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Medical Focus

2024

Supplement to **farragutpress**

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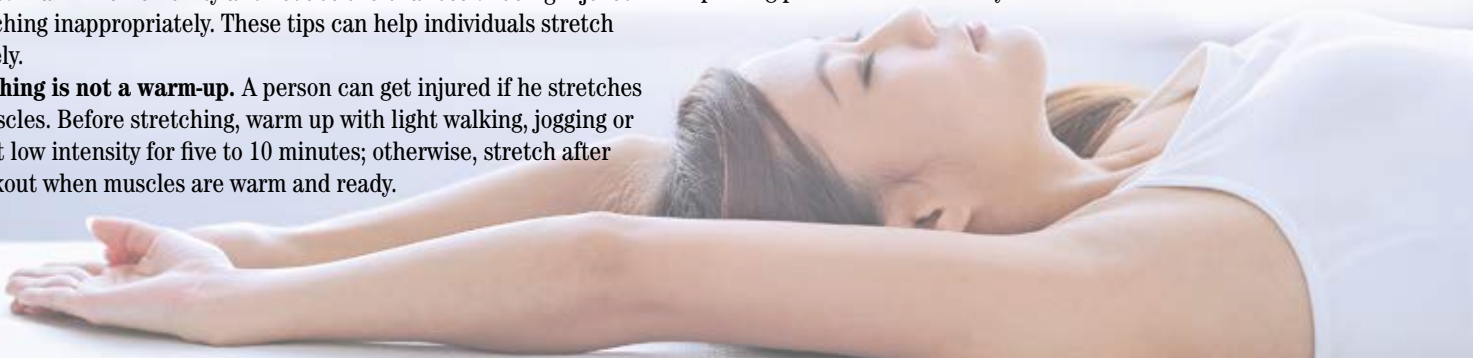
Steps for safe and effective stretching

Nearly everyone knows that exercise is important, but stretching is equally essential to a healthy body. Stretching is one component of maintaining flexibility throughout life. Flexibility is important because it can reduce injury risk. The Mayo Clinic says stretching can help improve range of motion, and this can benefit the body in many ways. Stretching may help improve athletic performance; a person's ability to perform daily activities; increase blood flow to muscles; and enable muscles to work most effectively.

Stretching is key but it should be done correctly. Harvard Health says that while it might be tempting to jump right into stretches, safety is needed to maximize flexibility and reduce the chances of being injured by stretching inappropriately. These tips can help individuals stretch effectively.

- **Stretching is not a warm-up.** A person can get injured if he stretches cold muscles. Before stretching, warm up with light walking, jogging or biking at low intensity for five to 10 minutes; otherwise, stretch after the workout when muscles are warm and ready.

- **Don't be pained.** Stretching should only be done to the point of mild tension, and never to the point of pain. Always stop stretching immediately if there is any pain.
- **Stretch daily.** If possible, stretch daily to keep up with flexibility and maintain range of movement.
- **Move slowly into stretching.** Gradually move into stretching positions, and never jerk or snap suddenly into position.
- **Aim for stretching symmetry.** Stretch both sides of the body similarly. It's a goal to have equal flexibility side to side, but keep in mind that genetics may make one side more flexible than another.
- **Don't bounce.** Bouncing while stretching can injure muscle and actually contribute to tightness.
- **Breathe while stretching.** Always breathe through stretching; do not hold your breath.
- **Pay attention to form.** Poor posture can cause muscles to shorten and tighten. Therefore, do not counteract stretching by using poor posture while sitting, standing or moving. Those who have concerns about posture can work with a physical therapist to learn strategies for improving posture and flexibility.



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Natural whole body health & healing

Eden Family Chiropractic is dedicated to promoting whole body health and healing naturally. You will notice an inviting and beautiful space that enables you to experience the transformative power of chiropractic care.

When you step into the practice, you will immediately feel a sense of calm and tranquility. Your care is catered to you to foster the highest relaxation and create a peaceful environment allowing you to achieve your greatest quality of life.

Eden Family Chiropractic knows that healing begins from within, and by creating a space that promotes relaxation, your chiropractic care is enhanced to the highest level possible.

At the heart of the practice is a commitment to holistic healing. You know that true wellness goes beyond just treating your symptoms; it involves addressing the underlying causes of imbalance and promoting overall well-being. Eden's chiropractic approach takes into account the interconnectedness of the mind, body, and spirit. By restoring proper alignment to the spine, Eden facilitates your body's natural healing ability, allowing for optimal function and vitality.

Eden's unique vitalistic approach to chiropractic care recognizes that the body is a self-healing

organism. You have an innate intelligence that, when properly supported, can restore balance and harmony throughout your body that allows you to function at your peak potential.

Through your gentle adjustments and personalized care, you will unlock your body's potential for healing to help you achieve an optimal state of health.

In addition to a holistic and vitalistic approach, Eden also prioritizes creating a welcoming and inviting space for their patients. Understanding that the healing process can be enhanced when individuals feel comfortable and supported. Eden's compassionate and skilled team is dedicated to providing immaculate care while building a strong relationship with you, taking the time to listen to your concerns, answer your questions, and educate you about the endless benefits of chiropractic care.

In conclusion, Eden's relaxing, healing, holistic, vitalistic chiropractic practice is dedicated to promoting whole body health and healing naturally. By creating an inviting and beautiful space the effectiveness of your treatments are enhanced and provide a truly transformative experience for you as a patient. Whether you are seeking relief from pain, improved mobility, or a greater sense of well-being, Eden is here to support you on your journey towards optimal health. Experience the power of chiropractic care in a space designed for healing and rejuvenation.

Come Here • Feel Good • Live Well

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!

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.



Melody Matney, Executive Director



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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



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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"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."

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

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Warning signs of developing mental health issues

Various mental illnesses are more common among women than men, including depression and anxiety. The Mayo Clinic says it's common to have mental health concerns from time to time, but when one of those concerns becomes frequent or affects one's ability to function, it becomes an illness.

According to Clearview Treatment Programs, women often live with mental illness for months, even years before seeking treatment. Individuals may not realize the severity of their conditions, or they may mistake mental illness for stress or feeling overwhelmed. Even though the stigma surrounding mental health issues has decreased considerably in recent years, women still face societal barriers, says McLean Mass General Brigham Hospital. Women may not be inclined to discuss their issues and, in turn, fail to receive prompt care.

Signs of mental illness vary, depending on the disorder and additional variables. A condition may affect a person's emotions, behaviors and thoughts. Some signs of a burgeoning mental illness include:

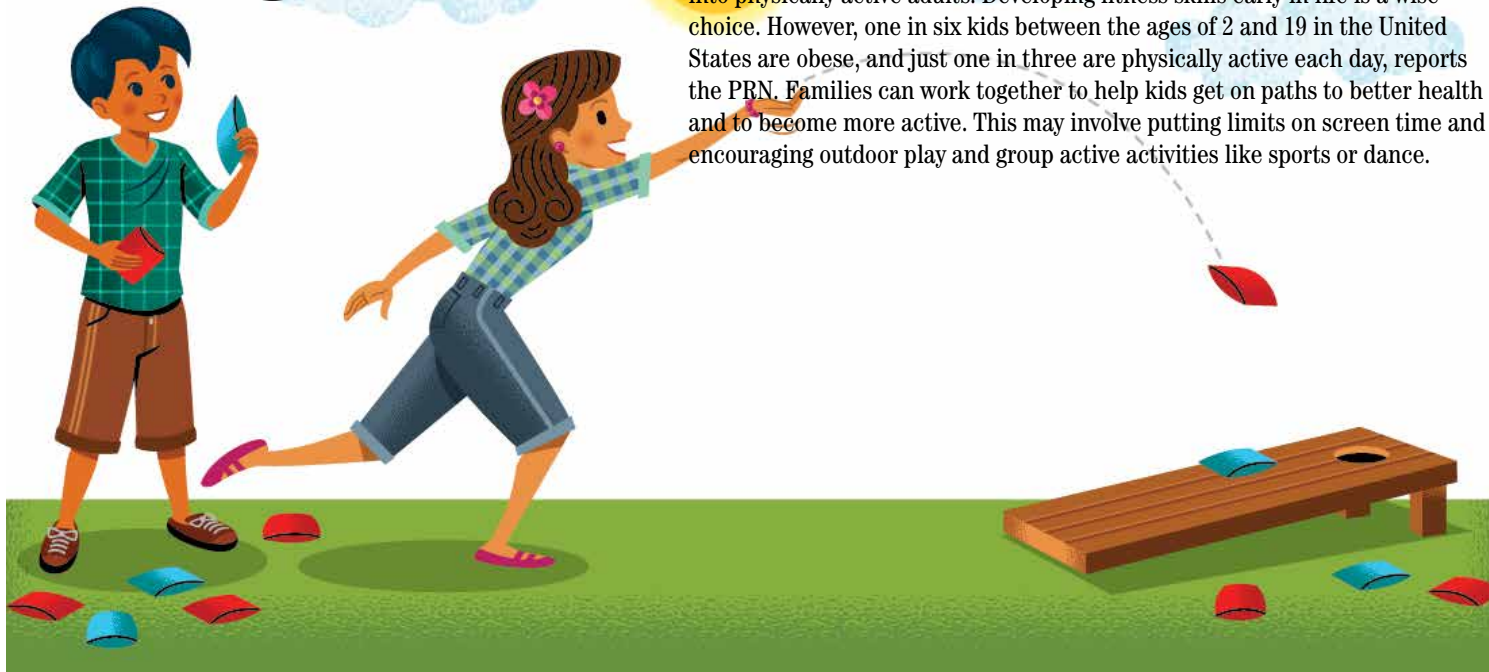
- Significant changes in sleep habits, which may include sleeping more or not at all.
- Changes in eating behaviors, which may include binge eating or going without food.
- Women tend to internalize mental illness, and symptoms can include ruminating, withdrawal from activities and generally retreating from life.
- Physical conditions that cannot be explained, such as headaches, stomach aches, chronic pain, and even high blood pressure.
- Emotional lability, which means rapid mood swings from happiness to anger and sadness.
- Confused thinking or a reduced ability to concentrate.
- Excessive fears or worries.
- Detachment from reality, resulting in delusions.
- Trouble relating to situations and people.
- Changes to sex drive.
- Excessive anger or hostility.
- Suicidal thoughts or attempts.

Mental illness can affect anyone. According to research, women may have a higher propensity to develop certain mental health conditions and thus need to be aware of the symptoms of those disorders. Anyone in crisis should call 911 or their local emergency number immediately. In the United States and Canada, call or text 988 to reach suicide and crisis support.



Did you know?

Encouraging children to be physically active can be an important step in helping them to be healthier later in life. The Physical Rehabilitation Network (PRN) says active kids are more likely to become healthy adults. Studies have shown that being physically active and making smart food choices while young can lead to a reduced risk of developing many serious health conditions later in life, which can include diabetes, high blood pressure, obesity, heart disease, and even certain cancers. What's more, Better Health Victoria in Australia says evidence suggests that physically active children also are more likely to mature into physically active adults. Developing fitness skills early in life is a wise choice. However, one in six kids between the ages of 2 and 19 in the United States are obese, and just one in three are physically active each day, reports the PRN. Families can work together to help kids get on paths to better health and to become more active. This may involve putting limits on screen time and encouraging outdoor play and group active activities like sports or dance.



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All Covenant Health Hospitals Earn “A” Grades in Patient Safety

Each of Covenant Health’s nine acute-care hospitals in East Tennessee earned an “A” hospital safety grade for Spring 2024 from The Leapfrog Group, a national nonprofit organization which collects and reports data related to safety, quality, and other aspects of hospitals’ performance. Leapfrog assigns safety grades based on over 30 measures of errors, accidents, injuries and infections, as well as the systems hospitals have in place to prevent them.

Covenant Health hospitals receiving “A” grades were:

- *Claiborne Medical Center, Tazewell*
- *Cumberland Medical Center, Crossville*
- *Fort Loudoun Medical Center, Lenoir City*
- *Fort Sanders Regional Medical Center, Knoxville*
- *LeConte Medical Center, Sevierville*
- *Methodist Medical Center, Oak Ridge*
- *Morristown-Hamblen Healthcare System, Morristown*
- *Parkwest Medical Center, Knoxville*
- *Roane Medical Center, Harriman*

“Covenant Health is proud that each of our facilities have been recognized by The Leapfrog Group for our commitment to patient safety. Our hospitals make patients our top priority, and the ‘A’ score is a testament to our efforts,” said Debbi Honey, senior vice president and chief nursing officer for Covenant Health. “Every person at our organization is committed to excellence and to making Covenant Health the best choice for patients. It is because of their hard work that we earn national recognitions for the care we provide our patients.”

“Covenant Health is well-respected for the high quality of care we provide in our communities, and we are pleased to be recognized at a national level,” said Mike Belbeck, executive vice president of operations for Covenant Health. “Across our entire organization, we continually focus on internal processes for improving patient safety. Our hospitals have achieved high levels of performance, often exceeding national benchmarks, in areas such as preventing health-care-associated infections. I applaud our staff for their dedication to fulfilling Covenant Health’s pledge of excellence.”

The Leapfrog Hospital Safety Grade is peer-reviewed, fully trans-



parent and free to the public. Grades are updated twice annually, in the fall and spring.

“Everyone who works at Covenant Health should be proud of this ‘A’ Hospital Safety Grade,” said Leah Binder, president and CEO of The Leapfrog Group. “It takes complete dedication at every level, and an ironclad commitment to putting patients first. I thank Covenant Health’s facilities, leadership, clinicians, staff, and volunteers for caring so deeply for patients and their safety.”

To learn more, visit [CovenantHealth.com](https://www.CovenantHealth.com).

How routine physical activity affects mental health

Mental Health Foundation: physical activity releases chemicals in the brain that positively affect mood

The physical changes people experience after committing to routine physical activity are visible to the naked eye. After making such a commitment, particularly if one is accustomed to a sedentary lifestyle, people may shed a noticeable amount of weight, move more quickly and even appear younger, a change that is perhaps related to the positive effects exercise has on sleep.

Less noticeable but no less advantageous are the mental health benefits associated with routine exercise. According to the Mental Health Foundation, physical activity releases chemicals in the brain that positively affect mood, thus making exercise a tool anyone can utilize to improve their mental health. As individuals ponder the benefits of physical activity, they can keep the following ways exercise affects mental health in mind.

- **Exercise and stress reduction:**

A 2022 Gallup poll found that 40 percent of adults worldwide experienced a lot of stress. The poll asked adults in 142 countries and areas, which underscores the significance of stress as a legitimate global health concern. The MHF notes that the most common physical signs of stress include difficulty sleeping, sweating and loss of appetite, symptoms that are triggered by a flood of the stress hormones adrenaline and noradrenaline released in the body. Those hormones increase blood pressure and heart rate. Exercise can help to alleviate stress, and the MHF notes that adults

who are highly active have been found to have lower rates of stress than those who live more sedentary lifestyles.

- **Exercise and self-esteem:**

A 2022 study published in *The Journal of Sports Medicine and Physical Fitness* compared 352 participants between the ages of 20 and 40 who regularly exercised at least two days per week for the previous six months with 350 similarly aged sedentary individuals. The study assessed various characteristics of each group and researchers ultimately concluded that those who exercised had higher levels of self-esteem than those who did not. As a result, the authors behind the study recommended exercise as a preferred method to increase self-esteem.

- **Exercise and depression:**

A systematic review and network meta-analysis of randomized control trials found that exercise is an effective treatment for depression. That review and analysis, published in the peer-reviewed medical journal *The BMJ* in 2024, reviewed 218 unique studies involving more than 14,000 participants. Walking, jogging, yoga, and strength training were found to be especially effective at treating depression, which the World Health Organization estimates affects about 280 million people worldwide.

The physical benefits of routine physical activity may be most noticeable. However, regular exercise also has a profound effect on individuals' mental health.



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