

2022

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HEALTH & WELLNESS



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2022

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### OURx

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The editorial content in this publication is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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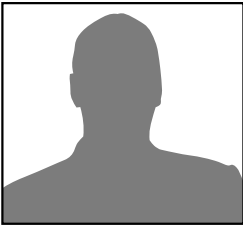
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# DIABETES

*Intervention is Key*

## Managing Blood Sugar With Type 2 Diabetes

To help shed some light on the practices required to manage Type 2 diabetes, here are five ways people with this disease can keep their blood sugar level in check.

### EXERCISE REGULARLY

Regular exercise can help increase insulin sensitivity, which may improve your body's ability to use the available sugar in your bloodstream. Furthermore, when you exercise, your muscles use glucose for energy, thereby preventing it from accumulating in your body.

### STAY HYDRATED

Drinking plenty of water and sugar-free fluids can help you lower your blood sugar level by diluting the amount of glucose in your bloodstream. Staying hydrated also helps your kidneys flush any excess sugar out of your body.

### EAT A HEALTHY DIET

It's a good idea to limit your consumption of the kinds of food that can cause your blood sugar level to spike. Cutting back on carbohydrates, eating more lean protein and vegetables and adding more fiber to your diet can help stabilize your blood sugar level.

### GET ENOUGH SLEEP

Poor or insufficient sleep can negatively affect your blood sugar level in the short and long term. In fact, a lack of sleep causes your body to produce more cortisol, which can lead to increased insulin resistance and a higher blood sugar level.

### MONITOR YOUR BLOOD SUGAR

Regularly monitoring your blood sugar level is one of the best ways to take control of your Type 2 diabetes. It allows you to find out what impacts your blood sugar so you can effectively adjust your diet, exercise and medications.

If you have any questions or concerns about monitoring your glucose level, contact your doctor for advice.

## 3 Ways to Support a Loved One With Diabetes

Diabetes affects tens of millions of Americans. Here are three ways you can support a loved one with diabetes.

### LEARN MORE ABOUT THE DISEASE

Do some research to find out when their blood sugar level should be checked, how to recognize and handle the symptoms of high and low blood sugar, what lifestyle changes need to be made and where to go for information and help. You can also offer to attend doctor's visits with your loved one to show your support.

### GIVE THE AFFECTED PERSON SPACE

Understand that your loved one may not want to share everything about managing diabetes with you. Remember that they're responsible for managing the disease, not you. Don't provide them with unsolicited advice, pressure them or scold them when they make a misstep.

### MAKE YOUR OWN HEALTH CHANGES

Try your best to follow the same healthy diet and fitness plan as your loved one with diabetes. After all, it's easier to make lifestyle changes if you don't have to do it alone.

Lastly, be a good ally by telling your loved one you know how hard they're trying and how proud you are of their progress.



**John Martinez**  
PHYSICAL THERAPIST

West Hills Physical Therapy

westhillsphysicaltherapy.com  
2200 SW 2nd St.  
McMinnville | 503.474.3524

John Martinez has always had a love for science and exercise. So it only seemed natural that he'd combine those two interests and pursue physical therapy as a profession.

Martinez is owner of West Hills Physical Therapy and enjoys the challenge of rehabilitation and the positive effect it can have on the quality of his patients' lives. He uses a variety of techniques such as mobilization, traction and exercise to alleviate their problems.

A graduate of Washington State University with a bachelor of arts in business administration, he went on to graduate from Pacific University with a master's degree in physical therapy.

John and his wife, Kim, a nurse practitioner, have four children – Katie 20, Ryan 18, Maria 16, and Molly 14.

John is a member of the Sunrise Rotary in McMinnville and takes pride in being a part of community service projects with his children. West Hills Physical Therapy has been the recipient of the Best of Mac award for the last eight years.



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# Dry January: 4 Health Benefits of Abstaining From Alcohol

After a busy holiday season, the new year presents a great opportunity to renew your commitment to a healthy lifestyle. One increasingly popular health and fitness resolution involves abstaining from alcohol for an entire month. Here are four benefits of having a dry January.



## YOU’LL SLEEP BETTER

Alcohol might help you fall asleep, but it can also disrupt your sleep cycles. This can have a negative effect on your memory, mood and overall health.

## YOU’LL GET SICK LESS OFTEN

Alcohol can suppress your immune system. This leaves your body more vulnerable to pathogens and makes it less capable of fighting off an illness or infection.

## YOU’LL LIKELY LOSE WEIGHT

Alcohol is packed with calories, and you’re more likely to eat junk food when inebriated. Plus, abstaining can make you feel more energized and motivated to exercise.

## YOU’LL HAVE RADIANT SKIN

Alcohol is a diuretic, which facilitates dehydration and can dry out your skin. Additionally, alcohol increases inflammation and hormone levels, thereby triggering breakouts.

Keep in mind that you can enjoy the benefits of Dry January even if you slip up. Don’t let one drink undermine your goal to make healthier choices.

## CHEERS TO ALCOHOL ALTERNATIVES!

If you still want to raise a glass on special occasions, opt for sparkling water infused with orange and ginger, cucumber and mint or strawberry, basil and lime. Kombucha is also a tasty alternative with a delightful fizz and tangy taste.

# Experiencing Pain in Your Lower Limbs or Back?

If you’re living with back or knee pain, having your feet examined by a podiatrist may be the first step toward relief. When left untreated, various foot problems can have serious longterm health consequences, including chronic joint, back and lower limb pain.

Flat feet, for example, can lead to plantar fasciitis (inflammation of the ligament that connects the heel to the toes) and deformities such as bunions (bony protrusions caused by a deviated big toe) and hammertoe (raised joints in the toes). What’s more, because a foot’s arch normally serves as a shock absorber, people with flat feet often develop pain in their lower back and knees, where most of the impact is sustained instead.

The best way to avoid such health problems is to have your feet evaluated by a podiatrist before symptoms start to appear. A complete examination will provide a clear picture of the condition of your feet and enable you to begin implementing any corrective measures required to avoid

complications. If you’ve never stopped to consider the impact of your feet on your overall wellness, make an appointment with a podiatrist without delay.

## SHOULD YOUR CHILD SEE A PODIATRIST?

If your child frequently falls, complains about leg or foot pain, or tends to tiptoe instead of walk, having his or her feet and posture evaluated by a podiatrist is highly recommended.



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**Laura C. Burke, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

McMinnvilleEyeClinic.com  
2445 NE Cumulus Ave, Ste A  
McMinnville | 503.472.4688

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 Corvallis and is excited to make McMinnville her home. She is married with three children and enjoys reading to them. She also enjoys hiking, gardening and baking.

Dr. Burke joined McMinnville Eye Clinic in 2018.



**G. Ryan Berger, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

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McMinnville | 503.472.4688

Dr. Ryan Berger graduated from Georgetown 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 2009 and practices 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.

Dr. Berger lives in McMinnville with his family.



**Amy R. Van Heel, O.D.**  
OPTOMETRIST

**McMinnville Eye Clinic**

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McMinnville | 503.472.4688

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. Dr. Van Heel joined McMinnville Eye Clinic in 2019. She lives in Newberg with her husband and their black lab. In her free time she enjoys baking and embroidery.



**Cole N. Gross, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

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McMinnville | 503.472.4688

Dr. Gross completed his medical degree at the University of Nevada School of Medicine and his Ophthalmology residency at the University of Alabama, Callahan Eye Hospital. He practices comprehensive ophthalmology including cataract lens implant surgery. Dr. Gross joined McMinnville Eye Clinic in 2021. He is board eligible by the American Board of Ophthalmology.

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**Steven D. Maxfield, M.D.**  
OPHTHALMOLOGIST

**McMinnville Eye Clinic**

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Dr. Maxfield graduated from Dartmouth Medical School. He then completed his residency in Ophthalmology at the Mayo Clinic in Rochester, Minnesota. Dr. Maxfield practices comprehensive ophthalmology which includes the treatment of cataracts, glaucoma, dry eye syndrome, diabetic retinopathy, macular degeneration, eyelid disorders and corneal disease.

Having grown up in Washington State, Dr. Maxfield was excited to return to the Pacific Northwest and joined the McMinnville Eye Clinic in 2017. He lives in McMinnville with his wife and four young children.

Dr. Maxfield is board certified by the American Board of Ophthalmology and is a member of the Oregon Academy of Ophthalmology.



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

**McMinnville Eye Clinic**

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Dr. David Hayes earned 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 McMinnville Eye Clinic in 2006. He practices comprehensive eye 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 eating and many outdoor activities.



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**Cole N. Gross, M.D.**  
**David J.C. Hayes, M.D.**  
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Physicians' Optical is conveniently located inside McMinnville Eye Clinic in McMinnville. Hours are Monday through Friday from 8 a.m. to 5 p.m. and on Saturday from 8 a.m. to noon.



## John Stout

LICENSED DENTURIST

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McMinnville Denture Center is a full service denture clinic which has been serving the community for 41 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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## Marvin Johnson D.M.D.


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Marvin Johnson, D.M.D. was raised in the small town of Riddle, Oregon where he attended Riddle High School and drove fast cars and motorcycles. Dr. Johnson continued his education at Portland State University where he majored in biology and had an interest in invertebrate zoology.

After completing dental school at Oregon Health & Science University, Dr. Johnson practiced as a general dentist for two years until returning to an oral and maxillofacial surgery residency at the University of Pennsylvania. Dr. Johnson is a member of the American Association of Oral and Maxillofacial Surgeons, the American Dental Association, the Oregon Dental Association, the Alpha Omega Study Club, the Yamhill County Dental Society and maintains privileges at Willamette Valley Medical Center.

Outside of work, Dr. Johnson enjoys time with his family. He and his wife, Julie, have two sons. Dr. Johnson has a passion for music — specifically blues guitar. He also enjoys fast motorcycles and Christian philosophy.



## Thomas Kolodge D.D.S., M.D.

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Thomas Kolodge, D.D.S, M.D. was raised in Beaverton and graduated from Aloha High School. Dr. Kolodge earned a degree in Biology from George Fox University while on a soccer scholarship. He then attended the New York University School of Dentistry. Dr. Kolodge went on to complete medical school and residency in oral and maxillofacial surgery at the University of Nebraska Medical Center.

Dr. Kolodge first decided to pursue oral surgery in 1998, after observing Dr. Johnson while an undergraduate at George Fox. A special friendship was formed and after completing dental school, medical school and his residency, the two launched Mountain View Oral Surgery. Dr. Kolodge is a member of numerous physicians' and dentists' associations and maintains privileges at Providence Newberg Medical Center.

In his spare time, Dr. Kolodge enjoys adventuring with his wife, Sarah, and their two sons. Anywhere from the mountains to the beach, they love to spend their days outside. When not exploring, he loves to play golf and sing for his beloved Portland Timbers.



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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 and his team to help people realize the smiles they most desire.

Dr. Nelson was awarded his dental degree from the Loma Linda University School of Dentistry in Southern California. He is a fellow in the Academy of General Dentistry and actively pursues continuing education, keeping up-to-date on the most current trends and technologies in the dentistry profession.

Dr. Nelson lives in McMinnville with his wife, Wendy. The couple have 12 children, both biological and adopted. When he's not helping his patients, Dr. Nelson loves hiking and traveling with his wife. He also enjoys fishing when he has time.



"I expected to jump through a lot of hoops, not so, he made it easy!"

~Anna Redl

"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!!"**



## Are You Protecting Your Hearing?

It may seem overly cautious to always turn down your music or wear earplugs to concerts, but failing to protect your hearing can have serious consequences for your mental and physical well-being.

Untreated hearing loss can take a toll on job performance and personal relationships and may lead to experiencing shame, isolation and low self-esteem. It also makes you less alert to dangers around you and impairs your ability to remember and learn new tasks. What's more, hearing loss

has been linked to serious conditions like depression and dementia. In most cases, hearing loss happens gradually, so make sure to have your hearing checked by a health professional about once a year. Keep in mind that while most hearing loss is age related, excessive noise exposure can permanently damage your hearing at any age.



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**Summer Randall**  
HEALTH SERVICES DIRECTOR

**Vineyard Heights Assisted Living and Retirement Cottages**  
vineyardheightsassistedliving.com  
345 S.W. Hill Road  
McMinnville | 503.435.1000

Summer Randall loves her work as health services director at Vineyard Heights Assisted Living and Retirement Community. It gives her a chance to connect families and their loved ones with resources that will help them thrive as they age in place. The best part, she said, is “connecting with our amazing residents and their families to provide a holistic level of care.”

Randall was very close to her grandparents when she was growing up. She became their caretaker as they aged, which helped develop her passion for caring for the older generation. She earned a bachelor’s degree from the University of California - Davis and an associate degree in nursing from Central Oregon Community College, along with extra training in medication management.

She has been working in senior living for five years. Prior to becoming an RN, she was in the pharmaceutical field.

Randall and her fiancé, Gary, have a daughter, Lela, and also share time with her stepdaughters, Ava and Syd. She loves spending time with her family, taking day trips around Oregon, cooking, doing yard work and working around the house. Randall, an advanced scuba driver, also enjoys traveling to places where she can dive.



**Joeda Hanson**  
LIFESTYLE DIRECTOR

**Vineyard Heights Assisted Living and Retirement Cottages**  
vineyardheightsassistedliving.com  
345 S.W. Hill Road  
McMinnville | 503.435.1000

As lifestyle director at Vineyard Heights Assisted Living and Retirement Cottages, Joeda Hanson creates programs that keep seniors active. She focuses on engagement, social lifestyle and inclusion with programs that help Vineyard Heights residents to stay interested in what’s going on around them and to continue to take an active part in their lives.

A lifelong Yamhill County resident, Joeda has worked in senior living for 17 years. She’s taken on a variety of roles, including spending five years as an executive director and working with people with disabilities. As a caregiver, she realized early on that keeping seniors active makes a big difference in their daily lives -- and discovered how rewarding it is for her to be able to provide those opportunities. Knowing seniors are being heard and seeing the smiles on their faces is very gratifying, she said.

When she’s not at work, Joeda enjoys spending time with her husband, John. They have three children, daughter Cari-Ann, who is married to Edward; son Justin, married to Amber; and daughter Amanda. Four grandchildren, Emma, Noah, Scarlet and Daniel, complete her family.

She also enjoys going to the beach, hiking, baking and creating needlepoint pieces.

## How to Prevent Digital Eye Strain

If you’re experiencing dry eyes, headaches or blurry vision, digital eye strain may be to blame. Here are five things that can help alleviate the effects of frequently looking at your computer, tablet or phone screen.

- FOLLOW THE 20/20/20 RULE**  
Look up from your screen every 20 minutes and focus on something approximately 20 feet away for at least 20 seconds. This short break will give your eyes the needed rest to relax, refocus and reset.
- CHANGE YOUR SETTINGS**  
If your job makes it impossible to avoid looking at a screen all day, try using a larger font size. Additionally, you can increase the contrast, sharpness and brightness of your screen.
- ADJUST THE LIGHTING**  
Glare from the sun or overhead lights can cause your eyes to work overtime. Try dimming the lights in the room, closing the blinds or installing an anti-glare filter.



- IMPROVE YOUR POSTURE**  
Bad posture can intensify digital eye strain. Avoid slumping over, craning your neck or looking down at your screen for long periods of time.
- SCHEDULE REGULAR EYE EXAMS**  
An optometrist can ensure that your uncorrected vision problems are addressed. Plus, they can provide professional advice on how to keep your eyes healthy.
- Though digital eye strain is unlikely to lead to permanent damage, it can be uncomfortable. Taking precautions will help minimize difficulties with your vision and eye health.

## Who Can Benefit From Massage Therapy?

Thanks to the adaptability of massage techniques, almost anyone can benefit from massage therapy. From newborns to seniors, there’s a massage for everyone.

- BABIES**  
Some specialized massage therapists work with babies as young as one or two months old. These massages can facilitate digestion, reduce colic discomfort and help premature babies gain weight a little faster.
- CHILDREN**  
Massage therapy can reduce stress in kids and improve their cognitive development, notably by increasing their ability to concentrate. This also applies to teenagers.
- PREGNANT WOMEN**  
Prenatal massage therapy helps expectant mothers mitigate the impact of pregnancy on their bodies. It can relieve back pain and even increase dopamine and serotonin levels, thereby reducing the risk for depression.
- ADULTS**  
Whether it’s to reduce muscle pain or stress, both men and women can greatly benefit from massage therapy.
- SENIORS**  
Certain types of massage are specifically designed for seniors, including some that are meant to alleviate arthritic pain.
- Discover the benefits of massage for yourself by visiting a licensed massage therapist near you.



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**Brian  
Bollwitt, D.M.D.**  
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McMinnville | 503.472.2125

Brian Bollwitt, DMD is a graduate of Oregon Health and Science University. He earned advanced education in General Dentistry from Idaho State University in Meridian, ID. While his father is also a dentist, his love of dentistry wasn't sparked until he worked with his dad for a summer while he was in college.

Dr. Bollwitt has experience with full-mouth and cosmetic rehabilitation, oral surgery, and periodontal surgery, to name a few. He is excited to be part of a profession that allows him to meet people from the community and develop solid relationships with them over time. He played baseball at Lewis-Clark State College as an undergraduate and earned the OHSU American College of Prosthodontics award in 2014. When he's not in the office, he enjoys being active; he likes to hike, ski, mountain climb and travel with his wife Jordan and dog Cora.



**Amy  
Wark, D.M.D.**  
DENTIST

Wark Dental Group

amywarkdmd.com  
2177 NW 2nd St  
McMinnville | 503.472.2125

Amy Wark, DMD, is a graduate of McMinnville High School, where she was a three-sport athlete and recent inductee to the McMinnville High School Sports Hall of Fame. She did her undergraduate studies in biology while playing varsity basketball at Whitworth College in Spokane, Washington. She graduated magna cum laude in 1995 and headed to Portland to attend the School of Dentistry at Oregon Health Sciences University. Upon finishing her studies at OHSU in 1999, Dr. Wark completed a one-year residency in general dentistry while serving with the Air Force in Dayton, Ohio. It was there that she rounded out her education by learning specialized surgical procedures involving extractions and gingival health.

Dr. Wark spent the remainder of her military career in England, and then returned home to join and eventually buy her father's practice. Dr. Wark and her husband, who also manages the practice, spend their free time playing golf and enjoying their three children's activities, which include them coaching their kids' basketball teams. They have also taken up pickleball.

## How Sleep Affects Your Heart Health

According to the National Heart, Lung, and Blood Institute (NHLBI), nearly 70 million Americans suffer from a sleeping disorder. Did you know that getting a good night's rest is critical for maintaining a healthy heart? This February, join the NHLBI in celebrating American Heart Month by learning about the importance of adopting healthy sleep habits.

### SLEEP AND HEART HEALTH

Getting a good night's rest helps you stay healthy by giving your body the time it needs to restore, recharge and recuperate. Consequently, chronic sleep deprivation has been linked to numerous heart problems including high blood pressure, heart attacks, obesity, diabetes and strokes. In addition, people who don't get enough sleep are more likely to develop calcium deposits in their coronary arteries, increasing their risk of developing heart disease.

### 5 TIPS FOR GETTING BETTER SLEEP

Experts recommend that adults between 18 and 65 get at least seven to eight hours of sleep each night. Here are five tips for getting a good night's rest:

- Be physically active during the day
- Avoid cellphones, tablets and computers the hour before bedtime
- Avoid drinking alcohol and caffeinated beverages before going to bed
- Sleep in a cool, dark and quiet room
- Go to bed and wake up at the same time every day

Talk to your doctor if you have trouble sleeping or think you may have a sleeping disorder. For more information about heart health, visit [heart.org](http://heart.org).



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DPT



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DPT



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DPT



John Andrew,  
DPT



John Kennedy,  
DPT



Whitney Anderson  
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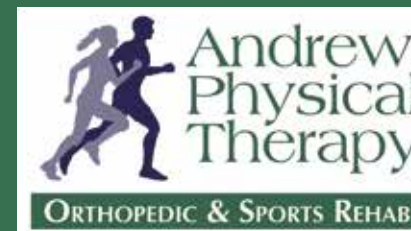


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# What you need to know about gingivitis

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

## TREATMENT

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.

# How Much Sleep Does Your Child Need?

Are you wondering if your child's getting enough sleep? If so, here's an overview of what you should know.

## 0 TO 12 MONTHS OLD

Infants who are less than four months old can sleep up to 18 hours a day. After this initial period, babies sleep between 12 and 16 hours a day. To help ensure a sound sleep, choose a firm mattress and maintain a consistent nap and bedtime schedule.

## ONE TO TWO YEARS OLD

Most toddlers sleep between 11 and 14 hours a day. To help your little one get the rest they need, it's best to limit late-night naps, focus on quiet time before bed and maintain a sleep routine.

## THREE TO 10 YEARS OLD

At this age, most children sleep between 10 and 13 hours a day. They may also need to take one or two naps during the day. Make sure you keep a consistent bedtime routine and avoid offering your kids caffeinated beverages before they go to sleep.

## 11 TO 18 YEARS OLD

Teenagers need eight to 10 hours of sleep a day. While it's normal for them to want to stay up late, a pre-bedtime routine can help them get a good night's rest. Remind your young adult that their bed is for sleeping and electronic devices don't belong in the bedroom.

Does your child have insomnia? Do they have trouble waking up or seem to sleep too much? Are they frequently tired in the morning? If something doesn't seem right, consult a health care professional who can get to the root of your child's sleep problems and make recommendations tailored to their needs.



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# How Women Can Stay Physically and Mentally Fit In Uncertain Times

The COVID-19 pandemic has impacted the lives of women across the country. Some are on the frontlines of the crisis, others have lost their jobs and others still are working from home while taking care of their children.

Regardless of how the pandemic has affected your life, it's important to be aware that ongoing stress can take a toll on your health. This can result in a loss of appetite, difficulty sleeping, weight gain, frequent headaches, problems with digestion and more.

In these uncertain and unsettling times, here's a look at what you can do to take control of your physical and mental well-being.

## ADOPT HEALTHY HABITS

Whether you're 17 or 70, there are steps you can take to improve your physical and mental health. Here are some habits you can adopt that'll serve you well during the pandemic and long after it's over.

- Get some fresh air every day (preferably somewhere you can connect with nature)
- Exercise for at least 150 minutes per week (dancing, running, weight training, etc.)
- Limit your consumption of coffee, alcohol and tobacco products
- Reach out to a professional if you notice a decline in your mental health
- Keep in touch with friends and family (opt for phone and video calls rather than text messages and emails)
- Eat a healthy, balanced diet (although the occasional treat is good for morale)
- Make time for relaxing activities every day (meditate, listen to music, read, etc.)
- Avoid spending too much time watching the news or scrolling through social media
- Create an evening routine to help you sleep (start by putting away your devices at least 30 minutes before bed)



## TAKE CHECKUPS SERIOUSLY

Regardless of your age, it's important to attend follow-up appointments after any treatment or surgery. In addition, be sure to keep up with the screening tests recommended for a woman your age. This might include a mammogram, pap test, bone density test or fecal immunochemical test (to look for signs of colon cancer). Your family doctor might also advise that you get vaccinated against certain illnesses such as shingles, influenza and human papillomavirus.

## CONTACT SPECIALISTS AS NEEDED

If you experience pain or discomfort, don't hesitate to seek treatment. Reach out to the right health-care professional, and schedule a consultation before the situation deteriorates. Remember that mental health ailments are as important to treat as physical ones.

By adopting healthy habits, taking checkups seriously and contacting specialists as needed, you'll help mitigate the potential health consequences of living in turbulent times.



### Provoking Hope

NON-PROFIT RECOVERY SUPPORT SERVICES


provokinghope.com  
McMinnville | 971.261.2259

In a world where negativity is commonplace, one local organization has taken the lead to combat anger, depression, suicide, poverty, addiction and abuse. Provoking Hope's mission statement is to provide a safe and sober environment and team to transition an individual onto a successful path of recovery.

Founded in 2011, Provoking Hope employs about 40 people committed to helping others. They also offer their O.N.E. Program, which is a one-for-one exchange of needles provided by Provoking Hope's Certified Recovery Mentors (CRMs). Provoking Hope's vision with the program is to create a rapport with their peers conducive to aid the road to beginning recovery services while also doing their part to aid in decreasing the spread of infectious diseases.

Each CRM has been successful in their own recovery and specializes in a distinct area of addiction. They also participate in ongoing education specific to his or her specialty. Best of all, Provoking Hope is available to everyone. There are no dues or fees and all services are provided.

Provoking Hope's primary focus is addiction/recovery support, but the organization assists clients in other ways like meeting basic needs. They offer classes such as responsible parenting programs and partner with first responders for overdose calls needing Narcan. Whether you need assistance or would like to help out, reach out to Provoking Hope.



### Excell Fitness

HEALTH & FITNESS GYM

ExcellFitness.com  
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McMinnville | 503.434.5044

For 24 years, David Faxon and his team at Excell Fitness have been serving the local community by helping people perform their best with cutting-edge health and fitness programs.

With locations in McMinnville and Newberg, Excell features the widest range and most up-to-date group exercise classes, NASM-certified personal trainers and lifestyle coaching.

Faxon is constantly looking for ways to improve his gym with new equipment, contemporary classes and fresh ideas. His motto is "Don't just live, live to Excell!"

The gym offers group exercise classes including Silver Sneakers™, pump, yoga, cycling and Zumba in addition to group strength-training classes and small group training. Excell's one-on-one training and state-of-the-art cardio equipment is well-known.

Excell also offers education-based nutrition program and counseling, as well as new-member orientation training sessions. Faxon especially promotes the philosophy of long-term health benefits that help change people's lives.

# Should You Get Help for Your Stomach Ache?

Stomach aches are unpleasant but, in most cases, harmless. A severe stomach ache, however, could indicate a serious health problem. Here's how to determine if you should seek medical attention.

## WHEN TO SEE A DOCTOR

If your stomach ache lasts more than two days or is accompanied by vomiting, diarrhea, fever or difficulty urinating, you should see a doctor as soon as possible. You should also consult a physician if your stomach pain occurs after starting a new medication or if your period is late.

## WHEN TO VISIT THE EMERGENCY ROOM

Your stomach ache should be categorized as a medical emergency if your health abruptly or significantly deteriorates. For example, if your stomach pain is severe, sudden or combined with other symptoms such as chest pain, blood in your stool or vomiting, go to the hospital right away. You should also seek immediate medical care if your stomach pain is the result of an accident or fall.

If stomach pain is preventing you from participating in your daily activities, visit a health care professional as soon as possible.

## PAY ATTENTION

If you have a stomach ache, note your symptoms and the intensity of the pain. The more information you can give your doctor or attending physician, the better your chances are of getting to the root of the problem.







## John Andrew, D.P.T.

DOCTOR OF PHYSICAL THERAPY  
CERTIFIED M.D.T., C.S.C.S.

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker 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 cheerful outlook and positive can-do attitude permeate the clinic. His passion for helping his patients lessen their pain and return to their favorite activities is evident in the way his clinic functions. John emphasizes a hands-on approach 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 1997. In 2011 John completed his training with the McKenzie Spine Institute, becoming the first Certified McKenzie Spine practitioner in McMinnville. As a certified practitioner in mechanical diagnosis 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 paddle boarding and spending time with his family.



## Jordan Visser, D.P.T.

DOCTOR OF PHYSICAL THERAPY

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

When he was a teenager, Jordan Visser suffered a knee injury while playing high school basketball. Passionate about sports and physical fitness, Jordan hated 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 into their own games, whether it's sports, outdoor recreation or just day-to-day living. Born in Anchorage, Alaska, Jordan earned his undergraduate degree and Doctor of Physical Therapy from George Fox University. Jordan loves the work ethic evident in the Yamhill Valley and enjoys helping his patients feel better and perform their best.

Jordan lives in Newberg with his wife and children. When he isn't busy helping his patients regain their strength, Jordan enjoys Pacific Northwest outdoor activities like hiking and backpacking.



## Whitney Anderson Gonzalez, D.P.T.

DOCTOR OF PHYSICAL THERAPY

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

Whitney grew up playing sports locally and graduated from Willamina High School in 2014. She then played collegiate basketball at Willamette University in Salem, and graduated with a Bachelor's Degree in Exercise Science in 2018. Whitney finished her Doctorate of Physical Therapy from Saint Francis University in Loretto, Pennsylvania, in 2021.

Whitney decided to return to the area where she grew up with her husband, Agustin. She enjoys being active, especially when it involves the outdoors. Hiking and snowboarding are among her favorite hobbies. Whitney also likes training CrossFit and learning about health and wellness.

Whitney enjoys working with people of all ages to personalize their recovery, in both English and Spanish. She is happy to use her knowledge of exercise and movement and her hands-on skills to help others.



## John Kennedy, D.P.T.

DOCTOR OF PHYSICAL THERAPY  
CERTIFIED M.D.T., C.S.C.S.

Andrew Physical Therapy  
Orthopedic & Sports Rehab

AndrewPT.com  
2025 NE Baker Street, Suite A  
McMinnville | 503.435.1900

Driven by a sense of fulfillment when helping others, John has done just that. While training as a US Navy Rescue Swimmer he suffered an injury inspiring him to pursue physical therapy. After leaving the Navy he returned to his hometown in Nashville, Tennessee, and became a personal trainer in 2005. He worked hard to be successful and opened a CrossFit gym in 2011. After six years, John sold his gym and returned to school to finally become a Physical Therapist.

John is passionate about helping others return to an active life after injury. He believes rehabilitation should be fun and leave the patient with a sense of accomplishment. John's schooling and life experiences help him understand the struggles experienced both mentally and physically with rehabilitation. John has an undergraduate degree in Psychology, Master's in Exercise Science and Sport Psychology, and Doctorate in Physical Therapy. He is also a Certified Sports and Conditioning Specialist and USA Weightlifting coach.

John now is forming roots in McMinnville with his wife, son, and a bossy Australian Shepherd. The past year he and his family spent in an RV traveling 23 different U.S states. His favorite places were the Grand Canyon in winter, Mt. Rushmore, and the Rocky Mountains. Now, he and his family are exploring all the PNW has to offer!

## Headache vs. Migraine

Do you ever feel pain or pressure in your head? While this type of ache is often temporary, it can sometimes persist and interfere with your daily activities. Here's how to tell the difference between a headache and a migraine.

### HEADACHE

Also known as a tension headache, this type of discomfort is typically linked with stress, fatigue, anxiety or the use of certain medications. If you have a headache, you'll feel pressure on both sides of your head and possibly around your temples, neck and eyes. The pain will come on gradually and can last anywhere from a few hours to a few days.

To ease the pain of a headache, it's usually sufficient to get some rest and take an analgesic recommended by your pharmacist.

### MIGRAINE

About a 10th of the population is affected by migraines, which usually last between four hours and a few days. Depending on the person, migraines can occur a few times a year or several times a week. They're characterized by moderate to severe pain, usually felt as a throbbing or pounding sensation around the skull.

If you get a migraine, it may set in on one side before spreading to your whole head. In some cases, it'll be preceded by symptoms such as visual disturbances, a feeling of weakness and trouble speaking. Additionally, migraines can cause nausea and vomiting as well as hypersensitivity to light, sounds and smells.

Taking the appropriate medication at the first sign of a migraine can greatly limit the severity of the attack.

If you have frequent and persistent headaches or migraines, be sure to consult your doctor.



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## Nova Health Urgent Care

novahealth.com  
1775 SW Baker St, McMinnville  
971.900.4522

Nova Health Urgent Care, which opened in McMinnville in September 2021, offers urgent care services for immediate medical care needs.

A convenient, practical alternative to an emergency room for non-life-threatening issues, its services include rapid testing for coronavirus, sports physicals, and treatments for fever, sprains, coughs and congestion, lacerations and skin rashes. Immunizations such as flu shots are also offered.


Nova Health Urgent Care is staffed by a physician assistant or nurse practitioner, two licensed nurses or certified medical assistants, and an X-ray technician.

Staff can splint a broken bone, stitch a wound, stop a nosebleed, or help with a possible urinary tract infection or just about any complaint, Practice Supervisor Shannon Nicholson said.

Nova Health’s team puts patients first, according to Jim Ashby, CEO of the Eugene-based company with several clinics located around the Willamette Valley. “Together we will alleviate pain and distress, find the answers that lead to healing, and build pathways to long-term health and wellness,” he said.

The McMinnville Clinic is located at 1755 S.W. Baker St. and is open 8 a.m. to 8 p.m. daily. Walk-ins are welcome, or patients can check-in online through the clinic’s website, [www.NovaHealth.com](http://www.NovaHealth.com).

Nova Health also offers telemedicine services to Oregon residents so patients can speak to health care providers from the comfort of their homes.



## Transitional Life Care Clinic, Inc.

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Rock of Ages Valley View Retirement Village

15604 SW Rock of Ages Road, McMinnville  
Phone: 971.261.6130 | Fax: 971.261.6146


Transitional Life Care Clinic, Inc. is an adult primary care clinic located on the beautiful campus of Rock of Ages/Valley View Retirement Village. We are dedicated to providing our patients compassionate and personalized care.

Our board-certified, Adult Nurse Practitioner Kim Martinez was born and raised in Northeast Washington. She completed her Bachelor of Science in Nursing through Washington State University Intercollegiate Center for Nursing Education. She also attended the University of Portland, where she earned her Master of Science. She has been practicing in McMinnville for over 20 years.

Kim and her husband, John, a local physical therapist, have four children. They are very involved in their children’s activities, their church, and volunteering in the community. When time allows, Kim enjoys being outdoors, gardening, canning, and relaxing with a good book.

For more information or to schedule a new patient appointment, call 971-261-6130.

Transitional Life Care Clinic, Inc. and Rock of Ages/Valley View Retirement Village are both not-for-profit 501c(3) organizations.



## Nicholas Barber, M.D.

ONCOLOGY, HEMATOLOGY

Oregon Oncology Specialists in McMinnville


oregononcologyspecialists.com  
2700 SE Stratus Ave, Suite A  
McMinnville | 503.435.6590

Dr Nicholas Barber is committed to providing excellent and evidence-based care to his patients. He focuses on bringing together the very best treatment options with compassion and respect for each patient.

Dr Barber grew up in Nebraska where he received his engineering and medical degrees at the University of Nebraska. After graduating medical school, he completed his residency in Portland. His passion for science and caring for people ultimately led him to pursue oncology and hematology. During his fellowship at the University of Nebraska Medical Center he was mentored and inspired by some of the most renowned leaders in the field.

He is a member of both the American Society of Clinical Oncology and the American Society of Hematology.

He met his wife, a native Oregonian, during medical school and they ultimately decided to put down roots in the Northwest. When not working hard taking care of his patients, Dr Barber is busy spending time with his wife and four young children. He also enjoys songwriting and exploring the outdoors with his family.



## Catherine O’Brien, M.D.

ONCOLOGY, HEMATOLOGY

Oregon Oncology Specialists in McMinnville

oregononcologyspecialists.com  
2700 SE Stratus Ave, Suite A  
McMinnville | 503.435.6590

Catherine O’Brien, M.D. believes having a personal connection with her patients and their families allows her to provide the best treatment possible. Working in a collaborative fashion, Dr. O’Brien develops treatment plans tailored to each patient’s specific illness, working to guide them through their journeys with compassion.

Dr. O’Brien grew up in Northern California, earning a degree in Managerial Economics from the University of California, Davis. While at UC Davis, Dr. O’Brien received the Ernest M. Gold Award for Excellence in Internal Medicine. She completed her residency at the UC Davis Medical Center, followed by a fellowship at Oregon Health & Science University. Dr. O’Brien is a member of the American Society of Clinical Oncology, the American Society of Hematology and serves on the board of directors for Willamette Valley Medical Center.

Dr. O’Brien enjoys cooking, hiking, photography and traveling. But her patients are never far from her mind— more than anything, Dr. O’Brien is honored and privileged to know and serve her patients and their families.

# Physical Therapists: Helping Americans Move With Ease

Physical therapy is one of the most crucial, but also one of the most overlooked health professions. Physical therapists and physical therapist assistants treat injuries and impairments that limit a person’s ability to move or perform basic day-to-day activities. These health professionals work with patients to help them regain mobility and function in different parts of their body and improve the overall quality of their lives. Here are several things you should know about physical therapy.

Physical therapy involves a variety of methods and treatments. Physical therapists may treat patients by using their hands to administer adjustments and massages, or by giving patients exercises and stretches to do. In some cases, electrotherapy is used.

Physical therapists specialize in treating different kinds of patients and impairments. Some common specializations for physical therapists include sports, geriatrics, orthopedics and pediatrics.

Physical therapists cooperate and coordinate with doctors and nurses. While physical therapy is its own distinct health profession, physical therapists often work closely with doctors and nurses when treating patients. For instance, when a person breaks a bone or undergoes major surgery, a doctor will often refer the patient to a physical therapist to help them regain movement during their recovery.

Physical therapy can be a drug-free way to manage chronic pain. Recently, the US Centers for Disease Control and Prevention (CDC) urged health-care providers to recommend physical therapy as a safer alternative to taking prescription opioids for the management of chronic pain.





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# What to Do About Dry Skin In Winter

Low temperatures, cold winds and dry indoor air can make skin lose moisture in winter. Here are some tips to help you keep your skin soft and hydrated this season.

## TAKE SHORTER SHOWERS

Long, hot showers might be enjoyable, but they also remove your skin’s protective oils and dry it out even more. Spend less time in the shower or bath, and opt for lukewarm water instead.

## USE THE RIGHT SOAPS

Gentle cleansers or creams that contain nut butters or oils, for example, will protect your skin against damage while also keeping it hydrated. You should also avoid using exfoliants.

## MOISTURIZE REGULARLY

For deep-penetrating skincare, use fat-based body butters and moisturizers or thermal water. If your skin is particularly dry, choose a rich, soothing cream. For best results, apply the product immediately after showering or washing your hands while your skin is still damp.

## STAY HYDRATED

Be sure to drink plenty of water throughout the day. Additionally, you can maximize your skin’s health by eating foods that are rich in omega-3 fatty acids.

If your dry skin persists despite a rigorous care routine, consult a doctor or dermatologist. They may be able to recommend habits or products adapted to your specific needs.



# 4 Foods That Help With Digestion

If you frequently experience gastrointestinal symptoms such as bloating, gas, diarrhea and constipation, you might benefit from making a few adjustments to what you eat. Here are four types of food you can incorporate into your diet to promote healthy digestion.

## GINGER

This popular spice has strong anti-inflammatory properties and can help reduce bloating, cramping, gas and indigestion. You can add fresh or powdered ginger to a variety of dishes, or steep thin slices of the root in hot water to make a digestive tea.

## WHOLE GRAINS

Oats, quinoa, brown rice and other whole grains are an excellent source of fiber, which helps move waste through the digestive tract and prevent constipation. Whole grains also contain prebiotics, a substance that promotes healthy bacteria growth in the intestines.

## BANANAS

In addition to being a good source of fiber, bananas are packed with potassium, which helps muscles in the digestive system function smoothly. This relatively bland fruit is also a great option to restore your electrolytes if you have an upset stomach or diarrhea.

## LEAFY GREENS

Swiss chard, kale, spinach and other leafy greens contain an abundance of fiber and nutrients that facilitate digestion such as vitamins B-9 and C. Research shows these vegetables also contain a particular sugar that promotes healthy gut bacteria growth.

In addition to adopting healthier eating habits, you can improve your digestion by drinking plenty of water, exercising regularly and taking steps to manage stress. For personalized advice, or to get to the bottom of persistent gastrointestinal issues, consult your doctor.



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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 own home and get you the care you need.

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As the area’s only not-for-profit, local hospice agency for over 40 years, we believe hospice care should be available to everyone. You have a choice of hospice and palliative care providers. Call us directly anytime.



## Lisa Sears

ADMINISTRATOR/MANAGER

### United Homecare Services

homecarepartner.org  
1275 NW Adams Street  
McMinnville | 503.472.9491

Lisa Sears has been an advocate for quality in-home care for elders for the past two decades. While caring for her elderly grandmother in 1997, she became passionate about training and equipping caregivers to assist with activities of daily living, like bathing, dressing, eating and transferring. Lisa now manages an in-home care agency. Lisa refers to her work with United Homecare Services as her “dream job” because she enjoys watching clients regain strength and independence, while providing caregivers with the knowledge and skills they need to be effective helpers.

Families in Yamhill County, Lisa observes, tend to be close-knit. Since non-paid family members provide 80-90 percent of all care giving, this is a real strength for elders living in this geographic area. Families need resources, like United Homecare Services, to make long-term care giving sustainable, and allowing family members to enjoy their primary role as a son, daughter, husband or wife.

When asked where she sees herself in 20 years Lisa replied, “I still hope to be working in this field helping as many people as possible remain at home as long as possible.”

Having lived in Oregon for 32 years, Lisa is a new resident of McMinnville. She is raising her family with her husband, Josh. When not working Lisa enjoys crafting, going to events with her family, and discovering her new community of McMinnville.

## 3 Mistakes to Avoid When Working Out

Regardless of whether you just started exercising at home or you’ve been going to the gym for years, there are certain rules you should follow to ensure your workout is as beneficial and enjoyable as possible. Here are three common mistakes to avoid.

### WEARING THE WRONG OUTFIT

When it comes to working out, your choice of clothes and shoes is important. For instance, you should opt for polyester rather than cotton because it’s stretchier and breathes better. Additionally, be sure to select footwear intended for your activity of choice and the types of movements you’ll be doing.

### EXCEEDING YOUR LIMITS

Pushing yourself to your limits every day with the hope of seeing quick results will only increase your risk of getting injured. While it’s good to challenge yourself, make sure you listen to your body and give yourself plenty of time to recover after a workout. This approach will pay off in the long run.

### NEGLECTING YOUR DIET

Be sure to drink enough water during your workouts, as exercise speeds up dehydration. You should also eat a snack that’s rich in carbohydrates and easy to digest about an hour before you exercise to give you the energy you need. To maximize the benefits of your workouts, reduce your sugar intake and make other improvements to your diet.

For personalized advice about adopting a healthier lifestyle, consult your doctor or a personal trainer.





## Roger Watson

CHIEF FINANCIAL OFFICER

### Friendsview

info@friendsview.org  
1301 E. Fulton Street  
Newberg

In 1961 Friendsview opened its doors to adults looking for senior living that held true to values such as compassion, dignity, excellence, and faith. Over our 60-year history, we’ve stayed true to our mission, while passing on a rich legacy rooted in the Friends Heritage.

That legacy includes the very first Treasurer, Floyd Watson. With passion, Floyd worked to keep Friendsview financially strong through sound asset management. He passed that passion on to his son, Roger Watson, who became Friendsview’s Controller in 2019 after 20 years of serving in various retirement communities as an accountant. Roger also operated as the Finance Director for Northwest Yearly Meeting of Friends Church. He is a graduate of George Fox University and Portland State University.

In 2021, Roger became Friendsview’s Chief Financial Officer, following in his father’s footsteps. His parents lived at Friendsview for 28 years, allowing for Roger to become acquainted with the community on a deeper level and embrace the legacy passed down to him. When he’s not working, he enjoys running, camping, kayaking, music and watching his granddaughters play soccer.



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1301 E. Fulton Street | Newberg, OR 97132 | [Friendsview.org](https://Friendsview.org)





## SALEM HEALTH SPECIALTY CLINIC – CARDIOLOGY

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Salem, OR 97301  
503-814-0273







# Nicotine Withdrawal: What to Expect

The decision to quit smoking is a courageous one, as it requires you to change your habits and temporarily live with the symptoms of withdrawal. Here's what you can expect if you give up this vice.

## SHORT-TERM EFFECTS

If you're addicted to nicotine, you'll experience a variety of physical and mental effects when your body is deprived of it. This is one reason why cravings are so strong and those first few puffs offer such relief. For the first couple of weeks after you stop using nicotine, you may experience:

- Anxiety
  - Coughing
  - Difficulty concentrating
  - Dizziness
  - Fatigue
- Headache
  - Increased appetite
  - Insomnia
  - Irritability
  - Tremors



## LONG-TERM BENEFITS

As you go through the stages of nicotine withdrawal, it's important to remember your symptoms are temporary and the benefits of not smoking far outweigh the discomforts of quitting. To help you stay motivated, keep in mind that by giving up smoking, you'll:

- Save money
  - Lower your risk of heart disease
  - Be less likely to get cancer
  - Have more energy and stamina
  - Sound less hoarse when you speak
- Be able to smell and taste better
  - Have healthier looking skin
  - Be less vulnerable to infections and viruses
  - Spend less on insurance premiums

There are numerous tools and resources available to help you through the process of quitting your smoking habit. To maximize your chances of success, don't hesitate to use them.



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