



MEDICAL FOCUS

June 28, 2023

A supplement to
farragutpress



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Medical Focus

2023

Supplement to **farragutpress**

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Combining individual approach with the latest technology, expertise



The University of Tennessee Medical Center welcomes Wesley G. Wilson, MD, to Knoxville. Specializing in aesthetic plastic surgery of the face and body and certified by the American Board of Plastic Surgery, Wilson combines an individual approach with the latest technology and expertise available in plastic surgery.

Dr. Wilson has established himself as one of the best in the field of aesthetic plastic surgery. He has trained with surgeons recognized the world over in aesthetic/cosmetic surgery of the face, breast and body and traveled internationally seeking the best techniques available. Patients include everyone from moms to models to CEOs, and they come to him from across the U.S. and the world, including Japan, Europe, South America, and Tahiti. There is no substitute for 25 plus years of experience and thousands of excellent results.

"The most requested procedure currently is the Mommy Makeover," says Dr. Wilson. "It's a combination of body (tummy tuck, liposuction) and breast (augmentation, lift) procedures that we often do during the same surgery to minimize downtime. I get immense joy in helping patients. Whether it is looking a little more youthful, clothing fitting better, or putting on that swimsuit you would not wear before, it makes a big difference."

In addition to plastic surgery of the body, Dr. Wilson has expertise in facial plastic surgery such as facelifts, eyelid, and nose surgery.

Dr. Wilson is certified by the American Board of Plastic Surgery. He is a member of the American Society of Aesthetic Plastic Surgery, the American Society of Plastic Surgery, International Society of Aesthetic Plastic Surgery, and the National Council of Leaders in Breast Aesthetics.

University Aesthetic Plastic Surgery is now open and accepting new patients.

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Patient Testimonials

"I was referred to Dr. Wilson and I am so grateful. He made me so comfortable at every appointment. Very caring, nice and does great work!"

"I love the way I look and feel!"

"Dr Wilson is phenomenal! Look no further for the perfect surgeon."

"I cannot express enough how awesome the consult was. Night and day compared to my other two. I have found MY plastic surgeon!"



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L Elizabeth Greene, MD



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13 essential vitamins the body needs

The human body is a marvel. When working correctly, the body automatically performs scores of metabolic functions. Individuals can facilitate the performance of those functions in various ways.

Careful consideration of what they put into their bodies is one way individuals can make things easier on their bodies. It is vital to supply the body with the nutrients it needs. This includes the essentials: A, C, D, E, K, and the eight B vitamins.

- **Vitamin A:** This vitamin helps ensure the health of the skin, corneas, lining of the urinary tract, lungs, and intestines. Vitamin A also helps protect against infection. It also is important for vision, as it improves vision in dim light.

- **Vitamin C:** Vitamin C, also known as ascorbic acid, plays a vital role in immune system function, helping to protect cells from free radicals. Since the body cannot store vitamin C, it needs to be consumed daily.

- **Vitamin D:** Vitamin D assists in calcium and phosphorous absorption, which helps to keep bones and teeth strong. The body can produce vitamin D naturally by spending time in sunlight. That is why it's often called "the sunshine vitamin."

- **Vitamin E:** This vitamin maintains muscles and red blood cells. It also protects fatty acids.

- **Vitamin K:** Vitamin K is necessary for blood to clot and helps to keep bones and other tissues in the body healthy.

- **Thiamine (B1):** B1 is needed for metabolism and for nerve and heart function.

- **Riboflavin (B2):** Another

important nutrient for metabolizing foods, B2 helps maintain healthy mucus membranes, such as those in the mouth and nose.

- **Niacin (B3):** This vitamin helps to release energy from food and keeps the nervous system healthy.

- **Pantothenic Acid (B5):** B5 is another vitamin that aids energy metabolism. It also plays a role in normalizing blood sugar levels.

- **Pyridoxine (B6):** People rely on B6 to metabolize food energy. It also has a role in proper nerve function and helps in the creation of hemoglobin, which carries oxygen around through red blood cells.

- **Biotin (B7):** This is only needed in small amounts to make fatty acids.

- **Folate (B9):** Folate is very important for healthy red blood cells. Folate also helps to prevent birth defects, which is why it is recommended as a prenatal vitamin. The manufactured form of folate is called folic acid.

- **Cobalamin (B12):** B12 is needed to make red blood cells, DNA, RNA, and myelin for nerve fibers.

It is preferable to obtain vitamins through healthy foods. If and when foods are inadequate, supplementation might be recommended.

Certain vitamins are fat-soluble, which means they are stored in the body's fat and used slowly over time, according to WebMD. Others are water-soluble, so they are not stored and need to be replenished frequently. Individuals should speak to their doctors and nutritionists about any vitamin deficiencies they may have and how to combat them safely.

Two facilities on the NHC Place Farragut Campus take care of residents varied needs

Striving to make every moment count for the residents and patients at NHC Place Farragut is top priority because they believe in celebrating life at all stages.

The residents and patients arrive for a variety of reasons. Many are short-term, having left a hospital needing skilled nursing and/or rehabilitative care to get them back home. Others have chosen NHC Place as their home with assisted living care or memory care.

The NHC Place Farragut's private and spacious campus is home to a 100-bed post-acute Health Care Center, an 84-apartment Assisted Living Center and the 60-bed Cavette Hill Assisted Living & Memory Care Center. The campus amenities include a walking trail, courtyards with gazebos and recreational amenities like a putting green.

NHC Place is dedicated to offering their residents and patients the independence wanted with the support that is needed. In fact, all NHC partners prepare for their work day by reciting one of the organizations 20 promises each morning. The goal is to provide the best rehabilitative and clinical services based on the activity and care needs of each of our residents.



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The family-owned company, Goodworks Unlimited LLC, is based out of Franklin, Tennessee, and has developed more than 100 senior communities over the past 32 years. The Villages of Farragut is one of 26 communities currently owned by Goodworks, and opened in December 2019 at 230 Village Commons Blvd. in Farragut.

Executive Director Melody Matney said the senior living community is perfect for those wanting to downsize from their current home while still remaining independent and active in the local community.

Our residents enjoy a healthy lifestyle and an active social life to include weekly happy hours with live music, holiday parties and special event celebrations, party bridge, book club, Bible studies, karaoke, an active Veterans club, and an Ambassador Club for giving back to the local community. When residents move in, new friends become family!



Melody Matney, Executive Director

With a variety of one and two-bedroom floorplans, all apartments are specifically designed to address resident needs. The rooms feature full kitchens, washer and dryer appliances, individually-controlled heating and cooling systems, and sunroom and patio options.

In addition to fully equipped spacious suites, residents at The Villages can enjoy many on-site amenities, including a wellness center with on-site physical therapy, walking and bike trails, dog park, billiard parlor, putting green, salon and spa, and maintenance free living with housekeeping services.

Matney said the residents especially love the chef-prepared dining.

"One of our best offerings in our community is our restaurant-style dining and our menu selection," she said. "It's important that we exceed expectations for our residents, especially at mealtime. Plate presentation, taste, variety – all are most important."

A resident at The Villages also raved about Chef Daniel's culinary creations. "Chef Daniel and his culinary team go above and beyond to prepare delicious entrees and features, with farm-fresh vegetables and salads, and home-made desserts."

The Villages of Farragut is located on 25 beautiful acres with plans for villas in the near future.

For more information about The Villages of Farragut, call 865-671-2500 or visit thevillagesfarragut.com.



THE VILLAGES

OF FARRAGUT

The Villages of Farragut offers seniors an independent lifestyle in a hometown setting.

Beverages & Skin Cancer

The beverages individuals drink could affect their skin cancer risk.

According to World Cancer Research Fund International, drinking coffee could reduce a woman's risk for malignant melanoma and might decrease both men's and women's risk for basal cell carcinoma. Though WCRFI notes the exact biological mechanisms linking coffee consumption to malignant melanoma and basal cell carcinoma are uncertain, drinking coffee exposes people to various biologically active compounds. According to the WCRFI, some of those compounds have been studied in animal and in vitro studies and been found to boast antioxidant and anti-tumorigenic (anti-tumor) properties.

But it's not all good news regarding beverages and skin cancer risk. The WCRFI also notes that consuming alcohol could increase the risk of malignant melanoma and basal cell carcinoma.



Enhance your hearing experience

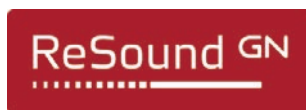


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Men and mental health



Awareness of the importance of recognizing mental health issues has grown considerably in recent years. Prominent individuals from various industries have come forward to speak about their struggles, and that has done much to remove the stigma that was long associated with mental health.

Though recognition of the importance of addressing mental health issues has increased in recent years, there's still much to be done, particularly regarding men and mental health. A 2019 study published in the *American Journal of Men's Health* noted that men have historically been more hesitant than women to seek help for mental health difficulties. That hesitancy can have grave consequences, as the Centers for Disease Control and Prevention notes that men are more likely to die by suicide than women.

Recognition of the symptoms that suggest someone is experiencing mental health troubles could compel men to seek treatment or lead to their family members encouraging them to get help. The NIMH notes that men and women can experience the same mental health conditions, such as depression and anxiety. However, that does not mean their experiences will be the same. In fact, experiences can differ widely among men as well. A 2017 study published in the *Journal of Counseling Psychology* found that men who exhibit stereotypically masculine personality traits often have worse mental health outcomes than men who do not exhibit such traits.

Despite the differences in responses to mental health issues, it's still important for individuals to learn the symptoms of mental

health issues. Such recognition may compel individuals to seek help for their own issues or serve as warning signs to concerned friends and family members, potentially prompting them to initiate discussions that can save a loved one's life. According to the NIMH, the following are some symptoms of mental health problems.

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Increased worry or feeling stressed
- Misuse of alcohol and/or drugs
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Aches, headaches, and/or digestive problems without a clear cause
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

The NIMH urges individuals in crisis or people who suspect someone is in crisis to call 911 or to call or text the 988 Suicide & Crisis Lifeline at 988. More information about mental health can be found at [nimh.nih.gov](https://www.nimh.nih.gov).



The power of parks and other green spaces

Green spaces can have a profoundly positive impact on adults and children alike.

Researchers at the University of Chicago found that green spaces near schools promote cognitive development in children, while visible green spaces near children's homes promote behaviors associated with self-control. Researchers also found that adults assigned to public housing units in neighborhoods with more green space were more capable of effectively performing daily activities requiring attention than those assigned to units with less access to natural environments.

What remains is far more important than what is lost



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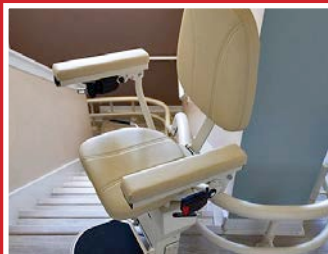
Exercise & Mental Health

A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression.

Authors of the study, which was published in February 2023 in the journal *BJM Sports Medicine*, concluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior therapy.

The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress.

However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions.



Mobility Plus is excited to be in Knoxville, TN.

We are so glad to be assisting our local neighbors, friends, and family with their mobility needs. Our showroom is set up so you can test scooters, ramps, stairlifts, lift chairs and more. We can also sit and explore other ways we may be able to assist you or your loved ones with new mobility products. The market is always changing and improving and we strive to stay aware. Mobility Plus also specializes in repairs and rentals. We will do all we can so you and your loved ones can go where you want to go!

Let us be your #1 go to call for your mobility needs and helping you go where you want to go!



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Providing the best possible care for memory loss patients

Avenir Senior Living's approach to Memory Care is unlike any other in the industry. We believe looking at where an individual is in the memory loss journey is essential to providing them with the best care possible. We start with an assessment then host a round-table discussion for each new resident before they move into our community. This allows us to begin understanding the individual who will be joining our community so we can figure out the neighborhood they'll feel most comfortable in. We place residents in one of three neighborhoods with people of a similar cognitive ability, so each individual feels they are surrounded by peers creating a meaningful day.

From personal care plans, to activities, we implement the Cognitive Lifestyle, in which we pair residents with the neighborhood that best fits their cognitive ability. Every one of these neighborhoods is designed to be identical within the community, so residents feel a sense of familiarity with their surroundings even as they move through stages of memory loss. Our Memory Care teams include members experienced in addressing the behaviors of those living with memory loss so that we can understand the cause of a resident's behavior and provide opportunities to prevent it from happening in the future. Offering activities tailored to resident interest and ability is an important part of creating a full, engaging routine for our Memory Care residents. This is why every one of our communities offers a full slate of events, groups, and gatherings that encourage residents to challenge themselves, find purpose in their day, and have fun.



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Morristown

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Parkwest Medical Center

Providing quality healthcare and an excellent patient experience

Since admitting its first patient in 1973, Parkwest has grown from a small hospital with 155 employees and 137 physicians to one of our community's largest medical centers employing more than 1,700 individuals, and home to more than 300 active staff physicians. In 1996 Parkwest became part of Covenant Health.

Covenant Health has nearly 30 member organizations, including other hospitals, outpatient clinics, specialty and home care, and other services that allow us to assist in serving a 16-county region in east Tennessee. As a member of Covenant Health, Parkwest has implemented a variety of advanced technologies, include tele-ICU services that provide an extra layer of care for patients in our critical units by offering remote monitoring and consultations with medical specialists to support the bedside team.

Parkwest also offers behavioral services through Peninsula. A division of Parkwest Medical Center, Peninsula has an inpatient hospital and several outpatient clinic locations that offer counseling, support services and other resources to help patients dealing with mental health concerns.

Throughout the years Parkwest has developed an outstanding

reputation for orthopedics and performs more joint replacement procedures than any other hospital in the region. Our staff and physicians work as a team, along with our patients, planning for successful outcomes to get patients back to their daily lifestyles.

Parkwest is also well-known for its successful cardiac program, including a structural heart program. Working with world-class surgeons and cardiac clinicians, Parkwest offers cardiac services from imaging to open heart surgeries and TAVR (Transcatheter Aortic Valve Replacement). The hospital was the first hospital to offer the procedure in our area and now performs more TAVRs than any other facility in the region. Patients rely on this life-saving innovation and Parkwest's Valve Center to help them if they're not candidates for open-heart surgery, but are still seeking an improved quality of life. Parkwest also offers outpatient cardiac rehabilitation services that are available during recovery from a cardiac event or procedure.

Parkwest Medical Center is west Knoxville's premier medical center, providing not only quality healthcare, but also an excellent patient experience to members of our community. Our employees are trained to treat our patients as if they were their own family, and all of our team members sign Covenant Health's pledge of excellence, promising to put our patients first and strive for excellence in everything we do.



Jeffrey J. Eberting, DMD, MS

Eberting Orthodontics

Delivering Simply Extraordinary Smiles

Since 2001, Eberting Orthodontics has made it their mission to deliver Simply Extraordinary Smiles.

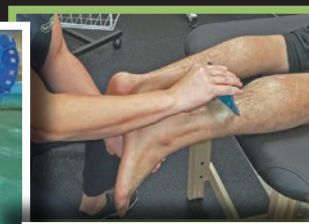
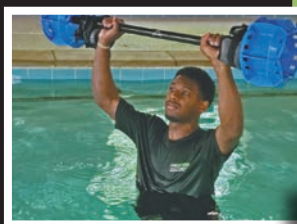
"I consider myself an extremely blessed and fortunate man to be an orthodontist," says Dr. Jeffrey Eberting. "It means so much to me that I am able to have a role in creating a dazzling smile and producing a positive outcome for each of my patients."

Because no two cases are the same, the orthodontic practice uses only the latest state-of-the-art technologies, including digital scanners and 3D printers, which enable Dr. Eberting to diagnose and design individualized treatment plans both comfortably and accurately.

"That is one of the joys of being an orthodontist," noted Dr. Eberting. "With each patient, I am solving a puzzle, determining how I am going to produce a healthy and beautiful smile in the most efficient and effective manner."

Eberting Orthodontics serves the area at three locations: 10792 Hardin Valley Road in Knoxville, 619 Smithview Drive in Maryville and 920 West Main St. in Morristown.

For more information or to schedule a complimentary, no-pressure consultation, call 865-983-3570 or visit ebertingortho.com.



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- Vestibular issues and balance
- Gait training/fall prevention

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Our therapists are trained to work with all ages and abilities and strive to make our patients feel like family while we work toward meeting all of their goals.

Call us with any questions you may have about your therapy needs!

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Assisting with hearing and balance

Physicians' Hearing Care is a division of Ears, Nose and Throat Consultants of East Tennessee. The company offers a variety of services to assist patients with their hearing and balance health care needs.

Services offered include: comprehensive hearing evaluations, middle ear analysis, VNG (balance testing); tinnitus evaluation and treatment and otoacoustic emissions.

Physicians' Hearing Care also offers hearing aids. The company provides hearing aid evaluation and speech mapping to verify the best hearing aid settings.

It provides its clients with a 45-day risk-free trial period for all hearing aids. The company's hearing aids feature the world's most finest and up-to-date technology. PHC works with a variety of hearing aid companies including ReSound, Phonak and Oticon.

Physicians' Hearing Care also offers hearing aid maintenance and repair services, custom hearing protection and custom swim plugs.

The company features a team of friendly professionals who are on hand to diagnose patients' problems and offer prompt and affordable solutions. The staff is dedicated to helping patients and their families with all their hearing and balance needs.

The company has 10 certified audiologists. Those specialists have over 75 years of combined experience assessing and treating hearing



East Tennessee's Choice For Better Hearing

loss, tinnitus and balance disorders.

"Our goal is to assess and treat hearing loss, tinnitus and balance disorders," said Dr. Kalyn Bradford, Director and Doctor of Audiology. "We help put together plans that best fit the patients' needs. We are a resource for patients and family members. We're here to help people and we're willing to help."

Physicians' Hearing Care has five convenient locations throughout East Tennessee, including its West Knoxville office, located at The Tower at Park West, at 9430 Park West Blvd, Suite 335.

~ Submitted



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The
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Mobility Plus

Since October 2020, Mobility Plus has served the Knoxville community by providing equipment and repair services for all their mobility needs.

Hannah Beal, who owns the store with her husband David, said Mobility Plus recently moved to a larger showroom at 5911 Rutledge Pike in order to better accommodate customers.

The new 4,000-square-foot facility is now the largest mobility equipment showroom in the Knoxville area, offering a variety of lift chairs, scooters, vehicle lifts, electric wheelchairs, stair lifts and ramps for the home, as well as comprehensive mobility consultations.

"Instead of buying online and not knowing how to use or what you're actually buying, you can come in the store and spend some time with us learning about the different products," explained Hannah.

When visiting the showroom, Hannah said that customers will typically be invited to take a seat in the lift chair section to thoroughly discuss their mobility issues with a specialist.

"Everyone's needs are different, so spending time talking with people about their disabilities allows us to make the right suggestions," she said, noting that a visit usually takes anywhere between one to two hours. "We try out different equipment, and sometimes people end up

Providing equipment, repair services to keep you mobile



buying the opposite of what they think they want."

In addition to selling mobility equipment, the store also provides installation, rental and repair services. For more information, visit MobilityPlus.com/Knoxville or facebook.com/MobilityPlusKnoxville.

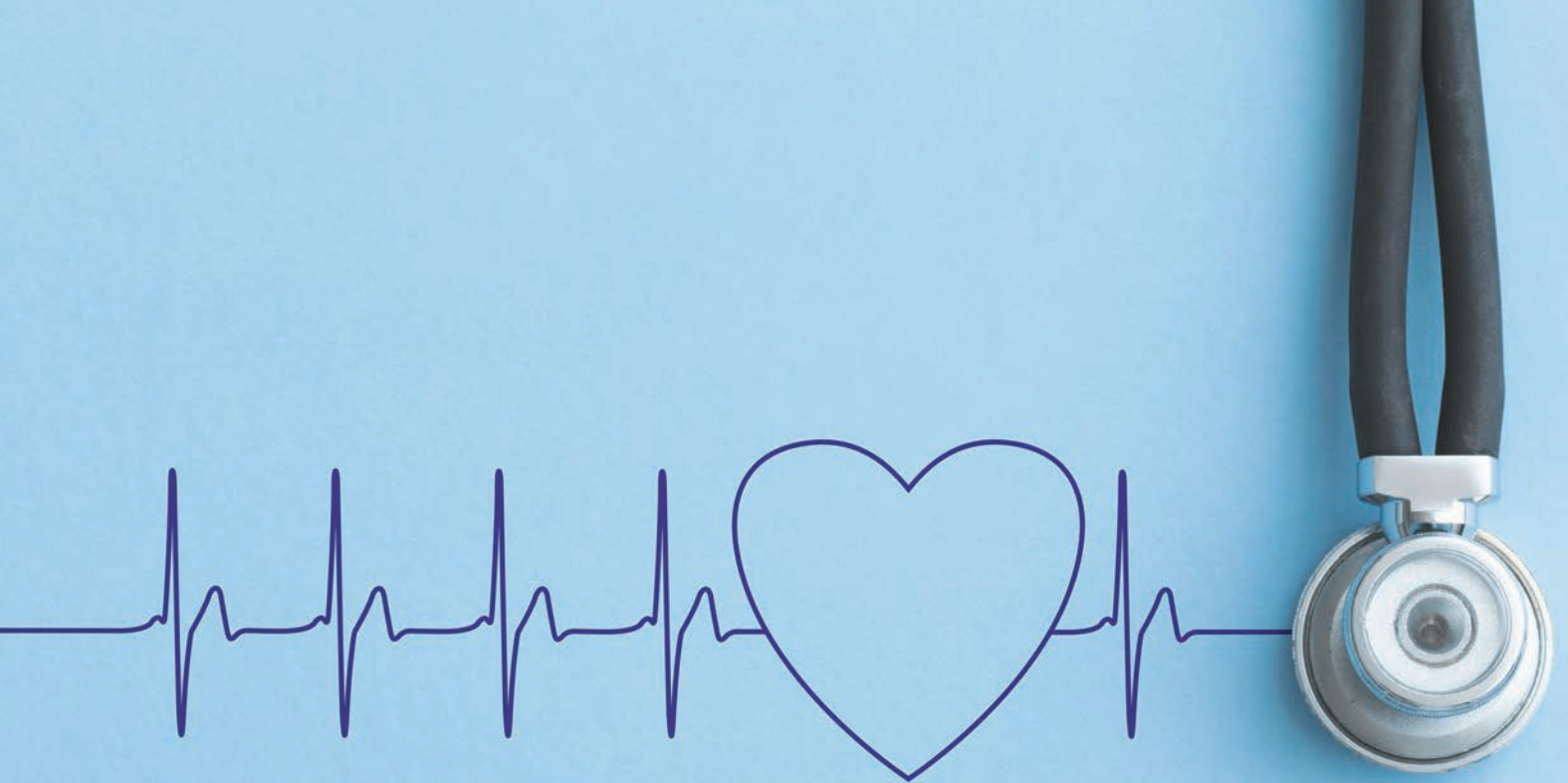
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Understanding resting heart rate

Understanding how the heart works can help people become more attuned to their personal health and wellness. For example, recognition of the importance of heart rate may shed light on aspects of heart health that people may otherwise never think about.

According to HealthDirect, heart rate, or pulse, is the number of times the heart beats per minute. A resting heart rate refers to the heart rate when one is relaxed, sitting down or lying down. For normal, healthy adults, a resting heart rate ranges between 60 and 100 beats per minute.

The American Heart Association indicates that resting heart rate is the heart pumping the lowest amount of blood needed because the body is not exerting itself. A lower resting heart rate is common among people who are very physically fit — sometimes as low as 40 bpm. This results from the heart muscle being very athletic and not having to work very hard to maintain a steady beat.

Resting heart rate differs according to age. Verywell Health says babies and children have higher resting heart rates because their hearts are smaller. Resting heart rate will gradually decrease until about age 10, at which point it stabilizes through adulthood.

Here's the expected resting heart rates based on age:

- 0-1 month; 70-190 bpm
- 1-11 months; 80-160 bpm
- 1-2 years; 80-130 bpm
- 3-4 years; 80-120 bpm
- 5-6 years; 75-115 bpm
- 7-9 years; 70-110 bpm
- 10 years+; 60-100 bpm
- Athlete; 40-60 bpm

Knowing one's typical resting heart rate can help people stay apprised of their personal health. A lower-than normal resting heart (bradycardia) could indicate a congenital heart defect, a heart blockage, heart damage, or abnormally high blood calcium. It also may indicate hypothyroidism, hypothermia or other conditions.

A higher resting heart rate may suggest other issues, such as anemia, obesity, dehydration, fever, heart failure, hyperthyroidism, or overconsumption of stimulants like caffeine or nicotine.

Resting heart rate is not directly linked to blood pressure and is not an indication of blood pressure. Heart rate is measured on the inside of the wrist or on the artery in the neck at the base of the jaw. Pulse should be counted for 30 seconds and then multiplied by two to find beats per minute.

Individuals should keep in mind that air temperature, body position, emotions, body size, and medication use can affect heart rate. Checking heart rate several times can provide a more accurate perception of resting heart rate. Any concerns should be discussed with a doctor.



Max Potential Rehabilitation

Therapeutic Warm Water Aquatic Center

Max Potential Rehabilitation is known for comprehensive treatment from head to toe with a focus on manual therapy and a fun, compassionate environment. What many people don't know is that the Farragut clinic – located at 11201 West Point Drive, Suite 104 – houses a large, warm water therapeutic pool! This is one of very few in the Knoxville area, and has proven to be an effective resource in treating a variety of medical conditions.

With both shallow and deep ends, Susan Daugherty, PT and director of the Farragut clinic, said the 96-degree pool is especially useful for individuals who cannot tolerate land-based exercise or are returning to limited weight bearing activities.

"It helps those patients working back from non-weight bearing status, or with severe pain limiting their ability to weight bear, with gait training in a gravity-assisted environment," she said.

Aquatic therapy can also help those who suffer with chronic pain in progressing their endurance and even increasing weight loss, as the 96 degree warmth and buoyancy reduces stress and pain levels in the joints and muscles to all flexibility and strengthening of muscles.

"It allows patients with chronic pain in back, hips, knees, and ankles to be much more active with exercising, stretching, strengthening, balance, gait training, and building function that they could not tolerate with land based therapy. Patients are amazed at how much more they can accomplish when in the pool and how much better they feel after a session."

In addition to the many physical benefits, the Centers for Disease Control and Prevention say that exercising in a warm water pool can also successfully decrease depression and improve your overall mood.

"It is a wonderful asset that could help so many more people in our community," noted Daugherty.

Max Potential is a local-based outpatient therapy center that provides comprehensive rehabilitation services tailored to each patients' needs. Our highly trained staff can treat orthopedic conditions from head to toe, and specializes in neurological impairments, balance and gait training, vestibular dysfunction, aquatic therapy, women's health and sports rehabilitation. They also offer Astym and Dry Needling with manual therapy focused treatment.

For more information, visit maxpotentialrehab.com.

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