

Air quality and heart health

According to the U.S. Environmental Protection Agency, studies have shown that air pollution can trigger heart attacks and strokes. The threat posed by air pollution is greater among people who have or have

had coronary artery disease, angina, heart attack, bypass surgery or an angioplasty, heart failure, stroke or transient ischemic attack, or blockages in the arteries of the neck or legs. People who have internal cardiac defibrillators also may be at greater risk of heart attack or stroke due to air pollution. While it's common to assume that air pollution is only a problem for people who live in large cities, the American Heart Association warns against making such assumptions, noting that air pollution can be traced to a host of sources, including wildfires and cooking with wood stoves, that can be found outside of major cities. The AHA also notes that researchers believe pollution has inflammatory effects on the heart that can cause cardiovascular problems.

Winter Blues

The winter months can be a rough time of year for those who suffer from Seasonal Affective Disorder (SAD). Are you feeling sad, sleeping more, eating more, or have difficulty in concentrating? Do you have difficulty waking in the morning or find yourself napping in the afternoon on a regular basis? Then you may be suffering from Seasonal Affective Disorder.

There are many things you can do to help yourself overcome SAD, and one of them is exercise. According to the Centers for Disease

Control, one can manage the symptoms by exercising just 30-60 minutes a day, and getting 20 minutes of exposure to sunlight every day.

Inspire Fitness offers the kind of exercise you may be seeking. Each individual receives a workout designed for them and their personal needs, regardless of your ability. I serve people from 8-80 years of age and older. Activity is the key to staying mobile as we age. Call Carla today 620-923-6195 to schedule a free consultation, if you have questions about Inspire Fitness.



MAKE HEART OF KANSAS YOUR MEDICAL HOME

1905 19th Street, Great Bend
Coming Soon to
522 Broadway, Larned

Family Practice
and Mental Health Services
Prescription Assistance
Preventive Care
Diabetes Management

Evening Appointments
Open To Everyone
All Insurance Plans Accepted,
including Medicare & Medicaid

CLINIC HOURS:

Monday, Tuesday, Wednesday, & Friday.
8-12 p.m. 1-5 p.m.
Thursday 8 a.m. - 7 p.m.

Carla Jecha

ISSA Certified Personal Trainer

INSPIRE

FITNESS

- Weight Control
- Body Sculpting
- Aerobic Training
- Flexibility
- Nutrition Strategy
- Inspiration & Motivation

18% Off 1 Month Package

thru February 28

1904 12th Street,
Great Bend, KS 67530

620.923.6195

FEBRUARY HEALTH AWARENESS

- American Heart Month
- National Children's Dental Health Month
- International Prenatal Infection Prevention Month
- African Heritage & Health Week (first week of February)
- Congenital Heart Defect Awareness Week (February 7-14)
- Eating Disorders Awareness and Screening Week (last week of February)
- National "Wear Red" Day for women's heart health (February 5)
- Teen Dating Violence Awareness Month
- World Cancer Day (February 4)
- Give Kids a Smile Day (February 5)
- National Donor Day (February 14)

ELLINWOOD

HOSPITAL & CLINIC

ellinwoodistricthospital.org

605 North Main, Ellinwood, KS 67526

(620) 564-2548

From young to old,
we are your entire family care clinic.

We are always accepting new patients, and we look forward to caring for you entire family, from newborn to elderly care.

Full-Service Family Care Clinic
24/7 Emergency Room
Therapy, Imaging, and Lab

PAWNEE VALLEY

COMMUNITY HOSPITAL

A HAYSMED PARTNER

Serving your

Healthcare Needs

Proudly Serving the Healthcare Needs
of Pawnee County

24/7 Emergency Care

We are here when you need us the most

- 24/7 Emergency Care
- Acute & Skilled Nursing
- Specialized Nursing Services
- High Complexity Laboratory
- GI Scopes
- PICC Lines
- Dental Surgery
- 64-Slice Low Dose CT Scanner
- X-Ray, Ultrasound, EEG
- Bone Density Scan (DEXA)
- Digital Mobile Mammography

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Lymphedema Therapy
- Respiratory Therapy
- Cardiac & Pulmonary Rehab
- Sleep & Diagnostic Center
- Cardiac Nuclear Stress Testing
- Wound Care Clinic
- Dry Needling
- MRI

923 CARROLL AVE.
LARNED, KS 67550
620-285-3161
www.pawneevalleyhospital.com

Patient Centered

Community Driven . . .

Pawnee Valley
Medical Associates

A HAYSMED PARTNER

Primary Care

For the Whole Family

David Sanger, MD

Christian Whittington, MD

M. Crystal Hill, MD

Kara Keenan, FNP

Jenny Manry, FNP

Bonnie Landgraf, FNP

Providing Quality Healthcare Services

Health & Wellness Checks . Family Medicine . Women's Health
Pediatric Care including: Well Baby & Child Exams
Immunizations, Newborn Care, Circumcisions
Sports/School/Daycare Physicals . Employee Physicals
DOT Physicals . Colon Cancer Screenings
Botox and Juvederm Treatments

Same Day Appointments (depending on level of care)
Convenient Clinic Hours: 8:00 a.m.—5:00 p.m. Mon.—Fri.
Open Saturday 9:00 a.m. - 12:00 p.m.
(for PVMA patients with Acute conditions)
*Acute conditions: flu like symptoms, minor illnesses etc.
620-804-6007
713 West 11th, Larned KS