Cancer & Fatigue
HOW PARK TERRACE ASSISTED LIVING CAN HELP!

8 Basic Early Autism Signs

What You Need to Know About Vaping

Natural Treatments for Your Seasonal Allergies

Crowd-Pleasing Easter Brunch
VACCINATIONS SAVE LIVES
REGARDLESS OF AGE

The American Academy of Family Physicians (AAFP) believes that immunization is essential to preventing the spread of contagious diseases. Vaccines are some of the safest and most effective medicines we have, and they have made many dangerous childhood diseases rare today.

The country has experienced pockets of measles outbreaks recently. Dr. Elly Riley of West Tennessee Healthcare™ UT Medicine says outbreaks such as this are due to a lack of immunization. "Either someone has not had the MMR vaccine at all or they did not receive the required second dose at age 5," she said. "While we have not seen any measles in Tennessee, it is still recommended that if you have not been vaccinated that you get it."

Dr. Riley says vaccines are really about preventing or reducing the misery that can come from preventable diseases. "I say vaccines are a lot like a seatbelt, they may not keep the accident from happening, but they can keep you safe in the event of one," she said. "For instance, the flu can be miserable and while the flu vaccine may not stop you from getting the flu, it can lessen the effects it has on you."

A vaccine is a dead, or weakened version, or part of the germ that causes the disease in question. When exposed to a disease in vaccine form, the immune system, which is the body's germ-fighting machine, is able to build up antibodies that protect the vaccinated person from contracting the disease if and when they are exposed to the actual disease. Over the years, vaccines have generated some controversy over safety, but no convincing evidence of harm has been found. And although anyone can have a reaction to any vaccine, the important thing to know is that the benefits of vaccinations far outweigh the possible side effects.

"When I have a family that has reservations about vaccinations, I try to understand where they are coming from and what is behind them," said Dr. Riley. "Often times it is unvalidated concerns or opinions. I try to educate them from a medical standpoint and give them data to consider as there is a lot of evidence supporting vaccinations."

Everyone from infants to teens to adults need vaccines and most are covered by insurance. There are widely accepted immunization schedules available which list what vaccines are needed, and at what age they should be given. Some of these come in a series of shots while some are combined so they can be administered together with fewer shots. Vaccines are especially important for at-risk populations such as young children and older adults.

One recent change in vaccines for adolescents is with the HPV vaccine. "If it is given before the age of 15, only two doses are needed as younger adolescents have a better immune response to it," said Dr. Riley. "However, if the initial vaccination is given after the age of 15, three doses will be required."

For adults, a new shingles vaccine is now available that is more effective than the older one. "Even if you have had the shingles vaccine, it is recommended that you get the new vaccination as it gives better immunity and protection against shingles," said Dr. Riley. "It is recommended that the shingles vaccine be given after the age of 60 but it can be given as early as age 50."

If you or your child is in need of vaccinations, West Tennessee Healthcare UT Medicine can help get you caught up. The clinic is located on the West Tennessee Healthcare campus in Jackson and accepts walk-in appointments for vaccinations.

The new collaboration will enhance the existing primary care services provided by West Tennessee Healthcare UT Medicine by creating access to the vast array of innovative resources offered through the West Tennessee Healthcare system. West Tennessee Healthcare UT Medicine is a partnership with the University of Tennessee Health Science Center.
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Accept “Differences” with a Boundless Love!!

This Month's American Heart Association
Heart Healthy Recipe

Crunchy Cucumber-Dill Salad
Add this vegetable salad bursting with flavor to your next meal.

Ingredients: 4 Servings
- 1 Tbsp. fresh lemon juice
- 2 tsp. olive oil, extra virgin
- 1/4 tsp. pepper
- 2 cucumbers
- 1/2 small red onion
- 1 Tbsp. fresh, chopped dill (or 1 teaspoon dried)

Directions
1. In a small bowl, whisk together lemon juice oil and pepper.
2. Peel cucumbers, and slice in half lengthwise. Thinly slice halves into half-moon shaped pieces and place in a medium bowl. Thinly slice onion and add to bowl. Sprinkle dill on top of cucumber mixture. Add lemon juice mixture and toss well to coat. Cover and chill 1-2 hours and serve.

Quick Tips
Tip: 2 tablespoons per serving

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Go to recipes.heart.org for more heart healthy dishes, courtesy of your local American Heart Association!

To get involved locally in the mission of the American Heart Association, go to www.westntheartwalk.org or call 731-267-8479 for more information!

www.NWTNHealthandWellness.com
Help detect children at risk of autism earlier!

“8 Basic Early Autism Signs”

By peptalkbox

As of 2012, one in 50 kids between the ages of 6 and 17 had some form of autism, compared with one in 88 only five years earlier. Some recent studies suggest that, with early intervention, as many as one in five children on the autism spectrum can recover to the point where they are no longer considered autistic.

Behavioral, occupational and speech therapies may make the difference, and the key is timing! Detecting children at risk of autism as early as 6, 9, 12, 18, 24 and 30 months of age could be a life-changer. Unfortunately, most children with some form of autism are diagnosed at 5 or older, too late to benefit from early intervention.

First social and communication warning signs can be easily missed by parents and doctors, often because of a lack of awareness about early autism symptoms.

**First Six Months**

**Sign 1: No big smiles or other warm, joyful expressions**

Did you ever smile at a baby and he gives you a great big toothless grin back? By a certain age, most babies respond to a facial expression or a smile, especially from a parent. Typically, babies start to laugh and squeal by around six months of age. But it is also important to understand, some babies are all smiles while others are a little more subdued. Variations in how much a baby smiles are also normal. In addition, babies start showing joyful expression at different ages. But if your baby is not smiling by about six months of age or laughing in response to your playfulness by a year, it can be an early sign of autism.

Infants typically smile when smiled at, but babies with developmental delays often don’t respond to smiles from caregivers. Diagnosing autism early helps children get the services they need to help them achieve their highest level of functioning.

**Other signs to watch for during this period:**

- He or She doesn’t respond to loud noises.
- He or She doesn’t follow moving objects with her eyes.
- He or She doesn’t grasp and hold objects.

**By Nine Months**

**Sign 2: No back-and-forth sharing of sounds, smiles or other facial expressions**

Father, son, dad, kid, boy, parent Infant does not try to imitate sounds and movements others make, such as smiling and laughing, during simple social exchanges.

Early signs of autism in babies and toddlers often involve the absence of normal development, not the presence of abnormal behavior. For example, if your baby does not make eye contact when you are doing things, such as feeding or playing with her, it could be a sign of a problem. In general, babies are interested in faces and will meet a parent or caregiver’s eyes at least some of the time. If your baby or toddler resists eye contact on a regular basis, it could be an early warning sign of autism.

Infant does not try to imitate sounds and movements others make, such as smiling and laughing during simple social exchanges.

**Other signs to watch for during this period:**

- He or She doesn’t smile at people.
- He or She doesn’t babble.
- He or She doesn’t pay attention to new faces.
- He or She doesn’t turn her head to locate where sounds are coming from.
- He or She shows no affection for you.
- He or She doesn’t laugh or make squealing sounds.

**By 12 months**

**Sign 3: Lack of response to name**

An infant should generally respond to his or her name with increasing consistency from 6 to 12 months of age. Lack of responsiveness to one’s name is a sign of developmental delay.

**Other signs to watch for during this period:**

- He or She doesn’t reach for objects.
- He or She doesn’t smile on her own.
- He or She doesn’t try to attract attention through actions.
- He or She doesn’t have any interest in games such as peekaboo.
- He or She doesn’t crawl.

**By 14 Months**

**Sign 4: No babbling or ‘baby talk’**

Babbling refers to the sounds that babies make before they begin to talk, such as vowel and consonant combinations like “ba,” “da,” and “gee.” At 14 months, kids should should look at someone while they babble, and take turns babbling with caregivers (like a back-and-forth babbling “conversation”).

Speech delays are not always due to autism. There are several conditions that can lead to delayed language development. But in many instances, toddlers will compensate for language delays by finding ways to communicate other than using words. For example, babies and toddlers who do not use any words will make gestures and point to objects. Babies will often lift their arms up to let you know they want to be picked up. This type of nonverbal communication is also part of language development, which children with autism may not display.

**Other signs to watch for during this period:**

- He or She doesn’t use gestures such as waving or shaking her head.
- He or She doesn’t point to objects or pictures.
- He or She can’t stand when supported.
By 16 Months
Sign 5: No back-and-forth gestures, such as pointing, showing, reaching or waving.
This includes things like pointing to ask for things (pointing to the cookie bag up on the shelf) or pointing to get someone’s attention (pointing to an airplane flying by). Children at this age should also be reaching to be picked up, waving, and shaking their head (for “no”). This period is pretty similar to the 14 Month Period. Speech delays are not always due to autism.

Other signs to watch for during this period:
- He or She doesn’t use gestures such as waving or shaking her head.
- He or She doesn’t point to objects or pictures.
- He or She can’t stand when supported.

By 18 Months
Sign 6: No spoken words.
Paradoxically, many researchers now argue that in order to better understand and treat this subgroup of nonverbal people with autism, the field needs to move beyond focusing on speech production. Emerging research suggests that seemingly unrelated issues, such as motor skills and joint attention, may instead be key.

Some children with autism may be under sensitive to sound or touch. They may not seem to feel pain. For instance, a child with autism may not cry when they fall and obviously cut themselves. The opposite can also be true. Some children are overly sensitive to touch. For example, they may not like the feel of fabric against their skin or certain textures of food.

Other signs to watch for during this period:
- He or She can’t walk.
- He or She doesn’t speak more than 15 words.
- He or She doesn’t use two-word sentences.
- He or She doesn’t seem to know the function of common household objects, such as a telephone, fork, and spoon.

By 24 Months
Sign 7: No meaningful two-word phrases that don’t involve imitating or repeating.
Not looking at caregivers when communicating or playing with them, not imitating actions like clapping hands, banging on a drum, or people’s speech sounds. Not looking in the direction of a caregiver’s finger when he or she points to something. For example, a typical 12-month old will look when their mother points to a toy on the shelf.

Babies thrive on affection. In fact, research shows babies who do not get cuddled or shown physical affection can have development delays. Although babies and young children do vary on how much snuggling and affection they enjoy, most babies and toddlers do enjoy hugs and affection from their parents. Babies who do not want to be touched may resist cuddles or squirm to get away from a hug. You may also notice your baby is excessively fussy with no known cause and is hard to comfort. This resistance to affection may be due to sensory disorders issues that can accompany autism. Additionally, some children with autism have a difficult time showing expressions of affection and bonding.

Other signs to watch for during this period:
- He or She doesn’t imitate your actions or words.
- He or She can’t push a wheeled toy.
- He or She doesn’t follow simple instructions.

By Any Age
Sign 8: Any loss of speech, babbling or social skills.
This type of regression doesn’t happen with all children with autism. But approximately 20 to 50 percent of parents of children with autism report that their child lost some of his or her skills during the second year, usually around 18 to 24 months of age.

Babies and young children are quickly learning all types of things from language skills to walking. In fact, it may seem your toddler learns several new words every day. But if your child seems to be regressing and losing skills, words or social connections, it could be a red flag.

It’s important to understand if your child displays some of the symptoms above it does not necessarily mean he has autism. There are normal variations in development. Parents should understand children reach developmental milestones at different ages. Comparing every milestone stone with a friend’s baby may cause unnecessary stress.

Other signs to watch for during this period:
- He or She doesn’t follow simple instructions.
- He or She doesn’t smile on her own.
- He or She pays more attention to objects than people.

What to do if you’re concerned
If your child has any of the early warning signs of autism, seek help right away so that s/he can receive the intervention s/he needs as early as possible. Despite the fact that we know more about the early signs of autism, the reality is that many children are still not diagnosed until around age four. Trust your instincts if you are concerned. The earlier a child receives the intervention he needs, the better his outcome will be. If you are concerned about your child’s communication development:

- **Talk to your child’s doctor** – the American Academy of Pediatrics recommends that doctors screen children for autism at the 18- and 24-month check-ups. However, if you feel that your child has some of the early signs of autism, speak to your doctor as soon as possible.

- **See a speech language pathologist** – speech-language pathologists are trained to assess communication skills in very young children, including “social communication skills.” These are the types of communication skills affected in autism.

- **Do not “wait and see”** – if you suspect your child is slow in his or her social and communication development, seek help as early as possible.

Please visit www.PepTalkBox.com for more information.
April is Cancer Fatigue Awareness Month

Cancer & Fatigue
How Park Terrace Assisted Living Can Help!

What can be done to help those who are fighting the ultimate battle?

Cancer and the treatments used to help us survive, such as chemotherapy, radiation, and biologic therapy, can cause extreme fatigue. Many patients describe this as feeling tired, weak, heavy, slow, or as having no energy.

Fatigue related to cancer is different from fatigue that healthy people feel.

When a healthy person is tired from their normal daily activities, their fatigue can be helped with sleep and rest. Cancer-related fatigue is different. Cancer patients get tired after less activity and it lasts much longer. Cancer-related fatigue is not completely relieved by sleep and rest. Fatigue usually decreases after cancer treatment ends, but many patients may still feel some fatigue for months or even years.

Fatigue can decrease a patient's quality of life.

All areas of life can be affected by cancer-related fatigue. Exhaustion can make it difficult, if not impossible, to take part in family activities, relationships, and social and community events. Patients often may miss work or school. They may be forced to spend less time with friends and family and more time sleeping. Many times, this type of fatigue leads to mood changes and depression. “Brain fog” can set in making it hard to pay attention or remember things.

Getting help with fatigue may help alleviate some of these problems and improve quality of life.

Often times, if patients can be helped with the daily activities, such as meal preparations, medication management, housekeeping, bathing assistance and laundry, they can then conserve their energy for family and social activities. This can help fight the onset of depression by keeping spirits up. Of course, finding day-to-day help isn’t always easy when all of our friends and loved ones have their own activities and work schedules.

At Park Terrace Assisted Living, we take all of the stress off of you, helping you or your loved ones get through the day with ease so that quality of life can be the focus!

If you would like more information about how Park Terrace Assisted Living can help, please feel free to stop by or call 731-479-1321 to schedule a personal appointment and tour with our administrator. Another opportunity to experience our community is by joining us for lunch. We would like to invite you to come see why our residents are so happy here at The Park Terrace Assisted Living!
We believe everyone over the age of 50 should have their hearing checked as part of their overall health and wellness program.

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THE DOS AND DON'TS FOR FABULOUS FEET

Article compliments of the American Podiatric Medical Association

Whether you like to get a pedicure in the nail salon or at home, follow these easy Dos and Don'ts to keep your feet looking and feeling their best.

Dos

• If you have diabetes or poor circulation in your feet, consult a podiatrist so he or she can recommend a customized pedicure that both you and your salon can follow for optimal foot health.

• Schedule your pedicure first thing in the morning. Salon foot baths are typically cleanest earlier in the day. If you're not a morning person, make sure that the salon filters and cleans the foot bath between clients.

• Bring your own pedicure utensils to the salon. Bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.

• When eliminating thick, dead skin build-up, also known as calluses, on the heel, ball and sides of the feet, use a pumice stone, foot file or exfoliating scrub. Soak feet in warm water for at least five minutes, then use the stone, scrub, or foot file to gently smooth calluses and other rough patches.

• When trimming nails, use a toenail clipper with a straight edge to ensure your toenail is cut straight across. Other tools like manicure scissors or fingernail clippers increase the risk of ingrown toenails because of their small, curved shape. See a podiatrist if you have a tendency to develop ingrown toenails.

• To smooth nail edges, use an emery board. File lightly in one direction without using too much pressure, being sure not to scrape the nail's surface.

• Gently run a wooden or rubber manicure stick under your nails to keep them clean. This helps remove the dirt and build-up you may or may not be able to see.

• Maintain the proper moisture balance of the skin on your feet by applying emollient-enriched moisturizer to keep soles soft.

• Use a rubber cuticle pusher or manicure stick to gently push back cuticles. If toenails are healthy, you can use nail polish to paint toenails. Make sure to remove polish regularly using non-acetone nail polish remover.

Don'ts

• Resist the urge to shave your legs before receiving a pedicure. Freshly shaven legs or small cuts on your legs may allow bacteria to enter.

• If you are receiving a pedicure and manicure, don't use the same tools for both services as bacteria and fungus can transfer between fingers and toes.

• Although certain salons offer this technique, don't allow technicians to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.

• Don't round the edges of your toenails. This type of shape increases the chances that painful ingrown toenails will develop.

• Emery boards are extremely porous and can trap germs that spread. Since they can't be sterilized, don't share nail files with friends and be sure to bring your own to the salon, unless you are sure that the salon replaces them with each customer.

Don't use any sharp tools to clean under nails. Using anything sharp makes it easy to puncture the skin, leaving it vulnerable to infection.

• Be sure that you don't leave any moisture between toes. Anything left behind can promote the development of athlete's foot or a fungal infection.

• Because cuticles serve as a protective barrier against bacteria, don't ever cut them. Cutting cuticles increases the risk of infection. Also, avoid incessantly pushing back cuticles, as doing so can make them thicker.

• If you suffer from thick and discolored toenails, which could be a sign of a fungal infection, don't apply nail polish to cover up the problem. Nail polish locks out moisture and doesn't allow the nail bed to "breathe." Once you fix the underlying issue, then it is safe to paint nails. If the problem persists, be sure to visit your podiatrist.

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What You Need to Know About Vaping

Article Compliments of the American Heart Association

Considering vaping instead of smoking?
Check out the truth about e-cigarettes before you pick one up.

What is vaping?
Using an e-cigarette is sometimes called vaping, from the word vapor. E-cigarettes are battery-operated devices that heat liquid to release an aerosol (vapor) inhaled by the user. The liquid can contain propylene glycol, nicotine, flavorings and other substances. E-cig makers and supporters claim they provide a healthier alternative to smoking. Many users think they are an acceptable way to use nicotine where smoking isn’t allowed.

What are the risks?
While e-cigarette vapor may have fewer toxic substances than cigarette smoke, e-cig users are still exposed to nicotine, which is a dangerous and highly addictive chemical, as well as toxins, metals and contaminants. Non-users around them also may be exposed to these harmful chemicals through the exhaled vapor. And the liquid can be toxic if eaten or absorbed through the skin – a poisoning risk to young children in users’ households. Smoking kills more than 480,000 Americans each year. It’s one of the most preventable causes of death and disease. Adults and kids are smoking cigarettes less, but using e-cigs and other tobacco products more. Vaping may help re-normalize tobacco use and get kids started, even leading them to regular cigarettes over time. E-cigarettes are the most common tobacco product used by adolescents. In 2018, vaping went up by 78 percent for high school students and 48 percent for middle school students.

Can it really help me stop smoking?
E-cigarettes are sometimes marketed as a way to quit smoking, but there is not enough conclusive scientific evidence that it works. One study reported adult smokers who used e-cigs were 28% less likely to quit successfully. The American Heart Association recommends using proven methods to quit smoking. The Association continues to advocate for strong regulation of e-cigarettes, such as including them in smoke-free policies, and restricting flavorings and marketing to kids.

What’s the bottom line?
If you don’t currently use tobacco, don’t try vaping because you think it’s “cool” or “safe.” There is no such thing as a risk-free tobacco product. For true health, tobacco-free is the way to be!

West Tennessee Vein Center’s staff is here to answer any questions and help you along in this journey to better vascular health. Call us today for your consultation. Our toll free number is 866-995-9772.
Source: www.venasecure-evlh.com
Natural Treatments for Your Seasonal Allergies

By Karina Hammer, Certified Holistic Wellness Coach
www.karinahammer.com

Itchy eyes, runny nose, congestion, and sneezing...If you suffer from any of these symptoms, you are not alone. Nashville ranks in the top 30 “Allergy Capitals”, according to the Asthma and Allergy Foundation of America.

Our immune system is designed to keep us safe and ward off illness, but sometimes it can mistake an innocuous particle, such as pollen, for a foreign invader, like bacteria or a parasite. Pollen and other usually harmless particles can cause your immune system to get over stimulated. Actually, your allergic reaction is your body’s way of trying to protect itself from these tiny invaders. Your overactive immune system then becomes overly sensitive to these allergens, and you experience symptoms such as sneezing, coughing, congestion, and itchy eyes.

More than 2,000 years ago, Hippocrates stated that “All Disease Begins in the Gut”. Thousands of years later, research has confirmed that 70-80% of your immune system is located in your gut.

Naturally, your gut plays a huge role in your immune health. That’s why the key to reducing seasonal allergies is to heal your gut, in order to restore your immune system’s balance.

Here are several of the natural treatments I use to help my clients’ allergy symptoms:

• Whole food, anti-inflammatory diet- A healthy organic diet low in Omega-6 fatty acids and high in Omega-3 fatty acids, and natural anti-inflammatory foods can help to reduce your allergy symptoms. Increase your consumption of turmeric, onions, pineapple, oranges, and wild Alaskan salmon.

• Eat a variety of fermented foods- Fermented foods and probiotics can help bring your immune system back into balance. Try these probiotic-rich fermented foods for optimal gut and immune health: yogurt, kefir, kombucha, miso, sauerkraut, kimchi, tempeh, natto.

• Local honey and bee pollen- Ingesting local honey and pollens will potentially help the body to build resistance to seasonal allergens and, in turn, reduce allergy symptoms.

• Supplements:
  - Balance your overactive immune system with Reishi mushroom by Fungi Perfecti
  - Stinging Nettle reduces inflammation and may be useful in bringing relief of relief of symptoms such as sneezing, runny nose, and itchy eyes
  - Black Cumin Seed Oil has been shown to boost the immune system, reduce inflammation, and may help reduce symptoms of allergic rhinitis
  - Essential Oils- Combining peppermint, lavender and lemon oils creates an effective and soothing allergy relief combination

As a Holistic Wellness Coach, my goal is to guide and support my clients to take responsibility for their health and well-being by taking the time to get to know themselves better. If you need help finding a natural solution for your seasonal allergies, I invite you to schedule a complimentary 30 minute health assessment at www.karinahammer.com.

Karina Hammer is a Certified Holistic Wellness Coach, Co-Founder of Nashville integrative Health, Co-Host of The Magnetic Heart Radio Show, experienced wellness educator and author. Specializing in digestive and vocal health, Karina is committed to helping people find wholeness along their healing journey; utilizing a holistic approach to wellness that includes nutritional, emotional and spiritual modalities to get to the root of their biggest health concerns and bring lasting transformation.

www.karinahammer.com

www.NWTNHealthHandWellness.com
LISTEN UP!

PRESBYCUSIS: Understanding Age-Related Hearing Loss

Contributed by Healthy Hearing

If you are diagnosed with presbycusis, congratulations: You’ve lived long enough to develop age-related hearing loss and you’re in good company. About one-third of adults between 65 and 70 have some degree of hearing loss, according to the National Institute on Deafness and Other Communication Disorders. About half of all people 75 and older have hearing loss.

WHAT IS PRESBYCUSIS?
Medically, presbycusis is a type of "sensorineural hearing loss" that occurs as you age. It typically affects both ears simultaneously and occurs due to age-related changes within tiny hair cells in the inner ear that help us hear. Since hair cells do not regenerate or regrow, any hearing loss we experience as a result of this damage is permanent.

OTHER FACTORS WHICH MAY CONTRIBUTE TO PRESBYCUSIS:
• Hereditary. Did your parents have hearing loss? You may have inherited that tendency, too.
• Certain medical conditions that affect blood supply, such as heart disease, high blood pressure, diabetes and other circulatory problems.
• Ototoxic medications.
• Noise-induced hearing loss (NIHL). Prolonged exposure to excessive noise can cause this type of hearing loss.

WHAT ARE THE SYMPTOMS OF PRESBYCUSIS?
Because presbycusis occurs gradually, many people don’t realize they’re having difficulty hearing. If you’re older and having hearing problems, here are some symptoms that indicate you may have presbycusis:

• Other people seem to be mumbling
• Conversations are difficult to understand, especially when there is background noise
• Certain sounds seem overly loud or annoying
• You have difficulty hearing higher pitched sounds, such as the telephone ring or birds chirping
• Men’s voices are easier to understand than women’s voices

HOW IS PRESBYCUSIS DIAGNOSED?
If any of the symptoms we’ve listed are affecting your ability to hear, make an appointment as soon as possible for a hearing evaluation. The results of this evaluation will help determine the cause and extent of your hearing loss, as well as the best solution for treating the problem.

IS THERE A CURE FOR PRESBYCUSIS?
Like most types of sensorineural hearing loss, there is no cure for presbycusis. Fortunately, though, most cases of sensorineural hearing loss can be treated.

• Hearing aids. After a thorough hearing evaluation, a hearing healthcare professional will recommend the type and style of hearing aid according to the severity of your hearing loss, lifestyle preferences and budget.
• Cochlear implants. If you are diagnosed with severe or profound hearing loss, you may benefit from using a cochlear implant. These medical devices are surgically implanted behind your ear to help detect sound and understand speech.
• Assistive listening devices (ALD). Technology is available to amplify sound from your television, telephone and other personal electronic devices. ALDs can be used with or without hearing aids, depending on the type and severity of your hearing loss.

CAN PRESBYCUSIS BE PREVENTED?
While you can’t do anything about your relatives (much as many of us try), you can take steps to prevent some of the other factors that cause presbycusis.
• If you’re diabetic, have heart disease or other circulatory problems, follow your doctor’s guidelines for diet and exercise. The hair cells in the inner ear depend on good blood flow to keep them healthy.
• Ask your doctor about the medications you’re taking. Are they ototoxic? If so, ask if he/she can prescribe an alternative medication.
• Be aware of loud noises in your environment. According to the NIDCD, noise-induced hearing loss is the only type of hearing loss that is completely preventable. Sounds measuring more than 85 decibels (heavy city traffic, motorcycles, emergency sirens and rock concerts) for long or repeated periods of time can permanently damage your hearing. Hearing health experts recommend wearing ear plugs or other hearing protection when you’re working or playing around noisy equipment or recreational vehicles.

Presbycusis sneaks up on you and, left untreated, can cause a multitude of additional health problems such as anxiety, depression and social isolation. Research also indicates untreated hearing loss puts people at a greater risk for developing dementia and Alzheimer’s disease as well as other emotional and physical problems. The good news? Although today’s hearing aid technology won’t restore your hearing to normal, it will greatly improve your quality of life.

If you or a loved one is experiencing difficulty hearing, contact The Jackson Hearing Center at 731-660-5511 or visit our website at hearingmemphis.com to schedule a FREE Hearing Screening and Consultation. Let The Jackson Hearing Center serve all of your hearing healthcare needs!

Helping West Tennessee Hear Over 18 Years!

Waynesworth Park, 172-D W. University Pkwy.
Jackson, TN 38305
April is Oral Cancer Awareness month. The Academy of General Dentistry, the American Association of Oral and Maxillofacial Surgeons, the American Dental Association, and other medical and dental professional organizations are joining the Oral Cancer Foundation in its campaign to raise awareness of oral cancer screenings and the importance of early detection.

Cancers can develop in every part of the body. In the mouth, cancer can affect the tongue, lips, gum tissue, cheek lining mucosa or the throat. Although oral cancer is more common in people over 40, anyone can be affected. Research now shows mouth cancer is becoming more common in younger individuals and is more prevalent now than it was a decade ago. In 2010, the National Cancer Institute estimated that 36,540 people were diagnosed with oropharyngeal cancer. This year an estimated 51,500 new cases of oropharyngeal cancers will be diagnosed and of those individuals, 40 percent will not survive longer than five years. Many who do survive suffer long-term after effects such as severe post-surgical facial defects or difficulties with eating and with speech. The death rate with oral and oropharyngeal cancers is high because they often are not discovered until late in tumor development.

There are a number of risk factors that contribute to the development of oral cancers. Historically, around 25% of oral cancer patients are nonsmokers and non-drinkers, but the other 75% have the classic risk factor links of tobacco and alcohol use. Heavy drinkers who are also smokers or smokeless tobacco users are at even greater risk due to the irritation of the mucous membranes of the mouth from carcinogenic smoke and heat. Another, increasingly significant risk factor is the virus family known as HPV or human papilloma viruses. These viruses are passed from person to person through unprotected intimate contact. Reliable research statistics reveal that oral cancer is now occurring more frequently in younger, non-smoking individuals due to HPV16 infection, the virus strain most commonly associated with cervical cancer. Infection of mucosal tissues by exposure to HPV is almost always resolved by the body’s immune response to invading viruses. But in the small portion of HPV infected cells that do not fight off the viral
invasion, cell changes can lead to the growth of malignant tissue lesions. HPV viral infection is implicated mostly in cancers located in the pharynx, or the areas behind the tongue including the throat and tonsillar folds. Cancer growth caused by HPV infection often takes years to develop and it is unclear whether having an HPV infection alone is enough to cause cancer or if other factors such as alcohol or tobacco use interact with HPV to cause these cancers.

Future research will answer many of these questions but for the prevention of oropharyngeal cancers that are initiated by the HPV16 viral strain, there is a vaccination available. Gardasil is one HPV vaccine that has been in use since 2006 and there is substantial research evidence now of its effectiveness. While the vaccine does not treat HPV infections or diseases caused by HPV, it provides strong protection against new infections. The Centers for Disease Control, (CDC, the leading national public health institute of the United States) has recommended HPV vaccination along with the other recommended vaccination regimens for children and adolescents, such as those that protect against Diphtheria, Pertussis, Measles, Polio, etc. These vaccines are safe and confer lifelong immunity from many strains of HPV, including those strains implicated in oropharyngeal cancers.

Deadly as mouth cancers can be, early detection can greatly improve the odds of survival. Cancerous lesions can be spotted in early stages by your dentist or hygienist during a thorough examination of the oral mucosal tissues, the tongue, floor of the mouth, throat, and lips. Early signs of cancer might include white, red or mixed white red patches, ulcerative areas or raised, enlarged areas of the mouth or tongue. Detection of carcinoma at early stages, Stage I or II, can be difficult as the tumor might not yet be visible or palpable. The dysplastic cells of early carcinoma can be hidden from plain view with normal-looking tissue hiding developing disease below the mucosal surface. When cancer lesions reach Stage III or IV chances of detection improve but the chances of recovery diminish. If mouth cancer is recognized early, the chances of cure are good. Therefore, regular oral examination is highly recommended, even for denture wearers who have no remaining teeth.

But what about tumors that are not visually detectable at their earlier and more treatable stages? Clearly, we need a better method for early mouth cancer detection, and there is one coming. Research over the last decade has shown there are certain proteins associated with the earliest stages of carcinogenesis that are detectable in body fluids, including saliva. Assay tests with a high level of reliability are being developed that will allow clinicians to initiate remedial action, long before a lesion is clinically identifiable. The testing mechanism will be quick, easy, inexpensive and highly accurate. This screening method should be commercially available soon and will be incorporated easily into the comprehensive dental examination.

Your mouth is one of your body’s most important early warning systems. Proactive prevention through regular examination is your best safeguard against developing devastating oral cancers. Ask your medical doctor for his or her recommendations on HPV vaccination. Limit alcohol intake, give up tobacco use, eat healthy foods and visit the dentist’s office for a head-neck cancer exam along with your dental evaluation.

Dr. Randall LeDuke is a graduate of the University of Memphis and the University of Tennessee College of Dentistry. He is a past president of the Tennessee Academy of General Dentistry, (www.AGD.org) and has achieved AGD Master status, one of only 48 AGD Master dentists in Tennessee.

Dr. LeDuke holds his permit to administer Limited Conscious Sedation, having received training in this area through the Dental Organization for Conscious Sedation. Cosmetic dentistry is a passion with Dr. LeDuke. He is a member of the Tennessee Academy of Cosmetic Dentistry and serves on its Board of Directors. Dr. LeDuke is a general dentist, not an Orthodontic Specialist. However, he has treated hundreds of children and adults within his dental practice over the past twenty-five years. Conventional braces, clear ceramic braces and clear aligner orthodontics (ClearCorrect.com, invisalign.com) are available at our office. Dr. LeDuke has a special interest in interceptive therapies for achieving improved development and alignment of the jaws of young, growing patients.

Please visit our website Smile Gallery at www.smilesbyleduke.com for some examples. Most dental services can be accessed within our office, eliminating the need for out-of-town referrals. Our patients appreciate Dr. LeDuke’s depth of experience and advanced training through years of continuing dental education.

For more information or a consultation appointment with Dr. LeDuke, please call:
731-885-0497
214 West Church Union City, TN 38261
www.smilesbyleduke.com
Living With Irritable Bowel Syndrome

Irritable bowel syndrome, or 'IBS', is an unpleasant, yet surprisingly common, disorder that can severely disrupt an individual's life. As with any problem, psychological or physical, it is important first to understand what it is. Having found out all you can about its nature and causes you can begin to seek out treatments.

IBS is a disorder of the gut, but it is a functional disorder, meaning there is nothing wrong with the structure of the gut, merely with the way it is functioning. In essence, it is a result of overactivity in the gut. However, if you begin to suffer intense pain that will not go away, or if you discover blood in your stool, see a medical doctor as soon as possible. IBS can be difficult to diagnose, partly because the symptoms vary from person to person. Some people experience diarrhea, others constipation. Some excrete a stool that is abnormally soft and thin, while others find their stool becomes small, hard and pellet shaped. Often, the sufferer still feels bloated and unrelieved after going to the toilet. Most experience mild pain, excessive wind and a sense of bloating.

The first step should be a visit to a medical doctor. A simple blood test will reveal whether you have mistaken something else for IBS, such as coeliac disease, colitis, gut infections or even ulcers. Sometimes the early stages of bowel cancer can be mistaken for IBS.

Treatment naturally depends on the causes. The three most common are infection, food intolerance and emotional disturbance. Infections of the gut seem to sensitize it and can lead to IBS, which often persists even after the infection has cleared. Food intolerance can also lie at the root of IBS. Many people go through life unaware that they possess a low-level wheat or lactose intolerance. More generally, a poor diet composed of junk food and sugary snacks can also cause IBS. The majority suffer from this disorder because of stress, particularly when the stress is prolonged.

If you believe your IBS is the result of a recent gut infection, see your doctor. If you are sure your IBS has a dietary cause, it may be worth visiting a dietician. Wheat and dairy products are common culprits and many people are unaware of their intolerance to such things. It may be worth trying an exclusion diet. These can be tedious and unproductive, but if they work they can save you a lifetime of discomfort. Try eating nothing but vegetables, rice and fruit for a week, and then gradually add in wheat, dairy, sugar, alcohol, caffeine and so on to see if any of them makes a difference. Water is also important as it helps ease the passage of food along the gut.

If your IBS has been caused by stress and anxiety you must do all you can to reduce them. People who leave a stressful and exhausting job, for example, often report the disappearance of their IBS. If it is impossible to remove the immediate cause of stress, you can at least try to soothe and calm your body. Try taking long, hot baths, getting plenty of exercise and exploring yoga and meditation. Anything that reduces stress and anxiety will also ease the symptoms of IBS.
APRIL 2019
Health & Wellness
RUNNING EVENTS

ANDREW JACKSON MARATHON & HALF MARATHON
DIRECTOR: DANNY CROSSETT
Email: danny@crossett.com
Phone: 731.668.4000
Distance: 26.2, 13.1
When: 4/6/2019 7:00 am
Where: West Tennessee Farmer’s Market

COLORS OF CANCER COLOR RUN
Director: Megan Bryant
Email: meganbryant1008@gmail.com
Phone: 615.499.1012
Distance: 5K, 1 mile walk

HULAHUSTLE
Email: brittneyjgirl@yahoo.com
Phone: 731-616-1985
Distance: 5K
When: 4/13/2019 8:00 am
Where: Farmers Market

CITY OF JACKSON "CLEAN WATER RUNOFF 5K"
Director: Wendy Brazer-Rhyne, City of Jackson Stormwater Management
Email: wrhyne@cityofjackson.net
Phone: 731-425-8217
Distance: 5K
When: 4/20/2019 7:00 am
Where: Corner of W. Lafayette Street and New Market Street

GLOW OUT 5K AND 1 MILE WALK
Director: Susan Barker, West Tennessee Healthcare
Email: susan.barker@wth.org
Phone: 731-541-6388
Distance: 5K and 1 mile walk
When: 4/26/2018 7:30 pm
Where: Kirkland Cancer Center

Mathnasium of Jackson, TN
731-300-0249
www.mathnasium.com/jacksontn
1045 Union University Dr
Jackson, TN 38305
Crowd-Pleasing Easter Brunch

Easter is a time to celebrate with friends and family. You can create a crowd-pleasing brunch with affordable, high-quality ingredients, wine and tablescape decor.

Elevate your holiday brunch beyond an egg casserole with a Spiral Ham with Red Wine and Citrus Glaze as the centerpiece for your table.

Finish the meal with a Mini Blueberry Chocolate Tart for a dessert that's perfect for spring. Combining sweet and fruity notes, this treat can leave your guests craving more.

Find ingredients for these recipes at ALDI, which offers high-quality, fresh and affordable foods to help you put together a vibrant spread. From brunch essentials and beverages to fruits, veggies, snacks and more, you can make Easter pop. Plus, there are chocolates, candy and flowers to add a splash of color to your table or any Easter basket.

Find additional recipes at ALDI.us.

Spiral Ham with Red Wine and Citrus Glaze
Recipe courtesy of Rebecca Gallop (@adailysomething) on behalf of ALDI
Prep time: 15 minutes
Cook time: 10-12 minutes per pound of ham
Ham: 1 Appleton Farms Spiral Cut Double Glazed Brown Sugar Ham (about 4 pounds), reserving liquid

Glaze:
1/2 cup Intermingle Red Blend wine
1/4 cup Nature’s Nectar orange juice
1/4 cup Specially Selected 100% Pure Maple Syrup
1/2 cup Simply Nature Organic Light Brown Sugar
1 tablespoon chopped fresh rosemary
1 dash salt
2 tablespoons Burman’s Dijon Mustard

To make ham: Heat oven to 325 F. Place ham in roasting pan on rack. Pour reserved liquid over ham and cover tightly with foil. Bake 10-12 minutes per pound.

To make glaze: In small pan, combine wine, orange juice, syrup, brown sugar, rosemary and salt. Heat to boil then lower to rapid simmer until mixture begins to thicken and reduce, about 10 minutes, stirring frequently. Remove from heat and whisk in mustard.

When ham is 10 minutes from being done, remove from oven and increase temperature to 400 F. Remove foil and brush ham thoroughly with glaze.

Place ham back in oven, uncovered, about 10 minutes, or until ham reaches internal temperature of 140 F.

Remove ham from oven and let sit 10 minutes. Slice and serve.

Mini Blueberry Chocolate Tart
Recipe courtesy of Chef Michelle, ALDI Test Kitchen
Prep time: 10 minutes
Cook time: 17 minutes
Servings: 12

1 Bake House Creations Pie Crust
1 1/2 tablespoons Sweet Additions Stevia No Calorie Sweetener
1 cup fresh blueberries
1 Choceur Dark Chocolate Bar (2.64 ounces), chopped

Heat oven to 400 F. Cut 1-2 sheets of parchment paper into 5-by-5-inch squares. Line each cup of 12-cup muffin pan with one square of parchment paper.

Roll out pie crust and cut 12 circles, 2 inches each, with cookie cutter. Press each circle into lined muffin cup.

In medium bowl, combine sweetener, blueberries and chocolate. Divide mixture among pie crusts.

Bake 17 minutes until chocolate melts. Allow to cool and serve.
ACCEPt "DIFFERENCES" WITH A BOUNDLESS LOVE!!!
A "beauty from ashes" story about Life... and Autism.

By Debbie Lee Imsande

I will never forget the early years when my son Luke was diagnosed with Autism Spectrum Disorder... and the emotional rollercoaster that followed. I want to reflect back upon one ordinary day.

I was sitting with a close friend, and spiritual mentor, whom I call Sweet Mary, and out of all the ponderings of my heart, these words left my lips:

"Will he Love? Will he know Jesus?"

...it was through her, God spoke these words over my spirit: "How could he not?"

Since that day, too many times, I have allowed people to bring darkness into my colorful soul. These piercing words, accusations made, and harmful actions were not so colorful. Thankfully (Genesis 50:50)

Is autism a disorder, a disability, different ability... or is it a unique gift, or exceptionality? Although I am thankful that culture is trying to level the playing field for us, trying not to offend others, in our attempts to understand and advocate on his behalf, becomes quite exhausting.

The "spectrum" of autism is vast. Raising awareness of and hoping to change how culture views people with autism is the truest intention of my heart. The desired response is simple: Accept ALL PEOPLE with LOVE. Celebrate the potential in everyone and the possibilities in every encounter!

My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory.
James 2:1–12 (ESV)

We must often go to the Holy Scriptures—inspired by God, living and active, and like human words, can offend—but TRUTH IS TRUTH; we must live by it and let this penetrate our soul! We are ALL flawed and uniquely gifted. Every one of us! Let that free us to serve each other with a boundless love...

I cannot think of a greater purpose than being a champion for others! Standing in the gap, getting in the trenches with them, and saying: your heart matters! So, let's invest in God's children... love them as they are and help them find their GOD-SIZED DREAM!

Luke is now a teenager. He is not afraid to pray. He prays often at school, youth group, and the family meal. Recently, Luke was praying over his lunch with his friend Cameron; he thanked God for his best friend. Cameron sweetly thanked Luke for praying. I was stopped in my tracks. He goes to God without fear! It doesn't occur to him that someone might judge his prayer or question his heart. We cannot imagine the work God is doing in his spirit!

Yes! HE LOVES! Yes, HE KNOWS JESUS!

How could he not?!

Thank you, God, for your boundless love, the saving work of Christ Jesus, and the glorious unfolding of becoming our true selves through the refining of the Holy Spirit!

God will make “beauty out of ashes”—colorful light from darkest night—so all we need to do is look expectantly toward our future glory! Let's create a culture of acceptance where we can learn and live with boundless opportunities in the truth of God's Word... looking with new eyes to those who are different than ourselves, including those with autism. Live the resurrected life: dying to our false self, who we became through culture's lies, and rise to the newness of life in Christ!

"THERE COMES A TIME IN YOUR LIFE WHEN YOU NEED TO MAKE WHAT JESUS DID FOR YOU GREATER THAN WHAT SOMEONE DID TO YOU."
—Christine Caine

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