



HEALTHY BOTTOM LINE AUGUST 2019

Electronics may have surprising effects on health



According to the latest annual visual networking index forecast from Cisco, there will be four networked devices and connections per person across the globe by 2021. While there is no denying the many positive attributes of electronics and global connectivity, research indicates that some health concerns may be tied to our devices.

Cancer from phones

Smartphones, flip phones and their

predecessors give off a form of energy known as radiofrequency, or RF. As the amount of time spent on phones has increased, concerns have been raised as to the possible health ramifications of RF exposure on the body.

The American Cancer Society says RF waves are a form of non-ionizing radiation. They are different from the stronger, ionizing types of radiation that can affect the chemical structure of DNA in the body. But there is some concern that RF may contribute to the formation of cancer in the body. A large study by the US National Toxicology Program (NTP) exposed large groups of lab rats and mice to RF energy over their entire bodies for about nine hours a day, starting before birth and continuing for up to two years. Results indicated an increased risk of tumors called malignant schwannomas of the heart in male rats exposed to RF radiation.

The International Agency for Research on Cancer has classified RF fields as "possibly carcinogenic to humans." Although cancer risk is very

low and not undeniably linked to phone use, it is something for people to keep in the back of their minds, and limiting phone use may help reduce risk.

Mobile device use and social media addiction

Increased use of technology may be linked to decreases in attention and increases in behavior and self-regulation problems for adolescents already at risk for mental health problems, says a study from Duke University. One hundred fifty-one adolescents were studied using digital technologies for an average of 2.3 hours a day. The researchers found that, on days when adolescents used their devices more, both when they exceeded their own normal use and when they exceeded average use by their peers, they were more likely to exhibit conduct problems such as lying and fighting.

Also, as published in Psychiatric News, time spent on multiple social media outlets is considered a risk factor for mental health problems. Re-

searchers found people who reported using the greatest number of social media sites (seven to 11) had more than three times the risk of depression and anxiety.

Other health concerns

Neck pain, wrist and elbow strain, eye strain, and other fatigue factors have been linked to computer use. A study published in the U.S. Proceedings of the National Academy of Sciences showed that people using tablets for at least four hours before bedtime took longer to fall asleep than people who hadn't used them.

And recently, popular exercise tracker FitBit® came under fire when people were shocked while wearing the devices, and these types of trackers may cause people to micromanage their fitness, detracting from the psychological benefits of exercise.

Electronics are important components of daily life. But devices may contribute to serious health problems.



BY MORGAN WINDHAM,
DNP, CPNP-PC

It's Sports Physical Season

Does this mean your child needs a visit with his/her Primary Care Provider?

Summer is here, and the season of sports practices and camps has arrived. In planning for your child's camp physical or sports physical, I wanted to share some useful tips.

First and foremost, none of us should think of a sports physical as a simple visit. Sports physicals are very important, and they should be taken very seriously. It is important for the parent or caregiver to accurately complete the physical history form that goes along with sports physicals; ideally, this should be completed prior to the appointment and brought in to the office.



By Morgan Windham,
DNP, CPNP-PC

A caregiver who lives in the home with the child or adolescent should also attend the appointment. Completing a sports physical involves a detailed physical exam along with discussing the child's prior sports activity and any injuries in detail.

When scheduling a sports physical, it is also a good time to schedule a wellness visit for your child or teenager if they have not had one in the last calendar year. This is likely the case as children and adolescents go to the doctor less often as they get older.

Wellness visits are very important as this allows your primary care provider time to discuss in detail your child's health, dietary habits, family life, school performance and media use. This is also the time to ensure your child is up to date on immunizations; there are often immunizations that could be completed in this age group. It is recommended by all insurance providers that children and teenagers have one wellness visit per year, and it is also recommended by the American Academy of Pediatrics.

The American Academy of Pediatrics also recommends that sports physicals be performed by the child's primary care provider. This stance comes from what is mentioned above, the aspect of also ensuring the child is up to date on wellness visits. This also ensures that any follow up from the sports physical is carried out.

For example, a child had an elevated blood pressure during a sports physical visit. If this visit is completed in the child's primary medical home, this allows proper follow up and also ensures that all of this information is included in the child's medical record.

Ensuring the best care for your children is what we all want as parents. If your child needs a sports physical, schedule it with his or her primary care provider and ask if he or she is also due for a wellness visit or immunizations.

Morgan Windham, DNP, CPNP-PC, is a Certified Pediatric Nurse Practitioner and practices at CareSouth Carolina's Bishopville office



3080 Highway 15-401 E. | McColl, SC

843.523.5751

We Accept:

Medicare • Medicaid • Private Insurance • Sliding Fee



www.caresouth-carolina.com

When is clumsiness a cause for concern?

Who hasn't tripped over his own feet or knocked over a water glass on a table? No one is immune to the occasional clumsiness, but some people may grow concerned that their bouts of clumsiness are becoming more frequent.

For healthy people, bumping into a wall when misjudging a corner or dropping silverware on the floor is often a minor, isolated incident. Lack of concentration or multitasking often may be to blame. In 2007, Professor Charles Swanik and a research team at the University of Delaware studied athletes to discover why some seem to be more injury prone than others. Researchers found that clumsy athletes' brains seemed to have "slowed processing speed," which referred to how their brains understand new information and respond to it.

But clumsiness also can be a sign of a bigger issue at play, namely motor problems within the brain. According to Taylor Harrison, MD, clinical instructor in the neuromuscular division of Emory University, coordination of the body is complicated and tied to both motor and sensory systems. That means the eyes, brain, nerves, cerebellum, which

specializes in coordination and balance, muscles, and bones must work together.

Clumsiness can result from stroke, seizure disorders, brain trauma or the presence of tumors, and other conditions. Healthline also says that clumsiness may be an early symptom of Parkinson's disease or Alzheimer's. Parkinson's affects the central nervous system and can impair motor skills. Alzheimer's slowly damages and kills brain cells and may cause issues with coordination. This may be the case with other dementias as well.

Clumsiness may sometimes result from a lack of sleep or overconsumption of alcohol. Arthritis also can lead to clumsiness when joint pain and restrictive movements make it challenging to get around.

Psychologists may suggest cognitive behavioral therapy or propose performing tasks with more mindfulness to reduce clumsiness. If that doesn't work, men and women should visit their physicians, who can conduct tests to rule out certain things and provide peace of mind.

Seniors' senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well.

The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these important sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar. Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.



What is SPF?

When shopping for sunscreens, consumers will no doubt notice each bottle lists its SPF number. Numbers tend to be as low as 4 or as high as 100. But what is SPF? And what does it have to do with protecting the skin from the sun's harmful rays? According to the Skin Cancer Foundation, SPF, which stands for sun protection factor, is a measure of a sunscreen's ability to prevent the skin against ultraviolet B, or UVB, rays from the sun. The Skin Cancer Foundation notes that SPF works in a way that might surprise even the most devoted of sun worshippers. If it takes 20 minutes for unprotected skin to start reddening, then a sunscreen with an SPF of 15 will theoretically prevent reddening for 15 times longer than that — or about five hours. While that's impressive, the Skin

Cancer Foundation notes that the SPF model does spark some concern. For example, no SPF sunscreen, regardless of its number, should be expected to remain effective for longer than two hours without reapplication. In addition, reddening of the skin is a reaction to UVB rays alone and indicates little about any damage caused by ultraviolet A, or UVA, rays. To protect themselves against both UVB and UVA rays, the Skin Cancer Foundation recommends consumers use only broad-spectrum sunscreens with an SPF of 15 or higher. Wearing protective clothing, staying out of the sun between the hours of 10 a.m. and 4 p.m. and reapplying sunscreen after sweating or going into the water are other ways to protect the skin from the sun's harmful rays.

Learn about meningitis and how to stay safe



Meningitis and meningococcal disease are serious and potentially deadly diseases that can affect people of various ages, notably children under age five and adults over age 55. However, college-aged men and women are often affected as well. That makes it key for incoming students who will be living in dormitories or residence halls to get the facts to keep themselves safe.

Meningococcal disease is any

illness caused by a type of bacteria called "Neisseria meningitidis," which causes meningitis and bloodstream infections known as septicemia. Meningitis can be caused by parasites, fungi, amebic sources, viruses, and bacteria, states the Centers for Disease Control and Prevention. While each case of meningitis is significant, those caused by bacteria are often the most serious and can be deadly. Such cases of meningitis require

immediate medical attention.

Bacterial meningitis can result from various bacteria entering the body. These include pneumococcus, meningococcus and listeria. In young children, a bacteria called "Haemophilus influenzae type b (Hib)" was a common cause until the Hib vaccine became available, states WebMD. The bacteria that cause meningitis can spread when people who are infected cough or sneeze. That's what makes it especially contagious in places where close contact is common, such as college dorms and even military barracks.

Meningitis also causes an inflammation of the membranes surrounding the brain and spinal cord, called the meninges. The Mayo Clinic says, if left untreated, meningitis complications can be severe and include permanent neurological damage. Some complications can include gait problems, hearing loss, difficulty with memory, brain damage, seizures, and kidney failure.

Meningitis often peaks in winter into early spring, right during

the time influenza occurs. Many symptoms of both conditions overlap, including fever, neck stiffness, lethargy, nausea, unrelenting headache, and confusion. Because meningitis may be mistaken for flu, this can delay the onset of treatment.

While a regimen of antibiotics can help treat meningitis and meningococcal disease, the best defense is to mount a successful offense through vaccination. The CDC, the Advisory Committee on Immunization Practices and the American College Health Association recommend meningitis vaccines. Vaccination produces immunity within seven to 10 days and remains effective for approximately three to five years. Two vaccines protect against four types of meningococcal disease. An additional type of vaccine protects against serotype B, which also causes meningitis. Preteens are often given the vaccinations, with a booster dose at age 16.

Meningitis is a serious illness, but one that can be prevented or managed.

Risk factors for children's vision problems



The National Eye Institute notes that age is a risk factor for various eye and vision problems. But age alone does not make people vulnerable to such problems, as even young children can develop problems with their eyesight. According to the American Optometric Association, certain factors can increase the extent to which a child is at risk of developing eye and vision problems. The presence of any of the following factors may determine

the frequency with which children's eyes need to be examined.

- Prematurity, low birth weight, prolonged supplemental oxygen at birth
- Family history of myopia, amblyopia, strabismus, retinoblastoma, congenital cataracts, or metabolic or genetic disease
- Infection of mother during pregnancy (e.g., rubella, toxoplasmosis, venereal disease, herpes, cytomegalovirus, or human immunodeficiency virus)
- Maternal smoking, use of alcohol or illicit drug use during pregnancy
- Cortical visual impairment: Boston Children's Hospital notes that cortical visual impairment, or CVI, is the most common cause of permanent visual impairment in children. Children who do not

- show normal visual responses to things like people's faces or toward objects may be tested for CVI.
- Difficult or assisted labor, which may be associated with fetal distress
- High or progressive refractive error: Refractive error involves a problem focusing light accurately onto the retina due to the shape of the eye.
- Strabismus: The American Academy of Ophthalmology defines strabismus as improper alignment of the eyes in which the eyes point in different directions.
- Anisometropia: Australia's Vision Eye Institute notes that a person's eyes rarely have identical optical power, but the difference is typically negligible and compensated for by the brain. However, when a

- person as anisometropia, the difference in vision between the two eyes is so significant as to interfere with normal binocular vision.
 - Academic performance problems
 - Known or suspected neurodevelopmental disorders
 - Systemic health conditions with potential ocular manifestations
 - Wearing contact lenses
 - Having functional vision in only one eye
 - Eye surgery or previous eye injury
 - Taking prescription or nonprescription drugs (e.g., over the counter medications, supplements, herbal remedies) with potential ocular side effects
- More information about issues that can affect children's vision is available at www.aoa.org.

Choosing the appropriate eye doctor

Eye health should be a priority for people of all ages. However, it's easy to forget about eye health until something goes awry.

Many eye care professionals recommend comprehensive eye exams every one to two years, depending on age, risk factors and whether a person is currently wearing eyeglasses or contact lenses. If a person has been diagnosed with a particular eye condition, diabetes or is recovering from an eye surgery, a doctor may recommend more frequent exams.

Choosing an eye care professional to care for one's eyes means understanding the different types of vision experts available. Prevent Blindness America, a leading eye health and wellness organization, offers the following information to help consumers distinguish be-

tween eye care professionals.

- Ophthalmologist: An ophthalmologist is a physician who is qualified by medical education, training and experience to diagnose, treat and manage all eye and visual symptom problems. An ophthalmologist is a doctor of osteopathic medicine (DO) who generally completes four years of college, four years of medical school, one year of internship, and a minimum of three years of hospital-based residency in ophthalmology. He or she can perform routine vision services as well as manage medical conditions and perform surgery on the eyes. A pediatric ophthalmologist is a doctor who specializes in pediatric cases. Ophthalmologists may have certain specialties to treat particular conditions, such as diseases of the retina or glaucoma.

- Optometrist: An optometrist is a health care professional trained and licensed to provide primary eye care services, such as comprehensive eye examinations and eye health assessments. He or she may be able to perform certain surgical procedures and can guide patients through low vision rehabilitation, contact lenses, and other vision therapies.
- Optician: Unlike optometrists and ophthalmologists, opticians are not eye doctors. Rather, opticians are technical practitioners who design, fit and dispense corrective lenses. Opticians use prescriptions from eye doctors to fit and sell eyeglasses and other eyewear. Opticians are an important part of an eye care team. In some areas, opticians must be licensed and complete an optional training program.



Individuals with eye problems should seek care from skilled and highly trained eye doctors, offers All About Vision. Some eye doctors collaborate as a team to treat patients.

People can find reputable eye care professionals through their insurance companies, by getting referrals from friends and family, and by visiting the American Optometric Association at www.aoa.org/doctor-locator-search?tab=basic.

Scotland County Health Department Now Offering

Child Health Clinic Services

- All Children ages 2 months to 18 years old
- Dental, hearing, vision screening, and developmental screenings
- Immunizations
- Kindergarten/school physicals
- Accepting Medicaid, Self-pay
- Sliding fees based on income

Appointments available beginning August 5th, 2019

Call 910-277-2440
Monday through Friday
8 a.m. - 5 p.m.



Scotland County Health Department

PLANS to implement a program to

PREVENT HIV IN OUR COMMUNITY

Introducing...

PrEP:
HIV PREVENTION WITH JUST 1 PILL A DAY



(Pre-Exposure Prophylaxis)



To learn more go to:

<https://prepfacts.org/prep/the-basics>



TELL US WHAT YOU THINK

Participate in our Survey at

<https://www.surveymonkey.com/r/3BZ7B5D>



Common causes of hair loss and treatment options

Millions of men and women experience hair loss in some shape or form in their lives. The Hair Society, a hair-loss information group, says that approximately 35 million men and 21 million women suffer from hair loss, and people are more likely to experience hair loss as they age. Many different things can contrib-



ute to hair loss. Androgenetic alopecia (male pattern baldness) can begin to affect men in their mid- to late-20s, with displays of baldness growing in their 30s and 40s, says Bosley, a hair-loss treatment company. This is a hereditary condition that will only continue through life without intervention. Other non-hereditary hair loss issues may be temporary and reverse when the underlying cause is addressed. These include:

- **Hormonal changes:** Hormonal changes due to pregnancy, childbirth, menopause, or thyroid illness can cause patchy hair loss or thinning of the hair.
- **Medications and supplements:** The Mayo Clinic says that hair loss can be a side effect of certain drugs, such as those to treat can-

cer, depression, heart problems, gout, and high blood pressure. The American Academy of Dermatology says too much vitamin A in supplements can trigger hair loss as well.

- **Stress:** Hair can thin following a physical or emotional shock and may continue several months after the event.
- **Damage to the hair:** Treatments or hairstyles that stress the hair follicles and pull them tightly can cause a type of hair loss known as traction alopecia. These include cornrows, pigtailed, tight ponytails, and braids.
- **Crash diets:** Dramatic dietary changes may cause hair loss. For example, the AAD says people may suffer from hair loss if they suddenly are not getting enough protein in their diets.

• **Anemia:** A doctor may be able to do a blood test to determine if hair loss is possibly related to anemia from an iron deficiency. Oftentimes, addressing the underlying condition causing hair loss can bring about regrowth. For those with hereditary hair loss, medications (topical, injections and pills); laser hair therapy; surgical or nonsurgical procedures; scalp treatments; like scalp reduction or scalp flaps; and other options may go a long way toward restoring hair volume.

Various hair-loss specialists offer free evaluations to people who want to learn about hair loss. Concerned men and women also can speak to a dermatologist if hair loss is a concern.

Save your face one exercise at a time



Hundreds of billions of dollars are spent each year on anti-aging and anti-wrinkling treatments in an effort to improve one's appearance and mask potential signs of aging. Zion Market Research says the global anti-aging market was valued at \$140.3

billion in 2015 and is expected to reach \$216.52 billion in 2021. Although medical procedures and products sold at drug stores and by cosmetics retailers have their benefits, exercise also may provide some benefits, especially as it pertains to one's face and appearance. Just as it is possible to tone the body, one also can tone the muscles in the face to improve his or her appearance.

Brands like Face Yoga and FaceXercise promote facial exercises that reduce the appearance of wrinkles and fine lines without the need for more invasive procedures. Proponents of Face Yoga, which is a series of exercises performed most days of the week for about 20 minutes a day, say it will tone underlying muscles and help improve blood circulation. Fans attest that the movements also may encourage the production of collagen, which is the protein that keeps skin elastic and

gives it its plump feeling. The face contains 57 muscles that can be worked gently to see results.

A new Northwestern Medicine study published in JAMA Dermatology is the first scientific study to test the premise of facial exercise and its effects on appearance. The study found that a daily or alternate-day 30-minute facial exercise program sustained over 20 weeks improved the facial appearance of middle-aged women, resulting in a younger appearance with fuller upper and lower cheeks. The idea is that building muscle volume can counter the effects of age-related fat thinning and skin loosening in the face.

Some people are skeptical of facial exercise, while others emphasize caution in regard to which exercises are chosen. Some dermatologists warn that pulling the face in the wrong directions through exercise actually may

speed up the process of wrinkling and premature aging, making face exercises a trend to avoid.

People who are currently on the fence may want to focus on movements that will strengthen facial muscles. Doris Day, M.D., author of the book "Skinfluence," says to try a facial movement where you look like you're going to laugh or smile but don't actually follow through. This raises eyebrows and targets those muscles and the ones by the ears that pull the skin back. Adopting a neutral face at rest is helpful as it helps prevent wrinkled brow and lines from frowning.

The jury is still out as to the efficacy of facial exercise for wrinkle reduction. Combining facial stretching with a healthy diet and use of sunscreen and resolving to stay hydrated might help reduce the appearance of aging.

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