



How biking to work can benefit your overall health

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reports that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada notes the average Canadian spends 26.2 minutes getting to the office. Few people enjoy commuting. In fact, a 2004 study published in the journal *Science* found that female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that's because commuting, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the *Journal of Urban Health* found that longer commutes are associated with behavioral patterns that may contribute to obesity and other negative health conditions.

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age.

And there are additional benefits to cycling to work that might compel some commuters to pedal their way to the office.

- Biking can help you meet minimum exercise guidelines. The latest Physical Activity Guidelines from the U.S. Department of Health and Human Services recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Biking to work can help people meet and exceed those weekly guidelines, providing a strong foundation for a long, healthy life.

- Biking to work can lower your risk of chronic disease. Regular physical activity like cycling can lower your risk of chronic diseases like cardiovascular disease, type 2 diabetes and certain cancers. Adults who can't find the time to exercise outside of work may find that exercising during their commutes by biking to work is their best and most effective means to lowering their risk for chronic disease.

- Biking to work can improve



cognition. The American Heart Association notes that regular physical activity like cycling has been linked to improved cognition, which can positively affect memory, attention and processing speed.

- Biking to work may help reduce stress. A 2017 study from researchers at Montreal's Concordia University attempted to investigate the impact of various

commuting modes on workers' stress levels upon arrival to their workplace. The study found that such levels were lower among cyclists than they were among people who drove or took public transportation to the office.

Biking to work may not help people reduce their commute times, but it might make those commutes less taxing on their overall health.

What are flat feet, and is there cause for concern?

Parents want to be sure that their children are healthy from top to bottom. When parents see that their children may have fallen arches, sometimes referred to as "flat feet," or discover it from a pediatrician, they may wonder if this is something to be concerned about.

Flat feet are quite common. A 2006 study of the condition published in the journal *Pediatrics* found that the prevalence of flat feet in a studied group of children between the ages of three and six was 44 percent. Whereas the prevalence of flat feet can decrease with age, it is a widely seen condition that will generally stay with a child into adulthood unless there is medical intervention.

The Mayo Clinic says that flat feet occur when the arches don't

develop during childhood. Flat feet also can occur after an injury or through wear and tear with age. Flat feet is generally a painless condition, but for some, fallen arches can contribute to problems in the ankles and knees because the condition can impact the alignment of the legs. Also, some others may find their feet tire easily when walking. Unless there is pain, no treatment is usually advised.

Doctors may refer some patients with flat feet to a foot specialist. He or she may advise use of shoe insoles to support the feet better and also explain which types of shoes to wear for utmost comfort. The NHS, the United Kingdom's biggest health website and a world-leading health information service, says that surgery is rarely needed for



flat feet. However, it might be recommended if there's a problem with the bones, tissues or muscles in the feet and other treatments haven't worked.

Fallen arches are quite common

and normally not something to worry about. Toddlers may grow out of the condition. However, even if flat feet are a permanent fixture, they should not affect a person's ability to lead a fully active life.



Recognizing the threat posed by food allergies

A well-balanced diet rich in nutrients and vitamins is an essential component of a healthy diet. When coupled with routine exercise, a healthy diet can pave the way for a long life. However, some foods considered healthy, including dairy products and wheat, can pose a threat to men, women and children, triggering allergic reactions that can put their lives in jeopardy.

Food allergies are no small concern. In fact, according to FARE® (Food Allergy Research & Education), an organization dedicated to improving the quality of life and health of individuals with food allergies, an allergic reaction to food sends someone to the emergency room every three minutes in the United States. To avoid such trips, it's imperative that people understand food allergies and learn to recognize the symptoms of allergic reactions.

What is a food allergy?

FARE® notes that food allergies are a medical condition in which exposure to certain foods triggers harmful responses from the immune system. According to the Centers for Disease Control and Prevention, these immune responses can be severe and life threatening. For example, anaphylaxis is a severe allergic reaction that causes the immune system to release a flood of chemicals, potentially sending a person into shock. The Mayo Clinic notes that anaphylaxis causes a sudden drop in blood pressure and the narrowing of airways, making

it difficult, if not impossible, to breathe.

What are some symptoms of allergic reactions to food?

Anaphylaxis is a severe and life-threatening response to a food. Thankfully, not all symptoms of food allergies are so severe. FARE® notes that mild symptoms of food allergies may include:

- Hives
- A flareup of eczema characterized by a persistent dry, itchy rash
- Redness of the skin, especially around the mouth or eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea

These mild to moderate symptoms can be uncomfortable and unnerving and should be reported to a physician immediately. People who suspect they are the result of a food allergy should write down everything they ate, and avoid certain foods that spark their suspicion until they have had a chance to visit their doctors.

Severe symptoms of food allergies may include:

- Difficulty swallowing
- Shortness of breath or wheezing
- Turning blue
- Loss of consciousness
- Chest pain

Are certain foods more likely to trigger allergic reactions?

The CDC notes that eight foods or food groups account for 90 percent of allergic reactions in the United States. These foods, many of which are otherwise healthy for

many people, include:

- Milk
- Eggs
- Fish
- Crustacean shellfish
- Wheat
- Soy

- Peanuts
- Tree nuts

Food allergies are no small threat. Learn more about the dangers of food allergies at www.foodallergy.org.



Otherwise healthy foods and beverages, including milk, can sometimes trigger potentially dangerous allergic reactions.



CareSouth welcomes newest Latta provider

LATTA - Care South Carolina welcomes Carolyn Fulmore, LPC, LAC, CAC II, as the newest provider in the Latta office.



Fulmore, a Pee Dee native, has more than 20 years of counseling experience. She began working as a Behavioral Health Counselor in Care South Carolina's Latta office in April. She is a Christian and is married with two children.

"I always had an interest in working with Care South Carolina," Fulmore said. "One of my friends I worked with years ago at Mental Health came to Care South and has kept me informed of how great it is to work here and how Care South is always growing. I really like the fact that Care South Carolina has so many services that we can offer patients. We work with patients based on what they need and what they're asking for. It has really become a one-stop shop for health care for all ages!"

Fulmore began her clinical counseling career working as the Child Victim Assistant at Durant Children's Center then Dillon County Coordinator from 1998-2000 for Pee Dee Coalition Against Domestic & Sexual Assault. From 2000 to 2009, Fulmore worked as a Human Service Specialist II for the South Carolina Department of Mental Health in Dillon & Marlboro County. In 2010 while completing her Master's program she completed an internship with SC Department of Vocational Rehabilitation in the Dillon Office. Then she served as Clinical Counselor/Certified Addictions Counselor for Circle Park Behavioral Health Services at the Chrysalis Center from 2011 to 2019.

"I enjoy helping people make changes in their lives and seeing the transformation they go through," Fulmore said. "As a counselor I am skilled at listening to what's going on in a person's life and meet them where they're at to change unproductive thoughts and behaviors. I work with individuals using Cognitive Behavioral Therapy with a Person Centered approach to redirect negative thoughts and feelings and help patients recognize small steps they make in progress toward personal goals."

Fulmore received an Associates in Public Services from Florence-Darlington Technical College in 1994; a Bachelor of Science in Sociology from Francis Marion University in 1997; and a Masters of Arts in Professional Mental Health Counseling from Webster University in 2010.

Care South Carolina is a private, non-profit community health center delivering patient-centered health and life services in the Pee Dee region of South Carolina. Care South Carolina operates centers in Bennettsville, Bishopville, Cheraw, Chesterfield, Dillon, Hartsville, Lake View, Latta, McColl and Society Hill.

Services provided by Care South Carolina include family practice, internal medicine, pediatrics, women services, OB/GYN, HIV/AIDS primary care, dental, chiropractic services, pharmacy, geriatrics, social services, clinical counseling, laboratory, 4D ultrasound, X-Ray, migrant services and veteran's choice provider.

To schedule an appointment, please call

843-627-6252.

Losing weight after menopause



Menopause is a time of change in a woman's life. Much as the start of menstruation is accompanied by great fluctuations in hormones that can cause different symptoms, so, too, is the end of menstruation.

During menopause, many women experience weight gain and have trouble shedding pounds. Researchers are not quite sure why women gain weight during menopause. However, the health and wellness site Healthline advises that both elevated and low levels of estrogen can lead to increased fat storage. This is compounded by a loss of muscle mass that occurs due to age, hormonal changes and decreased physical activity.

According to JoAnn Pinkerton, MD, executive director of the North American Menopause Society, most women will gain about five pounds during the menopause transition. Women who do not gain weight may notice that fat is being repositioned around their midsections. Other factors also may contribute to this weight gain..

Losing weight during the menopause transition can be challenging, but it is not impossible.

- Cut down on calories. Post-menopausal women can cut back on calories because they likely do not need as much as they did when they were younger. Eating may be out of habit, not necessity.
- Increase exercise. While

mature women may not have the endurance of younger women, they can make up for it by scheduling shorter, more frequent exercise sessions. The general recommendation is 30 minutes of moderate-intensity exercise most days per week. But this can be split up into different sessions per day. Incorporate resistance training to help combat muscle mass lost from aging. The more muscle one has, the more calories burned, even at rest.

- Cut out sweetened beverages and desserts. Cutting back on sugary items can trigger weight loss. Researcher Bethany Barone Gibbs, Ph.D., of the University of Pittsburgh, noted that participants in a school-sponsored weight-loss

study who were able to decrease their consumption of desserts and sugar-sweetened beverages tended to have more success losing weight and keeping it off than those who did not.

- Talk about medications. Speak with a doctor about medications, some of which can contribute to weight gain. Many women are prescribed antidepressants in midlife to combat, among other things, symptoms of menopause. Side effects of such medications can include weight gain.

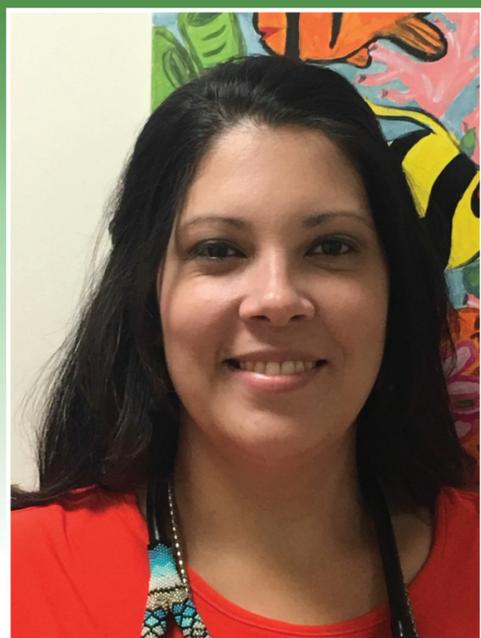
Women gaining weight during menopause can discuss their concerns with their doctors, trainers and dieticians and work toward healthy goals for postmenopausal weight loss.

Scotland County Health Department is pleased to welcome



Michelle Gilchrist, RN, BSN, FNP

Michelle Gilchrist comes to us with 13 years' experience as a Registered Nurse in various roles. During her time at McLeod Medical Center, she received the South Carolina Palmetto Gold Award. Encouraged by her family, she earned a Bachelor of Science in Nursing degree from Francis Marion University in 2015. In 2018, she earned her Master of Science in Nursing-Family Nurse Practitioner degree from the Walden University. Michelle Gilchrist is currently certified in Family Practice by the American Academy of Nurse Practitioners. Michelle was born and raised in Dillon, SC. She enjoys the feel of a small, close knit community. She is passionate about educating patients so that they can be empowered to take care of themselves. Michelle and her husband Grant Gilchrist live in Dillon, SC with their two children. Michelle enjoys spending time with her family, shopping, traveling and reading



Ashley Locklear, PA-C

Ashley Locklear has 8 years of experience as a Physician Assistant and has practiced for the past 6 years in Scotland County in the primary care setting. She was born and raised in Max-ton, NC. She received a Bachelors in Chemistry from UNC-Pembroke, going on to A.T. Still Uni-versity in Mesa, AZ to attend the Physi-cian Assis-tant Program. Her passion is preventive medi-cine and providing quality care to the under-served. She is happily married to Kenny Chavis and mother to 3 beautiful daughters; Embreal, Kennedy and Evanna. In addition to being a health care provider she enjoys spending time with my family and attending church at New Hope.



WEEKLY CLINIC HOURS OF OPERATION
MONDAY-FRIDAY
8 A.M.-12:00 P.M. AND 1:00-5:00 P.M.
CALL FOR AN APPOINTMENT
910-277-2440
 1405 West Blvd
 Laurinburg N C 28352

SERVICES

- Maternal Health
- Child Health
- Immunizations
- EIC/HIV Clinic
- STD Clinic
- Family Planning
- Communicable Disease
- Animal Control
- Environmental Health
- And Many More

Health screenings every woman should get

Routine wellness exams are essential for women who want to maintain and/or improve their health. Women may not be familiar with all of the screening options that can keep them on the right track.

Preventative health screenings can shed light on risks for certain diseases and provide insight into patient behaviors that may be harmful. Screenings also may help save a life.

Healthy diets and daily exercise are hallmarks of healthy people, but routine wellness exams are just as important. The following are some screenings women should include in their health and wellness routines.

- **Blood pressure:** Doctors will typically test blood pressure at every visit. Women whose blood

pressure is below 120/80 mmHg can go every two years between blood pressure readings up until age 20, advises The American Heart Association. Adults 40 or older, or those with conditions that put them at risk for hypertension, should go annually or as advised by a doctor.

- **Cervical cytology:** The American College of Obstetricians and Gynecologists recommends routine pelvic examinations with cervical testing that includes Pap testing and HPV testing. Consult with an OB-GYN for testing frequency, which depends on age.
- **Cholesterol:** Cholesterol levels alone are not indicative of one's overall health. However, a complete cholesterol test can determine a person's risk for heart disease. If levels are consistently normal,

this test may only need to be performed every five years, advises the National Institutes of Health.

- **Mammogram:** Mammograms screen for breast cancer. Given the risk of false positives, debate continues as to how frequently women need these screenings. The most recent guidelines from the U.S. Preventive Services Task Force says mammograms are recommended starting at age 50, and should occur every two years. The American Cancer Society advises starting at age 45 and having a mammogram annually through age 55.

- **Blood-glucose test:** The National Institute of Diabetes and Digestive Kidney Diseases says women should be screened regularly for prediabetes or diabetes beginning around age 45. Women can speak

with their physicians to determine how often they should receive these screenings.

- **Osteoporosis screenings:** Bone density can be measured starting at age 65 or earlier if a woman has a high fracture risk, states Regis College.

- **Skin examination:** The American Academy of Dermatology suggests speaking with a dermatologist about skin exams. Self-examinations should be routine, but dermatologists may recommend more formal tests to women who meet certain criteria.

Women should speak to their doctors about personalized screenings based on family history and other risk factors.



Create a **Safe Sleep** Environment for Baby

Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

Reduce the risk of SIDS and other sleep-related causes of infant death by **creating a safe sleep environment** for your baby.

How can you make a **safe sleep environment**?



- ▶ Always place baby **on his or her back** to sleep for all sleep times, including naps.



- ▶ **Room share**—keep baby's sleep area in the **same room** next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



- ▶ Use a **firm sleep surface**, such as a mattress in a safety-approved* crib, bassinet, or portable play area, covered by a fitted sheet.



- ▶ Keep soft objects, toys, pillows, crib bumpers, and loose bedding **out of your baby's sleep area**.



- ▶ **Don't let baby get too hot during sleep.** Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.

*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas: <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

<http://www.scotlandcounty.org/680/Safe-Sleep>



Health Department Now Offering Long-Acting Reversible Contraceptives

Scotland County Health Department is pleased to announce we are now offering Long-Acting Reversible Contraceptives (LARCs) as a method of birth control. These contraceptives include Intrauterine devices (IUDs) and birth control implants. Examples include Mirena (IUD) and Nexplanon (Implant). LARCs are an effective way of preventing pregnancy for 3-5 years upon insertion, without the need to take a daily pill. "We are excited to be able to offer these methods of birth control to any new or current patient at Scotland County Health Department which will allow us to better serve the people in our community," stated Kristen Patterson, Health Director.

For more information about Long-Acting Reversible Contraceptives, to determine eligibility, or to make an appointment, please call the Scotland County Health Department at 910-277-2440 or 910-277-2470 ext. 4466.

THIS AD WAS PROVIDED WITH TITLE X FUNDS.



NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development

Scotland County Health Department
1405 West Boulevard
Laurinburg, NC 28352
(910) 277-2440
<http://www.scotlandcounty.org/148/Health-Department>



1405 West Blvd, Laurinburg, NC 28352
Phone (910) 277-2440 Fax (910) 277-2450