DISCOVERY DASH...
RUN THROUGH THE MOST UNIQUE COURSE IN THE WORLD!
SATURDAY, SEPTEMBER 14TH AT 8 A.M.

'I CAN'T FOCUS... WHAT'S WRONG WITH ME?'
TREATING ADULT ADHD

CBD OIL: SHOULD YOU TRY IT FOR ARTHRITIS SYMPTOMS?

HOW TO AVOID PROSTATE CANCER

FOOT PAIN?
RAINES FOOT CLINIC CAN HELP!

DISCOVERY PARK OF AMERICA
See beyond.
There's never been a better time to improve the health and appearance of your smile!

Randall LeDuke, DDS

Smiles by LeDuke patients come from every walk of life, every age and every income level... but they all want the same thing - a beautiful, clean and healthy smile. Does this sound like you?

Join our patient family today and let us help you achieve your goal.

Changing the way the world sees you, one remarkable smile at a time!

731-885-0497
214 West Church
Union City, TN 38261
www.smilesbyleduke.com
Great doctors almost everywhere you look.

Wherever you live and play, our doctors are nearby. In fact, we have nearly 1,000 skilled doctors across the region, including primary care physicians, pediatricians and virtually every type of specialist. So many great doctors to choose from. So many great reasons we're trusted.
We don’t take the “standard” approach to the standardized test. We teach students individually, helping them develop the knowledge and skills needed to succeed on the SAT, the ACT, and in their coursework as well.

Teaching math is not just what we do, it’s all we do. We’re the authority in math education, with over 900 learning centers worldwide. Start your child’s transformation. 

Schedule a comprehensive free assessment today.

Changing Lives Through Math™

Mathnasium of Jackson, TN
731-300-0249
www.mathnasium.com/jacksontn

At the Cardiovascular Clinic of West Tennessee, our exceptionally talented team of cardiovascular professionals is focused on bringing high quality heart care to the West Tennessee community.

Comprehensive consultations and follow-up clinical evaluations incorporate the latest evidence-based clinical research data, complimented by advanced sophisticated diagnostic services.

Cardiovascular Clinic of West Tennessee
2968 N. Highland Jackson, TN 38305
731-256-1819
www.cardiovascularclinicofwesttn.com

Clinic locations in Jackson, Huntingdon and Martin.
Clinic hours in Jackson are 8 am to 5 pm. Please call for satellite clinic hours.

We are accredited by the American College of Radiology.
CONTENTS
SEPTEMBER 2019

6 Health Care Solutions for Rural Americans
7 PAD is Similar to Coronary Artery Disease (CAD)
8 Five Fitness Accessories You Need for Hot Yoga
9 Don’t Skip a Beat
10 How to Avoid Prostate Cancer & Other Prostate Problems
11 Foot Pain? Raines Foot Clinic Can Help!
12 ‘I Can’t Focus... What’s Wrong with Me?’
   Treating Adult ADHD
13 Ethics: The 5 Promises ADA Dentists Make to Their Patients
14 CBD Oil: Should You Try It for Arthritis Symptoms?
15 Spiritual Wellness: Stay in Your Own Lane

CONTACT US
PUBLISHER / EDITOR
Millie J. Stubblefield
MillieStubblefield@gmail.com

GRAPHIC DESIGNER
Sonny Grensing
Sonny@gwhizmarketing.com

www.NWTNHealthandWellness.com

Northwest Tennessee Health & Wellness Magazine can be found in hundreds of Northwest Tennessee medical facilities, including: hospitals, doctor’s, chiropractor’s
and dentist’s offices. Find a copy of your FREE Health & Wellness Magazine in
Madison, Dyer, Gibson, Henderson, Carrol, Obion, Weakley and Henry Counties.

To get your article published and for ad rates, call 731-514-3780
MillieStubblefield@gmail.com

©Copyright NORTHWEST TENNESSEE HEALTH & WELLNESS Magazine 2019. All rights reserved.
Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited.
Articles and other material in this Magazine are not necessarily the views of NORTHWEST TENNESSEE
HEALTH & WELLNESS Magazine. NORTHWEST TENNESSEE HEALTH & WELLNESS Magazine reserves the
right to publish and edit, or not publish any material that is sent. NORTHWEST TENNESSEE HEALTH &
WELLNESS Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers.
The information in NORTHWEST TENNESSEE HEALTH & WELLNESS Magazine should not be construed as a
substitute for medical examination, diagnosis, or treatment.

This Month’s American Heart Association
Heart Healthy Recipe

Turkey Sliders with
Avocado, Mushrooms,
and Swiss Cheese

These mini turkey burgers just melt in your mouth thanks to
gooey cheese, warm mushrooms, and creamy avocado.

Ingredients: Servings 4  Serving Size 2 slider
• 8 whole-grain slider buns (lowest sodium available)
• 1/14 lbs ground, skinless turkey breast
• 1/4 tsp salt
• 1 cup sliced brown (cremini) mushrooms
• 8 slices low-fat Swiss cheese
• 2 small avocados (mashed with a fork)
• 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

Directions:
1. Preheat the oven to 450°F.
2. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the
tops of the buns on the sliders.
3. Using four short skewers, pierce two sliders with each skewer. Serve immediately.
4. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
5. Using your hands or a spoon, shape the turkey into 8 patties, each about 3
inches in diameter. (The uncooked patties will be larger than the bun and will
shrink as they cook.) Sprinkle the salt over each patty.
6. Heat a large nonstick skillet or griddle pan over medium-high heat.
7. Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3
minutes, or until the patties are no longer pink in the center and register 165°F
on an instant-read thermometer.
8. Transfer the patties to the bottoms of the buns.
9. In the same skillet, cook the mushrooms over medium heat for about 3 minutes,
or until soft, stirring frequently.
10. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
11. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to
2 minutes, or until the Swiss cheese is melted and the buns are heated through.
Remove from the oven.

Nutrition Facts
Calories: 470
Total Fat: 15.2 g
Saturated Fat: 3.1 g
Trans Fat: 0.0 g
Polyunsaturated Fat: 2.5 g
Monounsaturated Fat: 7.8 g
Cholesterol: 101 mg
Sodium: 503 mg
Total Carbohydrate: 38 g
Dietary Fiber: 8 g
Sugar: 6 g
Protein: 45 g

- Dietary Exchanges
  2 starch, 1 vegetable, 5 lean meat

Go to recipes.heart.org for more heart healthy dishes, courtesy of your local American Heart Association!
Copyright © 2019 American Heart Association. Healthy For Good™. heart.org/healthforgood.

To get involved locally in the mission of the American Heart Association,
go to www.westnheartwalk.org
or call 731-267-8479 for more information!
Health Care Solutions for Rural Americans

Heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke. These top five causes of death in the United States all have a higher incidence of death among rural residents and research points to lack of access to health care as a culprit.

Today, rural hospitals are closing at a rapid pace, expanding an already vast health care desert (defined as inhabited areas more than 60 minutes away from an acute care hospital) across the country.

According to the University of North Carolina's Rural Health Research Program, since 2010, more than 105 of America's 1,700 rural hospitals have closed. Additionally, a Navigant report found that 21% of rural hospitals are at high risk of closing unless their financial situations improve.

Every day, rural Americans find themselves farther from medical care.

Practical challenges facing patients

Fatal injuries and illnesses aside, rural residents face other practical concerns related to the health care in their communities.

- Doctors are more concentrated in urban areas, while there are shortages in rural communities. A shortage of doctors can mean less availability for appointments, difficulty capturing enough attention from a busy provider, longer distances to reach a physician and limited access to specialists.
- Statistically, rural residents tend to be older and need more frequent visits to their primary doctors and other specialists.
- Pregnant women have to travel even farther to deliver a baby, leading to an increased risk of complications at birth. Similarly, pre-natal and post-natal care are harder to access.
- Rural residents often enjoy more outdoor activities (such as hunting, hiking and riding ATVs) than urban residents and therefore are at a greater risk of injury that requires treatment at a trauma center.

Airborne answer

One solution to fill the gap in rural health care is air medical services, which transport patients to critical care facilities in minutes. With nearly 90% of patients transported living in rural areas, air ambulance services are an essential part of health care access in these communities.

However, just like rural hospitals, air ambulances are threatened as well. Medicare and Medicaid reimbursement rates have remained steady for decades, while operational costs required for air medical services have increased, creating a financially unsustainable situation. Some private insurers also refuse to cover air medical services or pay minimal costs, requiring patients to assume the balance.

Visit globalmedicalresponse.com/protect-patients to learn more about these services in your area.

How to take action

The challenges facing rural health care access may be significant, but rural residents can take individual actions to make a difference for themselves, their families and even their communities.

- Express support to elected officials. Rural residents can call or write letters to their senators and representatives and demand they keep local hospitals open and protect access to air medical services. Reaching members of Congress at their local offices may be more effective than contacting their federal offices.
- Support efforts to secure grants. Some universities have been given grants from the Health Resources & Services Administration, an agency of the U.S. Department of Health and Human Services, to create or expand community health initiatives and facilities in rural areas.
- Explore alternative sources of care. Many rural areas have community health workers who complete home visits to assist people with chronic diseases like diabetes and high blood pressure. Although their training is limited compared to that of a doctor or nurse, their service increases health care access and they’re able to spend more time with patients.
- Get educated about your care. One role of community health workers is teaching patients about how to manage their own medical needs. This education helps residents be proactive and preventative in their health care, which can reduce the need for hospitalizations in certain cases, such as learning how to properly manage diabetes.
- Make an emergency plan. For families who reside in a rural community, it’s a smart idea to have a plan in place for how to respond in the event a medical emergency. The plan should include information about the location of the closest hospital, emergency contact information in the community and other details necessary to gain emergency care.
- Consider remote access care. Another option for both rural and urban residents alike is telemedicine, which allows patients to connect with a doctor or nurse virtually using technology and without having to travel. The two-way communication can facilitate evaluation and treatment for minor conditions. The service is offered as a cost-saving incentive through some insurance plans, as well as private providers.

Protecting Patients Against the Unexpected

With increasing frequency, insurance companies are not covering the full cost of medical emergencies, leaving families with out-of-pocket expenses they didn’t expect.

If you need medical transport and a physician or first responder determines air evacuation is the best—or only—option to get you to care, you shouldn’t have to worry about the bill you’ll receive afterward. Many emergency service providers have support efforts in place to help you focus on recovery, not finances.

For example, many air medical companies provide patients access to their patient advocates, who work with the patient's insurance provider to properly cover air medical transport, taking the patient out of the middle. This process can result in significantly lower costs for the patient, often amounting to just the usual copay and deductible.

Photos courtesy of Getty Images
PAD is Similar to Coronary Artery Disease (CAD)

Peripheral artery disease is a narrowing of the peripheral arteries serving the legs, stomach, arms and head. (“Peripheral” in this case means away from the heart, in the outer regions of the body.) PAD most commonly affects arteries in the legs.

Both PAD and coronary artery disease (CAD) are caused by atherosclerosis. Atherosclerosis narrows and blocks arteries in critical regions of the body.

Quick facts about PAD
The most common symptoms of PAD involving the lower extremities are cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Typically, this pain goes away with rest and returns when you walk again.

Be aware that:
• Many people mistake the symptoms of PAD for something else.
• PAD often goes undiagnosed by healthcare professionals.
• People with peripheral arterial disease have a higher risk of coronary artery disease, heart attack or stroke.
• Left untreated, PAD can lead to gangrene and amputation.

Added risks for PAD
Other factors can increase your chances for peripheral artery disease, including:
• Your risk for peripheral artery disease increases with age.
• High blood pressure or high cholesterol puts you at risk for PAD.

If you smoke, you have an especially high risk for PAD.
If you have diabetes, you have an especially high risk for PAD.

The good news
If you’re at risk for peripheral artery disease or have been diagnosed with PAD, it’s worth knowing that:
• PAD is easily diagnosed in a simple, painless way.
• You can take control: Follow your doctor’s recommendations and strive to lead a heart-healthy lifestyle.
• Some cases of PAD can be managed with lifestyle changes and medication.

Atherosclerosis and PAD
If you have atherosclerosis, that means that plaque has built up inside your artery walls. Plaque is made up of deposits of fats, cholesterol and other substances. Atherosclerosis in the peripheral arteries is the most common cause of PAD.

What happens is this: First, plaque builds up enough to narrow an artery, which chokes off blood flow. Next, if that plaque becomes brittle or inflamed, it may rupture, triggering a blood clot to form. A clot can further narrow the artery, or completely block it.

If that blockage remains in the peripheral arteries of the legs, it can cause pain, changes in skin color, difficulty walking and sores or ulcers. Total loss of circulation to the legs and feet can cause gangrene and the loss of a limb. If the blockage occurs in a carotid artery, it can cause a stroke.

It’s important to learn the facts about PAD. As with any disease, the more you understand, the more you’ll be able to help your doctor make an early diagnosis. PAD has common symptoms, but many people with PAD never have any symptoms at all.

Learn the facts, talk to your doctor and take control of your cardiovascular health.

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.
For many yoga enthusiasts, hot yoga has become a favorite fitness routine. These steamy yoga classes are springing up everywhere and feature traditional yoga poses set in a sultry, high humidity environment that are reported to be invigorating besides just plain hot. Although the American Council on Exercise has conducted a study which showed that these classes are safe, there are some fitness accessories which will make the experience more comfortable.

Water Bottles
Although the American Council on Exercise concluded that hot yoga is a safe physical exercise, its findings did note that properly hydrating before, during and after the class is important. You can make sure you stay hydrated with a high quality water bottle that's easy to tote around and just as easy to clean. Look for different features in a water bottle depending on your personal needs, from insulated bottles that will help to keep your water cool, to bottles with convenient carrying clips and handles.

Clothing with Moisture-Wicking Ability
Moisture-wicking is basically a fancy way to describe apparel that pulls sweat off of your skin and to the outside of the fabric. Moisture-wicking fabric is particularly good to wear for hot yoga because it will help you to feel a little less drenched in sweat during your workout. You can find moisture-wicking fabric in basically every kind of fitness apparel including bras, underwear and shorts. You can find designs that help to prevent bacteria growth and odor, too.

Fitness Towel
Hot yoga is designed to make you sweat, and sweat you will. To keep dry during the session, you can come prepared with a super absorbent towel. Most yogis recommend bringing a mat-sized towel to cover your entire yoga mat so you won't be sliding all over the floor while you're holding poses. You may also want to consider purchasing a smaller sized towel that you can use to quickly wipe off drips of sweat if they bother you.

Hair Bands
When you're exercising in high humidity and heat, even the smallest things against your skin can cause major irritation, including your hair. Keep your hair out of your face and off your shoulders with some trusty hair bands. Unfortunately, not all hair bands are created equal. Make sure you choose a high quality band that will hold your hair securely in place throughout the entire session, so you don't have to stop and adjust your hair during the workout. You can also bring some bobby pins and little hair clips to keep small flyaways under control.

Sweat Bands
You can keep excess sweat off your face and hands with some sweat bands. Forget the cheesy looking sweat bands from 1980s exercise videos. Sweat bands have actually become trendy again, and they come in many different colors and designs from top fitness brands. Many head bands are also available in flat and trendy designs rather than plain, bulky terrycloth.

With these simple fitness accessories, you'll be ready to take on your next hot yoga class. You can find these items at your local fitness retailer or online. Remember to stay hydrated and you can stay as comfortable as possible in the steamy session.
Don’t skip a beat.

September in the South means football—lots of football. It is also Atrial Fibrillation Awareness month and, while the gridiron action can sometimes cause your heart to skip a beat, it is a far cry from atrial fibrillation, a common heart condition that, if left untreated, can lead to a stroke.

Often called AFib or AF, atrial fibrillation is an abnormal rhythm of the heart that affects more than 2.7 million adults in the United States. AFib is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications.

Atrial fibrillation can strike anyone, even extremely fit athletes, and it can significantly impact a person’s quality of life. Most patients with AFib experience one or more of the following symptoms:

- irregular heartbeat
- heart palpitations
- lightheadedness
- extreme fatigue
- shortness of breath
- or chest pain

Even if the symptoms go away, it is important to see a physician and have a physical exam.

For patients in West Tennessee that require event monitoring to diagnose arrhythmias, West Tennessee Healthcare™ Heart and Vascular Center offers the latest advancement in cardiac monitoring. The new system features a patient-friendly design with no wires, batteries or leads to manage so patients can sleep, shower and exercise while wearing the patch.

"The new monitor is much easier to wear and can be worn for longer periods," said Emily Garner, Clinical Manager for West Tennessee Healthcare Heart and Vascular Center. "Because of this we are seeing greater patient compliance which has meant that the diagnosis rate is much more accurate than before."

West Tennessee Healthcare Heart and Vascular offers comprehensive care for a full range of cardiovascular disease, including AFib. Nationally trained physicians and state-of-the-art technology ensure patients receive the care their condition demands right here—close to home. For more information about West Tennessee Healthcare Heart and Vascular services call (731) 541-2273.

The Chest Pain - MI Registry™ Performance Achievement Award program recognizes hospitals participating in Chest Pain - MI Registry™ who have demonstrated sustained, top level performance in quality of care and adherence to guideline recommendations.

Jackson Madison County General Hospital has once again earned a Platinum Chest Pain – MI Registry™ Performance Achievement Award. The hospital has maintained this level of excellence since joining the Registry in 2012.

The Care You Trust, Right Here.

Jackson-Madison County General Hospital

www.NWTNHealthandWellness.com
How to Avoid Prostate Cancer and Other Prostate Problems

If you are a man approaching middle age, make it a priority to get to know, love, and care for your prostate. Ignore this little organ at your peril! Roughly half the male population of North America and Western Europe will have enlarged prostates by their mid-50s. And prostate cancer remains frighteningly common: every year, 10,000 new cases are diagnosed in the U.K. alone.

First, what is the prostate? The prostate is a gland, about the size of a walnut, found just below a man's bladder. It releases seminal fluid, and during orgasm, contracts to allow ejaculation. Unfortunately, as men age, the prostate often enlarges, sometimes up to four times the size it would be in a healthy 20-year-old. This is largely the consequence of natural hormonal changes, especially the decreasing levels of testosterone and its conversion into DHT.

Prostate trouble can be distressing (having to get up three or four times a night to urinate, suffering from unwanted leakage at work, and so on), as can the medical examinations and treatments. To avoid these problems, not to mention prostate cancer, try the following:

1) Take regular exercise. Exercise helps boost the immune system and reduce stress. But make your exercise gentle. Do not take up cycling or horse riding, as these activities can damage the prostate. Yoga is particularly good. If you attend a class, ask your teacher if there are any exercises she would recommend, especially those that target the pelvic area.

2) Reduce the amount of eggs you consume. Researchers at Harvard University conducted a study into 1,000 men in the early stages of prostate cancer. They found that those who ate an egg a day doubled the risk of their cancer metastasizing. The culprit is thought to be a compound known as choline. According to Dr. Michael Greger, an American physician and author of How Not to Die, who quotes from the Harvard study in his book, choline may also increase your chances of developing prostate cancer in the first place.

3) Eat plenty of seeds. Sunflower, sesame, pumpkin, and above all, flaxseeds are all good for the prostate. They are packed with essential fats, but more importantly, they contain zinc, which is vital for a healthy prostate. Flaxseeds are also packed with lignans, proven to slow the growth of prostate cancer cells in petri dishes and possibly in human bodies as well.

4) Eat lots of tomatoes. Tomatoes contain lycopene, a substance known to prevent prostate cancer. But to enjoy maximum benefit, you need to cook them, as the lycopene is released when tomatoes are heated. Since garlic and olive oil are also good for the prostate, try frying tomatoes in a small amount of good-quality olive oil along with chopped garlic. If you prefer not to fry them, you can grill or even bake them.

5) Take a zinc supplement. Zinc supplements have been shown to slow benign prostatic hyperplasia (BPH), a condition which involves the enlargement of the prostate. Zinc interferes with the conversion of testosterone into DHT, a hormonal trigger for prostate enlargement. And zinc deficiency is common among those diagnosed with prostate problems. However, make sure you buy a good quality brand.

6) Take a turmeric supplement. Turmeric, hailed by some as nature's wonder drug, may also have benefits for the prostate. Curcumin, found in turmeric, is thought to inhibit the compounds responsible for prostate enlargement. Those who take turmeric supplements also reduce their risk of incontinence and urinary infection. When the prostate goes wrong, it tends to become swollen and inflamed; turmeric is a well-known anti-inflammatory.

7) Take a PSA test. This stands for Prostate Specific Antigen. If your PSA levels are elevated, this may mean your prostate is becoming enlarged; it may even indicate the early stages of cancer.

Difficulties with the prostate are so common that most men will experience them at some point, even if it is merely the annoyance of having to urinate several times a night. Unfortunately, modern medicine is still far too reactive. In other words, the medical establishment waits for you to get sick, then treats you (usually ineffectively, as many physicians will admit). The key is to not get sick in the first place. And that is especially true of the prostate.
Foot Pain?

Presented by Raines Foot Clinic

It was Leonardo da Vinci who said, “The human foot is a masterpiece of engineering and a work of art.” Did you know that the feet contain almost 25% of the bones in the human body (52 out of 206)? Each foot is made up of 26 different bones. There are 33 joints, 19 muscles and 107 ligaments in each foot. Complex biomechanics keep all these parts in the right position and moving together. Given these intricacies, it is not surprising that most people will experience some problem with their feet at some time in their lives.

A podiatrist spends years studying the foot and ankle. No doctor knows the anatomy of the foot better. Most doctors gloss over the foot in their medical training because it is so complex. Understanding the structure of the foot and how the bones and joints work together to allow us to walk, run and jump is not to be taken lightly. It has been said many times, “When your feet hurt you hurt all over.” If you have had foot pain, you know just how true that statement is. A podiatrist can help. A podiatrist is the expert when it comes to foot and ankle care.

Fast Facts on Podiatry

- There are an estimated 15,000 podiatrists practicing in the United States.
- Podiatrists receive a doctor of podiatric medicine (DPM) degree.
- Doctors of podiatric medicine receive basic and clinical science education and training comparable to that of medical doctors, including four years of undergraduate education, four years of graduate study at one of the nine podiatric medical colleges, and two or three years of hospital-based, postgraduate residency training.
- Podiatric medicine is to the foot and ankle what ophthalmology is to the eye and cardiology is to the heart.

The Foot

- Each foot is made up of an intricate network of over 100 tendons, ligaments, and muscles.
- Every step places 1.5 times your body weight of pressure on your foot (a 150-pound person places 225 pounds of pressure on the foot with every step).
- The average person walks 5,000 to 7,000 steps a day. The American Podiatric Medical Association (APMA) estimates that the average person will walk nearly 100,000 miles in a lifetime, between three to four times the earth’s circumference.

Foot Ailments

- Nearly eight in 10 Americans have experienced foot problems as a result of wearing uncomfortable or ill-fitting shoes.
- The most reported foot ailments among Americans are heel pain, blisters, and ingrown toenails.
- Heel pain is the most common foot ailment, with 43 percent of Americans experiencing this condition within the past year.
- Six in 10 (60%) Americans who have experienced heel pain over the past year also have had trouble performing life’s daily activities.
- Other common foot ailments Americans have experienced within the past year include pain in the balls of the feet (35%), nail problems (33%), and sweaty feet or foot odor (32%).
- Nearly three quarters (73%) of Americans have suffered from dry, rough, cracked, or irritated skin on their feet.

Foot Care

- Only a quarter (25%) of Americans who have experienced foot ailments have seen any sort of physician about their problem, and less than half that amount (12%) have visited a podiatrist.
- Americans ages 50 and older who have experienced foot ailments have seen podiatrists more often than their 18- to 49-year-old counterparts (20% vs. 7%).
- Almost four in 10 (39%) Americans who have experienced foot ailments rely on over-the-counter and self-treatments for relief. Of this group, three in 10 (30%) choose to do nothing to relieve their ailing feet.
- The most common barriers to foot care include a lack of medical insurance (32%) and money (22%).

Raines Foot Clinic can help you with this and any other podiatric needs. For an appointment or consultation, call 731-885-0220 in Union City or 731-286-2139 in Dyersburg.
ADHD – attention deficit hyperactivity disorder – is the official, medical term for what was once called ADD. The condition affects approximately 10 million adults. In this article, we’ll look at how the condition is diagnosed and the options for treatment.

‘I have difficulty focusing, but I am too old to have attention deficit hyperactivity disorder...that only affects children...PLUS, I am NOT hyper.’ This is a misconception of the past.

People with ADHD do not have to be outspoken, boisterous or physically active. They certainly do not all have to be children. ADHD affects approximately 10 million adults. Most of these adults suffer with the symptoms of this condition and are unidentified; therefore, they are untreated and are attributing their symptoms to another source leading to a diminished quality of life.

How do I know if my patient has ADHD?
There are screening tools to help hone in on these patients. The World Health Organization Adult Self-Report Scale (ASRS) screener can be completed in office. If a patient endorses 4 of the 6 symptoms significantly, then formal diagnosis should be sought from a physician, trained in ADHD, that can perform a thorough evaluation.

What are my treatment options?
Medication alone is not sufficient to help a person improve his or her problems with organization, time management, prioritizing and using cognitive aids, but it does improve attention and reduce impulsivity in adults who have been correctly diagnosed with the condition. Medication comes in the form of stimulant and non-stimulant. Both classes are used to enhance brain activity.

Stimulants/psychostimulants are the most widely used medicine for the management of ADHD symptoms in adults and children. The two mostly commonly used are methylphenidate and amphetamines. ADHD medications approved for adults include: methylphenidate; Focalin, Focalin XR; Concerta; Daytrana; Metadate CT; and the amphetamines, Adderall XR and Vyvanse. Short acting formulations last approximately 4 hours, necessitating multiple doses throughout the day; whereas, long-acting preparations last up to 10-12 hours and are associated with fewer ‘ups and downs,’ meaning you can take the medications one to two times daily. Your physician can tailor a regimen best suited for your needs depending upon your daily routine and schedule. The most common side effects are loss of appetite, weight loss, sleep problems, headaches and jitteriness. They are known to potentially worsen psychiatric conditions like depression, anxiety and psychosis.

Non-stimulant options also exist, but are considered second-line (people with incomplete or failed response to stimulant agents), except for atomoxetine (Strattera). Whereas the effects of the stimulant are almost immediate, atomoxetine takes a longer time to produce a response, on occasion up to 6 weeks. Side effects include, but are not limited to, increased heart rate, increased blood pressure, dry mouth, difficulty sleeping and decreased appetite. Other options, although not as widely used in adults, include Clonidine and guanfacine. Side effects of these medications include sedation and potential for rebound hypertension (elevated blood pressure). Some physicians will also prescribe antidepressants to treat the symptoms if other psychiatric illnesses affect the patient (depression, anxiety).

Better equipped to treat adults with ADHD
The belief that ADHD/ADD only affects children is a thing of the past. Clinicians now know better and are better equipped with resources to treat their adult patients that present with complaints of difficulty with concentration, restlessness, poor memory, difficulty completing tasks, etc. Do not be ashamed to discuss these symptoms with your provider because we are here to help. It is important to find a provider that is trained and experienced with the diagnosis and management of adult onset ADHD to set yourself on the path to improvement.
Ethics: The 5 Promises ADA Dentists Make to Their Patients

By Dr. Randall LeDuke, DDS

This month’s article is on the ethics of dental practice in the U.S. today and we dentists’ obligation to you, the public, who seek our help. When you call a dental office to make an appointment for yourself or your family, there is an ethical contract entered into that both the patient and the dental professional must understand and honor. The ethical obligation of the dentist to the patient is very well expressed in the following information essay taken from the website of the American Dental Association. It says it all and I cannot express it better.

When it comes to choosing a dentist, character counts. In a 2015 survey by the American Dental Association, 69 percent of people polled said they were more likely to choose an ADA member the next time they were looking for a dentist.

The reasons why are simple. Patients who took the survey said they appreciate the patient-first promise that ADA dentists make as part of the association’s code of ethics. Here’s a breakdown of the 5 pledges dentists make in the ADA Principles of Ethics and Code of Professional Conduct and what you can expect at your next appointment.

Respect a Patient’s Wants and Needs
As a patient, you have the right to be involved in decisions about your treatment and to expect privacy and confidentiality. The code reminds all dentists that they have the duty to put the patient first, to involve the patient in treatment decisions in a meaningful way and to treat the patient taking into account the patient’s desires, as long as those desires are within the bounds of accepted treatment.

Do No Harm
Your dentist’s duty is to keep you safe and healthy. Part of this is keeping his or her knowledge and skills current and referring patients to specialists when necessary. To ‘Do No Harm’ is really the Golden Rule. Dentists practice ‘Do No Harm’ in many ways, but one universal expression is dedication to keeping their knowledge and skills up-to-date. New science and technology can quickly emerge. In response, dentists complete a tremendous number of hours in continuing education annually to provide patients with the highest level of science-based effective and safe care.

Do Good
This means your dentist provides high-quality and timely treatment, while considering your needs, desires and values. To ‘do good’ for a dentist means to consider each patient as an individual and to do whatever is in their best interest. We discuss treatment options together so we come to an agreement about what’s best. It’s also important to use scientific evidence for the public good, such as support for municipal water fluoridation.

Be Fair
Your dentist does not discriminate and will provide dental care without prejudice. Everyone is treated fairly, regardless of race, creed, religion, socioeconomic background, ethnicity and current health conditions.

Be Truthful
The best doctor-patient relationships are based on trust and honesty. Truth in diagnosis and treatment planning is vital. Once you and your dentist have that trust, you can be partners, which will help you both gain so much going forward.

The goal of the profession is to help you find your way to a healthy mouth by delivering our best care and attention. To find out if you are seeing an ADA dentist, ask at your next appointment or go to www.ada.org and scroll to the bottom of the home page. You will find their Find-A-Dentist link to identify ADA dentists in your area.

Dr. Randall LeDuke, DDS, MAGD
is a graduate of the University of Memphis and the University of Tennessee College of Dentistry. He is a past president and a Master of the Tennessee Academy of General Dentistry, (www.agd.org). He is a Life Member of the American Dental Association.

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 and 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
CBD Oil: Should You Try It for Arthritis Symptoms?

By Linda Rath

CBD oil has been hyped as the next big solution for everything — from chronic pain and depression to anxiety and so much more. But is it effective for arthritis symptoms? The jury is still out.

What is CBD?
Two kinds of the cannabis sativa plant, hemp and marijuana, produce chemical compounds called cannabinoids. Cannabidiol (CBD) is one type of cannabinoid, but it doesn’t get you high. THC — another cannabinoid — is the psychoactive part of marijuana and does get you high. Most CBD products come from hemp, which must have less than 0.3 THC present.

You might be surprised to learn that your body makes its own cannabinoids (called endocannabinoids) and has cannabinoid receptors, some related to inflammation and pain. Researchers once thought the CBD in products attached to these receptors, but now they suspect CBD helps your body use its own endocannabinoids more effectively.

Can it help arthritis symptoms?
Some preliminary research suggests that CBD may help with arthritis pain. In animal studies, which may not translate to humans, CBD relieved arthritis pain and inflammation. On the other hand, results of human studies are mixed. For example, a 2016 analysis of human trials for RA, OA and fibromyalgia found that CBD improved pain and sleep, but the studies were small and of poor quality.

Even so, Daniel Clauw, MD, a professor at the University of Michigan in Ann Arbor and an expert in chronic pain, doesn’t write off CBD’s potential benefits and recommends it to some of his patients.

“A recent trial* showed CBD alone was effective in [the treatment of] knee OA, and it appears as though it is very safe,” he says. “Nearly all potential side effects of cannabinoids are from THC, not CBD.”

Here are his suggestions if you want to try it:
• Use low doses, which seem to work best for pain relief.
• Start with a CBD-only product, 5 – 10mg twice daily, and then slowly increase, going up to dose of 50 – 100mg per day. If that doesn’t help, try a CBD product with a low dose of THC.
• Use only at night at first; slowly increase dose if needed.
• Edibles’ effects last longer than vaping, so don’t try them until you know what CBD strain and dose work for you.
• Use caution if you are 25 years old or younger and using CBD products that contain THC. This age group is at highest risk of addiction, dependency or even psychosis.

Is CBD legal?
It’s complicated. State laws regulating the sale, production and possession of CBD oil widely vary, and many states allow some form of CBD. If passed, new provisions in this year’s Farm Bill would legalize industrial hemp and could make hemp-derived CBD oil legal in all 50 states. But be aware that except for an FDA-approved medication for childhood epilepsy, the Federal Drug Enforcement Administration still maintains that CBD is illegal.

Choosing a Product
CBD comes in many forms, including capsules, extracts, honey-infusions, topical ointments and edibles. But because CBD isn’t FDA-regulated, it’s important to be cautious when choosing a product. In fact, ConsumerLab.com found that the amount of CBD in products may vary widely — from 2 mg to 22 mg per dose — and the strength isn’t always accurately disclosed on the label. (The amount of any incidental THC may not be accurately disclosed either).

If you want to try CBD, discuss it with your doctor first and do your homework. Talk to a practitioner who is familiar with CBD oil and contact the manufacturer to see proof of a third-party analysis for purity and potency.

If you live in a state that has legalized medical marijuana, Clauw suggests purchasing from dispensaries that work with medicinal users rather than just recreational users. Using ConsumerLab.com to help you choose a product is also a good option, he adds.

*Article Compliments of the Arthritis Foundation
Stay in Your Own Lane

By Christy McGriff, Founder and Executive Director

“Stay in your own lane!” rolls out of my mouth when another driver starts to move their vehicle into my lane. It’s quite unnerving when this happens, because their actions could result in a terrible accident that could impact lives forever. A swift blow of the horn usually accompanies these words. This loud noise serves as warning of danger to the other driver. Immediately, the wheels of the vehicle jerk away from my lane. Not only does this happen to me, but I’ve watched it happen to others. I even admit I have been the one who has nearly ran another vehicle out of their lane. I have a theory for this common occurrence; it’s called the blind spot. A blind spot is an area where a person’s view is obstructed, and impending danger is hiding from our view.

Just as we have blind spots while on the road, we have blind spots in our journey of life. There are things we can’t see that present a threat to the very purpose in which we were created. We face danger when we begin veering out of our own lane (our own intended path of life) and into someone else’s. Moving out of our own lane and into another’s feels natural as we move through the course of our life, but the danger is there, in the blind spot. Comparison is in our human nature. We look at others’ lives and feel the tug to measure up to their accomplishments. We begin seeking satisfaction based on their priorities. This is the point where we have entered the area of the blind spot. This is a dangerous place to live.

Here is what I’ve learned. I have a lane specifically marked out just for me based on the assignment God has given me to complete in my lifetime. “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.” (Hebrews 12:1) Did you catch that? God has marked out a race specifically for each of us. We don’t have to live under the burden of running someone else’s race. We haven’t been equipped for another’s race. But Praise God we have been equipped for our own!

The natural tug we feel to move over into another’s lane is a clever tactic used by the enemy. You see, if he can shift our focus into the lane of another, then he has successfully derailed us from our own, our purpose. Often times this works out beautifully for the one who seeks to destroy us. God’s divine plan for our life is contained within the boundaries of our lane. He says so, “The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.” Psalm 16:6

The next time you find yourself comparing your life to that of another, resist the pull to veer into another’s lane. Remember, you are only equipped to run the race marked out for you. Any other race is merely a distraction from your God-designed destiny.

You stay in your lane. I’ll stay in mine. And may we celebrate together at the finish line as we hear these words - “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!” (Matthew 25:21)
SATURDAY
SEP. 14, 2019
8 A.M.
AT DISCOVERY PARK
OF AMERICA
UNION CITY, TN

RUN/WALK THROUGH THE MOST
UNIQUE COURSE IN THE WORLD!

5K: $25 ENTRANCE  |  10K: $30 ENTRANCE
REGISTER BY SEPTEMBER 1 TO
RECEIVE A FREE RACE T-SHIRT
VISIT OUR WEBSITE FOR COMPLETE DETAILS

DISCOVERY DASH 5K 10K 2019

INSPIRING CHILDREN AND ADULTS TO
SEE BEYOND

DISCOVERY PARK OF AMERICA
830 Everett Blvd Union City, TN 38261 | discoveryparkofamerica.com | 731-885-5455