

# HEALTH & WELLNESS 2022



Azle News Special Section • Wednesday, June 29, 2022



Eagle Crest director Heather Holman.

PHOTO BY DON MUNSCH

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## Eagle Crest's care sets itself apart

BY DON MUNSCH  
don@azlenews.net

Eagle Crest Villa offers many reasons for people to call home.

Celebrating 24 years in June of caring for those in the Azle community, the retirement and assisted living community has been embraced by residents and families alike. Eagle Crest features a small, intimate setting in which it can focus on the care of its residents.

Eagle Crest has 42 spacious, well-appointed apartments in three different floor plans. The

community has independent and assisted living care. The caring staff is available 24 hours a day, seven days a week, and residents are provided with individual pendants to contact personal care attendants for assistance.

“What sets (Eagle Crest) apart from the competition is our care,” director Heather Holman said, noting there’s not a large corporate ladder to go through in order to get something done. She talks to the owners daily and if something needs to be done, she can get it handled quickly.

Eagle Crest is a smaller community. Therefore the staff become familiar with each resident and are able to better recognize medical needs with residents and can seek immediate assistance if needed, Holman said. They are also conveniently located directly across the street from Texas Health Resources Azle hospital.

Eagle Crest has an aquarium, jigsaw puzzle alcove, a barbershop and salon and a small, enclosed aviary for bird-watching enthusiasts.

SEE **EAGLE CREST**, PG 6B.

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*Dr. Matt Mishio is 'In Network' with Cigna and United Health Care.*



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*Massage Therapists L-R Shelly, Amanda, Lacy and Kessie. Not pictured: Mystie and Angie.*



*Madison Schoppenhorst (left), BJ Widder, Lisa Daniels, Irma Villarreal, Courtney Gann & Shelby Edwards are part of the team at Brace Chiropractic helping ensure you achieve the best care to meet your wellness needs.*

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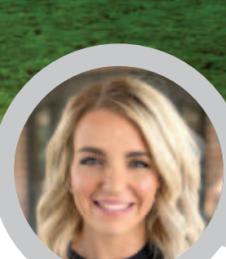
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# Six steps to get your health back on track

**STATEPOINT**

Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings.

“While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs,” says Gerald E. Harmon, M.D., president of the American Medical Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. **Get screened:** Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you're

due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. **Don't wait:** An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. **Consider telehealth:** If you're uncomfortable or unable to go in person to your physician's practice, check on telehealth options, which have greatly increased over the past two years.

4. **Visit your pediatrician:** During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the



PREVENTATIVE HEALTH: Many Americans may have postponed preventative health screenings. Schedule an appointment soon to get caught up. PHOTO SOURCE: (C) DRAZEN ZIGIC / ISTOCK VIA GETTY IMAGES PLUS

pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious diseases. If your child is due for a check-up, schedule one immediately.

5. **Get vaccinated:** Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended

vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who's eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](https://www.getvaccineanswers.org).

6. **Don't neglect mental health:** While mental health screenings via digital health tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and

loneliness, it's especially important to prioritize this aspect of your health now.

“We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic,” says Dr. Harmon.

For more resources, visit [ama-assn.org](https://www.ama-assn.org).

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# Brace Chiropractic takes techniques to Japan

BY JESSICA MCKINNEY  
azlereporter@azlenews.net

Jessica Brace of Brace Chiropractic and Wellness is preparing for her third trip to Japan in September to teach her adjustment techniques to Japanese chiropractors.

"So, in Japan, there is no formal education for chiropractic," said Brace.

"Chiropractic is an American medicine and so they are catching up to where we are in America."

The seminar Brace is attending in Japan this fall will last for two weeks and different topics will be covered for thousands of attendees.

Brace is one of only seven U.S.-based chiropractors selected to take part in this seminar, which is entering its 45th year. She is the only one from North Texas.

Because they don't have formal education for chiropractic care in Japan, Brace said they rely on American doctors to go there to teach students and chiropractors their techniques.

An interesting trend that Brace has noticed over the years of attending the seminar in Japan is the increasing number of female chiropractic prac-

tioners.

"When I was first there, about 30% of the attendees were female," she said.

"But that number has been growing closer to 60-70% women."

Brace has been practicing chiropractic care since 2003 and opened her Azle practice in 2004.

At that time, the percentage of female chiropractors in the U.S. was around 18%. Today, the National Board of Chiropractic Examiners shows that number has grown to about 32%.

Brace says that it is a privilege to be invited back to Japan to share the knowledge and techniques that have benefited her clients here at home with practitioners abroad.

"To be one of only a few chosen from the U.S., and the only one in North Texas, it's so great."

Brace Chiropractic has been serving Azle for 19 years and offers treatment plans to help ease pain from head to toe through chiropractic techniques and massage therapy.

For more information about how you can benefit from chiropractic care, call Brace Chiropractic and Wellness Center at 817-440-2170. They are located at 237 W. Main St.



Matt Mishio and Jessica Brace at Brace Chiropractic and Wellness Center will help you get back to feeling like your best self and address your total health and wellness needs. Brace Chiropractic is located at 237 W. Main Street in Azle. Call 817-444-2170 for an appointment. PHOTO BY JESSICA MCKINNEY

## What is HIPAA and the Privacy Rule?

### STATEWIDE

There is a federal law called the Health Insurance Portability and Accountability Act of 1996 (HIPAA) that sets rules for health care providers and health plans about who can look at and receive your health information, including those closest to you – your family members and friends. The HIPAA Privacy Rule ensures that you have rights over your health information, including the right to get your information, make sure it's correct and know who has seen it.

HIPAA requires most

doctors, nurses, hospitals, nursing homes and other health care providers to protect the privacy of your health information. However, if you don't object, a health care provider or health plan may share relevant information with family members or friends involved in your health care or payment for your health care in certain circumstances.

Under HIPAA, your health care provider may share your information face-to-face, over the phone or in writing. A health care provider or health plan may share rel-

evant information if:

You give your provider or plan permission to share the information.

You are present and do not object to sharing the information.

You are not present, and the provider determines based on professional judgment that it's in your best interest.

Examples:

An emergency room doctor may discuss your treatment in front of your friend when you ask your friend to come into the treatment room.

Your hospital may dis-

cuss your bill with your daughter who is with you and has a question about the charges, if you do not object.

Your doctor may discuss the drugs you need to take with your health aide who has come with you to your appointment.

Your nurse may not discuss your condition with your brother if you tell her not to.

HIPAA also allows health care providers to give prescription drugs, medical supplies, x-rays and other health care items to a family member, friend, or other person

you send to pick them up.

A health care provider or health plan may also share relevant information if you are not around or cannot give permission when a health care provider or plan representative believes, based on professional judgment, that sharing the information is in your best interest.

Examples:

You had emergency surgery and are still unconscious. Your surgeon may tell your spouse about your condition, either in person or by phone, while you are unconscious.

Your doctor may discuss your drugs with your caregiver who calls your doctor with a question about the right dosage.

A doctor may not tell your friend about a past medical problem that is unrelated to your current condition.

For more information about sharing your health information with family members and friends, or more information about HIPAA, visit [www.hhs.gov/ocr/privacy/hipaa/understanding/index.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/index.html).

Source: Department of Health and Human Services, [hhs.gov](http://hhs.gov).

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**EAGLE CREST**, CONTINUED FROM PAGE 1B.

The community also has a hummingbird and butterfly garden and a vegetable garden where residents can help harvest seasonal vegetables and herbs. Residents will find several places indoors to visit with family members and they can even reserve the private dining room for a meal with a loved one.

Each apartment comes unfurnished.

“We want our residents to bring their own personal belongings – to make it their home, so it is warm and inviting,” Holman said.

Each apartment features a large, private bathroom with a walk-in shower, kitchenette, individually controlled AC and heating units, and

plenty of closet and storage space. All residents receive complimentary weekly housekeeping, linen services and free Wi-Fi and DirecTV.

Residents at Eagle Crest also enjoy three home-cooked meals a day plus snacks and a number of activities and weekly shopping trips. Among some activities for residents are bingo, various games and movies, Yoga, and karaoke. One of the big hits is their Ride to Nowhere – it is just that. It is a ride that takes residents around to different parts of the city to get them out and to discover their surroundings.

For those who receive assisted living care, they receive medication super-

vision and assistance with daily living activities, such as bathing, dressing and grooming.

Residents can choose from a visiting Doctor or they can continue to see their current Primary Care Physician. Terrylynn Tidwell, a licensed nurse, is on call 24-7 and she has 40 years of experience in caring for the elderly. “She is a blessing to have on our team here. Terrylynn brings a lot of wisdom to our team,” Holman said.

Assisted Living residents can also receive transportation to and from doctor offices for medical appointments if needed. There is also a weekly shopping trip for



The Eagle Crest Villa facility in Azle, Texas.

those who need to pick up a few key items.

“The longevity of our staff, especially since COVID, is what our families and residents like about Eagle Crest, that there’s

longevity - especially with our management team,” Holman said.

Eagle Crest does not require community fees or long-term contracts. It is located at 113 Denver Trail

in Azle.

To schedule your private tour and complimentary lunch, give Heather Holman a call at 817-444-3249 or visit eaglecrestvilla.com.

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Administrator Kip Kruger (right) and the dedicated staff at Azle Manor Health Care and Rehabilitation work hard to ensure that residents receive high-quality care while also taking part in fun activities. The facility offers spacious lounges and lobbies, private dining facilities, interfaith services, a beauty/barber shop, therapeutic whirlpool baths, and tastefully decorated rooms that overlook the grounds, offering a view of the wildlife that roams the area. Azle Manor is located at 721 Dunaway Lane. For more information, call 817-444-2536.

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# Legacy Oaks keeps the good times coming for seniors



BY JESSICA MCKINNEY  
azlereporter@azlenews.net

Legacy Oaks of Azle believes the fun doesn't stop just because you're getting older. The variety of activities and programs combined with the beautiful amenities for seniors at Legacy Oaks help you to have an enriching and fulfilled life after 55.

There are three separate living options at the Legacy Oaks community: Independent Living, Assisted Living and Memory Care.

Adults 55 and older who enjoy an active lifestyle are the perfect fit for Independent Living at Legacy Oaks of Azle. Residents enjoy a continental breakfast, and two full meals

are served each day. All apartments are set up with utilities, cable, phone and internet. Housekeeping is also included.

Seniors who need a little extra help may choose the Assisted Living community at Legacy Oaks. They will enjoy three home-cooked meals daily, an exercise room with scheduled activities, and transportation services.

The Memory Care community is designed specifically for those with Alzheimer's or dementia. Residents receive specialized care, including tailored dementia care programs, so that they can live their best possible life.

The activities director and staff at Legacy Oaks are constantly planning

fun things to do from one month to the next so that residents always have something to look forward to.

In June, Legacy Oaks of Azle hosted the first annual Summerfest, which brought the community to the Legacy Oaks community to celebrate the start of summer. There were bounce houses and a dunk tank, kids' games and activities, and vendors set up both inside and outside. This was a great event that allowed residents to interact with friends and family and others from around Azle.

Coming up in July, there will be a Margarita and Taco Night. Later in the month is Wing and Trivia Happy Hour to celebrate



The staff at Legacy Oaks of Azle is pictured above with Independent Resident, and long-term resident of Azle, Betty Haas. For more information about services, call 817-406-3259 or visit [www.legacyoaksazle.com](http://www.legacyoaksazle.com).

National Chicken Wing Day on July 29.

Legacy Oaks is also hosting monthly Broadway events, with "Mamma Mia!" being shown as the movie of the month on July 29.

The Dog Days of Summer event will be Aug. 9 featuring baked treats and pet portraits. Brews and Poker is happening Aug. 25.

As summer comes to

an end, residents get to celebrate with an End of Summer Pool Party on Sept. 14.

Every fourth Tuesday at Legacy Oaks is the Walking with You support group for family and caregivers of Memory Care residents. This support group is open to the public.

The staff at Legacy Oaks will assist future residents in making the transition

from their current home, including packing and hiring movers and working with realtors.

Legacy Oaks is located at 1364 Southeast Parkway in Azle. For more information about amenities and the community, visit [www.legacyoaksazle.com](http://www.legacyoaksazle.com).

To find out about times and tours at the Legacy Oaks of Azle community, call 817-406-3259.

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**Azle News**

# Moms' health crisis: what you need to know

## STATEPOINT

A new survey reveals that the mental health of American moms is going largely unattended, with many living under a near-constant state of stress and few seeking support to ease the burden.

The research, commissioned by MDLIVE, an Evernorth company and leading provider of virtual care services in the United States, finds that 33% of mothers feel stressed or overwhelmed by their responsibilities as a mom at least five days a week. Drivers of their stress and anxiety may include financial concerns, ripple effects of the pandemic, including the mental health crisis among teens, work responsibilities and being a caregiver simultaneously to both children and aging parents.

Yet, for many moms, the prospect of managing their mental health has

become a source of stress in and of itself. For 37% of moms, concerns about their own mental health are among their biggest stressors, second only to finances (40%).

Possibly even more concerning is that 70% of moms admit to holding back their feelings and not telling their partner or family when they're stressed, and 61% feel that they have no one to turn to or confide in for help.

"Our research shows that many moms are suffering in silence and not getting the support they need," says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE. "I cannot stress enough how important it is for them to prioritize their own well-being."

To help moms man-

age their mental health, MDLIVE offers the following tips:

### PRIORITIZE SELF-CARE

Recognize that practicing self-care is not selfish. In addition to things like eating well, exercising, practicing good hygiene, getting enough sleep, and seeing a health care professional routinely for preventive screenings and other care, self-care also means taking time to pursue hobbies or personal interests that bring you pleasure or fulfillment or offer you a way to relax and unwind – activities you may have abandoned after having kids because it would mean time away from family responsibilities.

Practicing self-care puts one in a better position to help care for others because your own well-being is in check.



IF MOMMA AIN'T HAPPY: A majority of moms feel the burden of managing busy families but few seek support to alleviate the stress.

PHOTO SOURCE: (C) WESTEND61 / GETTY IMAGES

### MAKE TIME TO CULTIVATE RELATIONSHIPS

Connecting with people who are important to you is essential to mental health. Make it a priority to spend time with partners, family, friends, colleagues, or anyone else who may be important to you, away from the house and kids, even if it's just for a short period of time.

### MANAGE STRESS AND ANXIETY

Seek help when struggling to manage stress and anxiety: If your emotional state is interfering with your daily life – if you're having difficulty controlling your mood, withdrawing from loved ones,

feeling fatigued, having trouble sleeping, lacking motivation, or frequently "zoning out" – it's definitely time to seek professional help.

Acknowledging the importance of mental health care, many health plans and employers have expanded the resources available to their members and employers in recent years. New options include digital tools that can help with tracking mood, support meditation, help build life skills, and provide self-care advice.

Additionally, telehealth visits with behavioral health professionals offer private, convenient, quality care quickly. For example, MDLIVE's platform

makes it easy to search for providers and schedule appointments with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans.

"Although it's natural to feel like you need to be a superhero, it takes a toll. You should never feel like you're alone in your mental health journey or that you need to suffer in silence," said Dr. Espada-Campos.

To learn more or to register, visit [www.mdlive.com](http://www.mdlive.com).



Go ahead & smile!

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## Attention Men and Women Who Want To Remain Independent...

### MUST-READ Advice For Seniors Who Want to Stay Out of the Nursing Home

By Balance Expert Dr. Robert Moss

Do you feel guilty that your spouse is forced to be with you all the time because of your dizziness/loss of balance? Do you feel that your dizziness/loss of balance is always there no matter what you do? Do you feel that you are handicapped by your dizziness/loss of balance? Does your spouse stay with you in the shower so that you do not fall?

If you answer yes to any of these questions, **this may just be the piece of advice you've been looking for!**

### CDC Reports: Falls Are The Leading Cause of Injuries In Seniors

If you have ever seen the Life Alert commercials then you have a picture in your mind of an elderly lady laying on the floor desperately trying to get up only to discover she is not able to.

Whether she is just weak, has broken a hip or caused some other serious injury this is a major concern for our elderly patients.



Working with seniors over many years it has become apparent that the greatest common fear is the fear of falling and not being able to get back up. This is not unreasonable as **1/3 of all adults over 65** will fall this year and each fall is potentially life changing.

### Don't Let A Fall Ruin The Life You've Worked So Hard For...

Falls often lead to hospitalizations, serious injury or the need for assisted living of some sort. In the most severe cases a fall can lead to death. If the fall, injury, and hospitalization isn't bad enough, frequent falls lead to loss of independence, limits in your daily activities, and increase your reliance on friends and family members to complete basic everyday tasks.

**With the right information and the right guidance many falls can be prevented, keeping you out of the hospital and Nursing Homes. Here is what one of my patients had to say:**

When I came to Moss, I had trouble walking due to no balance. I was not able to get in and out of a car, I was not able to do my activities. After my therapy I am able to walk and continue with my shopping and light house work. I can do this all un-assisted thanks to my therapy.

- Evelyn Tinney



If you are embarrassed or reluctant to use a cane or walker because it makes you "look old" or if you feel like a burden to those around you because you need to hold on to someone when you walk or ask them to run your errands... MOSS Rehabilitation Center has prepared a FREE Report for you "The Top 8 Secrets To Improve Your Balance And Prevent Falls".

To get the guide Simply call this special number 817-220-MOSS (6677) to request the FREE Report OR if you want the report right now, please visit [www.springtownphysicaltherapy.com/balance-report](http://www.springtownphysicaltherapy.com/balance-report)

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# Springtown Park Rehabilitation and Care Center staff aim to help patients feel better



### FROM STAFF REPORTS

Springtown Park Rehabilitation and Care Center's slogan is "Are you ready to feel better?" As the slogan suggests, staff at Springtown Park are dedicated to caring for patients and helping them live healthy lives.

Springtown Park Rehabilitation and Care Center opened on March 16, 2021, and currently, the center has about 100 residents. Springtown Park is part of the Optimum Healthcare Management family, which has loca-

tions in North Texas and in Lubbock.

"Our centers of excellence deliver comprehensive skilled nursing and rehabilitation services but what makes us special is our team," according to Optimum Healthcare Management's website. "Our team understands what it means to have a servant heart and we treat every resident with the highest level of dignity and respect."

The Optimum family vision is to "seek to become the most sought after



skilled nursing company in the state of Texas, for both residents and employees alike. We will do this because of the reputation for excellence we will practice together. We will build a family atmosphere that carries this responsibility together with great pride."

Springtown Park Rehabilitation and Care Center provides short-term rehab to home programs, long-term care, 24/7 skilled nursing care, state of the art therapy gym, IV antibiotic therapy, wound care, orthopedic consult-

ing doctor, social services and discharge planning and physical, occupational and speech therapy.

The center accepts Medicare and most insurance plans. Private pay rates are private rooms for \$200 per day and semi-private rooms for \$140 per day.

Springtown Park Rehabilitation and Care Center is located at 201 Williams-Ward Road in Springtown. For more information, call Springtown Park at 817-755-5116 or visit the website at <https://springtownparkrehab.com/>.



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# Azle Dental Care gives you local top-quality treatment

**FROM STAFF REPORTS**

Dr. Brooke Porter, owner of Azle Dental Care understands that a lot of people have stayed away from the dentist because of fear. But her team has gone above and beyond to ensure they can give you a comfortable experience.

The staff at Azle Dental Care wants you to know you're in capable hands and have nothing to worry about when visiting their office.

There are three dentists at the office: Dr. Porter, Dr. Marr and Dr. Myers. Each doctor has their own specialty, and they are ready to address any dental issues you have.

At Azle Dental Care, the staff understands that you are not just a number, and each patient is different, with individual needs and they take pride in tailoring treatment specifically for you.

Dr. Porter, as well as her staff, is dedicated to supporting our community. They work with the Community Caring Center, Servolution and the

Azle Independent School District regularly, going above and beyond to make a difference.

The office also offers "Free Dental Day" once a year. This event caters to those patients who are otherwise unable to afford treatment, and they serve an average of 20-40 Azleites in that single day. Services include extractions, fillings and cleanings. The goal is to keep teeth healthy and keep you out of pain. It is just another way they are committed to serving the community.

Azle Dental Care is open every weekday for your convenience. Monday-Wednesday from 7 a.m. to 5 p.m., Thursday from 7 a.m. to 3 p.m. and Friday from 8:30 a.m. to 1:30 p.m. They are located at 912 Boyd Rd in Azle, right across from Subway. Call the office and schedule an appointment today at 817-444-1763 or visit [www.smilegreat.com](http://www.smilegreat.com).

A great smile awaits you.



Azle Dental Care is located at 912 Boyd Road. Call (817) 444-173 or visit [www.SmileGreat.com](http://www.SmileGreat.com) to schedule an appointment. Pictured above is Dr. Brooke Porter with one of her state-of-the-art 3D imagining machines.

# Straight talk about 'organic' foods

**STATEWIDE**

Organic is a labeling term that indicates that the food or other agricultural product has been produced through approved methods. These methods integrate cultural, biological and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used.

**HOW ARE ORGANIC PRODUCTS OVERSEEN?**

The National Organic Program regulates all organic crops, livestock, and agricultural products certified to the United States Department of Agriculture (USDA) organic standards. USDA also conducts oversight of organic certification, compliance and enforcement activities, and product labeling. In order to sell, label or represent their products as organic, op-

erations must follow all of the specifications set out by the USDA organic regulations.

**HOW DO I KNOW IF MY FOOD IS ORGANIC?**

Look at the label. If you see the USDA organic seal ( ), the product is certified organic and has 95 percent or more organic content. For multi-ingredient products such as bread or soup, if the label claims that it is made with specified organic ingredients, you can be confident that those specific ingredients have been certified organic.

**WHAT ABOUT OTHER LABELS?**

Other voluntary labels for livestock products, e.g. meat and eggs, include:

**Free-range**

This label indicates that the flock was provided shelter in a building, room or area with unlimited access to food, fresh water and continuous access to the outdoors during their

production cycle. The outdoor area may or may not be fenced and/or covered with netting-like material. This label is regulated by the USDA.

**Cage-free**

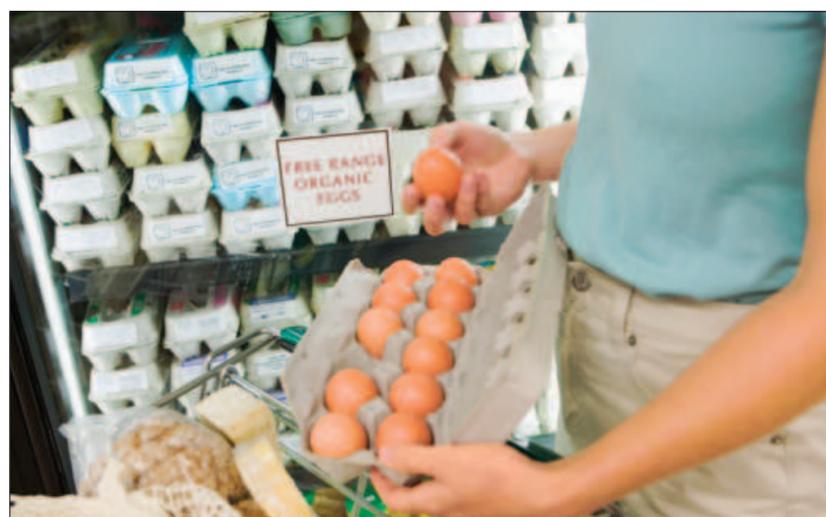
This label indicates that the flock was able to freely roam a building, room or enclosed area with unlimited access to food and fresh water during their production cycle.

**Natural**

As required by USDA, meat, poultry and egg products labeled as "natural" must be minimally processed and contain no artificial ingredients. However, the natural label does not include any standards regarding farm practices and only applies to processing of meat and egg products. There are no standards or regulations for the labeling of natural food products if they do not contain meat or eggs.

**Grass-fed**

Grass-fed animals receive a majority of their



Free range eggs means that the flock was provided shelter in a building, room, or area with unlimited access to food, fresh water, and continuous access to the outdoors during their production cycle.

**Pasture-raised**

nutrients from grass throughout their life, while organic animals' pasture diet may be supplemented with grain. Also USDA regulated, the grass-fed label does not limit the use of antibiotics, hormones or pesticides. Meat products may be labeled as grass-fed organic.

**Humane**

Due to the number of variables involved in pasture-raised agricultural systems, the USDA has not developed a labeling policy for pasture-raised products.

Multiple labeling programs make claims that animals were treated humanely during the production cycle, but the verification of these claims varies widely. These labeling programs are not regulated.  
*Source: USDA.gov*



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### "Anxiety-free" & Sedation Dentistry

The American Dental Association estimates that about 20% of the population does not see a dentist because of fear and anxiety. A dentist has two paths to address these concerns: anxiety addressing medication or sedation.

#### What is "Anxiety-free" dentistry?

Every dentist at Azle Dental Care can provide oral medications to take the "edge off" a patient's anxiety. As an extra option, each of our dentists are certified to provide patients inhalation agents in-office like nitrous oxide (laughing gas.)

#### What about Sedation Dentistry?

Sedation dentistry is when intravenous sedation or general anesthesia is used to sedate a patient. Only a doctor with anesthesia training can perform intravenous sedation. We have a general anesthesiologist who works in conjunction with our dentists twice a month for all sedation cases.

#### When using either oral medication or sedation, will I feel any discomfort after the procedure?

In both cases, there will be some tenderness in the proceeding hours. Our doctors provide a 24-hour emergency number to help patients manage discomfort after any dental visit.



### Dental Implants

Implants are the closest replacement for your natural teeth available. Over the last few years, implants have become a more economical choice for patients who want to keep their teeth.

#### What are dental implants?

Using the same principle and material used in joint replacement surgery, our lead dentist, Dr. Porter is certified to securely anchor dental implants into bone. The implant post is then attached to either a single or multiple replacement teeth. Dr. Porter is finding high success in anchoring patients full-mouth dentures as well.

#### What would dental implants feel like in my mouth?

Implants feel more comfortable, secure, and more natural than removable tooth replacements such as a partial or a denture.

#### Will implants slip out of my mouth like my dentures?

No, implants give you the confidence to laugh and smile with ease.



### Veneers

Are your front teeth poorly spaced, stained, chipped, or crooked? Let's talk about veneers.

#### What are they?

Veneers are strong, thin shells of acrylic or porcelain, which are bonded to the front of your teeth.

#### How much time and money is involved?

Veneers are economical and can usually be applied in two office visits.

#### How long will they last?

Veneers last for years and are very resistant to stains and chipping.



### Whitening

Would you like a whiter, brighter smile? Achieve it with Whitening!

#### How is it done?

Dr. Porter or one of her associate doctors will apply either a whitening gel during an office visit or give you a custom-fitted tray to wear in the comfort of your own home.

#### Will it last?

Whitened teeth can re-stain with exposure to staining agents or darken over time. If so, touch-ups can help maintain your smile at its brightest!

#### How long does it take?

It depends on the severity of the discoloration. You may notice a difference after only a few applications.