WE TRAVEL...

SO YOU DON’T HAVE TO

Laramie | Casper | Cheyenne | Douglas | Gillette | Rawlins
Riverton | Rock Springs | Torrington | Wheatland

SPORTS MEDICINE | ANKLE | SHOULDER
FOOT & ANKLE | INTERVENTIONAL PAIN
ELBOW | KNEE | HAND & WRIST
HIP | SPINE | NECK

PremierBoneandJoint.com

1-800-446-5684

Come to where you’re guaranteed to see a specialized M.D.
CONTENTS

Tackling mental health in Wyoming ........................................... 4

Peritoneal dialysis coming to Wyoming ..................................... 6

Staying active in winter ........................................................... 8

Seasonal conditions affect organs - Acupuncture ................. 10

Back pain diagnosis ............................................................... 12

Ain’t no sunshine when D’s gone ........................................... 14

Post-surgery pain management ............................................. 17

Staying healthy during the holidays ...................................... 18
Local groups combat high suicide rates, access to mental health care

By JORDAN ACHS
jachs@laramieboomerang.com

Although being healthy can mean nutritious eating and ample exercise, mental health is also part of overall wellness.

A recent National Monitoring System report ranked Wyoming in the top three states nationally for suicides.

Bob Leonard, president of the #LaramieCares Foundation, said there were over 1,300 calls from Wyoming to the national suicide helpline in 2017, and recently Laramie has had scary statistics, too.

“We have had six or seven suicides since July in Laramie – it’s a continuing problem, a very serious problem,” Leonard said.

Although the national suicide helpline is available day or night, the local suicide prevention hotline, coordinated in part by the #LaramieCares Foundation, is also available anytime for calls or texts at 307-977-7777. Leonard said it can offer...
local treatment options that can't be provided by the national line. He said the national line can help talk to someone, but the local line can take action. “We're getting about 10-15 interactions on the local hotline every month from people who are obviously either considering hurting themselves or suffering from depression,” Leonard said. “The people who run this hotline are the Behavioral Health Unit at Ivinson Memorial Hospital, and they talk with the individual and try to keep them involved until they can determine what kind of help they can provide them.”

Local treatment options can include the University of Wyoming’s Psychology Clinic, which offers mental health care for children or adults with depression, anxiety, eating disorders, substance abuse or learning disorders using evidence-based methods.

Created in 1978 as a way for psychology graduate and doctoral students to get clinical practice, clients pay what they can afford. Cynthia Hartung, UW Psychology Clinic director, said therapy sessions are just $5 for students, seniors or those with low income.

“About 60 percent of our clients are UW students and the remaining 40 percent are faculty, staff and community members,” Hartung said. “Doctoral students and faculty in the Clinical Psychology program provide all services, and the provision of these services is a necessary component of doctoral training.”

Hartung added studies show getting mental health treatment earlier can help avoid more “specialized and intensive intervention” as issues persist. She added studies show many western states, including Wyoming, have restricted access to mental health services, which is believed to be responsible for negative health outcomes in the state, especially elevated suicide rates.

“Limited access to mental health resources is also impacts students and the institutions that serve them,” Hartung said. “Research indicates that individuals who struggle with depression show significant reductions in post-secondary GPA, although this effect is negated in students receiving specialized, evidence-based care.”

The clinic can help make access to mental health resources more accessible, but Hartung said there are some additional mental health practices that people can practice, too.

“First, they should examine their sleep, nutrition and exercise practices,” Hartung said. “Next, they should seek professional help when needed, and not hesitate to get mental health check-up through one of several providers.”

Did You Know You Have Options?

“After having the same surgery twice in a hospital, our bills were enormous. When I was told I’d have to have the surgery a third time, we asked my doctor if there was a more affordable option. He suggested Surgery Center of Fort Collins. Our experience there was great... quality nurses, facility, and care. Most importantly, we saved thousands of dollars.”

When it comes to outpatient surgeries, know your options! Ask your doctor if a surgery center is right for your procedure.
Peritoneal dialysis coming soon

Sweetwater Memorial soon will be able to help more patients
By Deb Sutton

The Memorial Hospital of Sweetwater County

ROCK SPRINGS — Peritoneal dialysis patients soon will have the option of staying closer to home to receive care.

The Memorial Hospital of Sweetwater County Dialysis Clinic soon will offer a peritoneal dialysis program.

“We know of more than 15 peritoneal patients living in this area who now travel to Utah and Idaho for their maintenance care,” said MHSC Dialysis Clinic Director Nicole Halstead. “This program will keep them closer to home.”

MHSC began training in May with Fresenius Kidney Care to offer peritoneal dialysis and work toward State of Wyoming licensure in order to begin offering the program.

“We are working on starting the program as soon as we can,” said Dr. Rahul Pawar, the medical director of nephrology and dialysis at MHSC. “There is a lot involved before we can start the program safely for the community. Hopefully, we can start in the first half of 2019.”

Sweetwater Memorial already serves more than 30 hemodialysis patients.

Hemodialysis treatment filters the blood through a machine outside of the body at the Dialysis Clinic.

Peritoneal dialysis is different. It filters and cleans blood inside of the body. The patient’s abdomen is filled with a solution called peritoneum that helps remove waste and extra fluids from the blood.

Peritoneal dialysis patients accomplish this in one of two ways:

CAPD — Continuous ambulatory peritoneal dialysis is done manually with four to five exchanges every day.

CCPD — Continuous cycling peritoneal dialysis is done with the help of a machine at night while the patient sleeps.

“Some people may need a little of both,” Halstead said. “There is a lot of self-commitment to make it successful. Patients can still work, travel and be active members of their family while on peritoneal dialysis.”

Patients must have monthly labs at their care center and a one-on-one with their doctor. Once MHSC is licensed, Dr. Pawar can see patients at the Dialysis Clinic.

Medical experts predict that the United States will see a 6 percent growth in end-stage renal disease patients, Halstead said. That’s another 30 to 35 patients in this area who will need treatment.

For more information on peritoneal dialysis, call the MHSC Dialysis Clinic at 307-352-8216.
WHERE CANCER & CARE COME TOGETHER.

LEARN MORE ABOUT OUR INNOVATIVE CANCER TREATMENT OPTIONS AT SWEETWATERMEMORIAL.COM 1180 COLLEGE DRIVE, ROCK SPRINGS
Seasonal depression avoidable
By SIERRA BROWN reporter4@rocketminer.com

SWEETWATER COUNTY - Staying healthy in the colder months can be a challenge, but there are plenty of resources to help you beat the winter blues and stay on top of your health goals. Seasonal affective disorder, fittingly called SAD, is a seasonal depression caused by lack of sunlight affecting the circadian rhythms of wakefulness and sleep. With shorter daylight hours, people in places like Wyoming and other higher latitudes are more susceptible to SAD.

Though SAD only affects between four and 20 percent of the United States population, it’s easy for anyone to lose motivation to exercise when there are snow and ice on the ground, Ellen Patterson, MD wrote for My Student Body Health Concerns.

While you may have little motivation to exercise is often the best treatments for the lack of motivation to maintain health and wellness in the winter.

Recreation centers and gyms are warmer alternatives to outdoor recreation. The Green River Recreation Center is open longer on Saturdays in the winter months helping accommodate for the lack of other exercise.
Local organizations like the Rock Springs Parks and Recreation publish a winter activities guide including rock climbing, runs, swimming, sports and ice skating to make a few.

While it may be easy to stay cozy at home during the snowy season, but staying social is a way to be active. There is no shortage of community holiday activities this time of year.

The Sweetwater County Library System hosts holiday craft nights throughout the season.

Exercising at home is also a viable option all year around that requires no membership fees. Planning your workout routines a week in advance may help prevent you from putting yourself off of the idea of regular physical activity, University of Pittsburgh Medical Center reports.

There is are ample online resources for home workout routines including yoga, strength training, aerobics, dance and more.

A poor diet can negate the gains you make with an exercise regimen. With winter comes a craving for comfort foods. Actively working to cut carbohydrates from your diet will help reduce dependency on them. A high protein meal in the morning will help to preserve energy levels throughout the day, UPMC suggests.

### Continue Care Home Health

**What is Home Health Care?**
A service provided to the recovering, disabled or chronically ill in their home environment.

**Why Choose Continue Care Home Health?**
Continue Care is a highly individual decision made by the patient, family and/or physician. By taking charge of your selection process, you are ensuring that the agency chosen will best meet your individual needs.

**Comprehensive Care**
Continue Care Home Health offers comprehensive licensed care for you home health needs. Including: Skilled Nursing Care, Home Health Aides, Physical Therapy, Occupational Therapy, Speech Therapy, Social Work.

Our services are covered by most health insurance plans, including: Medicare, Medicaid, Workmen’s Compensation, Tri-care/CHAMPUS, Private Pay, VA, Waiver and many more.

**Because the best healing…is done at home!**

**IT’S NEVER TOO LATE TO ENJOY YOUR DREAM CAREER**

Enroll in a University of Northern Colorado Extended Campus continuing education program and advance your career.

Through UNC Extended Campus, students have access to continuing education opportunities and more than 100 academic programs. We offer degree completion programs, master and doctorate degrees, certificates, licensures and endorsement options through convenient online and face-to-face learning formats in Greeley, Loveland, Denver and Colorado Springs. Designed for working professionals, you can reach your career goals with our accelerated programming and convenient scheduling.

extended.unco.edu | excinfo@unco.edu
970–351–1693
In the September Wellness Wyoming publication, I discussed Acupuncture as a holistic therapy where “everything counts, nothing is neutral.” I also reviewed how we view the body as an internal environment with its own climate and set of changing conditions. In this article I would like to discuss how holiday and climatic seasons relate to Oriental Medicine and how we might want to greet the changing seasons in our search for wellness.

From the perspective of Oriental Medicine, seasons and environmental conditions can be related to five major organ systems and elements as follows:

- Liver = Wood, Spring and Wind
- Heart = Fire, Summer and Heat
- Spleen = Earth, Indian Summer and Damp
- Lung = Metal, Fall and Dry
- Kidney = Water, Winter and Cold

When I moved to Wyoming, I was told that there were four seasons: June, July, August and Winter. Prior to moving to Wyoming, I lived in Mississippi where there were also four seasons: Too hot and too humid (damp). Despite the regional humor, the point is that the nature of seasonality is a function of where we live. In Wyoming we get long winters. The climate is also dry, cold and windy. So what does that mean for a body? The three most vulnerable organ systems in Wyoming are, therefore, the Liver, Lung and Kidney, because they are injured by wind, dryness, and cold respectively.

It is important to recognize that in Oriental Medicine, we view the organs a bit differently than in Western Medicine, although there is considerable overlap. Each organ has a set of physical characteristics and is tied to a specific emotion. Let's take an example: In Oriental Medicine the Lung is all about respiration but is also associated with the skin, immunity (as the first line of defense in the body) and the emotion of grief. The Lung is susceptible to dryness and most vulnerable in the Fall.

Something else to consider is that the seasonal cycle...
TREATMENT OF
Arthritis/Joint Pain
Sprains/Strains
Headaches
Neck/Back Pain
Sciatica
P.M.S.
Infertility
Menopause
Diabetes

G.I. Issues
Chronic Fatigue
Bells Palsy
Paralysis/Stroke
Dizziness
Nausea
Edema
Acne
Multiple Sclerosis
Allergies

Sinus
Asthma
Insomnia
Substance Abuse
Stress
Depression
PTSD
ADD/ADHD
Weight Loss

AND MORE!

THIRDPATHWAY
ACUPUNCTURE

404 South 16th Street
Laramie
662.769.5522

www.thirdpathwayacupuncture.com
Getting what you need from a back doctor

By Henry F. Fabian Jr., M.D., MBA
Director at the Wyoming Spine Institute, Aspen Mountain Medical Center
Rock Springs, Wyoming

ROCK SPRINGS - The middle-aged woman in my office looked distraught... frustrated... She presented to me with an over two-year history of inconsistent low back pain and transient sciatica, describing radiating pain in her left buttock and down the leg to the calf. She used to love to participate in coed softball and going camping with her kids. No more. She recollected a history of seeing her primary care physician, her OB/Gyn, the chiropractor, a physical therapist and eventually a series of spine surgeons and interventional pain management specialists. It had been a long, frustrating journey...

“Well, what have they diagnosed you with?” I asked.

“Hmmm... that depends, my primary care physician thinks I have fibromyalgia, my OB/Gyn thinks I am depressed and recommended anti-depressants. The chiropractor thinks I have an L4-5 facet subluxation and the physical therapist says it is my left sacroiliac joint, and that my left leg is a half-inch shorter than my right leg., the pain doc wants to do some kind of injection... for the third time... one spine surgeon wants to do a discectomy, the other wants to put in an artificial disc.” She ran the litany of diagnoses like your typical homemaker supermom would run her grocery list. You could physically see the loss of confidence in her health providers on her face.

“Did the physical therapist teach you core stabilization exercises?”

“No”
injection…for the third time… one spine surgeon wants to do a discectomy, the other wants to put in an artificial disc.” She ran the litany of diagnoses like your typical homemaker supermom would run her grocery list. You could physically see the loss of confidence in her health providers on her face.

“Did the physical therapist teach you core stabilization exercises?” “No”
How Wyomingites can combat the absence of Vitamin D-rich sunlight

By Ray K. Erku rerku@rawlinstimes.com

We tend to get a bit more amid the holiday season.
This could be more family, more friends, more home-cooked meals.

But while the gift wrapped presents stack under the tree, as the family cat feeds its insatiable need to duke it out with the fluorescent ornaments dangling from the lowest branches, there’s a certain necessity most Wyomingites may go a bit more without this time of year: Vitamin D.

Throughout summer, when the nourishing, ultraviolet B-rays (UVB) provided by earth’s orbit around the sun are at their most robust, University of Wyoming researchers say Cowboy State residents who take time during peak sunlight hours to catch a quick tan are likely to absorb between 10,000 and 20,000 international units (IU) of vitamin D.

How the skin manufactures this organic compound from such a natural process is as simple as it is complicated. Bear in mind, however, just like any other plant, human tissue photosynthetically derives sustenance from sunlight.

According to UW Professor of Human Nutrition, D. Enette Larson-Meyer, who’s been researching vitamin D deficiencies since 2007, once UVB rays hit the skin, it breaks open the bonds of a thing called “7-dehydrocholesterol,” which is found in the membrane of any given skin cell. As these bonds break open, they flip, change shape, and eventually morph into vitamin D.

Then winter shows up, causing the sun to focus its hemispheric concentration elsewhere. In this process, the vitality of its rays weakens, which essentially drains its shine dry of nutrients.

“It’s really the zenith angle of the sun,” Larson-Meyer said of why winter in the northern part of the country lacks nutrient-rich sunshine. “The sun is lower in the sky, so UV light has to travel a much longer path compared to summer months.”

When this happens, said Larson-Meyer, the long journey traps the UVB rays in the
But there is hope.

Increasing evidence suggests that the vitamin D compound plays a significant role in the prevention of certain ailments, including cardiovascular and Alzheimer’s diseases and type 2 diabetes, among others. In fact, of the 30 leading causes of death in the US in 2010, according to a 2017 UW study on the nutritional benefits of pork, “19 were linked to low vitamin D status.”

This means, once Old Man Winter shows up at your front doorstep, Wyomingites have about three effective methods of filling the void: Tanning beds, supplements, eating certain foods.

Of course, it’s been scientifically proven that excessive use of tanning beds always runs the risk of skin disease and cancer; however, says Larson-Meyer, short sessions – 10 to 15 minutes, two to three times a week – can prevent “inflammation” and heighten “immunity,” since it does increase human intake of vitamin D. Some people might want to apply antioxidants to their skin prior to making a trip to the spa, however.

If the tanning bed isn’t preferred, dietary supplements found at your local pharmacy can go a long way. While Larson-Meyer says researchers recommend a daily vitamin D intake of 600 IU, many brand name supplements – Biotech, Nature Made, Puritan Pride – provide the same amount of IU, or more, in each capsule.

For certain foods, people craving a boost of vitamin D this winter, according to UW researchers, can find their fix in “oily fish, egg yolks, sun-dried mushrooms, and fortified milk, yogurt, margarine and several ready-to-eat cereals.”

But if these methods are neglected, the ensuing vitamin D deficiencies pose all sorts of potential implications.

For one, winter sports in Wyoming, such as basketball and wrestling, many times feel the brunt of the impact.

According to the newest head coach of Rawlins High School wrestling, Nathan Lee, 31, sickness and skin infections amongst grapplers throughout the season are almost just as common as two-point takedowns and leg sweeps. In November, Lee said that, of the 40 to 50 wrestlers he expects for this year’s squad, a good chunk of them will encounter health issues.

“I would say roughly 30 to 40 percent,” he noted.

Although Lee, a former four-time Arizona high school state champion, as well a two-time Pack 10 champion and four-time NCAA qualifier while wrestling for Boise State University, attributes the grueling process of cutting weight to illness, he agrees wrestlers also grapple with trying to stay healthy, when wintertime poses a formidable threat.

Lee said giving athletes vitamin D could counterbalance some of the afflictions.

“I think it’s definitely something other winter sports need to think about,” he said.

According to one introductory statement, stemming from a 2014-2015 UW study highlighting what the impact vitamin D deficiencies may have on collegiate wrestlers, it cited that “some researchers” believe that a “vitamin D deficiency has been associated with reduced strength, prolonged recovery from surgery, altered inflammatory markers, and increased risk for injury and illness.”

Athlete or not, this is applicable to winter Wyomingites.

So if you’re stumped on what to gift your friends and loved ones this holiday season, perhaps you can stuff the stockings with vitamin D supplements, a couple passes to a day spa, or, better yet, a couple airfare tickets to a nice, sunny beach in the Caribbean.

For more information on the benefits of vitamin D, visit https://www.vitamindcouncil.org/
Exceptional Care for your...

FAMILY!

We understand that your family has needs that are as diverse and unique as each individual. Our team of medical professionals provides a comprehensive range of services to meet the needs of patients and families alike, including: preventative medicine, acute and chronic illness, disabilities, and developmental or behavioral issues. Focusing on the health and well-being of the whole person, our providers practice continuity and commitment to your care.

Call to schedule your appointment TODAY!

Pediatric & Family Care
Kelly Follett, MD | Chelsea Raymer, DNP

Ivinson MEMORIAL HOSPITAL
an affiliate of UNIVERSITY OF COLORADO HEALTH MEDICAL GROUP

255 N. 30th Street | Laramie, WY 82072
307.755.4540 | www.ivinsonhospital.org

WE BELIEVE You Deserve Exceptional Care
Patients can look at options besides opioids
By Brenda Cordle, MSHSA, CASC
Chief Executive Officer
Surgery Center of Fort Collins

If you have undergone an outpatient surgery recently, you were likely faced with the decision of whether to take prescription or over-the-counter pain medication. One of the biggest concerns for patients is how they will control their pain after surgery. The American Society of Anesthesiologists (ASA) has been addressing our nation’s rapidly growing crisis surrounding pain medicine and overuse of opioids. They recognize that patients are often uncomfortable and sore in the days following their procedure, but they know that relying on opioids for pain management is not the best strategy for most patients. Here are a few things to consider when deciding which pain management route is best for you:

Ask your doctor or surgeon for alternatives
Opioids – commonly prescribed as Vicodin, Hydrocodone, Fentanyl, Codeine, Demerol, Oxycodone and Percocet – are suggested for patients in extreme pain. Ask your doctor or surgeon if over-the-counter medications like ibuprofen, naproxen or acetaminophen can effectively manage your post-surgery pain. While neither option is recommended for long-term use, over-the-counter medications are much less addictive and have fewer patient risks.

Listen to your body
Most surgeries, if not all of them, come with some discomfort and soreness. These sensations can be alleviated with an average dose of ibuprofen. When patients move beyond the discomfort threshold and into severe pain, your body will send messages to your brain that you are in need of quicker relief. Pain can often be described as sharp, intense or extreme sensations that last for longer periods of time. Every person and every body will respond to pain and to medication differently. If you feel the need for strong medication, talk to your doctor about a prescription option.

Voice your concerns
While resting in recovery, your care team will ask you to describe your pain level. Most recovery rooms will have a pain scale that helps you to rate how you are feeling. Be descriptive with what you are feeling and express any concerns you may have. The doctors and nurses are great sounding boards and will provide the best care – tailored to you. Most discomfort and pain will subside within a few days after surgery, with or without pain management.

See Pain Management, 22
Winter weight gain can be a pain – Wyoming nutrition experts offer some suggestions for eating well this season

By Chrissy Suttles
Wyoming Tribune Eagle

CHEYENNE – Holiday weight is much easier to gain than lose. At least that’s what new research led by Cornell University’s Food and Brand Lab suggests.

Extra pounds put on between Halloween and Christmas can take more than five months to lose.

The research looked at year-round weight patterns of nearly 3,000 people in the United States, Germany and Japan. In the U.S., researchers found that the participants’ weight began to rise throughout October and November, and peaked 10 days after Christmas.

On average, each participant’s weight increased about 1.3 pounds during this time.

Between family dinners, cold temperatures and inactivity, it can be difficult to keep weight off during the holiday season. But experts have some tips to help keep you on track.

Track your food intake

One of the best ways to know what you’re eating regularly is using a food tracking application. Downloading apps such as Lose It!, MyFitnessPal or My Diet Coach can...
IS YOUR LOVED ONE...

- Forgetting to take his/her medication?
- High-risk for falls or has fallen recently?
- Alone for most of the day?
- Showing signs of Dementia/Alzheimer’s?
- Suffering from depression?
- Declining in health?
- Getting proper nutrition?

Assisted Living may be the best option to keep your loved one safe and healthy!

2360 Reagan Ave., Rock Springs, WY
362-0100
deertrailassistedliving.com

give you the motivation to stay on top of your diet.
These programs give you a breakdown of fats, carbohydrates, sugars and other important nutritional elements. It’s also essential to make sure you’re getting enough protein, fiber and micronutrients.

“Fill up on fruits and vegetables first, and then eat smaller portions of the higher-fat foods,” said Leisann Paglia, clinical nutrition manager at Sodexo at Cheyenne Regional Medical Center. Eat slower
Eating deliberately and taking your time during meals will mean you get fuller faster, and therefore eat less. It enables you to enjoy the meal in front of you. It’s also better for digestion and hydration.

“One of the first things I tell people interested in losing weight is ‘take your time,’” said Angela Jeffries, a Laramie County-based weight loss coach. “Whether you’re trying to stay healthy during the holiday season or on a long-term journey, this alone can make a big difference.”

Limit alcohol consumption
While an occasional glass of wine with family and friends is to be expected, beer and mixed beverages can have inordinate amounts of sugar.
Experts suggest most people limit their alcohol consumption to two glasses a day. If you do nothing else, substituting water for soda, sugary juice or alcoholic beverages could cut hundreds of calories out of your daily intake.

“Alcohol adds up quickly,” Paglia said. “Break these drinks up with water or low-calorie water mixers. Generally, be wary of sugary beverages.”

Get enough sleep
Sleep is arguably more important to a healthy routine than diet and exercise. Inadequate sleep can increase insulin resistance, affect appetite hormones and reduce physical performance.

And getting enough sleep can guard against excessive stress that often comes with the holiday season. This stress can lead to overeating or under-eating, and hurt overall nutrition goals.

“Remember the season is more than just those two or three days during the holidays,” said Paglia. “It’s important to maintain your normal routine and find time to exercise whenever possible – even an extra walk before a big dinner.”

Do you suffer with JOINT PAIN?

OUR NEW MEDICAL CLINIC RELIEVES THE FOLLOWING:

- Arthritic joints
- Pain with varying movement
- Ligament & tendon dysfunction
- Loss of cartilage
- Aching & swelling
- Decreased range of motion

ARE YOU LOOKING FOR RELIEF NOW?
We have a completely NEW TREATMENT that may take away most, if not all, of your pain. We are now offering STEM CELL THERAPY in our office. Please call for details.

CALL NOW 970-226-1117

WELLNESS WYOMING

December 2018

19

2019

SPINE CORRECTION CENTER

2244 E. Harmony Rd., Suite 110, Fort Collins
970-226-1117 | SPINECORRECTIONCENTER.COM
progresses from birth (Spring), through growth (Summer), maturation (Late Summer), harvest (Fall) and storage (Winter). The yearly cycles can be also compressed into a daily cycle, from waking in the morning to sleeping at night.

The organs are therefore affected by daily, lunar, seasonal and life cycles, and because they represent a cycle, there is a supporting relationship between them: The Lung supports the Kidney, which supports the Liver, which supports the Heart, which supports the Spleen, which supports the Lung. Another wrinkle here is that in addition to the supporting cycle, there is a controlling relationship between the five elements: Wood controls Earth, which controls Water, which controls Fire, which controls Metal, which controls Wood.

Let me tie all this together and show how it all works using the Lung again to illustrate. If I get sick in the Fall with a respiratory disease and do not care for myself, the compromised energy in the Lung can be passed on to the Kidney (supported by the Lung) and at the same time the Lung (metal) will be unable to control the Liver (wood). An uncontrolled Liver will overcontrol the Spleen (earth), resulting in digestive issues. A compromised Spleen cannot then support the Lung, so my disease can become chronic and recurrent.

It is for these reasons that it is important to pay attention to the seasons and cycles in your life. Eat with the seasons avoiding food excesses and toxins, exercise in appropriate ways during the year, obtain the right amount of sleep as the seasons change, and balance work and play to reduce and manage stress. When these life aspects are in balance, the energy flow between the organs is optimal, thereby creating effective and efficient body functions.

When you visit with an acupuncturist the five elements will be taken into consideration when developing both a diagnosis and a treatment plan. Staying healthy is about being attuned to, and maintaining a balance with, the external cycles of the seasons as well as the inner climate of self. Like I said right at the beginning, everything counts, nothing is neutral. In summary then, I invite you to greet the seasons and embrace the opportunities to regain balance that they offer.

For a list of licensed acupuncturists in your area, please visit the Wyoming Acupuncture Society website at: http://www.wyoas.org.
The modern health issue of text neck and how chiropractic care can help

Dr. Kyle and Savanna Lorenz
Northview Chiropractic

Have you heard of Text Neck? It’s a new known issue that not only affects adults, but is now starting to affect the younger generation. You may be wondering what exactly text neck is and why it is so important to take care of, but I assure you it’s something you should become familiar with. Text neck started at a cautionary tale that parents used to keep kids off phones, but it is now a real issue that can cause daily pain, discomfort, or even cause growing children incorrect posture and curvatures of their spines.

Text neck is a condition that forms when you overuse your neck, back, and shoulder muscles by keeping yourself in a hunched over position, typically the position occurs when you spend a lot of time looking down at a phone, tablet or even reading a book. This type of position happening on a constant basis can cause serious strain on your spine. The reason the neck changes so much when in this position is due to the weight of the head (typically 10-12 pounds on the average adults). When you tilt your head forward and down to look at a phone or book you are increasing the gravitational pull on your neck and applying a great deal of pressure to this delicate area of your spine. The force is equivalent of 60 pounds of extra weight in some cases, which creates that unwanted pain or discomfort and causes your neck to not be in neutral position. If left untreated, long-term forward neck posture can lead to other issues, such as a disc herniation, subluxations, and pinched nerves that can affect other areas of your body. Lucky for any person getting help with this condition can correct any strain to the spine and help to minimize any pain or discomfort.

Chiropractic care is one way a lot of people received treatment for text neck. Chiropractors are by far the most qualified doctors in the medical field to correct text neck and its problems. Chiropractic care is one of the best means of wellness and preventative care. Having your neck and back properly aligned on a consistent basis will stop a lot of problems before they even begin.

Along with a Chiropractic adjustment there are also a few other strategies that can help to prevent text neck and keep your spine aligned. Holding your device or book at eye level or looking down with your eyes not your head will keep your neck in the neutral position. Try even taking breaks every 15 to 20 minutes spent on devices or reading and be mindful of your posture. Your head should be in a neutral position, your wrists straight and your shoulders as relaxed as possible. Tensing muscles in the neck and shoulders will lead to chronic muscle issues and pain. Take steps now prevent text neck and keep your body happily aligned.

Northview Chiropractic

Dr. Kyle and Savanna Lorenz
Treating patients of all ages since 2012

New Patient Special:
$20 first visit
(Normally $290)
Includes: Consult, Exam, x-rays and a report of findings.

7356 Stockman St
(307) 632-3399
Cheyennewychiropractor.com
Who’s on first from 12

“Did you get any educational materials from your PCP about Fibromyalgia, did they run any lab studies to confirm the diagnosis?”

“No”

“Did the pain management doctor and chiropractor tell you what exam or x-ray findings they were referring to in supporting their diagnoses and treatment plan, what about those other spine surgeons?”

“No”

The lack of meaningful dialogue in the above patient history is glaring, but all too common. I unfortunately encounter it on an almost daily basis in my practice as a spine surgeon. The U.S. is spending somewhere in the neighborhood of $70 billion a year trying to manage low back and neck pain and the cure can still be so elusive. It is so frustrating to both a patient and treating surgeon to work through all the possible causes and treatment options.

Well, what to do? There is an ancient Chinese proverb; “It is easier to write a thousand prescriptions, than to find a single remedy.” The key for a back-pain patient is to become as educated as possible about the anatomy and physiology of the spine, to always ask questions, and to demand a systematic workup that generates answers. The treatment plan should be logical, follow a stepwise progression and make sense. “If this, then that” should be clearly understood, and followed throughout. I have had patients present to me who have undergone pain management injections, chiropractic therapy and PT without a single working diagnosis, often with treatments at odds with each other. One patient was getting prolotherapy because the pain doc said her neck was “too loose” while simultaneously getting chiropractic therapy for being “too tight”. Another patient had undergone a lumbar laminectomy for “back pain”, even though there is no justification of performing a laminectomy for back pain.

Wyoming back and neck pain patients deserve better. They need a comprehensive plan to define their primary pain generator and a rationale for treating it. The Wyoming Spine Institute is a regional leader in offering precisely this type of care. We utilize evidence-based protocols and stepwise treatment algorithms that are state of the art. We encourage you to call us for a consultation and avoid the runaround “Who’s on First?” treatment merry go round. Let’s figure this out together in a logical, methodical manner and get you back to working and living and enjoying life.

Pain Management from 17

Limit prescription pain medication

In the event that you are in severe pain and are prescribed a pain killer, follow your doctor’s prescribed dosage and use them sparingly. Most doctors will explain that the prescription is suggested when needed and not on a regular basis. You may also want to ask your doctor if the prescription can be taken in addition to or alternating with an over-the-counter pain medicine.

Be aware of other side effects

The most commonly known side effect of opioid pain killers is that they can become addictive. Did you know that they can also cause severe constipation? Other side effects can include nausea, vomiting, low blood pressure, dizziness or drowsiness.

Overall, it is best to know that your pain will subside. A study from The American College of Surgeons shows “nine out of ten patients report that their pain is either mild or gone four days after surgery.” Prescription pain medication can be useful and effective but is not necessary for every patient. Talk with your doctor and do your research before making a decision on what will work best for you and your body.
Cheyenne OBGYN is located in the beautiful capital city of Cheyenne, Wyoming, and has been providing excellent women's health care for over thirty five years. We specialize in all aspects of obstetrical and gynecological care with compassion. The care we provide is unique to each woman's individual health care needs.

When you choose Cheyenne OBGYN you not only choose to be treated by a caring physician but by the unified knowledge of all of our providers. Cheyenne OBGYN believes in team-based-care, which means that our physicians work together in office and behind the scenes to provide you with years of experienced health care. From your teen years to your golden years, we are here for you. Cheyenne OBGYN… Generations of Excellence, Caring for Women.

New patients are always welcome!

Some of our services include:
- Routine & High Risk OB
- Gynecologic Surgery
- Fertility
- Birth Control
- Premenstrual Syndrome
- State of the Art Ultrasound Imaging
- Hormone Replacement Therapy
- Menopausal Symptoms
- Laparoscopic Surgery
- Urinary Incontinence
- Bone Density Scanning

Accredited by the American Institute of Ultrasound in Medicine.

Generations of Excellence, Caring for Women.

307-634-5216 • cheyenneobgyn.com
2301 House Ave • Ste 400 • Cheyenne, WY 82001 • Located in the Physicians Office Building at CRMC
Inspiring Great Health from Colorado to Wyoming.

Cheyenne Regional is proud to partner with UCHealth to bring you world-class care, close to home.

Cheyenne Regional Medical Center
An Affiliate of UCHealth
We Inspire Great Health!