

# HealthScope®

HEALTH & FITNESS MAGAZINE

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**THE PERKS OF  
PET OWNERSHIP**  
PHYSICAL &  
EMOTIONAL BENEFITS  
OF A FURRY FRIEND

**MAKE A  
STATEMENT**  
PIECES  
FROM LOCAL  
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**ROOTING  
FOR CARROTS**  
HEALTHY RECIPES

**KIDNEY STONES**  
WHAT YOU  
SHOULD KNOW

**ANNUAL  
TECH  
FOR YOUR  
HEALTH  
SECTION**



## HER STORY

Motivating  
stories from  
local women

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**DANGEROUS  
FOOD**  
THE FACTS ON  
FOOD-BASED  
ALLERGIC  
REACTIONS

**DYNAMIC  
MOTHER/  
DAUGHTER  
DUO**

GEORGIA O'BRIEN &  
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# Thank you

Here at HealthScope® magazine, we're grateful to our health care professionals who are on the front lines of fighting COVID-19. These brave men and women are putting their own health at risk to serve our community. We appreciate their courage, dedication, hard work, and many sacrifices.



We can support our doctors, nurses, and other health care workers by preventing the spread of COVID-19.

Not only will we help to reduce the strain on our health care systems, but we will protect the lives of the most vulnerable members of our community.

Among other guidelines, the Centers for Disease Control and Prevention (CDC) notes:

**Stay up-to-date on COVID-19 activity and follow guidelines from public and health officials.**

**Maintain distance between yourself and others of at least 6 feet.**

**Wash your hands often with soap and water for at least 20 seconds.**

**Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**

**Stay home when you are sick except to get medical care.**

**Avoid touching your eyes, nose, and mouth.**

**If you are sick, wear a facemask when you are around other people.**

**To our health care professionals and everyone supporting their tireless efforts, thank you for your kindness, compassion, dedication, and lifesaving work!**

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# Publisher's Letter

**“Great opportunities to help others seldom come, but small ones surround us every day.”**

— SALLY KOCH

In today's climate, challenges are plentiful. With the emergence of the COVID-19 pandemic, the world has experienced heartache, pain, loneliness, and uncertainty about the future that lies ahead. But through these difficult times, the world has also witnessed many acts of human kindness – both great and small – that remind us how deeply we depend on each other.

Lending a helping hand to someone in need has a greater impact than we will ever realize, and in this spring issue of *HealthScope*® magazine, we shine light on the importance of supporting and uplifting others. For example, in our feature “Understanding Miscarriages,” we learn the causes for early pregnancy loss, a devastating yet common occurrence among women, and share ways to move forward with the proper support. In “Dangerous Food,” we detail the culprits of life-threatening food allergies and identify how medical professionals can help keep your family safe.

Our new section “Her Story” shares the stories of local women who have met adversity head-on and come out stronger because of it; we applaud these four individuals for their vulnerability and desire to encourage others in similar situations.

We hope that other articles, from an at-home workout with Ari Sanchez to healthy carrot recipes from locals, will spark ideas for staying healthy



**George Mullinix**  
PUBLISHER

section, which showcases innovative technology that area providers are using to offer expedited treatments, improved results, and less-invasive surgeries. What once could be scary diagnoses are now manageable conditions with these new technologies.

Last but certainly not least, check out our interview with cover models Georgia O'Brien and Molly O'Brien Tyson. This dynamic mother/daughter duo's strong bond reminds us of what is truly important. They're part of a collection of special relationships we'll highlight throughout the year, from best friends and sisters to business partners and more.

We hope that you find this spring issue of *HealthScope*® magazine to be informative and uplifting and that it will inspire you to help others in some small way today.

Blessings always,

**Celebrating 31 Years!**

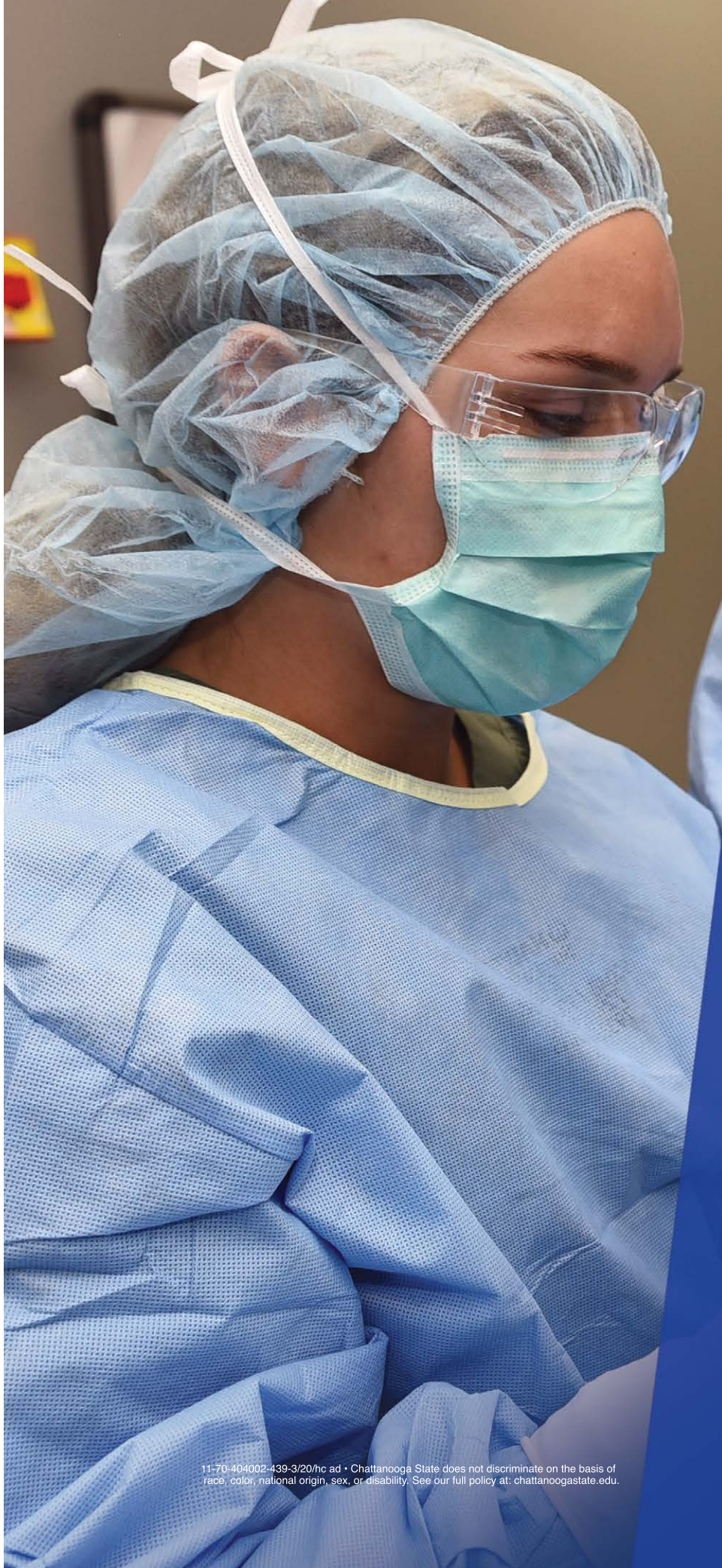
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in the coming weeks. “Becoming Best Friends with Your Mom” may even motivate you to check in more frequently with your loved ones – they're sure to appreciate the kindness!

Not to be missed is our annual *Tech for Your Health*



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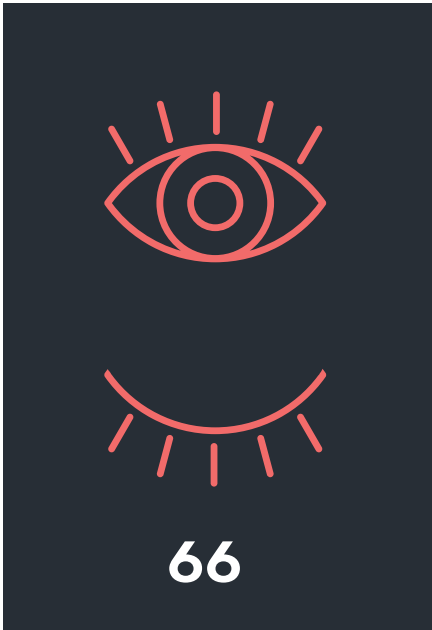
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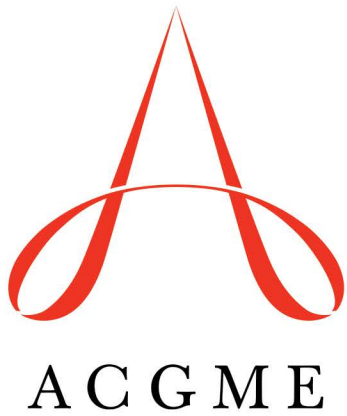
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**ABOUT THE COVER**  
Dynamic mother/daughter duo Georgia O’Brien and Molly O’Brien Tyson share our spring cover. Their honest and loving relationship is sure to inspire you!

Photo by Lanewood Studio



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## Taming Terrors

For children who have night terrors, the experience is often unpleasant for everyone involved. Night terrors affect 1 in every 6 children and typically occur between ages 3-12. These episodes, which usually take place 90 minutes after a child falls asleep, can contain fast breathing, sweating, crying, flailing around, screaming, and confusion. If you find yourself taking care of a child who is experiencing night terrors, keep these guidelines in mind to help you navigate the situation.

- There is no treatment for night terrors, but children tend to grow out of them.
- Make your child's room safe so they don't hurt themselves during an episode.
- Remove anything from your child's bedroom that could impact their sleep.
- Try to create a bedtime routine that your child finds soothing and relaxing.
- During an episode, try to make sure your child doesn't get hurt, but don't wake them up.
- Keep a sleep journal, and note that children likely won't remember what happened following an episode.
- If your child continues to experience night terrors, keep track of how much time typically passes between when your child falls asleep and experiences an episode, and try to wake them shortly before an episode is expected.



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## WHEN TO RETIRE YOUR FIRST AID KIT



Nothing lasts forever. It's true of your favorite food, and it's also true of first aid kits. Most pre-stocked first aid kits expire anywhere from three to five years after their manufacture date, but regardless of when you bought your current kit, it is a good rule of thumb to go through it at least once a year.

Many of the individual medications or packages that come in pre-stocked first aid kits will contain expiration dates. During your yearly review, throw out any medicines that are expired or do not contain an expiration date.

For items such as bandages or gauze, make sure there is no yellowing or tearing on the package, which can signify the item is no longer sterile. Any items with screw caps, especially ones in a first aid kit that is shared, should be used with caution, as they provide an added risk for cross-contamination.

Remember to rotate your stock and move older items to the front as you replace packages that have been used, and always opt for single-use products when possible.

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## Getting Rid of Corns

Corns, which typically occur on the feet, aren't dangerous, but they can be more painful than their callus counterparts. If you find yourself with these irritating areas, use the following steps to find relief and prevent future issues.

### Get properly fitting shoes and socks.

Corns are simply your body's response to friction on your skin. The first step in avoiding this friction is to consistently sport the right size footwear. Don't be afraid to ask a clerk for guidance when shopping for your next pair of kicks.

### Trim your toenails.

Toenails that are too long can force your toes to push up against your shoe. This creates unnecessary pressure that can lead to corns.

### Use corn pads.

If you find yourself dealing with corns often, consider foam, felt, or moleskin pads that adhere to the skin and redistribute pressure in problem areas.

### Keep your feet clean and moisturized.

Wash your feet daily with soap and water, and use a scrub brush or pumice stone for especially dry or thick areas. Be sure to moisturize on a regular basis to further prevent dryness and friction.



## How Much Protein Is Enough Protein?

The Dietary Reference Intake (DRI) recommends that individuals consume 0.36 grams of protein per pound of body weight, which amounts to 56 grams per day for the average sedentary male.

But how does that change for individuals with higher activity levels? If you lead an active lifestyle but are not necessarily looking to increase muscle mass, anywhere from 0.5 to 0.65 grams of protein per pound is enough for your body to perform well.

For those looking to gain muscle, a common recommendation is 1 gram of protein per pound of body weight. Experts suggest, however, that individuals carrying a large percentage of body fat use either their lean mass or goal weight to guide this number to avoid getting an excess of protein.

For peak performance, keep these numbers in mind the next time you're making a post-workout smoothie or picking out an afternoon snack.

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## HOW TO WHITEN CLOTHES THE NATURAL WAY



Several over-the-counter chemicals, such as bleach, do a great job at whitening your clothes, but if you are looking to ditch these additives from your laundry routine, you still have a few options.

You can whiten your clothes by placing them in water alongside some lemon slices. Let the mixture soak for a few hours before running through a wash cycle. (For a similar effect, try adding lemon juice directly to your washer the next time you do a load of laundry.)

Adding white vinegar or baking soda to your regimen has also been shown to brighten clothes. Add up to a cup of vinegar or half a cup of baking soda alongside your regular detergent to liven up and soften fabrics.

Another option is to dry your clothes the old-fashioned way. Hanging your clothes to dry outside allows the sun to bleach them naturally.

Want even more options? Try hydrogen peroxide, Borax, or dishwashing detergent for even more whitening power.



### Italian Caprese Avocado Toast

#### SERVES 4

Avocado toast has transcended its “trend” status – it’s now a staple meal for breakfast, lunch, or dinner. Try this Italian spin on the classic, which boosts your toast’s fiber and protein content.

#### Ingredients

1 pint cherry tomatoes  
1/4 cup basil, plus more for garnish  
4 slices whole-wheat bread  
1 avocado  
1/8 tsp. ground black pepper  
1/4 cup fat-free, shredded mozzarella  
2 tsp. balsamic vinegar

#### Directions

1. Halve each cherry tomato and finely slice basil leaves.
2. Toast each piece of bread.
3. Slice avocado in half and remove the pit. Use a spoon

to remove the avocado’s flesh from the skin and place it in a bowl. Add sliced basil and pepper. Mash together with a fork.

4. Divide avocado mixture between each toast piece, spreading a layer onto each one. Place each toast onto a plate.
5. Add tomatoes cut-side-down onto the avocado. (There may not be space for all the tomatoes, depending on how large the bread is.) Divide shredded mozzarella between each piece of toast and drizzle with balsamic vinegar. Garnish with a few basil leaves, if desired. Serve.

#### Nutritional Information

Calories 188 | Total Fat 8.7g  
Sodium 177mg | Total Carbohydrate 22.3g | Dietary Fiber 6.5g  
Sugars 5.6g | Protein 8g

Source: American Heart Association



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**Q. I've noticed that my legs have been hurting when I walk. Is this likely just due to the physical activity, or could it be something else?**

**A.** Leg pain one experiences with walking could be due to multiple causes. While fatigue or generalized weakness are common reasons this may occur, there are a number of other potential sources. Peripheral artery disease, or PAD, often manifests itself as pain one experiences after walking. The pain is caused by blockages in the arteries limiting blood flow and the delivery of oxygen to the tissues. This then leads to cramping with exertion. The cramping most commonly presents in the calf muscles of the legs, but can also be found in the buttocks or thighs. Other common causes of pain in the legs while walking or at rest include venous insufficiency, lumbar spinal disease, or even electrolyte imbalances. It may be something you wish to investigate further with your provider, as there are fairly simple tests used to determine the culprit. Regardless, it is never wrong to keep walking and keep exercising!

 **William Harris, DO**  
Vascular Surgeon  
Vascular Institute of Chattanooga  
vascularinstituteofchattanooga.com



**Q. My husband and I both wear glasses, so I imagine our kids might have to as well. What are signs to look for, and when should we take them to an optometrist?**


**A.** Kids have nothing to compare their vision to, so most often they don't realize when they're not seeing their best. After 6 months of age, parents should watch for any turning of the eyes, squinting, excessive eye rubbing, or delay in development. If your child complains about poor vision as they get older, it's important to take them seriously. An optometrist can determine if glasses are necessary based on light reflexes – meaning we can distinguish between a want and a need. Often surprising to parents, we recommend scheduling a baby's first eye exam around 10-11 months. A national health program called InfantSEE provides no-cost eye exams for babies before age 1. Kids should have their next eye exam around age 3, then again before starting kindergarten. Annual eye exams are recommended thereafter. Good eyesight and healthy eyes play a role in everything kids learn, so plan a visit to your optometrist sooner than later!

 **Megan Kortum, OD**  
Optometrist  
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**Q. I keep hearing the term 'mindfulness,' but what does that really mean?**

**A.** Mindfulness is intentional present-moment awareness without judgment. It is present-moment thought that isn't riddled with rehashing the past or imagining the future. Try these five ways to practice mindfulness in your day:

- 1. EAT MINDFULLY.** Really slow down how fast you eat, think about your meal and your surroundings, and pay attention to the texture and taste of each item on your plate.
- 2. TAKE A MINDFUL WALK.** Think about your surroundings. Listen to the sounds around you, and pay attention to the temperature, sunlight, etc. Observe sensations in your body.
- 3. OBSERVE YOUR BREATHING.** Breathe from your belly and through your nostrils. Take some deep breaths. Notice your regular breathing.
- 4. LISTEN.** While having a conversation, don't say anything, simply listen.
- 5. DO SOMETHING THAT YOU LOVE TO DO,** and don't put a schedule or time frame on it – simply allow yourself to get lost in it.

 **Stephanie Wilkins**  
Executive Director  
Center for Mindful Living  
centermindfulliving.org




**Q. I've started to notice my 5-year-old is having trouble concentrating and seems to always be a ball of energy. Could it be ADHD?**

**A.** Some of these behaviors are typical of childhood and are part of growing up and maturing. Other times, these behaviors may interfere with day-to-day routines (i.e., meals, playing with others, school routines/performance) and be a sign that further medical evaluation is needed. Many of the symptoms associated with ADHD can also be indicators of other concerns like sleep disturbances, developmental delays, or hearing and vision difficulties. Thus, seeking expert advice from a professional to complete a comprehensive evaluation of your child's symptoms, determine where they occur, and the impact on your child's life is an important step in knowing how to best support your child. If you are concerned about whether your child might have ADHD, the first step is to talk with your primary health care provider and gather information from other caregivers of the child regarding their behavior in different settings, like at home, school, or with peers. This information, included with guidance from your primary health care provider, may help identify a solution or warrant a referral to a specialist in developmental pediatrics for evaluation, diagnosis, and treatment.

 **Cindy Chestaro, MD, FAAP**  
Developmental Behavioral Pediatrician  
Siskin Children's Institute  
siskin.org

**Q. I think I have a hernia, but it's not causing pain. Will it go away on its own?**

**A.** The straightforward answer is no; a hernia will not go away on its own. A hernia is a defect in the muscle and the dense fibrous connective tissue surrounding the muscle, known as fascia. Hernias can form due to trauma or constant stress to the tissues. Trauma to the tissues includes previous incisions through the muscle layers. A hernia will typically either stay static in size or increase over time with more stress to the area. A hernia can be dangerous because portions of the intestines can become trapped in the hernia, causing restricted blood flow and requiring emergency surgery. This can be the case even if the hernia is not normally painful. It is best to get hernias examined by your surgeon and have a conversation about whether surgery is right for you.

 **Darren J. Hunt, MD, FACS**  
General Surgeon  
USA Hernia Center  
usaherniacenter.com



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**Laura Riley, MD**  
Dr. Laura Riley has joined CHI Memorial Internal Medicine Associates – Chattanooga. Dr. Riley received her medical degree from St. George’s University School of Medicine, later completing a residency in internal medicine at Jersey City Medical Center in New Jersey.

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**Sandra Huggins, MSN, FNP-BC**  
CHI Memorial Convenient Care – Signal Mountain welcomes Sandra Huggins to its medical staff. Huggins is board-certified by the American Nurses Credentialing Center. She received her master’s degree in nursing from Southern Adventist University in Collegedale.

VASCULAR INSTITUTE OF CHATTANOOGA



**Monica Chamberlain, DNP**  
Monica Chamberlain has joined the Vascular Institute of Chattanooga’s medical staff. Chamberlain has a Doctor of Nursing degree, two master’s degrees, a bachelor’s and an associate degree from Southern Adventist University. She is a member of the Oncology Nurses Society.

ERLANGER HEALTH SYSTEM



**Mitch Dizon, MD**  
Dr. Mitch Dizon has joined Erlanger Women’s Health Specialists. Fellowship-trained in minimally invasive gynecologic surgery from the University of North Carolina, Chapel Hill, he specializes in complex pelvic surgery, uterine fibroids, endometriosis, pelvic masses, and chronic pelvic pain management.

SISKIN HOSPITAL FOR PHYSICAL REHABILITATION



**Arnold Smith, MBA**  
Arnold Smith has been named the chief human resources officer at Siskin Hospital. Smith has 15 years of experience in human resources in a variety of industries, and he is a member of the Society for Human Resource Management.

SISKIN HOSPITAL FOR PHYSICAL REHABILITATION



**Amy Burba, MS, OTR/L, FACHE**  
Amy Burba has become a Fellow of the American College of Healthcare Executives, the nation’s leading professional society for health care leaders. Burba is director of therapy quality and business practices at Siskin Hospital, where she has worked for 20 years.

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**Michael Davis, MD**  
Cempa Community Care has added Dr. Michael Davis to its team of health care providers. Dr. Davis received medical school training at East Tennessee State University’s Quillen College of Medicine. His expertise is in infectious diseases.

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**Megan Swisher, MSN, CPNP**  
Megan Swisher has joined the medical staff at Boehm Birth Defects Center. Serving as a nurse practitioner and clinical care coordinator, Swisher will lead the medical case management program for children born with birth defects of the brain and spine.

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# A LOOK AT KIDNEY STONES

BY NICOLE JENNINGS

**W**e've all heard of kidney stones, but let's get familiar. These frequently painful little pebbles affect 1 in 10 women and 1 in 5 men. And the statistics aren't trending down. According to the National Kidney Foundation, reported cases of kidney stones have nearly tripled since the 1970s. This rise could be attributed to high blood pressure, diabetes, and obesity. Here's what you should know.

## SO, WHAT EXACTLY ARE KIDNEY STONES?

Kidney stones, as the name implies, are hard objects that form in your kidneys when chemicals in your urine crystallize. They're usually sharp and spiky, and they can range in size from a grain of salt to a golf ball. "The chemical composition of the urine and the anatomy of the urinary tract both play a part in determining the ultimate size of the stone that forms," explains Dr. Joseph Veys, a urologist on the Hamilton Medical Center staff.

Regardless of the size, kidney stones are divided into four basic groups:

### CALCIUM

The most common type of kidney stone is usually composed of calcium and oxalate, a natural chemical found in most foods, but calcium and phosphate, another chemical found in foods, can also combine to form stones. Calcium stones are caused by insufficient calcium and dehydration.

### URIC ACID

More common in men than women, this type of kidney stone forms when your body doesn't process certain chemicals, leaving your urine too acidic. While certain foods can increase your urine's acidity level, these stones also tend to have a genetic component and run in families.

### STRUVITE

Struvite stones are often formed in women with urinary tract infections, and they tend to grow quickly. According to Dr. Veys, "Struvite tends to produce very large 'staghorn' stones that require more invasive techniques for removal."

### CYSTINE

The rarest type of kidney stone, cystine stones are caused by a genetic disorder called "cystinuria." Cystinuria causes a natural substance called "cystine" to leak into your urine, resulting in the formation of kidney stones.

There are many risk factors that can increase your chance of forming kidney stones. If you've had kidney stones before or have a family history of kidney stones, you're at increased risk. Not being properly hydrated contributes to your risk too. Diets high in protein, sodium, or sugar intake also boost your odds, as does being overweight or having gastric bypass surgery. Your chances of forming stones are also increased if you frequently take medications such as diuretics or calcium-based antacids.





**DR. MARK  
CURRIN**

UROLOGIST,  
CHI MEMORIAL  
UROLOGY  
ASSOCIATES



**DR. JOSEPH  
VEYS**

UROLOGIST,  
ON MEDICAL  
STAFF AT  
HAMILTON  
MEDICAL CENTER

## THE SIGNS AND SYMPTOMS

Kidney stones don't always cause noticeable signs or symptoms. Dr. Mark Currin, a urologist with CHI Memorial Urology Associates, explains, "In most cases, stones don't cause symptoms. Stones themselves do not cause pain. The pain associated with stones occurs when they move into a position where they block the flow of urine out of the kidneys, which is known as an obstruction."

That being said, when they do cause an obstruction, constant or fluctuating pain in the lower back or sides is a telltale sign. Dr. Veys adds, "The pain is often described as 'worst I've ever had,' and many women have said it's worse than the pain of childbirth."

Issues with urinating may also indicate a problem. You may experience a burning sensation; you may feel like you constantly have to urinate but you're only able to go a little bit each time; or you may notice blood in your urine. Kidney stones are also likely to produce an unpleasant odor when urinating.

A fever and chills coupled with nausea, possible vomiting, and other kidney stone symptoms probably means your stone is causing an infection that can't be resolved until after the stone has passed. This promotes it to a medical emergency, which means you should go to the emergency room immediately.

## KIDNEY STONE DIAGNOSIS AND TREATMENT

Most of the time it can be pretty apparent when kidney stones are causing an obstruction, due to the severity and location of pain. After a physical exam and a health history, your doctor may order blood tests to check the levels of calcium and uric acid in your blood. Urine tests can confirm a kidney stone diagnosis by revealing too many stone-forming minerals or too few stone-preventing minerals. A doctor may also order imaging tests such as a CT scan, X-ray, or ultrasound.

Treatment depends on the size of the stone, where it's located, and if it's obstructing or non-obstructing. Stones smaller than seven millimeters are often left to pass on their own. Drinking lots of water, accompanied by over-the-counter pain relievers to ease the discomfort, can help flush them out.

## I HAVE A HISTORY OF KIDNEY STONES. NOW WHAT?

"If you have a history of stones, you should schedule an appointment to see a urologist who has experience not only in treating stones but in helping patients to prevent stones," suggests Dr. Currin. "Once stones have been treated, some patients may benefit from a metabolic workup to further assess why they are so prone to making stones.

In many cases, specific things can be uncovered that can be treated with dietary changes or medicines to significantly reduce a patient's risk of producing more stones."

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Larger or problematic stones can be treated with a procedure called extracorporeal shock wave lithotripsy (ESWL). “Shockwave lithotripsy is a procedure performed in the operating room where soundwaves focused on a stone are used to fragment the stone into sand, which passes easily and painlessly down the ureter,” explains Dr. Currin. “This is a non-invasive approach and is generally very well tolerated.”

Another treatment option is ureteroscopy. In this procedure, a doctor inserts an endoscope (a flexible tube with a lighted camera on the end) through the urethra. Through the camera, a laser may be passed and used to break up stones that are too large to remove.

More complex surgical procedures are options for cases where there is a significant amount of stone requiring treatment.

HOW TO PREVENT KIDNEY STONES

There are many precautions you can take to reduce your risk of kidney stones. First and foremost, drink up! Water is best, but fluid in general is a necessity. It’s recommended that the

average person drink eight to 12 cups of fluid a day, and chances are you’re not getting that much. Proper hydration helps dilute your urine and lessens kidney stone-causing waste buildup.

Second, reduce your salt intake. Urinary calcium, a main component of calcium oxalate stones, is increased by a high salt diet. You should also avoid red meat, organ meats, and shellfish when possible. These contain a high amount of purine, a natural chemical compound that contributes to the production of uric acid.

Third, eat more fruits and veggies. They’re good for you anyway, and since high blood pressure, diabetes, and obesity are suspected to increase your risk for kidney stones, any dietary and lifestyle changes you make to help reduce those can also reduce your risk of kidney stones.

Also, since calcium oxalate stones are the most common, lowering your intake of foods high in oxalate can help reduce your risk. These are foods like cocoa, chocolate, tea, rhubarb, beets, quinoa, kiwis, and soy products. However, if you pair your intake of oxalate-rich foods with foods that are high in calcium, it may be a better method than trying to cut oxalate from your diet altogether. As you digest, calcium and oxalate are more likely to bind together before they go through the kidneys, making it less probable that they’ll form stones.

Now that you know the ins and outs of kidney stones, just be mindful, listen to your body, and remember – all things in moderation. Be sure to consult your doctor with any questions or concerns! **HS**



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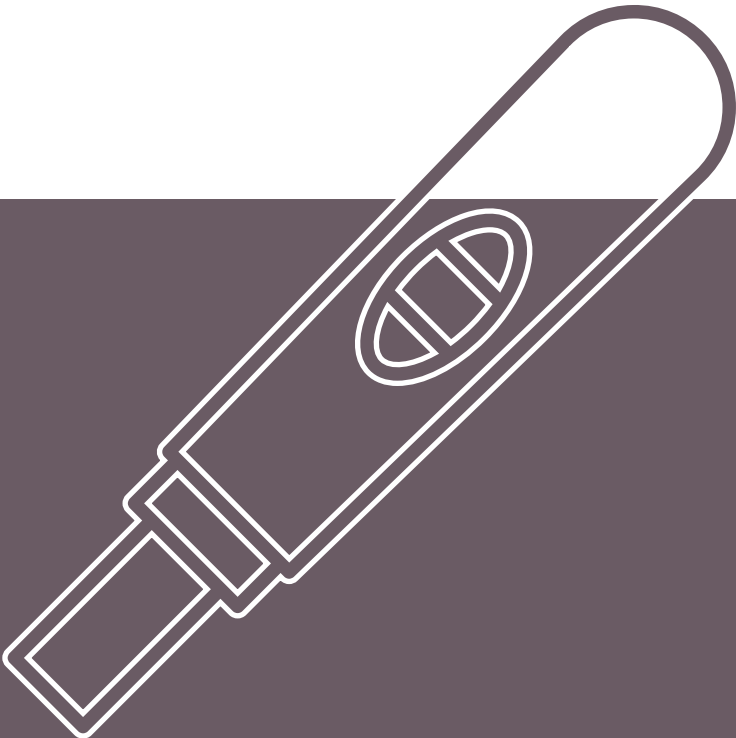




# understanding miscarriages



DR. LINDA YU  
OB-GYN, ERLANGER  
HEALTH SYSTEM



For those who are pregnant or trying to conceive, concerns about the possibility of miscarriage are understandable. After all, miscarriages are rather common. But the fact that many women experience them doesn't make the loss any easier. Knowing the causes and treatments can help you or a loved one cope – and begin to try again.

BY HOLLY MORSE-ELLINGTON

Miscarriages are more common than most people realize. In fact, anywhere from 10-25% of pregnancies end in miscarriage, though most happen before a woman even discovers she's pregnant. For those that occur after a woman has learned she's pregnant, it can be heartbreaking. If you're pregnant or trying to conceive, here's what you should know.

**WHAT IS A MISCARRIAGE?**  
The term miscarriage is commonly used, but you may also have heard the phrase *early pregnancy loss*. Both are used interchangeably and refer to the spontaneous loss of a pregnancy before 20 weeks. An overwhelming majority of miscarriages occur during the first trimester, which explains why people tend to wait until 13 weeks to tell others they're pregnant.

Miscarriages are most commonly caused by chance abnormalities in chromosomes. In fact, they explain about half of early pregnancy losses. As the embryo divides and grows, there may be missing or extra chromosomes that prevent a viable pregnancy. These abnormalities are often random and are not attributed to either parent. There are additional underlying issues that can lead to miscarriages,

though. Hormone imbalances are linked to about 15% of early pregnancy losses. For example, polycystic ovary syndrome can result in elevated androgen hormone levels that form cysts and impair the regular function of the ovaries. Sometimes anatomy plays a part too. Just as the nose can have a deviated septum that obstructs air flow, the uterus can have a septum that divides the uterus and



prevents fetal development. Chronic illnesses such as unman- aged diabetes and autoimmune diseases like lupus are other con- tributing causes. Even advanced maternal age can increase a woman's risk of miscarriage, from 20% at age 35 to 40% at age 40 and 80% at age 45.

THE BLAME GAME

Women tend to blame them- selves, but in most instances, your lifestyle does not cause a miscarriage. "Intrauterine devices or birth control pills do not cause miscarriage, nor does emotional stress, physical stress like lifting something heavy, or exercise," explains Dr. Linda Yu, an OB-GYN at Erlanger Health System. "Con- tinuing with a healthy exercise regimen is actually very healthy for pregnancy."

There are, however, some behavioral risk factors to avoid or be cautious of when trying to conceive. Drinking, smoking, and drug use can increase the chances of miscarriage. Being underweight or overweight has also been linked to an increased risk. Eating undercooked meats, raw eggs, and unpasteurized dairy products can expose you and your pregnancy to listeria, a harmful bacteria. "Pre-pregnancy counseling with your provider can help identify health risks that may be able to be reduced prior to at- tempting pregnancy," says Dr. Yu.

WHAT YOU SHOULD LOOK FOR

"An early pregnancy loss may be quite obvious and manifest like a smaller version of labor. Other times it can be easy to miss, instead appear- ing similar to a woman's normal menstrual discharge," explains Dr. David Barker, OB-GYN with the OBGYN Centre of Excellence. Every experience is different.

The most common symptom of early pregnancy loss is bleeding. Small amounts of bleeding or spotting can be relatively common during the first trimester and are typically no cause for concern. However, it's important for you to share symptoms with your doctor so that he or she can confirm every- thing is progressing as it should be. Bleeding later in pregnancy can be more serious and should be assessed immediately.

Symptoms similar to menstrual aches could also be signals. Mild to severe cramps, including pain in the abdomen and back, may be signs of miscar- riage. Cramping may feel more pronounced like contractions as opposed to a dull throbbing. Passing tissue or sizeable clot-like material is another red flag.



DR. DAVID BARKER  
OB-GYN, OBGYN  
CENTRE OF  
EXCELLENCE

If you experience any of these symptoms, contact your doctor immediately. He or she can conduct exams and tests to confirm whether a miscarriage has occurred or if there's a different underlying issue.

IF IT HAPPENS

Treatment options vary depending on the stage of preg- nancy. "In some cases, when the pregnancy stops forming, the miscarriage occurs quickly," says Dr. Barker. The earlier in the pregnancy you are, the more likely it is your body will rid itself of fetal tissue on its own. As you get further along, there are other options you may need to consider.

If there are no signs of infection, you may choose to let the miscarriage progress naturally. "This may take weeks or months," explains Dr. Barker. "While some women can be patient this long, many will choose medical intervention." Your doctor can prescribe medica- tion to expel the pregnancy tissue and placenta after a pregnancy loss or recommend surgery.

"If the patient continues with bleeding and cramping, it could be a sign of an incomplete miscarriage, which often requires surgical intervention," says Dr. Matthew Roberts, an OB-GYN with Associates in Women's Health. "Signs of an incomplete miscarriage may be excessive bleeding – such as soaking two pads per hour – fever, chills, or severe pain or cramping," he continues. During a relatively minor procedure known as a dilation and cu- rettage (D&C), your doctor will remove the tissue from the uterus surgically.

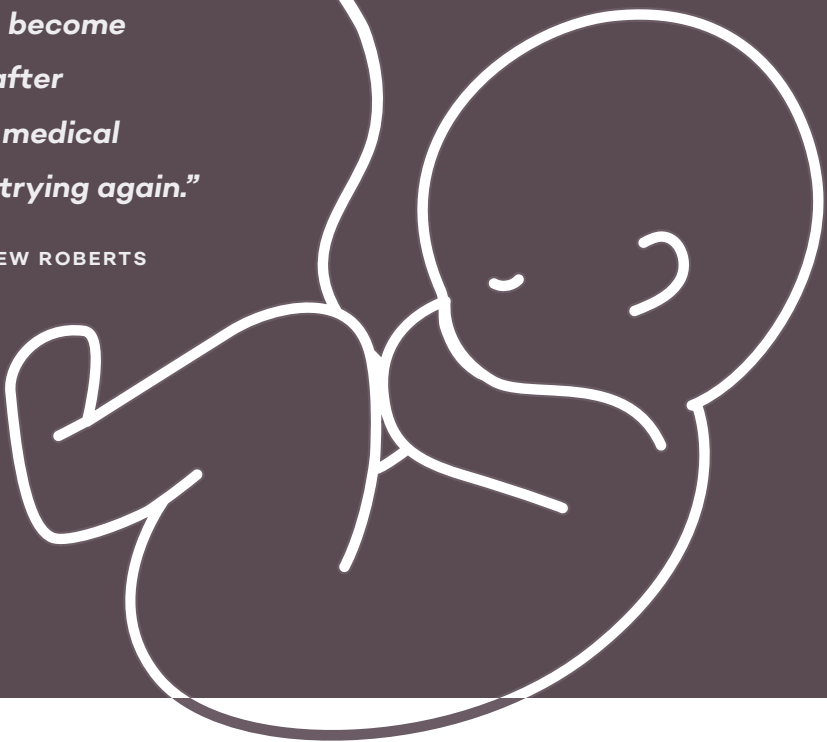
Chemical Pregnancies

When a miscarriage occurs very early (first five weeks), it's known as a chemical pregnancy. These miscarriages take place before an ultrasound can detect a fetus and therefore often occur without a woman's knowledge. The only signs may be a late period or a faint positive line on an at-home pregnancy test.



“ For a patient wishing to become pregnant immediately after miscarriage, there is no medical reason to wait to begin trying again.”

- DR. MATTHEW ROBERTS



LEARNING TO COPE

A miscarriage can leave you feeling emotionally and physi- cally overwhelmed – it's impor- tant to take care of yourself on both aspects. Physical recovery generally takes a few hours to a few days. You may ovulate as soon as two weeks after a mis- carriage, and your period can return four to six weeks after.

Emotional healing can take longer – give yourself time to grieve. "Women can experi- ence a range of emotions dur- ing this trying time. Feelings of guilt, sadness, loss, and grief are all very common," says Dr. Yu. "A woman should let her health care provider know if there's significant

grief or sadness lasting more than several weeks or interfering with daily activi- ties. The loss of a pregnancy can cause depression, and it is important to stay in contact with your health care provider in case the need for counsel- ing or medication arises."

MOVING FORWARD

Discussion may come up about when to try to conceive again. Put your mind at ease. If you feel mentally and emo- tionally ready, it's possible you can try again very soon after a miscarriage. "For a patient wishing to become pregnant immediately after miscarriage, there is no medical reason to



DR. MATTHEW ROBERTS  
OB-GYN,  
ASSOCIATES IN  
WOMEN'S HEALTH

wait to begin trying again," says Dr. Roberts.

The data is encouraging. Mis- carriage is generally a one-time incidence. Even if you've had a miscarriage, the likelihood you'll have a successful pregnancy is the same as anybody else's. Many women fear that having a pregnancy loss predisposes them to further losses. How- ever, less than 5% of women have two consecutive miscar-

riages. And only 1% of women have three or more consecutive miscarriages.

All hope is not lost if you ex- perience multiple miscarriages. "If a woman experiences mul- tiple, recurrent miscarriages, there is testing that can be done to try to diagnose a cause," ex- plains Dr. Roberts. Even without pinpointing a specific cause, about 60-80% of women with unexplained consecutive mis- carriages go on to have healthy pregnancies.

Bottom line, you shouldn't lose heart. Be kind to yourself as you heal from a difficult ex- perience. With the proper care and support networks, you can move forward. **HS**



# DANGEROUS FOOD

## The Facts on Food-Based Allergic Reactions

**Each year in the United States, 45,000 people rush to the emergency room because of a life-threatening allergic reaction to a certain type of food. Here's what to know about food allergies to keep your family safe.**

BY CAMILLE PLATT

### The 411 on Food Allergies

A food allergy happens when our body identifies a particular ingredient as harmful and triggers an immune system response. Food allergies most often develop in childhood, although they occasionally develop in adults as well. According to the Centers for Disease Control and Prevention, food allergies impact 4% of adults and 4-6% of children.

Symptoms of a food allergy may appear immediately or up to two hours after ingestion, and the reaction can present as mild or severe. "Commonly, people will experience an itchy rash such as hives and can also have shortness of breath; swelling of their lips, eyes, tongue, or throat; gastrointestinal upset; and/or blood pressure changes," explains Dr. Jennifer Patel, an allergist with Chattanooga Allergy Clinic.

When the reaction becomes life-threatening, it's called anaphylaxis. Dr. Susan Raschal, an allergist with Covenant Allergy & Asthma Care, explains, "This is considered the grand slam of reactions because it involves the entire cardiovascular system and can lead to death." Symptoms of anaphylaxis include restricted airway, swelling or "lump" in the throat that makes it hard to breathe, a rapid pulse, and an extreme drop in blood pressure.

Food allergies can be divided into two types: IgE-mediated and non-IgE-mediated. With an IgE-mediated food allergy, the body releases an antibody called immunoglobulin (IgE) to identify and neutralize what it perceives to be a threat. Each time you eat that food in the future, IgE antibodies sense it and signal for a release of chemicals like histamine in the bloodstream that trigger your symptoms. It's essentially a misguided attempt to protect you. In a non-IgE-mediated food allergy, which is more difficult to diagnose, the reaction is a bit delayed and symptoms are generally confined to the gut.



**DR. SUSAN RASCHAL**  
ALLERGIST, COVENANT  
ALLERGY & ASTHMA CARE



**DR. JENNIFER PATEL**  
ALLERGIST, CHATTANOOGA  
ALLERGY CLINIC



**DR. CURT CHAFFIN**  
ALLERGIST, THE ALLERGY &  
ASTHMA GROUP OF GALEN

### ALLERGY VS. INTOLERANCE

Some people mistake food intolerances with food allergies. A food intolerance is not an immune system response and is not life-threatening; instead, it can be caused by a sensitivity to a food additive, a missing enzyme needed to digest a food well (e.g. lactose intolerance), or by irritable bowel syndrome among other things. "Food intolerance is far more common than true life-threatening food allergy," says Dr. Patel. "Allergists can help you determine if you have a food allergy and give guidance on food concerns for both allergy and intolerance."



### The Primary Culprits

There are more than 160 foods that can cause allergic reactions, but the FDA identifies eight as "major," meaning they account for 90% of all food-based allergic reactions:

**COW'S MILK** – This is one of the most common childhood allergies, but it is often outgrown between ages 3 and 5. "This is typically the first food allergy that's identified because moms who are breastfeeding will expose their child to milk protein if they have ingested it," says Dr. Raschal.

**EGGS** – Eggs are the second most common childhood food allergy. Fortunately, 68% of children will outgrow the allergy by age 16. In some cases, only raw eggs trigger a response.

**TREE NUTS** – Tree nut allergies, which are generally lifelong, affect only 1% of the population but are responsible for about 50% of anaphylaxis-related deaths.

**PEANUTS** – Peanut allergies are common and can cause severe, potentially fatal, allergic reactions. Today's recommendations suggest introducing peanut products to babies earlier rather than later, though if a child has severe eczema

and/or an egg allergy, he or she should see a specialist first. "Done in conjunction with physician guidance, introducing peanut products early can cut the likelihood of a peanut allergy by over 80%," explains Dr. Curt Chaffin, an allergist with The Allergy & Asthma Group of Galen.

**SHELLFISH** – A shellfish allergy can be hard to identify, since symptoms can overlap with those caused by food poisoning. Sometimes the vapors that come from cooking shellfish can even trigger a reaction.

**FISH** – Approximately 40% of fish allergies actually develop in adulthood and can trigger digestive symptoms. Just because a person is allergic to shellfish does not mean they'll be allergic to other fish.

**SOY** – Soy allergies are more common among infants and children under 3. About 70% of children will outgrow a soy allergy.

**WHEAT** – A wheat allergy is often outgrown by age 10. It is different from celiac disease or celiac sensitivity, meaning people can tolerate gluten as long as the grains don't contain wheat.



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**Back Row:** Shandra Burnett, FNP; Christy Kensey, FNP; Brittany Hamby, FNP; Honor Hightshue, FNP

**Front Row:** Hyman Kaplan, MD; Lee Perry, MD; Marc Cromie, MD; Todd Levin, MD; Jennifer Patel, MD



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### Adopt, Don't Shop

Shelter pets are often misunderstood. "People tend to think that animals are at the shelter because they're 'bad,'" says Dr. Woods. "In reality, that's just not the case." Whether they were left at the shelter because their fur caused an allergy or because they didn't get along with other pets, they all deserve a second chance to be loved.

## The Perks of Pet Ownership

**B**e it a dog, cat, fish, or bird, having a pet can help seniors feel less lonely and more engaged. Since loneliness affects both emotional and physical health, caring for an animal that depends on you can make life more enjoyable and even help you feel less pain. Here's what you should know if you're in the market for a furry (or scaly!) friend. **BY ANN PIERCE**

### Benefits of Pet Ownership for Older Adults

For seniors able to take care of a pet, having one can bring a wealth of both emotional and physical benefits. To start, pets can help reduce feelings of loneliness, which is a real factor in worsening health for older adults. Senior isolation can also be a risk factor for stroke, obesity, and even cognitive decline. Fortunately, having a pet can turn that around speedily. "Pets can reduce stress, lower blood pressure, and give a sense of comfort to someone," explains Dr. Micah H. Woods, veterinarian and owner of Ooltewah Veterinary Hospital. "Most importantly, pets can increase physical activity, which leads to better health."

A recent study sponsored by AARP found that pet ownership helped seniors enjoy life (88%), feel loved (86%), and reduce stress (79%). Having a pet also helps older adults feel significantly less pain despite living with chronic illnesses, and you can even get a pump of the good-feeling hormone oxytocin in the brain by looking in the eyes of a dog for five minutes! "Pets live for today, which means they take every day as brand new and fresh," says Dr. Woods. "This rubs off on older adults and can distract them from lingering ailments, disabilities, and sadness."



If that’s not enough to send you to the humane society for a rescue, don’t forget that caring for a pet also provides a sense of purpose. This can be very beneficial for seniors after retirement or for those dealing with the loss of a loved one. “If someone passes away, a pet can be a living memory,” says Dr. Woods. “It can provide its owner hope and love and remind them of all the good things during their time of loss.” The process of feeding, walking or playing with, and grooming an animal can provide a much-needed sense of responsibility and routine and stave off depression.

A pet will tend to make you more sociable too, as you share cute photos of your bird or venture outside and walk your dog. “Dog parks are another great way for humans and pets alike to socialize and get out of the house,” says Dr. Woods. Animals tend to encourage you to connect with others, which can lower your risk of developing heart disease or having a stroke. That’s a lot of positive effects for a little being.

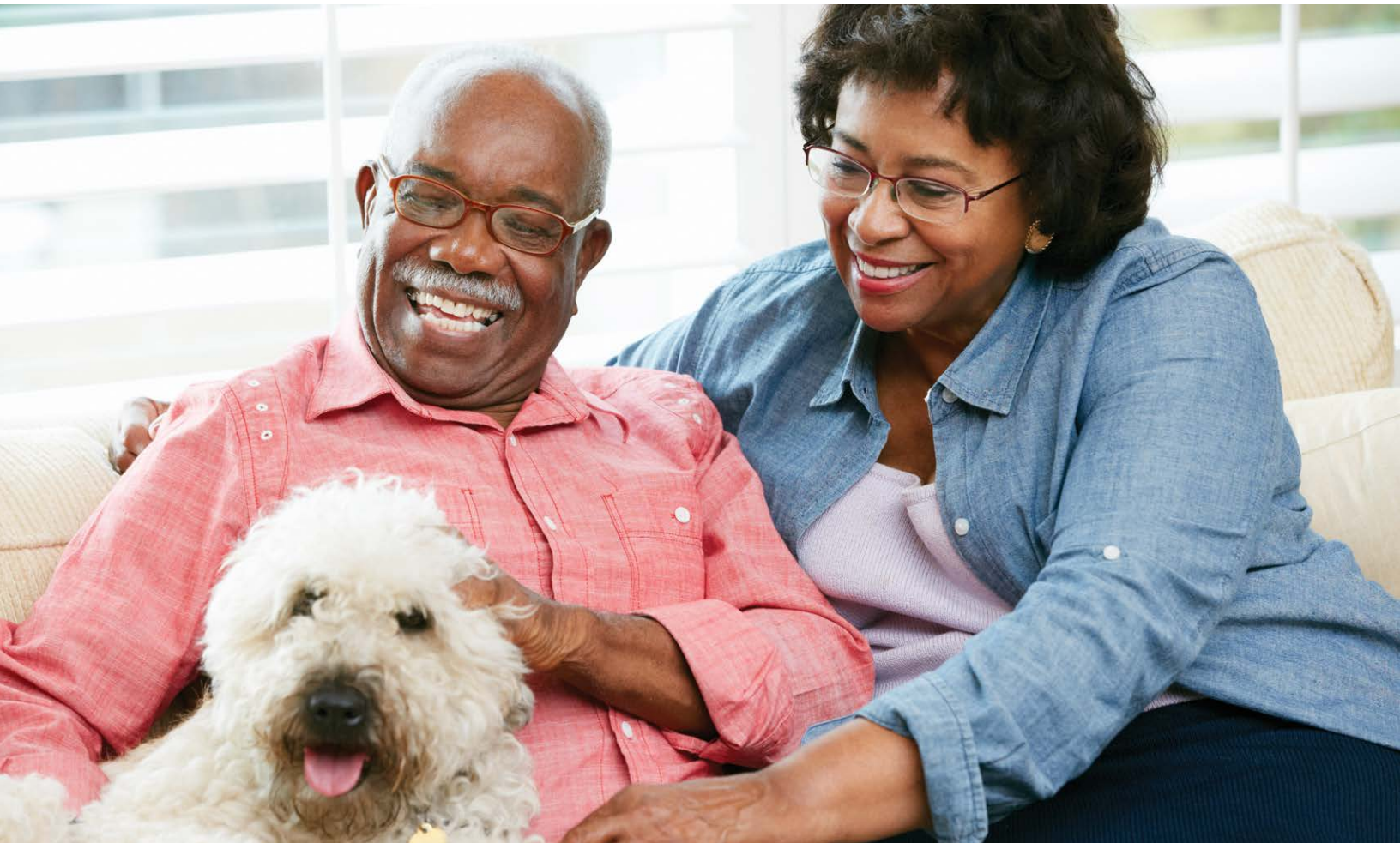
What to Consider Before Getting a Pet

You can see that having a pet is a good thing, but take into consideration some key questions. Have you had a pet before? Do you understand

What About Service Dogs?

Another possibility is a service dog, a boon to seniors with disabilities. Service dogs stay with you always and are trained to open and close doors, help prevent falls, retrieve dropped items, or even retrieve walkers or wheelchairs. They can help you get dressed, alert 911 or run to get help in emergencies, and retrieve emergency medication. There are also service dogs with specific skills for either hearing or vision impairments.

the needs of a dog versus a cat or bird? If you have mobility issues, a cat, bird, or fish is likely a better option, since they don’t have to be walked. Choosing an animal with similar activity levels is often the best plan. If you’re still active, a well-trained, healthy adult dog might make the most sense. “A common misconception with dogs is that they’re considered adults when they’re 1-2 years old,” says Dr. Woods. “Those dogs are actually still in their adolescence and will need almost as much training as a 6-week-old puppy. Senior dogs make great pets for older adults because they tend to be more relaxed, and they’re potty-trained!”





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If you are still able to get around fairly well but a little hesitant to consider all the responsibilities of a pet, you might find a family member or friend who would consider being a co-caretaker. They could handle some of the harder aspects of pet ownership, like cleaning a litter box or cage, and give you more social interactions at the same time. There are also financial concerns you need to be mindful of, such as vet fees, grooming, and food or medicines. Rover.com estimates some dog owners spend as much as \$153 a month, or \$1,836 each year, to care for a dog (though many households spend much less). The American Society for the Prevention of Cruelty to Animals reports that cats typically run about \$670 for a year, small birds cost around \$200, and a fish only \$35 annually after purchasing the aquarium.

And, if you decide a pet is right for you, be sure to get any potential friend checked by a veterinarian first. The goal is to find a good companion for you that you can easily care for. Your well-being is the primary goal.

**There are many questions to be answered about what kind of pet, what level of activity you can handle, how much you are comfortable doing, and what appeals to you on an elemental level. No pet is perfect for everyone, and your honest appraisal of your abilities will help you figure it out. But making a new friend, whether it sports fur, fins, or feathers, can bring a new source of joy to the next stage of your life. HS**



# A MEAL PLAN IN YOUR POCKET

By Amberhope Velbis, BSCCWM, CPT, FNS & Marlene Geren, RN, BSN  
Bwell4ever, LLC

## Startled awake by the sound of your alarm clock, you realize you're late for work!

You fly out of bed, rush to get ready, grab your keys and run out the door. You make an emergency fast food stop and eat your breakfast bashfully behind the wheel as you race traffic. By lunchtime your stomach growls ferociously. You make another emergency pit stop and dash back to work. After you brave the rush hour traffic home, you open the door and collapse on the couch. Too exhausted to cook, you resort to ordering delivery. How often have you had a day like this?

Now imagine a different scenario. You grab your pre-made breakfast from the fridge and eat it while getting ready. On your way out to work, you place your pre-made lunch in your lunch box and enjoy it at work. When you come home, you open the door to an intoxicating aroma. Your slow cooker has been cooking for you all day long. Time to eat and relax!

Many people dream of a day like this. So, how do you do it? Research has shown that meal planning can improve nutritional quality, decrease stress, lower disease risk and improve weight management. Still, most people don't know how to begin. Thankfully, technology has given us many digital health solutions. Digital meal-planning apps have proven to be useful, effective health tools.



...Or...



## Here are five proven ways that meal-planning apps can be valuable to your health:

### (1) Stress Less

One of the most stressful things in this busy life is the additional burden of figuring out how and what to feed your family. Meal-planning apps build personalized meal plans for you and your family, customized by diet preferences, allergies, serving sizes, available cooking time, skill level and even the equipment available in your kitchen. Letting a meal-planning app do the heavy work can alleviate the extra stress, keep things simple and ease up the day with less cooking and the reward of delicious, prepared meals!

### (2) Rush Less

The U.S. Department of Agriculture reports that without meal planning, Americans spend an average of at least 62 minutes a day preparing meals and 45 minutes of grocery shopping each week. Much of the time spent on homemade meals is actually not in the cooking itself; it's in making the menu, a grocery list and shopping. Meal-planning apps can save a lot of time by analyzing your customized preferences to create a menu and a subsequently concise grocery list. This list can be printed or synced with an online grocery pickup or delivery vendor such as Wal-Mart, Instacart®, or Amazon Fresh. Your groceries can then be picked up at the store or delivered straight to your home. This could result in adding precious hours back into your week.

### (3) Spend Less

On average, Americans spend half of their food budget on restaurants. The U.S. Bureau of Labor and Statistics reports Americans spend an average of \$3,365 per year on restaurant food alone. With meal planning, you won't need to frequent restaurants, and you only buy what you need. This can prevent overspending, for example, on excess groceries that might spoil before they can be consumed. You can also use meal-planning apps to plan recipes around what is already in your kitchen, such as leftover chopped vegetables or dried and canned goods.

### (4) Waste Less

The U.S. Food and Drug Administration estimates that around 40% of all food in America is wasted and the average family throws away \$2,200 worth of food every single year. Wouldn't you like to have that money in your pocket rather than in the trash? Meal-planning apps call for just enough groceries for your menu's portioned serving sizes, ensuring that little to no food gets wasted.

### (5) Weigh Less

Knowledge is power. When dining out, one may never know exactly what is in the food. Restaurants often add large amounts of sugar, salt, fats and chemicals to make the food hyper-palatable. One takeout meal may contain over 1,000 calories, including a slew of unknown added ingredients. Meal planning gives you control of the nutritional quality in your diet, which can assist in lowered disease risk and healthy weight management. Having planned, pre-prepared meals can also reduce urges to overeat or make healthier choices. Some meal-planning apps also provide nutritional data for food items and recipes to assess the quality and quantity of the food.

Consider experimenting with highly rated meal-planning apps such as MealLime, Cozi, BigOven, Paprika and Yummly on your personal device.



Additionally, consult with a physician and/or accredited nutrition professional to ensure you are getting proper nutrition. Overall, meal-planning apps can be used as a daily tool for busy individuals, to lighten the load of particularly busy weeks or simply as a temporary jumpstart in the right direction to a healthier lifestyle. With this functional technology, you can always have a meal plan in your pocket!

Life Care Centers of America 





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STAY WELL

## Annual Tech

# for Your Health Section

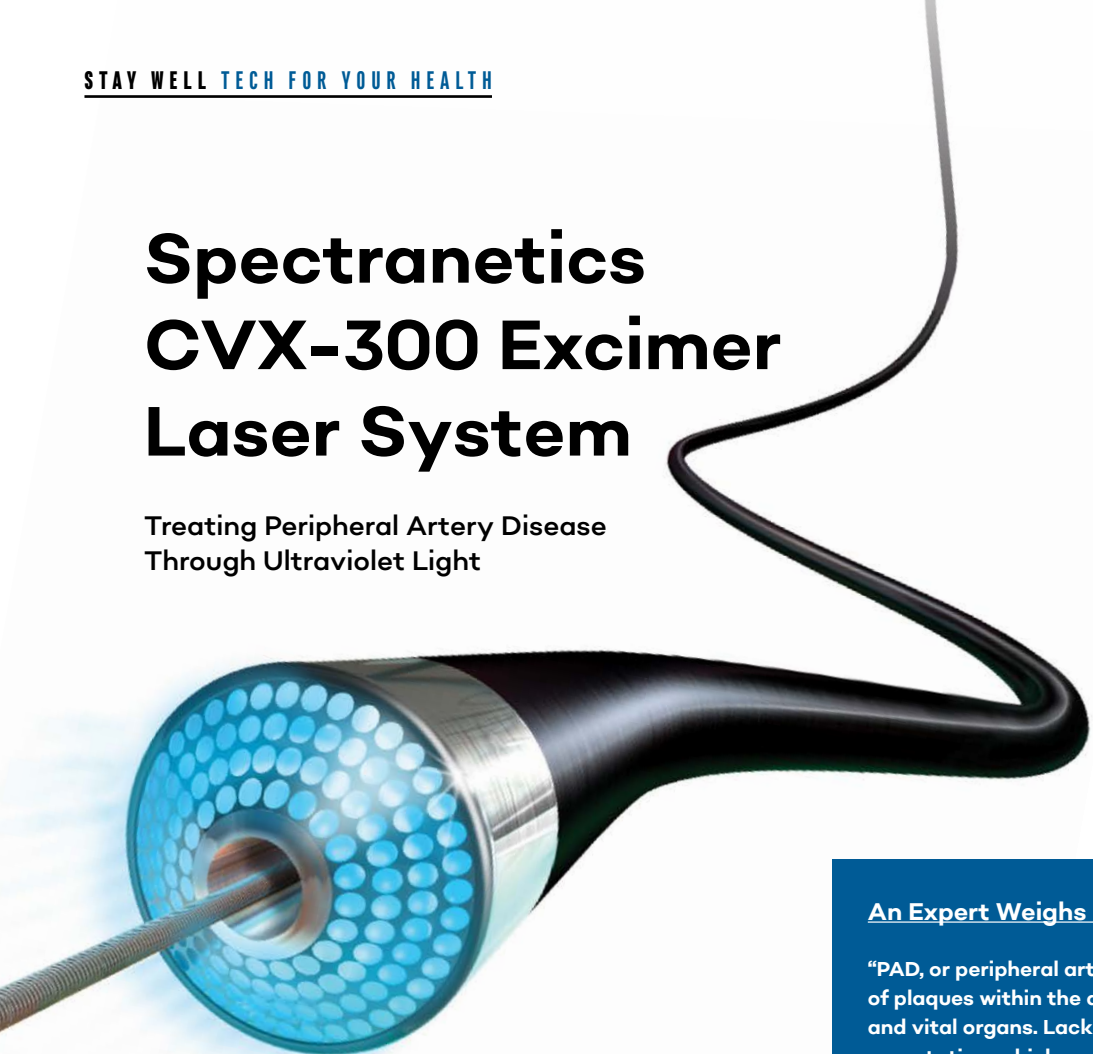
BY LUCY MORRIS

**A powerful force for good, technology enhances human abilities and fosters creative problem solving. From rechargeable hearing aids to cognitive function tests, laser treatments, and more, here's how area providers are using the most up-to-date technology to provide their patients with superior care.**



# Spectranetics CVX-300 Excimer Laser System

Treating Peripheral Artery Disease  
Through Ultraviolet Light



### What Is the Spectranetics CVX-300 Excimer Laser System?

The CVX-300 is a laser system that emits ultra-violet light to break up hardened plaque from artery walls. The technology is designed to minimize damage to surrounding soft tissue and reduce complications during use.

### When It's Used

The CVX-300 is used during a minimally invasive surgical technique known as atherectomy, which removes fatty plaque from artery walls. When fatty plaque, known as atherosclerosis, builds up in the artery walls, it makes it more difficult for your blood to flow. Over time, this lack of blood flow can lead to peripheral artery disease, a common but dangerous condition.

Also known as PAD, peripheral artery disease can narrow leg, stomach, arm, and head arteries, though it most commonly affects arteries in the legs. It tends to cause cramping, pain, or tiredness in the lower legs, especially during physical activity.

Unfortunately, if left untreated, PAD can lead to total loss of circulation, causing gangrene and limb loss.

### How It Works

With the CVX-300, your endovascular surgeon can remove plaque from artery walls using photoablation,

### An Expert Weighs In

"PAD, or peripheral artery disease, occurs when the buildup of plaques within the arteries blocks blood to the arms, legs, and vital organs. Lack of circulation to the foot can lead to leg amputation, which occurs in the Southern states more often than other regions of the country. If you have F.L.O.W. problems in your legs, get evaluated: Feeling of pain, Loss of sensation, Open sores, or Weakness when walking. You too may benefit from limb-saving and life-altering laser light energy."



**Dr. Christopher J. LeSar**  
Vascular & Endovascular Surgeon  
Vascular Institute of Chattanooga

or the use of light to break down, vaporize, and remove matter. The photoablation process, performed through a disposable catheter inserted near the damaged arteries, occurs in three parts:

**LIGHT PULSE** In this step, light is used to break apart bonds at the molecular level. The light pulse from the catheter is so quick, it's not visible to the naked eye.

**SONIC WAVE** The sonic wave expands from the tip of the catheter in all directions and cracks the hard plaque material.

**VAPOR BUBBLE** A vapor bubble, created by the high-pressure sonic wave, helps break up the plaque into tiny particles to restore blood flow.

### Benefits of the Spectranetics CVX-300 Excimer Laser System

The CVX-300 laser system provides a game-changing treatment alternative for peripheral artery disease. Because the laser emits ultraviolet light, which is not a hot light, it only affects whatever is directly in front of it. This means the chance for unwanted tears or damage to surrounding tissue during treatment is low. **HS**

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# Livio Edge AI

Delivering Next-Generation Sound Performance

## What Is the Livio Edge AI?

The Livio Edge AI is a “healthable” hearing aid that features artificial intelligence and integrated sensors that work together to improve sound quality while also tracking body and brain health. These hearing aids are custom molded for comfort, discreet, and rechargeable, which is especially useful for patients with dexterity issues like arthritis and vision problems like macular degeneration that would make it difficult to change batteries frequently.

## Who Might Need It?

Hearing loss is the third most prevalent physical condition facing older adults today. By age 65, 1 in 3 Americans suffers from hearing loss, and by age 75, 1 in 2 Americans is affected. Generally, hearing loss develops gradually and can even go unnoticed at first. But the effects of hearing loss can be devastating – communication issues and difficulty conversing can lead to isolation and even depression.

## How the Livio Edge AI Works

Similar to its predecessor the Livio AI, the Livio Edge AI is designed to help users enjoy the highest quality of life possible. It pairs with two separate apps – Thrive and Thrive Care – to measure and monitor everything from your daily steps to your social interaction. The Thrive app is for personalized control, allowing you to adjust settings easily or set in-ear and on-screen reminders. Thrive Care provides peace of mind to loved ones so that users can remain independent. With it, you can share information about hearing aid usage, social engagement, physical activity levels, and falls.

The Livio Edge AI can connect straight to your phone or television to allow wireless listening, and with one tap, the artificial intelligence scans the wearer’s environment and makes automatic adjustments for easier listening.

Since Livio Edge AI devices are also rechargeable, they detect when you put them in or take them out to save battery life.

## Benefits of the Livio Edge AI

In today’s world, the interconnectedness of devices is not only impressive, it’s necessary. Fortunately, hearing aid technology is on the cutting edge. The Livio Edge AI can help keep you physically and mentally active, and it is designed for easy use. If a loss of hearing has impacted your lifestyle, get evaluated. **HS**

### An Expert Weighs In

“Many of our patients require custom hearing devices due to the severity of their loss. Some of these patients may also suffer from other age-related maladies. According to the National Eye Institute, ‘Age-related macular degeneration is the leading cause of vision loss for people age 50 and older.’ Also, one of the complications of diabetes is distal neuropathy, which greatly reduces manual dexterity. The new rechargeable feature allows full use of the hearing devices without the worry of changing tiny batteries. This breakthrough technology allows for ease of use for all individuals.”



**Cheryl Ward, BC-HIS**  
Hearing Instrument Specialist  
Audiology Services of Chattanooga



# Let us introduce you to Livio Edge AI

The world’s first custom rechargeable hearing aid.  
Recharge. Relax. Repeat.



Tired of fumbling with inserting or removing tiny batteries and having to keep spare ones on hand? With the **Livio Edge AI** rechargeable hearing aids, you don’t have to! These low-fuss hearing aids come with an easy-to-use charging case that keeps them protected and ready for use at any time, keeping you ready for all of life’s best — and often unexpected — moments.



Take the first step toward better hearing today.

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**Ken Parker, Au.D.**  
Doctor of Audiology



**Cheryl Ward, BC-HIS**  
Hearing Instrument Specialist

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# ImPACT

Neurocognitive Tests for Concussion Care

### What Is ImPACT?

ImPACT is an FDA-cleared online tool for patients ages 12-59 that tests both baseline and post-injury neurocognitive function. It's used in concussion care, and it measures verbal and visual memory, reaction time, and processing speed to help physicians identify if a patient can safely return to activity.

### When It's Used

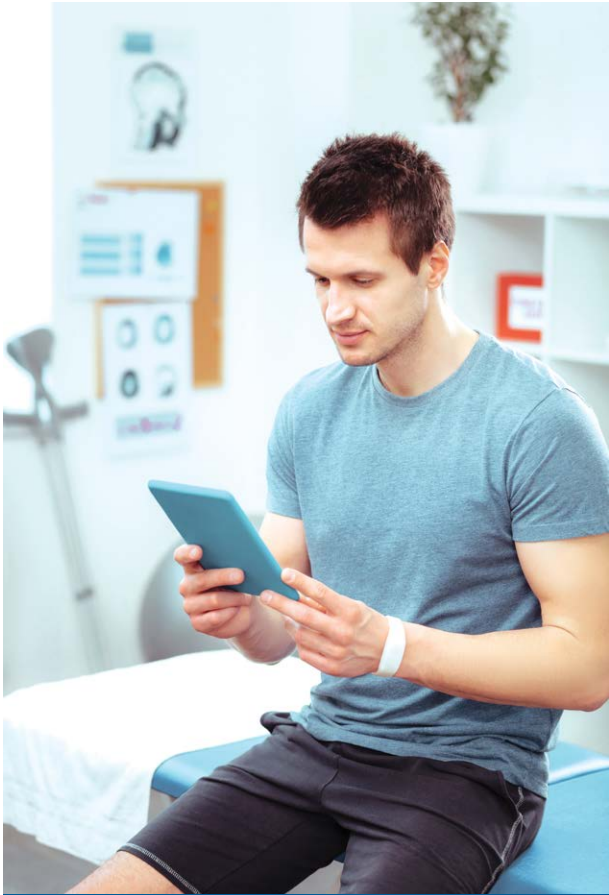
ImPACT is used in numerous capacities. First, it can provide baseline testing to document the healthy brain function of an uninjured test taker. This means that if the test taker faces injury later, there will be initial results to compare against the new results. Baseline testing is often recommended or required by sports organizations at the beginning of the season. This tool is also used to test neurocognitive function following some sort of impact or trauma and is especially important for concussions that are either difficult to diagnose or that aren't improving as quickly as most concussions do.

### How It Works

Testing with ImPACT is done on the computer and takes approximately 20 minutes. Questions are designed to assess everything from working memory and impulse control to the ability to focus and maintain attention. Test takers will work their way through a series of challenges including colors, numbers, sequences, and more, and they will receive a clinical score report. In situations where baseline testing wasn't initially performed, results can be compared to age-matched peers to provide a fuller picture and thus a better-informed treatment plan.

### Benefits of ImPACT

Concussions are considered mild traumatic brain injuries and can be dangerous if not treated properly. In general, the symptoms of concussions can be broken down into five categories: physical symptoms like headaches and nausea, sleep problems, mood problems, balance trouble, and cognitive issues like slow processing or memory issues. ImPACT is a complement to traditional concussion testing protocol and is useful in complicated or unconventional cases. Using the specialized data the tool provides, doctors can make concussion treatment decisions and determine return to activity readiness more quickly. Since experiencing a second concussion before the first has fully healed can cause significant damage, it's especially important to treat patients appropriately. **HS**



### An Expert Weighs In

**"One of the main dangers with concussions is having another injury to the brain before it's fully healed. As the team doctors for Chattanooga Football Club, Chattanooga Red Wolves, and Chattanooga Lookouts, we at Center for Sports Medicine & Orthopaedics utilize both preseason and in-season testing. When it comes to professional athletes, their livelihood depends on not missing one practice or one game more than they have to. Using the ImPACT test, we can be more aggressive with returning them to their sport while still ensuring full recovery first."**



**Dr. Bradford Mitchell**  
Non-Operative Sports Medicine Specialist  
Center for Sports Medicine & Orthopaedics



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Back row (L-R): Todd Bell, MD; Bradford Mitchell, MD; Robert Mastey, MD; Justin Arnold, MD; Jason Robertson, MD; Shay Richardson, MD; Jason Rogers, MD; John Nash, MD; Matt Bernard, MD; Todd Grebner, DO; Timothy Ballard, MD  
Front row: J. Paul Martz, DO; Brian Smith, MD; Michael Veale, MD; Scott Hodges, DO; Brett Sanders, MD; Jason Wamack, DPM; Jason Spangler, DO; Benji Miller, MD; Alex Sielatychki, MD; Chad Smalley, MD



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**Parkridge Medical Center**  
Diagnostic Center, Suite 302  
2205 McCallie Avenue

**CSMO Surgery Center**  
400 N. Holtzclaw Ave.

**Cleveland**  
2400 North Ocoee Street  
Cleveland, TN

**Athens**  
719 Cook Drive, Suite 103  
Athens, TN

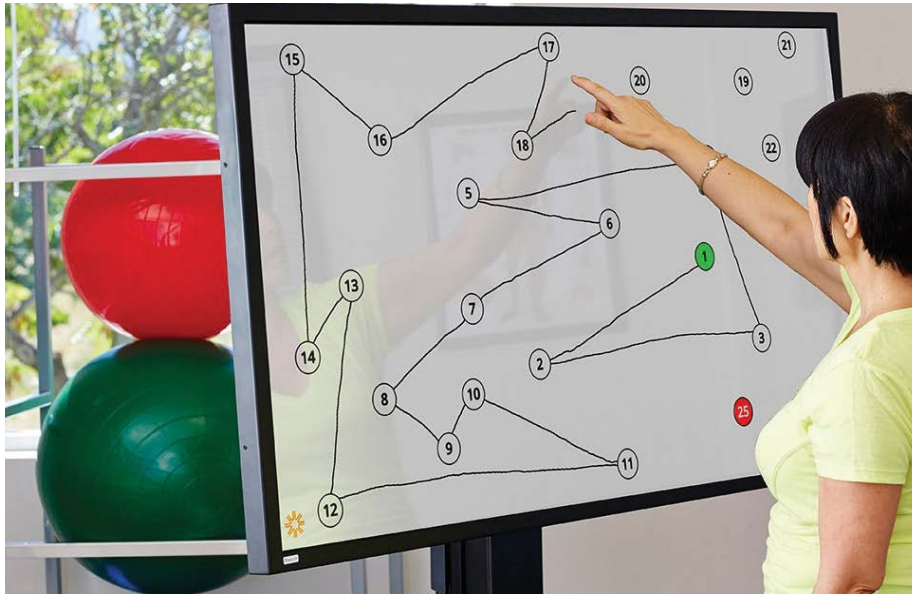
**Sequatchie Valley Primary Care**  
24 Mountain View Drive,  
Suite A  
Kimball, TN

**North Georgia**  
4725 Battlefield Parkway  
Ringgold, GA



# Bioness Integrated Therapy System

Personalizing Patient Care



### An Expert Weighs In

“The Bioness Integrated Therapy System technology allows therapists across multiple disciplines to assess and treat deficits in vision, cognition, balance, and motor coordination that result from a stroke or brain injury. It has multiple programs to challenge, engage, and motivate our patients through recovery in order to return to their prior activities.”



**Sandy Abell**  
Occupational Therapist  
Siskin Hospital for Physical  
Rehabilitation

### What Is Bioness Integrated Therapy System?

Bioness Integrated Therapy System, or BITS, is an interactive touchscreen tool created to help improve function in individuals who have suffered brain injuries, strokes, or other disorders that affect movement. Designed to make therapy feel more like “play” than “work,” BITS helps keep patients engaged in their treatment plans as they work toward their rehabilitation goals.

### Who Might Need BITS?

Patients struggling following a stroke or other traumatic brain injury can benefit from training with BITS. When a brain injury occurs, memory, attention, communication, and visual perception can be affected. BITS can help patients achieve enhanced hand-eye coordi-

nation, improved peripheral vision, improved cognitive endurance and memory recall, and increased visual search and scanning abilities, among others.

### How Does BITS Work?

BITS features six therapy categories that encompass four standardized assessments and 24 unique programs. Each program offers increasing levels of difficulty that can be tailored to an individual’s needs and abilities.

Therapist and patient work together to select an activity and set an appropriate level of difficulty that is both attainable yet challenging. Performance is measured throughout the activity so that the therapist can make adjustments in real-time. At the end of the activity, the program will complete a progress report to help track patient progress over time.

### Benefits of BITS

Thanks to advancements in technology, occupational therapy treatment continues to move toward individualization. Since the BITS technology enables patients to work on their specific core deficits in an interactive and progressive environment, they can see a quicker improvement in function than they might with traditional therapy.

Further, by allowing immediate feedback, BITS helps motivate and encourage users to continually push for improved results. Therapists can also use the results to determine when to increase difficulty or which areas need additional training. Not to mention the numerous program modes and options allow for highly specialized training and keep users engaged. **HS**

# Siskin Outpatient Therapy

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The therapeutic touch of a knowledgeable therapist will never be replaced. But we can achieve greater outcomes by incorporating advanced technology into treatment following an accident or illness that requires outpatient therapy.

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**LOCATIONS: Downtown Chattanooga, Cleveland, East Brainerd & coming soon to Hixson**





# CEREC Same-Day Crowns

Restoring Your Smile in 5 Easy Steps



### An Expert Weighs In

“CEREC crowns have allowed dentists to take more direct control over the entire crown-making process. Instead of having to send the crown to a third-party lab and rely on their design, we can handle all aspects in-house. This allows us to closely monitor every aspect of quality control. Plus, the fact that this quality dentistry fits into our patients’ busy schedules with just one visit is truly a game-changer.”



**Dr. Mandy Shearer**  
Dentist  
Soddy Daisy Smiles

### Why You Might Need a Dental Crown

Crowns can be used to cover discolored or misshapen teeth for cosmetic reasons, but they are more often applied for functional reasons. Crowns can protect weak teeth from breaking, restore teeth that are already broken, or hold bridges in place. A crown can also be used to support a tooth that has had a root canal or to cover a dental implant.

Without crowns, a tooth that is chipped, decayed, or fractured might produce a toothache, tooth sensitivity, or pain while chewing or biting.

### What Is CEREC?

CEREC is a CAD/CAM (Computer-Aided Design and Computer-Aided Manufacturing) technology that allows

your dentist to position durable, high-quality ceramic crowns in just one visit.

The CEREC same-day crown process involves five steps:

**PREPARATION** Before your new crown can be attached, your dentist will prep your tooth for the prosthesis by removing decay or affected tissue.

**SCAN** Using an intraoral scanner, your dentist will take three-dimensional images of your teeth. These scans replace conventional impressions, which require a heavy molding paste that can be uncomfortable for patients.

**DESIGN** The intraoral scanner connects with CEREC’s computer software to identify the proper design and fit for your crown.

**PRODUCTION** Once designed, the software will connect with an on-site

milling machine that creates a precise ceramic prosthesis to match your natural tooth color.

**APPLICATION** A new crown will be ready for application immediately. Your dentist will bond it to your tooth, polish it, and remove excess cement or debris.

### Benefits of Same-Day Crowns

In the past, getting a crown would typically take two visits – a first visit to create impressions and a second to place the new crown. Today, CAD/CAM technology allows your dentist to place a crown in just one visit. Studies have shown that CAD/CAM tooth restorations are just as successful as those made using traditional techniques. The technology can also assist your dentist in preserving more of your existing tooth. **HS**

Creating  
*Brighter*  
Smiles for  
Your Family



## NEW PATIENT SPECIALS

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with any new patient exam, cleaning, and a full set of digital x-rays at regular fees.

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### A smile can brighten anyone’s day, but what if you’re afraid to flash those pearly....not-so-whites?

Drs. Mandy and Robert Shearer have what you need to get your grin gleaming! Before you make a trip to your local drugstore for over-the-counter whiteners, consider making an appointment at Soddy Daisy Smiles. Using Opalescence, a professional teeth whitener that offers breathtaking results, they’ll monitor your progress and have you smiling confidently with the pearly whites you’ve been dreaming of!





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## Georgia O'Brien & Molly O'Brien Tyson

Mother/daughter relationships aren't exactly known for being easy, but Georgia O'Brien and her daughter, Molly, are re-defining expectations. Whether they're whipping up their family-favorite veggie burgers, watching the same chick flicks over and over, or taking walks around the neighborhood, this pair is always making memories. Molly welcomed her baby boy, Finn, on New Year's Day earlier this year, and the newest addition to the O'Brien clan has only brought Georgia and Molly closer together. Read on to learn how this dynamic mother/daughter duo take on life together.



Photo by  
Lanewood Studio

**HS** What is the fondest memory you've shared together?

**MT** A few years ago, we took a trip to New Zealand. Before we left, we had the option of a cycling vineyard tour or a bungee jumping experience – of course, we chose the vineyard. We ended up driving by the bungee jumpers, and spur of the moment, we decided to do it and tackled that fear together.

**GO** That same trip, we spent two weeks driving around the islands. As the mom, I insisted on driving, but it scared me to death! Then Molly decided to take over, and she was so calm and collected – she had it under control (while I controlled the radio). It's funny to me that we swapped roles a little bit!

**HS** How has your relationship changed through the years?

**GO** I've been lucky in that we've always gotten along pretty well. Now that Molly is a mother, it just gives us more to talk about.

**MT** We're spending more time together these days, and I'm constantly looking to her for advice.

**HS** Georgia, what about Molly makes you most proud?

**GO** Molly has a strong spirit and a tenacity for finishing what she starts. It really showed up when she was training for an IRONMAN race. We found out afterward that she had to have reconstructive surgery on her ankle – but she finished that race despite the pain! I see that same spirit in the way she's taken on motherhood.

**HS** What's something you've learned that's benefited your relationship?

**GO** Molly and I aren't the same, and realizing that has helped me manage these unreasonable expectations that she'll always think and act like I do. You have to give your daughters the time and space to be who they are, and then appreciate them for their unique qualities.

**MT** I think patience is pretty important in a relationship too. The other person might not do something the way you would, but realizing that's okay and that their intentions are good helps put everything in perspective.

**HS** How do you approach wellness?

**MT** Exercise is my outlet. I love to ride bikes or go on a run, anything that gets me outside. At the end of my pregnancy, I started walking more, and now Mom and I have been taking Finn on walks around the block and catching up on all the gossip.

**GO** I love to walk. And to be able to walk with Finn, that's been the most fun! **HS**



# Make a Statement

## Local Boutiques Share Their Favorite Statement Pieces for Spring

A beautiful, bold statement piece transforms a good outfit to a great one. Whether a stylish pair of shoes, a tailored blazer, or embellished earrings, these eye-catching elements can make your ensemble pop with minimal effort – which means more time for yourself in the mornings! Here, we’ve asked local boutiques to showcase stunning statement pieces perfect for the spring season.

PHOTOGRAPHY BY RICH SMITH



Kelly Atkinson  
**ABBY LANE  
BOUTIQUE**



Ani Yacoubian  
**YACOUBIAN  
TAILORS**



Terri Holley  
**EMBELLISH**



### Multi Color Pants by Skies Are Blue

“How cute are these wide-leg pants? Even though the pattern makes a bold statement, they are extremely versatile. You can pair them with almost any color top – cream, navy, black – and they are so comfortable for the spring and summer months!” – Kelly Atkinson, Abby Lane Boutique

Model: Kim Martin, Signal Mountain



### Katie Feather Earrings by Mackenzie Harper Jewelry

“These gorgeous earrings are handmade and totally unique – they’re made from natural duck, dove, or pheasant feathers. They can take a simple outfit and kick it up a notch, no other jewelry required! Pairing them with a sweater tank makes for the perfect transition from winter to spring.” – Ani Yacoubian, Yacoubian Tailors

Model: Lindsay Wolford, Signal Mountain



### Eryn Biker Jacket by RtA

“This white leather jacket makes a great year-round statement with its distinct details of silver hardware and black trim. I am particularly fond of the slightly longer length in the back. This would make an amazing statement with excellent long-wearing possibilities!” – Terri Holley, Embellish

Model: Gracie Allen, Chattanooga



# Maximum Moisture

Body Lotions That Will Leave Your Skin Feeling Silky Smooth

Bathing suit season is just around the corner! Make sure you have healthy, glowing skin by turning to these fan-favorite beauty picks the next time you need a little added moisture.

## AMLACTIN ALPHA-HYDROXY THERAPY MOISTURIZING BODY LOTION

Dermatologist-recommended Amlactin is a great daily body lotion that exfoliates to gently remove rough, dry skin. The moisturizer contains 12% lactic acid, which helps to draw water into the skin and boost its natural renewal process. Loved by individuals with acne-prone skin, AmLac-tin's formula is paraben-free, fragrance-free, and non-greasy.

## EMINENCE ORGANIC SKIN CARE COCONUT FIRING BODY LOTION

Organic skincare lovers rejoice! Eminence's coconut firming body lotion is all-natural and loaded with coconut oil, shea butter, and grape seed oil. Coconut milk moisturizes and nourishes, while coconut water provides skin with electrolytes, vitamin C, calcium, and potassium. With no parabens, phthalates, or animal testing, this is a choice you can feel good about.

## HEMPZ ORIGINAL HERBAL BODY MOISTURIZER

Packed with vitamins A, C, and E, Hempz Original Herbal Body Moisturizer works overtime to protect your skin from environmentally triggered oxidants. This product also boasts hemp seed oil, which is full of conditioning fatty acids, as well as ginseng and shea butter, which help to calm and soothe skin. With its subtly sweet scent of banana and floral extract, what's not to love?

## FRESH BLACK TEA AGE-DELAY BODY CREAM

Help your skin bounce back with Fresh's formula. Powered with black tea and nopal flower extract, this product provides superior moisture and a dewy glow. The cream, which contains age-delaying antioxidants, is fast-absorbing and won't leave your skin feeling greasy. **HS**

# Hello Spring! Goodbye Allergies!

Get relief from your allergies and asthma!



7 Locations to Better Serve You

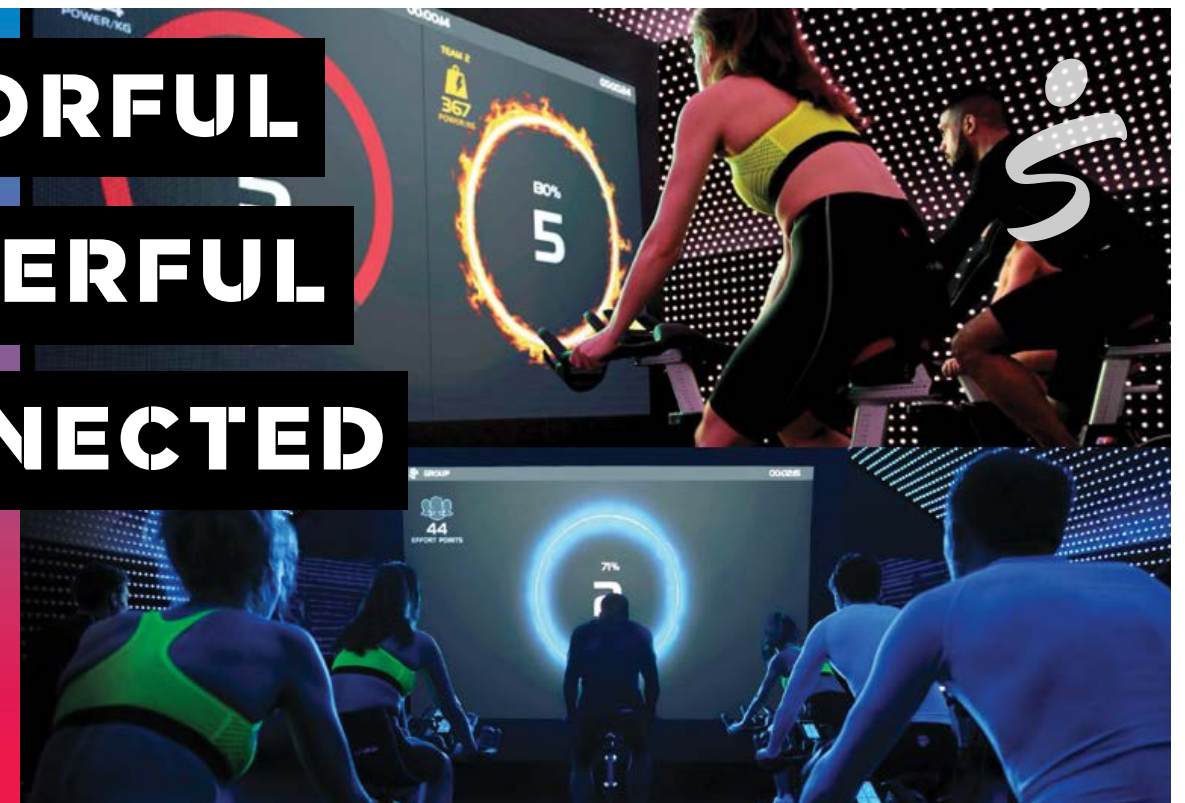
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## EYELASH ENHANCERS EXPLAINED

BY CHRISTINA CANNON

**W**e all want thicker, fuller lashes, right? It's why we spend money on mascara, false eyelashes, and other enhancements. But when it comes to improving your lash look through store-bought serums, you may be wondering how they work.

### A Primer on Eyelash Growth

To understand lash growth serums, you first need to know a thing or two about eyelash growth. There are three different stages of the eyelash growth cycle, beginning with the anagen phase. This stage, which is when your lashes are actively growing, lasts about 30 days, and only 40% of your upper lashes and 15% of your lower lashes are in this phase at any given time. Each lash will grow and then stop at a certain length. (Ever heard of someone getting a lash cut? I didn't think so.)

This brings us to the catagen phase, where hair follicles begin to shrink – this generally takes between two and three weeks. If an eyelash happens to fall out during this phase, it won't grow back until the follicle has cycled back around to the anagen phase.

The final stage, known as the telogen phase, is considered a resting period. It can take more than 100 days before a lash falls out and a new one begins to grow, which starts the cycle over.

### Shopping for Serums

Including a serum in your beauty routine is just one of several ways to speed up eyelash growth (hint: so is a healthy diet). Many retail serums that claim to stimulate lash growth work by strengthening lashes so that they are less likely to fall out or break. Some products also coat lashes with vitamins that can protect them from damage and add shine for a sleeker look.

There is only one FDA-approved eyelash growth treatment currently on the market, and it's available by prescription. But that doesn't mean over-the-counter serums won't work – by vetting purchases, you can find a safe product that boosts results.

When shopping for a serum, look for formulas that contain biotin, peptides, or lipids. Biotins are B vitamins that will help your lashes grow longer and thicker while also stimulating the growth of additional hair follicles. Lipids condition and moisturize your lashes, and peptides can help you achieve a healthier foundation for growth and a more voluminous appearance. **HS**



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# HER STORY

Every woman has a story to tell, and no two stories are alike. Meet the women who have persevered through challenges and tribulations and come out the other side stronger than ever. These unique individuals have seen their fair share of adversity but continue to inspire those around them with the lessons they have learned and their love of life. Read on for four truly motivating stories by the women who experienced them firsthand.

Photography by Emily Long / Photos taken on location at BODE

Up until a few years ago, my life was pretty normal. I was married, had twin boys, worked from home doing communications, and volunteered a lot. In May of 2016, my husband, Dan, broke his arm playing church softball. After going to the hospital, we found out he had stage four cancer. It was a total shock, and he passed away a year after his diagnosis.

Life for me and my sons, Jack and Jake, changed drastically. They were 13 - a really tough age to lose their dad. I worked part-time from home for over two years so I could be with them as much as possible. Our life was an emotional roller coaster, and while it seems to have settled down a little, we're still

adjusting to Dan being gone.

This year, I went back to work full-time, and the boys are busy with school and baseball. They just turned 16 and started driving. They are looking forward to finding their first job, and we're starting to talk a lot about colleges. Right now, my most important job is to not let our sadness derail the boys' future.

But I also have to think about my future. After the boys leave for college, my life will be my own for the first time in two decades. I can live and work anywhere I want.

I know for sure going from a family of four to a family of one in our home will be a huge transition. I can't say I'm looking forward to it, but I'm working hard to embrace the

change and look at the positives. My house will be clean when I get home. My nights and weekends will be my own to do whatever I want, and the boys are still going to come home so I can feed them and do their laundry.

I love to go new places, learn new things, and meet new people. By the end of 2020, the boys and I will have visited all 50 states. Our next goal is all seven continents, and I'm having a lot of fun doing racecations with my friends. There are many more adventures ahead. Who knows what the future holds? Life is what you make it. So get up, put on a smile, and rock what you got!

**Scottie Summerlin**  
SIGNAL MOUNTAIN





I was a typical child growing up in Chattanooga. I had friends, went away to summer camp, and was active in several organizations. I had a happy childhood. However, when I was 16, my mother was diagnosed with breast cancer, and shortly after my 19th birthday, she died.

Later that year, I became extremely ill and was diagnosed with Crohn's disease. I missed most of the first semester of my sophomore year of college, and for much of my life, I have struggled with the effects of this gastrointestinal disorder.

By the time I turned 45, my colon was so severely scarred that it was no longer functional. In 1998, I had my colon removed, and I awoke with an ileostomy, which meant my bowels now emptied into a pouch on my abdomen. Before the surgery, I always knew this type of procedure was a possibility for me. I feared and dreaded it, but life with an ileostomy has been the same as life before. Actually, in many ways, it has been better. The pain and symptoms I constantly experienced from Crohn's disease became remarkably better.

I was in remission from Crohn's disease for over 20 years but have had a recent flare-up. That's just how life is with this disease, but I am very grateful that there have been medical advances in treatment. When I was first diagnosed in the 1970s, the only treatment was high doses of steroids, which caused many side effects including weight gain. At one point, I weighed over 200 pounds. About 10 years ago, I made a commitment to my family and myself to try to get healthier. Through diet and exercise, I have lost and kept off over 60 pounds.

During this journey with Crohn's disease, I have been a mom, a wife, and a practicing CPA. My family has been amazingly supportive, especially my husband Lee. Now that I'm retired, I am still very active. I work out, travel, ride bikes, and play lots of duplicate bridge. No one can tell that I have an ostomy.

I have the same outlook on life that I have always had. Life is what it is. All you can control is how you react to it. Despite the challenges I have faced, I have always considered myself extremely lucky. I wake up every day looking at life on the bright side and am excited for the day ahead.

**Iris Abelson**  
SIGNAL MOUNTAIN



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An allergist appointment in the spring of 2012 changed my life. When the nurse told me to step on the scale, I politely declined. After a little back and forth, I stepped on the scale and was shocked and disgusted with the number I saw. I was already at an unhealthy weight and had not weighed myself in over four years. I went home after that appointment and immediately signed up for Weight Watchers. I knew I had to make a change. I started my journey the very next day.

It took some time, but I eventually cut sodas from my diet and learned not to waste my calories on empty carbs. My weight loss took off like gangbusters, but it didn't take me long to determine that some weeks were not going to result in weight loss. Still, by the end of the first month, I was down 14 pounds, and by the end of the second month, I was down a total of 26 pounds. People were starting to notice, and my clothes fit differently.

After losing 65 pounds, I hit a plateau. I decided to add exercise, so I joined a gym for the first time in my life and started with a Zumba class. I tried a yoga class, which was A LOT harder than I expected, and the spin class was impossible. I finally found an exercise regimen that I could build upon, and it worked. Before I knew it, I had lost 100 pounds and was able to do all the exercise classes. I also took up running since it is easy to do when I have to travel for work. I especially like a HIIT class taught by Lisa Blevins at the Sportsbarn, and finding a workout I enjoy has been instrumental in my success.

Eighteen months after I started my journey, I was down 145 pounds and happier than ever. Maintaining this weight for the last six years has been challenging, but I've learned to closely monitor my weight and make adjustments to my diet as needed. I live my life in a new way, making the right choices when it comes to food and ensuring a consistent exercise routine. I am an avid runner and refer to myself as an exercise junky. This healthy lifestyle now comes second nature, and I am so thankful to that nurse who made me step on the scale that day!

**Amy Waters**  
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Last year, I turned 41. From the outside, my life probably looked pretty dang great. I had been married for 12 years to a successful guy who had supported me when I started my own law firm, helped me buy the building that houses my office, and even renovated the space into a gorgeous office suite for me. An engineer and a lawyer, together we easily made a power couple. But years of growing our economic success did not bring us closer together on a personal level, and last year, we separated and divorced.

The change was enormously stressful, despite our separation being civil. As I write this, my ex and I are friends and communicate frequently about each other's families, help each other with advice, and wish one another well. It's something that I value greatly, but even though we came to cordial terms quickly, the changes were enormously stressful.


Not only did divorce bring major personal change, but I became faced with so many additional responsibilities. I had considered myself a strong, independent woman, all the while depending on someone being there to fix things that broke, worry about finances, and support me if my business ever hit a rut.


Suddenly, with our split, I was the sole owner of a 120-year-old building and sole source of support for myself. At first, I felt overwhelmed, but I kept my office building standing and stayed with dear friends while looking for a house.


In the fall, I bought myself my first solo house, and the day I moved into my house, I rescued a lab puppy who is now my running buddy, road trip companion, and co-worker. My business thrives with a renewed passion, and I can care for and invest in my cases like never before.

Divorce is hard, but my life is full. The lessons in life and love over the last year have not been easy, but I am looking forward to turning 42. I have great hopes for my personal life and my career, and I have plans to share my home and heart with many more dogs as I take my time to meet the right person with whom to share this great life.

**Meredith Mochel**  
ST. ELMO





**We are *proud* of our colleague Susan Dietz,  
for her incredible health journey.**


**In my war with heart disease I have come to realize that life is 10% what happens to you and 90% how you respond to it. I embrace my battle with gratitude and the expectation that each day will be a good day! I work at fighting the disease every day with courage and a positive outlook.**

**I have found that courage gives me the conviction I need to fight, and that is stronger than any fear I might face. Don't wait to make changes. Start right now and begin living your best life!**

**Stay safe and healthy! - Susan**


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# Survivor Story

**H**eat disease is the number one killer of American women. It's often referred to as the "silent killer," as many women confuse their signs and symptoms for other health issues. That's what happened to Susan Dietz. She had a number of changes happening to her body but always thought it was menopause or just getting older. However, in 2018, her so-called nagging symptoms became all too real. Intense pain finally forced her to go to the emergency room, where she learned for the first time she was having a heart attack.

The days that followed forever changed Susan's life. Here, she shares her personal story in hopes of helping other women realize they need to take symptoms seriously, and they need to make time to care for themselves. Susan wants her story to save lives.



## Susan Dietz

I never could have imagined how my life would change forever so suddenly. In 2018, during the early morning hours, I woke up with sharp stabbing pains between my shoulder blades. It felt like intense heartburn, so I rushed to take antacids to relieve the pain. The pain only got worse, and I became nauseous. I began sweating and vomiting. I knew something was really wrong when I could not stand up. The only thing I knew to do was pray for strength and protection. My prayers were heard, and I was able to get up and splash water on my face. Finally, I decided to go to the emergency room, convinced I was having a gallbladder attack.

When I arrived at the hospital, nurses recognized my symptoms and started treating the actual cause of my pain – a heart attack. I couldn't believe it. These weren't the symptoms I had always heard about. There was no heaviness in my chest; my left arm was not numb. I never felt any pain in my chest at all, and I did not struggle to breathe. My cardiologist confirmed it was a textbook case for a female heart attack.

I learned that I had two major blockages – one was 100% and the other at 90% in the artery commonly referred to as the "widow maker." I received two stints and the biggest wake-up call of my life. My family genetics and lifestyle factors had finally caught up with me.

I spent four days in the hospital with a medical team that was a godsend. They saved my life! Not only did my team of dedicated specialists care for me, but they also worked to educate me. I've been on a long journey and made major lifestyle changes. My heart attack has taught me to make time to care for myself first so that I can help take care of others.

Without the wonderful medical team that worked so hard with me, the support and encouragement from the staff at the American Heart Association, and my amazing family and friends, all of whom walked this journey with me, I would not be here today. They all help remind me that despite my heart disease, coronary artery disease, and diabetes, I am not a quitter, and I can fight this war and come out on top! I am a survivor! **HS**

*The American Heart Association is dedicated to building healthy lives free of cardiovascular disease and stroke through education, caregiver support, research, and development of health care professionals. Go Red for Women is a movement designed to empower women to take charge of their heart health by equipping them with the knowledge necessary to lead healthier, longer lives.*



# Know the Warning Signs of Heart Attack & Stroke

You Could Save Your Life

Cardiovascular disease is the leading cause of death in women. Heart attacks and strokes are life-or-death emergencies — every second counts. If you or someone you know is experiencing heart attack or stroke symptoms, call 911 immediately. For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.



## Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort. The warning signs are:



**Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.



**Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.



**Shortness of breath.** This may occur with or without chest discomfort.



**Other signs may include breaking out in a cold sweat, nausea or lightheadedness.**

As with men, the most common heart attack symptoms for women are chest pain or discomfort. However, women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting and back or jaw pain.



## Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding.

- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness or loss of balance or coordination.
- Sudden, severe headache with no known cause.

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:



**Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?



**Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?



**Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak or are they hard to understand?



**Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

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# Building a Better Body Image

BY MARY BETH WALLACE



## Take a look in the mirror, and what's the first thing that comes to mind?

**If those thoughts are positive – perhaps “Wow, I’m having a fantastic hair day!” or “I am rocking this new pair of jeans!” – that’s great! But if harsh critiques or long-standing insecurities surface, you may be struggling with your body image. Although common among women, body image issues can be damaging to your physical and mental health. Nicole Walter, a licensed professional counselor at Henegar Counseling Center, shares her thoughts on body image and some actionable ways to better appreciate your body.**

There are many factors that shape a person’s body image. Past experiences, interactions with family members and peers, and culture, specifically the media, all play a role. For countless women, these societal influences have done more harm than good. “Women are often judged and valued by their appearance,” Walter explains. “Many people have a very narrow version of what an acceptable body image is, which only a small percentage of women are actually able to achieve. It’s common for women to experience conflict over the fact that they want to fit into what is deemed the most



**NICOLE WALTER**  
LICENSED PROFESSIONAL  
COUNSELOR, HENEGAR  
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attractive by what family, peers, or the media says, but they can’t due to their body type (which very well may be normal and healthy).”

Believing that you aren’t attractive or acceptable due to your shape or weight takes a toll on your self-worth, breeding discontent and shame. “If you grew up in an environment where appearance and weight are tied in with your value and worth as a person, it becomes challenging not to feel shame about who you are as a person,” Walter shares. “These cognitions that state that you must be a certain size, weight, or shape to be valuable or accepted by others create a lot of tension and hurt.”

If left unaddressed, a poor body image can lead to one or more harmful coping habits, including over-exercising, restricting food, purging, self-harm, and isolation. What’s more, your own body image concerns can send a powerful message to those around you – your daughter, your niece, your friends – perpetuating the vicious cycle of scrutiny and discontentment.

***“The way you look is not the entirety of who you are. Those who can separate their appearance from their self-worth have a tendency to be the happiest people!”***

NICOLE WALTER

Fortunately, improving your body image is possible. The following practices can help you begin the path toward self-acceptance and a healthier relationship with your body:

**1** Be kind to yourself. Notice how you talk to yourself about your body – what messages do you give yourself when you look in the mirror? “Is there any way that you can be kinder or more compassionate to yourself?” Walter asks. “Instead of engaging in negative self-talk, try commenting on what makes you feel good about yourself.”

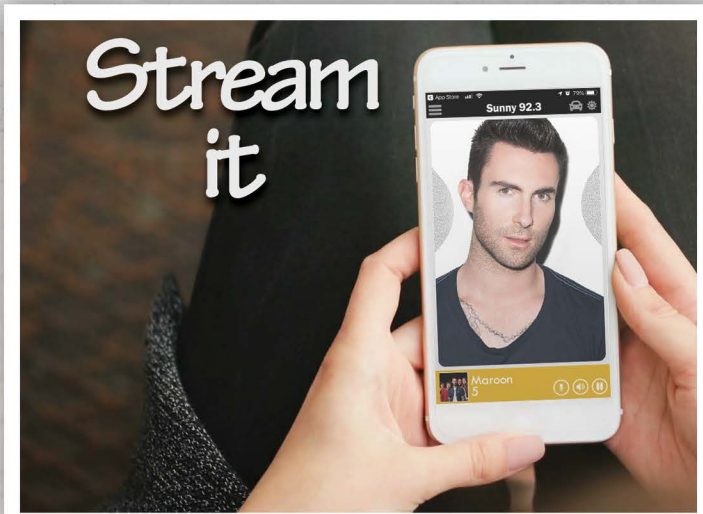
**2** Reflect on what your body is capable of. “For example, thank your legs for taking you from one place to another. Your arms can drive you places, hug people, and allow you to feed yourself. Your body is strong and able to do some incredible things,” Walter says.

**3** Find realistic ways to take care of your body. Incorporate movement that you enjoy and that works for your lifestyle, whether that’s going for a walk, riding your bike, or signing up for a dance class. Nourishing your body well with a variety of whole foods (and avoiding dieting, restriction, and rigid food rules) is another great way to care for your body.

**4** Surround yourself with people who will encourage you, no matter your shape or size. Befriend those who accept themselves and take care of what they were given, and who will help you do the same. Similarly, don’t allow teasing or degrading comments about weight or body shape to be acceptable among your family and friends.

**5** Talk to a professional. Walter explains, “Seeing a therapist can help you explore some of your deeply rooted beliefs about who you are and how you feel about your body. A therapist can help you begin to rewrite some of these messages in a way that goes beyond positive self-talk. He or she may help you better understand where you came up with these beliefs and some strategies to help change them, especially if you have used unhealthy coping skills to deal with the beliefs.” **HS**





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## Becoming Best Friends with Your Mom

Let's face it: The parent/child relationship can be a roller coaster ride. Growing up, you often believe your mother's sole purpose is to take care of you. In your mind, she doesn't exist outside of the confines of parenthood. By your teenage years, you start to butt heads over fashion, curfews, and attitudes. As you grow

and mature, she becomes a listening ear and a shoulder to cry on. But it's when you become an adult yourself that your relationship starts to flourish as a friendship, and it's beautiful.

These local ladies are proud to call their moms their best friends. Here, they give insight into their special bond.



**TERESA MORGAN**  
and Audra Hopkins

"Having my mom as my best friend means the world to me. I have always been close to both of my parents, but as I have gotten older, the relationship changes from them having to parent me and raise me to us being able to depend on each other as friends. The amount of respect I have for my mom will never waiver. She has been there for me from day one, and she remains by my side now. Having my mom as my best friend means always having the right person beside me; she challenges me, loves me, and understands me as a daughter and as a woman. I have a beautiful, strong, loving, and caring mother, which is everything I hope to be as a mom one day. We have been through a lot together, but her strength and wisdom always shine through and keep us close. Mom, I love that you are my best friend!"



**DR. FELICIA MCGHEE**  
and Dr. Essie McGhee

"My mother, Dr. Essie McGhee, is my best friend for several reasons. She has always been my cheerleader, she provides me with wise and spiritual counsel, and she pushes me to walk into my destiny. She is truly my "shero." She exemplifies what it means to be a mother, wife, and educator. She was the first black female principal of a high school in Pontiac, Michigan. Now fast-forward 20 years, and I am the first black female department head in the communication department at the University of Tennessee at Chattanooga and just the second in the history of the whole university. Growing up, my mom used to say that parents have to love their kids, but they don't have to like them. Fortunately, she likes me, and I love AND like her too!"



**LESLEY SCHMIDT**  
and Joyce Jones

"Good parents make good friends and also good neighbors! My mom and I live across the street from each other, and she is the best neighbor I have ever had. Not only is she the kind I can borrow a cup of sugar or an egg from whenever, but she is a friend who can pop over to share a morning cup of coffee and a heart-to-heart. She is someone who I call when I have had a difficult day at work, and someone I want at my birthday gal pal dinner. The journey from being the child of your parent to becoming an adult and a friend to your parent is a beautifully evolving one. You realize there has always been more to their lives than just you!" **HS**



# Rooting for Carrots

Adding flavor, color, and crunch, carrots can take your meals to a whole new level. This root vegetable is one of the richest sources of beta carotene, which converts into vitamin A – an essential nutrient that benefits your skin, vision, and immune system. You can also count on carrots to provide a heart-healthy dose of fiber and potassium. While they make for an effortless snack when eaten raw, you'll get the most nutritional "bang for your buck" from cooked carrots. Add sliced carrots to stews and soups, stir-fry them with your favorite veggies, or roast them in a little olive oil for a delicious side dish. Here, Chattanooga locals share healthy carrot recipes that are sure to please!



PHOTOGRAPHY BY RICH SMITH



## Cashew's Roasted Rainbow Carrot Tartine

BY BAILEY COLE, CO-OWNER | SERVES 4-5

### Ingredients

*For the roasted carrots:*

- 2 lbs. rainbow carrots, peeled and sliced lengthwise into evenly sized pieces
- 6 cloves garlic, peeled and smashed
- 4 stalks rosemary
- 1 Tbsp. avocado oil
- 1 Tbsp. unrefined coconut oil
- 2 tsp. sea salt
- 1 tsp. fresh ground pepper

*For the pickled red onions:*

- 1 cup water
- 1/4 cup white vinegar
- 1/4 cup white wine vinegar
- 1 Tbsp. sugar
- 2 tsp. sea salt
- 1/2 tsp. black pepper
- 1 red onion, sliced thin

*For serving:*

- 4-5 pieces crusty sourdough bread
- Vegan cream cheese, to taste
- Fresh herbs or microgreens, for garnish

### Directions

1. Toss carrots with garlic, rosemary, oil, salt, and pepper. Place on a baking sheet and cover with foil. Roast in 425° oven for 20 minutes. Remove foil and stir. Roast for an additional 10 minutes. Set aside.
2. To make pickled red onions, place water, vinegar, sugar, salt, and pepper in a small pot and bring to a boil. Allow to cool for 5 minutes before pouring brine over the sliced onions. Allow onions to cool completely.
3. Toast sourdough bread until desired doneness. Spread vegan cream cheese on each slice. Cover toast with roasted carrots and pickled onions. Top with fresh herbs or microgreens.

## Did you know?

Carrots are often identified by their bright orange hue, but the very first carrots to be cultivated were often purple and occasionally yellow or white. In fact, orange carrots weren't developed until the 16th century!





For Maite's Carrot  
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Balls recipe, visit  
*HealthScope*<sup>®</sup>  
magazine on Facebook  
and Instagram!

## Maite's Gluten-Free Macaroni & Cheese

SERVES 5-6

### Ingredients

- 1 cup carrots, chopped
- 12 oz. brown rice elbow pasta
- 1 cup soaked cashews
- 1 large garlic clove (+ 1/2 clove if you love garlic)
- 3 Tbsp. fresh lemon juice
- 1 tsp. yellow or Dijon mustard
- 1/4 cup nutritional yeast
- 1/2 tsp. salt
- 1/2 cup water

### Directions

1. Using a steamer basket, steam carrots for 15 minutes until tender. Allow carrots to cool slightly.
2. While carrots are steaming, cook the elbow pasta in a pot according to package directions. Drain.
3. Add carrots to a blender with cashews, garlic, lemon juice, mustard, nutritional yeast, salt, and water. Blend until thick and creamy.
4. Return pasta to its pot and heat on low on your stovetop. Pour the carrot "cheese" mixture on top and mix well until warmed through. Enjoy!

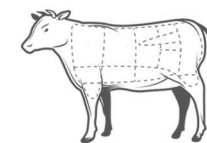


Southside's **Maite Bou** is a holistic nutrition coach, mama of two, and avid creative cook. She's inspired by any kind of recipe that involves real, unprocessed delicious foods that nourish, fuel, and heal the body.



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# Ari Sanchez's Pilates Workout

A Guided, At-Home Workout

PHOTOGRAPHY BY RICH SMITH

"Pilates is a practice of integrating the mind-body connection with controlled, precise movements. This workout is focused on creating length in the body while challenging your deepest core muscles, glute strength, spinal and pelvic alignment, and more. All you need is a little space at home and a mat!" – Ari Sanchez, Owner, SPARK Studio

Perform each movement for a total of 10 reps, or 10 reps per side on single-sided work, three times. Inhale to prepare, and exhale to move. Try not to rush through this workout – the slower and more controlled you move, the deeper the work.



## Side Mermaid

Start in a side plank position, top leg in front of bottom, making sure your shoulders, ribs, and pelvis are stacked. On an inhale, reach your top arm toward the ceiling and overhead, creating the shape of an arc. Make sure your shoulder doesn't pinch toward your ear! On the exhale,

bring the arm back down toward your hip, gaze following, as you slowly dip both hips toward the floor. Don't let your pelvis twist – imagine you're in between two panes of glass the whole time. Fire up the obliques by doing 10 reps on each side.



## Kneeling Side Kick

Kneel on the mat with arms out to a T shape. Lean over to one side until your hand touches the mat and the opposite knee lifts. Place the hand that is pointed toward the ceiling on your hip, and keep a long spine with hips facing forward. On an exhale, extend your top leg long, engaging your core to help stabilize your pelvis. Point your toes, inhaling as you kick your



leg forward. Keep your hips still – imagine they're in between two walls. Exhale, and flex your foot as you move your leg back. Imagine you're painting a line with your toes, keeping your leg level with your hip. That's one rep! This move is all about glute strength, but if there's too much pressure on the wrist, feel free to use a block or small book to elevate your hand.



## Roll Down Pulses

Start sitting nice and tall, making sure your shoulders, ribs, and hips are stacked. If the hamstrings are tight, soften the knees but keep the heels pushing into the floor. Reach your arms forward, crossing one on top of the other, like genie arms. On an exhale, start by rolling your sit bones under



you, articulating through the pelvis and lumbar spine. Roll down halfway, until you start to feel the fire in your belly! Hold. Imagine there's a ball of fire in the low belly, and you're drawing away from it, sinking the hips wide. Slowly pulse down half an inch, then back up half an inch. That's one rep!





Single Leg Bridge Taps

Lay down on the floor, keeping your knees bent and feet flat. Make sure your feet are the width of your hips and your toes are facing forward. Inhale into your spine, and as you exhale, slowly start to peel your pelvis and spine off the floor, articulating one vertebrae at a time. Take it slowly! At the top of your bridge, exhale to bring one leg into tabletop, making sure the hips stay

square and lifted. Inhale as you lower to tap the toes to the floor, keeping your spine long and lifted, core connected, and hips square. Exhale to lift back up to tabletop. Try not to let your hips dip, pressing your weight into your rooted heel. Perform 10 reps on each side.



Single Leg Stretch

Remain laying down on the floor. On an exhale, curl your head, neck, and shoulders off the floor – focus on keeping the back of your neck long and keeping space between your chin and chest. Exhale again, floating your knees into tabletop. Soften your shoulders as you extend your arms

long toward your feet. On the exhale, feel the belly sink heavy as you draw one knee in, extending the opposite leg away from your body while your hands come to your ankle and shin. Make sure your spine and pelvis don't move! Inhale again, and exhale to switch legs. That's one rep! **HS**

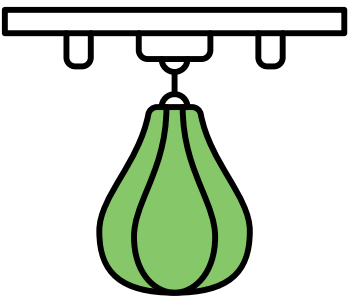
THE FITNESS 5

TOP 5: Exercise Equipment

Stuck in a workout rut? Swapping out your tried-and-true fitness gear with some new exercise equipment can turn your whole routine around, helping you see the results you want! From bags to bands, Morgan Mason shares with us her five workout essentials that build and tone muscle.

1. SPEED BAG

"In recent years, I've developed a love/hate relationship with a speed bag. It is a fun piece of equipment that requires focus, patience, and a bit of coordination. Once you get the hang of it, you're hooked. I even have a speed bag hanging in my house downstairs – it's a great tool to challenge yourself in a new way."



2. YOGA MAT

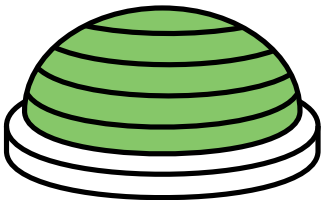
"I love the fact that a yoga mat can provide a portable location for your day's yoga practice, whether a power or relaxing flow, an intense ab routine, or simple stretching following a good lift day. I always have my mat in my car in case the opportunity presents itself to use it."

3. CABLE MACHINE

"One of my favorite pieces of gym equipment is the cable machine. This machine is so versatile and allows you to hit multiple body parts throughout your workout. It provides controlled motion and helps you isolate one muscle group at a time."

4. BOSU BALL

"Another favorite of mine is the BOSU ball. It can be used for pushups, squats, sit-ups, and more. This piece of equipment really helps you to work on your balance and engage stabilizing muscles while performing your workout routine."



5. RESISTANCE BANDS

"Resistance bands are always fun to incorporate into your workout routine. They are easy to pack if you're going on a trip and provide a variety of workout opportunities, from upper body to leg work. I like to do some burnout moves at the end of my workout with a resistance band."



MORGAN MASON  
HARRISON, TN

By day, Morgan is a full-time mommy to two beautiful boys, and by night, she's supporting other mommies as a labor and delivery nurse. In her free time, there's nothing Morgan loves more than being outside and exploring this beautiful city with her family. **HS**



# KICK CANCER

KICKIN' IT  
FOR KIDS  
WITH CANCER

Join the Austin Hatcher Foundation for Pediatric Cancer as they "kick it" in partnership with the Chattanooga Red Wolves and Lee University's Lady Flames! Enjoy a special family night of soccer, food, and fun all benefitting the foundation's mission to erase the effects of childhood cancer.

**CHATTANOOGA RED WOLVES**  
MAY 30 - 7 P.M.

**LEE UNIVERSITY**  
SEPTEMBER 11 - 6 P.M.

[HATCHERFOUNDATION.ORG/KICKINIT](http://HATCHERFOUNDATION.ORG/KICKINIT)



Because I  
insisted on  
**SISKIN**  
HOSPITAL...

I can *race*  
again.

Always one for adventure and certainly no stranger to danger, Will Posey was doing what he loved - preparing for a big race - when a motorcycle crash left him with a spinal cord injury. He had just taken his bike out for a test run when the unthinkable happened.

After surgery to repair the damage to his spinal cord, Will arrived at Siskin Hospital for therapy unable to perform even the simplest of tasks or swallow his favorite food, mashed potatoes. For nearly two months, he and his therapists fought to regain the use of his upper body. Will had hoped to walk out of the hospital when he was discharged, but was happy nevertheless just to be pain-free and have the strength and ability to transfer from his wheelchair to his van. Realistically, he thought the motorcycle riding he loved was behind him.

But Siskin Hospital's Outpatient Therapy Program gave him renewed hope. As he started regaining lower body strength with the help of the Lokomat, Will also started


gaining confidence that he could ride again. He asked his father to strap him onto a pit bike, and with a friend videoing, he took off. By chance, a representative of the Winter X Games saw the video and invited him to compete in their next event. Eleven months later, on a snow bike with a specially-built cage, Will qualified for and raced in the Winter X Games in Aspen...becoming the first Georgian to win an X Games medal.

**Insist on Siskin, Because YOU CAN!**

**Siskin Hospital is Tennessee's largest acute rehab hospital.** The experienced and dedicated staff at Siskin Hospital will guide patients with innovative and successful rehabilitation programs, services and equipment in the Chattanooga area. Designed to fit individual needs and provide continuity of care, Siskin Hospital's Inpatient, Outpatient and SubAcute Programs provide seamless care to promote health and independence. Siskin Hospital is the **ONLY rehabilitation hospital in the region** to be accredited by both CARF and Joint Commission, exemplifying the exceptional rehabilitation given by the caring staff every day. **For more information, visit [www.SiskinRehab.org](http://www.SiskinRehab.org) or call 423.634.1200.**





A group of five medical professionals, four men and one woman, standing in a modern hospital hallway. They are dressed in business attire, including blazers, sweaters, and ties. The background shows a well-lit corridor with wooden paneling and a large window.

***“We all work to a common goal.  
To protect our patients from the  
dangers of heart rhythm problems.”***

At the Heart Rhythm Center at The Chattanooga Heart Institute, our team of highly-trained specialists treat the serious problems caused by abnormal heart rhythm—like the increased risk of blood clots and stroke. We use the most advanced procedures to identify and manage arrhythmias, AFib and related diagnoses. All to help you live symptom-free, and get back to enjoying life.

**Visit [chattanoogaheart.com/HeartRhythmCenter](http://chattanoogaheart.com/HeartRhythmCenter) or call 423-697-2308.**



The Chattanooga  
**Heart Institute**



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