease, elevated cholesterol, etc.

What is your core strength? This is not your abs... this is how well you hold yourself upright with balance. These are the muscles that will support you as you age, and as we age we start to lose our balance. You can test yourself by standing on one leg, how strong do you feel? Can you close your eyes and stay balanced? Is one side easier to stay balanced on? If you had any difficulty with any of these, your core strength is either weak or imbalanced. So how do you improve this? Believe it or not is not sit ups or heavy lifting, it is yoga! The poses in yoga all target the muscles surrounding the core and will help to improve your balance.

Don't be someone who falls victim to our system. Start making simple changes and asking questions to ensure that as you age you, it is on your terms and not the medical system.

In 2023 Live Courageously and Heal Magnificently!

By Janet Warren Ph.D

A New Year is a chance to prioritize your well-being and feel better than you ever have before! That means thinking beyond dire negative medical diagnoses, and "temporary" setbacks of illness, body injuries, or depression to fight dis-ease and create a whole new body. The miracle is that your ten trillion cells are constantly regenerating—the stomach in five days, red blood cells in four months, liver in five, and bones remodeled in ten years. Believe this. Work toward building a stronger body with exercise and intention. Know that nutritious food you eat has the power to nourish, protect and heal your body and decrease drug dependency, but convenient habit-forming junk foods destroy it. I am finding more and more conscientious physicians are beginning to acknowledge this. We each have our crosses to bear, some more challenging than others, but what is important is how we deal with our crosses. Fitness for me has meant achieving, maintaining and at times having to heal and regain the physical ability to do the things I want to do. Live Courageously and Heal Magnificently! I love it! Let's all give it a try and see what happens!

Dr. Heather Haverfield is a licensed Chiropractor serving the South Shore community of Ruskin, Sun City Center and Apollo Beach. She has been freeing people from pain in their clinic in Ruskin, Sun City Center and Apollo Beach for over 20 years.



WELLNESS by Lisa Frank
Director of Resident Services

We are excited to continue our presentations with our Therapy Director, Amy Gunter. Her second health presentation “Get Moving” will be on Jan. 24, 2023 at 10:00am.

A few more reminders from The Wellness Center:

If you have a planned surgery or hospital stay, please let me know. I can help set up any care you might need after you return home. This could be Home Health, Outpatient therapy, or to have your meal delivered.

If you would like to make an appointment with any provider that comes to The Wellness Center, you must call that providers office. A full list is available in The Wellness Center.

All Laboratory appointments are made with Sheri Womble, EMT. Please call her at 813-642-1271.

If you have any covid symptoms please CALL The Wellness Center, and we will discuss next steps.

PERIPHERAL NEUROPATHY

By Bruce Clatterbuck



Did you know there are over 100 different causes of peripheral neuropathy (PN) and about 30% of cases have an unknown cause? I learned this and many very helpful facts about PN attending a monthly PN support group for over 10

years. This group is led by Dr. Cindy Tofthagen' a former chemo nurse and now a medical researcher at Mayo Clinic. Cindy decided to give people with PN support after witnessing chemo patients struggle with PN. We used to meet in person, but now meet virtually with Zoom. My years with the group have allowed me to help others who are just learning about PN.

I have had PN for 20 years because of nerve damage from radiation treatments for Hodgkin's disease over 40 years ago. My PN causes numbness, pain, and tingling. In my case, because of nerve damage, I also have advancing muscle atrophy.

It took me years to figure out what was happening to my body. Finding the right neurologist and support group helped me understand PN. It is not curable, but it is manageable. I manage this chronic condition with medication, exercise, and self-education. For me, Lyrica (pregabalin) for pain relief, swimming and the support group are helpful.

We plan to meet in the Club Room on Tuesday, January 17 at 1:00-2:00 pm to discuss PN and gauge the interest in a support group. Next, we may call in to Dr. Cindy Tofthagen's monthly support group via Zoom on Wednesday, February 1 at 1:00-2:00 pm in the Club Room.



STROKE RISKS
By Carl Bohnenkamp

First and foremost, your doctor is the person to consult with about stroke risk. What is stroke? Stroke an event that deprives the brain of blood which carries oxygen and nutrition. Approximately 80% of strokes are ischemic, meaning a clot or blockage preventing a portion to the brain from getting it's blood supply. About 20% are hemorrhagic, meaning that a leak has occurred with the same result. Without oxygen brain tissue will die. Time is brain, don't delay getting help.

Stroke symptoms are:

- Weakness, numbness or paralysis in face, arm or leg, typically on one side.
- Slurred or garbled speech or difficulty understanding others.
- Blindness in one or both eyes or double vision.
- Vertigo or loss of balance or coordination.

TIA, transient ischemic attack also called a “ministroke”. has symptoms similar to a stroke and usually last minutes but may last up to 24 hours. Best not to ignore it.

There are many calculation methods that doctors use to predict stroke risk, what they have in common are:

- Previous stroke or TIA
- Congestive Heart Failure
- High Blood Pressure
- Diabetes
- Age greater than 75 years
- Vascular Disease
- Smoking
- High cholesterol
- Excess Weight
- Sickle Cell Disease

I've not quantified any of these risk factors. Your doctor comes in here. There's a 3 hour window for the use of “clot-busting” drugs in ischemic stroke. Hemorrhagic stroke usually requires surgical intervention to stop the bleed. The most important thing here is

DON'T WASTE TIME – ACT NOW!

Sources: CDC, Mayo Clinic

Published by:
 Janet Warren, Chair/Editor *Wellness and Nutrition*
 Carl Bohnenkamp, Reporter/*Safety*
 Ron Sweet, Graphic Editor
 Lisa Frank, Director of Resident Services