

-A Special Supplement of the Peddler Advantage -



PIACUE ATTACK

Submitted by: Henry County Medical Center

Did you know that arterial plaque is the culprit behind some of the worst cardiovascular conditions? Coronary heart disease (CHD), coronary microvascular disease (MVD), carotid artery disease and peripheral arterial disease (P.A.D.) all stem from the accumulation of hardened low-density lipoprotein in your circulatory system. According to the National Heart, Lung & Blood Institute, coronary heart disease (CHD) is the

leading cause of death in the U.S. for BOTH men and women, with more than half a million Americans dying from the disease each year. Thankfully, many of the risk factors for CHD, including plaque and cholesterol, are easily controllable.

WHAT IS...

> Coronary heart disease (CHD): when plaque builds in the coronary arteries of the heart, blocking the oxygen supply and leading to angina (chest pain) or heart attack.

> Coronary microvascular disease

heart disease.

> Carotid artery disease: when

oxygen from reaching the brain. Can lead to a stroke.

Artheroma (Plaque)

Narrowed Artery (Artherosclerosis)

(MVD): when plaque builds in the heart's smallest arteries, leading to plaque builds in the arteries on the side of the neck, preventing

> Peripheral Arterial Disease (P.A.D.): when plaque builds in the major arteries of the legs, arms and pelvis. Can lead to numbness, pain and dangerous infec-

Coronary heart disease

<u>PLAQUE</u> <u>ATTACK 101</u>

tions.

The Basics

> Plaque is composed of fat, calcium, cholesterol and other substances found in the blood.
> Plaque can build up in the arteries and when this occurs, the condition is called atherosclerosis.

> Plaque reduces the blood flow to your heart muscles and narrows the arteries. > Plaque accumulates in your arteries and prevents oxygen from reaching the heart muscle.
> Plaque can also

form cracks, causing blood cells called platelets to clump together and form blood clots at the site of the cracks, increasing chances of angina or heart attack.

Plaque has many risk factors, but one of the major risk factors is an unhealthy cholesterol level. Ideally, cholesterol levels should fall within these ranges:

- Total cholesterol = Less than 200 mg/DL
- Low-density lipoprotein, (LDL or "bad" cholesterol) = Less than 100 mg/DL
- High-density lipoprotein, (HDL or "good" cholesterol) = 60 mg/DL or higher
- Triglycerides = Less than 150 mg/DL

By not maintaining the right cholesterol levels, you're increasing the chances of a Plaque Attack. A nutritious diet, consistent physical activity, being at your healthiest weight and not smoking are what's needed to live free of worry over what could be going wrong in your arteries.

Don't distress if you find your cholesterol to be on the high side. Talk to your local Spirit of Women physician to help get your cholesterol back on track. There are many options to bring your cholesterol back to a "healthy" level and your Spirit of Women hospital will work with you to figure out what positive steps are both doable and agreeable for you. Fortunately, arterial plaque can also be prevented effortlessly with the right daily choices. Eating right, exercising, dealing with stress, and support from family and friends all contribute to keeping you unstoppable.

Committed to ensuring you don't become a statistic, HCMC also offers a look inside with an ultrasound screenings for stroke/carotid arterial, abdominal aortic aneurysm, and peripheral arterial disease and the CT Cardiac Calcium

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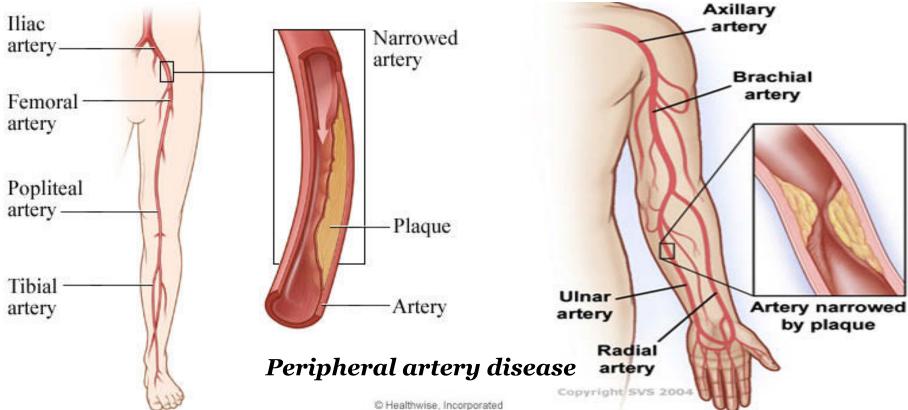
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Scoring test looking at the coronary arteries to help determine a patient's risk of coronary artery disease.
> \$125 for the Ultrasound Stroke Screenings
> \$99 for the CT Calcium Scoring Test

Tests are available anytime during the week. Packages

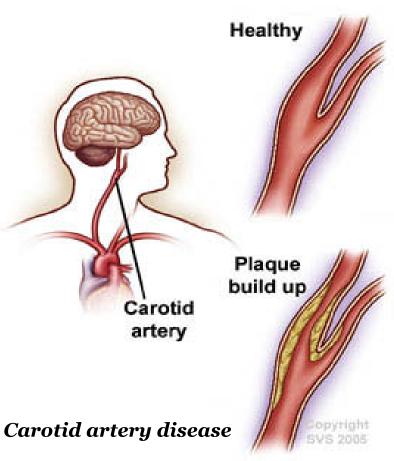
are available.

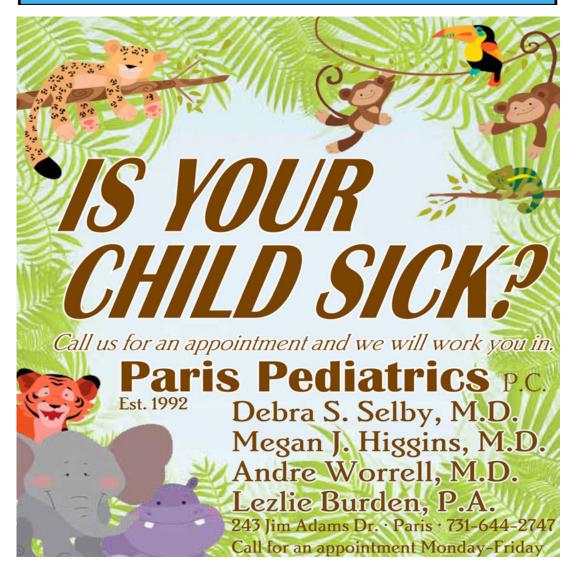
These screenings last approximately 30 minutes and no physician order is needed, but you must pre-register by calling Centralized Scheduling at 731-644-8486 option 1.

Risk factors for Stroke and/or Heart Attack

- High Blood Pressure
- Diabetes
- High Cholesterol
- Family History
- Smoking
- Overweight by 20% or more
- High stress lifestyle
- Men over 40 years old and
- Women over 50 years old







Insurance Review Planning

by Lisa Eliison, CIC, AIA Consolidated Insurance Services

There are numerous reasons why a life insurance policy owner should review their coverage on a regular basis. Many

garding your business pose updates to your financial future. Some of the major reasons for reviewing your life insurance coverage

that people are often unaware of how it can affect their insurance. That is why it's so important to regularly review your insur-

time to make an an- - Changed homes? nual review of your coverage. Here is a compiled checklist of events that may have occurred since you last reviewed

- Entered into a new relationship?
- Separated from your partner or spouse?
- Had more children?
- Had a pay increase or decrease?
- Accumulated a sum of money?
- Stopped smoking?
- Any changes in

family trust?

- Changed from salaried to selfemployed?
- Started or stopped other life insurance policies?

If any of the above events may have occurred in your life since your last insurance meeting, you need to contact your agent and discuss changes in your protection.

The same also applies to your property insurance including your home, rental properties, vehicles, watercraft, etc. Understanding your current financial situation and assets helps your agent determine the appropriate insurance coverage limits and recommendations to protect you and your family's future.



times there are legitimate planning issues and changes in financial or personal situations. Even changes reinclude updates to beneficiaries, career changes, and changes in your financial status. Life changes so rapidly

ance, and make sure it accurately reflects your circumstances. Contact your insurance agent to arrange a

your insurance coverage. Have you:

- Increased or decreased your mortgage(s)?

- Formed a family

- Changed trustees of your trust?
- Changed occupation?

health? - Retired or

- Transferred ownership of assets or real property to a

stopped working?



Dust, allergens, mold, bacteria and more in your home's air ducts could be harmful to your family's health





children while set-

ting boundaries,

and eat healthy to

enjoy a sundae on

Friday night. But

mental equilibrium

isn't the only kind

of balance that's

important in life.

balance can help

potentially life-

cations of a fall.

older people avoid

the debilitating and

threatening compli-

Good physical

Footwear lips Boosting Submitted by: Butler & Harber Shoes

Balance in all Falls are the leadaspects of life ing cause of fatal is a good thing. and non-fatal inju-We work hard ries among older but make time people, according for fun, love our

to the Centers for Disease Control and Prevention (CDC). In 2010, 2.3 million fall injuries sent older folks to emergency

rooms; 662,000 required hospitalizations; and falls cost issues." \$30 billion in direct medical costs, the CDC says.

"Preventing falls among older

Americans is a top health priority, and improved balance can help reduce the risk of a fall," says Dr. Matthew Garoufalis, a podiatrist and past-president of APMA. "Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance

When selecting a shoe to improve balance, keep these guidelines in mind:

Put shoes to the 1-2-3 test.

Step 1:

Press on both sides of the heel area to ensure the heel is stiff and won't collapse.

Step 2:

Bend the shoe to check for toe flexibility. The shoe shouldn't bend too much in the toe box area, but it shouldn't be too stiff and inflexible either.

Step 3: Try twisting the shoe; it shouldn't twist in the middle.

Have your feet professionally measured every time you shoe shop. Natural aging and health changes can cause the size of your feet to change. Measure both feet,Äîlate in the day, Äîand shop for the larger foot.

Bring the type of socks you plan to wear with the shoes and walk around the store in the shoes before you purchase them.

If you don't feel comfortable or steady in the store, don't buy them. Shoes should feel comfortable and supportive right away; if they don't feel good right away, breaking them in won't improve things.

If you have specific health challenges or foot issues, talk to a podiatrist about the best footwear for your needs. If your podiatrist has prescribed orthot-

ics-biomechanical inserts that go into your shoes-take them with you when you shop and try them out in the shoes you're considering.

Quality shoes can be an investment. Before you buy, check to see if the brand and style you're considering have earned the APMA Seal of Acceptance. APMA grants the seals to products found to promote good foot health.



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Submitted by: Pastor Luther Hasz of Christ Lutheran Church

books. People

Elusive as the beautiful butterfly! One of the most elusive qualities of daily life may be "wellness" or "wholeness," or that feeling and

fact of harmony, peace, and calmness in our souls.

How does one integrate such values into daily life together with a

happy sense of purpose and direction? A good sense of self-esteem works together with the love of my family, friends, and associates to let me experience wellness; it

helps to know that "somebody loves me."

"God grant me the serenity to accept the things I cannot change; The courage to

change the things I can And the wisdom to know the difference."

This prayer or peaceful wish for wellness was popular in the 1950s when Twelve-Step programs took root across America in our churches, communities, and schools. The folks at Amazon.com released in 2014 some information about their best-selling Kindle

highlighted favorite sentences, sayings, and Bible verses they regarded as important, helpful, and valuable to remember. The most frequently highlighted Bible verse was: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be known to God. And the peace of God, which transcends

will guard your hearts and minds in Christ Jesus." (Philippians 4:6-7)

To achieve a sense of spiritual wellness people have memorized the Serenity Prayer and they pray it regularly and daily. This meditation and a quiet time alone from others helps to reach a sense of calmness of spirit. The Bible indicates that we humans have a three-fold nature:



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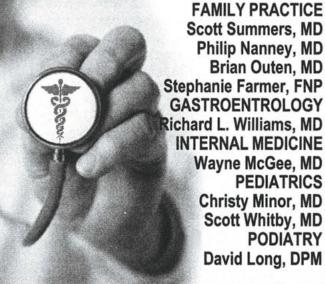
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our physical bodies, our emotional souls, and our spirits that reflect a need for a "higher power" or a relationship with God.

Distress of spirit is a symptom that we need to renew our relationship with that Eternal Entity beyond the earth and sky. Sometimes we feel lonely, empty, and alone in the world. Hopelessness and helplessness lead to withdrawal from family and friends. People begin speaking in self-destructive words and attitudes. Bitterness toward life's hurts and failures bring anger and resentment toward others and God.

Spiritual un-wellness is a painful way to live. Pain in our bodies, pain in our souls (emotions), and pain in our spirits brings frustration and despair.

We need a lift. We need someone who cares, truly cares with strength. Sick and weakened people gravitate toward other sick and weakened folks. The old saying is "birds of a feather flock together." We all need someone strong to help us, to regularly, and to lift our spirits and help us regain our balance, regain a sense of wellness. For Christians, that person comes in Christ Jesus. Being re-assured that God

loves us and has not left us floating alone in the universe, we are offered forgiveness for our past and wholeness for the future.

When someone shows us compassion and true love we experience healing and health and wellness. Our spirits come alive again with a positive outlook upon life's complexities.

Some wellness programs depend upon emotional strengths to be drawn up from our empty souls. Hours of counseling, listening, and empathy seek to pull up from within a resource stronger than our problems, weaknesses, and hurts. We try to manage our emotions as best we can.

The ancient writings that pre-date the birth of Jesus include The Psalms and The Proverbs. Both books express a way to reach out for spiritual wellness. Type into Google-Search engines the words "spiritual wellness" and you will find much encouragement to meditate more often, to pray seek to live day by day, trusting that your life has a wonderful purposes. Find harmony with where you find yourself. Accept gracefully

that some things just cannot be changed. Worry, anxiety, and stress just wear you out. Lear to trust that the Eternal God does not change. God still loves this world of people and gave freely to redeem all your faults and failures. God loves you, and we do, too!

You are loved and you are lovable! Look in your mirror tonight or tomorrow morning and remind yourself that God loved you before you were born. And we still love you. Knowing the Bible's message about such love helps to express compassion, love, and affection for

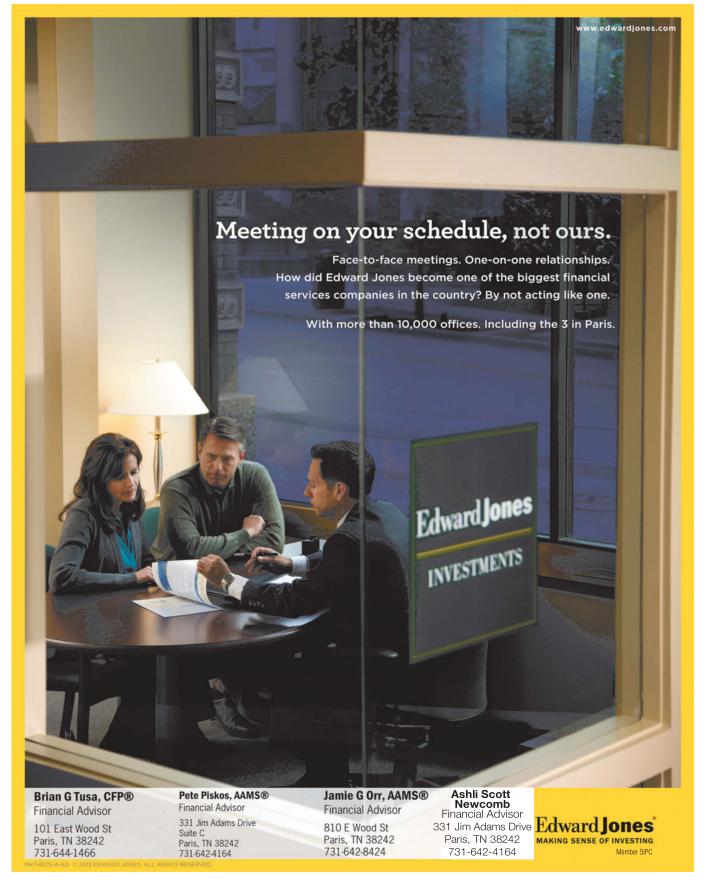
others. Wholeness comes within when we give to others our listening ears and our compassionate attitudes.

We look at the troubles of our world and say, "Grant me the serenity to accept that some things I just cannot change." We pray for "courage to change the

things we can;" and we ask God for "wisdom to know the difference."

Spiritual wellness is often as elusive as a butterfly. Just when we think we have a good grasp on our life, something goes "bump in the night" and we look for who or what to rely upon. God's

Word in the Bible gives you peace in knowing that Jesus loves you and will never leave you nor forsake you. Find the Psalms in the middle of your Bible and let your heart seek that which Moses, David, and Solomon found there. Spiritual wholeness can be yours. Seek it with all your heart.



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75% had not been

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Our nation is facing a health crisis that has grown exponentially over the last three decades. No, it is not heart disease nor is it cancer, both of which are also major health issues. The new crisis is obesity. The percentage of obesity among young people in the United States has more than tripled since 1980 according to data at the Centers for Disease Control (CDC). Obesity related conditions like heart disease, stroke and Type 2 Diabetes are also some of the leading causes of preventable death in the U.S. Other conditions linked to obesity include cholelithiasis (gallbladder disease), sleep apnea (which can be associated with learning problems) and orthopedic problems like knee and ankle pain. It is also associated with social discrimination which can be as devastating as the medical problems and lead to low self-esteem

and depression. These problems, if the obesity epidemic is not addressed successfully, mean that today's children could be the first generation with a lower life expectancy than their parents.

What does this mean to us living in Tennessee? Overweight and obese are both labels for ranges of weight that are greater than what is generally considered to be healthy for a given height. These terms are also used to identify ranges of weight that have been shown to increase the likelihood of certain diseases and health problems. Health care providers follow the weight to height ratio, also known as the Body Mass Index (BMI). Health care providers follow the growth of children and have the responsibility to inform parents of their child's growth pattern and whether it falls within the expected healthy

ranges. Overweight is defined as a BMI of 25 - 29 while obese is defined as a BMI of 30 or greater.

The CDC provides statistics on obesity and related factors. The latest data, from 2015, is discouraging for Tennessee. Adolescents, defined in this survey as 12 to 18 year olds, make up 23% of Tennessee's population. 15.4% of these adolescents are overweight and 16.9% are obese. Tennessee ranks among the bottom five states for healthy weight. This is not just a cosmetic problem. 92% of newly diagnosed Type 2 diabetics are overweight or obese. 65% of overweight 5 to 10 year olds have at least one cardiovascular disease risk factor. Overweight adolescents have 8 times the risk of hypertension as adults compared to non-overweight adolescents.

Where is the problem? The answer is there is more than one factor leading to the obesity epidemic. Genetics plays a role but genes alone cannot account for the huge increase in obesity in the last three decades. The main culprits are the same as for adult obesity – too much eating and too little activity.

The CDC report prior to the survey and 20% had not some staggering been active for 60 statistics for both minutes on at least eating and activity one day in the prior in Tennessee high 7 days but 34% school students. reported watching 45% of students reat least 3 hours of ported eating fruit TV on an average or drinking 100% school day. fruit juice less than

Not only are there multiple roots to the problem of obesity, there are also multiple barriers to solving the problem. Lifestyles have changed and now many families do not have family dinner around a table but rather the family eats in front of the TV. With greater affluence there is more access to fast foods and the increased

portion sizes offered by many fast food establishments impacts the community's understanding of the appropriate quantity of food for a serving. The "regular" size fry currently served by most fast food establishments would have been a "large" size in 1979. Soda is a major barrier to solving the problem with many teens preferring soda to water and drinking an average of two cans of soda per day with as many as 200 calories and 20 teaspoons of sugar! The ADA guidelines recommend only 10% of

daily calories come from added sugars, vet foods like soda account for 18 to 20% of teen daily calories!

Many teens are concerned with their weight and decide to skip breakfast to "cut back" on their calories but this behavior actually increases the amount eaten later in the day and is also associated with poor academic performance. Education and behavior modification is the initial step in correcting the problem of obesity. There has been legislation limiting the direct advertising of junk food to children.















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Activity must be increased by limiting all screen time, not just TV. Body composition, insulin sensitivity (which is decreased in Type 2 Diabetes) and self-esteem all increase with regular exercise. Physical education classes should provide 45 to 60 minutes of exercise daily with an emphasis on "lifetime" activities to avoid the drop-off in exercise we see in teens.

While children can exercise more and choose healthier foods, most of all they need support. Children

usually know they are overweight and don't need constant reminding. They need acceptance, encouragement and

At the end of the day, parents are role models for their children. Children form habits from their parents and generally maintain them into adulthood. If your child sees you reach for an apple instead of a brownie, he is likely to do the same. If he sees you exercise by going for a walk or washing the car, he may join you. Keep healthy snacks like fruit,

veggies, nuts and low-fat yogurt on hand. Offer low-fat yogurt for dessert. Keep calorie-dense foods like cake and brownies that have minimal nutrition as the occasional treat in an otherwise healthy diet. Start an activity such as a family walk several days a week. Suggest a sport to your child and be present for the practices and games. These activities build habits that can last a lifetime and prevent obesity and its consequences.

If you are looking for something to do in the cold winter months the Paris Civic Center has something for almost everyone. The Paris Parks and Recreation Department operates and maintains the Paris Civic Center. It has several recreational and fitness opportunities including exercise rooms, an indoor swimming pool, an elevated walking track, a basketball gym and meeting room facilities. Our meeting room hosts several organizational meetings as well as multiple exercise and wellness

and Blue Cross. The companies listed are not the only carriers, so be sure to call or come by and check with our Silver Sneakers coordinator to see if you are eligible. Loral Underwood is the instructor; she has numerous certifications in exercise/ fitness classes, and is a huge asset to this program. This program gives you free access to any area of the Civic Center as well as access to the Silver Sneaker specialized classes. This year we are also partnering with Silver & Fit which is pro-

"GREAT INDOORS" Friday 8:00 -4:00 and we can find out if you are eligible. The exercise rooms are divided into two separate rooms. One for cardiovascular workouts, with exercise bikes, treadmills and elliptical trainers which gets your heart rate up and helps facilitate fat burning and overall health. And another room for weight / strength training with free weights and pulley weight operated machines which help maintain or grow muscle fibers.

The walking track

is elevated above

the gymnasium

The indoor pool is unique to Paris. We offer open swim, lap swim lanes, water aerobics and it houses our local swim team the Paris Swim Team. It is often taken advantage of by our lap swimmers / and triathletes in the area. We also rent out the pool on Weekends after 5:00 PM for parties. Be sure to book early for parties during the winter months. In our 17 years of operation we have been able to maintain a steady flow of patrons and look forward to the years to come. If

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Ketirees Need a

The late, great Yogi Berra supposedly said it: "The future ain't what it used to be." And the same could be said of retirement. Due to several factors. such as advances in health care, today's retirees are living longer, more active lives than their predecessors. In fact, you could spend two, or even

Travel the world? Stay close to home and pursue your hobbies? Volunteer? Open a small business or do some consulting? Your choice of lifestyle will probably affect every aspect of your longevity strategy.

- Income:

Your biggest threat

corporates, among other elements, a withdrawal rate that allows you to take money from your 401(k), IRA and other investment accounts in such a manner that you don't run out. You'll also need to answer other key questions, such as when to take Social Security - as you may know the

or moving to a more favorable climate, or even purchasing a vacation home, you need to calculate the costs and include them in your plans.

- Health Care: - Caregiving:

As far as health care, consider three questions: What will the treatment of existing medi-

produced by Genworth, a financial services company. A financial professional can suggest ways of meeting these long-term care costs.

It's possible, at least early in your retirement years, that you could still be a caregiver to

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aging parents. If so, you might need to factor in these costs to your financial strategy. Later on, you may need some caregiving yourself, such as that provided by a home health aide. So you'll need to consider these potential expenses. Your retirement years can be filled

with activities and accomplishments. And you can get even more enjoyment from this time of life if you stick to an appropriate longevity strategy.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



three, decades in retirement - which means you need a "longevity strategy."

Such a strategy needs to be part of your overall retirement income strategy, but here are five key areas you'll need to address:

- Lifestyle:

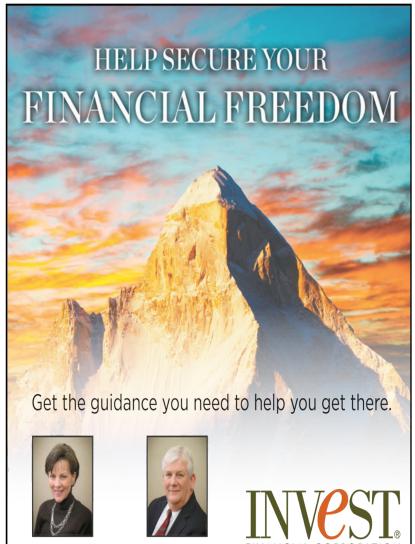
What do you plan to do during your retirement years?

to an enjoyable retirement is the possibility of running out of money. This fear is apparently widespread; in a survey commissioned by Allianz, a life insurance company, more than 60% of respondents said they were more scared of outliving their assets than they were of dying. You need to create a retirement income strategy that inlonger you wait, the bigger your monthly checks, until they "max out" at age 70.

- Housing:

Once you retire, you may want to review your housing situation. If you've already paid off your mortgage, and you like your house, you may want to stay there. But if you're thinking of downsizing

cal conditions cost over the long term? Do you know what costs Medicare will cover? Have you thought of how you might pay for a nursing home or other long-term care? This last item is especially important, because the annual average cost for a private room in a nursing home is more than \$90,000, according to the 2015 Cost of Care Survey,



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