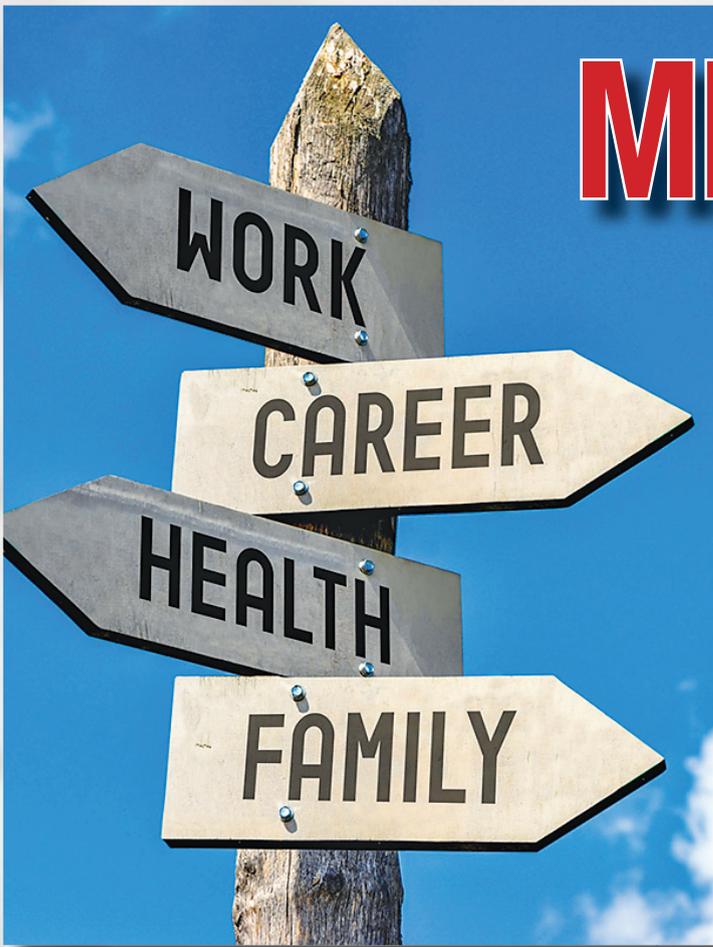


# MEDICAL JOURNAL

## A Full Spectrum of Healthcare Services

- Dr. John Stanbery serves community with humor and professionalism
- Hospice about 'comfort care' during life's final phase
- Infinite Health Centers promotes healthy weight loss
- Tips for dealing with anxiety, stress and depression
- World's first patient starts using home dialysis system
- Easy ways to keep your immune system strong
- How to approach diet after a diabetes diagnosis
- And much more!



# Hospice about 'comfort care' during life's final phase

By **KAITLIN GEBBY**  
Staff Writer

Hospice care may feel like a last resort, but Leslie Painter prefers to view it as a means of enjoying the “last phase of life” comfortably.

Leslie Painter, program director of the Hospice of Chattanooga Cleveland team, has worked in hospice care for more than 10 years. A Cleveland native and graduate of Cleveland High School, she said she felt called to hospice after working with Bradley Memorial Hospital, the Chamber of Commerce, and Ralph Buckner Funeral Home.

A year later, her father was diagnosed with prostate cancer and needed hospice care.

“During that time, my mom wanted to spend every moment she could with my dad,” she said. “Nurses were able to bring her supplies and prescriptions were delivered, meaning she didn’t have to make those constant, unnecessary trips to the store or pharmacy. She could spend that time with my dad.”

Painter said aides and hospice nurses with Hospice of Chattanooga’s Cleveland team offer these services on a normal day, meeting patients “where they are,” whether that’s in their homes, in a nursing home or other health care fa-

cility, about two to three times a week.

She added that many people don’t know that those services are possible through hospice care. Painter said there are several myths that deal with hospice care that, as the leader of the Cleveland team, she works to dispel on a regular basis.

Firstly, she said Hospice of Chattanooga is operated by a Chattanooga-based office, but the Cleveland team is made up of local nurses, “so when we’re responding to something, which is 24/7, we’re not coming all the way from Chattanooga.”

## Patients must be referred to hospice

Unlike a nursing home or in-patient health care home, where it’s voluntary in many cases, hospice requires a doctor’s referral.

Painter said COVID-19 “slowed” the rate of referrals her office received, but those numbers have returned as the Tennessee economy has reopened. The Cleveland team currently cares for 125 patients across the Bradley and Polk County area, and even more in the 10-county region.

Once a referral is received, Painter said a team member meets with the individual and/or their family to determine if hospice is right for them.

There are a number of eligibility indicators for hospice admission. They include: Multiple emergency room visits, multiple infections, increasing shortness of breath, altered mental status, unintentional weight loss, multiple falls, increased assistance with ADLs, skin breakdown, multiple medications and changes, and other diagnoses contributing to decline.

Hospice of Chattanooga is one of five hospices in the immediate area, but the only nonprofit.

Doctors refer patients to hospice

when “their best guess” is that they have approximately six months of their life remaining. Painter said hospice care can last weeks, days, or even years. (So long as patients show a decline in health, they continue hospice care.) But ultimately, the job of nurses and the “entire Cleveland team is to care for not just the patient, but for the whole family,” during what can be a difficult time.”

## Hospice patients stop all treatment

Hospice nurses care for patients with Alzheimer’s Disease, heart issues, COPD, lung or pulmonary problems, “the list goes on.” Whatever the diagnosis may be, Painter said hospice care is about “comfort care” in one’s final stage of life.

“I don’t like to think of it as the final days of life, I think of it as the final phase of life,” she said, meaning medications and treatment don’t stop completely.

“We consult the physician to figure out what medications are absolutely necessary to continue,” she said.

She added that much of hospice care is about making patients comfortable, which oftentimes means pain management.

“We’re always going to make sure our patients are as comfortable as possible,” Painter noted. “It’s about the value and the quality of the time they have left.”

## Hospice care is very expensive

Painter said hospice is a benefit that everyone pays into through Medicare.

“Anything related to their diagnosis or symptom management in hospice is

paid for by Medicare,” she said.

Medicare coverage includes nursing care, aid based on personal need, medical equipment, such as a hospital bed, wheelchair, oxygen; prescriptions related to patient’s diagnosis, personal supplies, like bandages, wipes and gloves; and social services such as funeral planning, spiritual counseling, and bereavement support.

This care is provided where the patient resides (private home, assisted living and nursing home).

She stressed that hospice does not pay for the cost of a nursing home room and board.

This expense must be private pay or Medicaid if the patient qualifies. The cost is approximately \$210 per day.

Also, hospice patients do not have to

give up their regular doctor, although many physicians will rely on hospice professionals.

Painter said hospice can provide comfort and support for individuals seeking to spend their “final phase of life” close to their family, or in a comforting space when family may

**“Ultimately, the goal of hospice is neither to prolong life nor hasten death, but to make the best of the time left.”**

— *Leslie Painter,*  
*program director of the*  
*Hospice of Chattanooga*  
*Cleveland team*

be far away.

“Ultimately, the goal of hospice is neither to prolong life nor hasten death, but to make the best of the time left,” Painter said.

Hospice of Chattanooga is located at 2145 Keith St., Cleveland, TN 37311. For more information, call (423) 476-3696.



**Leslie Painter**

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# World's first patient starts using Outset Medical's Tablo dialysis system at home



Business Wire photo

**TRACEY AMADI** uses Outset Medical's mobile Tablo Hemodialysis System in a clinical setting, before using it at home.

## BUSINESS WIRE

SAN JOSE, Calif. — Fifty-seven year old dialysis patient Tracey Amadi of central New Jersey is the first person in the world to use Outset Medical's mobile Tablo Hemodialysis System at home since it received FDA clearance on March 31. She and her 21-year-old daughter trained to use the system at Physicians Dialysis in Somerville, New Jersey, with nephrologist Dr. Sunit Kabaria and staff members.

Tablo's intuitive touchscreen interface combines sensor-based automation designed to enhance the patient experience. It does this by accelerating the training process, reducing treatment set up time, and streamlining the treatment process at home.

The four-wheel system only needs an electrical outlet and tap water connection to automatically produce dialysate required for dialysis. It includes a wireless cloud connection to monitor data. This simplicity contrasts with older systems approved for home use which

require separate equipment for purifying water and generating dialysate, plus a number of manual steps to complete treatment.

"I am thrilled to be using this amazing system at home," said Ms. Amadi. "I started dialysis in 2008 and briefly had another system at home. Tablo has been so easy to learn and use. It gives me a lot more control over my life and time, which saves my family and I many hours each week."

Dr. Kabaria said he and his colleagues at Physicians Dialysis are excited to be the first team in the world to train a patient for home treatment with Tablo.

"There is a growing demand for dialysis," said Dr. Kabaria. "The COVID-19 pandemic has put even more stress on treatment centers. Tablo will allow more patients to have greater freedom and control over their lives."

Physicians Dialysis President Daniel

**See DIALYSIS, Page 5**

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## DIALYSIS from Page 4

Jacob echoed those comments, adding, “We care for nearly a thousand patients in New Jersey, Florida, Georgia, Virginia and Texas. The more options we can offer them, the better.”

Outset Medical CEO Leslie Trigg said this initial home use of Tablo is a milestone for the fast growing company.

“Tablo was designed to simplify the process of dialysis for patients, making it easier for them to care for themselves in the comfort of their own home. We are excited for more patients like Ms. Amadi to be able to use Tablo in the home.”

The Tablo system was confirmed safe and effective for home use in a 2019, prospective, multicenter, home hemodialysis trial with 30 patients. The results were published in November 2019 in Hemodialysis International.

Dialysis is currently delivered to more than 550,000 U.S. patients several times per week to remove waste products and excess fluid from patients

with kidney failure. Although more than 85 million dialysis treatments take place in the United States each year at an estimated annu-



functionality enables it to serve as a dialysis clinic on wheels and enables providers to standardize to a single platform that can be used across a wide spectrum of care settings. Wireless data, sensor-based automation and an animated touchscreen make the system easy to learn and use. Leading health systems and medical centers across the U.S. have adopted Tablo for hospital and clinic dialysis, and the U.S. Department of Health and Human Services (HHS) awarded a contract for the use of Tablo in communities hit by natural disasters.

### About Outset Medical

Outset Medical is dedicated to technology-driven service model innovation aimed at reducing cost and transforming the patient care experience. Outset's Tablo System is FDA-cleared for use in acute, chronic, and home care settings. For more information visit [www.outsetmedical.com](http://www.outsetmedical.com) and follow the company on Twitter at @OutsetMedical.

### About Physicians Dialysis

Physicians Dialysis is a Florida-based healthcare provider focused on the dialysis industry. Through its affiliated entities, the company owns and operates dialysis facilities on the East Coast

and Southern United States.

The company was founded by Allan Jacob, MD, who remains active in its

Business Wire photo

**TRACEY AMADI** programs her treatment regimen using Outset Medical's mobile Tablo Hemodialysis System in a clinical setting, before using it at home.

leadership. In 1983, Jacob opened his first center in North Miami Beach, Fla. In 1990, he founded Orion Medical Enterprises, now known as Physicians Dialysis. The company initially focused on providing in-center and home dialysis to the South Florida market and has since grown into a highly diverse independent Florida-based dialysis provider.

Physicians Dialysis also owns and operates a pharmacy licensed in eight states, a clinical research division focusing on advancements in nephrology care and dialysis treatment, and a licensed and accredited Durable Medical Equipment (DME) company.

For more information visit [www.physiciansdialysis.com](http://www.physiciansdialysis.com).

**“Tablo was designed to simplify the process of dialysis for patients, making it easier for them to care for themselves in the comfort of their own home.”**

— Leslie Trigg,  
Outset Medical CEO

al cost of approximately \$75 billion, little meaningful technology or service model innovation has been introduced in decades.

### About the Tablo Hemodialysis System

Tablo is an FDA-cleared enterprise solution for dialysis, designed specifically to reduce the cost and complexity of dialysis across all care settings. Requiring only an electrical outlet and tap water to operate, the mobile Tablo system frees patients and providers from the burdensome infrastructure required to operate conventional dialysis machines. The machine's integrated

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# Infinite Health Centers promotes healthy weight loss

By **RICHARD ROBERTS**  
Sports Editor

Want to lose weight? Ready to lose weight? Serious about losing weight?

Then Infinite Health Centers might just be the place for you.

Run by Dr. Timothy DeRoos and his wife Kim, Infinite Health Centers came into existence as a chiropractic clinic 27 years ago and in 2017 transitioned into a metabolic weight loss center that helps people return to a state of fat burning.

“Obesity in our country right now is a very serious epidemic. It’s just as serious as the COVID issue. The epidemic of obesity in Tennessee is one of the greatest in the country,” said Dr. DeRoos. “In fact, according to the Centers for Disease Control, children 10 to 17 years old are the most obese in the country. Our focus here is to help with children as much as possible [as well as] young adults, young mothers. If we do that it will spill over into how children take care of themselves going forward.

“We don’t cut it off at adults or senior adults by any means, but we do very little structural management like we did for years with the musculoskeletal system, but we primarily focus on metabolic weight loss, nutrition education and nutrition response testing. That is the main thrust of what we do.”

DeRoos, in transitioning into a metabolic weight loss center, has given up a large portion of the chiropractic end of his practice and now focuses on helping people lose weight.

“I still take care of some people that have been established for the past three decades. We no longer take new patients, but we do take care of some of the folks who have been with us for years based on just pure loyalty,” he said.

As his chiropractic practice grew, DeRoos continued to study nutrition and eventually because of his interest in quality of life made the decision to transition into a program that helps individuals develop a sustainable weight loss program.

“I always loved nutrition, loved studying it and loved how it makes me feel in terms of quality of life. I thought if I enjoy it there are probably several others who would as well. But, the need



**Dr. Timothy DeRoos**

is so much greater; we have several good chiropractors in the area, but in terms of doing nutritional weight loss where it’s sustainable long-term well there are not many options for people,” he said. “I really wanted to create a business model that I love the background of. Not that I didn’t love the chiropracting, but I love the background of nutrition.”

DeRoos offers a free initial consultation that includes determining if a particular potential patient is right for the program. If the patient is accepted, details of the plan are worked out and customized.

“When someone comes in it allows me to see if this person is a good fit for the type of program we offer. Not everyone is —I don’t take every case,” he stated. “It (the consultation) allows me to minimize someone’s personal investment. I don’t mind spending some of my time for free as long as they honor that to evaluate if they are a good candidate. If they are I lay out a customized plan for them; it includes everything somebody wants to know. It includes the length of time, the cost to reach their goal, what it all includes and how to get started.”

When a patient is accepted, it then becomes up to the individual as to how they want to go about losing weight and how much effort they want to put into reaching a goal. The plan devised by DeRoos is designed to help people get off the weight loss roller coaster and maintain a healthier lifestyle.

“Part of the initial consultation is

talking about lifestyle changes. When someone comes in I evaluate their present state then I offer to build a plan for that to get them to their goal.

“We’ve never had one person not lose weight on this plan,” he noted. “Some people are rock stars. Some people are dabblers and everything in between. We offer a personalized approach to what will help them reach their goal the fastest.

“Many people who come here are looking for understanding, they are looking for sustainability — they want to get off the roller coaster,” he said. “We offer training, we offer ongoing education. That piece alone is what helps them the most.”

In addition, Infinite Health Centers offers top shelf supplements that have high quality raw materials.

“We get away from a lot of the gimmicky stuff that is commonplace on the market today,” he said.

DeRoos admitted some potential patients simply are not ready to change their habits, which presents an added challenge. He actually prefers individuals who have tried other weight loss programs but found maintaining the change difficult or impossible.

“One of the main reasons I like to filter people is some people are not ready mentally for a lifestyle change. Fortunately, for us and for those folks, most people are. When they get to us they are at the point where they have tried a lot of nationalized plans — Jenny Craig, Weight Watchers, etc.,” he said. “They lost X number of pounds, but gained it all back and more. It wasn’t sustainable. I actually prefer that kind of person because it helps me teach them there are five elements that we incorporate simultaneously.

“Most people are expecting food guidelines,” he added. “Our food guidelines are specific and include all four food categories. The second we use is pH balancing. The third is nutritional supplementation. The fourth is cleansing and the fifth is handling leptin resistance. When we simultaneously incorporate all five of those elements,

that is who so many people do well no matter their age.”

Another positive aspect of Infinite Health Centers is there are no charts or counting involved, although meal sizes are a part of the program, as is possible intermittent fasting.

“We do not count calories, we do not count points, we do go by portion size,” DeRoos said. “We also have the strategy availability of using intermittent fasting once that individual has reached their stability weight and they are satisfied with that.”

One patient who came to DeRoos weighing 286 pounds dropped 75 pounds on the program and because of the sustainability factor lost another 10 on his own when the program was finished. However, potential patients need to be particularly obese to enter the program at Infinite Health Centers. Anyone who feels they are ready to lose a few pounds is encouraged to schedule a consultation.

“Actually that person gives us greater flexibility in terms of what side of the practice we begin with. Some people we begin with the weight loss program and some people we begin with using the nutritional response testing on them immediately. It gives us greater flexibility if they are under the 20-pound (to lose) range,” said the doctor.

DeRoos also advised the timeline obviously varies from patient to patient depending on how much weight an individual wants to shed.

Potential patients who have seen television advertisements for Infinite Health Centers understand they can potentially lose up to a pound a day. DeRoos, however, said there is a definite difference in the way women lose weight as opposed to men.

“Women will typically lose one-quarter to one-half pound on average per day,” he acknowledged. “Men are wildcards. They can lose one, two, three pounds a day safely. Women, very seldom. I have had some who have lost that much per day, but very few. It’s

**“I always loved nutrition, loved studying it and loved how it makes me feel in terms of quality of life.”**

— *Dr. Timothy DeRoos, Infinite Health Centers*

## **INFINITE** from Page 6

about length of time and intensity.”

The doctor said he does not recommend a particular type of exercise for those who choose to use it in addition to the program’s strategy. It is all a matter of what exercise an individual takes pleasure in.

“There are all kinds of exercises an individual will benefit from. What I typically see is, whatever type of exercise a person enjoys the most becomes the least annoying to them or the least resentment building,” he said. “I tell folks to do what they love and love what they do. If you enjoy walking, go walk. If you enjoy pumping iron, pump iron. Swimming? Go swim. If it feeds you internally and gives you joy you are going to benefit in a synergistic manner from it.”

DeRoos said Infinite Health Centers will continue to serve during the COVID-19 pandemic and emphasized precautions are taken with the health and well being of his patients in mind.

“We are a sterile environment. We always have been for the last 27 years. We keep our numbers down well below 10 (at a time) intentionally to protect our patients. There

is always space,” he said. “We take only one person at a time in a room. We also take them back one at a time. There is very little outside interaction here. We’re mindful of the guidelines, absolutely.

“At their own comfort level patients can wear a mask. Some people are updating themselves with the current CDC findings of mildewing. That’s one thing we teach as well. Some people will ask about wearing a mask and we will tell them to make sure they mindful God’s design in this, too,” DeRoos said. “Social distancing is probably the safest, even more so than a mask. The CDC just came out with a study that found in as few as 30 minutes you can start to develop mildew in a mask. That can be even more detrimental to your respiratory system.”

Infinite Health Centers is open Monday through Friday from 8 a.m. to 5 p.m. More information may be found at [www.losethefats.com](http://www.losethefats.com).

“We’re here to help. All of the consultations are no cost, no obligation. I promise you, you will learn at least one thing about yourself and about the plan during that visit,” DeRoos said. “We love what we do, we are here to serve.”



Contributed photo

**THIS COMBINED** image shows Drew, an Infinite Health Systems patient, before and after his weight loss.



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# Tips for dealing with anxiety, stress and depression

By **CHRISTY ARMSTRONG**  
Staff Writer

Recent events like the COVID-19 pandemic have caused stress for people of all walks of life. For some, new stressors have also led to bouts of anxiety and depression.

Anxiety and depression are health issues some people struggle with even when society is not battling such problems, making it even more important for people to keep tabs on their own mental health.



**Dr. Heather Quagliana**

The Centers for Disease Control and Prevention notes it is not unexpected for people to be feeling a lot of mental stress right now. “The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children,” a document from the CDC states. “Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19.” It may be even more distressing to people who have already been living with anxiety.

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illnesses in the United States. They affect 40 million adults in the U.S. — or 18.1% of the adult population — each year.

The association notes anxiety disorders “develop from a complex set of risk factors, including genetics, brain chemistry, personality and life events.” It is also common for people diagnosed with an anxiety disorder to also be diagnosed with depression.

The Centers for Disease Control and Prevention notes it is not unexpected for people to be feeling a lot of mental stress right now. “The coronavirus disease 2019



The CDC explains that mental health conditions like anxiety and depression “may be situational (short-term) or long-lasting (chronic).”

These are things to be aware of as news of COVID-19 and other current events surface, as there are things people can do to promote good mental health and avoid additional or new anxiety.

Dr. Heather Quagliana, a licensed clinical psychologist and director of graduate programs in counseling at Lee University, said stress is a natural response for people in light of COVID-19.

“All of our emotional responses right now are normal reactions to a very abnormal event,” Quagliana said.

Quagliana has partnered with an organization called Project M:25 to create a series of webinars to help parents learn how to talk to their children about COVID-19 ([projectm25.org/give-care](http://projectm25.org/give-care)).

Among the advice she has given is to follow “The Five Fs” — Focus on feelings, have Fun, be Flexible, remember this won’t be Forever and deliver age-appropriate Facts.

The idea is that paying attention to how you’re feeling, finding ways to have fun and being flexible with routines will lead to less stress. Remembering that tough times are temporary and consuming fact-checked news rather than dealing in rumors can also help.

Those things may sound easier said than done, but they may give people a better sense of control, which is much-desired during uncertain times.

“Anxiety is often a response we have when we feel like things are out of our control,” Quagliana said. “Things are definitely out of our control right now, so those feelings are going to be heightened.”

Now may be the time to focus on activities centered around stress relief and self-care, rather than continually dwelling on sources of stress.

Many medical professionals also recommend trying to maintain some sort of routine, even if life looks different than it usually does. Keeping a regular sleep schedule, for example, has been shown to have

**“Anxiety is often a response we have when we feel like things are out of our control.”**

— *Dr. Heather Quagliana, licensed clinical psychologist*

Photo courtesy Engin Akyurt via Unsplash.com

**A WOMAN** expresses anxiety during the COVID-19 pandemic, which is forcing people to confront their mental health in new ways.

mental health benefits.

It is also important to pay attention to any feelings which may go beyond normal reactions to stress — including feelings of hopelessness and wanting to give up.

Anyone who is thinking about harming themselves or committing suicide should seek help right away.

One can call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) to speak to someone 24 hours a day, seven days a week. The Lifeline provides free, confidential help to anyone in crisis. Anyone who feels they are in immediate danger can also call 911.

The National Institute of Mental

Health also advises reaching out to a doctor, whether they are a primary care or mental health provider. Other sources of help can include friends, loved ones and church ministers.

Quagliana noted that, even during out-of-control times, it is possible to work toward good mental health, and it is OK to seek help along the way.



**Dr. Eric Gruber**  
**Dr. Wendy Gruber**

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# Too much sleep can be harmful

Lack of sufficient sleep is a problem for millions of people across the globe. But what about too much sleep? Though busy men and women might think it's impossible to get too much sleep, excessive sleep is nothing to joke about.

According to the National Sleep Foundation, most adults need between seven and nine hours of sleep per night (the NSF notes that a small percentage of people may need 10 hours of sleep per night). People who routinely sleep more than seven to nine hours may have an underlying health concern. For example, the NSF notes that a recent study found that routinely sleeping more than 10 hours per night can be linked to metabolic syndrome. The Mayo Clinic says metabolic syndrome refers to a cluster of conditions that occur together and increase a person's risk for serious health issues, including heart disease, stroke and type 2 diabetes.

**Most adults need between seven and nine hours of sleep per night.**

Obesity, headache and back pain are some additional potential side effects of excessive sleep.

The Division of Sleep Medicine at Harvard Medical School notes that genetics and age are significant factors in determining the amount of sleep healthy individuals need. However, young adults should resist the notion that they need

less than seven hours of sleep per night because they're young, while older adults should similarly avoid thinking that they need more sleep simply because they're aging. As the NSF guidelines suggest, the sweet spot

for healthy adults is typically between seven and nine hours of sleep per night.

A good night's rest is an essential component of a healthy lifestyle. But adults must recognize that excessive amounts of sleep can be just as detrimental as inadequate sleep. Individuals can speak with their physicians to determine their specific sleep needs.



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### HOSPICE CARE

Hospice of Chattanooga personalizes care that focuses on the needs of individuals during their end-of-life journey. The goal is to help terminally ill individuals with a prognosis of six months or less if the disease runs its normal course to live their final weeks and months with the highest quality of life possible.

### PALLIATIVE CARE

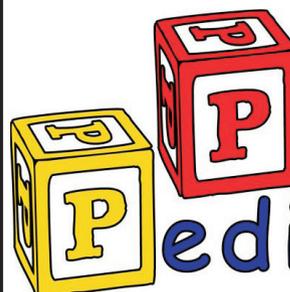
Palliative Care Services specializes in medical care for people with serious illnesses. This type of care focuses on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life. Palliative Care Services can be provided along with curative treatment.

## Peerless Pediatrics Welcomes Dr. Matt Workman



Dr. Workman is a Pediatrician who obtained his Medical Degree and Master of Public Health from East Tennessee State University and did his residency training at Arkansas Children's Hospital. He is also a proud graduate of Walker Valley High School and Lee University. Dr. Workman has been married to his wife Melody since 2012 and they have 2 children.

In his spare time, Dr. Workman enjoys hiking, fishing, and camping, especially when he can do it with his wife, children, and dog "Buddy".

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# Some surprising effects of insufficient sleep

(MCG) — Many people wish they could get more sleep. Whether they're professionals facing the challenges of demanding careers or parents juggling the responsibilities of work and family, many men and women find it difficult to get a full night's sleep.

A restless night here or there likely is not much to worry about. However, a recent study from the Centers for Disease Control and Prevention found that more than one-third of adults in the United States were not getting enough sleep on a regular basis. Routinely failing to get a good night's rest can have a profound effect on a person's overall well-being, including some surprising side effects.

According to the National Sleep Foundation, insufficient sleep will not make a person sick any more than getting enough sleep will prevent illness. However, the NSF notes that failing to get enough sleep can adversely affect a person's immune system. That makes people more susceptible to cold or flu. That vulnerability is linked cytokines, a type of protein made by the body that targets infection and inflammation. Cytokines are produced and released during sleep, so without enough sleep, a person won't produce or release enough cytokines. That can throw off the immune system response, rendering it less effective when confronting colds and the flu.

The NSF also notes that vaccines might not be as effective if people are not getting enough sleep. That's because chronic sleep loss, which refers to prolonged periods of inadequate sleep as opposed to random nights in which shut-eye proved elusive, reduces the body's ability to respond



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**ROUTINELY** failing to get a good night's rest can have a profound effect on a person's overall well-being, including some surprising side effects.

to viruses like the flu. Even people who have been vaccinated against the flu need their immune systems to be operating at full strength to fight the flu. Without adequate sleep, the immune system cannot perform at peak capacity.

A heightened risk for diabetes is another surprising side effect of prolonged periods of insufficient sleep. The online medical resource Healthline.com notes that lack of sleep affects the body's release of insulin, a hormone responsible for lowering blood sugar levels. People who do not get enough sleep have high blood sugar levels, which increases their risk for type 2 diabetes.

Busy adults often sacrifice sleep to meet the demands of everyday life. But such sacrifices can produce some surprising side effects that may make men and women reconsider their daily sleep routines.



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## PARENTS

can curtail stress by instituting some lifestyle changes and employing other management techniques.

## How parents can diminish their stress

(MCG) — Juggling responsibilities to work and family can sometimes make parents feel a little overwhelmed. That feeling of being stretched thin can contribute to stress, which many parents acknowledge is part of their daily lives.

Stress isn't always caused by life-changing events. In fact, a recent study of 2,000 parents in the United Kingdom found that the daily worries of bed time, getting homework finished, weekly food shopping, and meal times were parents' biggest stress triggers. The research, conducted by BPme, a new app that allows customers to pay for their fuel without leaving their car, said the average parent felt stressed six times a day.

Data from a 2015 Pew Research Study indicates 15% of American parents say their job as a parent is tiring all the time, while an additional 18% say parenting is tiring most of the time. Ten percent indicated being

a parent is stressful all of the time, while 15% said it is most of the time. The younger the age of the children at home, the more stress many parents say they face.

It is well documented that stress can have various negative physical and psychological symptoms, which put stress sufferers' overall health at risk.

Parents can curtail stress by instituting some lifestyle changes and employing other management techniques:

### Don't take work stress home

It's easy to bring home work-related problems, which can then combine with issues at home. Try to talk to a coworker or a spouse before leaving work to diffuse tricky situations so they can be left at work.

### Increase quality family time

Take a break from the extracurricular activities,

volunteer responsibilities and the other tasks that pull families in different directions. Slow down and schedule fun activities that foster parent-child relationships, such as game nights or family movie nights.

### Seek professional help

Parents who are having difficulty coping can enlist the services of trained mental health professionals, advises Psychology Today. These therapists can offer helpful strategies for coping with life's challenges.

### Stick to a routine

Keeping kids on routine schedules enables parents to know which moments of the day they can get a break to rest and recharge.

### Ask for help

Do not be a martyr or attempt to be a superhero. Parents who need help should reach out for assistance, especially if it's to tame stress. Doing so is in the best interest of the entire family.

Stress is something many parents face, but it can be overcome.

**The younger the age of the children at home, the more stress many parents say they face.**

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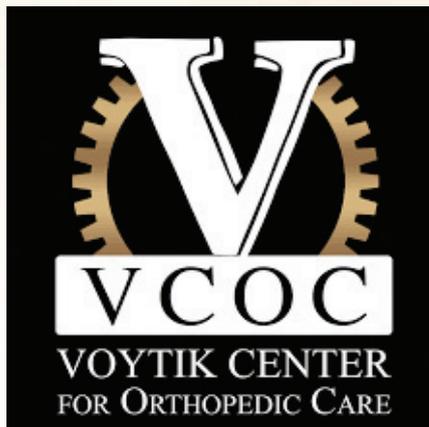
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# Breathing easy: How to clean cloth face masks

(MCG) — The Centers for Disease Control and Prevention has recommended that people wear cloth face coverings in public settings where social distancing measures are difficult to maintain. Even as the world begins to unpause, wearing masks seems likely to continue.

According to Penni Watts, Ph.D., RN, an assistant professor of nursing at the University of Alabama at Birmingham School of Nursing, masks are designed not to prevent the wearer from getting ill, but to protect other people from getting the virus. Masks protect others from your germs when you cough or sneeze. They're also an effective way to help people to avoid touching their faces.

Masks are exposed to the elements and germs each time they are worn, meaning they will require cleaning. Even though Harvard Health suggests COVID-19 may live more readily on hard surfaces than fabric, the CDC urges people to give cloth face masks the



same level of care as regular laundry. Masks should be washed and dried often. The CDC offers these tips on how to clean most cloth and fabric masks.

- Fabric face masks should be washed depending on the frequency of use. More frequent use necessitates more frequent washing.
- A washing machine should be

adequate for properly washing a face covering. Choose a warm setting for water temperature. Place masks in the dryer afterward.

- More delicate, hand-sewn masks may be washed by hand, suggests The Good Housekeeping Institute Cleaning Lab. Lather masks with soap and scrub them for at least 20 seconds with warm

or hot water before placing in the dryer.

- For additional sanitation, iron masks on the cotton or linen setting for a few minutes to kill remaining germs.

- If masks are fortified with a filter, such as a coffee or HVAC filter, keep in mind that these filters are designed for single use. Paper filters should be replaced after each use. HVAC filters are washable, but manufacturers warn that their effectiveness decreases with each wash. Medium weight nonwoven interface used as filter material is typically washable.

Various health agencies do not condone using steam or microwaves to clean cloth face masks, as these sanitizing techniques are not as effective as regular laundering. Also, never microwave non-fabric dust or N95 respirator masks if you are using them. They can catch fire or be rendered useless.

Cloth face masks can help safeguard against germs like the novel coronavirus. However, they need to be cleaned regularly to remain sanitary.

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# How to approach diet after a diabetes diagnosis

(MCG) — Diabetes affects hundreds of millions of people across the globe, and more and more people are being diagnosed with this often preventable disease every year.

According to the World Health Organization, 108 million people across the globe were living with diabetes in 1980. In 2019, the International Diabetes Foundation estimated that 463 million adults between the ages of 20 and 79 were living with diabetes. Perhaps even more troubling is that the IDF estimates that, by 2045, 700 million people will be living with diabetes.

A diabetes diagnosis can be scary. The IDF reports that people with diabetes have an increased risk of developing an assortment of serious health problems, including diseases that affect the heart, eyes, kidneys, nerves, and teeth.

Poor diet is a common contributor to diabetes. So it's natural that newly



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**EATING** a variety of healthy foods from all food groups is essential for people with diabetes.

diagnosed diabetes patients typically want to know how they can alter their diets so they can begin to overcome their disease. That's a good place to start, as the National Institute of

**See DIABETES, Page 17**



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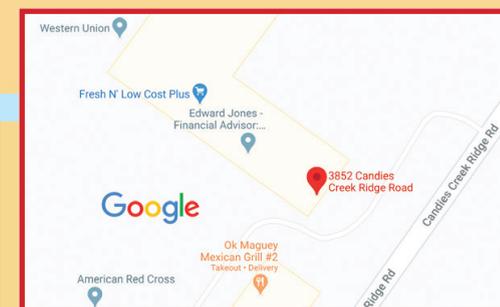
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## DIABETES from Page 15

Diabetes and Digestive and Kidney Diseases notes that eating well and being physically active can help people prevent or delay problems associated with diabetes. The NIDDK notes that eating a variety of healthy foods from all food groups is essential for people with diabetes.

• **Vegetables:** Broccoli, carrots, greens, peppers, and tomatoes are examples of nonstarchy vegetables that make great additions to everyone's diet. These vegetables can be especially beneficial for people diagnosed

**Eating a variety of healthy foods from all food groups is essential for people with diabetes.**

with diabetes, as can starchy vegetables like potatoes, corn and green peas.

• **Fruits:** Diabetes patients can include oranges, melon, berries, apples, bananas, and grapes in their daily diets.

• **Grains:** Whole grains should make up no less than 50 percent of diabetics' daily grain intake. Opt for whole-grain breads, pastas, cereals, and tortillas.

• **Protein:** Lean cuts of meat, chicken or turkey without the skin, fish, and eggs are some examples of healthy protein sources that diabetes patients can include in their diets. Nuts and peanuts; dried beans and certain peas, such as chickpeas and split peas; and meat substitutes like tofu can make for healthy protein sources as well.

• **Dairy:** When purchasing dairy products, stick to nonfat or low-fat milks, yogurts and cheeses.

A diabetes diagnosis can be scary. If poor diet contributed to such a diagnosis, committing to eating healthier can help people effectively manage their disease and possibly avoid some of its more negative consequences.

# Easy ways to keep your immune system strong

(MCG) — The immune system is a powerful component of the human body. The immune system recognizes when viruses, bacteria and other foreign invaders enter or compromise the body, and then takes action to prevent illnesses from taking over. The average person can help his or her immune system do its job more effectively by making the immune system as strong as it can be.

Harvard Medical School says that diet, exercise, age, and psychological stress may affect immune system response. Certain lifestyle choices can promote a strong immune system.

• **Get adequate sleep.** Doctors believe sleep and immunity are closely tied. A study of 164 healthy adults published by the National Institutes of Health found those who slept fewer than six hours each night were more likely to catch a cold than people who slept for more than six hours. Aim for adequate rest each night to keep your body in top form.

• **Increase your intake of fruits and vegetables.** Fruits and vegetables supply the powerhouse antioxidants that are essential for protecting a body against free radicals. Free radicals may play a role in heart disease, cancer and other diseases. Serve fruits and/or vegetables with every meal to ensure you're getting enough antioxidant-rich foods.

• **Consume fiber and fermented foods.** Fiber can help feed the gut microbiome, which is linked to a robust immune system. The microbiome also may prevent harmful pathogens from entering the body through the digestive tract. Data also suggests that eating more fermented foods can further strengthen and populate healthy bacteria in the gut.

• **Exercise regularly.** Aim for 30 minutes of moderate exercise per day, advises the American Heart Association. Thirty minutes of exercise each day can go a long way toward keeping the body healthy. The U.S. National Library of Medicine says physical activity may help flush bacteria out of the lungs and airways. Exercise causes changes in antibodies and white blood cells. These antibodies and white blood cells circulate rapidly, so they may detect illnesses earlier than they would if you do not exercise. Body temperature also rises



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**HARVARD** Medical School says that diet, exercise, age, and psychological stress may affect immune system response. Certain lifestyle choices can promote a strong immune system.

during exercise, which could naturally prevent bacteria from growing.

• **Try to minimize stress.** According to Simply Psychology, when people are stressed, the immune system's ability to fight off antigens is reduced, making people more susceptible to infections. The stress hormone corticosteroid can

suppress the effectiveness of the immune system. Limiting stress through meditation and breathing exercises, or trying to remove stressors from one's life, may help.

A healthy immune system is vital to fending off or recovering from illness.



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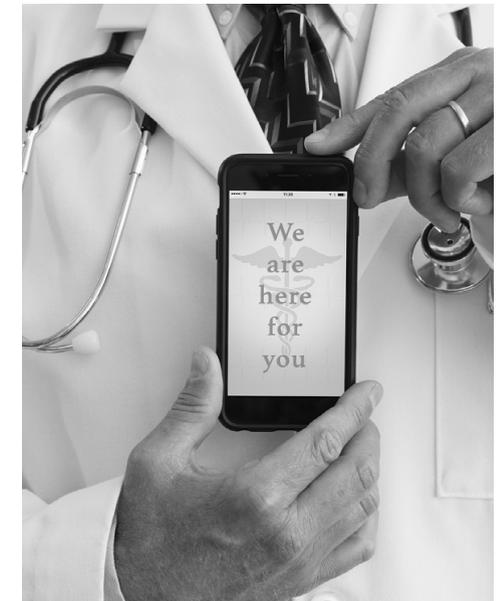
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# Dr. Stanbery serves community with humor and professionalism

By **DANIEL GUY**  
Photojournalist

Imagine, walking into your routine six-month visit to the dentist, getting your teeth cleaned, and your dentist recommends that a small lesion might need to be checked out by a specialist. That lesion gets checked by a specialist, and unfortunately surgery is needed to remove the portion of oral cancer.

Dr. John Stanbery treated a patient who experienced this very scenario at his private practice office, and although the patient didn't engage in any of the regular connecting factors (chewing tobacco, smoking or alcohol) she had to be referred to a specialist for treatment.

Now, imagine the outcome of that scenario had the patient not had that regular six-month check-up.

These kinds of beneficial and sometimes lifesaving situations are what fuels Stanbery's desire to practice general dentistry in the Cleveland community.

"It's my place to explain the problem,

explain a couple of different ways to treat the problem and the pluses and the minuses of each option," he said. "People think of the dentist as (someone that just looks at) their teeth, but we're looking at everything in the mouth.

"This job is about helping people. I think if you treat people fairly, in the long run, you benefit, because their children

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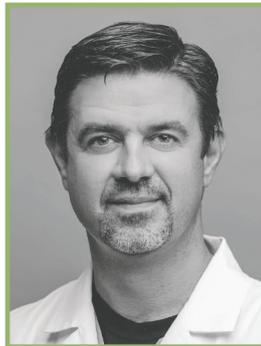
**Dr. John Stanbery**



Banner file photo, DANIEL GUY

**IN THIS FILE PHOTO**, Dr. John Stanbery poses with Black Fox Elementary School students following a magic show that students were able to "purchase" a ticket to with their Accelerated Reader points.

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## STANBERY from Page 21

and grandchildren come back,” Stanbery said. “I want to be here a long time.”

Stanbery’s family has a storied history in the medical profession in and around Cleveland. His grandfather was a medical doctor in the area in 1925, and his father was a dentist in Cleveland starting in 1958.

Having grown up around the medical profession all his life, naturally Stanbery followed in their footsteps. He attended Cleveland State Community College then went to the University of Tennessee at Knoxville, where he earned his bachelor’s degree in finance. He then transferred to UT Memphis to attend dental school. After graduating, he moved to Cleveland and started his practice alongside his father’s. The two eventually moved to the location where Stanbery’s office is now.

Stanbery has practiced dentistry for 32 years — since 1992 — and employs seven people on staff.

Stanbery said patients shouldn’t wait more than six months between check-ups, and if you “wait until it hurts, you probably waited too long.”

Where some doctors might jump at the latest technology, Stanbery tends to stick to the more “tried and true” methods. When it comes to some of the technological advances — machines and gadgets — Stanbery says, “The machines are neat, and they’re really a cool selling factor (but) what does this do for the patient in the end?”

His basis for implementing any new technology is to weigh the benefits that the new machine or procedure would add for the patient.

When asked what makes his office unique, Stanbery said it’s all about atmosphere with his team.



Banner file photo, DANIEL GUY

**DR. JOHN STANBERY** performs his magic act for a classroom full of students during the annual magic show he performs as a part of Dental Health Week.

“We’re a very relaxed office in the way we deal with the patient. In the past I’ve even worked in the office barefoot, and some people would probably think that that is unprofessional,” he said. “But if I come in the room in a white jacket and a black tie, and I’m all serious and I don’t smile and I don’t joke — I just feed (the patient’s) fear.

“So we cut up with people. We joke, and I kind of banter back and forth with the assistant. Every time the patient laughs or giggles a little bit it relaxes

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## **STANBERY** from Page 22

them and makes the experience a little bit better,” Stanbery said. “We go out of our way to try and make people comfortable.”

Stanbery’s patients range from children to senior citizens.

Stanbery said that on average 3 to 4 years old is really a good time for a child’s first visit to the dentist. Contrary to popular opinion, parents are welcomed to go back in the room with their child to ease both the child and the parent’s anxiety. He even suggests that patients bring the child with them to their next cleaning to sit up on the parent’s lap while they are getting their teeth cleaned in an effort to promote positive attitudes toward oral care.

“We want them to come with mom and dad and see that the dentist is not a place to be afraid of,” Stanbery said.

In his off time, Stanbery performs magic at schools for students during Dental Health Week, and he believes that this outreach works toward easing the

negative stigmas that dentistry has attracted throughout its history.

One advantage of Stanbery’s office is

that it is fully digital, meaning even the X-ray imaging is now digital therefore reducing the exposure of the patient to radiation. He says that normally a patient can have five full mouth x-rays in a 15-year period, and that may sound like a lot but an LCD watch can give you radiation, over that same 15-year period, equal to 75 full mouth series of X rays.

The most challenging part of being a dentist in Stanbery’s opinion is the effort required to coordinate with doctors. He is happy with the coordination in Cleveland, but with developments in treatment methods materializing all the time it exponentially increases the drug interactions that he and his staff have to remain aware of.

When asked about his office’s handling of the COVID-19 protocols, he said that he and his staff follow all the guidelines and standards recommended.

Dr. John Stanbery DDS can be reached at his office on 413 Berywood Trail, Cleveland, TN 37312 and at (423) 472-0067.

## *Post-intensive care syndrome:*

# Why patients may face issues after recovery

(MCG) —A cancer diagnosis can be a life-changing moment marked by uncertainty. As patients and their families prepare for treatment, they may not know what to expect, though it’s important to remember that the five-year survival rates for many types of cancer have risen dramatically over the last several decades.

A remission or recovery from cancer can bring about great happiness and relief. However, for some people, it may be the beginning of another set of hurdles, particularly if treatment involved time spent in intensive care.

According to the Cleveland Clinic, anyone who survives a critical illness that warranted admission to an intensive care unit may be susceptible to a condition called post-intensive care syndrome, or PICS. PICS is a series of physical, mental and emotional symptoms that persist after a patient leaves the ICU. Medical professionals have

recently begun to delve further into tracking patients and their recoveries, especially long-term outcomes of survivors of critical illnesses. The Cleveland Clinic says that, even as the rate of ICU survival has improved, patients do not always return to their previous levels of function, noting it can take anywhere from weeks to even years to get back to normal.

The Society of Critical Care Medicine offers that PICS symptoms can include thoughts or feelings that affect emotional well-being and ICU-acquired muscle weakness. The SCCM says 33% of patients on ventilators, 50% of all patients admitted with severe sepsis and up to 50% of patients who stay in the ICU for at least one week will experience PICS.

Some with PICS may have memory issues, trouble solving problems, issues speaking, and difficulties working on complex tasks. Anywhere from 30 to 80% of those who have been in the ICU

may experience these kinds of problems. The health resource After the ICU states that PICS can contribute to mental health issues, including anxiety, depression, post-traumatic stress disorder, and nightmares/trouble sleeping.

Health professionals believe that PICS occurs due to the intense, often stressful level of treatment in the ICU. The Cleveland Clinic says the use of life-sustaining equipment as well as medicines geared toward managing pain that can cause sedation or other mind-altering effects may result in PICS. Doctors will use various cognitive impairment screening tests and physical diagnoses to uncover any physical, mental and cognitive issues associated with PICS.

Post-intensive care syndrome can be a side effect of intensive care treatment. Individuals or caregivers who recognize symptoms should discuss them with their physicians.

## *Quitting smoking for good is possible*

(MCG) —Smoking is a deadly habit. The Centers for Disease Control and Prevention say that cigarette smoking causes more than 480,000 deaths each year in the United States. Smoking also cause more deaths each year than alcohol use, illegal drug use, human immunodeficiency virus, motor vehicle injuries, and firearm-related incidents combined.

Despite the knowledge that both cigarette smoking and products such as pipes, cigars, e-cigarettes, and vaping pens have serious health risks, many people feel powerless to quit. Quitting smoking can reduce the risk for heart and lung diseases, reduce the chances for low birth weight babies and sudden infant death syndrome and improve one’s life expectancy.

Each time a person resists a tobacco craving, he or she is one step closer to quitting smoking. Around 90% of those who try to quit do so without any help from aids, according to WebMD. But going cold turkey may not be the best path to success, as only around 5 to 7% of people who try this route

maintain the momentum. However, research published in 2010 in the Cochrane Database of Systematic Reviews, which compared abrupt quitting to methods designed to gradually quite, found that neither method was necessarily more successful than the other. Individuals who are attempting to quit may need to go through some trial and error before ultimately finding the cessation method that works for them.

Involving others in your efforts might be a smart approach. Doing so creates a sense of accountability and ensures a support network is always there.

Changes in behavior and thinking also can be necessary. The Mayo Clinic suggests avoiding triggers that have previously stimulated a desire to smoke. Some common triggers include being at parties or bars, stressful situations, post-meal smoking sessions, or commutes. Changing routines can help break the habit of smoking.

Replacement products, whether they contain nicotine or not, can give the



mouth something to do and stave off cravings. Many people find chewing gum, sucking on a straw or munching on carrots helps. A variety of nicotine replacement products also may help people quit.

Staying busy and distracting the mind can keep a person away from cigarettes. Enrolling in fitness classes, starting a club or engaging in a hobby or craft can divert attention away from smoking — especially if these activities are not part of one’s normal routine.

People who want to quit smoking can be successful, even if they experience a little trial and error on their way to kicking tobacco for good.



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