

health, mind & body



*A special supplement to the*

**Lake Mills Graphic**

## Short stints of exercise may improve your heart health—It's never too late

Are you one of those people whose typical day includes doing chores around the house and yard, running errands, and caring for a spouse, grandkids, kids or pets? Having a busy, active life is one reason people think they don't need to set aside time devoted solely to exercise.

Being physically active is good but doing regular moderate exercise —ideally for at least 30 minutes six days of the week—can lower your blood pressure and many other risk factors linked to heart disease. Even if you've never done formal exercise, starting in the second half of life can still make a difference.

People tend to exercise less as they grow older. But bucking that trend may lower your risk of heart disease and stroke, according to a study published last November in the European Journal of Cardiology.

About two-thirds of the participants were physically inactive at both screenings. But those who started exercising one to two times per week by the second screening were five percent less likely to have events such as a heart attack or stroke during the follow-up period compared with adults who remained sedentary. And when people started exercising three to four times per week, their risk of heart-related problems dropped by 11 percent.

Lake Mills Family Fitness Center offers, walking/running track, basketball, pickleball, weightlifting, NuStep unit for rehab, two Peloton bikes, cardio equipment or dance/tumbling/indoor soccer for kids. You can always find something to do at the Lake Mills Fitness Center. Find an activity you enjoy that gets your heart rate up, whether it's walking, aerobics, or dancing. Using exercise equipment such as an elliptical machine or stationary bike can be a good option, especially when the weather's bad. People with physical limitations (such as low back pain or joint pain) may need to try different options to find a form of exercise that doesn't hurt. We have just put in a the NuStep machine just for these limitations.

Don't push yourself too hard. That old adage of "no pain, no gain" is not always true. You don't need to sweat; you just need to get your heart rate up high enough.

For people who aren't very active, a full half-hour of exercise can sound daunting. If you're brand-new to exercise, start by exercising for just five to 10 minutes a day. Try to increase that by two to three minutes, every few sessions. You can also split your exercise into two 15-minute sessions or do three 10-minute bouts of exercise throughout the day.

Exercising regularly, every day if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and



improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

If you have a desire to change your life, come and see us at 712 N. Lake Street. It's affordable for everyone. You can watch cable programming while you walk on a treadmill or elliptical. Also, enjoy our FREE WIFI to stream your favorite cardio or weight workout.

Most members using that fitness center today, and the community, may not know the history of Lake Mills Family Fitness Center. It was established in the mid-1980's by Cummins Filtration as an employee "perk" to be able to exercise in town. It grew in popularity and expanded to all of Lake Mills and surrounding communities and became a non-profit organization operated by a board. Exercising, walking, lifting weights and working out to promote good health, probably wasn't as popular and widespread then as it is today. As of 2016, the fitness center serves nearly 900 adults and children through individual and family memberships, classes, community events and Parks n' Rec programs. We continue to grow and add new equipment due to your community support and the support of our sponsors. We continue to add new equipment.

Tours and membership sales can be arranged by calling Missy Joynt at 641-592-7285 or 641-210-5869 or stopping by during office hours at 712 N. Lake St., Lake Mills. We look forward to helping you reach your goals in 2021.

## North Iowa Therapeutic Massage

North Iowa Therapeutic Massage has had the privilege of serving North Iowa for the past 25 years. We are here to help you relax and enjoy a pain-free active life. Every massage is customized to your specific needs that day. You can choose a relaxing Swedish Massage or if you are in pain, you may need a therapeutic massage. We can help you.

Sarah Womack, LMT specializes in injury treatment and orthopedic massage techniques. She has 25 years of experience helping so many receive relief from low back, neck, shoulder, and foot pain to name a few.

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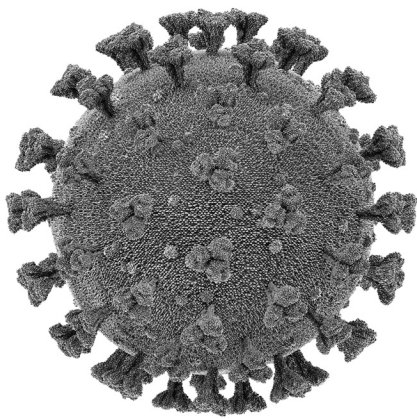
## Physical therapy for women—Safely turn to normal activities

So, you leak when you sneeze . . . that's normal, right? WRONG. It is very common for women to have some leakage of urine after having children or with increasing age. However, it should not be considered normal to leak urine with sneezing, laughing, coughing, or simply not being able to make it to the bathroom on time. Actually, it is not considered "normal" for any amount of urine to leave your body without you intending it to.

For many women, symptoms of urinary incontinence are something they feel they "just have to live with." Honestly, this can become very disruptive to your day and decrease your ability to participate in life comfortably. Well, I have news for you. Physical therapy may be the answer for you to be able to regain the ability to live life to the fullest again.

Women's health physical therapy focuses on treating not only urinary incontinence, but also conditions such as pregnancy related pain, postpartum return to activity, and pelvic pain. Through stretching, strengthening, and manual therapy techniques, physical therapy can help to ensure your body is back to functioning at its best.

There is certainly no doubt that pregnancy changes your whole life, but often forgotten is how it changes your body. It is common to have some aches and pains during pregnancy and into the early post-partum phase. However, persistent pain



## The long-term effects of COVID-19

As the end of winter draws near, much of the world is marking its one-year anniversary living under COVID-19-related restrictions. That's certainly not a milestone worthy of celebration, and many people across the globe would insist it's felt like much more than a year since their lives were first affected by COVID-19.

By the time the calendar finally turned from 2020 to 2021, tens of millions of people across the globe had been infected with COVID-19. According to Worldometer, which manually analyzes, validates and aggregates data from thousands of sources in real time, by early January 2021 there were more than 87 million documented cases of COVID-19 and nearly two million virus-related deaths across the globe. Nearly 62 million COVID-19 patients recovered from the virus by early 2021, but many of those people may suffer from long-term health effects.

The Centers for Disease Control and Prevention is actively working to learn more about the potential long-term effects associated with COVID-19. Because of the relative infancy of the virus, it's impossible to know just how long the long-term side effects in recovered patients will last. However, the CDC notes that the following are some of the most commonly reported long-term symptoms, which have been documented to linger anywhere from several weeks to even months after recovery.

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

In addition to those symptoms, the CDC notes that some people who have recovered from COVID-19 have reported experiencing difficulty with thinking and concentration as well as depression. Recovering patients also have reported symptoms like muscle pain, headache, intermittent fever, and heart palpitations.

More serious long-term complications are being investigated by the CDC. Such complications have thus far appeared to be less common, though the CDC cautions that more research and time is needed to determine clinical care for COVID-19 as well as how many people may ultimately experience these symptoms.

- Cardiovascular: Inflammation of the heart muscle
- Respiratory: Lung function abnormalities
- Renal: Acute kidney injury
- Dermatologic: Rash, hair loss
- Neurological: Smell and taste problems, sleep issues, difficulty with concentration, memory problems
- Psychiatric: depression, anxiety, changes in mood

As the world continues to combat COVID-19, public health agencies like the CDC are learning more about the virus, including some long-term side effects that could affect patients after they have recovered.



in the low back, hips, or pelvis is not normal or something you just have to live with. After having a baby, it takes time and effort to build core strength and ensure your body is ready to return to higher level activities or exercise. Instead of just guessing if your body is ready, physical therapy can help to assess your current strengths and weaknesses, and provide guidance with how to safely return to normal activities such as lifting, squatting, exercise or sexual activity without pain or difficulty.

Women's health physical therapy is of particular interest to me. So if any of the above hits close to home, or you have questions about how women's health physical therapy may benefit you, please feel free to give me a call at Lake Mills Physical Therapy at 641-592-3500 and ask for Michelle Adix PT, DPT, ATC. I would love to give you more information on what an individual session might look like or help you better understand your condition and work together to help you reach your goals.

## RECOVER YOUR HEALTH

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## The effects of caffeine on the body

Indulging in a morning cup of coffee is a beloved ritual for millions of people across the globe. The rich, bold flavor of coffee has created devotees in all corners of the world, all the while laying the foundation for a lucrative market.

In its recent "Global Coffee Market—By Product: Global Industry Perspective, Comprehensive Analysis and Forecast 2020-2026" report, Zion Market Research estimated that the global coffee market is expected to reach \$155.64 billion in annual revenue by 2026. Though the flavor of coffee is what compels many people to pour that morning cup o' Joe, others crave coffee in the mornings because of the jolt it can provide at the dawn of a new day. Caffeine is responsible for that jolt, and devoted coffee drinkers, and individuals who prefer other caffeinated beverages, may have come to rely on the boost caffeine provides to kickstart their day.

Researchers have studied the effects of caffeine on the human body to great extent. Many studies have concluded that modest consumption of caffeine is safe for healthy adults. In fact, the Mayo Clinic notes that up to 400 milligrams of caffeine per day, which is just about the amount of caffeine in four cups of brewed coffee, appears to be safe. But adults may want to learn more about the effects of caffeine on their bodies as they try to determine just how much they should consume each day.

• **Caffeine and the heart:** According to the Heart Foundation NZ, most studies that examined the potential correlation between heart disease and coffee intake found no association between the two. In fact, the Heart Foundation NZ points out that plant sources of caffeine like coffee provide a host of other compounds and nutrients, including antioxidants, that can positively affect heart health. However, the online medical resource Verywell Mind notes that the stimulant effect of caffeine speeds up the heart rate. Healthy adults who drink coffee or other caffeinated beverages in moderation likely won't have to worry about their heart rates after consuming caffeine, but people who are prone to anxiety may be vulnerable to panic reactions if they consume caffeine.

• **Caffeine and sleep:** Caffeine consumed during certain times of day may interfere with a person's ability to get a good night's rest. The Mayo Clinic notes that even small amounts of sleep loss can disturb daytime alertness and performance.

• **Caffeine and medications:** Adults currently taking certain medications or supplements should speak with their physicians about any potential interactions between those substances and caffeine. For example, the Mayo Clinic notes that mixing caffeine with the herbal supplement echinacea can increase the concentration of caffeine in the blood, potentially exacerbating the unpleasant effects of caffeine intake.

Adults who consume caffeine should always do so in moderation and only after giving due consideration to the many ways that caffeine can affect their bodies.

TF213796



For your safety and the safety of our most vulnerable neighbors, please wear a face covering in public & practice social distancing.

To help reduce the spread of COVID-19, the CDC recommends wearing a cloth face covering in public settings & around people who don't live in your household, particularly when social distancing measures are difficult to maintain.

## The Link Between Periodontal Disease and Other Health Conditions

Periodontal disease (also known as gum disease) occurs when the buildup of plaque bacteria irritate the gums and trigger an inflammatory response characterized by reddened tissue, swelling, and bleeding. Bacteria erode gum and bone tissue in severe cases, causing gum recession, spaces between the teeth and gums, loosening and shifting teeth, and eventually tooth loss.

Your periodontal health can have an impact on your overall health and vice versa. This relationship is what periodontists call the perio-systemic link. Research continually finds that periodontal disease shares an association with a number of other conditions.

### Diabetes

Periodontal disease is often considered a complication of diabetes, an inflammatory-condition in which the body is unable to produce or properly use insulin to convert sugar into energy. People with diabetes are two to four times more likely to develop periodontal disease. Research also finds that people with both diabetes and periodontal disease tend to experience more severe levels of bone loss and more aggressive periodontal disease advancement, which can ultimately lead to tooth loss.

Periodontal disease also raises a person's systemic inflammatory signals, which increase blood sugar. Treating periodontal disease can be key for optimal metabolic control.

### Cardiovascular disease and stroke

People with periodontal disease are nearly twice as likely to develop cardiovascular disease. Many researchers believe that oral bacteria are at the root of this link. These bacteria can enter the bloodstream and travel to other parts of the body, triggering an inflammatory response and the development of plaque that narrows and hardens the arteries. These slow-building blockages can eventually lead to a heart attack or stroke.

### Cancer

Studies have found a link between periodontal disease and various types of cancer, most notably pancreatic cancer and lung cancer. One well-known study found that men with a history of periodontal disease are 14 percent more likely to develop cancer than men with healthy gums. A direct cause-and-effect relationship between periodontal disease and cancer has yet to be established, and it's important to note that the two conditions share risk factors such as tobacco use, age, and genetics.

### Other associations

Periodontal disease also shares documented associations with rheumatoid arthritis, kidney disease, Alzheimer's disease, respiratory disease, osteoporosis, and pregnancy complications. You should notify your periodontist if you are being treated for these ailments.

Caring for your gums with the help of a periodontist is a key component of ensuring your well-being beyond the mouth.

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# Herbs and spices that can promote healthy hearts



A nutritious diet is a key component of a healthy lifestyle. When paired with regular physical activity, a nutritious diet can help people dramatically reduce their risk for various diseases, including heart disease.

According to the World Health Organization, ischaemic heart disease and stroke claim more lives each year than any other disease, annually accounting for roughly 15 percent of all deaths across the globe. Many deaths caused by heart disease can be prevented, and eating a healthy diet is a great preventive measure that anyone can take.

Though some people may associate healthy diets with bland foods that lack flavor, people can incorporate various heart-healthy herbs and spices into their favorite dishes to make them more nutritious and flavorful.

- **Garlic:** Garlic has long since earned its place on the kitchen spice rack. However, botanically, garlic is neither an herb or a spice but a vegetable. Regardless of how it's classified, garlic is loaded with flavor and can be used to improve just about any recipe, all the while benefitting heart health. The United States-based health services provider Mercy Health notes that garlic can help lower blood pressure and reduce bad cholesterol levels.

- **Cayenne pepper:** Few ingredients may change a recipe as quickly as cayenne pepper. The addition of cayenne pepper can instantly make dishes more spicy. But cayenne pepper brings more than a little extra kick to the dinner table. Healthline notes that various studies have shown that capsaicin, the active ingredient in cayenne pepper, can provide a host of health benefits. One such study published in the British Journal of Nutrition found that add-

ing capsaicin to a high-carbohydrate breakfast significantly reduced hunger and the desire to eat before lunch. Eating less can help people more effectively control their body weight, which in turn reduces their risk for heart disease.

- **Turmeric:** Garlic and even cayenne pepper may already be staples in many people's kitchens, but that's not necessarily so with turmeric. A yellow spice often used when preparing Indian foods, turmeric has anti-inflammatory properties thanks to curcumin, the part of turmeric responsible for giving it its yellow color. Experts acknowledge that turmeric needs to be studied more to definitively conclude its effects on heart health, but WebMD notes that one small study indicated that turmeric can help ward off heart attacks in people who have had bypass surgery.

- **Coriander:** A popular herb used across the globe, coriander is sometimes mistaken for cilantro. Though the two come from the same plant, cilantro refers to the leaves and stems of the coriander plant, while the coriander in recipes typically refers to the seeds of that plant. Mercy Health notes that coriander seeds may help reduce bad cholesterol and high blood pressure, both of which are significant risk factors for heart disease.

Heart-healthy herbs and spices can be added to various recipes, proving that nutritious meals need not be void of flavor.

TF212707

## Eight steps toward a healthier heart

Every step counts on the path to a healthier heart. Here are eight you might take along the way provided by MercyOne North Iowa Lake Mills Family Medicine in honor of February as National Heart Month.

### SEEK SOME SWEET SLUMBER

Ongoing research has linked sleeping too little—and even sleeping too much—to obesity and diabetes, two major heart disease risk factors. It's not yet clear how much nightly snooze is best for heart health. But for overall health, at least seven hours is about right.

### PLATE UP HEART-HEALTHY FOODS

Fill your plate with plenty of fruits and veggies and fiber-rich whole grains. Enjoy heart-healthy fish, such as salmon, twice a week. To help decrease artery-clogging fats, choose low-fat or nonfat dairy products and lean meats, like skinless chicken breasts. Cut back on sodium (including salt) and added sugars (think regular sodas and sweets).

### MAINTAIN A HEALTHY WEIGHT

If you're overweight, shedding even just five to 10 percent of your current weight can help trim your heart disease risk. Try to lose about one to two pounds a week.

### MOVE THINGS ALONG

Take a brisk walk. Ride a bike. These are just some of the many ways to improve your cardio fitness with your blood pressure and cholesterol levels. Aim for a total of at least 2.5 hours of moderately intense activity a week. Work in some strength training, too, at least twice a week.

### LEARN ABOUT STATINS

Statin drugs can lower cholesterol, and they've been shown to reduce the risk of a heart attack or stroke. Your physician may suggest taking a statin regularly if, for instance, you're at high risk of having a heart attack over the next 10 years.

### STRESS LESS

Whether stress directly contributes to heart disease or triggers habits that do (like smoking and overeating), managing it is important. Exercising, practicing positive self-talk (think, *I've got this*) and setting aside a few minutes each day for things you enjoy can help.

### IF YOU SMOKE, COMMIT TO QUIT

Stopping smoking isn't easy, but medicines and quitting strategies can help. No matter how long you've smoked, stopping now will help lower your heart disease risk.

### GET SCREENED FOR HEART RISKS

High blood pressure and unhealthy cholesterol levels can damage the heart and cause blood vessels to narrow. Since these conditions don't usually cause symptoms, getting screened is the only way to know if you have them.

Sources: American Heart Association; Centers for Disease Control and Prevention

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# What is laser therapy?

## How does laser therapy work?

Laser therapy is the use of laser energy to create therapeutic effects. Research has shown that these effects include improved healing time, pain reduction, increased circulation and decreased swelling.

When laser light is absorbed by living tissue, it triggers biological reactions in the cells. Chemical substances are produced, released and carried by blood and lymphatic flow to other parts of the system. In this the effects of cold laser light create broad systemic effects.

In the United States, Laser Therapy has only been approved for the treatment of pain. However, although pain treatment is the most common use of laser, there are many other problems that are treated successfully with laser therapy. Research documents:

- Reduction in pain by causing production of natural pain killer endorphins
- Reduction in inflammation by suppressing inflammatory enzymes that create swelling, redness, pain and heat.
- Enhances lymphatic drainage, which increases circulation and reduces swelling.
- Release of tight muscles that create chronic pain, joint problems and decreased mobility.
- Faster bone repair by stimulating fibroblastic and osteoblastic proliferation.

## Hot versus cold lasers?

There are two broad categories of lasers, hot and cold. Hot lasers are used for surgery, skin resurfacing, destroying tumor, and, when the power is lowered, for pain relief. However, the heat that so effectively destroys tissue becomes a problem because the heat may slow down healing and cause burns. Hot lasers may retard healing. As the heat increases, it initially produces tissue over-heating, followed by tissue damage. The Apollo laser used by your clinician is a safe, powerful cold laser.

## Is laser therapy safe?

The FDA has cleared laser therapy for the treatment of many pain syndromes. The investigation of a broad array of conditions has been completed and more are presently underway. The FDA considers laser therapy to be a safe and effective modality when used properly by a licensed practitioner.

## What conditions does it treat?

The following is a partial list of conditions that have shown successful outcomes in recent studies: Tennis Elbow Sciatica, Nerve Pain Bursitis, Jaw Pain/TMJ, RSD (CRPS), Peripheral Neuropathy, Non-healing wounds, Lymphedema, Whiplash Bell's Palsy Fractures, Headache & Migraines, Herniated Disc, Arthritis, Herpes (Shingles), Soft tissue injuries, Tendonitis, Sprains/Strains, Back and Neck Pain, Repetitive Strain Injuries, Carpal Tunnel Syndrome, Chondromalacia Patellae, Muscle Pain, Plantar Fasciitis, and Skin problems.

## Is cold laser therapy painful?

No. Low level lasers do not generate perceivable heat. Therefore, when the laser contacts the skin the patient experiences no warmth or burning as a result of the laser. Most people feel nothing at all while a few may feel a slight tingling during the treatment.

## How will I know if the laser is working?

Many people will see a reduction in symptoms immediately. Others will experience relief more gradually. How fast your symptoms improve will help your clinician design the most effective treatment regimen.

## How many treatments will I need?

A patient usually comes in for a treatment several times a week. The number of treatments can range anywhere from 2 to 20, depending on the nature and severity of the condition.

For more information contact: Welsh Chiropractic Clinic, P.C., 104 Fourth St. S., Northwood.

# Learn more about the effects of pandemics

Much of the globe was introduced to an assortment of new terms throughout 2020. Phrases like “social distancing” or “flatten the curve” were commonly used, but these were all preceded by the utterance of the word “pandemic.”

## What is a pandemic?

The World Health Organization defines a pandemic as a “worldwide spread of a new disease.” The word pandemic comes from the Greek words “pan” (meaning “all”) and “demos” (“people”). When a new disease emerges, most people lack the natural immunity to fight off illness, so the disease can spread rapidly between communities—and eventually around the world.

A pandemic differs from an epidemic in that an epidemic is the spread of disease in a community or region over a specific amount of time. Epidemics often grow into pandemics.

## Facts and figures about pandemics

According to HealthCareers.com, the most lethal pandemics in history were the Spanish flu of 1918 and the Black Death. The Spanish flu lasted two years and claimed 50 million lives, according to the United States National Archives. In the 14th century, a bubonic plague pandemic referred to as “The Black Death” caused the deaths of between 75 and 200 million people over a period of five years.

In comparison, as of October 2020, more than 1.1 million people have died of the COVID-19 disease worldwide, according to NBC News and Johns Hopkins University Coronavirus Resource Center. Prior to COVID-19, the most recent pandemics occurred with the outbreak of the Hong Kong flu in 1968-69, the H1N1 Swine flu of 2009-2010, and the Ebola outbreak of 2014-2016.

The WHO says that most viral pandemics have been caused by influenza viruses.

## Addressing pandemics

The National Center for Biotechnology Information indicates that globalization increases the probability of a pandemic. Urbanization, travel, trade, and human-animal interaction all lead to elevated pandemic risk. However, thanks to the science of epidemiology and the development of new medicines and therapies, professionals have helped to reduce death rates due to pandemics.

Health experts say one of the most efficient measures to help reduce the risk of pandemic infection is the simplest—the practice of social distancing. The Centers for Disease Control and Prevention says social distancing means keeping a safe distance between oneself and others who are not from the same household. Many diseases spread among people who are in close contact (within about six feet) for prolonged periods.

Global pandemics are nothing new, but the public still needs to be vigilant and do their part to help reduce the spread of infectious diseases.

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# Preventive care and the pandemic

Procrastination is not typically considered a good thing. But as the world spent much of 2020 confronting the COVID-19 pandemic, putting certain things on hold became part of the new normal.

In an effort to reduce infection rates, public health officials with the Centers for Disease Control and Prevention and the World Health Organization urged people to limit their in-person interactions with people outside of their own households. As a result, many of the things people do on a regular basis, including seeing their physicians for wellness visits, were rescheduled.

It's understandable that many people postponed preventive care and wellness visits during the pandemic, but it's also potentially dangerous. For example, researchers with the Health Care Cost Institute found that childhood vaccinations declined by roughly 60 percent in mid-April 2020 compared with 2019. Other screenings and preventive exams, including mammograms, pap smears and colonoscopies, also declined by significant percentages during the pandemic compared to the previous year.

The National Center for Chronic Disease Prevention and Health Promotion notes the power of preventive care is undeniable. In fact, the NCCDPHP points out that, while chronic diseases are among the most common and costly of all health problems, they're also among the most preventable. Annual wellness visits and early detection efforts like routine screenings for at-risk populations can uncover problems before they escalate into something more serious. In addition, annual physicals, which are provided free of charge through many health insurance policies, provide great opportunities for doctors to advise patients on their overall health and how to improve it if exams and blood work turn up any red flags.

## Visiting a doctor during the pandemic

As vital as preventive care can be, it's understandable if people are hesitant to visit their doctors during the pandemic. But patients can take certain steps to calm their nerves about booking preventive care appointments during the pandemic.

- Schedule telemedicine appointments. The number of telemedicine appointments has skyrocketed during the pandemic. While the transition from predominantly in-person appointments to telemedicine might have been a reluctant and rocky one at the start of the pandemic, many doctors' offices have since firmly established their telemedicine protocols. The Mayo Clinic advises patients who have not yet tried telemedicine to contact their doctors' offices to arrange an appointment.

- Inquire about office procedures. Doctors try to keep patients healthy, not get them sick. Various medical organizations, including the American Academy of Family Physicians, have provided thorough checklists to help physicians prepare their offices to welcome patients during the pandemic. Patients can ease their concerns by contacting their doctors' offices and asking them about their pandemic-related protocols.

- Don't hesitate to make requests. There's no such thing as being too safe from COVID-19, so patients can work with their doctors to calm their fears even further. Ask to pay copays over the phone and request that the front desk call you when the doctor is ready so you don't have to sit in the waiting room.

Preventive care is an important component of health care, even during a pandemic.

HM211588

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## Where to find information about the COVID-19 vaccine programs

Every state in the United States has started administering COVID-19 vaccinations. The rollout of COVID-19 vaccines varies by state, and below is where Midwest residents can go to learn about being vaccinated.

- Iowa: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Vaccine>
- Minnesota: <https://www.health.state.mn.us/diseases/coronavirus/vaccine/plan.html>
- Illinois: <https://www.dph.illinois.gov/covid19/vaccination-plan>
- Nebraska: <http://dhhs.ne.gov/Pages/COVID-19-Vaccine-Information.aspx>
- Wisconsin: <https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>

## Escape the world at Aesthetic Touch Day Spa

Aesthetic Touch Day Spa offers a calming, relaxing atmosphere where you may escape the demands of the world for just an hour or two. Allowing your body and mind to recharge is not selfish, it's a necessity. It gives you an opportunity to recharge, so that you may get back out there to do all the things that you need to do.

We offer Reiki, which is the balancing of your body's energy. It's not a massage, but rather like acupuncture without the needles. It balances your body, mind, and spirit and is extremely relaxing. Massage is wonderful for sore muscles and pain.

Microdermabrasion helps remove dead skin cells from the face so you may regenerate new ones. That process diminishes as we age, so exfoliation is important to help the skin to be smooth, diminish lines and acne scars, and lighten pigmentation. Facials are great to make your facial skin feel more hydrated, clearer, and smoother.

Spray tanning is more popular than ever so you can get color without the damage of UV rays.

Pedicures are especially popular when we break out the sandals, and make the feet feel brand new.

### Health & Mind & Body

- Massages
- Capillary, Skin Tag & Ruby Point Removal
- Manicures • Pedicures
- Air Brush Tanning
- Microdermabrasion
- Reflexology
- Reiki
- Chakra Stone Massage
- Customized Facials
- Body Wraps • Waxing
- Eyelash Extension
- Brow & Lash Tinting
- Lash Perming
- Ear Candling
- Make-up Application

Relaxing Spa Packages Available! Gift Certificates make the Perfect Gift!

## Aesthetic Touch Day Spa

4700 4th St. SW, Suite C (in front of Cinema West) • Mason City, IA

641-423-1811 • [www.aesthetictouchdayspa.com](http://www.aesthetictouchdayspa.com)

Hours by Appointment Only: Tues.-Fri. 10 a.m.-7 p.m., Sat. 10 a.m.-4 p.m.



## Winnebago County Public Health provides a wide range of services for all ages

Winnebago County Public Health provides a wide range of services for all ages, whether you are young or old.

First Steps Winnebago County is a free program we offer to expectant mothers and families with children birth to the age of five. Weekly home visits by family support workers offer information on child development, family goal planning, and access to community resources, funded by Early Childhood North Central Iowa.

Public Health is a great source of information on topics that affect health. The topics included for healthy homes are: mold, radon, pest control, and asthma triggers. Radon kits are available for a fee, so homes can be checked for cancer causing levels of radon.

Though our Environmental Health specialist offers free water testing, we also issue well and septic permits and offer assistance with well renovations and for plugging wells to protect our ground water. We also inspect pools. All of this is to help ensure a healthy environment for people who live in our county.

Seniors and their families need to be aware of the extensive services offered, in hopes that patients will be able to remain in their homes. These services include in-home vaccinations, diabetic and cardiovascular assessments, IV therapy, blood draws, mental health care, skin and wound care in addition to other services. Julie Sorenson, Administrator, reports having a great team that works together to promote healthy living and education tailored to the client's needs. Our professional nurses work in accordance with physicians' orders to determine the frequency and extent of care needed for home visits.

In addition to the in-home care, Sorenson said that her office also offers regular clinics both in the office and throughout the county. Foot clinics are the second Wednesday and Thursday at Mills Harbor in Lake Mills. Forest City office has foot clinics the last Wednesday and Thursday of each month. Services are provided by a nurse who will assess the condition of the feet and cut the nails, and consists of a service similar to a pedicure. Call for an appointment to 641-585-4763. We do offer foot clinics in the home for people who are home bound.

Our Tobacco Prevention Coordinator provides education to youth groups, including public schools, 4-H, Girl Scouts, Boy Scouts and church groups. She also works with childcare facilities, public schools/Waldorf University, and other local businesses to update current policies or adopting a new Tobacco Free Nicotine Policy. QuitLine Iowa Posters are distributed to schools/Waldorf and businesses throughout Winnebago County. Visit [QUITLINEIOWA.ORG](http://QUITLINEIOWA.ORG) OR CALL 1-800-QUIT-NOW FOR MORE INFORMATION.

Call Winnebago County Public Health at 641-585-4763 for any questions on services.



### Winnebago County Public Health

216 South 4th Street, Forest City, IA

641-585-4763

**Public Health**  
Prevent. Promote. Protect.

[www.winnebagoountyiowa.gov](http://www.winnebagoountyiowa.gov)



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  - ◆ Environmental Health Specialist ◆ Homemaker Services ◆ Flu Shots
  - ◆ Respite Care Services ◆ Loan Closet for Equipment Needs
  - ◆ Foot Clinics in Forest City & Lake Mills ◆ Quitline-Smoking Cessation
- Anyone can call for a referral and assistance

**Let us help you or your loved one today!**

**CALL WITH QUESTIONS!**



## Why seniors are at greater risk for COVID-19

It has been more than a year since the world learned about the novel coronavirus COVID-19. Since December 2019, there have been tens of millions of reported cases and nearly two million deaths worldwide attributed to COVID-19, according to data from the Johns Hopkins University Center for Systems Science and Engineering.

Experts are still unclear how prevalent the virus really is because a large number of cases are not reported due to mild or asymptomatic infections. But there's no denying COVID-19 can be very risky for one large segment of the population.

The chances for severe illness from COVID-19 increases with age, with older adults at the greatest risk, offers the Centers for Disease Control and Prevention. The CDC further indicates that eight out of 10 COVID-19 deaths reported in the United States have been in adults who are 65 and older. Compared to younger adults, older individuals are more likely to require hospitalization if they contract the illness. People between the ages of 75 and 84 are at eight-times more likely to be hospitalized and 220 times more likely to die from COVID-19 than the youngest patients.

There are some key reasons why older adults are at higher risk. Vineet Menachery, an immunologist at the University of Texas Medical Branch who studies coronaviruses and their effects on aging immune systems, older adults are more likely to suffer from underlying conditions that can hinder the body's ability to recover from illness. In addition, a greater propensity for inflammation in the body and changes in the way the immune system responds with age are other mechanisms that increase seniors' risk for COVID-19. Furthermore, COVID-19 affects the part of the lungs that delivers oxygen to the bloodstream and removes carbon dioxide. As a person gets older, the lungs are not as elastic and this can affect gas exchange and other functions. Being older coupled with having cardiovascular disease, asthma and diabetes also can raise the threat level of COVID-19.

Seniors must be extra diligent to engage in behaviors that reduce their risks. Epidemiologists recommend the following:

- Wash or sanitize hands whenever possible, especially upon entering and leaving public buildings.
- Shop and travel during off-peak hours, such as early in the morning, to avoid crowds.
- Use contactless payment methods rather than handling money.
- Ask friends and family to do your shopping and run errands for you.
- Wear masks over the nose and mouth and stay at least six feet away from others.
- If the COVID-19 vaccine is available to you, ask your doctor more about it and get vaccinated if it's safe to do so.

Learn more about at-risk groups at [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html).

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## Forest Plaza Assisted Living; We're Friends—We're Family

If you're becoming more challenged with everyday activities, Forest Plaza may be your answer. You can receive the daily support you desire, while remaining as independent as possible.

Making the decision to leave your house may be difficult for you and your family, but you can make the transition easier by finding the right fit and being honest about your needs and concerns.

Assisted living is an option for the elderly who may require help with some activities of daily living—things like cooking meals, housekeeping, laundry, shower assistance and medications.

Forest Plaza may be a wise choice if you need more personal care services than what is found in an independent living community, but you don't need round-the-clock medical supervision of a nursing home.

Forest Plaza offers the safety and security of 24-hour support and access to care. Day or night, help is only a call away. However, privacy and independence provide you the freedom to do what you can for yourself.

At Forest Plaza Assisted Living, a country setting welcomes tenants, while only being a few minutes from downtown.

The caring and highly-trained staff make sure you receive personal attention for management of your medication, or help with bathing and dressing; staff are here with a smile to start each day.

Tenants at Forest Plaza have their choice of apartment type, meals and service package. The apartments are available for rent on a month-to-month basis, with no "buy-in" fees or long-term leases.

The monthly rent includes a full range of amenities. All apartments include large bathrooms, kitchenette areas, individual climate control, cable television, and utilities (except telephone).

Assisted living services at Forest Plaza include: 24-hour nursing availability; ongoing health and wellness program; personal emergency response system; three nutritious meals daily; diabetes management; social and activity programs; barber/beauty salon; complimentary laundry facilities; reading room, TV lounges, coffee bars; patio and courtyard with seating; and onsite, independently-operated medical clinic and pharmacy.

Forest Plaza is licensed and certified by the State of Iowa Department of Inspections and Appeals as an Assisted Living provider since opening in 2001, and is locally owned and operated.

Forest Plaza is a proud member of the Iowa Center for Assisted Living and Iowa Health Care Association.



*We're Friends, We're Family*



**FOREST PLAZA**  
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