Less is More
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Learn to Swim at the YMCA

What You Need to Know About High Blood Pressure
A TEAM APPROACH TO
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Could a Minimally Invasive Procedure be Best for You?

Whether you call it keyhole surgery, Band-Aid surgery, or endoscopic surgery, minimally invasive surgery is a set of techniques that allow the surgeon to operate through very small incisions.

In minimally invasive surgery, a number of these are made, through which the surgeon inserts a small, flexible camera that allows visualization of the surgical field on high-resolution monitors. Specially designed, miniature instruments are inserted through the other ports, allowing the surgeon to take tissue samples, repair defects and remove foreign objects or tumors.

The surgical team at King's Daughters has been performing minimally invasive procedures for decades, with extensive experience in laparoscopic, endoscopic, and robotically assisted surgery.

While not all conditions or patients are suitable for minimally invasive surgery, when it is appropriate, patients benefit from small incisions that cause less discomfort and heal more quickly. Scars are smaller and hospital stays are shorter, reducing the overall cost for the patient. Plus, the risk of infection and other post-surgical complications is reduced. Procedures that can be performed using minimally invasive techniques include:

- **General** - severe gastroesophageal reflux disease (GERD), gallbladder removal, obesity (gastric bypass, gastric sleeve), gastrointestinal/rectal conditions, hernias (paraeosophageal, ventral, hiatal or incisional)
- **Lung** - Some lung tumors
- **Gynecologic** - Gynecologic cancer, benign tumors, uterine fibroids, endometriosis, ovarian cysts, benign cervical disorders, conditions requiring hysterectomy, removal of ovaries and staging of lymph nodes
- **Orthopedic** - ACL repair, cartilage restoration, fracture repair
- **Vascular** - Varicose veins, venous insufficiency, peripheral vascular disease, abdominal aortic aneurysm
- **Urological** - Kidney cancer, kidney cysts, kidney stones, kidney blockage, lithotripsy, prostate cancer, incontinence, vaginal prolapse

A minimally invasive approach is not always the right choice for your situation. Some patients have differences in anatomy, scar tissue from prior surgeries or health conditions that may preclude them from having minimally invasive surgery. Regardless of the circumstance, the skill and experience of King's Daughters surgeons - and the entire surgical team - broadens the available options for all patients.

Robotically Assisted Surgery

Advanced technology, such as the Da Vinci Surgical System, allows surgeons to perform extremely delicate procedures by translating large movements into very tiny, precise actions. During a robotic-assisted procedure, surgeons work from a master console equipped with controllers that maneuver four robotic arms. Viewing high-definition, three-dimensional images, the surgeon can move easily within the surgical field, while the computer translates his/her movements with precision.

Not all minimally invasive procedures are completed with robot assistance, and not all medical cases are right for robotic-assisted surgery—some patients may benefit from endoscopic or open (traditional) surgery.
Considering surgery, but don’t know where to start?

King’s Daughters offers consultation appointments within 48 hours for our general surgeons and cardiothoracic surgeons.

Just call 1-844-324-2200 and we’ll take care of the rest.

For more information about minimally invasive surgery at King’s Daughters, visit us at:

kingsdaughtershealth.com
The number of Americans who first grew up with rock 'n' roll, astronauts and McDonald’s is off the charts. The late 1940s through early 1960s were marked by a boom in the U.S. economy, suburban living and, especially, babies. Lots of babies were born during this time period — some 76.4 million notes the U.S. Census Bureau. These boys and girls who lived through the Cold War and cold cuts on Wonder Bread are now aging individuals who almost all agree on one thing: living in their own home later in life. Nearly 90 percent of the nation’s aging baby boomers want to age in place.

The American Association of Retired Persons (AARP) reports that 75 percent of adult children and 69 percent of the parents think about the parents’ ability to live independently as they get older. But how will these aging seniors remain comfortable and safe at home? What proactive steps can help safeguard everyday activities for older adults inside and outside the home?

“As loved ones age, certain conditions like visual changes and weaker muscles can affect balance, or some diseases and medications can cause cognitive issues,” Cathy Queen, RN Owner of the Right at Home of the Rivercities. “When seniors face health concerns as a result of aging, their risk of falls and injuries escalates, and sometimes their home itself is hazardous. This is why it’s essential to assess regularly a senior’s health and anything in the home that might be a safety concern.”

To reduce potential home hazards for older adults, Queen recommends the free Aging-in-Place Guide developed by Right at Home with Dr. Rein Tideiksaar, a leading gerontologist and geriatric physician assistant who specializes in fall prevention for the elderly. The Aging-in-Place Guide helps senior adults and their families spot home safety concerns and create an individualized plan around the elder’s functional abilities, including getting out of bed and bathing. The guide includes a checklist of risks for home accidents and tips for making a home safe again if health or environmental factors arise.

The safety solutions can be as simple as adding brighter lightbulbs and more light fixtures to solve inadequate lighting. Adding carpet tape can smooth out curled carpet edges. For more extensive fixes, the guide outlines home modifications and remodeling such as installing bathroom grab bars, widening doorways and enlarging rooms.

The Right at Home resource also highlights home-monitoring technology that is becoming more user-friendly and affordable to protect seniors at home and provide families with greater peace of mind. These secure-at-home options include updating the home with smart auto-set devices to simplify daily tasks such as opening or securing windows and doors, turning off appliances, and lowering countertops and shelves. Typically, older adults accept only two or three modifications to their home at a time, so Queen advises that families create a priority list and together work from that.

"Sometimes, a simple adjustment like removing clutter from pathways or changing out hard-to-grasp doorknobs with handles is an easy fix and all that is needed to protect a senior at home," said Queen. “The Aging-in-Place Guide identifies specific home hazards and clear-cut solutions. It’s also important to include the elders in health and home safety conversations and to give them a choice of the best living space options. With the right planning, living enjoyably and safely at home is fully possible for most of America’s seniors.”

For more information about home safety for older adults and to receive a copy of the Aging-in-Place Guide, contact Right at Home at 304-453-4663.

About Right at Home of the Rivercities
The Rivercities office of Right at Home is a locally owned and operated franchise office of Right at Home, LLC, serving the communities of the Tri-State for over nine years. We directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained, and bonded/insured prior to entering a client’s home. Right at Home offers in-home companionship and personal care and assistance to seniors and adults with a disability who want to continue to live independently. For more information, contact Right at Home of the Rivercities at www.rahrivercities.com, 304-453-4663 or by email at cqueen@rahrivercities.com. For more information on Right at Home, visit About Right at Home at http://www.rightathome.net/about-us or read the Right at Home caregiving blog at http://www.rightathome.net/blog. To sign up for Right at Home’s free adult caregiving e-newsletter, Caring Right at Home, visit http://caringnews.com
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Diabetes and Eye Health

Diabetic Retinopathy

If you have diabetes mellitus, you know how your body’s inability to use and store sugar can affect your health. When your blood sugar gets too high, it can damage the blood vessels in your eyes. This damage may lead to diabetic retinopathy.

Diabetes is associated with many ocular complications, but diabetic retinopathy is by far the most serious complication of all. In the United States, diabetic retinopathy is the leading cause of blindness among adults, ages 20 to 74 years old.

Thanks to a series of medical advances, ophthalmologists have a lot to offer to patients with diabetic retinopathy. However, the best outcome occurs when sight is still normal. The earlier diabetic retinopathy is detected, the more we are able to help our patients.

Diabetic retinopathy is caused by damage to the blood vessels in the retina, the light sensing film in the back of the eye. Through dilated pupils, a physician can directly visualize abnormal blood vessels, retinal swelling and retinal hemorrhages. In advanced cases, new blood vessels develop and, if left unattended, they will bleed and cause severe loss of vision. Diabetic retinopathy can be classified as either non-proliferative diabetic retinopathy or proliferative retinopathy.

How does diabetes affect the eye?
Diabetes can affect virtually every part of the eye, but involvement of the retina is the most worrisome complication of diabetic eye disease. In non-proliferative or background retinopathy, the center of the retina (macula) may become involved by swelling (edema) from retinal vessels that become altered by diabetes. This macular swelling can cause a visual loss that can usually be stopped by laser treatment. Because early macular swelling may not be perceived by the patient, routine eye examinations for all patients with diabetes are critically important for preservation of vision.

A second major area of involvement of the retina in diabetes is proliferative retinopathy, the formation of abnormal new blood vessels (neovascularization) that grow out of the retina into the formerly clear vitreous gel in the center of the eye. These vessels will usually bleed into the vitreous, causing impairment that can range from a few floaters to severe visual loss; these vessels may also exert traction on the retina resulting in a retinal detachment, which can also cause severe visual loss. In many patients with neovascularization, bleeding and retinal detachment occur together. Lasers are the usual treatment for neovascularization if the vessels are detected when the eye is clear enough and the retina has not detached. However, patients with severe bleeding or retinal detachment involving the central vision typically require surgery.

How Do I Know If I Have Diabetic Retinopathy?
You might not. There are often no symptoms of early diabetic retinopathy. Your ophthalmologist can tell you if you show signs of diabetic eye disease by looking at the inside of the eye with a special instrument called an ophthalmoscope. To see better, your doctor may dilate your pupil with eye drops.

What Are The Symptoms Of Diabetic Retinopathy?
Although diabetic retinopathy can severely damage your vision, it is not painful. In fact, the early form of the disease called non-proliferative or background retinopathy often produces no symptoms.

If non-proliferative retinopathy leads to macular edema, you may notice a gradual blurring of your vision, and have difficulty doing close work such as reading.

If the abnormal blood vessels associated with proliferative retinopathy bleed, vision may become spotty, hazy, or disappear completely. However, because diabetic retinopathy often causes no symptoms even in advanced cases it is extremely important to have a yearly dilated eye exam by an ophthalmologist.

Diabetic retinopathy can be treated, and vision loss possibly prevented if it is caught early enough.

How does diabetic retinopathy cause vision loss?
Diabetic retinopathy causes loss of vision in several ways. Central vision may be impaired by fluid accumulation or poor circulation after years of gradual damage to the vessels in the macula, the most crucial part of the retina. Reading and driving depend on a well functioning macula. In more advance cases of diabetic retinopathy, severe visual loss occurs from the formation and bleeding of new blood vessels.

If you are concerned about vision loss caused by diabetes, or if you would simply like more information about diabetic retinopathy please call 606-324-2451 today. We are happy to answer any questions you might have concerning your eye health.

John Gross, M.D., earned his medical degree from the University of Kentucky College of Medicine in 1990, where also competed internship and his residency training in ophthalmology. He is board certified by the American Board of Ophthalmology.

Carter Gussler, M.D., is a native of Ashland, Ky. He earned his medical degree from the University of Kentucky College of Medicine in 1994 and did a one-year internship at MetroHealth Medical Center in Cleveland, Ohio. He completed residency training in ophthalmology at St. Luke’s Medical Center, Cleveland, in 1998. He is board certified by the American Board of Ophthalmology.

Dr. Kimberly F Epling is an Optometry Specialist in Ashland, Kentucky. She graduated with honors from Pennsylvania College Of Optometry in 2000. Having more than 17 years of diverse experiences, especially in OPTOMETRY.

Dr. Joshua Daniel is an Optometry Specialist in Ashland, Kentucky. He graduated with honors from Indiana University - School Of Optometry in 2012. Having more than 5 years of diverse experiences, especially in OPTOMETRY.

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orthopedics

Knee patient attributes success to Dr. Carawan, Joint School

Sheila Trout delayed knee replacement surgery until she could barely walk. As a caregiver for her son who had a stroke, she felt she couldn’t take the time for surgery.

A retired insurance agent in Ironton, she is accustomed to researching before making an important decision such as knee surgery. About six years ago, Sheila had her left knee replaced. She was dreading having surgery again.

Shortly before Christmas, Sheila made an appointment at King’s Daughters Orthopedics & Sports Medicine. While in a wheelchair, she met with orthopedic surgeon Steven Carawan, M.D.

“He immediately put my mind at ease,” Sheila said. “I didn’t realize how much faster recovery time is now.”

As a patient of the Orthopedics Rapid Recovery program, Sheila had surgery in December and is walking without a cane for the first time in a long time. She attributes her success to Dr. Carawan, physical therapy staff and those who prepared her at King’s Daughters Joint School.

“My husband and I felt the training beforehand with staff really prepared us for everything including after surgery,” Sheila said.

“It’s hard to be all smiles when you’re in pain,” she said. “Thanks to Dr. Carawan, I have my quality of life back.”

Rapid Recovery Program

Hip and knee patients who choose to participate can expect to:

• Get better faster
• Have less pain
• Be up and walking just hours after surgery
• Go home sooner
• Have a coach ready to help them before and after surgery

Much of the program’s success can be attributed to the personal coach, who motivates the patient to reach their goals quickly, safely, and with less stress.

The coach:

• Attends Joint School education class with the patient.
• Attends appointments with the patient before surgery.
• Helps prepare the home for the patient following surgery.
• Attends therapy sessions during the hospital stay.
• Is present for discharge instructions and medication review in the hospital.
• Accompanies the patient to therapy and office visits or helps arrange transportation.

To schedule an appointment, please call (606) 327-0036. A physician referral is not required.

Selfie Time: Orthopedic Surgeon Steven Carawan, M.D., and patient Sheila Trout pose for a selfie during a follow-up visit.
Show Your Love for BCPL!
Participate in the Love Your Library 5k or 1.25-mile walk

Springtime is just around the corner and now is the time New Years resolutions can start to falter but don’t worry, the Boyd County Public Library has you covered! Not only can you access an abundance of health, wellness, and fitness materials at your local branch but you can show your love for the library by participating in our 6th Annual Love Your Library 5K.

Come out on Friday, April 27th at the Boyd County Public Library Main Branch to show your support. The 1.25-mile walk does one lap around the park and begins at 6 pm with the 5K following at 7 pm.

Pre-registration is available at the library or online at tristateracer.com. The cost for 5K registration is only $10 for library card holders, $15 for non-library card holders, and $20 on the day of the event. Registration for the 1.25-mile walk is $8 pre-registered with a library card, $12 pre-registered without a library card and day of the event. Awards are given to the first 5 finishers of both the walk and 5K!

Need to get yourself ready to run? Join our 8-week Couch to 5K program on Tuesdays and Thursdays from 6-7 pm beginning February 27. Weeks 1-4 will be located at the Ashland YMCA and weeks 5-8 will be at our Main Branch location. Come get active and show your support for your local library!

For more information visit our website thebookplace.org or find us on Facebook at facebook.com/boydlibrary.
Learn to swim at the YMCA.
It’s a skill for life!

Whether it’s boating at Yatesville Lake, jumping into the neighbor’s backyard pool, or hanging out with your friends at Dreamland Pool, there is something special about water. We are drawn to beaches and shorelines, fishing spots, slow-running streams, waterfalls and public pools alike.

Sadly, 10 Americans die every day as a result of drowning, with the highest drowning rates occurring among children age 1 to 4. Among this group, fatal drowning is the second-leading cause of unintentional injury-related death, surpassed only by motor vehicle crashes.

According to the U.S. Centers for Disease Control and Prevention, taking part in formal swimming lessons can reduce the toll of drowning deaths. Across the nation, there is one organization that has focused considerable effort and resources to teaching people to swim: The YMCA. Nationally, the Y has taught tens of millions of Americans how to swim, more than any other organization.

Locally, the Ashland Area YMCA provides swimming lessons year-round; lessons that have meant the difference to thousands of kids and their parents. “Learning how to swim is a very important life skill,” said Ryan Ferguson, AAYMCA swim team coach. “Not only is it a sport that you can enjoy at a young age, and for fitness and recreation for the rest of your life, it is one that can literally save your life.”

Kids as young as 3 can start learning to swim and join the Y swim team - the Barracudas - beginning at about age 6. Ferguson, who has coached the Barracudas for the past 21 years, was a Y swimmer himself, starting at the age of 14. He also swam for the Russell High School swim team.

Over the years, Ferguson has coached a lot of kids – he estimates the number at 500 – many of whom have parlayed their passion for swimming into college scholarships. This year, three of his seniors will be swimming on the university level: Eli Barnhill, who will be swimming at Campbellsville University; Kenzie Pennington, University of the Cumberlands; and Jared Smith, Union College.

“I’ve had years where none of my seniors have decided to swim in college,” Ferguson said, “and years where almost the entire class decides to swim.” Several of Ferguson’s swimmers have won scholarships and competed at Division I schools, including the University of Louisville and the University of Cincinnati.

Swimming scholarships typically recognize both athletic and academic achievement, Ferguson noted. “Swimming is such an endurance sport, it requires intelligence and time management to do it well.” Swimmers enjoy a lot of time in the water, thinking, as they swim lap after lap, perfecting strokes and improving time.

Swimming isn’t an easy sport. The team practices five days a week year long. Team members get just four weeks off a year – two in the spring and two in the fall. High school athletes and elite swimmers have an additional practice every morning, October through February. “I ask a lot of them,” Ferguson noted.

Weekends are devoted to swim meets. In addition to hosting a meet at the Ashland Y, the team travels to compete in Louisville, Lexington, Cincinnati. National qualification meets may take them to Indianapolis, Columbus, Greensboro, N.C., or Bowling Green.
Is swimming right for your child?
Swimming is a sport anyone can do, Ferguson said. Although many of the very best swimmers are tall with slender bodies and long arms, there are many swimmers who do quite well and don’t fit that mold. “The most important thing is a mental toughness,” Ferguson said.

The AAYMCA offers a variety of classes throughout the year:
- **Beginner 3 to 6**: Introduction and orientation to movement in the water using the arms and legs.
- **Beginner 7 and over**: Introduction and orientation to movement in the water for those over age 7
- **Intermediate 3-6**: Child must be able to swim to middle of pool and back unassisted without flotation devices. The freestyle and backstrokes will be taught.
- **Intermediate 7-12**: Child must be able to swim to middle of pool and back unassisted without flotation devices. Freestyle, butterfly and backstroke are taught.
- **Advanced 7-12**: Child must be able to swim to middle of pool and back unassisted without flotation devices. Focus on freestyle, butterfly and backstroke.
- **Adult Swim Classes**: For those age 13 and up.
You do not have to be a member of the Ashland Area YMCA to take swimming lessons. Fees for all but the adult swim classes are $30 for members; $60 for non-members. When two or more children from the same family are taking swim classes together, the second child’s fee is $10 less. Adult classes are $25 for members; $50 for non-members.

*For more information about swimming lessons at the YMCA, stop by the membership desk or call the Y at (606) 324-6191.*
What you need to know about HIGH BLOOD PRESSURE

High blood pressure is a chronic health condition, one that can last for a long time, maybe even for the rest of your life.

Blood pressure is the force of blood against the walls of your arteries. Your heart creates this force as it sends blood through your blood vessels to all parts of your body. Many people with high blood pressure feel fine and have no symptoms. But uncontrolled high blood pressure can damage your body, resulting in serious health problems such as stroke, blindness, kidney failure and heart attack. You have the power to lower your blood pressure and live a healthy, full life.

Use technology to help you

One of the first things clinicians recommend to lower blood pressure is to cut back on sodium (salt). If you have an Android or iPhone, or a home computer or tablet, make use of these devices to help you track your nutrient intake (including SODIUM). There are a number of apps available for Android and iPhone that can help you. Check these out:

- MyPlate Calories Tracker
- MyFitnessPal
- Food Tripping
- EWG Food Scores
- Healthy Out

Check Your Blood Pressure at Home

Checking your blood pressure at home will help you and your healthcare provider see if your numbers are normal or high. Ask your healthcare provider for help in finding the right kind of monitor for you. Electronic monitors typically provide the most accurate and reliable results with the least hassle. We don’t recommend finger or wrist monitors.

How to check your blood pressure

Be sure to use a cuff that fits your arm comfortably. Cuffs come in child, adult, large and extra large. Ask your doctor or nurse what size might be best for you. Rest for 5 minutes before you take your blood pressure. The first time you take your blood pressure, get readings in both arms. After that, always take your readings in the arm that had the highest reading.

Wait at least 30 minutes before taking your blood pressure after smoking, exercising, or drinking alcohol.

Sit with your back against a chair with both feet on the floor. Rest your arm on a table at heart level. Don’t cross your legs.

Take a reading two times a day, at the same time each day, for seven days in a row. Write your numbers down. Show these numbers to your healthcare provider. (There’s an app for recording blood pressure readings, too!)

Managing High Blood Pressure

Here are some things you can do to lower your blood pressure: Take your medications as prescribed; lose weight; watch your sodium intake – cut out fast foods and foods high in sodium; exercise; reduce stress; quit all tobacco products; and monitor and record your blood pressure.

Need help managing your blood pressure? King’s Daughters specialists can help. For a cardiology appointment within 48 hours, call (606) 324-4745.
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Nail Fungal Infection

By Dr. Brian K. Bailey, Podiatric Physician & Surgeon

A fungal infection of the nail (onychomycosis) occurs when fungi infect one or more of your nails. Onychomycosis (on-i-ko-mi-KO-sis) usually begins as a white or yellow spot under the tip of your fingernail or toenail. As the fungal infection spreads deeper into your nail, it may cause your nail to discolor, thicken and develop crumbling edges—an unsightly and potentially painful problem.

Nail fungal infections account for about half of all nail disorders. They usually develop on nails continually exposed to warm, moist environments, such as sweaty shoes or shower floors. The infection isn’t the same as athlete’s foot, which primarily affects the skin of the feet.

Nail fungal infections may be difficult to treat, and they may recur. There are medications available to help clear up a nail fungal infection.

Signs and symptoms
Nail fungal infections are more common in toenails than in fingernails, because toenails are confined in a dark, warm, moist environment inside your shoes—where fungi can thrive. You may have a nail fungal infection if one or more of your nails are:

- Thickened (thick toenails are most commonly caused by trauma, usually short or tight shoes)
- Brittle, crumbly or ragged
- Distorted in shape
- Flat or dull, having lost luster and shine
- Yellow, green, brown or black in color, caused by debris building up under your nail

Infected nails may also separate from the nail bed. You may even feel pain in your toes or fingertips and detect a slightly foul odor.

Causes
Fungi are microscopic parasites that don’t need sunlight to survive. Some have beneficial uses, while others cause illness and infection.

Nail fungal infections are typically caused by a fungus that belongs to a group of fungi called dermatophytes, yeasts and molds may also be responsible for nail fungal infections. All of these microscopic organisms live in warm, moist environments, such as swimming pools and showers. They can invade your skin through tiny invisible cuts or through a small separation between your nail and nail bed. They cause problems only if your nails are continually exposed to warmth and moisture—conditions perfect for the growth and spread of fungi.

Risk factors
Fungal infections are more common among diabetics, and people with poor circulation or weak immune systems. Poor circulation causes nails grow more slowly and thicken making them more susceptible to infection. However, these factors can increase your risk of developing a nail fungal infection:

- Smoking
- High carb diet
- Perspiring heavily
- Working in a humid or moist environment
- Wearing socks and shoes that hinder ventilation and don’t absorb perspiration
- Walking barefoot in damp public places, such as swimming pools, gyms and shower rooms

When to seek medical advice
Once a nail fungal infection begins, it can persist indefinitely if not treated. See your doctor at the first sign of infection, which is often a tiny white or yellow spot under the tip of your nail.

Complications
Nail fungal infections can be painful and may cause permanent damage to your nails. They may also lead to other serious infections that can spread beyond your feet.

In addition, they can pose a serious health risk for people with diabetes and those with weakened immune systems. If you have diabetes, your blood circulation and the nerve supply to your feet can become impaired. Therefore, any relatively minor injury to your feet—including a nail fungal infection—can lead to a more serious complication, such as an open sore (foot ulcer) that’s difficult to heal. See your doctor immediately if you suspect a nail fungal infection.

Screening and diagnosis
The first step to beating a nail fungal infection is getting a diagnosis. Your doctor will likely visually examine your nails first. To test for fungi, your doctor may scrape some debris from under your nail for analysis.
The debris can be cultured in a lab to identify what is causing the infection. Other conditions, such as psoriasis, can mimic a fungal infection of the nail. Microorganisms, including yeast and bacteria, also can infect nails. Knowing the cause of your infection helps determine the best course of treatment.

**Treatment**
Nail fungal infections can be difficult to treat, and repeated infections are common. Over-the-counter antifungal nail creams and ointments are available, but they aren’t very effective. Fortunately, other nonsurgical treatments have been introduced during the last 10 years.

Laser treatment is very expensive and not covered by most insurance. To treat a resistant nail fungal infection, your doctor may prescribe an oral antifungal medication, such as:

**Terbinafine (Lamisil)**
These medications help a new nail grow free of infection, slowly replacing the infected portion of your nail. You typically take these medications for six to 12 weeks but won’t see the end result of treatment until the nail grows back completely. It may take four to 12 months to eliminate an infection.

Recurrent infections are possible, especially if you continue to expose your nails to warm, moist conditions. Antifungal drugs may also cause side effects ranging from skin rashes to liver damage, and doctors may not recommend them for people with liver disease or congestive heart failure or those taking certain medications.

If you have a mild to moderate infection, your doctor may prefer to prescribe an antifungal topical nail polish or medication, but researchers found that it cured the infections in less than 10 percent of people using it.

I have found that white vinegar applied full strength twice daily is as good as anything.

If your nail infection is severe or extremely painful, your doctor may suggest removing your nail. A new nail will usually grow in its place.

If treatment is successful the fungus will often return if you haven’t corrected the cause.

**Prevention**
To help prevent nail fungal infections and reduce their recurrence, practice good hand and foot hygiene by following these steps:
- Keep your nails short, dry and clean. Trim nails straight across and file down thickened areas. Thoroughly dry your hands and feet, including between your toes, after bathing.
- Wear absorbent cotton socks or better socks designed to keep feet dry with antifungal properties. Change them often if your feet sweat excessively. Take your shoes off occasionally during the day and after exercise. Alternate closed-toe shoes with open-toed shoes.
- Use an antifungal spray or powder. Spray or sprinkle your feet and the insides of your shoes.
- Eat a healthful diet with lots of non-starchy vegetables and berries.
- Don’t trim or pick at the skin around your nails. This may give germs a way into your skin and nails.
- Don’t go barefoot in public places. Wear shoes around public pools, showers and locker rooms.
- Choose a reputable manicure and pedicure salon. Make sure the salon sterilizes its instruments. Better yet, bring your own.
- Give up nail polish and artificial nails. Although it may be tempting to hide nail fungal infections under a coat of pretty pink polish, this can trap unwanted moisture and worsen the infection.
- Wash your hands after touching an infected nail. Nail fungal infections can spread from nail to nail.
Whether your loved one needs a little extra help around the house, daily medical assistance or just someone to check in throughout the week, Right at Home’s in-home care could be the answer.

Right People
We provide companion and personal care given by people who care

Right Services
The care clients need when they need it

Right Approach
Personalized care managed by professionals

Right Mission
The best possible experience and peace of mind

Whether your loved one needs a little extra help around the house, daily medical assistance or just someone to check in throughout the week, Right at Home’s in-home care could be the answer.
Women are called on to overcome many challenges and obstacles each day. Unfortunately, because of all the responsibilities and commitments in life, it can sometimes be hard to find time to take care of yourself. Nevertheless, to keep being all you need to be to everyone, you must learn to make your health a top priority. Listed below are some key tips for getting your health on track.

1. Take a Chill Pill
Life is stressful and if you aren’t careful the pressures of everyday tasks and responsibilities can have you tied in knots. Practicing yoga, meditation, and learning deep breathing techniques are all some fantastic ways to help you relax and release that pent-up tension and anxiety.

2. Catch More Z’s
Women are notorious for not getting enough rest. Often women consider sleep as a luxury they can’t afford. However, in reality, a good night sleep is a vital part of being healthy!

3. Add Some Protein to Your Diet
Making sure you eat enough foods that contain protein can help keep you full of energy, your metabolism going, and blood sugar levels stable. Some of the best sources of protein come from animals such as wild fish, grass-fed beef, organic chicken, and free-range eggs. Ingesting the recommended 46 grams of protein per day can also boost brainpower and help control appetite.

4. Make Love
The kids are screaming, the phone is always ringing, and your boss needs the report by noon tomorrow. Who has time for sex? Even if making love is the last thing on your mind, you should still consider scheduling in a little private time with your partner.

5. Get Moving!
Engaging in regular exercise is an excellent way to fight osteoporosis, cancer, diabetes, and heart disease. Keeping fit can also be good for your mental health. Physical activities such as walking, running or swimming can give your self-esteem a boost and decrease feelings of depression and anxiety.

6. Visit the Doctor Regularly
Seeing your physician on a regular basis allows him to keep track of valuable information such as cholesterol and blood pressure readings, and other medical history. By doing so, he will be in a better position to treat you should a problem arise.

7. Brush, Floss, Repeat
Not only is practicing good oral hygiene essential for preventing tooth decay and bad breath, but it is also vital to your overall health. Oral infections and other problems involving the teeth and gums can affect major organs as well as cause digestion problems.

8. Get Enough Vitamin D
Unfortunately, most women are deficient in vitamin D. Yet it plays a vital role in preventing osteoporosis and keeping the immune system functioning properly. Known as the sunshine vitamin, vitamin D is best regulated by the body when absorbed via the sun. However, many brands of milk, orange juice, and cereal have already been fortified with vitamin D. Supplements are also available.

As a woman, you must wear many hats and juggle a lot of tasks. For this reason, neglecting your health is not an option. You always take care of everyone else; now you must decide to take care of yourself. Decide today to become a healthier and thus happier you!

www.TriStateHealthandWellness.com
Would you buy a car without test driving it first? Would you buy a house without seeing it first? If the answer is no, then why would you buy a hearing aid without taking it for a “test drive”? If you are like most people for whom hearing aids have been recommended, you are reluctant to buy before you know how they perform. Besides the significant financial investment, there are so many choices, it can be quite overwhelming. How do you know what is best for you at the best price? At Kentucky Audiology & Tinnitus Services, we have several methods which help us determine the most appropriate make and model for your unique listening needs including a thorough case history and comprehensive hearing assessment as well as hearing handicap inventories to assess what situations you experience the most difficulty. Using these tools, we can typically choose the most appropriate technology for you. That being said, sometimes the patient needs to experience what a hearing aid sounds like in order to make the right decision for them. The most convincing and powerful tool is to experience amplification in your own environment and experience the benefits first hand. No matter what make or model you ultimately choose and no matter where you purchase hearing aids, there is always a 30-day trial period, so even if you don’t get to “test drive” your hearing aid prior to a purchase, if you are dissatisfied for any reason, they can be exchanged or returned. However, most people prefer to actually experience the improvement in hearing before they purchase with no cost or obligation.

A stumbling block in this process of demonstration hearing aids is that most manufacturers only provide demonstration hearing aids in the premium-level products. While this is very helpful, the patient is unable to experience the less expensive technology without proceeding with the purchase. I think it is safe to say, most of us feel more comfortable when making a large purchase, to be able to try the actual device in our own environment without any cost or obligation before making a decision. Being able to experience the different levels of technology in your own home may save the patient a substantial amount of money should they find a lower level of technology is just as beneficial as a more expensive one.

Unitron, a small Canadian-based, hearing aid manufacturer, has developed a program to address this issue called Flex-Trial. The Flex-Trial program allows the audiologist to program the demonstration hearing aids to any level of technology from economy to premium. There are 5 technology levels from which to select. Based on your history, your hearing handicap inventories and your unique hearing needs, the audiologist will make a recommendation on the technology level most appropriate for you and program the devices for you to take home. You can now try the hearing aid in all the situations in which you experience difficulty and make an informed decision about which level of technology is providing you with the benefit you need. Most people try one to two different levels of technology to determine which best suits their unique situation. Now they can proceed with the purchase of hearing aids with confidence in the ability of the hearing aid to significantly improve their lives. If you, a family member, friend or co-worker would like to experience better hearing with no cost or obligation, please contact the office for your “test drive” with a Flex-Trial.

Dr. Rhoten is an audiologist with Kentucky Audiology & Tinnitus Services, PLLC, 1517 Nicholasville Road, Suite 202, Lexington, KY 40503 (859) 554-5384, or visit her online at www.kytinnitus.com
Recognize, Deal with Caregiver Burnout Before It’s Too Late

It’s been estimated that as many as 65 million adults in the U.S. care for an elderly, chronically ill or disabled individual. On average, they provide 20 hours of care weekly and receive no compensation in return. These spouses, children, friends, and grandchildren are the foundation of long-term, at-home care in the United States.

Many bear this burden out of love, a sense of responsibility or loyalty, or for altruistic reasons. While providing care to someone can be very rewarding, it can bring with it both physical and emotional consequences. According to the U.S. Centers for Disease Control and Prevention, unpaid caregivers are at increased risk for stress, depression and poor health. Caregiver burnout is a very real concern, affecting not just the caregiver, but families, friends and the care recipient.

Caregiver burnout is defined as a debilitating psychological condition brought about by unrelieved stress. Signs of caregiver burnout include:

- Lack of energy, overwhelming fatigue, always feeling tired or rundown
- Sleep problems – too much, too little, or poor quality
- Changes in eating habits, weight loss or weight gain
- Depression, feeling of hopelessness, mood swings, anxiety, resentment
- Loss of interest in activities, separation from family, friends, social circles
- Neglect of one’s own physical and emotional needs
- Feeling a loss of control, frustration
- Unusually irritable, impatient or angry with the care recipient and others
- Difficulty coping, solving problems or thinking
- Headaches, stomach aches, ill-defined/mysterious pains or physical problems
- Weakened immunity, getting sick more frequently

Preventing burnout

It may not be 100 percent possible to avoid burnout, but there are things you can do to lessen the risk.

Prioritize. Figure out what’s important and focus on those tasks. Priorities are likely to change daily, if not more often. Don’t feel like a failure when it happens. It’s difficult, if not downright impossible, to predict what will be important tomorrow. Be as flexible as you can!

Organize. Not only does being organized make it easier for you to accomplish the important things, it makes it easier for others to come in and help. Keep a current list of medications, physicians and other healthcare providers. Know where insurance cards are and have copies of living wills and durable powers of attorney on hand.

Don’t lose yourself. Providing care to another can become overwhelming, stripping away the core things that make you, you. Be sure to set aside time for yourself – to pursue hobbies and activities that you love, to visit with friends, to travel. To care for others, you must first care for yourself!

Find someone to talk to. Talking with someone who understands what you’re going through and who isn’t affected by the situation can make a big difference. If you have trouble finding someone, talk with your doctor, call the local mental health center, or look online.

When people ask if they can help, take them up on it! All too often, caregivers feel that they, and they alone, must do all the work involved in caring for an ailing or aged family member. Nothing could be further from the truth! People offer to help because they genuinely care about you and the person you’re caring for. Carry with you a mental list of things people can do to ease the load. The list might include things like picking up prescriptions, helping with laundry, grocery shopping, staying with the individual while you get your hair done, visit your doctor or get a massage.

Don’t be afraid to hire someone to help. There will be times that you just need a break. When that’s the case, consider a respite care provider, like Care Companions of Ohio. Care Companions serves residents in Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton counties in Ohio. Care Companions can give you the time and space you need to take care of yourself while ensuring your loved one’s needs are well-met. Services include help with bathing, dressing and bathroom, companionship services, such as reading visiting and playing games; shopping (groceries, clothing, pharmacy); transportation to medical appointments, the beauty/barber shop; cleaning and laundry services; meal preparation, and more. Care Companions of Ohio can be reached by calling (740) 961-7307.

Care Companions of Ohio

www.TriStateHealthandWellness.com
Relating to a Child with Asperger's Syndrome

Individuals who have been diagnosed with Asperger's Syndrome are unique in that they usually demonstrate average or above-average intelligence, but they often have problems interacting with others. They tend to have difficulty relating to others, holding conversations, and understanding social cues. However, they want what every other person with a disability desires: to be accepted just as they are. It can be overwhelming whenever you first meet someone who has Asperger’s Syndrome, but with some basic knowledge and techniques you can learn how to engage with him or her.

What Causes Asperger’s Syndrome?
Scientists have not yet found a definitive cause of Asperger’s Syndrome, but they do say that certain genetic and environmental factors may come into play. In a study conducted by Medical News Today, scientists concluded, "The fact that Asperger’s syndrome tends to run in families suggests that a predisposition to develop the disorder may be inherited. The syndrome may be passed on from parent to child."

Asperger’s is more common in males than in females, and symptoms usually become apparent in early childhood. Some children show signs of an ASD (autism spectrum disorder) before they reach the age of one.

What Does Asperger’s Syndrome Look Like?
Asperger’s Syndrome does not have any physical characteristics, so it is strictly a person’s behavior that indicates whether they have an ASD such as Asperger’s Syndrome. According to WebMD, there are a few common behaviors that may point to an Asperger’s diagnosis.

1. Difficulty or inability to read others’ emotions.
Someone’s tone of voice, facial expressions, and body language help most people distinguish how that person is feeling. An individual who has Asperger’s Syndrome may not understand basic social vocabulary. He or she may not be able to tell when another person is upset and might have difficulty detecting sarcastic tones.

2. Fascination with a particular subject.
A person who has Asperger’s Syndrome will often have one particular subject that he or she becomes interested in, and this area of fascination might dominate most conversations with others. This is especially true of children because they have not yet learned to incorporate other topics while socializing with others. For children who have been diagnosed with Asperger’s, they may become obsessed with buses to the point of familiarizing themselves with the city’s full bus schedule, the seating arrangement, and the type of fuel that’s required to operate it. They may then bring all other conversations back to that talking point.

3. Reliance on a schedule or particular habits.
For children with an ASD such as Asperger’s Syndrome, habits and schedules are key. They thrive on the consistency offered by a strict routine and can become unsettled whenever there is a deviation from a plan. In some situations, this can be a source of major stress. Examples of this trait include whenever a school schedule is disrupted, a planned restaurant is closed upon arrival, or weather changes prevent a planned outing.

Relating to a Child Who Has Asperger’s Syndrome
If you’re trying to learn how to relate to a child who has Asperger’s Syndrome, remember that he or she wants to be accepted and valued just like you do. Children who have ASD are no different than anyone else. Their behaviors may make them seem like they are uninterested or even rude at times, but this is just how their Asperger’s Syndrome presents itself. With some patience and these tips, anyone can have a normal relationship with a child who has Asperger’s Syndrome.

- Set a schedule and stick to it. Children with Asperger’s Syndrome thrive on consistency, so do your best not to interrupt this.
- Give frequent reminders about any changes—"15 more minutes of TV time"
- Say exactly what you mean, without sarcasm or joking, until you know how he or she will respond. To a child with Asperger’s Syndrome, "I’ll be ready in a minute" means that you’ll be ready in exactly 60 seconds. Not holding up to your promises could cause major anxiety.
- Teach plenty of social cues, and give reminders when necessary. A child with Asperger’s Syndrome or another ASD may not understand that whenever someone asks how he or she is doing, the polite response should be to also ask the same question in return. The child may need prompting during conversations on occasion.
- Have patience! Children with Asperger’s Syndrome will likely talk about one subject repeatedly. Try to engage at his or her level and to see eye-to-eye. If doing so is not appropriate for the situation, explain why it isn’t and help to steer the child towards a better conversation topic. You can provide a gentle reminder about why it’s important to let others also speak during a conversation.

A child or adult who has Asperger’s Syndrome wants to be understood, and a little effort will go a long way. Remember to be patient and to show interest in him or her whenever you interact. Follow these tips, and you’ll be able to have a healthy relationship with a child who has Asperger’s Syndrome.
TIPS FOR PLANNING MEALS ON A BUDGET:

Kellie McKinney, MS | Healthy Lifestyle columnist | Co-Founder of Two Nutrition Nuts

Meal planning is great for saving time, but, ideally, it should save you money, as well. When you're on a strict budget, meal planning can be quite the task. If you don't have much money to work with for groceries and unsure where to start, I am hopeful this guide for planning meals on a budget will be helpful.

Before you start anything else, you should have an idea of what foods and recipes are the most cost-effective and appealing to you. Be on the look out for inexpensive ingredients that still have some nutritional value as well as taste good.

Below are some great options:

- Sweet potatoes
- Lentils
- Eggs
- Squash
- Beans

Other options you might consider:

- brown rice
- mushrooms
- tofu
- peanut butter

Look for versatile foods, too. Chicken, of course, is the main ingredient in many meals or tofu if you're vegetarian.

Plan Based on Sales:
You can also plan meals based on the items that your local store has on sale for the week.

Get Bigger Discounts:
Couponing isn't for everyone, but if you find a way to do it efficiently, it can significantly cut your expenses.

Plan Your Shopping Trip:
Once you have your recipes in order, you can make a list of your meals for the week.

Eating Organic:
If eating organically is important to you, but you also have to watch your money, check out the foods listed below. They offer nutritional value and great taste!

- Peaches
- Apples
- Bell Pepper
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes
- Spinach
- Lettuce
- Potatoes

www.TriStateHealthandWellness.com
Imagine the warm, gentle glow of the sun setting over your favorite beach, the salt air breeze smelling so clean and fresh. Breathe deeply and you almost taste the salt and feel the purity of the air as you relax and unwind.

Sounds like it's time for a beach vacation, doesn't it? Well, you don't have to go far – or wait till next summer to enjoy the benefits of the salt life! It's just down the road a bit, at the Bluegrass Salt Room.

Located in Nicholasville, the Bluegrass Salt Room helps residents of Central Kentucky breathe easier, relax more completely, avoid illness and enjoy life. Celebrating its second anniversary, the Bluegrass Salt Room specializes in all things salt, including Halotherapy.

**History and principles of Halotherapy**

Every day, we are exposed to air mixed with pollutants, bacteria, allergens, viruses, dust, mites, chemicals or other irritants. When these foreign substances become trapped and are not removed from the lungs, they can become toxic, decrease lung volume, and obstruct airways. A series of salt therapy sessions can provide better lung function, fewer spasmodic attacks, clearer air passages, and thinner mucus secretions, which can expedite the elimination of pollutants throughout the respiratory tract.

Historical records of people seeking out salt caves to help them breathe better can be traced back as far back as 1200 AD. However, it wasn't until the 1800's when salt caves would become recognized as a treatment for respiratory diseases. In 1843, a Polish physician published his observations of salt mine workers who were not suffering from respiratory illnesses at the same rate as those who worked outside the caves. Those workers were, indeed, healthier!

Fast forward to today: People no longer have to travel to European salt caves in search of the positive effects that inhaling dry salt particles offer the lungs, respiratory tract, and sinuses. The Bluegrass Salt Room provides a replication of the underground salt cave microclimate right here in Kentucky!

**Vacation from POLLUTANTS at the Bluegrass Salt Room**

During a 45-minute session, clients relax in a zero gravity lounge chair and listen to serene background music while breathing in dry salt micro-particles. The climate in the room is carefully controlled to ensure the right balance of salt to most effectively help with asthma, allergies, sinus infections, COPD, and eczema.

Following the therapy, clients report feeling more relaxed, being able to breathe deeper, having more energy, and experiencing fewer episodes of respiratory illness.

**Bring the benefits closer to home**

Imagine enjoying the benefits of ionized air every day, all day, in the comfort of your own home or office. A Himalayan salt lamp can help! There is a serenity, a calmness that comes from them; a connection with mother earth and the energy she provides.

Glowing in gentle shades of apricot, pink, red, orange and yellow, Himalayan salt lamps make a great addition to any room décor and function as a perfect night-light and air purifier. Their soothing glow creates a relaxing ambiance for your home, office or anywhere you spend time.

But there's more to Himalayan salt lamps than just beauty. Mined from the foothills of the Himalayan mountains, salt lamps absorb moisture in the air and, when lit, release negative ions that are known to help improve air quality by removing dust, allergens, smoke, odor, and mold spores.

**Now through April 30, enjoy $5 off any $50 purchase or $10 off any purchase of $100 or more. Salt therapy gift certificates make a perfect gift for someone you love!**
Declutter Your Heart

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

I'm not a packrat (I'm in denial) but I do tend to pile stuff in my study at home. After a few weeks have gone by I start feeling sluggish when I sit down to write. I look around the room and begin to feel overwhelmed.

I once blamed the sluggish, overwhelmed feeling on long work hours, but I noticed I'd feel the same way even after being rested from a few days off. So as usual, I took it to prayer and asked the Lord for wisdom.

I went through the usual suspects: not enough sleep, too much caffeine, too many carbs, not enough exercise, and the wrong time of day. I'm sure each of these were partially the culprit, but what I found to be the real thief robbing me of my energy and focus...was the piles of stuff. The room was full of unfinished business.

Things I had started, manuscripts of books I was writing or the beginnings of designs for changing our landscaping would all call my name as I sat down to work in my study.

As it turns out clutter affects us in very negative ways according to Dr. Sherrie Bourg Carter. In her article, Why Mess Causes Stress, in Psychology Today, she says, “Clutter bombards our minds with excessive stimuli...distracts us...makes it difficult to relax...inhibits creativity and creates feelings of guilt.”

Bam! She nailed it. That was what I was feeling. My simple solution was to declutter my study if I was going to write. It worked like a charm.

BUT there is a more insidious kind of clutter.

This clutter occurs when you have unfinished business with God.

When you hear the words “unfinished business with God” you might be thinking things like not forgiving someone for hurting you or not giving your tithe regularly at your church. Things that you aren’t doing that you know you should.

I call it heart clutter. This stuff can be deadly so let me explain.

Every one of us humans have God issues (including yours truly). Things that we either don’t understand about our lives and God, or maybe more importantly, things we do understand about our lives and God, but just don’t like or don’t want to accept.

I stood in a cold rain in a cloudy graveyard in Ohio this past year and watched a father’s heart get ripped to shreds as he stood staring at the grave diggers throwing shovels full of dirt on his 26 year old daughter’s casket.

After everyone else had left the gravesite he stayed to the very last minute to get a final glimpse of his ‘little girl’ before she was gone from his sight forever. He was beside himself with heartache.

That’s a God issue.

And if not dealt with, God issues can cause us humans to do some really scary things.

One of my personal practices is to get alone with no distractions and write my “list of concerns.” These are piles of stuff that have collected in my heart over the previous months that are important to my life, like my marriage and my children’s future.

After I patiently write the list and ensure it has all the things I am concerned about, I then review it again and put a circle to the left of the things I know I have absolutely NO Control Over.

The second thing I do is go over the list again and put a star by those concerns that I absolutely Have Control Over. I then rewrite these on a second page and as I do I mark through them on my first list of concerns.

The only items on my first list NOT marked through are the things I have No Control Over. I choose to give them to God and I imagine that God is taking them one at a time from me until the entire list gone.

As I see God take each concern, I mark through it until my original list of concerns are all marked through and I have no more concerns from that list. God has them and I’m good with that. It’s a choice not a feeling.

For the second list of concerns, the ones that I Have Control Over, I write the verses from Proverbs 3:5-6 (Google these) at the top of the page and then God and I get busy together on this list.

I highly recommend you do this and declutter your heart.

No more unfinished business with God.

To your spiritual health,

Alex E. Anderson
Senior Associate Pastor at Bayside Community Church
Author, Dangerous Prayers
alex.anderson@alexanderson.org
www.dangerous-prayers.com
mybayside.church
Because the **BEST** time to see a cardiologist is **BEFORE** you need one.

At King's Daughters, we put our heart into treating yours. You should know the symptoms of a heart attack may be subtle, such as fatigue, heartburn, or even jaw or neck pain.

The best approach is to catch problems as early as possible — **BEFORE** they become an emergency.

Our cardiologists can schedule you an appointment **within 48 hours**. No physician referral is needed. Simply call (606) **324-4745**, and we'll do the rest.

Mohammad Al Madani, M.D.

King's Daughters Cardiology
613 23rd St., Suite 230, Ashland, Ky.
(606) **324-4745**
kingsdaughtershealth.com