



| Hood County News |

**A SPECIAL ADVERTISING SECTION**

SATURDAY, Jan. 28, 2023

**C**

# HEALTH

MIND & BODY



**BE HAPPY,  
BE HEALTHY**

*Health is important for both mind and body. See inside for tips on mental health, diet, age and more.*

**C2-C8**

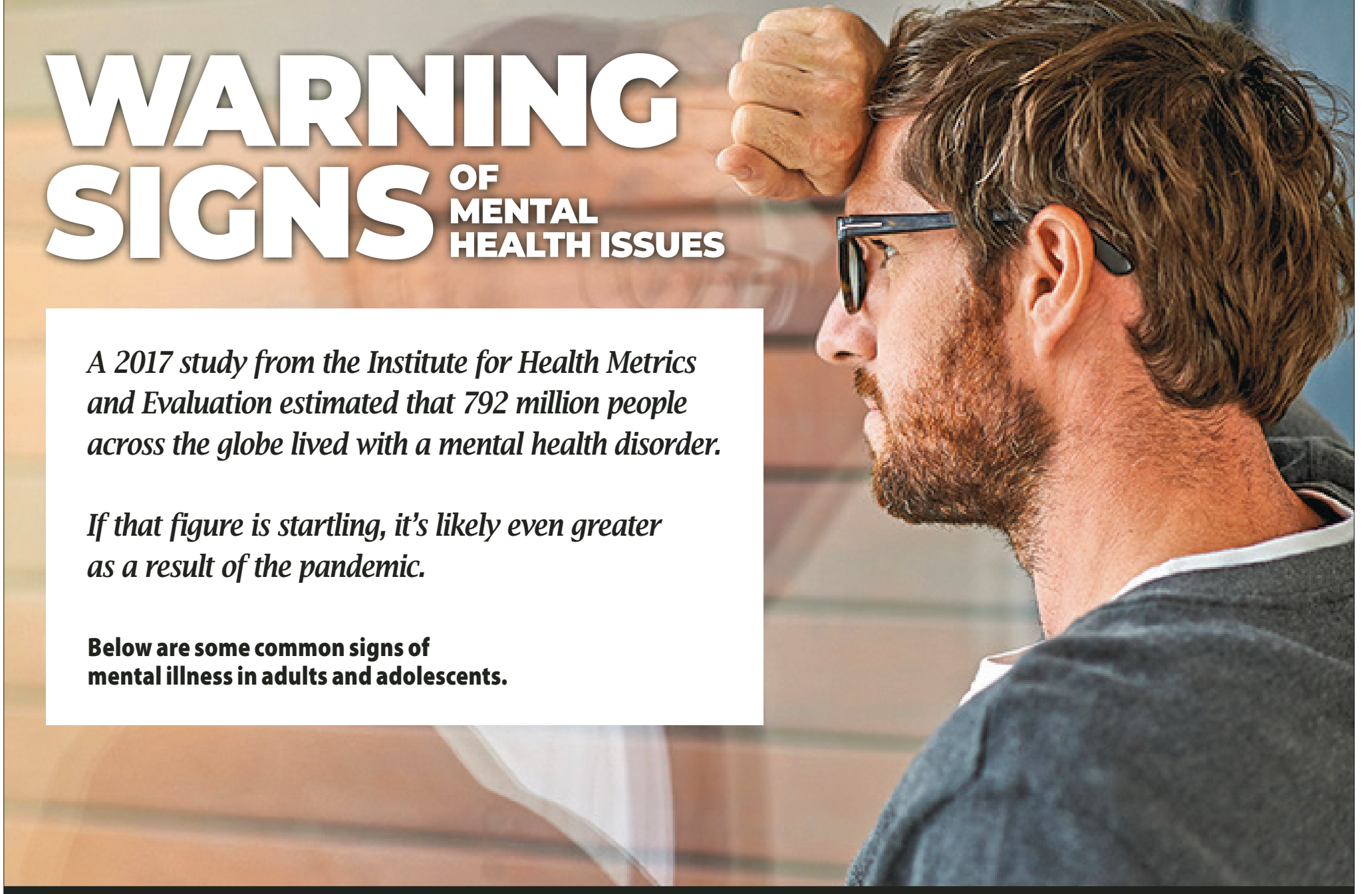
**inside** WARNING SIGNS OF MENTAL ILLNESS | DEALING WITH DEPRESSION  
| DIABETES AND DIET | DIET AND AGE | HEALTHIER MEALS MADE AT HOME  
| STAYING ACTIVE: FUN FOR SENIORS | HABITS THAT AFFECT COGNITIVE  
HEALTH | AGING GRACEFULLY WITH EVIDENCE-BASED MEDICINE | SET YOUR  
SIGHTS ON GLAUCOMA | HOW BLOOD TYPE CAN AFFECT YOUR HEALTH

# WARNING SIGNS OF MENTAL HEALTH ISSUES

*A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder.*

*If that figure is startling, it's likely even greater as a result of the pandemic.*

**Below are some common signs of mental illness in adults and adolescents.**



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*(MetroCreative Connection)*

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health won't arise in the years to come. That reality underscores the importance of learning to recognize signs

of mental illness in both adults and children. The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucina-

tions, in which a person experiences and senses things that don't exist in objective reality)

- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.
- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day

- An intense fear of weight gain or concern with appearance
- Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:
  - Changes in academic performance
  - Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
  - Hyperactive behavior
  - Frequent nightmares

Frequent disobedience or aggression

- Frequent temper tantrums

Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at [www.nami.org](http://www.nami.org).

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# COGNITIVE HEALTH

## HOW TO PROTECT YOUR BRAIN LONG-TERM

*(MetroCreative Connection)*

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

PLEASE SEE BRAIN | C3



STOCK PHOTO COURTESY OF METROCREATIVE CONNECTION

# DEALING WITH DEPRESSION

*Depression is among the most common mental disorders in the world. According to a 2019 report from the Institute of Health Metrics and Evaluation, roughly 3.8 percent of the world's population is affected by depression. That percentage is higher among adults (5 percent) and even more so among adults 60 and over (5.7 percent).*

**One of the first steps toward overcoming depression is to learn how it can manifest itself.**



STOCK PHOTO COURTESY OF ENVATO.COM

*(MetroCreative Connection)*

Despite its prevalence, depression still carries a stigma, leaving many people to confront it in silence. However, over the last several years, public attitudes toward mental health have shifted, compelling millions of people to recognize the severity of the threat posed by mental health disorders like depression. That recognition has led various prominent public figures, such as comedian Jim Carrey, athlete Kevin Love and singer/actress Lady Gaga, to publicly acknowledge their own battles with depression.

Depression is nothing to be ashamed of, and recognition of that reality may compel millions of people to seek the help they need. One of the first steps toward overcoming depression is to learn how it can manifest itself. Though feelings of sadness are common in people with depression, according to ADA Health, depression is much more than a feeling of sadness, and its symptoms may be masked by physical complaints or substance abuse. That can make it hard to identify signs of depression, which underscores

the significance of learning to spot its symptoms. The National Institute of Mental Health notes that the following signs and symptoms could be indicative of depression if individuals have been experiencing them most of the day, nearly every day, for at least two weeks.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or plea-

sure in hobbies or activities

- Decreased energy, fatigue or feeling "slowed down"
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early morning awakening or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or attempts at suicide
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease with treatment

It's important that individuals experiencing these symptoms or those who witness them in loved ones avoid self-diagnosing their conditions or the condition of friends or family members. If any of these symptoms are present for two weeks or more, contact a physician immediately or urge a loved one to do so. More information about depression can be found at [www.nimh.nih.gov/health/topics/depression](http://www.nimh.nih.gov/health/topics/depression).



## BRAIN FROM PAGE C2

**BE MORE HEALTH-CONSCIOUS**  
Working with doctors, individuals can put their health first. This includes getting routine screenings, managing chronic health problems, limiting or avoid-

ing alcohol and nicotine products, and getting the recommended amount of sleep each night.

**MANAGE HIGH BLOOD PRESSURE**  
All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pres-

sure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.  
**CHALLENGE YOUR BRAIN**  
Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

**MANAGE STRESS**  
Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.

**GET ENOUGH VITAMIN D**  
Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

**PAY ATTENTION TO HEARING LOSS**  
Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

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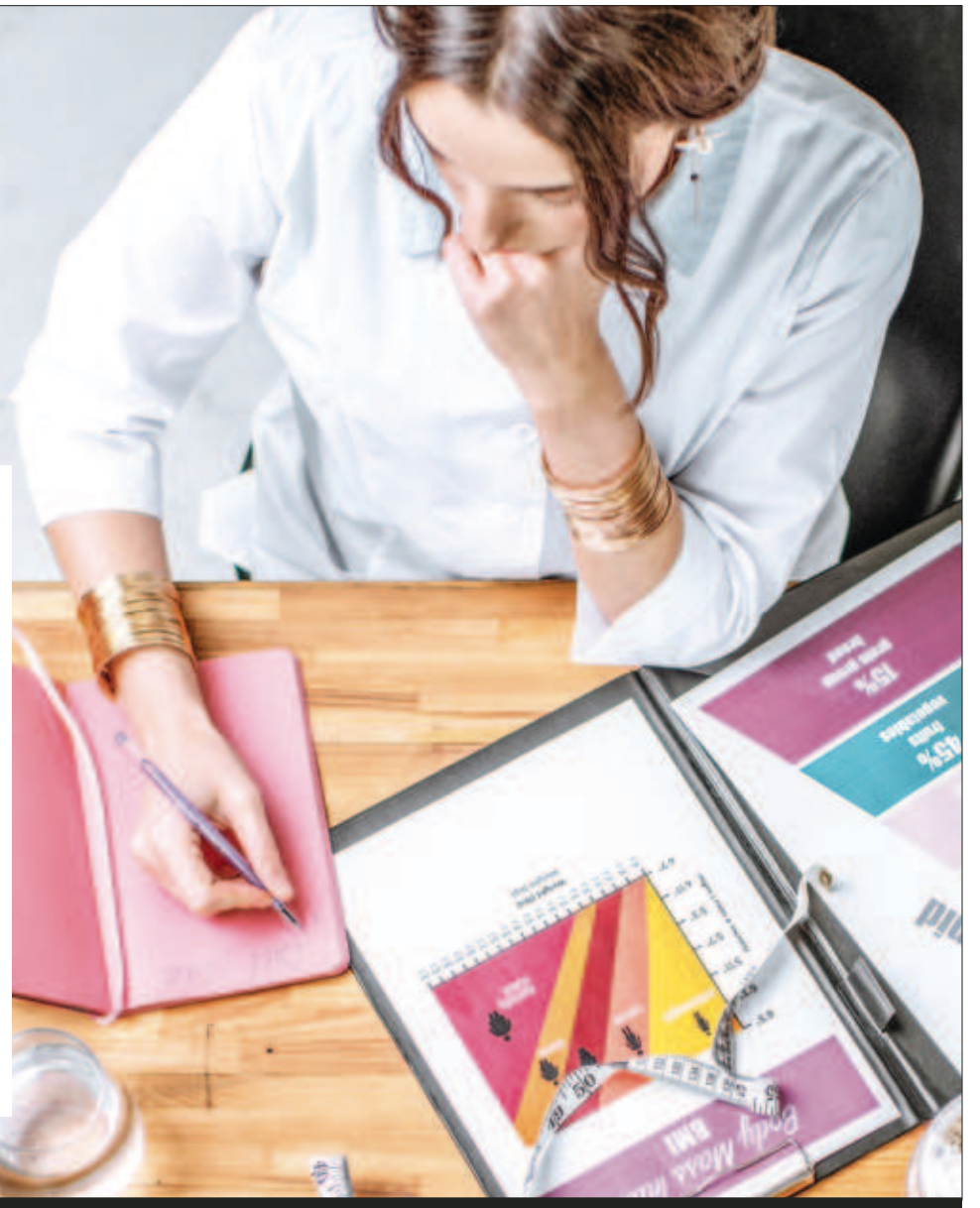
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# DIABETES AND DIET

*The number of people living with diabetes has risen dramatically over the last four decades. According to the World Health Organization, between 1980 and 2014, the number of people with diabetes rose from 108 million to 422 million.*

**The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe.**



STOCK PHOTO COURTESY OF ENVATO.COM

(MetroCreative Connection)

The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe. That makes now a perfect time to learn more about diabetes and what individuals can do to manage their disease.

**WHAT IS DIABETES?**

Diabetes is a chronic disease related to how the body produces or utilizes insulin, a hormone that regulates blood sugar. Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces.

**WHAT IS THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES?**

The WHO notes that more than 95 percent of the people with diabetes have type 2 diabetes. According to the American Diabetes Association®, type 2 diabetes

occurs when the body does not use insulin properly, whereas type 1 occurs when the body does not produce insulin.

**CAN DIABETES BE MANAGED?**

It's important that individuals diagnosed with diabetes recognize that both types 1 and 2 can be managed. The ADA reports that diet and routine exercise are vital to managing type 2 diabetes. The ADA urges people who have recently been diagnosed with diabetes to speak with a registered dietitian nutritionist (RDN/RD) to find foods that are healthy and help them

feel satisfied at the end of a meal. Linger may compel people to make poor dietary choices that could make their condition worse. The ADA's "Nutrition Consensus Report," published in 2019, is a comprehensive review of 600 research articles over a five-year span conducted by a panel of scientists, doctors, endocrinologists, diabetes educators, and dietitians. That review emphasized the significance of working with an RDN, noting that recommendations about diet for diabetes patients must take factors specific to each individual, including their life circumstances and preferences, into consideration.

The review also noted that each person responds differently to different types of foods and diets, so there is no single diet that will work for all patients. Though there is no "one-size-fits-all" diet for people with diabetes, the ADA created the Diabetes Plate Method as a simple way to help people with diabetes create healthy meals. The method urges individuals to fill half their plate with nonstarchy vegetables, such as asparagus, broccoli, green beans, and salad greens. One-quarter of the plate should be filled with lean proteins such as chicken, lean beef (cuts like chuck, round or

sirloin), or fish (salmon, cod, tuna). Plant-based sources of protein also count, and these include beans, lentils, hummus, falafel, edamame, and tofu, among other foods. The final quarter of the plate should be reserved for foods that are higher in carbohydrates, such as whole grains (brown rice, quinoa, whole grain pastas), beans and legumes, or even fruits and dried fruit. More people than ever before are being diagnosed with diabetes. Diet plays a significant role in managing life with diabetes. More information can be found at diabetes.org.

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# DIET AND AGE

*The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.*

**The following are some ways aging adults can use diet to combat age-related changes to their bodies.**



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(MetroCreative Connection)

**T**he changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

#### **PRIORITIZE PROTEIN**

The authors of a 2010 study published in the journal *Current Opinion in Nutrition and Metabolic Care* recommended that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

#### **OVERCOME REDUCED PRODUCTION OF VITAMIN D**

WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in

many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

#### **CONSUME AMPLE DIETARY FIBER**

The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online

medical resource Healthline notes is a common health problem among the elderly. Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

#### **MONITOR INTAKE OF VITAMIN B12**

The NRCNA notes that

vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.

# HEALTHIER MEALS MADE AT HOME

*Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.*

**Increasing the amount of vegetables in one's diet is a simple and healthy modification.**



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(MetroCreative Connection)

**A**ccording to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to eat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

#### **INCREASE FIBER INTAKE**

Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels.

Two servings of fibrous foods at each meal and an additional fiber-rich snack each day can ensure your body is getting the fiber it needs.

#### **SLOW DOWN EATING**

The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.

#### **CHOOSE WHOLE GRAINS**

Choosing whole grain breads or cereals over re-

fined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.

#### **SWAP GREEK YOGURT FOR OTHER VARIETIES**

Greek yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce overeating. Greek yogurt also can replace mayonnaise or sour cream in cer-

tain recipes.

#### **ADD A VEGETABLE TO EVERY MEAL**

Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune system. Increase vegetable intake by eating vegetables with every meal.

#### **CHOOSE HEALTHY FATS**

While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select the best fat possible.

Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.

Cut out sweetened beverages. Sodas and other sweetened drinks are leading sources of added sugar in diets. Opting for water or naturally sweetened fruit juices can improve overall health.

Small dietary changes can add up to big health benefits.

# STAYING ACTIVE FUN FOR SENIORS

*Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.*

**As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.**



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(MetroCreative Connection)

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.

There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

**EXPLORE SENIOR CENTER OFFERINGS**

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

**GARDEN OR DO YARD WORK**

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

**PLAY GAMES WITH GRANDCHILDREN**

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

**TAKE UP A NEW HOBBY**

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba™ will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.

## HABITS THAT AFFECT COGNITIVE HEALTH

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

**EXERCISE FREQUENTLY**

Harvard Health reports that exercise, in addition to the many other benefits

it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

**ENJOY VIDEO GAMES**

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to

64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

**STAY SOCIALLY ENGAGED**

According to a study published in the journal Experimental Aging Research, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

**EAT A HEALTHY DIET**

Eating a diverse array of healthy foods is benefi-

cial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

**GET HELP FOR SLEEP DISORDERS**

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues. While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.

Data from the Centers for Disease Control and Prevention indicates that rates of anxiety and depression rose dramatically after the onset of COVID-19. According to the CDC, the range of average monthly percentages of adults in the United States reporting symptoms of anxiety between January and December of 2019 was 7.4 percent to 8.6 percent. Between April 2020, or roughly three weeks after the World Health Organization declared a global COVID-19 pandemic, and August 2021, the average submonthly percentages of U.S. residents reporting symptoms of anxiety was between 28.2 percent and 37.2 percent. That means the rate of anxiety rose by about four times between April 2020 and August 2021. A similar spike was prevalent among U.S. adults reporting symptoms of depression during that same period. Though percentages were between 5.9 and 7.5 percent between January and December 2019, they rose to between 20.2 and 31.1 percent between April 2020 and August 2021. These figures are important to keep in mind as the world tries to move on from the pandemic. Despite individuals' best efforts, rates of anxiety and depression could remain significantly higher than they were in 2019, underscoring the need for accessible education about each disorder.






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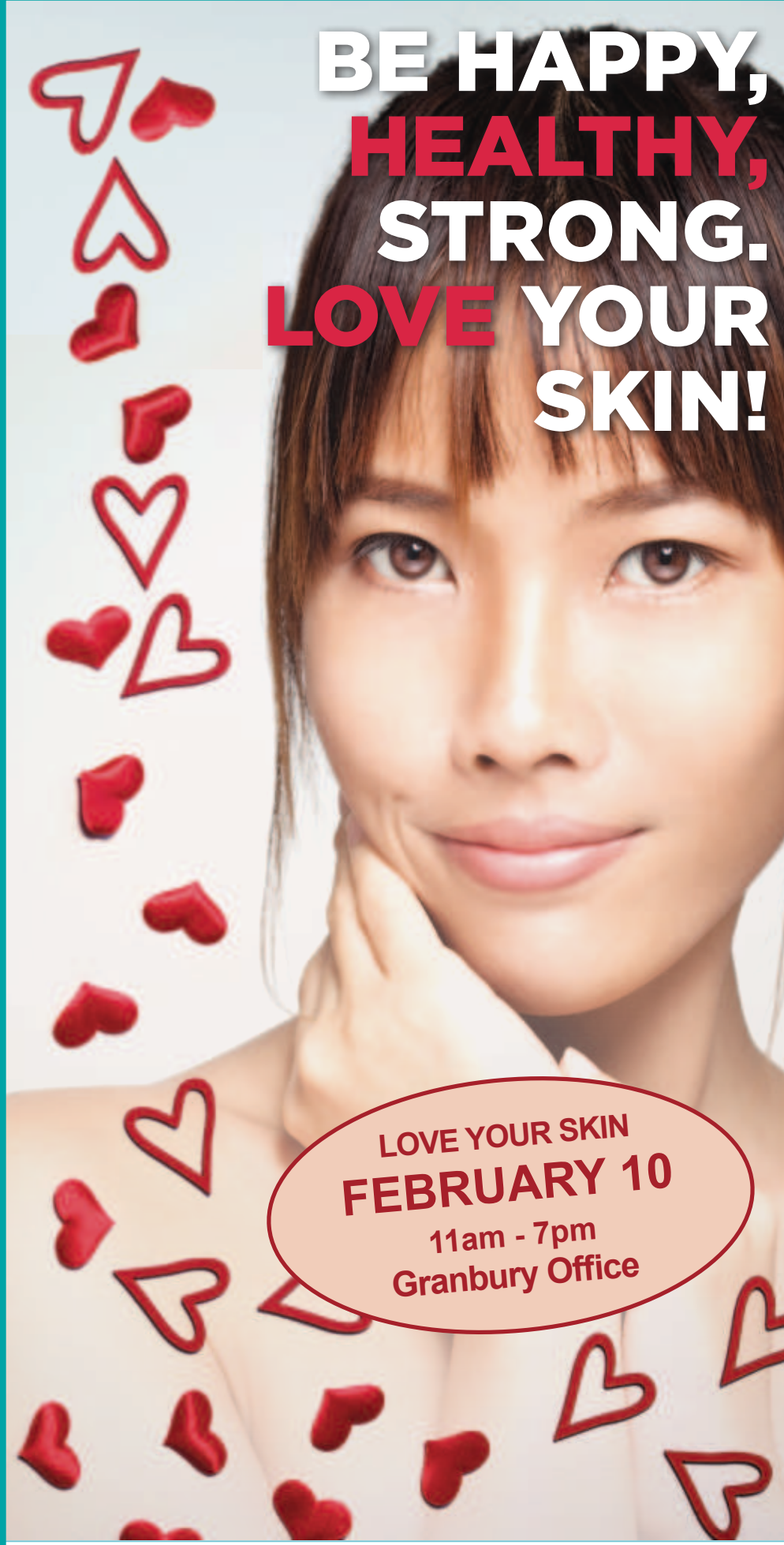



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For 16 years, Dr. Carrie Morris has worked as an oculofacial and reconstructive surgeon, performing thousands of successful cosmetic and reconstructive surgeries of the face and eyelid, laser resurfacing, and laser liposuction of the body. Dr. Morris is the only board-certified oculofacial plastic surgeon in the surrounding five counties and the only physician that is board-certified in cosmetic laser surgery procedures in the Dallas-Fort Worth area. She has extensive expertise and experience in blepharoplasty ("eyelid lifts"), ptosis repair, brow lifts, neck lifts, CO2 laser resurfacing, Smartlipo laser liposuction, Femtouch, Botox, and filler injections.

The practice, Carrie Lynn Morris, MD, PLLC and Radiance Wellness Spa, continues to grow. Notably, Granbury residents voted Radiance Wellness Medispa "Best of Hood County" in 2022. Continuing their goals to deliver excellent care, they have added some new innovative services at both the Granbury and Southlake locations along with increased availability. Some of the new services include: Exosome and growth factor treatments, Keravive scalp hair growth treatments, areola repigmentation with permanent makeup for breast cancer survivors, and a new Ultrapulse Lumenis CO2 laser, which is even more effective than their current laser.

In order to optimize and maximize outcomes and minimize downtimes from procedures, they are now offering EXOE Exosome treatments. Exosomes are vesicles made by the body to communicate between cells. They help the exchange of proteins and growth factors, increase cell growth and blood supply, which improves healing. They create healthier cells, stimulate collagen production, decrease inflammation and scarring, and improve overall results and comfort while decreasing downtime. This can be paired with a facial, microneedling treatment, or laser resurfacing procedure, which their lead-Granbury esthetician, Olivia Forrest performs.

For those with resolutions to get slimmer, their Cynosure Smartlipo laser liposuction procedure not only removes fat via traditional liposuction; but also it tightens the skin following the removal of the fat. It melts fat via the heat prior to removal to make the process easier, minimizing bruising and swelling and discomfort. The results are permanent! Patients will notice about 50-75% improvement in fat reduction along with tightening of the skin, which is an added benefit over traditional liposuction.

Their new Lumenis Ultrapulse CO2 laser is the "platinum" standard in the laser resurfacing industry. It is the most powerful and effective CO2 laser in aesthetic medicine. It is a highly versatile device, offering 34 FDA-cleared dermatology and plastic surgery indications, and over 100 additional surgical indications. As a member of the AAFPRS, Dr. Morris volunteers her time to help veterans and victims of domestic violence who suffer from traumatic or burn scars using the Ultrapulse CO2 laser through the organization's Face to Face program. It treats wrinkles, scars, dark spots, stretch marks, precancerous skin lesions, bumps, and rhinophyma (enlarged nose due to rosacea).

The practice has recently launched the "Radiance Wellness Medispa App". This is accessed by scanning the QR code in the at-

tached ad or on the website. It is a rewards app for patients that is free. It rewards patients for visits and purchases, includes a free birthday gift and marketplace where patients can buy services (and soon products) via the app. It also has monthly memberships and the ability to finance services, if desired. The app is a centralized app, which maintains all aesthetic brand apps within the one app.

The medispa has added Kristin Flowers, CRNP, to its team. She is a certified nurse practitioner offering patients in Granbury more availability and special discount pricing for those desiring injectable services, such as Botox and hyaluronic acid fillers. Dr. Morris is now seeing patients on Mondays as well as every Friday. She operates at both Baylor Surgicare Granbury and Lake Granbury Medical Center. Both providers offer all brands of filler, including, Redensity, the new and only FDA approved filler for lines around the mouth.

Keravive scalp treatments are now offered to improve hair growth and thickness, which is beneficial to both men and women. Patients can supplement in office treatments with Revitalash shampoo and conditioner to improve hair thickness.

Another new addition to their team is Sharon Hindman, who has over 14 years experience in permanent makeup and microblading. She offers eyebrow, eyelid liner, lip, and areola repigmentation along with other areas of the face. In some circumstances, she is able to remove permanent makeup if a patient wants to make a change.

Radiance Wellness Medispa is now offering new, no interest long terms financing options for procedures and offers a 5% cash discount.

"There is no time like the present," when questioned about the right time to seek treatment. "Many treatments are preventative, so the earlier in life, the better, to avoid bigger problems in the future such as skin cancer."

Radiance Wellness Medispa's mission is to continue to be the premier medical spa in Hood and surrounding counties, offering the full spectrum of aesthetics that is customized and patient-centered including: medical grade skin care, minimally invasive procedures to help either prevent or address aging, and plastic and laser surgery both aesthetic and reconstructive. They have the leadership of Jessica Satterfield, office manager, to help them maintain this status.

If anyone would like to learn more about the services, Radiance Wellness Medispa is hosting a "Love Your Skin" Event on Friday, February 10th from 11:00am - 7:00pm, appointments available or walk-in from 5-7pm. There will be live demos, door prizes, event only specials, and \$25 HydrafacialMDs (by appointment).

For more information or to schedule an appointment, call 817-326-3134, text 817-435-4655, or email refreshedface@carriemorrismd.com. Individuals can also make an appointment on the website: radiancewellnessmedispa.com.



SCAN QR CODE TO VISIT RADIANCEWELLNESSMEDISPA.COM.

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# SET YOUR SIGHTS ON GLAUCOMA

*Eyesight often isn't fully appreciated until it begins to diminish. Starting in one's thirties, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need to be adjusted more regularly. However, there are some eye conditions that are not entirely a result of aging. Glaucoma is one of them.*

**Glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged.**



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(MetroCreative Connection)

According to Johns Hopkins Medicine, glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged. Glaucoma is the leading cause of irreversible blindness and usually occurs when an abnormality in the eye's drainage system causes the aqueous humor fluid in the eye to build up, sometimes leading to excessive pressure that impacts the optic nerve. The optic nerve connects the retina with the brain, sending vision signals. Damage to the nerve can cause loss of eyesight. While pressure is largely to blame for glaucoma, glaucoma can occur even if eye pressure is normal.

Glaucoma is often a silent condition. The Mayo Clinic advises that many forms of glaucoma have no warning signs. With effects so gradual, no changes in vision may be noticed until the condition is in its later stages. This underscores the importance of getting regular eye examinations that will include measurements of the pressure in both eyes, says the Glaucoma Research Foundation. Glaucoma

caught early can be slowed down or even prevented before it becomes severe. Lifelong treatment and monitoring will be needed after diagnosis. There are different types of glaucoma. The most common is open-angle glaucoma, which occurs after the clogged fluid does not drain properly. Angle-closure glaucoma, also called closed-angle glaucoma, happens when the iris is very close to the drainage angle

in the eye and the iris blocks the drainage angle. This results in an acute glaucoma attack. Some people have normal tension glaucoma, in which eye pressure is in normal range but there are signs of glaucoma. These individuals' optic nerves may be more sensitive to pressure than others' and will have to be monitored. Certain people are at a greater risk for developing glaucoma than others. Individuals over 40; those

with a family history of glaucoma; people of African, Hispanic or Asian heritage; people with high eye pressure; those who have had an eye injury; and individuals who use long-term steroid medications are at increased risk. Other factors also affect glaucoma risk. Glaucoma should be discussed at routine eye wellness visits to prevent lasting vision damage.

## HOW BLOOD TYPE CAN AFFECT YOUR HEALTH

Most people do not give much thought to the blood running through their veins. However, it may pay to learn more about blood type, as it can affect your overall health in a variety of ways.

### WHAT IS BLOOD TYPE?

The American Red Cross says there are four main blood types, which are determined by the presence or absence of A and B antigens on the surfaces of red blood cells and the presence of antibodies in the blood plasma. Blood type is further affected by a protein called the Rh factor, which can be present (+) or absent (-). Here's a further breakdown:

Type A: Only the A antigen

on red cells (and B antibody in the plasma).

Type B: Only the B antigen on red cells (and A antibody in the plasma).

Type AB: Both A and B antigens on red cells (but neither A nor B antibodies in the plasma).

Type O: Neither A nor B antigens on red cells (but both A and B antibodies in the plasma).

### COVID-19

Studies examining how blood type affects overall health are ongoing, and such research garnered extra attention from the general public during the COVID-19 pandemic. Recent research indicates that blood type can

affect one's risk of contracting COVID-19 as well as the severity of symptoms. A key finding of the genetics company 23andme indicated that people with type O had lower incidences of COVID-19 positive tests. Evidence held even when researchers took into account age, sex, body mass index, and other factors. In a study published in March 2020, researchers in China found that "blood group A was associated with a higher risk for acquiring COVID-19 compared with non-A blood groups." Researchers at Columbia University reported similar risks associated with type A blood.

### HEART DISEASE

The protective nature of type O blood also applies to heart disease. WebMD reports that risk for coronary heart disease is lower among the O group as apposed to other types.

### STOMACH CANCER

Individuals with A, B and AB blood types are more likely to get stomach cancer. The link may lie in the presence of H. pylori infection, which tends to be more common in people with type A blood, according to Northwestern Medicine.

### STRESS

Northwestern also reports

that those with type A blood may have more trouble handling stress due to heightened levels of the stress hormone cortisol.

### KIDNEY STONES

More than five million people in Sweden were studied to determine the link be-

tween blood type and health risks. Those with type O and type B were more likely to get kidney stones.

Blood type can shed light on individuals' risk for various conditions, and researchers continue to study the link between blood type and overall health.



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