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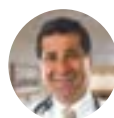


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NOTE FROM THE PUBLISHER

Welcome to the 2022 edition of "Health & Wellness".

Regardless of your age, chances are you have a friend or loved one who is living through some type of health-related illness or disease.

While we don't cover every known disease on the healthcare spectrum, we look this year at some compelling healthcare issues. In this edition, we provide insight into a few health topics.

With healthcare spending in the trillions each year in the United States, It's more important than ever to shine a light on health and wellness in our community.

Along with providing knowledge and up-to-date information, the guide will serve as a resource you can use in the coming year.

We wish you health and happiness in 2022.

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A publication designed and developed to aid our readers in choosing medical and health professionals. The primary distribution is within Clay County, an insert to Clay Today and Clay County Leader newspapers. It is also available at participating health & wellness professionals and the Clay County Chamber of Commerce. It can be viewed in its entirety at claytodayonline.com. **For advertising information contact Clay Today (904) 264-3200.**

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OVERHEAD LIFTING AND WHY YOU SHOULD BE TRAINING

By William Davis

Owner of Steel Mill Fleming Island, CrossFit Level 2 Coach, USAW Sport Performance Coach and

Dr. Matt Weaver

Physical Therapist, DPT, MTC

A physical therapist's perspective

Shoulder injuries are common, in 2006 more than seven million Americans went to the doctor with shoulder pain, more than 4 million of these cases were rotator cuff problems.

The shoulder is a vulnerable joint as it is responsible for more range of motion than any other joint in the human body. This high degree of ROM requires a strength component of the muscles around to control the joint. If strength or ROM is lost this can lead to problems such as rotator cuff strains or even tears.

Tears in this region can lead to significant health, financial, and personal loss.

While not all tears can be prevented, such in the case of trauma, there are things that you can do in order to protect yourself from future shoulder injuries. One of the most common areas for injuries comes with reaching the hand above the head or overhead.

Overhead motion is a common position for injuries, not because it is a movement that should be avoided, but it is one that often is done incorrectly. You may be asking yourself when do I need to move my arm overhead and the answer is more often than you think.

Think of household chores such as cleaning, washing, organizing and yard work among various other activities of daily living that require your hand to go above your head.

Health professionals such as physical therapists and trainers can assist you with restoring your range of motion as well as strengthening the gained movement. The stronger that the shoulder is with moving overhead for this example the less vulnerable it is to injury and the probability of injuries such as strains or tears reduce significantly.

I cannot tell you how many patients I have rehabbed over the years who were scheduled for rotator cuff surgery, then after four-to-eight sessions of therapy were able to self-manage and avoid surgery. Not saying this is always the case as severe cases may require surgical intervention, but there are many people out there who are hurting that need to see a therapist before invasive and costly procedures.

A Trainers Perspective

Training overhead movements are necessary not only for function and strength but for overall health and longevity. Your overhead training should focus on the deltoids (front, side and rear), trapezius, and scapular strength & range of motion.

Most people feel that shoulders should be avoided because they don't want injury or have had a prior injury. This is the wrong thinking because if you do not strengthen the area and muscle groups that make up the shoulder you leave yourself open for injury.

You don't need to train heavy to get strong healthy shoulders. Here are some movements you should be doing every week to keep your shoulders healthy and looking good in a tank top.

Vertical Pressing – this is typically done with a barbell, dumbbells or kettlebells. If you have impingements pressing overhead dumbbells are the way to go as they allow more freedom of movement (four-to-six sets of 12-15 reps weekly.)

(Continued on page 8)

Front, Side and Rear Raises – these should be kept light with high repetitions. The front and side delt raise most people know about. However, the rear delt raise is often overlooked and needs to be focused more than the others (the others get more activation through other movements and tend to be larger and stronger anyways). 4-6 sets of 10-12 reps for front and side raises (four-to-six sets of 20-30 reps for rear delt.)

Banded Pull-Aparts & Face Pulls – If you’ve ever done shoulder rehab then you have done these. But using them often can prevent injury in the first place. These can be done every day if you wanted and should be done in high repetitions. These also help the tendons and ligaments stay strong and bring blood flow to the area for recovery. (Four-to-six sets of 25-30 reps).

There are plenty of other exercises we could name but these can all be done anywhere with a set of dumbbells and a resistance band. Which makes them the ones I recommend the most.

Training should enhance your normal life. You want healthy shoulders, so you don’t have to go through the pain of injury, surgery and rehab.





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My Journey in Rheumatology.



Dr. Raj Oza

I discovered Orange Park during a visit to my friend in Orange Park in the November of 1985, almost 37 years ago, after finishing my training at Wayne state University in Michigan. Orange Park then was a gorgeous and laid-back little town at the time, endowed with an abundance of natural beauty. Me and my family, instantly fell in love with it and we decided to call this town our home. I was then a naïve but confident young woman having received an excellent fellowship training in Rheumatology, knowing next to nothing about private practice. And yet, I decided then and there to start my practice in Rheumatology as the first, board certified Rheumatologist in Clay County. In

retrospect, however, it turned out to be the best decision of my life. That is how my practice, Arthritis & Osteoporosis Treatment Center, PA, was borne almost 37 years ago. The Center has since evolved over the years into a full-service facility, offering on-site services for patient convenience such as X-rays, MRI, blood tests and a full time infusion clinic.

Since then, I have served thousands of patients and I am now treating 2nd and in some cases the 3rd generation of some of my patients. Taking care my patients and relieving their pain and suffering has been the most fulfilling experience of my life. I realized early on that the supporting staff is the back bone of any practice that aims to provide kind and compassionate care. I am blessed with just that kind of staff. A large majority our staff is with me for more than a decade. Pinki,PA and Maryann, ARNP are with me for the last 17 years and have learnt the art of taking care of my patients suffering with Rheumatic disease. Michelle ARNP has joined my practice 1 year ago after serving many years in the Emergency Room as a Nurse. In 1 year, she has learnt a great deal with her dedication and interest, of effective way of taking care of patients with rheumatic disease.

In addition, two new physicians have also recently joined my practice. Dr. Marilu Colon, has joined me in June of 2021. She is a board-certified Rheumatologist with 15 years of experience. She is bilingual and the only Spanish speaking Rheumatologist in greater Jacksonville area. She worked for ten years at the VA Hospital in Porto Rico and a private practice before joining us. Her family includes two young adult twin daughters and a retired navy veteran, businessman

husband. She is a sports and outdoor enthusiast : gardening, hiking, biking, watersports, and marathon runner with many trophies to her credit. and is also fond of gardening. She has already won hearts of many of my patients with her kind and compassionate care.

Dr Shubha Kollampare, MD is a board certified Rheumatologist from university of Arizona and has just joined my practice. She has 3 years of experience in private practice In Delaware. With her dedication, attention to detail and empathy for her patients she was liked immensely by her Patients. She is a young, kind, compassionate and enthusiastic physician, and is eager to serve our community. She is a daughter of Physician parents, a mother of 18 months old child and a loving wife of a cardiologist, who has joined cardiology department at Shands Hospital. Apart from her academic interest, she also has great deal of interest in Indian classical music.

I am so happy and lucky to have these two wonderful physicians join my practice and I am confident that both of them will be a valuable asset for our community. I believe that with the relief they have given me, I will be able to continue serving my patients and our community for many years to come.

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L-R: Pinki Patel, PA; Dr. Marilu Colon-Soto, M.D.; Dr. Shubha Kollampare, M.D.; Dr. Meera Oza, M.D.; Michelle McCarty, APRN

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Construction of our new hospital, Baptist Medical Center Clay, is in full swing. Baptist Clay will be a full-service 100-bed hospital on Fleming Island opening in the fall of 2022.

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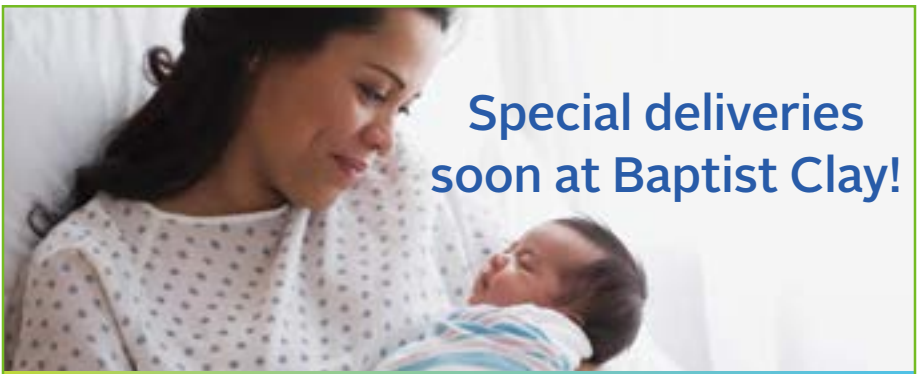
Meet Darin Roark

Baptist Medical Center Clay will be led by Darin Roark, BSN, MBA, RN, FACHE, a long-time Baptist Health executive and resident of Fleming Island.

"Clay County residents tell us they need more hospital-based health care services close to where they live and work," said Roark, hospital president. "Having a full-service hospital nearby will eliminate the need for travel, while providing the medical expertise that Baptist Health is known for.

"As a Clay County resident for many years, I am excited and humbled by the opportunity to bring world-class, patient-focused health care to Clay County," said Roark.





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EIGHT WAYS YOU COULD BE MAKING YOUR SEASONAL ALLERGIES WORSE

Submitted by HCA Florida Orange Park Hospital

ORANGE PARK – For many people, the warmer, longer days of spring can't come soon enough. But for 10s of millions of people, early spring marks the beginning of yet another allergy season – and the sniffing, sneezing, itching, wheezing and overall frustration that comes with it.

In the United States, those with seasonal allergies may contend with these irritating symptoms as early as February and they may linger until early summer. The main culprits triggering this misery are tree, grass and weed pollen. These yellowish powders fertilize plants and are spread by wind, insects and birds.

A rainy spring can help plants – and mold – grow more quickly, causing allergy symptoms to linger for months. Milder winter temperatures can also cause plants to pollinate early, which means that spring allergy season is starting earlier and lasting longer. And the problem is likely getting worse, not better. Pollen counts are expected to double by 2040, according to research presented at the Annual Scientific Meeting of the American College of Allergy, Asthma and Immunology.

If you're one of the millions affected by seasonal allergies, it's important to make sure you're doing all that you can to keep your symptoms under control. This includes being aware of all the ways you may be unintentionally making your allergies even worse.

Dr. Alexander Farag a head and neck surgeon at Orange Park Medical Center has some tips and tricks to avoid missteps, which could trigger a flare up of your symptoms. Here are things you may be doing to trigger your seasonal allergies:



Dr. Alexander Farag

Using the wrong air filter

Air filters can help purify the air and get rid of pollen in your home or office, but only if you choose the correct one. There are two types of air cleaners: portable air cleaners and central furnace, or HVAC, filters. Portable air cleaners filter the air in one room, while central furnace filters treat air

throughout an entire home. Inexpensive central furnace and air conditioning filters, however, don't always do the trick. In fact, not replacing them often enough could make your allergies worse.

If you have a forced air heating or cooling system in your home, consider using high-efficiency filters and stick to a regular maintenance schedule. Placing a portable high-efficiency particulate air (HEPA) filter in your bedroom or using a dehumidifier can also help.

Letting fresh air in

Spring air can be refreshing and invigorating, particularly after a long winter. But if you have spring allergies and open your windows, you're not doing yourself any favors.

Open windows allow pollen-laden breezes to flow into your home. The pollen can then settle into your carpeting, furniture, bedding and upholstery, triggering pesky symptoms. During spring allergy season, you can avoid flare ups by opting for an air conditioner on hot days and keeping your house and car windows closed.

Hanging clothes outside to dry

Air-drying your wet sheets, towels and other laundry outside might be tempting. It is, after all, less expensive and more energy efficient than using a dryer. But your laundry will likely also be coated in pollen after drying in the afternoon breeze since pollen easily clings to fabric. And climbing into a bed with these "spring fresh" sheets or wrapping yourself in a towel that was hung outside to dry could make your allergy symptoms worse.

Skiping your evening shower

After a long day, the last thing you may want to do before falling into your is taking a shower and shampooing your hair. But you should do it. Not taking a shower before you go to sleep allows the pollen that's accumulated on your body, hair and clothing to get into bed with you. This could not only make your symptoms flare up, but also prevent you from getting enough sleep. Make nightly showers part of your routine to remove pollen before bedtime.

Letting furry friends sleep in your bed

Sure, you love your pets, and snuggling up with them in bed can be cozy. But this tempting habit could be making your allergies worse. Pollen can settle into your pets' fur, triggering symptoms. Keep your pets out of your bed, or better yet, keep them out of your bedroom altogether.

(Continued on page 17)

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If your symptoms are particularly bothersome, restricting pets to certain rooms so they can't wander can help reduce the spread of potential allergens. These steps may be helpful but they're not foolproof. Allergens can still spread beyond the rooms that pets occupy. If you have pets and you also suffer from seasonal allergies, it's also a good idea to bathe or groom them at least once a week.

Spending time outside on the wrong days

Heading outside when pollen counts are high is one way to trigger seasonal allergy symptoms. If you suffer from this misery, try to stay indoors on windy days and reserve your outside time until after it rains. Rain clears pollen, which helps to keep allergy symptoms at bay. If you have to do outdoor chores on a day with high pollen counts, always wear a NIOSH-rated 95 filter mask and take appropriate medication beforehand.

Delaying spring cleaning

The dust in your home may contain pollen as well as a cocktail of year-round allergens – pet hair and dander, mold and dust mites – that could make your allergies flare up. Taking the time to clean can help you enjoy spring rather than suffer through it.

If you have seasonal allergies, having someone else (who doesn't have allergies) clean your home can help you avoid a flare up. If that's not an option, be sure to wear a dust mask while you clean. It's also a good idea to use a vacuum cleaner that has a HEPA filter and wash your bedding weekly.

Starting your medications too late

Waiting until you develop allergy symptoms to see your allergist or healthcare provider (HCP) is too late. You can stay several steps ahead of allergy season by taking your medication before it gets underway.

Talk to your doctor about what treatment is appropriate for you and develop a plan of action to help ensure you avoid unnecessary flare ups. And be sure to see your allergist or HCP if your treatments aren't working well enough and need to be adjusted.





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6 ways to prevent falls around the house

Despite all of the potential hazards around a house — from electrical issues to fire hazards to carbon monoxide — the National Home Security Alliance says that falls are the leading cause of death due to home accidents. Falls are responsible for one-third of all home-related fatalities. Although seniors are the group most affected by falls, these types of accidents can affect anyone.

A broken bone may be a minor inconvenience for young people, but fractures are more serious for the elderly. As a result, seniors must take measures to protect themselves against falls. These steps can minimize risk at home.

1. Remove tripping hazards. Examine rooms and hallways for potential hazards, such as slippery throw rugs, floorboards that stick up, loose carpeting, or furniture that blocks walking paths. Remedy these hazards

as soon as possible. Address loose floorboards and/or place nonslip materials beneath rugs.

2. Install grab bars or railings. Install grab bars in certain locations for extra

(Continued on page 22)



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1. GIVE 30 CHEST COMPRESSIONS:

Push hard, push fast in the middle of the chest at least 2 inches deep and at least 100 compressions per minute

2. GIVE 2 RESCUE BREATHS:

- Tilt the head back and lift the chin up.
- Pinch the nose shut then make a complete seal over the person's mouth.
- Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

Note: If chest does not rise with rescue breaths, retilt the head and give another rescue breath.

3. DO NOT STOP: Continue cycles of CPR.

Do not stop CPR except in one of these situations:

- You find an obvious sign of life, such as breathing.
 - An AED is ready to use.
- Another trained responder or EMS personnel take over.
 - You are too exhausted to continue.
 - The scene becomes unsafe.

CPR—CHILD & INFANT

AFTER CHECKING THE SCENE AND
THE INJURED OR ILL CHILD OR INFANT:

1. GIVE 30 CHEST COMPRESSIONS:

Push hard, push fast in the middle of the chest.

- Child: Push about 2 inches deep.
- Infant: Push about 1½ inches deep.
- Push fast, at least 100 compressions per minute.

2. GIVE 2 RESCUE BREATHS:

- Tilt the head back and lift the chin up.
 - Child: Pinch the nose shut, then make a complete seal over child's mouth.
 - Infant: Make complete seal over infant's mouth and nose.
 - Blow in for about 1 second to make the chest clearly rise.
- Give rescue breaths, one after the other.

3. DO NOT STOP: Continue cycles of CPR.

Do not stop CPR except in one of these situations:
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An AED is ready to use.

Another trained responder or EMS personnel take over.

You are too exhausted to continue.

The scene becomes unsafe.

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- stability or where someone may need leverage getting up from a seated position. They are particularly helpful near toilets and bathtubs and in stairways and hallways.
3. Stick to sensible shoes. Sensible shoes fit properly and have sturdy, nonskid soles. Avoid walking around in slippers or even in stocking feet, which are much more slippery.
 4. Store items within reach. Store items that are used frequently, such as dishes, in easily accessible cabinets and other locations. This prevents having to climb or reach for them.
 5. Install more lighting. Poor visibility can contribute to falls. Lighting in hallways, stairways, bathrooms, and bedrooms — even if it is a small night light — can be enough to light the way.
 6. Reinforce your home’s exterior. Falls do not only occur inside. Inspect the perimeter of a property for uneven turf, holes or cracked or uneven patches of walkways. Make sure lighting is working at entryways, and check that exterior handrails are secure.

Falls can cause serious injury or death, particularly for aging men and women. Simple fixes around the house can make things more secure and reduce the risk for falls.

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Source: JAMA Otolaryngol Head Neck Surg. 144(11):819-822.
 doi: 10.1001/jamaoto.2018.1634

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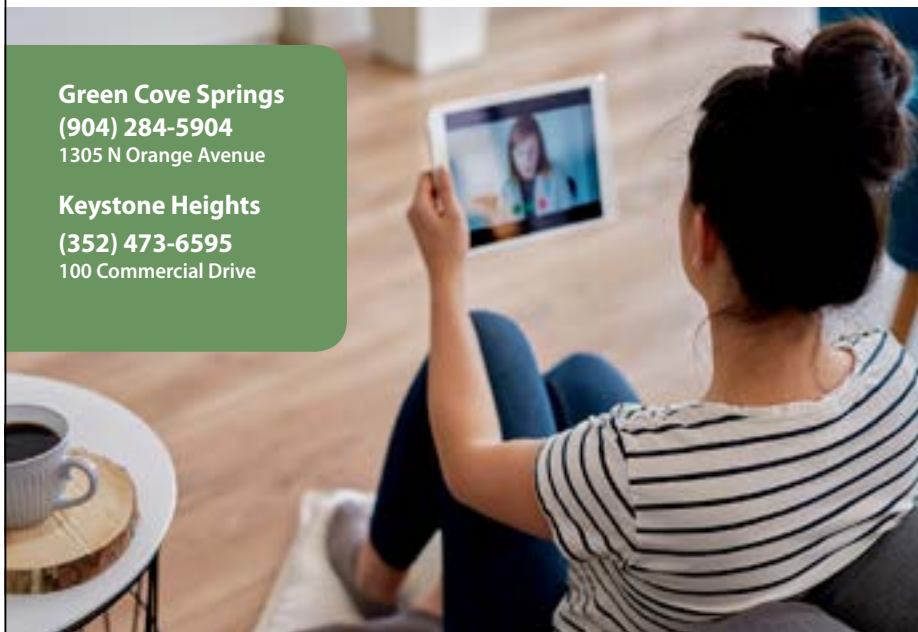
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