Healthy Living

Do Your Body Good
Simple ways to incorporate more fruits and veggies into your diet

Pain But No Gain
Signs you might be overtraining

Ducking Diabetes
How to lower your risk for type 2 diabetes

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What is an autoimmune condition?

Autoimmune conditions can present a variety of symptoms, and many people may not even be aware that they are experiencing one until they visit a doctor when they aren’t feeling quite right.

John’s Hopkins Medicine says that autoimmune diseases occur when the body’s natural defense system cannot tell the difference between the body’s own cells and foreign cells, causing the body to mistakenly attack normal cells. Researchers believe there are more than 80 different types of autoimmune diseases that affect many body parts. Hashimoto’s thyroiditis, rheumatoid arthritis, psoriasis, and lupus are some examples of autoimmune conditions.

Individuals should see a doctor when they have unexplained symptoms that do not resolve themselves over time, such as pain or inflammation. However, it can be challenging for doctors to diagnose an autoimmune condition because there is no single test to do so. A side effect of autoimmune disorders is that they can result in a decrease in the body’s ability to fight invaders, making people vulnerable to infections, advises the health and wellness resource WebMD. So inability to recover from general illnesses may indicate the presence of an autoimmune disease.

Researchers are not completely sure what causes autoimmune diseases. John’s Hopkins says that theories point to an overactive immune system attacking the body after an infection or injury. Certain other risk factors, such as being overweight, family history, certain medications, as well as smoking, also may increase a person’s chances of developing an autoimmune disease.

Treatment for autoimmune conditions typically involves reducing immune system activity. This can involve the use of certain medications that suppress the immune system so that it will not attack itself. In addition, different medications may be needed depending on the condition. For example, a synthetic thyroid hormone will be prescribed for thyroiditis, and topical steroid creams may help relieve the scaling associated with psoriasis.

The concern with autoimmune conditions is that they generally do not go away and may have to be managed for life. Patients are urged to discuss all treatment options with their doctors to find the right regimen that will work for them and their particular conditions.
Simple ways to incorporate more fruits & veggies into your diet

Parents imploring their children to eat their fruits and vegetables is a nightly occurrence at many dinner tables. Reluctant youngsters may have a seemingly innate resistance to vegetables, but parents should stay the course, as the importance of making fruit and vegetables a routine part of one’s daily diet is hard to overstress. Children might be seen as the most resistant to fruits and vegetables, but reports indicate they’re not alone. A 2017 report from the Centers for Disease Control and Prevention found that just 12 percent of adults in the United States are meeting the standards for fruit consumption as established by the Dietary Guidelines for Americans, which are determined by the Office of Disease Prevention and Health Promotion. Even fewer people (9 percent) are meeting the standard for vegetables. The picture is somewhat better in Canada, where the Canadian Community Health Survey, 2017, found that 28.6 percent of Canadians age 12 and older report consuming fruits and vegetables more than five times per day. However, that figure steadily declined since 2015. That’s unfortunate, as fruits and vegetables have been linked to a host of health benefits.

Why eat fruit and vegetables?
The U.S. Department of Agriculture notes that fruits do not contain cholesterol and are naturally low in fat, sodium and calories. In addition, fruits contain a host of essential nutrients, including potassium, dietary fiber, vitamin C, and folate, that are historically underconsumed. Similarly, studies have shown that vegetables, which also are great sources of vitamins and minerals, can help people reduce their risk for a variety of conditions, including heart disease, stroke and certain types of cancer.

How can I include more fruits and vegetables in my diet?
Routine is a big part of many people’s lives, and some may find it hard to change their dietary routines. But people who aren’t eating enough fruits and vegetables likely don’t need to completely overhaul their diets in order to include more fruits and vegetables. In fact, the American Heart Association notes that the following are some easy ways for people to sneak more fruits and vegetables into their diets.

Breakfast: When sitting down for a bowl of cereal, add some bananas, raisins or berries to your bowl. When making eggs or breakfast potatoes, add chopped up onions, celery, green or red bell peppers, or spinach.

Lunch: Forgo sandwiches in favor of fruit or vegetable salads at lunchtime. If you must have a sandwich, top it off with vegetables like cucumbers, sprouts, tomatoes, lettuce, and/or avocado.

Dinner: Replace less healthy side dishes with fruit or vegetable salads, and don’t forget to include steamed vegetables, even frozen ones, on your dinner plate every night. Add chopped vegetables, such as onions, garlic and celery, when creating soups, stews or sauces.

A few simple strategies can help people eat more fruits and vegetables and reap the many rewards that such foods provide.

Here’s to a good heart!

The Winery at Versailles
6572 St Rt 47
Versailles, OH 45380
(937) 526-3232
wineryatversailles.com
When looking to quell hunger pangs that can pop up between meals, many people reach for snacks. Snacks can be a great way to prevent overeating at mealtime, but such benefits can be negated if people choose the wrong snacks. Potato chips and sugary packaged baked goods may be readily available inside office vending machines and at convenience stores, but such snacks don’t pack the nutritional punch of carrots. Considered a superfood by many people, carrots are a simple snack that can be found at any grocery store and brought along to an office, regardless of whether that office is a traditional office, a work site or anywhere else people spend their workdays.

Vitamins and minerals
Carrots are a great source of various vitamins and minerals. According to the health and wellness information site Healthline®, carrots are great sources of vitamin A, biotin, vitamin K1, potassium, and vitamin B6. Carrots are rich in beta-carotene, which the body converts into a vitamin A, a nutrient that promotes strong vision and plays a vital role in immune function. Studies have shown that biotin plays an important role in the body’s ability to metabolize fat and protein. Vitamin K1 plays a vital role in blood coagulation, which is the process of making blood clot. Coagulation enables the blood to plug and heal a wound.

Potassium can help people control their blood pressure, which can benefit their long-term health in various ways. Finally, vitamin B6 plays a role in converting food into energy, making it an ideal afternoon snack for people who want to quell their hunger pangs and give themselves a needed energy boost.

Carrots and long-term health
Carrots also have been shown to have long-term health benefits. In 2016, the American Institute for Cancer Research added carrots to its list of “Foods that Fight Cancer.” The links between carrots and reducing cancer risk are many and include carrots’ status as a low-calorie snack. Low-calorie snacks can help people reduce their risk of overweight and obesity, which the AICR notes are a cause of 11 cancers. Studies, including one published in the European Journal of Nutrition, have linked carrots to lower cholesterol levels. That’s a considerable benefit, as high cholesterol is among the most significant risk factors for heart disease. Carrots have long been touted as helping to improve vision, and that reputation is well-earned. When the beta-carotene in carrots is converted into vitamin A, that vitamin A combines with a protein called opsin to form rhodopsin, which is needed for night and color vision. When snack time beckons, carrots can help people reap immediate and long-term rewards.
Exercise is a vital component of a healthy lifestyle. Many people find that pairing a nutritious, well-balanced diet with routine exercise is a successful formula for a long and healthy life. People typically know when to stop eating. In fact, the brain signals when the stomach is full to prevent the body from eating too much. Exercise can be a little trickier, as men and women may be inclined to ignore certain warning signs of overexertion during a workout. The well-known workout motto “no pain, no gain” implies that rewards await those who push through their pain during a workout. However, ignoring signals that the body is being overtrained can have a detrimental effect on both short- and long-term health.

According to the American Council on Exercise®, there is a tipping point in regard to how much exercise the body can take. ACE notes that, when people pass that point, the exercise they engage in can actually do more harm than good. ACE refers to the tipping point as overtraining syndrome, or OTS, which can actually contribute to a reduction in overall fitness and increase a person’s risk for injury. People dealing with OTS may not recognize its symptoms as readily as they would a full stomach. As a result, it can be easier to overtrain than overeat. For instance, people focused on living healthy often know when to call it quits at the dinner table, but might not know when to end a workout. Overtraining can be just as harmful as overeating, and athletes can help themselves by learning to recognize various signs of overtraining.

**Decreased performance:** ACE notes that a lack of improved performance, despite an increase in training intensity or volume, is a telltale sign of OTS. Athletes who recognize a decrease in their agility, strength and endurance might be dealing with OTS.

**Increased perceive effort during workouts:** OTS can make seemingly effortless workouts seem difficult. An abnormally elevated heart rate during exercise or even throughout the day may indicate OTS.

**Excessive fatigue:** Too much training can contribute to fatigue because the body is not being given ample time to recover between workouts.

**Agitation and moodiness:** Overtraining can contribute to a hormonal imbalance that affects stress levels, potentially making people more irritable and contributing to moodiness.

**Insomnia or restless sleep:** The overproduction of stress hormones that can occur when overtraining can adversely affect a person’s ability to get adequate sleep. Additional signs of overtraining include loss of appetite, chronic or nagging injuries, metabolic imbalances, and stress and/or depression. More information about OTS and how to avoid it is available at www.acefitness.org.
A healthy lifestyle can help people live life to the fullest. There are many components to a healthy lifestyle, and few may be as influential as prevention. Preventive measures to reduce one’s risk for various diseases can have a long-lasting effect, helping people maintain their independence well into their golden years. In addition, a proactive approach that focuses on disease prevention can improve the chances men and women will get to spend their retirement years doing whatever they please. One disease that can be especially limiting is type 2 diabetes. According to the National Institute on Diabetes and Digestive Kidney Diseases, diabetes occurs when blood glucose levels are too high. Blood glucose, sometimes referred to as “blood sugar,” comes from the foods a person eats and is the main source of energy for his or her body. Insulin helps glucose from food get into the body’s cells so they can use it for energy. However, in certain instances, such as when a person has type 2 diabetes, the body does not make enough — or any — insulin. When that occurs, glucose stays in the blood, never reaching the cells it’s supposed to help. The NIDDK notes that, over time, excessive levels of glucose in the blood can cause a host of health problems. Type 2 diabetes, the most common form of the disease, occurs when the body does not make or use insulin well. While it might seem as though people are helpless to stop this from occurring, the NIDDK notes that type 2 diabetes can be delayed or even prevented. In fact, the NIDDK cites three key ways that people can lower their risk for type 2 diabetes.
Fat can be confusing as it pertains to diet. If asked to describe fat in a single word, many people might be inclined to say, “Bad.” However, fat is more complicated than that and is actually an essential component of a healthy diet. According to the American Heart Association, between 25 and 35 percent of a person’s daily calories should consist of fat. Not all fats are the same, and food typically contains both saturated and unsaturated fat. Understanding the distinction between the two can help people make sound dietary decisions.

What is saturated fat?
According to the online medical resource Verywell Health, saturated fats have no double bonds in their chemical structure. It’s because of that structure that saturated fats have a solid consistency at room temperature. Saturated fat can be found in various foods, including animal meat, coconut oil, cheese, butter, milk, and processed meats, such as bologna and sausage. Prepackaged snacks such as cookies and crackers also may contain saturated fats.

What is unsaturated fat?
Unsaturated fats contain one or more double bonds in their chemical structure and are typically liquid at room temperature. Not all unsaturated fats are the same. Some are monounsaturated fats, which contain only one double bond in their structure. Examples of monounsaturated fats include canola oil and olive oil. Polyunsaturated fats are those that contain two or more double bonds in their structure. Safflower oil, sunflower oil and corn oil are some examples of polyunsaturated fats.

Is one type of fat worse than another?
Part of the difficulty surrounding dietary fat is conflicting studies regarding its effects on overall health. Saturated fat has long been considered unhealthy, and the AHA recommends that less than 6 percent of daily caloric intake consist of saturated fat. Some studies have indicated that high amounts of saturated fats are linked to an increased risk for heart disease, while other studies refute such claims.

Is one type of fat better than another?
Unsaturated fats are generally considered more beneficial to overall health than saturated fats. The AHA recommends that people should get most of their daily fat intake from unsaturated fats, which can be found in foods such as nuts, olives and avocados. Fish such as tuna and salmon also are good sources of unsaturated fats. Fats and how they fit into a healthy diet can be difficult to understand. Adults can consult with their physicians to determine which foods and fat sources are right for them.
Cold-weather workout tips

Workouts are a part of many people’s daily routines. Some look forward to their exercise sessions, while others only commit after finding ways to make them as enjoyable as possible. For people who don’t enjoy working out indoors, finding ways to exercise in the great outdoors can provide the incentives necessary to commit to daily workouts.

Exercising outdoors is a great way to get some fresh air, but what about those days when the weather isn’t so inviting? Lengthy periods of cold or inclement weather, which is common in fall and winter in many parts of the world, can interrupt daily routines and derail one’s fitness goals. However, there are ways to overcome inclement weather so outdoor workouts can be enjoyed year-round.

Warm up for longer periods of time. Muscles typically require more time to warm up in cold weather than they do in warm weather. The Canadian Chiropractic Association™ notes that many people feel as though their muscles are noticeably stiffer in cold weather than in warm weather. This can make people who exercise in such weather more vulnerable to musculoskeletal injuries. One way to reduce that risk is to warm up for longer periods of time than you would in warm weather. Doing so can loosen and warm up muscles that are naturally stiff in cold weather.

Dress appropriately. The gear outdoor exercise enthusiasts wear can go a long way toward making cold weather workouts more enjoyable and safe. Layering clothing during cold weather workouts allows people to maintain steady body temperatures throughout a workout by removing layers as they heat up if they need to. Even though it’s cold, your body will still sweat, so look for a wicking material that draws moisture away from your body. This is especially important for your core, as the outdoor recreation retailer The North Face® notes that blood pulls toward the chest and abdominal area, making this the warmest part of your body. Focus on keeping the extremities, including fingers, toes and nose, warm with materials that won’t hold moisture.

Reconsider your footwear and other support to improve balance. Frozen ground is not as easy to traverse as unfrozen ground, so look for footwear that provides added traction. Winter running shoes that come with studded soles might be necessary. Trekking poles also can help hikers gain traction on frozen or snow-covered trails. Outdoor workouts don’t have to end when the weather gets cold. A few simple tricks can help people exercise outdoors throughout the year.

How much exercise does a person need?

Exercise is an essential component of a healthy lifestyle. Exercise helps people maintain healthy weights, improves mood, reduces the risk for various health ailments, and much more. But how much exercise is necessary for optimal health? Research indicates that the answer to that question depends on the person and his or her individual health goals.

According to David Bassett, Jr., PhD, a professor of exercise physiology at the University of Tennessee in Knoxville, having a clear set of exercise goals can help a person determine just how much exercise he or she needs, particularly if a person is exercising to control his or her weight or reduce his or her stress.

The U.S. Department of Health and Human Services recommends that most healthy adults get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, or a combination thereof, every week. Try to engage in strength training for all major muscle groups at least two times per week. The Mayo Clinic says a general goal for most people is to aim for at least 30 minutes of moderate physical activity every day.

Health experts say that this exercise needn’t all occur at once, either. If a 30-minute walk is not possible, split that up into a few 10-minute walks throughout the day. Any activity is better than doing nothing at all. For those with specific fitness goals, it could be wise to speak with a trainer or a doctor about which types of exercises (and durations) are effective. Physicians may be able to map out a fitness plan that works.
November is National Hospice and Palliative Care Month. A month to raise awareness.

It’s an all too common situation. A family is at the bedside of a loved one who is seriously ill and nearing the end of life. Each member of the family has a different idea of what should be done and what the patient would have wanted.

Far too many people wait until they are in the midst of a health care crisis before thinking about what options are available or what care they or their loved ones would have wanted.

Often, by waiting too long to learn about possible options, like hospice care, people end up spending difficult days in the hospital or the emergency room and opportunities to be with loved ones at home are lost.

When a family is coping with a serious illness and a cure is no longer possible, hospice provides the type of care most people say they want at the end of life: comfort and dignity. Considered to be the model for high-quality, compassionate care for people with a life-limiting illness, hospice care includes expert medical care, pain management, and emotional and spiritual support. Care is provided by an inter-disciplinary team of professionals and trained volunteers. The wishes of the patient and family are always at the center of care.

Most hospice care is provided in the home where the majority of Americans have said they would want to be at this time. Care is also provided in nursing homes, assisted living facilities, and hospice centers.

Care is paid for by Medicare, Medicaid, and most private insurance plans and HMOs.

The National Hospice and Palliative care Organization reports that more than 1.5 million people received care from our nation’s hospices last year.

Hospice providers can help with information about care options and choices and ensure you live as fully as possible throughout your entire life. They will make sure your loved ones receive support as well.

One of the best ways to make sure you and your loved one benefits fully from hospice, should you ever need this care, is to talk about it before it becomes an issue. Courtesy www.NHPCO.org.

For more information, contact state of the Heart Care at 1-800-417-7535 or visit www.stateoftheheartcare.org. Our team of professionals are here to assist you in making informed decisions about end of life care for you and your loved one. You will also find information about the moments that hospice makes possible for patients and families at www.Moments OfLife.org.
What the right proteins can do for your body

Mappi ng out a healthy diet can be tricky. While everyone needs certain vitamins and minerals, no two people are the same, and a diet that’s right for one person might not be suitable or palatable for another. Personal preference must be considered when planning a diet, as people are more likely to stick with a healthy diet if they enjoy the foods they eat. While fruits and vegetables should be a part of everyone’s diet, people should not overlook the importance of including lean protein in their diets as well.

Choosing which proteins to include in a diet can be tricky. The United States Department of Agriculture notes that not all proteins are created equal in terms of their health benefits. Proteins include foods such as meat, poultry, fish, eggs, and nuts, but some can actually lead to negative side effects, including an increased risk for overweight or obesity and heart disease.

Why are some proteins potentially troublesome?
The USDA notes that some foods from the protein group are high in saturated fat and cholesterol. Such foods include fatty cuts of beef, pork, and lamb; ground beef that is between 75 and 85 percent lean; regular sausages, hot dogs, and bacon; lunch meats like bologna and sausage; and duck. Limiting, if not avoiding, such foods can help people maintain healthy cholesterol levels.

Cholesterol is only found in foods from animal sources, but not all animal-based proteins contribute to high cholesterol. Lean proteins can be great ways to reap the benefits of protein without suffering the negative side effects of proteins that are high in fat and calories. The online medical resource Healthline® notes that white-fleshed fish, such cod and flounder; skinless, white-meat poultry; and pork loin or pork chops are some examples of lean, animal-based proteins.

What do the right proteins do for the body?
The right proteins are vital to a healthy lifestyle. The USDA notes that the following are some of the many characteristics of lean proteins that make them healthy additions to anyone’s diet.

• Nutrient-rich: Lean proteins supply the body with various nutrients, including B vitamins, vitamin E, iron, zinc, and magnesium. The B vitamins found in proteins help the body release energy and promote nervous system function. In addition, B vitamins found in protein aid in the formation of red blood cells and help build tissues. The body uses the magnesium in lean protein to build strong bones and release energy from muscles.

• Healthy bones and muscles: Proteins are building blocks for bones, muscles, cartilage, skin, and blood. Proteins can help muscles recover after a workout, and low protein intake can make it harder for the body to absorb calcium, which is vital for bone strength. The body uses the magnesium in lean protein sources to build strong bones and release energy from muscles.

The right protein sources can benefit the body in myriad ways.
Understanding and living with sciatica

The largest nerve in the human body is the sciatic nerve, which originates in the lower back and travels through the back of each leg. Injury or pressure on this nerve can lead to a type of pain known as sciatica. Sciatica can have an adverse effect on everyday life, causing pain that can radiate from the lower back through the hips and buttocks and down the legs. People experiencing pain in these areas should consult a physician immediately, as the American Academy of Orthopaedic Surgeons notes that between 80 and 90 percent of people diagnosed with sciatica get better over time without surgery. Many typically feel better within several weeks of beginning treatment. The first step toward diagnosing sciatica begins at home. People who learn to recognize potential symptoms of sciatica may be more likely to seek immediate treatment than those who might mistake their pain for something else.

What are the symptoms of sciatica?
The AAOS notes that sciatica may feel like a bad leg cramp that lasts for weeks before it goes away. According to Spine-health.com, a property of the health publisher Veritas Health, sciatica pain is often described as burning, tingling or searing as opposed to a dull ache. In addition, pain resulting from sciatica may be worse when sitting, even though sharp pain associated with sciatica can make it difficult to stand up or walk. Numbness characterized by a “pins and needles” feeling, weakness or a burning or tingling sensation down the leg are some additional symptoms of sciatica.

Does sciatica affect both legs?
WebMD notes that sciatica usually affects only one leg, though the buttock or leg on the affected side may feel like it is in constant pain.

What causes sciatica?
Spine-health.com notes that the following five lower back problems are among the most common causes of sciatica:

Lumber herniated disc: This occurs when the soft inner material of the disc herniates, or leaks out, through the fibrous outer core, irritating or pinching the nerve root.

Degenerative disc disease: Discs in the back can degenerate naturally with age and never contribute to a problem like sciatica. However, degeneration in one or more discs in the lower back can sometimes irritate a nerve root and lead to sciatica.

Piriformis syndrome: A muscle found deep within the buttocks, the piriformis connects the lower spine to the upper thighbone, running directly over the sciatic nerve. Spasms in the piriformis can put pressure on the sciatic nerve, triggering sciatica.

Lumbar spinal stenosis: In this condition, which is relatively common among people older than 60, a narrowing of the spinal canal can contribute to sciatica.

Isthmic spondylolisthesis: This occurs when a small stress fracture allows one vertebral body to slip forward on another. The combination of collapsing disc space, a fracture and the slipping forward of the vertebral body can pinch the nerve and cause sciatica.

Treating sciatica
Sciatica often can be treated successfully without surgery. Doctors may recommend applying heat and/or ice packs for acute sciatic pain. In addition, over-the-counter and prescription pain medications can effectively reduce or relieve sciatic pain. Doctors also may explore other treatments, including chiropractic manipulation, acupuncture, massage therapy, and surgery.

More information about sciatica can be found at www.orthoinfo.aaos.org.

Build an effective (and budget-friendly) home gym

Physical fitness is important. Exercise guidelines depend on the individual, but the American Heart Association recommends adults get at least 150 minutes of moderate-intensity aerobic activity every week. That amount may need to be increased to meet specific goals, such as weight loss.

In order to meet their fitness goals, many people invest in home gyms. Home gyms can be a convenient way to maximize physical activity and help people maintain muscle mass. According to Spaulding Rehabilitation Hospital, a Harvard-affiliated medical center, staying fit can improve physical strength, reduce seniors’ fear of falls, increase confidence, and improve sleep. When setting up a home gym, people may be tempted to invest a fortune into their equipment. But such investments aren’t entirely necessary. Here are some ways to have a functional, budget-friendly workout space in your home.

**Invest in elastic resistance bands.** Invest in lightweight elastic bands. According to a study published in 2018 in the *Journal of Sports Science & Medicine*, such bands can improve strength just as effectively as many weight machines commonly found in gyms. Resistance bands don’t take up much space and can be tucked out of sight when not in use.

**Dedicate a workout space.** Many people find that areas away from the bustle of the household are great spaces to devote to home gyms. Include a full-length mirror that lets you make sure you’re performing exercises correctly and invest in a stereo to pump in inspirational music. The fewer the distractions, the more likely you will commit to your exercise regimen.

**Invest in a set of dumbbells.** Adjustable dumbbells or a few of various weights are a good investment. Dumbbells are compact and can be used to perform a variety of strength-training exercises. Begin with light weights and work your way up to reduce your risk of injury.

**Try stability balls.** Stability balls are used to perform various core exercises, according to Harvard Medical School. The body’s core can be strengthened to improve balance, reduce back pain and more. Stability balls also can be used to perform abdominal crunches, squats, hamstring curls, and body bridges. Balls also can double as a bench when working with dumbbells.

**Don’t forget about cardio.** Elliptical machines, stationary bikes and treadmills are effective, but there are other ways to get your daily dose of cardiovascular exercise. Lateral shuffles between two points on a gym floor, or setting up a circuit of jumping jacks or skipping rope can keep your heart rate up and improve health. Home gyms can help people get and stay in shape.

*The Daily Advocate* October 31, 2019
For Those Unexpected Medical Needs...

Because Feeling Better Can’t Wait.

NEW HOURS!
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8:00 AM - 5:00 PM
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WALK-IN CARE

Chane Chalou, NP-C
Certified Family Nurse Practitioner

NO APPOINTMENT NECESSARY!
Chane Chalou, NP-C, a certified family nurse practitioner with more than 22 years of nursing experience, provides walk-in care at Wayne HealthCare for life’s unexpected medical needs. Walk-In Care allows patients to see a primary care provider without an appointment for minor illnesses and injuries, giving patients same-day treatment, without the additional cost of visiting an Urgent Care or the Emergency Department.

Some of the conditions we treat include:
- Fever & Cough
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- Influenza
- Animal or Insect Bites
- Eye, Ear & General Infections
- And more!