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The number of people who have been infected by the novel coronavirus COVID-19 is difficult to determine, as millions of people may have had the virus but been asymptomatic. But as of April 2021, the Center for Systems Science and Engineering at Johns Hopkins University reported that more than 31 million people in the United States have had confirmed coronavirus infections, and Canada reported 1,087,158 confirmed cases with 80,204 considered active at that time. Thousands of new cases are reported daily nationwide, and many others have occurred around the world.

Even though COVID-19 is widespread and highly contagious, the silver lining is that a very high percent-
Our world is plagued by ungodly influences that create anxieties in our daily living. So, how can women rise above and serve as an example to those around us? It’s simple, by choosing to exercise faith in God. We are called by the Almighty to focus on faith and choose faith over fear. The faith we exercise in believing God’s Word is the very essence of receiving the promises he says we can have. Reading and hearing the Word of God is the cornerstone to building solid faith.

Just like a muscle, faith must be exercised in order to grow stronger and develop. By stretching and building our faith in our Father above, we learn to cast our cares upon Him and trust in His divine plan for our lives. When we fail to exercise our faith, just like a muscle that’s neglected, our faith can become weak. Weakness of faith can result in thoughts and activities that separate us from our walk with the Lord. If we want to be strong, God fearing women, first, we must exercise our faith in Him.

All of us face hardships and stumble in our walk with Jesus. God
understands this and is always standing by to be our source of comfort. Trusting in the Lord with all our hearts is an act of faith that can soothe our souls. Depending solely on ourselves is a trap many of us fall prey to. Although we may not always understand God’s plan for our lives, we know that when we put our faith in Him, He directs us every step along the way.

Growing our faith through daily prayer, attending church and reading the Bible everyday are great places to start. Another way to strengthen our trust in God’s plan for our lives is to look to the past. When we begin to let worry overcome us, pause and remember all the times God has provided. Faith honors God, and God honors faith!

**Romans 10:17 KJV**

17 So then faith cometh by hearing, and hearing by the word of God.

---

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Exercising

From page 5

The age of people recover from the disease. WebMD says that recovery rates fluctuate between 97 and 99.75 percent. However, COVID-19 can affect various parts of the body and produce long-lasting side effects.

A study from the Korea Disease Control and Prevention Agency found that 91 percent of people who recovered from COVID-19 reported at least one long-lasting symptom, and fatigue and trouble concentrating were the most common.

With this in mind, individuals who have recovered from the illness and want to get back to their daily activities — including exercising — may need to be especially careful. Health experts recommend a slow, phased approach to resuming exercise after recovering from COVID-19. It’s also worth noting that it may take some time to regain pre-illness fitness levels, so individuals are urged to go easy on themselves if they cannot meet certain milestones.

David Salman, Ph.D., a clinical fellow in primary care at the Imperial College London, was lead author of a report published in the British Medical Journal that aimed to answer questions about returning to exercise. One of his recommendations is to wait for seven days after major exercise.

See EXERCISING | 13

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SERVING THE SERIOUSLY ILL:

When Moments Matter

Did you know that Medicare now covers more preventive services to help you stay healthy?

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- Alcohol misuse screening and counseling
- Bone mass measurement
- Breast cancer screening (mammogram)
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- Fecal occult blood test
- Flexible sigmoidoscopy
- Colonoscopy
- Barium enema
- Multi-target stool DNA test
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis C screening test
- HIV screening
- Lung cancer screening
- Medical nutrition therapy services
- Obesity screening and counseling
- Pneumococcal shots
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- “Welcome to Medicare” one-time preventive visit
- Yearly “Wellness” visit

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See MOMENTS | 10
Is there anything more valuable than time? Most folks would answer no, though having good health is a close second. For those facing serious illness, waiting or putting off support services can contribute to loss of precious time, comfort, and valuable resources.

Tucked away in Mount Airy, North Carolina, the team at Mountain Valley Hospice and Palliative Care await their opportunity to serve those facing serious illness. Beyond Mayberry, the Mountain Valley team of nearly 350 employees serves communities across 18 counties throughout North Carolina and Virginia. Hospice services are not unfamiliar to most, but Hospice itself, as a benefit and philosophy, is often misunderstood. Then, to perhaps add further confusion, there is Palliative Care. What is that? Allow me to explain this poorly understood resource and the difference between Palliative Care and Hospice.

Palliative Care, simply put, is specialized medical care for people with a serious or advanced illness. The goal is to improve quality of life for both the patient and their family/caregivers. With a primary focus on easing uncomfortable symptoms (such as pain or trouble breathing) as well as offering expert supportive counseling with regard to advance directives and goals of care discussions, Palliative Care specialists are an addition to the patient’s medical team. These specialists (Physicians, Nurse Practitioners, Registered Nurses, Social Workers/Care Navigators, and Chaplains) work in conjunction with other medical specialists (such as pulmonologists, oncologists, cardiologists) and medical resource teams (such as home health care services, physical therapists, etc). Much confusion surrounds Palliative Care as it often gets lumped into Hospice services by virtue of the fact that, country wide, Hospice agencies tend to also offer Palliative Care services.

To clear the confusion, Palliative Care is not Hospice.

Hospice is a care benefit program that shepherds patients through their end of life journey. To be Hospice appropriate, a patient is thought to have a prognosis of 6 months or less and the desire to focus their medical care on comfort and remaining at home. Hospice is a support service, bringing help to family members, caregivers, etc. so that they can care for their loved one at home.

Similarly, patients who are receiving Palliative Care are seriously ill but they are still receiving aggressive treatments and interventions. Often, people think that they have to “give up” their treatment (chemotherapy for example) or services (home health nurse for example) to receive Palliative Care. This is not true. Palliative Care is an addition to the medical team.

Why wait…. Often, we hear about people in our community who are facing very serious illnesses.
When informed of the opportunity to add Palliative Care to their medical team, the response is “Oh, I’m not there yet.” The truth is if you have a serious or advanced illness you likely qualify for Palliative Care and you would be surprised how helpful this service can be to the quality and longevity of your life. For those facing an end of life journey, please do not let time slip away! Often, we hear folks say, “I’m still getting out to shop” or “I’m not in my final days of life.” The truth is that patients who begin Hospice services earlier in their journey live longer and with much greater comfort and quality. Additionally, their family members are supported and cared for.

To be evaluated for Palliative Care or Hospice services, feel free to call Mountain Valley at 888-789-2922. We are here to offer the best care possible for those facing serious illness, every patient, every family, every time.

Kristie Szarpa, MSN, ANP-BC, ACHPN
Director of Practice Management & Palliative Care
Mountain Valley Hospice & Palliative Care

Your health means everything. And now is the time to make the most of it. It’s time to address those concerns, large or small, that you’ve been putting off. We’re here to help, providing a range of quality healthcare services – from annual check-ups and urgent care to urology, cardiology and surgery. Don’t make your health wait. Get the care you need now.

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Healthy Living • FALL 2021 | 11
Rising health care costs.  
The growing number of the elderly in need of assistance.  
Illnesses or injuries that require long recovery times.

**BY CHRIS BURCAW, LINTAYLOR MARKETING GROUP**

When “health care” becomes “home care” that requires durable medical equipment and supplies, Forsyth Medical Supply in Winston-Salem is ready to help.

“For many patients, medical care doesn’t stop when they leave the hospital,” says Brenna Chandler, Forsyth Medical Supply’s manager. “In fact, it may just be the beginning, and we excel in helping patients and their caregivers find the products they need for their comfort while they recover at home from an illness or injury.”

Knowing where to start can be a challenge, and Forsyth Medical Supply has been helping patients and their families determine what they need for over 50 years.

**DURABLE MEDICAL EQUIPMENT AND MEDICAL SUPPLIES — THE DIFFERENCE**

As the name suggests, durable medical equipment is designed for long-term use. This category includes various devices and accessories, such as hospital beds, mobility aids (walkers, scooters, wheelchairs), and personal care aids (bath chairs, commodes, and wound care).

Disposable medical supplies, on the other hand, are used once and then thrown away. This category includes incontinence products (catheters, disposable undergarments), ostomy products, bandages, protective gloves, and personal care items.

“Our staff is well-versed in helping patients or their caregivers determine the products that will be the greatest benefit for their unique needs,” Brenna says.

**MAKING DECISIONS IN STRESSFUL TIMES**

When the need for home care arises, it often happens quickly and without notice.

“We understand that when most people find themselves in our store, it’s typically at a time of crisis. Our goal is to help them make the home care transition as simple as possible and to continue to be here for them when new needs come up,” Brenna says.

Comfort, quality of life, and safety are usually on most people’s minds when there is a need for medical equipment, and Forsyth Medical Care’s new location on Trenwest Drive is convenient from both Winston-Salem hospitals. It’s easy to get to and to shop.

The new store, which is located next to their old location, includes a Home Care Comfort Suite that shows different durable medical equipment in home-like settings, so you can visualize how items, like hospital beds, will look in your home.

When the need for health care comes home, making a well-informed decision about the products you need is particularly crucial when either your health or the health of someone you love is at stake. You can trust the professionals at Forsyth Medical Supply to help you make the right decisions for your needs, as they have for so many others for the past 50 years.

Forsyth Medical Supply is conveniently located at 3033 Trenwest Drive, Winston-Salem, NC 27103. Their store hours are Monday – Friday 8:30 am to 5 pm. Call 336-768-5512 or visit their website at ForsythMedicalSupply.com.
Exercising

From page 8

Symptoms have stopped before beginning to slowly build up physical activity. One should start with light-intensity exercises, such as walking or yoga. Gradually, more challenging activities, including brisk walking, swimming or light resistance training, can be introduced. Each phase should be maintained for at least seven days.

People should be mindful of getting out of breath or feeling too fatigued by exercise. If this occurs, they should move back a phase until exercise feels comfortable. Pay attention to body cues while doing normal daily activities, as these can help determine if you need to rest.

The University of Colorado Boulder Health and Wellness Services says exercise should not continue if people experience chest pain, difficulty breathing, shortness of breath, abnormal heartbeats, or lightheadedness. Individuals are urged to consult with their doctors if these symptoms appear.

Within a few weeks of infection, many people with mild cases of COVID-19 can typically be back to their normal fitness routines, says Anthony S. Lubinsky, MD, clinical associate professor at New York University Grossman School of Medicine.

But slow and steady is the key to getting there. COVID-19 has affected millions of people. With time and guidance, most people who contracted COVID-19 can return to their pre-illness levels of physical activity.
Most people know they should get an annual physical exam with their primary care physician.

Women also get another annual exam, usually called the well woman exam, pelvic exam or gynecological exam. Sometimes it’s performed by your PCP, but more often it’s given by a gynecologist. Keep reading to learn more about well woman exams.

When to Start Wellness Visits

It’s a good idea to get your first well woman exam between 13 and 15, Planned Parenthood says. Your doctor may just talk with you and then do a regular physical exam. If you’re worried about your period, if it’s been heavy, painful or irregular, now is the time to talk about it. The doctor or nurses may check on height, weight and offer vaccines, like the HPV vaccine.

Be honest with your care providers about if you’re sexually active. This will let them know if you need STD testing. They may also talk with you about birth control.

Ages 21-39

Around 21, you should start getting regular pelvic exams and Pap tests. Pap tests look for abnormal cells on your cervix that could lead to cervical cancer. During this test, the doctor or nurse will put a metal or plastic speculum into the vagina and open it. They’ll then use a tiny spatula or brush to collect cells from your cervix. Those cells will go to a lab to be tested.

You’ll also need a routine clinical breast exam every one to three years, Planned Parenthood says. During your visits, the health care provider may talk about healthy relationships, mental health, emotional health and more. Answer their questions honestly; it’s important to have good communication with your providers so they can provide you with the best care.

Ages 40 and older

As you age, your provider may add more tests, such as mammograms, that are required on a regular basis.

Mammograms are X-rays of the breast that can show early signs of breast cancer. Try not to get your mammogram the week before you get your period or during your period, as your breasts may be tender and the mammogram will be more uncomfortable than usual.

On the day of your exam, don’t wear deodorant, perfume or powder as these products can show up white on the X-ray.
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Nutrition is a popular topic of conversation, particularly among those embarking on a weight loss or maintenance plan. Individuals carefully study food macros and pore over various diets to get the most out of the foods they eat. When the end goal is simply looking good, it may be easy to forget about the other benefits of nutritious diets, including their link to overall health.

A close relationship exists between nutritional status and health. Experts at Tufts Health Plan recognize that good nutrition can help reduce the risk of developing many diseases, including heart disease, stroke, diabetes, and some cancers. The notion of “you are what you eat” still rings true.

The World Health Organization indicates better nutrition means stronger immune systems, fewer illnesses, and better overall health. However, according to the National Resource Center on Nutrition, Physical Activity, and Aging, one in four older Americans suffers from poor nutrition. And this situation is not exclusive to the elderly. A report examining the global burden of chronic disease published in The Lancet found poor diet contributed to 11 million deaths worldwide — roughly 22
When it comes to your family’s health, it’s important to have a partner who will keep everyone as healthy as possible and be there when illness strikes. Those are our goals at Novant Health Surry Medical Associates, a department of Novant Health Forsyth Medical Center.

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**Improving nutrition**

Guidelines regarding how many servings of each food group a person should have each day may vary slightly by country, but they share many similarities. The U.S. Department of Agriculture once followed a “food pyramid” guide, but has since switched to the MyPlate resource, which emphasizes how much of each food group should cover a standard 9-inch dinner plate. Food groups include fruits, vegetables, grains, proteins, and dairy. The USDA dietary guidelines were updated for its for 2020-2025 guide.

Recommendations vary based on age and activity levels, but a person eating 2,000 calories a day should eat 2 cups of whole fruits; 2 1/2 cups of colorful vegetables; 6 ounces of grains, with half of them being whole grains; 5 1/2 ounces of protein, with a focus on lean proteins; and 3 cups of low-fat dairy.

People should limit their intake of sodium, added sugars and saturated fats. As a person ages, he or she generally needs fewer calories because of less activity. Children may need more calories because they are still growing and tend to be very active.

Those who are interested in preventing illness and significantly reducing premature mortality from leading diseases should carefully evaluate the foods they eat, choosing well-balanced, low-fat, nutritionally dense options that keep saturated fat and sodium intake to a minimum.
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Healthy habits can become part of your daily routine

A person’s habits can have a strong impact on his or her overall health. Unhealthy habits like smoking and living a sedentary lifestyle can increase a person’s risk for various conditions and diseases. On the flip side, healthy habits like eating a nutritious diet and getting enough sleep can bolster a person’s immune system and reduce his or her risk for various ailments.

Some healthy habits, like daily exercise, can be time-consuming. Busy adults may not have time to exercise vigorously each day, though the U.S. Department of Health and Human Services urges men and women to find time for at least 150 minutes of moderate-intensity aerobic activity each week. But not all healthy habits take up time. In fact, adults can incorporate various healthy practices into their daily routines without skipping a beat.

- Take the stairs. Taking the stairs instead of the elevator can have a profound effect on overall health.
- According to Duke University, climbing just two flights of stairs combined per day can contribute to six pounds of weight loss over the course of a single year. In addition, a study from the North American Menopause Society found that stair climbing can help postmenopausal women reduce their risk for osteoporosis and help them lower their blood pressure.
- Drink more water. The Centers for Disease Control and Prevention notes that water helps the body maintain a normal temperature, lubricates and cushions joints, protects the spinal cord and other sensitive tissues, and helps to rid the body of waste through urination, perspiration and bowel movements.
- Adults who are thirsty can choose water over soda or other sugary beverages. The CDC notes that sugary beverages like soda and sports drinks contain calories but little nutritional value, making water a healthier way for individuals to quench their thirst.
- Go for daily walks. Walking benefits the body in myriad ways. For example, the Harvard School of Public Health notes that women who walk 30 minutes per day can reduce their risk of stroke by 20 percent and potentially by 40 percent if they walk briskly. In addition, researchers at the University of Virginia Health System found that men between the ages of 71 and 93 who walked more than a quarter mile per day had half the incidence of dementia and Alzheimer’s disease as men who walked less. A 15-minute walk around the neighborhood each morning coupled with a 15-minute walk after dinner can help adults dramatically improve their overall health.
WEIGHT LOSS AFTER 40

It’s not your imagination. Those extra pounds get extra stubborn after you turn 40.

Here are some reasons you might be fighting the battle of the bulge extra hard as you get older.

Hormones
As women approach menopause, hormones — the chemical messengers that control most bodily functions — start to fluctuate, Healthline says. It can cause a slew of changes, including decreased bone density, less lean muscle mass, a lower sex drive and mood changes.

The good news is that this phase of life will soon end. Just continue to eat well, get plenty of rest and exercise regularly. This, too, shall pass.

Slower Metabolism
Your metabolism slows down as you age, meaning your resting metabolic rate gets slower. You may also start to carry more fat around your waistline. Combat this by staying as active as you can. Experts at Healthline recommend a combination of strength training and cardio.

Insulin Resistance
Your aging body may also start to ignore insulin, the hormone responsible for regulating blood sugar levels. This makes your blood sugar higher, which makes you hungrier and more susceptible to cravings. This is one reason you may start packing on unwanted pounds and it can leave you at greater risk for Type 2 diabetes. Keep your meals a healthy mix of carbohydrates, protein and fat — without loading up on carbs too much — to fight this trend.

Under Pressure
Women in middle age are also often in the middle of a sea of stress. They’re managing their own busy families, often balancing the needs of aging parents with their responsibilities to their older children. Black women, in particular, are under heavy stress loads, Healthline says, and that stress causes your body to produce more cortisol, the fight-or-flight hormone. Cortisol drops your blood sugar, making you want to eat more. Talk to your health care provider about managing your stress levels.

Sleep Patterns
A lot of women report trouble sleeping as they get older. Healthline says, and sleep disruption gives you less energy to exercise, less energy to manage your life and can have an adverse affect on all aspects of your health. Try to establish a soothing bedtime routine — with no electronics — and avoid caffeine and alcohol before bed. Those can cause hot flashes and night sweats, which can, in turn can disrupt your sleep.
Osteoporosis is a disease that causes bones to become weak and brittle. Even a mild fall or stresses such as bending over or coughing can cause a fracture a bone. These fractures most commonly occur in the hip, wrist or spine. Osteoporosis can affect men and women of all races, but white and Asian women, especially once they’re past menopause, are most at risk.

**Causes**

Bones are constantly being renewed. When you’re young, you make new bone faster than you break down old bone, and your bone mass increases. After around age 30, the process starts to reverse and bone mass is lost faster than it’s created.

Risk factors for osteoporosis include:
- Age: older people are at higher risk.
- Gender: women are more likely to develop osteoporosis than men.
- Race: white and Asian women are more likely to develop osteoporosis than other races.
- Family history: if a close family member has osteoporosis, you’re more likely to develop it.
- Diet: a diet low in calcium and vitamin D can increase your risk of osteoporosis.
- Lifestyle: smoking and excessive alcohol consumption can increase your risk of osteoporosis.
- Medications: some medications, such as those used to treat high blood pressure or seizures, can increase your risk of osteoporosis.

**WHAT IS OSTEOPOROSIS?**

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Osteoporosis

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Osteoporosis include your age, race, lifestyle choices and some medical conditions. It’s also more common in people who have too much or too little of certain hormones in their bodies, like sex hormones, thyroid problems and problems with parathyroid glands and adrenal glands. It can also be caused by dietary factors, such as low calcium intake, eating disorders and gastrointestinal surgery.

Symptoms

Osteoporosis usually doesn’t have any symptoms in the early stages. Once your bones have been weakened by osteoporosis, some symptoms may include back pain, a loss of height over time, a stooped posture and a bone that breaks much easier than expected.

Screening for osteoporosis is recommended for all women by age 65. To test for osteoporosis, your doctor will do a family history and can also do bone density tests. These tests will use low levels of X-rays to determine the proportion of mineral in your bones. Usually, only a few bones are checked, usually in the hip and spine.

Treatment

Your treatment plan will depend on your risk of breaking a bone in the next 10 years. Osteoporosis can be treated with bisphosphonates, such as Fosamax and Bonita; monoclonal antibody medications, such as Xgeva; hormone therapies; and bone-building medications, such as Evenity. Treatment plans might also include modifying your risk factors for bone loss and falls. You should also quit smoking, avoid excessive use of alcohol and prevent falls however you can.

Discuss with your health care provider the best treatment plan for you, including medications and lifestyle modifications.
COVID and Dementia

As the COVID-19 pandemic has raged the world, those who study dementia have become worried that a knock-on effect of the disease will be a spike in dementia cases.

The Alzheimer’s Disease International has urged the World Health Organization and governments around the world to “urgently fast track research on the potential impact of COVID-19 on increasing dementia rates,” according to CNBC.

The World Health Organization estimates that around 50 million people have dementia globally, with nearly 10 million new cases every year, according to CNBC. Cases were already on the rise before COVID-19, with the number expected to rise to 78 million by 2030, according to ADI.

New Research

Research presented at the Alzheimer’s Association International Conference in 2021 found associations between COVID-19 and persistent cognitive deficits, including the acceleration of Alzheimer’s disease pathology and symptoms, according to the Alzheimer’s Association. Of particular concern is “long COVID,” or the syndrome of symptoms such as loss of taste and smell, “brain fog,” and difficulties with concentration, memory and thinking, that persist long after the initial infection.

Dr. Alireza Atri, a cognitive neurologist and chair of the Alzheimer’s Disease International’s Medical and Scientific Advisory Panel, told CNBC that COVID can “damage and clot micro vessels in the brain, hurt the body’s immunity and cause inflammation.”

Research shows that biological markers of brain injury, neuroinflammation and Alzheimer’s correlate strongly with the presence of neurological symptoms in COVID-19 patients, and that people experiencing cognitive decline after a COVID-19 infection were more likely to have low blood oxygen following brief physical exertion as well as poor overall physical condition, according to the Alzheimer’s Association.

In one study, patients were evaluated at three and six months after COVID-19 infection. More than half reported persistent problems with forgetfulness, and about one in four had additional problems with cognition including language and executive dysfunction, according to the Alzheimer’s Association.

A Path Forward

An international consortium of researchers from 40 countries are working with the World Health Organization to understand the long-term consequences of COVID on the brain and central nervous system, including blood-brain barrier integrity and the brain’s immune response. Researchers believe that better understanding the link between COVID and dementia can help identify new dementia cases as early as possible. The consortium continues its work to study the connection between the two diseases but needs the help of governments around the world.
There’s a small, butterfly-shaped gland at the base of your neck that makes a hormone that travels to your blood in all parts of your body, controlling your body’s metabolism.

Women are more likely than men to develop thyroid disease; one in eight women will develop thyroid problems in their lifetime.

**Symptoms of Thyroid Problems**

Depending on if your thyroid is producing too much or too little hormone, you may feel restless or tired, or you may lose or gain weight. You can also have problems with your menstrual periods, problems getting pregnant and problems during pregnancy. Sometimes, thyroid problems are mistaken for symptoms of menopause.

**Hypothyroidism**

This is when your thyroid doesn’t make enough hormone. Hypothyroidism can slow your body down. The most common cause of hypothyroidism is Hashimoto’s disease, when the immune system mistakenly attacks the thyroid.

This condition also can be caused by hyperthyroidism treatment,
radiation treatment and thyroid removal.

**Hyperthyroidism**
Also called overactive thyroidism, this is where your thyroid makes more hormone than your body needs, speeding up your body’s functions.

The most common cause of hyperthyroidism is Graves’ disease, an immune system disorder that is most common in women under 40.

**Thyroiditis**
Inflammation of the thyroid, or thyroiditis, happens when the body’s immune system makes antibodies that attack the thyroid. Causes of thyroiditis include autoimmune diseases, genetics, viral or bacterial infection, and certain types of medications. Two common types of thyroiditis are Hashimoto’s disease and postpartum thyroiditis.

**Goiter**
A goiter is an enlarged thyroid gland. It can happen for a short time and may go away on its own, or it may be a symptom of another thyroid disease, such as Graves’ disease.

Usually, the only symptom of a goiter is a swelling in your neck, but it can also cause a tight feeling in your throat, coughing or problems breathing or swallowing.

**Thyroid Nodules**
When only one part of the thyroid gland swells, it’s called a thyroid nodule. It may be solid or filled with fluid or blood. Nodules affect four times as many women as men. Most nodules don’t cause symptoms and aren’t cancerous, but you can have several nodules on one thyroid.

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**Integrative Health Coaching**

**Q**: What is Integrative Health Coaching?

**A**: A client-centered approach by addressing the individual health and wellbeing of the whole person; body, mind, and spirit.

**Functional Nutrition Counseling**

**Q**: What is Functional Nutrition Counseling?

**A**: A holistic approach to health addressing food, fitness, sleep, stress, and toxic environmental factors, in order to heal the body and reduce the risk of chronic disease.

Counselors provide nutritional education and act as a client’s accountability partner when taking steps to address imbalances and promote healing.

**About Kristin**

Kristin graduated from the University of Pittsburgh with a Master’s in Nursing and has been practicing nursing for nearly 30 years.

With a passion for natural health, she has earned additional training and certifications including a Doctor of Natural Health, National Board Certified Integrative Health and Wellness Coach trained by Duke Integrative Medicine, Certified Functional Nutrition Counselor trained by the Functional Nutrition Alliance, and Certified Toxicity and Detox Specialist.

**Services and Specialties**

Immune Boosting Coaching Package
Functional Nutrition and Weight Loss Counseling
Individual and Group Coaching Sessions
A little extra energy during the day could benefit just about anyone. Late morning mental fatigue and the post-lunch yawns may seem unavoidable, but there are plenty of ways to improve energy levels throughout the day. One such means to getting an extra hop in your step involves utilizing food.

The health care experts at Kaiser Permanente® note that every part of the body, including the brain and heart, require energy to work. The body gets that energy from food. According to the National Health Service, the publicly funded health care system of the United Kingdom, a healthy, balanced diet is the best way to maintain sufficient energy levels throughout the day. A dietary approach rooted in eating to energize can

**Kristin Clickett, LLC**

Hi! I’m Kristin Clickett RN, MSN, NBC-HWC, CFNC, an Advance Practice Nurse, National Board Certified Integrative Health and Wellness Coach trained by Duke Integrative Medicine and a Certified Functional Nutrition Counselor.

I’m passionate about educating people about what it truly means to be healthy and supporting them on their wellness journeys.

I believe wellness is not a destination but rather a paradigm for balanced health that requires active participation.

My coaching style is open, energetic and action-oriented.

My areas of focus include Detoxification, Diet and Lifestyle Modification, Functional Nutrition Counseling, Natural Health Consulting, Meditation, Mindset, Stress Reduction, Supplementation and Weight Loss Management.

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Hours are by appointment only and can be made by calling Kristin at 336-429-0874.
change the way people eat, potentially helping them avoid unhealthy foods that won’t give them the boost they need.

The American Academy of Nutrition and Dietetics echoes the sentiments of the NHS, noting that eating better is an effective way to improve energy levels. The AAND also recommends additional strategies for people looking to foods to provide an energy boost.

• Eat every three to four hours. The AAND notes that eating every three to four hours helps to fuel a healthy metabolism. This approach also can prevent the between-meal hunger pangs that compel many people to reach for whatever food is readily available, even if it’s unhealthy. When eating every three to four hours, remember to prepare smaller portions than you would if you were eating three meals per day. The AAND points out that feeling comfortably full but not stuffed is a good indicator that you’ve eaten enough.

• Aim for balance. A balanced plate should include foods from multiple food groups. The AAND notes that even a small amount of fat can find its way onto your plate, which should include a combination of whole grains, lean protein, fiber-rich fruits and vegetables, and fat-free or low-fat dairy. If that’s too much for a single sitting, ensure these food groups are represented on your plate at some point during the day.

  • Avoid added sugars. Added sugars can adversely affect energy levels. In addition, the Centers for Disease Control and Prevention notes that consuming too many added sugars, which are found in sugar-sweetened beverages like soda and iced tea and sweet snacks like candy, increases a person’s risk for obesity, type 2 diabetes and heart disease. The AAND notes that the energy provided by foods with added sugars is typically misleading, as it wears off quickly and ultimately leads to an energy crash. If you’re looking to eat and drink for energy, then choose water or low-fat milk instead of coffee and soda and replace sweet snacks with fruit.

  • Choose the right snacks. The AAND recommends snacks have lean protein and fiber-rich carbohydrates. Low-fat Greek yogurt, apples, a handful of unsalted nuts, and carrots are some examples of healthy snacks that will provide an energy boost between meals. How people eat can help them overcome fatigue or exacerbate existing energy issues.
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