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Our 35 Years of Experience In Yamhill County

Did we miss you? Sorry if we missed you. We tried hard to reach everyone about promoting their business in this magazine. To make sure we don’t miss you for next year’s edition, call us now and you’ll be at the top of our list next year.

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Our 35 Years of Experience In Yamhill County
Live a long, healthy life

If you want to increase your lifespan, adopting a healthy lifestyle can help prevent illness and injury. Here’s what you can do to live a long life.

- **EAT WELL.** An abundance of nutrient-rich fruits and vegetables, whole grains and fish packed with omega-3 fatty acids are vital components of a healthy, balanced diet. You should also limit your consumption of trans fat, salt and refined sugar.

- **STAY HYDRATED.** Drink at least half a gallon of water every day to help your body absorb nutrients, regulate your temperature and eliminate waste. You can supplement your liquid intake with broth, milk and juice that’s low in sugar.

- **WATCH YOUR WEIGHT.** If you’re overweight, you risk developing a range of health problems such as cancer, high blood pressure and cardiovascular disease. You’re also more likely to experience joint pain and reduced mobility.

- **GET ENOUGH SLEEP.** Adults should sleep between seven and nine hours every night. To optimize your rest, establish a consistent sleep schedule and invest in a quality mattress and pillow. Avoid eating and limit your use of electronic devices before bed.

- **REMAIN ACTIVE.** Health experts recommend that adults engage in at least 150 minutes of aerobic exercise every week. In addition to providing physical benefits, an active lifestyle helps boost your mood, improve your memory and reduce stress. Choose an activity you enjoy to ensure you stay motivated.

- **EXERCISE YOUR MIND.** To delay or prevent cognitive decline, challenge your brain on a regular basis. Reading, learning new skills, solving puzzles and playing games are all great ways to stimulate your brain.

- **MAINTAIN YOUR SOCIAL CIRCLE.** Social connections can help decrease feelings of depression and anxiety, strengthen your immune system and lower your risk of developing dementia.

- **LEARN TO MANAGE STRESS.** From ulcers and irritability to migraines and high blood pressure, stress can have serious consequences on your health. Explore various ways to relax and reduce stress such as breathing deeply, listening to music and practicing yoga.

- **CONSULT HEALTH PROFESSIONALS.** Depending on your age and health, you should visit your doctor, dentist, optometrist and other health-care specialists every few months or years. If you experience any concerning or persistent symptoms, schedule a consultation right away.

In addition to adopting these healthy habits, avoid smoking and limit your alcohol consumption to the recommended amount.

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If you’re overweight, you risk developing a range of health problems such as cancer, high blood pressure and cardiovascular disease. You’re also more likely to experience joint pain and reduced mobility.

- Maintaining your social circle: Social connections can help decrease feelings of depression and anxiety, strengthen your immune system and lower your risk of developing dementia.

- Learning to manage stress: From ulcers and irritability to migraines and high blood pressure, stress can have serious consequences on your health. Explore various ways to relax and reduce stress such as breathing deeply, listening to music and practicing yoga.

- Consulting health professionals: Depending on your age and health, you should visit your doctor, dentist, optometrist and other health-care specialists every few months or years. If you experience any concerning or persistent symptoms, schedule a consultation right away.

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Ophthalmologist David Sanders, an animal lover, considered becoming a vet. He decided, instead, to pursue human medicine, which he considers even more interesting. And he focused on ophthalmology as a way of changing the world for the better.

After studying at Oregon State University, Dr. Sanders worked in clinical cancer research at Oregon Health & Sciences University, from which he would earn his M.D. and Master of Public Health degree with a focus on epidemiology and biostatistics.

There, he said, he saw how innovation and warmth improve the treatment of patients. Later, working in public health projects in Colombia and African countries, he realized the profound impact of eye surgery on preserving not only vision, but quality of life.

Dr. Sanders finished his ophthalmology training at the University of Michigan, and returned to Portland for his glaucoma fellowship at OHSU and the Legacy Devers Eye Institute.

An expert in the medical and surgical management of glaucoma, Dr. Sanders also feels fortunate to be an ophthalmologist because it lets him build long-lasting relationships with his patients. In addition to loving his work, Dr. Sanders enjoys baking sourdough bread and visiting local vineyards with his wife.

Grant R. Lindquist, M.D., enjoys working with the wonderful patients who come to Oregon Eye Specialists PC, which has been serving Yamhill County for more than 40 years. As a general ophthalmologist, he finds it especially rewarding to get to know them over the long term and see their medical conditions improve.

The son of a general surgeon, Dr. Lindquist grew up knowing medicine is a great opportunity to help people. His internship at Oregon graduate completed his medical degree and ophthalmology residency at Oregon Health & Science University.

He belongs to the Oregon Medical Association, American and Oregon Academies of Ophthalmology, and the Portland Metropolitan Society of Physicians. A former president of the medical staff at Newberg Hospital, he and the staff at Oregon Eye Specialists continue to work with Providence Newberg Hospital by providing consultations for the emergency department.

Dr. Lindquist and his wife have two children who are following him into the healthcare field. His daughter just received a B.A. in nursing from Concordia University, and his son, a U of O graduate, is applying for medical school.

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A childhood trip to Oaxaca, Mexico, with Northwest Medical Teams inspired Zoey Stoumbos, M.D., to go into medicine, ophthalmology in particular.

She saw the incredible difference ophthalmology can make in all aspects of people’s lives. Preserving and improving their eyesight helps them live and fulfill themselves through their work, enjoy their families and experience freedom and independence.

Dr. Stoumbos is motivated by a strong drive to serve and provide high-quality care in a compassionate manner. Rent and raised in the Portland area, she earned a bachelor’s degree in biology from Gonzaga University, then went on to medical school and a residency in ophthalmology at George Washington University. She completed a fellowship in glaucoma at Tufts New England Eye Center and Ophthalmic Consultants of Boston.

Trained in medical and surgical management of glaucoma, she has extensive experience in the full spectrum of glaucoma surgery and cataract surgery, as well. She belongs to the American Glaucoma Society and American Academy of Ophthalmology.

Dr. Stoumbos enjoys traveling and learning about different cultures and cuisines. She likes to read, watch sports, explore the outdoors and spend time with her family, including her husband and two cats.

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Amy R. Van Heel, O.D.  
OPTOMETRIST

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Dr. Amy Van Heel received her doctor of optometry degree from Pacific University in Forest Grove, Oregon. She also completed her Master of Science in Vision Science while at Pacific University. Dr. Van Heel is a member of Oregon Optometric Physicians Association and the American Optometric Association. She has an interest in comprehensive optometry and contact lenses. In her free time she enjoys baking and embroidery.

G. Ryan Berger, M.D.  
OPHTHALMOLOGIST

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Dr. Ryan Berger graduated from George Washington University School of Medicine. He completed his residency in internal medicine at Dartmouth Hitchcock Medical Center, where he served as chief resident. Dr. Berger went on to complete his residency in ophthalmology at the University of Colorado.

Dr. Berger joined the McMinnville Eye Clinic in 2019 and performs comprehensive medical and surgical ophthalmology. He is board certified by the American Board of Ophthalmology and is a member of the Oregon Medical Association and the Oregon Academy of Ophthalmology.

Laura C. Burke, M.D.  
OPHTHALMOLOGIST

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Dr. Burke was awarded her medical degree from Creighton University School of Medicine and completed her Ophthalmology residency at Loyola University Medical Center. She practices general ophthalmology including glaucoma, macular degeneration, dry eyes and cataract lens implant surgery. She is board certified by the American Board of Ophthalmology.

Dr. Burke grew up in Canada and is excited to make McMinnville her home. She is married with three children and enjoys reading, hiking, gardening and baking. Dr. Burke joined McMinnville Eye Clinic in 2016.

David J. C. Hayes, M.D.  
OPHTHALMOLOGIST

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Dr. David Hayes received his medical degree from the University of California, San Francisco. He then completed his residency in ophthalmology at the Medical University of South Carolina in Charleston.

Dr. Hayes joined the McMinnville Eye Clinic in 2006. He practices comprehensive ophthalmic care including cataract surgery as well as medical treatment of glaucoma, diabetic eye disease, dry eyes, macular degeneration and eyelid disorders.

He is board certified by the American Board of Ophthalmology, a member of the American Academy of Ophthalmology and the Oregon Academy of Ophthalmology.

Dr. Hayes lives in McMinnville with his wife and their two children. He enjoys spending time in his garden, traveling and many outdoor activities.

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Physicians’ Optical also carries glasses for all age groups, from infants through senior citizens. In addition, a wide variety of specialty frames are available including safety, golf, fishing, sport goggles, diving goggles—just about anything a patient could need to participate in any sport. An extensive selection of sunglasses, both standard and prescription, are also featured.

Physicians’ Optical provides top-of-the-line education on all eyewear products so that patients are totally satisfied. Physicians’ Optical is conveniently located inside McMinnville Eye Clinic in McMinnville, next to Physicians’ Optical.

Jaime Soto, EXECUTIVE CHEF
At Willamette Valley Hospice, we are here to support you and your family when facing a serious illness. Our hospice and home palliative care programs help you manage symptoms in your home and get you the care you need. When facing complicated medical decisions, our experienced staff helps you and your family set goals and plan for the future. We walk beside you and your loved ones every step of the way, providing physical, emotional, and spiritual support.

As the only local, not-for-profit agency for over 40 years, we believe hospice care should be available to everyone. We make sure our patients and their families receive the support they need.

You have a choice of hospice and palliative care providers. Call us directly anytime.

For the last 12 years, Jaime Soto has been providing healthy and delicious meals for all the residents. He enjoys accommodating their special requests and individual dietary needs. He is always open to new healthy ideas, feedback and requests. The events he creates are always something meal is very rewarding.

Soto grew up in Zacatecas, Mexico. He started his career in the culinary industry more than 10 years ago in California, and in 2006 came to Vineyard Heights as executive chef.

In addition to its prepared meals, the retirement center offers a wide range of social activities, personal care and access to skilled nursing care. All are designed to increase and maintain residents’ quality of life.

Soto enjoys getting to know the people at Vineyard Heights. He wants everyone’s dining experience to be something they look forward to and enjoy.

He and his wife, Beth, and their dog, CoCo, call McMinnville home. During their 20 years together, they have raised a family that includes five daughters and one granddaughter, Isabella. When he’s not working, he enjoys going to the beach, watching soccer with CoCo, and preparing and cooking authentic Mexican food with the girls.

Kimberly Basilin, R.N.
HEALTH AND WELLNESS DIRECTOR
Kimberly Basilin, R.N., is excited to have joined the McMinnville community as health and wellness director at Vineyard Heights Assisted Living and Retirement Communities. She was born and raised in Salem, where she is raising her four children. She is 12 and 16-year-old twins. When she’s not working, Basilin enjoys hiking, yoga, drinking coffee and, of course, spending time with her kids. They go to the beach as often as possible.

Basilin, who became a licensed practical nurse in 2016, has experience in skilled nursing and long-term care. She became a registered nurse in June when she graduated from Linn-Benton Community College. She now works several days at Vineyard Heights, which she calls “a tight-knit community.”

Basilin is proud to be part of a very strong clinical team, which oversees all the care provided to the assisted living residents who make Vineyard Heights their home. Among the care team are Resident Care Coordinator Eva Martinez and Licensed Practical Nurse Lisa Gasca, as well as many other workers.

“Our community has embraced the new normal well during this very trying time.” Basilin said. “The team has worked tremendously hard to keep the Vineyard Heights community safe from Coronavirus.”

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Dr. Trevor Stauber’s longtime interest in sports medicine, anatomy and human movement led him to a career in chiropractic medicine. Attending Northwest Spine and Sport in McMinnville, Stauber provides patients with high-quality musculoskeletal treatment and oversees the comprehensive management of care.

Stauber enjoys providing patients with superior care and care beyond the time of treatment and when need to be muscle and joint health. His clinic focuses on a comprehensive plan that can address any number of musculoskeletal ailments. The best part of his job is seeing patients get better so they can do the things they love.

“Chiropractors treat more than just the neck and back,” he said. “We treat every joint in the body. Shoulders, hips, elbows, wrists, hands, knees, ankles and feet!”

“Chiropractic medicine takes a comprehensive approach to healing, and we empower and guide patients to achieve their goals and become their own.”

Born in India, Dr. Khare was two years old when she moved to the U.S. with her family. She spent much of her youth in the Chicago suburbs. She earned her doctorate in kinesiology from the University of Illinois in Urbana-Champaign, then another BS in human biology and a doctorate in chiropractic medicine from the University of Western States, Portland. The best part of her job is connecting with people, especially her patients.

Dr. Khare has been active in the American Chiropractic Association. She lobbied for Medicare patients, veterans and their families to have access to chiropractic care.

She is engaged to Dr. David Voigt, her colleague at Northwest Spine and Sport. As a certified yoga and Kinesthetic instructor, practicing yoga brings her a sense of calm and peace.

A lifelong interest in sports, dance and yoga led Urvi Khare to chiropractic medicine, a career that allows her to help others find joy and healing through movement. As an associate chiropractic doctor at Northwest Spine and Sport, Dr. Khare evaluates and treats patients’ musculoskeletal complaints. Today’s chiropractic medicine takes a comprehensive approach to healing, and she empowers and guides patients to achieve their goals and become their own.

“I feel blessed to own and provide this type of service,” she said.

For more information and to meet our providers, visit www.silverfallsderm.com.

Silver Falls Dermatology is always accepting new patients and accepts most insurance plans.

• Aesthetics
• Vein Services
• Allergy-Immunology

At Silver Falls Dermatology’s Salem location, the extensive staff provides an array of services to diagnose and treat benign and malignant skin lesions, including skin cancer. Providers also diagnose and treat benign and malignant lesions, including skin cancer.

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Connect with us on Facebook!
Seven ways to move more every day

Many of today’s jobs, hobbies and modes of transportation make it easy to succumb to a sedentary lifestyle. Unfortunately, prolonged periods of inactivity are linked to an increased risk of heart disease, diabetes and obesity. If you find yourself sitting too often, here are seven simple ways to incorporate more movement into your daily routine.

1. **Sit on a stability ball rather than the couch while you watch TV or play video games.**
2. **Walk around the room while you’re on the phone. For longer calls, consider taking a stroll around the block.**
3. **Listen to audiobooks or podcasts while you use an elliptical machine, stationary bike or treadmill to make your workout more interesting.**
4. **Use a standing desk. Do simple exercises, such as calf raises, while you complete routine tasks like checking your email.**
5. **Time how long it takes you to do an active chore like vacuuming, and then see if you can beat your previous record.**
6. **Take the stairs instead of the elevator. To really get your heart pumping, climb them two steps at a time.**
7. **Do jumping jacks or run in place during the commercial breaks while you watch TV.**

With a keen understanding of how patients’ dental health can affect their overall health, Dr. James Nelson really gets to know his patients so he can customize dental care to overcome obstacles and meet each patient’s goals. Dr. Nelson’s passion for complex aesthetic cases enables him to use new techniques to help patients reach the smiles they most desire.

“Thank you Dr. Nelson!!”

James Nelson, DDS
DENTIST

Valley View
Rock Of Ages/Valley View Retirement Village

503.472.6212
15600 SW Rock of Ages Road, McMinnville, OR
retire@rockofagesvalleyview.com | rockofagesvalleyview.com

ROCK OF AGES/VALLEY VIEW RETIREMENT VILLAGE

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Delivering joy. The Birthing Center

At Willamette Valley Medical Center, we know pregnancy is an incredible experience. Bring your little one into the world in our family-centered Birthing Center. We offer compassionate, personalized care for mothers and their babies — before, during and after delivery.

To learn more about our family-centered Birth Center or schedule a tour, visit WillametteValleyMedical.com or call 503.435.6400

“Before after”

“I am so glad I met Dr. Nelson,” Anna Redl explains after arriving at Dr. Nelson’s practice with orthodontic and gum problems. “Yamhill County is lucky to have him in our community.” She didn’t desire to put time and expense into orthodontics but she did desire long-term functionality with a beautiful smile. “Dr. Nelson isn’t your average dentist, he is an artist…my transformation has been Day and Night, I couldn’t be happier!” While it was a challenge to achieve perfect, natural-looking esthetics without some orthodontics, her end result was a much-improved smile. “I have recommended Dr. Nelson to family and friends and will continue to sing his praises.”

“Thank you Dr. Nelson!!”

James Nelson, DDS
DENTIST

Rock of Ages/Valley View Retirement Village and Transitional Life Care Clinic, Inc. are both Not-for-profit 501(c)(3) organizations dedicated to providing personalized care.
Six great sources of plant protein

1. **Seitan**
   - This popular, low-carb meat alternative is made by kneading wheat flour with water and cooking away the starch until only gluten protein remains.

2. **Legumes**
   - Beans, lentils and peas have high amounts of protein. They’re also excellent sources of fiber, minerals and other important nutrients.

3. **Soy Products**
   - Soybeans are a versatile legume used to make tofu, tempeh, edamame and soymilk, all of which contain the nine essential amino acids your body needs.

4. **Nuts and Seeds**
   - From chia seeds and hemp seeds to walnuts and almonds, nuts and seeds are a great source of protein, fiber, antioxidants and healthy fats.

5. **Grains**
   - Quinoa is the only grain that provides your body with all nine essential amino acids. However, oats, wild rice and millet contain significant amounts of protein. Grains also offer fiber and magnesium.

6. **Nutritional Yeast**
   - Sold as a powder or in flakes, nutritional yeast has a cheesy flavor. It’s also a source of vitamin B12, which helps keep your nerves and blood cells healthy.

Your Daily Dose of Protein

The recommended intake of protein is 0.36 grams per pound of body weight. If you want to eat a healthy, balanced diet, protein should account for 10 to 20 percent of your total daily calories.

**RUTF S AND SEEDS**
- From chia seeds and hemp seeds to walnuts and almonds, nuts and seeds are a great source of protein, fiber, antioxidants and healthy fats.

**Gr AIns**
- The nine essential amino acids required by the body. If you want an alternative to animal protein, here are six plant-based foods that provide a significant source.
JOHN ANDREW, D.P.T.
DOCTOR OF PHYSICAL THERAPY
Andrew Physical Therapy
Orthopedic & Sports Rehab
AndrewT栏
2025 NE Gilster Street, Suite A
McMinnville | 503.435.1900

When John Andrew, DPT, Cert. MDT, CSCS launched Andrew Physical Therapy, he wanted to provide a place where science, education and caring came together to give his patients genuine relief from pain. Today, John’s heartfelt approach and positive attitude permeate the clinic. His passion for helping his patients reach their goals and return to their favorite activities is evident in the way his clinic functions. John emphasizes hands-on approaches and encourages patient education.

John holds a master’s degree and a Doctor of Physical Therapy (DPT) from the University of North Dakota School of Medicine and Health Sciences. He was awarded his Certified Specialist in Conditioning & Strengthening (CSCS) in 2011. In 2013 John completed his training with the McKenzie Spine Institute, becoming the first Certified McKenzie Spine practitioner in McMinnville. As a certified practitioner in mechanical diagnoses and therapy, John is trained to help find a solution to musculoskeletal problems, especially as they relate to the spine.

John lives in McMinnville with his wife and daughters. In his spare time, he enjoys hiking, bicycling, weight training, surfing, stand-up paddleboarding and spending time with his family.

JORDAN VISSEr, D.P.T.
DOCTOR OF PHYSICAL THERAPY
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Orthopedic & Sports Rehab
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2025 NE Gilster Street, Suite A
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When he was a teenager, Jordan Visser suffered a knee injury while playing high school basketball. Possession of sports and physical fitness, Jordan trained being sidelined and was grateful when treatment by his physical therapist got him back in the game. Little did he know his own success would launch his adult career path.

As a physical therapist at McMinnville’s Andrew Physical Therapy, Jordan is passionate about getting his patients back to their own games, whether it’s sports, academic work or just day-to-day living. Born in Anchorage, Alaska, Jordan earned his undergraduate degree and Master of Physical Therapy from George Fox University. Jordan loves the work while evident in the Yamhill Valley and enjoys helping his patients feel better and perform their best.

Jordan lives with his wife and children. When he’s not busy helping his patients regain their strength, Jordan enjoys Pacific Northwest outdoor activities like hiking and backpacking.

We Offer and Help With:
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- Shoulder/Rotator Cuff Rehab
- Vertebral Rehab
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Comparing coughs: dry vs wet

Coughing is your body’s typical response to irritation or inflammation in your airways. However, the specific cause and proper treatment of a cough depends on whether it’s dry or wet.

A DRY COUGH

This type of cough is often caused by allergens, asthma, sinusitis or smoke inhalation. A dry cough, which doesn’t bring up phlegm, is triggered by a tickling sensation at the back of the throat.

An ideal way to soothe this irritation is by taking dextromethorphan (DM), a cough suppressant typically sold as a syrup or bleeze. It should be noted, however, that this over-the-counter medication can negatively interact with certain prescription drugs and cause side effects including drowsiness.

Therefore, you should always consult a pharmacist before you take it.

A WET COUGH

This type of cough is characterized by the production of phlegm. Often a symptom of a viral infection such as the flu, a wet cough can be accompanied by fatigue, fever and a runny nose.

Since a wet cough indicates that your body is trying to expel an infectious agent, it’s best to avoid medication that suppresses coughing. In certain cases, an expectorant syrup or mucolytic can prove beneficial. However, drinking plenty of water will also loosen and thin out the phlegm.

Regardless of whether you have a dry or wet cough, it’s best to speak with your doctor if it persists for more than two weeks.
The Yamhill County Court Appointed Special Advocate (CASA) program is made up of volunteer advocates. These dedicated people serve as unbiased and fierce protectors of abused or neglected children going through the trauma of the court and foster care system.

Children with a CASA have better outcomes. On average, they spend less time in foster care, have better educational success and are less likely to re-enter the system.

CASA volunteers are granted tremendous authority by the court — they’re able to do what it takes to ensure that children’s needs are served and that the judge is able to understand the true facts of a child’s condition in an over-burdened child welfare system.

There are many ways to volunteer with Yamhill County CASA. The organization is always looking for community members to serve as advocates, board members and in non-advocating positions such as event help. Learn more at www.yccasa.org or call 503-434-6668. You can make a difference!
What you need to know about gingivitis

As many as 70 percent of American adults will develop gum disease over the course of their lifetime. The most common type, however, is gingivitis. Here’s what you should know about it.

### Causes
Gingivitis is caused by a buildup of plaque on your teeth and gums. This sticky film is filled with bacteria that can irritate your gums and make them red, inflamed and susceptible to bleeding.

The most common causes of excess plaque are poor oral hygiene and tobacco use. However, there are other risk factors including stress, hormonal changes and taking certain medications. There’s also a known link between oral health and heart health.

### Symptoms
Indicators of gingivitis include the following:
- Tenderness
- Swollen, red or purple gums
- Bleeding when brushing or flossing
- Bad breath
- Receding gums

### Treatments
When caught early, gingivitis can be reversed with a thorough professional cleaning and proper oral hygiene, including regular brushing and flossing. Sometimes, however, a more aggressive treatment is required to remove all traces of plaque.

If left untreated, gingivitis can develop into periodontitis, which can lead to irreversible damage to the gums, teeth and jawbone.

Overall, prevention rather than treatment is the better approach when it comes to gum disease. The best strategy is to brush and floss daily, visit the dentist twice a year and change your toothbrush every three months.

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Avoid dry skin caused by frequent hand washing

One of the most effective ways to prevent the spread of COVID-19 is to regularly wash your hands. However, frequent exposure to soap and water strips the natural, protective oils from your skin, leaving it dry and cracked. Here are a few tips to help you keep your hands clean and moisturized.

One of the most effective ways to prevent the spread of COVID-19 is to regularly wash your hands. However, frequent exposure to soap and water strips the natural, protective oils from your skin, leaving it dry and cracked. Here are a few tips to help you keep your hands clean and moisturized.

- **OPT FOR SOAP RATHER THAN HAND SANITIZER.** The Centers for Disease Control and Prevention recommends using hand sanitizer with at least 60 percent alcohol. However, these products tend to be more harsh on your skin. They also don’t kill all types of germs or effectively clean visibly dirty hands. Instead, use a natural soap made with olive oil, cocoa butter or other plant-based oil.

- **APPLY MOISTURIZING CREAM AFTER EVERY WASH.** If your hands are dry, the American Academy of Dermatology recommends using an oil-based emollient hand cream (rather than lotion) to soothe your skin and lock in moisture. Avoid products that contain retinol, fragrances and other irritants.

- **IN ADDITION TO REDUCING DRYNESS AND DISCOMFORT,** keeping your hands moisturized can help prevent infections that you’d be more susceptible to with cracked skin. If you have eczema, psoriasis or another condition that’s exacerbated by frequent hand washing, consult a pharmacist or dermatologist for personalized treatment recommendations. Ask your doctor about possible soap allergens that could also be causing issues.

- **SUPPLEMENTARY TIPS:** Considering that dryness and cracking can be especially troublesome for people with atopic dermatitis, a common skin condition causing inflammation and dryness, a study published in *Journal of American Academy of Dermatology* recommends using emollients to lock in moisture and relieve irritation. Avoid using products that contain ingredients like lanolin, sometimes found in moisturizers, since it can irritate skin.

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John Stout
Therapeutic Associates
Licensed Denturist

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McMinnville Denture Center is a full service denture clinic which has been serving the community for 40 years. Jon Stout, a licensed Denturist, provides a full range of services including: Denture Repairs and Relines, Partial and Complete Dentures (Repairs and Fabrication), and Dentures over Implants. Jon works closely with dentists and oral surgeons to provide long term solutions for the best results when wearing removable dentures.

At McMinnville Denture Center we take the time to get to know each of our clients and to assess their individual needs. We use the latest technology to make sure that all of our clients get the very best denture products and services available today. The onsite lab enables us to perform most denture repairs while you wait. Because dentures are fabricated in office we are able to provide efficient and very affordable pricing. Our initial consultations are free and we will give you an estimate on all work recommended. You do not require a dentist referral to visit us.

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EMERGENCIES HAPPEN, DON’T DELAY YOUR CARE.

We are taking the extra steps to ensure a safe environment when you come for care—including your emergencies. Our team of healthcare heroes is here for you today and always. Here are a few of the steps we are taking:

**Enhanced Cleaning And Stocked With Supplies**

Our team performs extensive disinfecting procedures throughout the day, and we are constantly monitoring supplies and staffing to make sure we have what we need to care for you.

**Face Mask Requirement**

We require everyone who walks into our facility to wear a mask. And all our staff wear masks, for your protection and theirs.

**Safe Social Distancing**

Areas such as waiting rooms have been adjusted for six-foot social distancing.

**Ready For You**

Our Emergency Department is providing the full range of healthcare services it has always provided 24/7. Always call 911 if you or a loved one experience a medical emergency.

Learn more about the safety steps we’ve taken at WillametteValleyMedical.com
Improving the Lives of Our Patients, one step at a time.

Be aware of potential poisons in your home

There are numerous household products, some of which might seem harmless, that can poison a child if your back is turned. Here are some everyday items that are toxic.

- **CLEANING PRODUCTS**
  - Bleach, drain cleaners and other household cleaning products should be locked away in a cabinet. Dishwasher and laundry detergent pods are particularly attractive to young children because they look like candy. Unfortunately, if these pods burst, the toxic liquid can get in the child’s eyes, throat and lungs.

- **MEDITATIONS**
  - If swallowed by a child, prescription drugs and pills used to treat fevers and headaches, such as acetaminophen and ibuprofen, can cause symptoms of overdose and trigger organ failure. Never leave medication lying around on a bedside table, bathroom counter or anywhere else a child could find it.

- **PERSONAL CARE PRODUCTS**
  - Many beauty and personal hygiene products can be dangerous if swallowed, inhaled or splashed on the skin or in the eyes. These include products like antiperspirant, toothpaste, nail polish remover, mouthwash, body lotions and perfumes.

- **PLANTS**
  - Some types of common houseplants are poisonous including poinsettia, cyclamen, peace lilies, caladium and English ivy. Identify the species in your home and move toxic plants out of reach or give them away.
Aging and eye health

As people age, the risk for developing eye-health problems increases. Left untreated, these can lead to low vision or blindness. Here are the most common eyes issues and how to recognize them.

- AGE-RELATED MACULAR DEGENERATION (AMD)

Common in people over 60, this disease results in the destruction of the macula, the part of the eye responsible for providing sharp central vision. Early symptoms of it are likely to be blurry vision, seeing straight lines as wavy or distorted and increased sensitivity to glare.

- CATARACT

This medical condition leads to clouding of the eye lens and is common in older people and those with diabetes. Early symptoms include perceiving colors as duller, having blurry vision, seeing halos around lights and experiencing difficulty with night vision. Surgical intervention is needed to remove cataracts and restore visual function.

- DIABETIC RETINOPATHY

This condition results from damage to the blood vessels in the retina and typically affects both eyes. It’s a known risk for people with diabetes. However, it also occurs in those with blood sugar levels not high enough for diabetes but high enough to cause problems, a condition known as prediabetes. Symptoms of diabetic retinopathy vary widely and regular exams are the best way to screen for it.

- GLAUCOMA

Glaucoma refers to a group of diseases caused by increased fluid pressure in the eye. This damages the optic nerve and leads to gradual vision loss. While eye pain can be an early indicator, the fact is many forms don’t cause symptoms. Regular screening exams are therefore recommended.

Early diagnosis is key when it comes to effectively treating eye conditions that can impair vision. Instead of waiting for symptoms to appear, it’s best to schedule regular eye exams every one to two years.
Dr. Amanda Lynn Hoffman
M.D., NATUROPATHIC PHYSICIAN

Her own history with chronic disease, coupled with extensive studies, led Dr. Amanda Lynn Hoffman, N.D., to a career as a naturopathic physician. With understanding and empathy, Dr. Amanda Lynn puts a focus on prevention and wellness. She loves helping patients restore their health and empower them with knowledge to keep themselves healthy.

Dr. Amanda Lynn has studied herbalism, body work, intuitive energy work, nutrition, biology and botany. A primary care provider for 10 years, she uses her expertise in vitality, gastrointestinal issues, hormones, immune dysregulation and connective tissue issues as she works with both men and women, as well as families. She helps them strengthen their joints, ease pain and tolerate Marfan’s syndrome, a genetic disorder of the connective tissue. She literally wrote the book on that: “Naturopathic Support for Marfan Syndrome.”

Dr. Amanda Lynn offers expanded testing of hormones, food sensitivities, proper nutrition and toxic burdens, as well as thyroid, adrenals and complications of menopause.

In addition to working with patients in her office, Dr. Amanda Lynn supports them through webinars, blogs, YouTube videos and live weekly Instagram talks. Outside work, she enjoys cooking, gardening, hiking and listening to live music.
The impact of stress and how to manage it

Stress can impact your health and well-being. Understanding where it comes from and how it can affect you is crucial to remaining mentally and physically fit. Here’s what you need to know.

Warning signs
It’s important to be able to recognize if stress has become a problem. The symptoms below are common and not a cause for alarm when they occur occasionally. However, if they get worse or become ongoing, this could indicate that something’s wrong. Watch out for:

• Increase or decrease in appetite
• General fatigue
• Mood swings
• Difficulty concentrating
• Headaches
• Irritability or aggressiveness
• Sleep problems

Your job and how busy you are. You should also identify daily irritants such as a long commute, as these tend to add up and can impact your mental health.

What to do
Once you have an idea of where your stress comes from, you’ll be in a position to take steps to improve your situation and health. In some cases, it’s a matter of adjusting an aspect of your life, such as how much work you’ve taken on, or working out a problem in a relationship. Importantly, things like meditation and therapy can help as well.

Whatever you do, don’t let stress take over your life. Over time, it can cause you to develop serious health issues and poor coping mechanisms like consumption of fatty foods, alcohol and drugs.

Possible sources
If you realize you’re living with too much stress, you need to identify its source. Think about your relationships, both personal and professional, your home life, potentially your job and how busy you are. If you realize you’re living with too much stress, you need to identify its source. Think about your relationships, both personal and professional, your home life, potentially your job and how busy you are. If you realize you’re living with too much stress, you need to identify its source. Think about your relationships, both personal and professional, your home life, potentially your job and how busy you are.

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