

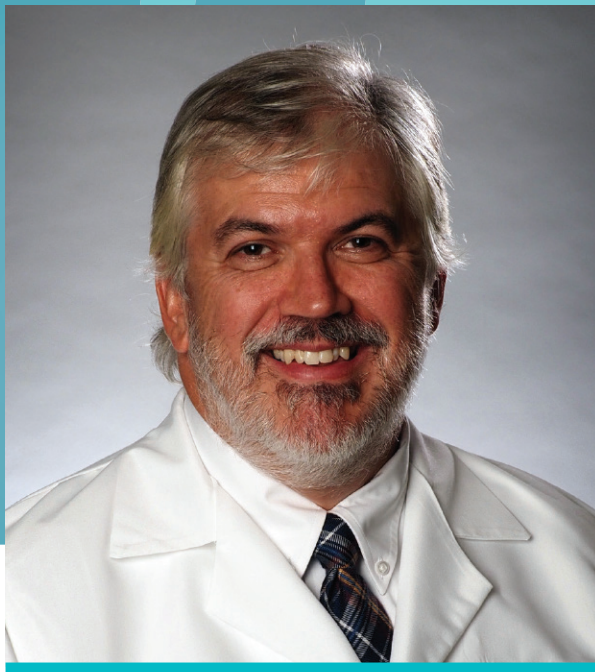
Healthy Living



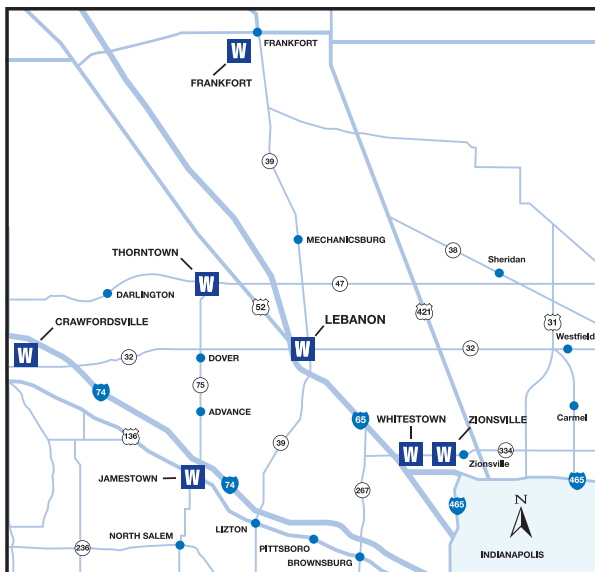
FALL 2023

- Rheumatology
- Foot Pain
- Flu Vaccine
- & more!

A supplement of the
Journal Review



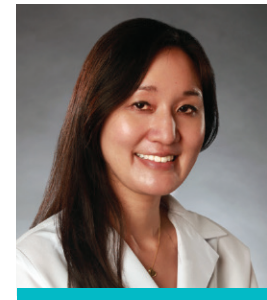
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Witham.org

Witham Health Services offers quick and easy access to Rheumatology Services in Lebanon & Whitestown at Anson

Arthritis is a painful condition that can become debilitating and deprive people of their abilities to work and play. Thanks to the help of rheumatologists, like Dr. Tehniat Haider, people suffering from arthritis can receive help for the pain and fatigue that puts their lives on hold.

Trained as internists or pediatricians, rheumatologists are physicians who have additional education and experience specifically in the field of diagnosing and treating arthritis and other conditions affecting the joints, soft tissues and connective tissues.

Rheumatologists specialize in diagnosing and treating autoimmune diseases such as Lupus, Sjogrens, myositis etc. They also treat psoriasis, gout, and osteoporosis.

Patients suffering from severe, long-term joint and muscle pain may find their ability to work and care for themselves compromised. In these cases, the additional support and diagnostic and therapeutic resources provided by a rheumatologist can help primary care physicians make a more accurate diagnosis and provide more focused care. In early stages, most rheumatic conditions can be very difficult to diagnose, but rheumatologists



Tehniat Haider, M.D.

undergo specific training that enables them to identify these conditions at their onset.

Below is a list of adult conditions that are overseen by Witham Health Services Rheumatology.

- ANA positive, RF positive
- ANCA associated Vasculitis
- Ankylosing Spondylitis
- Antiphospholipid Syndrome *if associated with SLE or another rheumatologic condition

- Bursitis
- Calcium Pyrophosphate Deposition (CPPD) *Pseudo gout
- Carpal Tunnel Syndrome
- Dermatomyositis
- Fibromyalgia *will assist PCP with recommendations
- Giant Cell Arteritis
- Gout
- Granulomatosis with Polyangiitis * formerly Wegner's Granulomatosis
- HCV and Rheumatic Disease
- IBD associated Arthropathy
- Inflammatory Myopathies/Myositis
- Mixed Connective Tissue Disease
- Osteoarthritis
- Osteoporosis/Bone Health
- Polyarthritis Nodosa
- Polymyalgia Rheumatica
- Polymyositis
- Psoriatic Arthritis
- Raynaud's Phenomenon
- Reactive Arthritis *formerly Reiter's Syndrome
- Rheumatoid Arthritis
- Rheumatoid Factor positive
- Scleroderma
- Sjogren's Syndrome
- Spondyloarthritis
- Systemic Lupus Erythematosus
- Takayasu's Arteritis
- Tendonitis
- Undifferentiated connective tissue disease
- Vasculitis

Early diagnosis and appropriate treatment for the condition means a better, productive and functional life. The sooner you call the sooner we can get you scheduled. We have quick referral appointments.

For more information about rheumatology services at Witham, call 765-485-8830.

Tehniat Haider, M.D. is a rheumatologist with Witham Health Services specializing in the care of patients suffering from arthritis or severe long-term joint and muscle pain, an autoimmune disease, psoriasis and much more. For more information or to schedule an appointment call 765-485-8830.

Tehniat Haider, M.D.
Rheumatology Services
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Simple Ways to Help Prevent Foot Pain

Your feet are the foundation of your body. Having foot pain can have a profound effect on your ability to work and also to enjoy life in general. Foot pain is unfortunately common, and can be very disabling for people of all ages and activity levels. It can make a simple activity like walking to the mailbox difficult, and can make trying to get through the work day an ordeal. Foot pain can have many different causes. Sudden injuries are a part of this, but often foot pain is caused by problems that develop over time. Many of these causes can be prevented with some simple measures you can perform on your own. Here are a few general techniques one can use to try and prevent common causes of foot pain.

1) Wear shoes appropriate to your activity.

While this seems like common sense, many people do not wear shoes that are proper for their activity. If your activity for the day requires a great deal of walking or standing, and you are not explicitly restricted by business attire requirements, then you should be wearing a supportive shoe. Athletic shoes are certainly the most consistent kind of supportive shoe (although some athletic shoes are not so great in their own right), however many other shoe types will provide support to a long day's activities. These include oxfords, some flats, some clogs, boots, and even some sandal types. Flip flop sandals should never be worn for any lengthy period of time, and high heels are also ill advised for the most part for extended activity beyond short periods like attending church, a dinner party, or a formal event. Unfortunately, many businesses and professions have either written or implied restrictions on shoe styles. That being said, there are many brands and styles of formal footwear

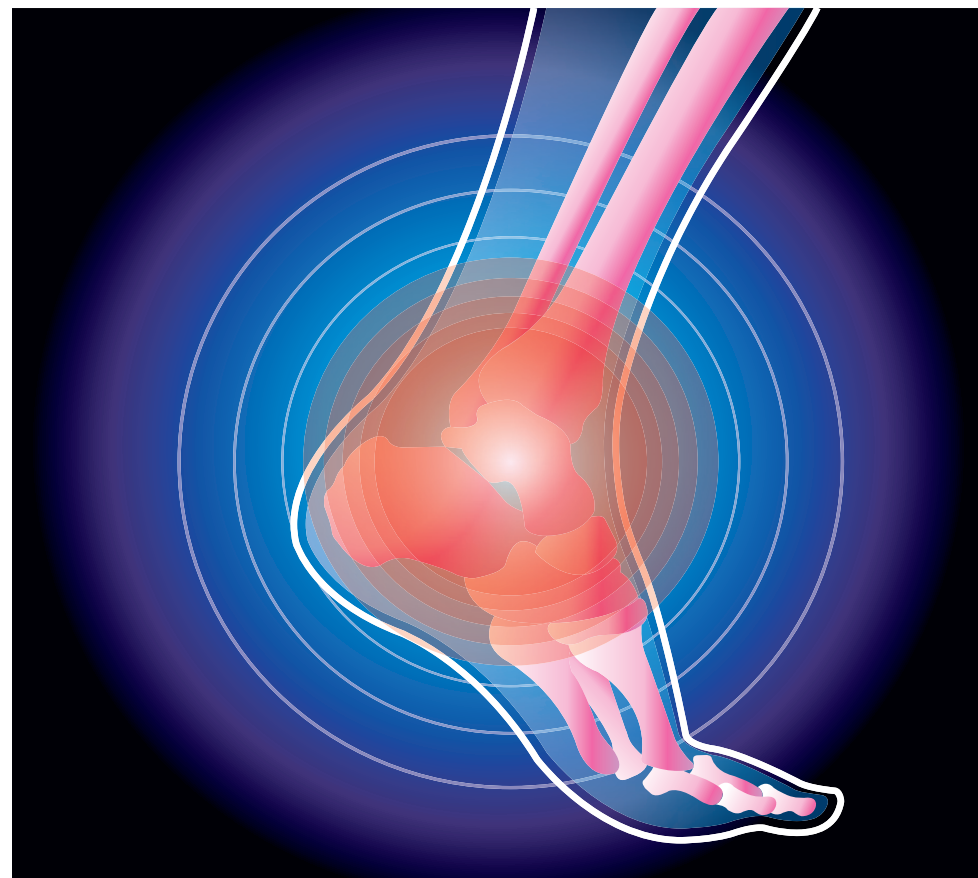


Scott Kilberg, D.P.M., M.S.

that fit well and function well, and one can always find a good shoe to fit those workplace requirements by avoiding purely fashion industry brands and seeking the advice of a knowledgeable shoe sales clerk at a quality store.

2) Wear the proper sized shoes.

People become ingrained into thinking that their shoe size is constant over the years, and have not actually had their shoe size measured in decades. While it is safe to assume that most feet do not radically change over the years, the problem is that people often adjust their shoe size based on what feels good in the store as different brands have slightly different sizing, and the original shoe size often gets forgotten over the years. This can result in someone always wearing a shoe that is 1/2 to 1 size too big. Conversely, feet can also expand due to swelling, weight gain, and other body changes, leading to the need for a bigger shoe which does not get accounted for if someone stays wearing the same size shoe. Poorly fitting shoes, either too big or



too small, can lead to foot pain. A good rule of thumb is to buy shoes from a store where a clerk is employed who can properly measure your feet.

3) Don't forget to stretch before exercising.

A good stretching routine, especially of the Achilles tendon, can make a big difference in preventing foot injury. The Achilles tendon is directly responsible for the flexibility of the foot on the ankle. If it is too tight, the foot will not be able to bend at the ankle enough to walk or run efficiently. This in turn causes strain to joints in the middle of the foot, which have to extend a bit more, as well as strain to muscles in the leg and tissue in the arch. After awhile, this strain can produce tissue injury, and potentially lead to pain.

4) Do not fight through foot pain.

Feet should not hurt, period. Foot pain is not normal no matter what the situation, and the appearance of foot pain should be a strong signal that something is wrong unless there is a clear reason for it, like recent surgery or a known injury. When foot pain develops, it is the body's signal that there is a problem, and something needs to be done to help it heal. By fighting through the pain, one is risking increasing the injury, prolonging the problem, and possibly making the eventual recovery more difficult. If your foot is in pain and you don't know why, reduce your activity, rest the foot, and seek medical attention if it does not go away after a few days. By continuing your full activity or exercise



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and fighting through the pain, you can make the problem significantly worse and make recovery harder to achieve.

5) Keep your skin well moisturized.

The skin is the body's largest organ, and is the body's protection from bacteria and other harmful particles and organisms that can wreck havoc internally. In order for the skin to protect the body, it has to stay healthy. Foot skin in particular needs to be healthy as it is closer to common sources of bacteria (by being on the ground), and the pressure from walking contributes to callus formation, skin dryness and cracking, and other changes in the skin's elasticity. The problem with skin that is dry and cracked is that bacteria can enter these defects, and create infections within the skin. Keep your feet well moisturized on the surface to help with these issues, and also oppositely keep them dry in between the toes to prevent excessive moisture there where fungus can take hold.

6) Don't ignore ingrown toenails.

Ingrown toenails are common and can lead to chronic pain, inflammation, and even significant infection. Many people technically have ingrown toenails, but have no symptoms. Others have ingrown nails that can become frequently painful and even infected,

leading to long lasting issues. The simple act of cutting your nails improperly can often turn an ingrown nail that was not painful into one that hurts and can potentially become infected. By cutting your nails straight across and avoiding cutting aggressively in towards the nail corner, you can reduce the chance of developing nail border inflammation and infection. Wearing properly fitting shoes can also reduce pressure and irritation to the sides of the nails, as well as avoiding injuries like dropping objects on the toe or stubbing it.

The simple steps described above can help lead to healthier feet. Foot problems do develop over the course of a lifetime, but, as you can see, their impact can be minimized with some basic preventative measures. Take good care of your feet, and they will take good care of you!

Scott R. Kilberg DPM is a podiatrist with Witham Health Services specializing in the care of injuries and conditions involving the foot and ankle. For more information or to schedule an appointment call 765-485-8830.

Scott Kilberg, D.P.M., M.S.
Witham Foot and Ankle Services at
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Mindset: Why It Matters and How to Develop It

You've more than likely heard the statement about someone's glass being half full or half empty. It represents more than whether or not a person is an optimist or pessimist. It may also be an indicator for how we handle situations and treat people when the going gets tough. We all have attitudes and beliefs which shape our thoughts and actions that impact our lives at work, home and play. This can be summarized in one word that can shape our destiny- MINDSET.

Mindsets are shaped by experience and develop over time. It influences our outlook on the world and sets a framework that impacts how we interact with one another and handle obstacles as they arise. There are two opposing categories when it comes to mindset: growth and fixed. Growth

mindset is characterized by a person who believes their talents and abilities can be learned and developed over time and are not set in stone. They view obstacles and setbacks as invitations to grow and adapt new approaches as needed. A good way to practice having a growth mindset is to try new things and develop capabilities aligned to your development objectives. Reading, watching videos and seeking out others to learn from are all activities associated with people with growth mindsets. They tend to be inspired by the success of others. They are also open and curious in their approach, seek constructive feedback from others, and are not afraid to put new insights and skills to work

People with more of a fixed mindset tend to believe their talents and abili-

ties are pre-determined. They may feel like past failures are warning signs not to pursue certain goals and may fall victim to negative self-talk. Negative self-talk can be dangerous and lead to negative other talk. For example, sometimes people with very fixed mindsets can be jealous, rather than inspired by the success of others and overly critical at times. Being aware of your inner dialogue is the first step to making changes. Recognizing when you are being negative and immediately pausing and talking back with more growth mindset self-talk is a great first step. For instance, if you say to yourself, "I can't do this." Stop yourself and replace that statement with "I can't do this, YET."

Keep in mind; people are not a given mindset 100% of the time. They may

have a fixed mindset at times and a growth mindset at others. They may also have different strategies to various trials depending on what is going on in their lives. The idea is not to be perfect- just more aware of the impact mindset can have on yourself and others. Simply having more of a forward leaning attitude can help us adapt and overcome, shut down excuse-making, and ultimately be a light to others. Developing a growth mindset helps us relate better to others and navigate personal and professional challenges. Attitudes and mindsets are contagious... the question to ask yourself is this- is mine worth catching?

Trista Gubera
Health Coach

Rock Steady Boxing Coach
Witham Health Services



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Influenza Vaccine – Why Get Vaccinated?

Influenza is a highly contagious respiratory illness that affects approximately (9) million people a year. A person can be infected with influenza (Flu) and be contagious with the virus for at least 24-48 hours before symptoms even start to show. This can cause the unintentional spread of influenza to other people. For most people influenza is an inconvenience but to certain populations it can be deadly. Those at the highest risk to influenza complications are those who are over the age of 65 years, adults and children with chronic

conditions, those who are pregnant, and those who have a compromised immune system such as those being treated for cancer or HIV/AIDS.

Symptoms of the influenza include:

- Fever
- Body aches
- Cough
- Sore throat
- Headaches
- Fatigue
- Vomiting
- Diarrhea

Flu is spread by tiny air droplets

caused when an infected person coughs, sneezes or even talks. These tiny infected particles can land on a person or on surfaces that can then be picked up and transmitted to unsuspecting persons by them touching their nose, mouth or eyes and infecting them with the virus.

People can protect themselves by:

- Talking to your medical provider about receiving the Influenza Vaccination.
- Avoid close contact with people who are sick.
- Washing your hands frequently.

- Avoid touching your eyes, nose and mouth.
- Consider wearing a mask if you are in a high risk population to help minimize your risks.

If you have signs or symptoms of influenza talk to your provider for consideration of antiviral medication that can help minimize symptoms.

Gene Davis MHA, RN
Director Infection Control
& Prevention/Safety Officer
Witham Health Services

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4 Benefits of Telemedicine

Telemedicine is gaining in popularity for several reasons. This technology allows you to consult a doctor virtually, and many users are singing its praises. Here are four advantages.

1. It's available on a variety of devices

Depending on your preferences and the telemedicine platform you use, you can video chat with your doctor on your smartphone, tablet or computer.

2. You don't have to leave your home

Telemedicine consultations can take place anywhere. However, most people prefer to do so from the comfort and privacy of their own homes. You don't have to leave your living room to consult your doctor. However, depending on your condi-

tion, your doctor may determine that you should meet with a specialist in person.

3. It reduces the risk of contagion

If you're contagious, you don't have to go into a clinic or hospital to meet with your healthcare provider and risk spreading your illness to others — and vice versa.

4. It's quick and easy

Unlike in-person sessions that may require you to spend hours in traditional waiting rooms, telemedicine consultations typically take about 15 minutes from start to finish. Plus, you often don't have to install complex software. Another efficient aspect of telemedicine is that any necessary prescriptions can be sent directly to your pharmacy.



Check with your health clinic to find out whether it offers telemedicine or contact your human

resources manager to see if this type of service can be made available for employees.

Slow sport: a trend

Playing sports and working out at the gym are often associated with pushing your body's limits, training hard and aiming for the perfect figure. However, in today's image-obsessed society, many people feel guilty about not being able to achieve their physical activity goals. Since physical activity plays an important role in your health, the slow sport trend could make it easier for you to stay in shape.

What is it?

Simply put, slow sport invites you to slow down. It reminds you to listen to your body and take time to relax. It stresses the importance of focusing on yourself rather than competing with others. Any sport can be adapted to this trend, whether it's low, moderate or high intensity. However, yoga, stretching and qigong are some of the most popular slow sports.



How to apply it

Slow sport aims to take the pressure off you and minimize the discomfort of comparing yourself to your peers. It involves, among other things, focusing your attention on you and what you're doing. Whether you're

dancing, cycling or lifting weights, it's all about living for yourself in the moment!

You can listen to music to help you relax, block out your surroundings and enjoy what you're doing. If you're at the gym, avoid looking around and

comparing yourself to others. Instead, think about how good it feels to get out of the house and move your body.

If you're interested in slow sport, look for gyms in your area that offer a relaxed atmosphere.

How blue light affects the skin

Do you spend several hours a day scrolling on your smartphone or working on the computer? The blue light these devices emit can affect your sleep and your skin. Here's what you need to know.

EFFECTS

Blue light deeply penetrates the skin. Consequently, if you're exposed to it daily, it can damage the skin barrier and cause premature skin aging and inflammation. Like smoking and sun exposure, blue light causes dark spots. It's still difficult to determine the intensity of these effects, but they shouldn't be ignored.

SOLUTIONS

There are various ways to protect your skin from blue light exposure. Here are two examples:

- Limit your exposure to external factors that can damage your skin. For example, reduce the amount of time you spend in front of screens, and whenever possible, use night mode or invest in a blue light filter for your electronic devices.

- Eat foods and use products with antioxidant properties. Vitamins A, C and E are just as beneficial for your skin as they are in your food, creams and lotions.

Visit your local shops and supplement your beauty routine with products specifically designed to counteract the effects of blue light.



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Alzheimer's Disease

Strategies for maintaining your quality of life

Alzheimer's disease has no cure, but there are ways to delay its progression and maintain a good quality of life. If you or a loved one has been diagnosed with this condition, here are some strategies you can try.

- Stay physically active. Exercise helps improve mood, reduce stress and maintain cognitive function. Even simple activities like walking, swimming and dancing can help.

- Maintain social connections. Isolation and loneliness are common challenges for people with Alzheimer's. Spending time with friends and family, joining a support group or volunteering in your community can provide essential social interactions.



- Challenge your mind. Activities that stimulate your brain, such as reading, playing games or learning a new skill, can help keep your mind active and engaged.

- Take care of your health. Eating a healthy diet, getting enough sleep and managing stress can help improve your overall well-being.

- Be patient with yourself. As Alzhei-

mer's progresses, you may experience changes in your memory, thinking and behavior. Practice self-compassion, and don't be afraid to ask for help.

- Find hobbies. Engaging in activities you enjoy can provide a sense of accomplishment. This can be anything from gardening to cooking to playing music.

Although living with Alzheimer's can be challenging, remember that you're not alone. Many resources are available to help you maintain a good quality of life. With the sufficient support, you can live well and continue to enjoy your life.

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5 tips to combat seasonal depression

Do the long winter months drain your morale and negatively impact your sense of well-being? Here are some tips to help you counter the symptoms of seasonal depression.

1. Make the most of the sun. Whenever possible, dress warmly and head outdoors to top up on vitamin D. When you're inside on sunny days, open the curtains and sit near the windows.

2. Play sports. In addition to keeping you healthy, physical activity triggers endorphins and serotonin. These "happy hormones" help regulate your mood and provide an antidepressant effect.

3. Use light therapy. Expose yourself to a lamp with light that mimics the sun's rays. Just 30 minutes a day can help you feel better.

4. Eat well. Despite your temptation to eat sugary food, make sure you prepare balanced meals rich in essential nutrients.

5. Relax. Engage in activities that you find soothing, such as knitting or listening to music. Meditation can help lower stress and reduce symptoms of depression, as well as also boost your energy levels. Reading at bedtime can promote better sleep.

Have you noticed a significant drop in energy, persistent sadness or drowsiness despite getting a good night's sleep? If your symptoms prevent you from managing your daily tasks, don't hesitate to consult a healthcare professional. A doctor, pharmacist or psychologist can recommend solutions according to your needs.



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What should you eat when you have the stomach flu?

Having the stomach flu can zap your appetite and make you nervous around food. However, eating can soothe your stomach and help you regain your strength. The key is to eat as healthily as you can manage in gradually increasing quantities. Here are some safe foods to put on your menu:

- Unsweetened cereals
- Fresh or canned fruit
- Cooked vegetables
- Eggs
- Bread
- Pasta
- Fish
- Rice
- Lean meat

If you're not lactose intolerant, low-fat dairy products like yogurt, milk

and cheese are also suitable.

Keep a few safety precautions in mind. Prepare meat and fish with as little fat as possible. Avoid fried or spicy foods and powdered soup mixes. Stay away from ice cream, pastries, deli meats, chips, candy and chocolate until you feel better.

If you need personalized advice, you can get up-to-date healthcare information from a live agent by calling 800-CDC-INFO.

DON'T FORGET TO HYDRATE!

If you have the stomach flu, drinking lots of water is essential to prevent dehydration. You can also use commercial rehydration solutions that contain water, sugar and mineral salts. Avoid soft drinks, sports drinks and caffeinated beverages.



What's mesotherapy?

Mesotherapy is a medical technique that can correct skin imperfections and several other pathologies. Here's an overview of the treatment and its benefits.

HOW A SESSION TAKES PLACE

The treatment doesn't require any special preparation. During the procedure, small quantities of medication are injected directly under the skin to target the affected areas. The injections are given by hand using a fine needle or a specially designed gun.

The needles may be slightly painful and feel like insect bites. The length of



the procedure depends on how many injections must be performed. Depending on the desired effects, several sessions may be necessary. In all cas-

es, there's little to no recovery time, so you can quickly get back to your daily activities.

POSSIBLE TREATMENTS

Mesotherapy has many benefits. A variety of results can be achieved depending on what's injected under the skin, such as hyaluronic acid, vitamins, or enzymes. Among other things, it reduces signs of aging by minimizing the appearance of fine lines and firming the skin. It also gets rid of cellulite by "melting" the fat that causes it. Here are some other examples of what mesotherapy can treat:

- Osteoarthritis
- Hair loss
- Tinnitus
- Back and neck pain
- Sprains
- Rheumatism
- Venous insufficiency

Do you want to learn more about mesotherapy and find out if this medical technique could be right for you? Contact a medical esthetic clinic offering this service and make an appointment for a consultation.

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