



farragutpress

Know Your Choices

February 26, 2025

PROFILES OF AREA MEDICAL PROVIDERS

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

IN THE 30 MINUTES BEFORE YOUR BLOOD PRESSURE IS TAKEN:

- NO SMOKING
- NO EXERCISE
- NO CAFFEINATED BEVERAGES
- NO ALCOHOL

REST FOR AT LEAST 5 MINUTES. SIT CALMLY AND DON'T TALK.

WHILE YOU PREPARE TO TAKE YOUR BLOOD PRESSURE:

- RELAX.
- DON'T TALK.
- REST YOUR ARM COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL.
- SIT UPRIGHT, BACK STRAIGHT AND SUPPORTED.
- KEEP LEGS UNCROSSED AND FEET FLAT ON THE FLOOR.

RIGHT BEFORE:

- PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.
- WRAP IT AGAINST YOUR BARE SKIN, NOT OVER CLOTHING.

USE A PROPERLY CALIBRATED AND VALIDATED DEVICE. CHECK THE CUFF SIZE AND FIT.

TAKE AT LEAST TWO READINGS 1 MINUTE APART IN THE MORNING BEFORE TAKING MEDICATIONS, AND IN THE EVENING BEFORE GOING TO BED. RECORD ALL RESULTS.

(IF YOU NOTICE THAT ONE ARM SHOWS A HIGHER READING THAN THE OTHER, USE THE ARM WITH THE HIGHER READING.)

American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120



* WAIT A FEW MINUTES AND TAKE BLOOD PRESSURE AGAIN.

* IF YOUR BLOOD PRESSURE IS STILL HIGH AND THERE ARE NO OTHER SIGNS OR SYMPTOMS, CONTACT YOUR HEALTH CARE PROFESSIONAL IMMEDIATELY.

* IF YOU ARE EXPERIENCING SIGNS OF POSSIBLE ORGAN DAMAGE, SUCH AS CHEST PAIN, SHORTNESS OF BREATH, BACK PAIN, NUMBNESS/WEAKNESS, CHANGE IN VISION OR DIFFICULTY SPEAKING, CALL 911.

LEARN MORE AT [HEART.ORG/HBP](https://www.heart.org/hbp)



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Go Red

Tennova, American Heart Association team up to combat heart disease in women



With cardiovascular disease ranked as the No. 1 killer in women, Tennova Healthcare has joined forces with Knoxville American Heart Association to host a Go Red for Women event at Turkey Creek Medical Center Friday, Feb. 7.

“Thank you for joining us for this really special day, National Wear Red Day, here in Knoxville,” Knoxville American Heart Association executive director Kayla Smith said. “Today, we are shining a light specifically on women’s heart health.

“We are so excited,” Smith said. “Tennova has been a long-time sponsor of the Go Red for Women. We’re excited to do the national Go Red Day proclamation.

“One in three women are affected by cardiovascular disease,” she said. “It’s a really sad statistic, but (it’s) one that we can change through awareness, education and action.

“So, today is just a day to spread awareness about heart health and the importance of taking preventative steps to make sure, we as women, are taking care of ourselves.

“Women have long been under-represented in research studies,” Smith said. “They are less likely to receive



From left: Dr. Lekshmi Seemanthini, AHA 2025 Go Red for Women chair. Kayla Smith, Knoxville American Heart Association executive director. Tony Benton, Tennova Healthcare East Market CEO, talks about Tennova Healthcare’s dedication to heart health.

CPR than men are, so we want to make sure we are dedicating a day just for women to talk about their heart health and to make them aware of their No. 1 killer.”

She said the Feb. 7 event was not a fundraiser.

“Today is just a day all about awareness,” Smith added. “But if people do want to donate to the American Heart Association, they can always contact



our local office or go to our website at heart.org.”

“We’re excited to have you today,” Tennova Healthcare East Market CEO Tony Benton said. “We come together to raise awareness about heart disease, the leading cause of death for both men and women in the United States.

“By wearing red, we are not only showing support for those affected



by heart disease but also take a stand for heart health and to encourage preventive measures,” he said. “In our area of the country, as you are all aware, we have a lot of opportunities in improving lifestyles. Still “Our hospitals see a lot of cardiac events that could be prevented with better access, better utilization of our phy-

See RED on Page 7

DR. DALTON COUSIN
PT, DPT, ATC, CSCS



Cousin Physical Therapy, PLLC
865-309-4055
cousinpt.com

Dr. Dalton Cousin is a highly experienced physical therapist specializing in athletes and active adults, focusing on injury prevention and rehabilitation in a holistic manner. His career began as a college basketball athlete and a head athletic trainer for local high schools, which ignited his passion for athlete care. He went on to gain a deeper understanding on how the body responds to stress, obtaining a master's in exercise physiology and then his Doctorate in Physical Therapy from The Ohio State University. This led to various roles with the OSU athletics and the Pittsburgh Pirates gaining cutting-edge, evidence-based skills in rehabilitation.

Now back in Knoxville, he has opened Cousin Physical Therapy, offering comprehensive services to athletes of all ages, specializing in baseball athletes. Cousin Physical Therapy's mission is to empower each individual to stay healthy, enhance performance, and recover safely, equipping them for success on and off the field.



DR. JEFFREY J. EBERTING

DMD, MS



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Dr. Eberting has been a dentist for over 25 years, with more than 20 of those years in orthodontics. He chose dentistry, and then the orthodontic specialty, following a great experience with his own orthodontist. The positive changes in his life, as a result of treatment, inspired him to help others achieve the same lasting improvement in their self-esteem.

Receiving his Bachelor of Arts in History, Duke University, Doctorate of Dental Medicine (DMD), Kornberg School of Dentistry at Temple University, Advanced Education in General Dentistry (AEGD) Residency, U.S. Navy Dental Corps, Master of Science (MS) in Oral Biology and Certificate in Orthodontics, Kornberg School of Dentistry at Temple University, Dr. Eberting is also a Board-Certified Orthodontist and a Diplomate of the American Board of Orthodontics.

Since completing his Orthodontics residency and training, Dr. Eberting has constantly sought to further his knowledge of the specialty. In broadening the services he offers to patients, he ensures each receives the high-quality experience and results they deserve.



DR. KIMBERLY GRANDE

MD, FAAD



THE SKIN WELLNESS CENTER

The Skin Wellness Center
865-584-8580
theskinwellnesscenter.net

Dr. Kimberly Grande is a board-certified dermatologist and a fellow of the American Academy of Dermatology. She received her medical degree at University of Nebraska and completed her residency in dermatology at Baylor College of Medicine.

Dr. Grande has a passion for developing lasting relationships with her patients and helping them to combat skin cancers and other diseases of the skin with cutting-edge technologies.

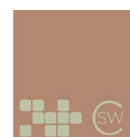
"I was compelled by the field of dermatology when following physicians in more generalized specialties who would point out subtle changes on the skin during physical exam," she said. "These changes would be clues to the potential of systemic or internal diseases such as liver or kidney disease. I felt a bit like Sherlock Holmes piecing together details to come to an important diagnosis which would otherwise have been missed. Dermatology is a little like the practice of art...it is color, patterns, and textures. Skin surgery requires an artistic eye and aesthetic medicine is best accomplished by a sculptor who understands the science behind what is perceived as beauty and attractiveness."

As co-founders of The Skin Wellness Center, Dr. Grande and Dr. Meredith Overholt stand out as a leading partnership in the dermatology field in Knoxville.



DR. MEREDITH OVERHOLT

MD, FAAD



THE SKIN WELLNESS CENTER

The Skin Wellness Center
865-584-8580
theskinwellnesscenter.net

Dr. Meredith Overholt is a board-certified dermatologist and a fellow of the American Academy of Dermatology. She received her medical degree from Baylor College of Medicine and has been practicing in the field of dermatology for over 30 years.

Dr. Overholt has a passion for educating her patients about diseases of the skin and the importance of regular skin exams. She is excited to be able to offer the latest in medical advancements in the treatment of skin disorders. Most recently, offering a non-surgical treatment for skin cancers called SRT, or Superficial Radiation Therapy.

In 2005, Dr. Overholt and Dr. Kimberly Grande co-founded The Skin Wellness Center in Knoxville. Together, Drs. Overholt and Grande lead a group of female physician assistants, nurse practitioners, aestheticians, and nurses who are passionate about bringing the gold standard in medical and cosmetic dermatology to East TN.



DR. JAMES D. WATKINS (DR. DAN)

Doctor of Chiropractic



Volunteer Chiropractic

Volunteer Chiropractic
865-966-5885
www.volrehab.com



Dr. Dan Watkins opened Volunteer Chiropractic in March 2005 after spending two years working for a chiropractor in Nashville.

Dr. Dan, who was born in Knoxville, said he and his wife, Keelie, ultimately decided to open their practice in Farragut because of the area's focus on family life.

"We just knew Farragut would be a great place to raise our family," he said. "We picked Farragut for the family aspect. We also appreciated the community atmosphere that we were looking for."

While being a business owner has not been the easiest job, Dr. Dan says it certainly is rewarding.

"Having a family-owned business allows my family to share in the highs of being in business," he explained. "It gives my wife and I an opportunity to share time with one another and teach our children the importance of working hard, doing the right thing and treating people right."

Running the practice also enables a way for the couple to help others fully live their best lives without unnecessary pain.

"We want to work with them to get them better and feeling like doing more," Dr. Dan said. "We want our patients to be active with their children or grandchildren, able to be a Weekend Warrior, run a race or just live a life without so much pain."

Specializing in chiropractic care, acupuncture and massage therapy services, Dr. Dan added that the Volunteer Chiropractic team always strives to do what's best for their patients by "offering an answer when there seems to be no answer."

"I really want to help people with the tools I have been blessed with, but I also want to get them to where they need to be if I cannot help them," he said. "I try to associate with other healthcare practitioners who share my desire to help patients."

For more information about Volunteer Chiropractic, call 865-966-5885 or visit volrehab.com.

HEATHER WHITTEMORE

FNP-BC, MEP-C/Owner



Be Well
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www.BeWellKnoxville.com



Heather has been a Board-Certified Family Nurse Practitioner and an Advanced Certified Medical Esthetics Provider for thirteen years. She has both master's and bachelor's degrees in nursing, a Bachelor's degree in Psychology with independent studies in behavior modification, and a Bachelor's degree in English with a certification in Technical Writing and Communication. She holds a certification in Clinical Weight Management and a diploma in Nutritional Counseling. She and Be Well have been recognized as Knoxville's best woman-owned business, cosmetic injector, places to work under 50 employees, women and men's health and longevity practice, regenerative medicine provider, anti-aging clinic, and weight loss practice. Be Well has consistently won awards in 2021, 2022, 2023, and 2024, since opening in October of 2020. Heather is a member of the Obesity Medicine Association and the Obesity Action Coalition, because she feels it is important to advocate for her patients and the recognition of obesity as a chronic disease. She is a member of the American Association of Aesthetic Medicine and the American Academy of Anti-Aging Medicine. She continues to educate herself and others on the compliance, safety, and technique of aesthetic procedures. When she is not working, she spends time with her family, traveling, cooking, and gardening. She is the owner and lead Nurse Practitioner at Be Well and is excited to help patients achieve their weight loss, aesthetic, and overall health, longevity, and wellness goals. Heather believes in building strong provider-patient and employee relationships through honesty, integrity, and trust. Heather finds fulfillment and joy through partnering with her patients on their personal journeys to wellness. Each day she and her staff get to help patients regain their self-confidence, accomplish a goal, find value in themselves, and live longer lives. Every day she leaves work knowing she has been a positive influence on someone's life. She has been helping others become the best versions of themselves for almost twenty years and looks forward to partnering with you.

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Red

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sicians and those types of things,” Benton said.

“Tennova is proud to sponsor this day in Knoxville,” he added. “Our commitment to heart health is unwavering. We are dedicated to making a positive impact in our community.

“In cooperation with the American Heart Association, we are excited to announce the new initiative aimed at supporting new mothers with hypertension,” Benton said. “These new moms will receive new mom kits, which include self-monitoring blood pressure devices and infant CPR kits, providing essential tools to help manage their health and ensure the safety of their families.

“Heart disease can often be silent, but its impact is profound,” he said. “I know we’re all impacted by loved ones. It impacts our families, friends and our communities.

“However, through education, research and community support, we can make a difference,” Benton said. “The American Heart Association

has been at the forefront of this fight, and I’m proud to be part of an organization that’s dedicated to saving lives and improving heart health.

“Your presence and support (at Go Red event) are vital in spreading the message of heart health and encouraging others to take action,” he said. “Together, we can create a healthier future for all of us.”

“The purpose, of course, of this day is we want to raise awareness,” said Dr. Lekshmi Seemanthini, an interventional cardiologist for Tennova Healthcare at Turkey Creek Medical Center, who is chairing this year’s Go Red for Women campaign. “Our main goal is to reduce the risks for heart disease in women.

“One in three women will experience heart disease in their lifetime,” she said.

“It’s an honor and privilege to be in my hometown hospital Tennova at Turkey Creek, and just what an absolute jewel this facility is to the Town of Farragut, to Knox County and counties surrounding it,” Farragut Alderman Drew Burnette said before presenting a proclamation signed by Mayor Ron Williams. “We are wear-

ing red today because we care about the women in our lives ... that is why the Town of Farragut is proud to proclaim National Wear Red today. We want to help protect our wives, our mothers, and our daughters. Let’s make a difference today by donating to the American Heart Association by educating ourselves and others about cardiovascular disease.”

“I’m glad to be here today because it is such an important cause,” Knox County deputy communications director Rylie McClurg said. “We deserve to be heard, we deserve to be educated on this and we deserve to be advocated for.”

She also presented a proclamation on behalf of Mayor Glenn Jacobs, which read, “Whereas cardiovascular disease affects men, women and children of every race in the United States and continues to be the leading cause of death in the U.S.

“And, whereas, individuals in the U.S. have made great progress in reducing the death rate for cardiovascular disease, but this progress has been more modest with respect to the death rate in cardiovascular disease in women and minorities,” it stated.

“And, whereas, cardiovascular diseases are the No. 1 killer of women in the U.S., killing more women than all forms of cancer combined, and cardiovascular disease is the leading cause of maternal death in the U.S.

“And, whereas, women, especially black and Hispanic women, are disproportionately impacted by heart disease stroke, and research shows heart attacks are on the rise in younger women.

“And, whereas younger generations of women are less likely to be aware of greatest health threat or know the warning signs of heart attacks and strokes.

“And whereas, a woman is less likely to receive CPR from a bystander than a man, and men have 25 percent high odds of surviving a sudden cardiac arrest than women.

“And, whereas, the American Heart Association Go Red for Women movement motivates women and children ... therefore, Glenn Jacobs, Knox County mayor, does hereby proclaim Feb. 7, 2025, as National Wear Red Day. “

~Tammy Cheek



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Basic facts, stats, of Heart Disease

From the University of Tennessee Medical Center



Heart disease is the leading cause of death among American men and women of every ethnicity. Each year, about 600,000 people — one in every four deaths in the United States — die from some type of heart disease.

The incidence of heart disease has continued to grow over the last 50 years, affecting 18 million people today.

In addition to the human costs, the financial burden is staggering. Coronary artery disease alone, the most common type of heart disease, costs the United States almost \$109 billion a year in lost productivity, health care and medication.

However, “The good news is that there are many things you can do to decrease your risk of heart disease and its far-reaching impact,” said John Mack, MD, cardiothoracic surgeon at The University of Tennessee Medical Center. “Through our Heart Lung Vascular Institute, The University of Tennessee Medical Center offers a number of services to help people better manage their health to prevent or, if necessary, control heart disease through diet, exercise, healthy choices and medical treatment.”

Types, causes

There are many types of heart disease, including irregular rhythms and diseases of the heart valve and muscle. While some diseases are hereditary or congenital, lifestyle and diet can contribute to others. That means it is well within your power to prevent much of the damage.

Coronary artery disease occurs when plaque builds up in the arteries and impedes the flow of blood and nutrients; it can cause shortness of breath, chest pain or even a heart attack. This type alone kills more than 385,000 people in the U.S. annually, affecting 13 million people, including about 8.5 percent of all white men, 7.9 percent of black men and 6.3 percent of Mexican American men.

The plaque in arteries is caused by risk factors such as high LDL or “bad” cholesterol and other traditional risk factors: obesity, diabetes, high blood pressure, smoking and lifestyle.

Heart failure is the primary cause of more than 55,000 deaths each year and a contributing cause in another 280,000 deaths. Heart failure doesn’t mean that the heart stops beating. It means that the heart cannot pump enough blood and oxygen to the organs.

Diseases that damage the heart, such as coronary disease, high blood pressure and diabetes, are common causes of heart failure.

Heart attacks happen to about 715,000 Americans every year. Of these, 525,000 represent the person’s first heart attack. Since almost half of sudden cardiac deaths happen outside a hospital, early response is the key to surviving a heart attack and limiting the damage.

Most people know that chest pain is one sign of a heart attack, but few know all of the symptoms. Many heart attacks begin slowly, but people often do not pay attention to the early warning signs such as pain or squeezing pressure in the chest, arms, back, neck, jaw or upper abdomen; shortness of breath; nausea, light-headedness and cold sweats.

Atrial fibrillation is the most common heart rhythm irregularity, atrial fibrillation is a major contributor to heart failure and increases the risk of ischemic stroke by five times.

Common Symptoms

Symptoms of heart disease include chest pain (from mild to severe), tightness or pressure, chest pain or shortness of breath during physical activity, nausea, sweating, dizziness, or difficulty breathing. Chest pain is usually relieved after a short rest.

Some people never develop symptoms at all. In fact, half of the men who die suddenly of heart-related problems had no previous symptoms. For that reason, it’s important to know your risks and manage them through diet, exercise and healthy habits.

Women can experience very different symptoms of heart attack. For example, they may not feel the extreme chest pressure that many men experience. Or they may feel extreme fatigue, shortness of breath and a squeezing pressure in the upper back.