

Health

● M I N D & B O D Y ●

SATURDAY, Jan. 27, 2024



INSIDE ACTIVITIES TO STRENGTHEN THE HEART | THE MANY BENEFITS OF READING | DR. CARRIE MORRIS CONSOLIDATES PRACTICE TO ONE LOCATION IN GRANBURY | EFFECTIVE, NON-INVASIVE TREATMENT FOR NEUROPATHY | “WE PRACTICE HEALTH — OTHERS PRACTICE MEDICINE” | FILL UP ON HEALTHY EATING POINTERS | HOW TO GET KIDS MORE ENGAGED IN THEIR DENTAL HEALTH | THE LINK BETWEEN SLEEP AND MENTAL HEALTH | TIPS FOR SENIORS TO SAFEGUARD THEIR MENTAL HEALTH | WHAT IS PREDIABETES? | SIMPLE WAYS TO CUT CANCER RISK

Activities to strengthen the heart

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Intermountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

AEROBIC EXERCISE

Aerobic exercise raises heart rate and gets the blood pumping through-

out the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swimming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

RESISTANCE/WEIGHT TRAINING

Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving

muscle mass while reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

BALANCE AND FLEXIBILITY EXERCISES

A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi,

yoga, and pilates can be included two or three times a week.

HEALTHY EATING

The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

MEDITATION

Slowing down, performing deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart. Strengthening the heart and maintaining its health

involves various activities that can be incorporated into daily routines.



COURTESY PHOTO

Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure.

The many benefits of reading

There has never been a better time to be a reader. Self-proclaimed book nerds and those who look forward to the next book club gathering can rejoice knowing that a good story isn't the only benefit associated with reading. In fact, there are numerous health benefits to cracking a book.

READING SLOWS COGNITIVE DECLINE

Natural aging results in a decline in memory and brain function over time, but reading can help. According to research published in the journal Neurology, reading may

help slow that process and keep minds sharp.

READING IMPROVES CONCENTRATION AND FOCUS

Technology draws a lot of attention, and those fast processing times and almost instant gratification can shorten attention spans. Reading requires undivided attention and focus, which can improve one's ability to concentrate.

READING PRODUCES A SENSE OF ACCOMPLISHMENT

Reading anything from a newspaper article to a novel helps people check off

measurable goals. When done reading a given piece, the mental boost from finishing can enhance your mood.

READING IS FREE ENTERTAINMENT

Provided a person gets books from a library or a loaner from a friend, reading is free. It's possible to educate oneself, travel to far off lands or even solve mysteries having making a major financial investment.

READING ENHANCES LITERACY

Frequent reading intro-



COURTESY PHOTO

Reading requires undivided attention and focus, which can improve one's ability to concentrate.

duces the reader to new vocabulary and information. This enhances both literacy and intelligence.

READING LEADS TO HIGHER INTELLIGENCE LATER ON

A study of 1,890 identical twins in the United

Kingdom found that the twins who had early reading skills seemingly had more positive results for higher intelligence later in life.

READING CAN HELP A PERSON RELAX

Reading may help reduce stress and even induce relaxing feelings so that a person can drift off

PLEASE SEE **READING** | D5

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Dr. Carrie Morris consolidates practice to one location in Granbury

From Staff Reports

After seven years operating a Radiance Wellness MediSpa practice in both Southlake and Granbury, Dr. Carrie Morris has officially consolidated her cosmetic practice to one location right here in Hood County.

"As of December, we've completely transitioned to one location in Granbury," Morris told the HCN. "I closed my location in Southlake just so I could focus on Granbury and be at my surgery center."

Previously, Granbury patients had to drive all the way to Southlake for any type of cosmetic surgery. However, in December of 2022, Morris opened a separate location in Granbury by purchasing a building at 606 S. Harbor Ct. Last spring, she expanded her office to include a surgical suite, essentially transforming the space to a Level 3 office-based anesthesia suite certified by the Texas Medical Board. With the latest additions and remodeling, there is a fully dedicated

building for surgical services while the previous office is completely focused on medical spa services and office consultations.

"We have an anesthesia provider who provides 'twilight' anesthesia, which is similar to anesthesia received during cataract surgery or a colonoscopy," she explained.

Morris performs a variety of cosmetic surgeries, like brow lifts, neck lifts, upper and lower blepharoplasty, eyelid ptosis surgery, CO2 laser resurfacing and cosmetic laser liposuction.

For med spa services, Morris offers facials (including HydrafacialMD) chemical peels, dermaplaning, SkinPen microneedling, permanent makeup, eyelash lifts, eyelash tints and waxing.

Morris said she has also started to offer massage therapy, with additional services like spray tans, eyelash extensions and IPL (Intense Pulse Light) remaining as potential add-ons in the future.

"One of the best ways to jump start your investment

into your health, particularly your skin health is to take advantage of memberships, be it at the gym or our medical spa," offers Morris. "I would recommend patients explore their options regarding our memberships, which are essentially customizable. These not only offer cost savings, but also help patients stay accountable regarding their skin health and wellness. Several patients have commented that this is the main reason that they signed up for the membership." All services, aside from surgery, are incorporated into the memberships. You may explore the options by joining the complimentary app via the link.

Morris' Radiance Wellness MediSpa practice is open Monday through Friday from 9 a.m. to 5 p.m. and some Saturdays from 10 a.m. to 2 p.m.

"We're here and we're ready to serve the patients every week," Morris added. "Mondays, Tuesdays and Fridays, I'm in the clinic. I operate Wednesdays and



COURTESY PHOTO

Morris' Radiance Wellness MediSpa practice is open Monday through Friday from 9 a.m. to 5 p.m. and some Saturdays from 10 a.m. to 2 p.m.

Thursdays at my office. I also operate at the local surgery center and hospital."

Morris now offers aesthetic injectable services with a nurse injector on Wednesdays and Thursdays. She also provides med spa

services Tuesday through Saturday.

"Basically, we have availability for any injectables Monday through Saturday, so either myself or the nurse injector can provide that service," she said. "There's some-

one here available every day but Sunday."

For more information or to schedule an appointment with Carrie Morris, MD, F.A.C.S. or her staff, visit radiancewellnessmedispa.com online or call 817-326-3134.

Effective, non-invasive treatment for Neuropathy *Dolan Chiropractic offers regenerative care*

Staff Report

You may be surprised to learn there is a non-surgical, non-pharmaceutical, but effective treatment for neuropathy. Even better, this treatment is offered right here in Hood County at Dolan Chiropractic.

The protocol is one that Dr. Dolan uses himself as he does all his modalities before recommending them to patients. Dr.

Dolan has slight neuropathy and desired a non-invasive treatment. The treatment that Dr. Dolan found and now provides is only offered by approximately 700 doctors around the nation.

Neuropathy is a condition where nerves are damaged which causes weakness, burning pain, numbness, tingling and debilitating balance problems.

Damage to nerves can be caused from diabetes, poor metabolic health, autoimmune conditions and chemotherapy, just to name a few.

The good news is this: nerve damage can be reversible. First, they address the underlying problem, which is usually related to gut health. Once the gut is addressed then they begin working on healing the nerves and improving

circulation.

Professional care at Dolan Chiropractic begins with an examination to determine the severity of the nerve damage or loss.

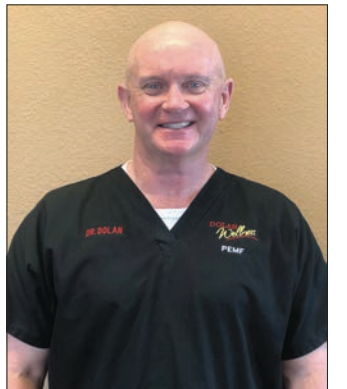
Neuropathy care at Dolan Chiropractic is a four-fold approach that they refer to as vital components.

The first vital component is "Electromagnetic Infrared Therapy" which improves blood flow to

help heal the nerve. Using this new Low-Level Light Therapy (LLLT) signals angiogenesis which is the creation of new blood vessels. The process has a 97% success rate with peripheral neuropathy.

The second vital component is "Electrostimulation" offered with state-of-the-art

PLEASE SEE **DOLAN** | D4



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Dr. Dolan has slight neuropathy and desired a non-invasive treatment. The treatment that Dr. Dolan found and now provides is only offered by approximately 700 doctors around the nation.

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'We practice health — others practice medicine'

Dr. Andre Kulisz — World-Wide Naturopathic Health Service

Dr. Andre Kulisz is the founder of World-Wide Naturopathic Health Service — an international organization committed to providing natural health services across national borders. Recently, Kulisz and his practice manager, Rebecca Morris, opened the organization's first United States office in Granbury.

"It's not about me. It's about how our services benefit the community," said Kulisz. He endeavors to help as many people as possible in the Hood County community, even where other doctors and clinics have not seen results.

World-Wide Naturopathic Health

Service emphasizes prevention, support and the promotion of health through the use of natural methods and modalities that encourage the self-healing process. They help others identify and remove the obstacles to recovery to support healing.

Kulisz believes in treating the whole individual. He considers the patient's physical, mental, emotional, genetic, environmental and social health. He believes in a direct contact doctor-patient relationship.

"In our practice, we focus on six basic principles that serve as a foundation for our naturopathic care," said Morris. These six principles are shown in the table (table location on page).

In addition to his general practice, Kulisz specializes

in autism and neurological conditions that impair development. He also treats patients with Alzheimer's and dementia. He created a computer program that allows him to assess the health of his patients remotely. Kulisz has seen patients from 38 countries and has helped over 2,500 autistic children.

"My experience is that destroyed gastrointestinal tract very often influences our cognitive abilities," Kulisz said. He recommends everyone look at the ingredients in the food they eat and encourages buying fresh, organic food as well as drinking clean water. "Simple things like this can be done, and then all of a sudden, you're going to see that these things will help people in many different ways," Kulisz said.

When it comes to World-Wide Naturopathic Health Service future, he says they are looking forward to finding a bigger space for the practice in Granbury.

"We have plans to offer a specialized detox program and wellness memberships, IV infusions and much more. Our patients are thriving in our little office, and we need to make room for more," Kulisz said.

For more information or to schedule a consultation, visit kulisz.com, call 817-736-3004, or email info@kulisz.com. Online consultations are Mondays and Tuesdays from 9 a.m. to 4 p.m., with office consultations Wednesdays and Fridays from 9 a.m. to 4 p.m.



COURTESY PHOTO

Dr. Andre Kulisz is the founder of World-Wide Naturopathic Health Service and his practice manager, Rebecca Morris.

World-Wide Naturopathic Health Services identifies its basic principles as:

FIRST DO NO HARM

We follow three principles to avoid harm: Utilize methods and supplements that stimulate recovery. When the body gets what it needs naturally, it usually heals itself. Acknowledge and respect the forces of the healing process, using the least intrusion necessary to bring you back to wellness.

THE HEALING POWER OF NATURE

We recognize the innate ability to heal. We identify and remove obstacles to recovery and support the healing.

IDENTIFY AND TREAT THE CAUSES

We strive to identify and remove the underlying causes of illness rather than merely suppress symptoms.

DOCTOR AS TEACHER

We educate and encourage self-responsibility for health. We also acknowledge the value essential in the doctor-patient relationship.

TREAT THE WHOLE PERSON

We treat the whole individual by taking into account physical, mental, emotional, genetic, environmental, social and other factors. Since total health also includes spiritual health, we encourage everyone to pursue their personal, spiritual path.

PREVENTION

We emphasize disease prevention, assessment of risk factors and hereditary susceptibility to disease, and making appropriate interventions to prevent illness. We strive to create a healthy world in which we all can flourish.

DOLAN

FROM PAGE D3

digital electro therapeutic stimulation which assists in the growth of nerves. This treatment is used by Cancer Centers of America

to help rebuild nerves. The therapy can be done daily as it is available for home use.

The third vital component is "Advanced Nutritional Therapy" which is designed to accel-

erate healing by addressing the complex causes of inflammation. Good gut health is essential to healing and educating the patient about this step is crucial.

Fourth vital components

are the in-clinic visits and the online education. An app is part of the treatment plan and long-distance care is available.

The most challenging part of treatment is the level of commitment re-

quired, as healing does not take place overnight. It takes commitment on the part of the doctor, case manager and the patient. Dolan Chiropractic is committed to offering this care to patients who

will likewise commit to the program.

For more information on Dolan Chiropractic's Neuropathy treatment see their website dolanwellness.com or call their office at 817-579-9444.

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Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department

of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and

diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being - helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

EAT COLORFUL, VARIED, NUTRITIONALLY DENSE FOODS

Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25

percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

CHOOSE FIBER-RICH FOODS

Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

NOTE HOW YOU FEEL AFTER EATING

Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative.

Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

EXPLORE THE MEDITERRANEAN DIET

While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, veg-

etables, and "good" fats like olive oil.

CONTROL PORTION SIZES

Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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How to get kids more engaged in their dental health

Dental health should be a priority at any age, and is especially important for children. The Centers for Disease Control and Prevention says more than half of children between the ages of six and eight have had a cavity in at least one of their primary teeth. Also, more than half of adolescents aged 12 to 19 have had a cavity in at least one permanent tooth. Cavities and other oral health conditions, such as periodontal diseases, are largely preventable with proper oral hygiene.

Parents know that getting children - especially young ones - to care for their teeth in the correct manner may require some help and then reinforcement throughout the developmental years. However, there are ways to make dental care a more engaging activity for youngsters.

USE PLAQUE-DISCLOSING TABLETS

Show children just where they may need to direct more brushing effort with plaque-disclosing tablets. These tablets use food-grade coloring in them, which sticks to areas with plaque accumulation. After chewing the tablets and the child smiles, he or she will see the spots where efforts need to be ramped up. This can be a fun lesson as children will likely enjoy seeing their teeth covered in the tablet color.

FLAVORED TOOTHPASTES AND MOUTHWASHES

Mint reigns supreme in oral health products as the dominant flavor, but not all children are enamored with that flavor. Most oral care products geared toward the younger set come in different flavors like bubble gum and berry. Kids can take active roles in their oral health by choosing the flavored products they prefer to use.

ELECTRONIC TOOTHBRUSHES

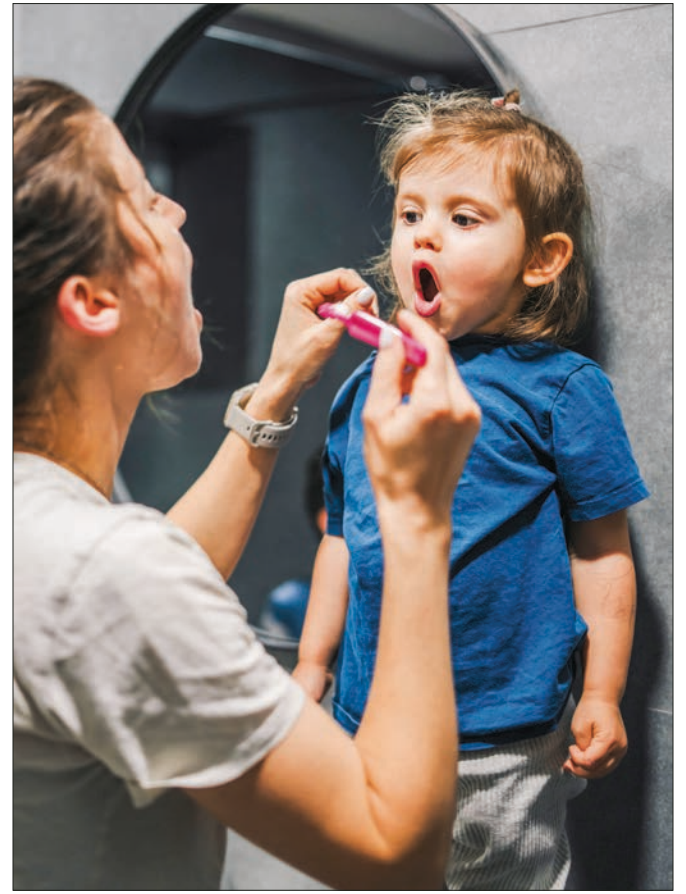
Children may enjoy using electronic toothbrushes because they are easy to maneuver and can even seem like a toy. According to the Cleveland Clinic, electric toothbrushes generally are considered more effective at removing plaque and keeping teeth clean. That benefits kids and adults because it potentially means fewer painful visits with the dentist.

MAKE IT A COMPETITION

Children love games and healthy competition between peers and siblings. Offer a prize (non-sugary, of course) to children who brush and floss daily for the required times. Extra points can be awarded for every dental wellness check that comes back with a glowing report.

MAKE SMART FOOD CHOICES

Engage children in lessons



COURTESY PHOTO

Dental health should be a priority at any age, and is especially important for children.

and choices about which foods are good for oral health and which may be poor. Sticky foods or those with a lot of sugary content should only be occasional treats. The entire family can work together to plan meals around foods that are good for the teeth and gums, such as crunchy veggies, leafy greens, high-calcium dairy products, and fatty fish.

PRACTICE ON PETS

Pets need clean teeth, too. Children may enjoy not only brushing their own teeth, but learning how to keep their companion animals' mouths healthy with brushing and care.

Various strategies can increase the chances that kids engage with oral hygiene practices early on.

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READING

FROM PAGE D2

to sleep. A 2009 study by Sussex University research-

ers showed that reading may reduce stress by as much as 68 percent. Furthermore, reading takes a person away from screens (provided

they're reading paper books and not e-books), which can contribute to losing 20 minutes of sleep on average, according to research pub-

lished in Pediatrics. There are many reasons to curl up with a good book, as reading is beneficial to both mind and body.

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The link between sleep and mental health

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

SLEEP AND DEPRESSION

The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

SLEEP AND ANXIETY DISORDERS

Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and



COURTESY PHOTO

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

such feelings can make it hard to fall asleep. However, a 2013 study published in the journal *Neuroscience* found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

SLEEP AND BIPOLAR DISORDER

A 2015 study published in the journal *Sleep Medicine Clinics*, found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping problems worsen or induce the manic and de-

pressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

SLEEP AND ADHD

The Sleep Foundation notes that sleeping prob-

lems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD.

The link between sleep and mental health is note-

worthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at sleepfoundation.org.




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Tips for seniors to safeguard their mental health

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

SOCIALIZE REGULARLY

A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

SPEAK WITH A MENTAL HEALTH PROFESSIONAL

Among the more troubling aspects of the mental health crisis affecting seniors is that the PAHO reports two-

thirds of older adults with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

VOLUNTEER.

Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void

once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation. No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.



COURTESY PHOTO
Older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings

What is prediabetes?

Type 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

When a person has type 2 diabetes, their body either doesn't produce enough insulin or it resists insulin. Without treatment, type 2 diabetes can lead to serious health implications.

Before an individual

develops type 2 diabetes, a precursor known as prediabetes may be diagnosed. Johns Hopkins Medicine says having prediabetes means blood glucose levels are higher than normal, even if they have not yet reached the point that indicates diabetes. Prediabetes is nothing to take lightly, as even this condition can increase risk of injury or illness to the heart, kidneys and nerves.

Prediabetes typically does not show any signs or symptoms. One possible sign, darkened skin on

certain parts of the body like the neck, armpits and groin, may be overlooked, states the Mayo Clinic. Still, of those with prediabetes, 80 percent do not know they have it, according to the Centers for Disease Control and Prevention. Routine physical examinations and bloodwork are a key tool in diagnosing prediabetes and getting people the care they need.

The CDC indicates a fasting blood sugar level of PLEASE SEE **DIABETES** | D8



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Type 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

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WHAT IS PERIPHERAL NEUROPATHY?

Peripheral neuropathy is a condition where nerves are damaged causing weakness, burning pain, numbness, tingling, and debilitating balance problems.

The damage to the nerves can be caused by many different problems in the body. Poor blood flow to the nerves, toxic levels of sugar in the blood (diabetes), chronic infections, pesticide exposure and genetic variants are a few of the causes of this debilitating condition. The cause is different for every patient and it must be discovered to help the nerves heal!

SYMPTOMS INCLUDE:

- Numbness/Tingling
- Burning Pain
- Unusual and/or loss of sensations
- Muscle weakness
- Deep Stabbing Pain
- Balance Problems



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COURTESY PHOTO

Protecting the skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.

Simple ways to cut cancer risk

Cancer affects people from all walks of life. According to the World Cancer Research Fund International, there were an estimated 18.1 million cancer cases around the world in 2020, and the breakdown was almost even among men (9.3 million) and women (8.8 million).

Great strides have been made in cancer research in the twenty-first century, and that has led to countless lives being saved. Cancer prevention strategies are another potentially lifesaving tool in the fight against the disease. A significant percentage of cancer deaths could be prevented. In fact, the Prevent Cancer® Foundation reports that research indicates about 50 percent of cancer deaths are preventable with the knowledge individuals have today.

Perhaps the most comforting aspect of cancer prevention is that many of the strategies that can reduce instances of the disease are simple. That means individuals won't have to go to great lengths to include these strategies in their approach to cancer prevention.

AVOID TOBACCO

The link between tobacco use and cancer has been known for a long time, and the good news is the message touting the importance

of avoiding tobacco is working. The American Cancer Society reports that cigarette smoking rates had reached historic lows in 2019. While that's great news, it might not tell the whole story, as consumers now have many other ways to use tobacco, each of which have been linked to cancer. So it's not simply avoiding cigarettes, but also cigars, hookahs, chewing tobacco, vaping products, and more, that is necessary to reduce cancer risk.

SHIELD YOUR SKIN FROM THE SUN

The PCF notes that exposure to the sun's ultraviolet rays causes the most skin cancers. The WCRFI reports that melanoma of the skin is the 13th most common cancer in men and the 15th most common cancer in women across the globe. Protecting the skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.

UTILIZE FRUITS AND VEGETABLES IN YOUR FIGHT AGAINST CANCER

The popularity of plant-based diets is on the rise. In fact, retail sales of plant-based foods in the United States increased by 11 percent in a single year between 2018 and 2019, according to data from the Plant Based Foods Association. A greater reliance on plant-based diets could go a long way toward reducing cancer deaths, as the PCF notes a 2021 study found that three servings of vegetables and two servings of fruit each day reduced the risk of cancer death by 10 percent.

AVOID EXCESSIVE ALCOHOL CONSUMPTION

The PCF notes that alcohol has been linked to cancers of the breast, liver, esophagus, and colon. When consuming alcohol, women are urged to limit their consumption to one drink or fewer each day, while men should limit their consumption to two or fewer alcoholic beverages per day. The science is simple: the more alcohol a person drinks, the greater his or her risk for cancer.

Cancer prevention is a vital component of a healthy lifestyle, and there are many simply ways people can cut their cancer risk.

DIABETES

FROM PAGE D7

100 to 125 mg/dL (99 or lower is normal) is considered prediabetes. A level of 126 mg/dL or higher indicates diabetes. The good news is that prediabe-

tes does not need to turn into full-blown diabetes if people embrace various strategies.

ASPIRE TO LIVE A HEALTHIER LIFESTYLE

Exercising more, losing weight and changing

the foods one eats can stop and even reverse the progression of prediabetes, says Johns Hopkins Medicine. A doctor may suggest a diabetes prevention program.

MEDICATION

Medications to low-

er blood sugar may be prescribed.

MANAGE STRESS

High stress levels may exacerbate hormonal responses and lead to prediabetes. Finding ways to reduce stress can help.

QUIT SMOKING

There are scores of reasons to quit smoking, and avoiding a diabetes diagnosis is just one of them.

Prediabetes is a serious concern that may escalate and turn into type 2 diabetes if left unchecked.

Individuals who are overweight, have large waist sizes, are sedentary, are over the age of 35, and have a family history of type 2 diabetes should talk to their doctors about their own risk for the disease.

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