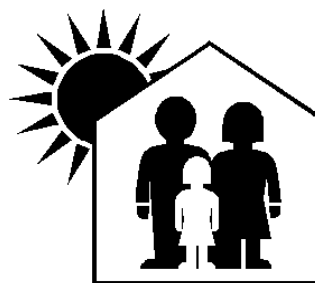


HEALTH HOLLER



THE CLOVER FORK CLINIC NEWSLETTER

JULY - SEPTEMBER 2009

CLOVER FORK CLINIC, EVARTS, KENTUCKY

THE HEAT IS ON



Summer is here and so is the heat. It is a welcome change from the cold of winter and the clouds and rain of spring, but it can also be a risk to health if we're careless or ignore the danger. In the heat wave that swept Europe in the year 2005, there were over 10,000 deaths associated with heat exposure. Each year in the U.S. there seems to be a new and tragic story of a high school, college, or professional athlete who collapses during practice or training and later dies.

malaise, cramping, just not feeling well after spending time either outdoors or indoors in poorly ventilated rooms or spaces such as an attic or a hot kitchen. There is some truth in the statement: "If you can't stand the heat, get out of the kitchen," or any other room or enclosure where this is little air movement. Rest, fluids to drink, and just a light fan to help the body get rid of excess heat are all that are needed.

Continued on page 8

~ CONTENTS ~

The Heat Is On.....	1
Getting to Know You.....	2
Receding Gums.....	3
The Right Way to Start Your Day.....	4
H1N1 Swine Flu.....	5
Dealing With Pain.....	6



The rules of safety

The rules of safety are simple:

☉ Avoid direct sun.

☺ Stay cool.

☺ Drink fluids.

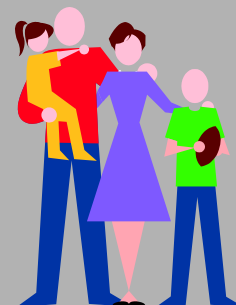
If you have to or want to spend time outdoors during the hottest days of the year, give your body time to get used to the heat over a period of one to two weeks.

Heat exhaustion

A milder form of heat sickness is called heat exhaustion. The signs and symptoms are not very specific: lack of energy,

BREAKFAST— A HEALTHY WAY TO START THE DAY!

Turn to page 4 for some good ideas to help your family get the day off to a healthy start.



Getting to ⁻²⁻ Know You



One of the people most recently added to our medical staff at Clover Fork Clinic is Allyson Caldwell, who began working here as Medical Assistant in March. Her work includes checking patients in, giving injections, assisting with procedures, calling in prescriptions, and relaying messages. Allyson's answer to the question, "What do you like about your work?" is, "Everything!" She goes on to explain why: "I like feeling that I'm doing something to help someone," she says. "I love working with people."

Allyson's biggest concern about her work has to do with the extent of the drug problem here in the county. It's so widespread, she observes, and it so easily leads to abuse of the health care system.

Born and raised in Wallins, Allyson lives there now with her husband, George III, and their daughters: Chelsey, age nine, and Faith, age four.

In her free time, Allyson enjoys reading and playing with her children, as well as going fishing at the lake on the weekends.

Allyson graduated from Cawood High School in 1996 and then went on to Southeast Community College, where she was a student for two years before getting married. In 2002 she returned to Southeast in the Medical Assistant program, graduating in 2003. She worked in Dr. Dye's office in Harlan for three years as a Medical Assistant.

When she thinks about the future, Allyson's biggest goal is to see her children well established and in good health.

An ideal vacation for Allyson would be a trip to the tropics in winter, especially to Bermuda. The pictures she's seen make the place look so beautiful, she'd like to see it for herself. An added plus would be the fact that Bermuda is closer than Hawaii so the plane ride would be much shorter!

Clover Fork Clinic is pleased to welcome Allyson to our medical department.

Beginning in April of this year, Clover Fork Clinic has added a fifth health care provider to our staff. He is Will Miller, a Certified Physician Assistant, who graduated from the Physician Assistant program at the University of Kentucky in 1997, after being awarded a Rural Health Scholarship. As a provider licensed by the Kentucky Board of Medical Licensure, Will provides diagnosis and treatment of patients, under the supervision of a physician.

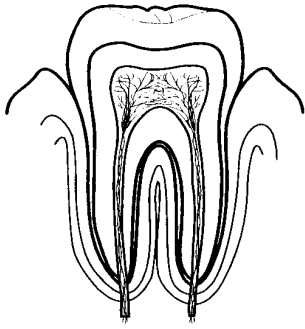
Will particularly enjoys working here because being at Clover Fork Clinic is like being at home for him. "Clover Fork Clinic was the clinic I came to as a child," he says. Throughout his childhood and young adulthood, he came here for services such as sports and Scouts physicals, usually done by Dr. Eubank or Dr. J.D. Miller. As a matter of fact, it was in discussions with Dr. Eubank, Dr. Miller, and Mike Napier that Will was led to pursue a career as a Physician Assistant. Now, Will sees himself as representing the second generation of providers at Clover Fork Clinic.

The one thing he finds frustrating in his work is the amount of paper work required, especially for insurance purposes. He is hopeful that health care reform will ultimately streamline that.

Before coming to Clover Fork Clinic, Will worked as a Physician Assistant for the Daniel Boone Clinic for twelve years. And before that, he earned a Masters degree in physiology from the University of Kentucky and taught physiology at Southeast Community College.

Born and raised in Harlan County, Will still lives here with his wife, Stacey, who works as a speech therapist for the County Board of Education, and their two sons: Mason, age 10 and Story, age 6. The boys are members of the ninth generation of Harlan Countians in the family. One of those earlier generations is represented by their great-great grandmother on Stacey's side, Roxie Pryor, who currently lives in Evarts.

Continued on page 4



What Can You Do About RECEDING GUMS?

Receding gums is a condition that causes the roots of teeth to be exposed as gum tissue is lost. Receding gums is a common problem in adults over the age of 40, but it can also occur in younger people.

Causes of receding gums

There are a number of possible causes for this condition:

❶ *Over-aggressive brushing:*

Excessive brushing of teeth can cause trauma to gum tissue, causing a wearing away of tooth structure at the gum line.

❷ *Using a toothbrush with hard bristles:*

Hard bristles are too abrasive and wear down the enamel.

❸ *Periodontal disease:*

Some diseases of the mouth cause the loss of gum attachment.

❹ *Using smokeless tobacco.*

❺ *Grinding teeth (bruxism):*

Grinding the teeth can cause thin tooth structure to fracture.

❻ *Adult orthodontic movement of teeth that may result in thin attached gums.*

The place where the gum meets the tooth should be thick and tough, not thin.

❼ *Heredity:*

A person may have thin, fragile, or insufficient gum tissue that has been passed on through heredity.

❽ *Lip or tongue piercings:*

These piercings wear away the gum by rubbing against it.

It doesn't happen overnight

Gum recession is not something that happens overnight. In most cases, receding gums is a progressive condition that happens gradually from day to day, over years. This explains the fact that it is most common over the age of 40.

Symptoms of receding gums

How do you know if your gums are receding? Here are some signs:

● Sensitive teeth: teeth become sensitive, for example to heat and cold, because the roots are exposed.

● Teeth may appear longer: if the roots are exposed the crown of the tooth looks longer.

● Roots may be visible.

● Teeth may feel notched at the gum line: root structures that appear may be lost because they are weaker than

tooth enamel.

● Change in tooth color: The material that covers the root (called cementum) is darker than tooth enamel.

● Root cavities.

If the recession is caused by gingivitis or periodontal disease, symptoms may be puffy, red, swollen gums; gum bleeding when flossing or brushing; bad breath.

Treatment of receding gums

Treatment depends on the amount of recession, the type of recession, and what the expected outcome of treatment is. Certain periodontal surgery procedures can create thick gum tissue and stop further recession. For example:

❶ Free gingival graft: a graft from the roof of the mouth.

❷ Lateral graft: repositioning of nearby gum tissue to cover the recession.

❸ Sub-epithelial connective tissue graft.

This kind of periodontal surgery is usually done by a gum specialist (periodontist). These procedures are usually performed under local anesthesia unless the patient requests otherwise. Healing usually takes two to four weeks. After a few months, these procedures are re-evaluated to see if the tissues need to be reshaped.

If the recession areas are more limited, one or more of the following treatments may be tried to help control the symptoms:

◆ fluoride rinses

◆ fluoride varnish placement

◆ desensitizer placement

◆ desensitizing toothpastes

Preventing receding gums

You may help keep your gums from receding by:

✓ Proper tooth brushing, using a slow, circular motion.

✓ Using a soft-bristle toothbrush.

✓ Having your dentist evaluate your gums before having orthodontic work done.

✓ Having an evaluation done of muscle attachments for possible surgical intervention.

✓ Regular dental visits to prevent periodontal disease.

✓ Using mouth guards to stop tooth grinding.

The Right ⁻⁴⁻ Way To Start Your Day



“Eat your breakfast! It’s the most important meal of the day!” Now that a new school year is about to begin, parents will be saying that to their children more often. The reason is simple: just like a car with an empty fuel tank, after a long night of sleeping all of us wake up with an “empty fuel tank”. And breakfast is the fuel that gets us going so we can hit the road again.

What should school-aged children eat for breakfast?

Any breakfast is better than no breakfast, but some foods are not very healthy. Doughnuts and pastries are high in calories, sugar, and fat. They also don’t have the nutrients a child really needs.

Instead, try to eat a variety of foods, including some of these:

- U** whole grains (breads and cereals)
- U** protein (meats, beans, eggs, nuts)
- U** fruits and vegetables
- U** milk, yogurt, cheese

Here are some ideas for breakfast that include some of those kinds of foods:

- scrambled eggs
- French toast or pancakes
- cold cereal and low-fat milk
- hot cereal, like oatmeal, with fruit and nuts on top
- whole grain toast
- yogurt with fruit or nuts
- fruit smoothie, like a banana smoothie

And here are some ideas that are unusual but delicious:

- r** banana dog (peanut butter, banana, and raisins on a whole-wheat bun)
- r** breakfast taco (shredded cheese on a tortilla, folded in half and microwaved, topped with salsa)
- r** sandwich (grilled cheese, peanut

butter and jelly, or another favorite)
r leftovers from supper

What about skipping breakfast?

Some children skip breakfast because they sleep too late or because they think it’s a way to lose weight. But skipping breakfast doesn’t help people get to a healthy weight. In fact, people who skip breakfast tend to eat more calories the rest of the day.

If you miss breakfast because you’re too rushed, try these quick breakfasts. You can grab them on the way out the door or prepare them the night before:

- U** single servings of whole-grain, low sugar cereal
- U** yogurt
- U** fresh fruit
- U** whole-grain muffin
- U** trail mix made of nuts, dried fruits, pretzels, and dry cereal

Food for thought

If you need more evidence that eating breakfast is the best decision, researchers tell us that children who skip breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to be overweight.

But the children who do eat breakfast do better in school, are more likely to take part in physical activities, and tend to be healthier eaters in general.

So tomorrow morning, don’t run out the door on an empty stomach—and that goes for adults as well as children! Instead, start off your day with a nutritious breakfast. That way you’ll feel more energetic and you’ll be helping your body stay healthy.

Here’s a breakfast recipe to try that children can make with some help.

Recipe

Blueberry Pancakes

- 3/4 cup flour
- 1 Tbsp. sugar
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 Tbsp. margarine
- 1 egg, beaten
- 3/4 cup milk
- 1/2 cup blueberries, washed and drained
- spray oil for the pan

O In a large bowl, mix together the flour, sugar, baking powder, and salt. Set aside.

U Melt the margarine in the microwave or small saucepan.

U In another bowl, mix together the egg, milk, and margarine

U Add the flour mixture to the egg mixture and blend together.

U Spray a pan with spray oil and heat it on medium heat.

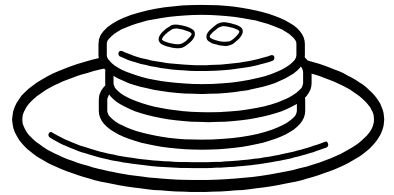
Y Spoon the batter into the hot pan to make 3 or 4 pancakes and put some blueberries on top of each pancake.

P Cook pancakes on medium heat until small bubbles appear on top. When they are light brown on the bottom, flip the pancakes over.

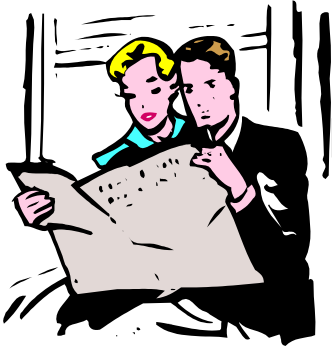
B Cook a few minutes until the other sides are light brown.

a Remove the pancakes and enjoy! (This recipe makes 2 servings.)

You can top your pancakes with maple syrup, jelly, or fruit, if you wish.



Look for more recipes on page 7



H1N1 "Swine" Flu

-5-

fall. Expect to see both seasonal and a possible H1N1 flu vaccine this fall. The H1N1 vaccine will have to be separate since it's too late to add it to this fall's seasonal vaccine.

The Centers for Disease Control and Prevention (CDC) recommends the use of Tamiflu (oseltamivir, pill or liquid) or Relenza (zanamivir, inhaler) for the treatment and /or prevention of infection with the H1N1 flu virus for patients with severe symptoms or at high risk for complications. People in this category include pregnant women, children under age 5, seniors, and those with chronic conditions. The CDC continues to issue new guidance for health care providers.

H1N1, sometimes called "swine flu", is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. (The World Health Organization declared this flu to be a worldwide pandemic in June.) The virus is spreading from person to person in much the same way that regular seasonal influenza viruses spread.

Not from pork

The virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. You cannot get H1N1 virus from eating pork.

Cases of human infection with this H1N1 influenza virus were first confirmed in the U.S. in southern California and Texas. The outbreak intensified rapidly from that time, and more and more states have been reporting cases of illness from this virus. As of mid-June, there have been 17,855 confirmed cases in the U.S., with 44 deaths. You can find an updated case count at:

<http://www.cdc.gov/h1n1flu/investigation.htm>

Symptoms

The symptoms of H1N1 flu virus in people are similar to the symptoms of seasonal flu, including: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.

This virus is spread in the same way as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to seven days after they get sick. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

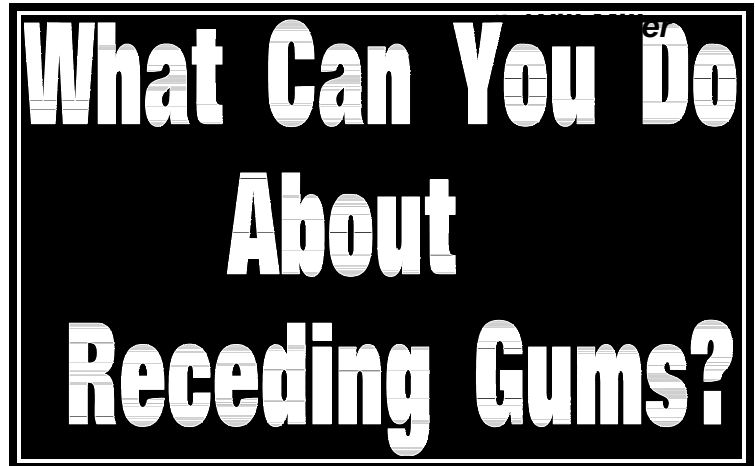
Vaccines: What to expect

This is no vaccine available right now to protect against this H1N1 virus, but you'll be hearing lots more about H1N1 "swine" flu and how it will change flu immunization plans this

Prevention

If H1N1 flares up, we as a community can prevent the spread by hand washing, covering our coughs and sneezes, and staying home while sick. The CDC recommends that you wash your hands with soap and warm water. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.

If you become ill and experience any of the symptoms listed above, seek medical care.



Continued from page 3

- U** No piercings of the lip or tongue.
- U** No smokeless tobacco useage.

Proper oral hygiene

Keeping the mouth clean and free of bacteria is a very important part of prevention. Proper oral hygiene can keep gum tissues healthy. However, if thin, fragile tissue is present, sometimes surgical intervention is necessary.

If you have any symptoms that might suggest receding gums, talk to your dentist.

~ Mia Sellars



We have all experienced pain. We feel pain as an unpleasant sensation localized to a part of the body. Pain is helpful in signaling that something is wrong, and it is used to detect, localize, and identify when and where something is wrong. Different diseases produce different kinds of pain and in different locations, and this helps us diagnose and treat illnesses. Acute pain brings on anxiety and a desire to escape the sensation. This causes a stress response in the body. Muscles contract to prevent movement and guard against the expected increase in pain.

People experience pain differently

Pain is experienced quite differently in different people who have similar injuries or even in the same person under different situations. Expectation of pain can even produce pain without any injury at all.

There are several pathways in the brain involved in pain sensation and relief, but only one of those has been studied extensively. Following surgery, even before any medications are given, the body activates an internal opioid-mediated pathway in the brain to relieve pain. The most common way this pathway is activated is through fear and/or prolonged pain. For example, military personnel who have received serious wounds have been able to perform amazing acts of valor in spite of their wounds because of the activation of this pathway.

Treatment for acute pain

When pain persists, we want relief. The first way to deal with pain is to remove the cause of the pain, if possible. If that can't be done, medications are the next step. For example:

Ø The first line of medications to use are Aspirin/Tylenol/NSAID families of drugs, used for musculo-skeletal complaints.

U Short-term use of Opioids is the second line of treatment. These act on the central nervous system, inhibiting neurons that transmit pain.

Chronic pain

Sometimes the patient and doctor look for an obscure problem to explain the pain when instead we should be looking at the psychological and behavioral components. Depression and other emotional disturbances may contribute to the feeling of pain. Myofascial trigger points and muscle

contraction are also common causes of pain.

Treatment of chronic pain includes the two options already listed for acute pain, plus:

- U The possible addition of Anticonvulsants and Antiarrhythmics .
- U Chronic Opioid Medication

Malignant pain, both chronic and acute, (which includes pain due to cancer, peripheral vascular disease, heart attack), requires opioids. Non-malignant chronic pain, (due to headaches, backaches, bellyaches), has sometimes been treated with opioids as well. The problem arises when opioid use leads to addiction, withdrawal, and/or diversion. Overuse and misuse may arise here. All patients develop tolerance and physical dependence if they stay on these drugs.

Is there a better way?

Instead of depending on opioids, a combination of several types of medicines may be used most effectively to relieve pain. Patients need to understand that their doctor wants to relieve pain and suffering, but without causing other significant problems.

Alternatives to pain medication

Alternatives to pain medications exist. Physical therapy, antidepressants, heat, massage, TENS (a nerve stimulator), and local patches all are frequently used. Hypnosis, biofeedback techniques, and exercise programs are also beneficial in dealing with pain.

~ Rachel Eubank



Getting to Know You

-7-

Continued from page 2

Will's grandfather, Pete Miller, graduated from Evarts High School in 1936. And Will's great-uncle, Paul Miller, was the Kentucky Utilities and cable man in Evarts for many years. Will's son, Mason, wrote an essay in 2008 on the subject of Evarts High School which won first place in a contest sponsored by Preservation Kentucky. You can read his essay at:

http://www.preservationkentucky.org/2008_elementary_first.asp

In his free time, Will participates in a variety of activities, such as coaching baseball for the Rookie League, leading a Cub Scout den, and being a member of the Harlan County Historical Society. His interest in the wider community has led him to advocate for a senior assisted living facility for Clover Fork, as well as for the restoration of the Evarts High School building so it can benefit the community. On a personal level, Will hopes to be a health care provider here long into the future.

When it comes to an ideal vacation Will thinks about visiting Australia, where he spent a year after high school graduation in 1988, to renew old acquaintances there. He'd also enjoy camping, fishing and hiking with his boys.

We are please that Will has joined our medical staff at Clover Fork Clinic.

MORE BREAKFAST RECIPES

Continued from page 4

Strawberry Smoothie

2 ice cubes
1 cup low-fat milk
1/3 cup low-fat cottage cheese
2/3 cup fresh or frozen strawberries
1 1/2 tsp. sugar
1 tsp. vanilla extract

- Ø Pour all of the ingredients into a blender.
- U Blend for 45 to 60 seconds, until smooth.
- U Pour into a tall glass and enjoy. This makes one serving.

Simple Snack Mix

1 cup whole grain cereal (squares or Os work best)
1/4 cup dried fruit of your choice
1/4 cup nuts, such as walnut pieces or slivered almonds
1/4 cup small whole-grain snack crackers or pretzels

- Ø Measure our ingredients.
- U Combine in a large bowl. This makes 3 to 4 servings of 1/2 cup each.

y SEPTEMBER IS HEALTHY AGING MONTH y



Nearly 40% of deaths in America can be attributed to smoking, lack of physical activity, poor diet, or alcohol misuse.

If we practice healthy behaviors such as:

yeating nutritious foods

yeing physically active

yavoiding tobacco

we can control or prevent the devastating effects of many of our nation's leading causes of death, regardless of our age.

Talk to your health care provider about how you can stay healthy through your "golden years."



THE HEAT IS ON

Continued from page 1

Heat stroke

More severe is heat stroke. This is life threatening. This is an emergency. And even with proper intensive medical care, recovery can take several days.

At one time, first aid and emergency medicine manuals taught that a sign of heat stroke was the loss of sweating, that someone suffering from heat stroke would be hot and dry. **This is NOT true.** Someone can be sweating heavily and still be suffering from heat stroke. The early signs that indicate that the problem is more serious than exhaustion are:

- difficulty walking
- loss of balance
- headaches
- confusion

Dangerous and life threatening heart rhythms can occur. Children, more often than adults, can have seizures.

The initial treatment is to get the person who may be suffering from heat stroke cooled down. First, get them to a cool place. Have them lie down if they're still conscious. Fans are helpful, and cold packs under the neck, under the arms, and on the groin are most helpful. Have the person drink fluids if still conscious and able to swallow safely.

Submersing a person in a cold water bath or covering them completely with water-soaked towels can actually end up delaying cooling of the body's inner core temperature. Complete immersion in water that is too cold can confuse the brain which, getting the message that the skin is cold, causes shivering which produces more heat—we shiver in the wintertime cold to produce more heat—and causes the blood vessels in the skin to constrict. That prevents the blood flow from acting like a radiator to get rid of the excess heat. Towels left wrapped around a person can act as insulation, causing heat to be retained by the body.

A person suffering from heat stroke needs emergency medical care and hospitalization. If the hospital cannot be reached safely and quickly, call 9-1-1 and ask for an ambulance.

Prevention

Prevention is the best medicine. If activity in the heat cannot be avoided, getting used to it is the first step. Soldiers training to go overseas to climates where heat extremes are common, often train in saunas to prepare their bodies for

their anticipated duty.

Drinking fluids even before beginning exertion and heat exposure is beneficial. Water alone is helpful. An advantage to using sports drinks is that they contain sodium, potassium, and electrolytes that can be lost as a result of excessive sweating. The replaced electrolytes can also help prevent muscle cramping. Wearing broad brimmed hats and light, loose fitting clothing will also help you keep cool. Plan strenuous outdoor activity for the cooler morning and evening hours.

Summer is here. The days are longer and hotter. It's a time to enjoy outdoor activities, but they will only be enjoyable if we do so safely.

~ Paul Manning

HEALTH HOLLER

is published quarterly by

**Clover Fork Clinic
P.O. Box 39
Evarts, Kentucky 40828**

606-837-2108

606-573-1499

606-573-1975

<http://www.cloverforkclinic.org>

