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May + June 2014

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By Dale Garrison, Contributing Writer

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of Greater Kansas City

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By OHM Staff

Kids with special needs can have an incredible summer. There are some summer camps and programs that offer new friendships and recreational opportunities.

7 Tips to Help You Spring into Summer

It's almost mid-year and some have drifted from their New Year's goals. Let's review a few ideas for getting your healthy lifestyle back on track. Now is a time to thrive, but you've got to make an investment. Here are a few things you can do now ... to thrive later.

DRINK WATER. You will probably have more than your fair share of sugary drinks this summer as outdoor patios, parks, pools and cookouts once again debut as the ultimate dining and social experiences. Do yourself a favor now and drink a lot of water. Not only will it balance and clear your system, it'll do wonders for your skin too. Your body is mostly water, so drink up.

CLEAN OUT YOUR CLOSET. Get rid of all the clothes you thought you were going to wear during the Fall but never did. Reinvent yourself. The same goes for your social media closet. Unfollow the buzzing on your Twitter feed. Lighten your E-mail load and while you're at it, update your snail mail list.

STAY IN TOUCH WITH YOUR HEALTH! Don't put off scheduling that annual check-up. Don't ignore any new aches or pain or changes in your body. Do find a doctor; ask questions and heed their advice.

EXERCISE. GET MOVING! Put away the chips and put on the sneakers. Hit the gym for more than 30 minutes. Spend more time sweating than complaining. Put your work ethic into practice and make something happen for yourself, your family or your community. You'll feel better for it in the long run.

MAKE IT RAIN! Put away a few dollars each paycheck. Become debt FREE. We don't need half as much as we think. Discover how much you can actually save, invest and support worthy causes.

CREATE NEW EXPERIENCES. Explore a new part of town. Experience a new restaurant. Check out the Royals or Sporting KC; visit museum exhibits. Travel somewhere you've always wanted to go. Do something new like rock climbing, hiking or gymnastics to name a few. If you can't find an experience, create one!

READ. Stimulate your mind and relax. Pick up a book or magazine and read up on things that interest you — health, art, travel, sports, history, the Bible, or a good fiction novel. The art of the printed word can enrich your life. You can't always see and hear what you want on TV, but you can always escape with a good book.

Here's to your health. Enjoy the season!



Ruth Ramsey, Publisher and CEO



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Enjoyment for the Eyes and Emotions

Why do flowers make you feel so good?

By Norita Taylor

A bouquet of flowers arrive as a surprise gift, and the memory remains ingrained in your mind. It leaves behind an emotional imprint, a moment in time you felt appreciated, happy and uplifted.

But it's not just the visual beauty of floral arrangements that makes them so welcome. Flowers and their fragrances also have healthful attributes documented by scientific research.

Extensive behavioral studies have shown that people who receive flowers as gifts report increased happiness and improved mental well-being. When flowers have a prominent presence in the home, there is an increased likelihood of decreased anxiety and stress.

Some popular flowers are rich in healing properties.

JASMINE: Its small, white petals have a strong, masculine fragrance that produces feelings of optimism and confidence.

LAVENDER: Who doesn't love lavender with its mellow, calming fragrance? It grows as a narrow, evergreen shrub topped with small bunches of purple, spiky blooms. Used in dried bunches or as an essential oil, lavender is considered one of the most popular and versatile of flowering plants.

VIOLET: This friendly, heart-shaped flower usually comes in dark purple and is actually edible! It can be added to salads or cooked in recipes. It has an earthy, sweet smell and is known for helping to fight upper respiratory infections.

GERANIUM: Seen in a variety of colors, but mostly red or purple, they typically have a bright, refreshing scent. Medically they have been used as a healing agent for wounds and fractures but are also known for repelling insects.

ROSES: As the most universally recognized symbol of love, roses are elegant and have the most unique of all fragrances. Depending upon the region where they are grown and other factors, the smell can vary widely in intensity and sweetness, but most often it invokes positive thoughts and feelings of joy and hope.

So how is it that a smell can have such an effect on you? It's all in the science of your nose in combination with the chemical properties of flowers. As botanicals, flowers possess a range of qualities that produce pharmacological responses in the body. When we inhale, the molecules hit receptors inside the nasal cavity. Those receptors connect to a part of the brain that produce specific feelings, memories and emotions.

The richness of color and natural beauty of flowers have the ability to make people feel better, lighting up faces with instant smiles. But their pleasant aromas can also lift your mood and clear your head, having a positive impact on your emotional state.

Some organizations conduct studies on flowers and their effects on health. Among them are Harvard University, Rutgers University, and The Society of American Florists. •

Make someone's day!

Here are just a few local florists to consider if you'd like to bring cheer to someone special:

House of Flowers

601 E. 31st Street, Kansas City, MO 64109

Westport Floral Designs

1101 Westport Road, Kansas City, MO 64111

Five Petals

124 SW 3rd Street, Lee's Summit, MO 64064

Village Gardens

650 NW Mock Avenue, Blue Springs, MO 64014

Sciandrone's Classic Touch Florist (Inside Crown Center)

2450 Grand Avenue, Suite 102, Kansas City, MO 64108



Ever Take a Garden Tour?

This is the one to stimulate your interest.

By Bebe Bartholomew

The Blue Springs Historical Society is hosting their sixth annual garden tour of six aesthetically different gardens in Blue Springs, Missouri, on Saturday, June 21, from 9:30 a.m. to 3:00 p.m. The garden tour is a benefit for the Dillingham-Lewis Museum operations and programs.

Come and be dazzled by the eclectic fragrance, elegance and creative whimsy of each garden—witness nature’s unmatched beauty, food and fun as you journey through these beautiful gardens.

Garden tours include:

DEATH BY CHOCOLATE

at 921 NE Sala Lane

BEDAZZLE AND BEJEWELLED

at 2220 Waterfield Lane

GONE WITH THE WIND GARDEN

2908 S Buckner Tarsney Road

BEAUTY AND THE BROWNFIELD

at 102 SW 15th Street

HERITAGE GARDEN

AT THE DILLINGHAM-LEWIS MUSEUM

at 101 SW 15th Street

THE SECRET GARDEN

at 22800 E. 27th Street Court South



The Mid-Continent Public Library will have story time with the children; there will be Plumpop gourmet popcorn samples, copies of the May-June edition of “Our Health Matters” magazine and many other exciting surprises for participants.

Tickets are \$10 for adults. Admission is free for children under 12. Tickets can be picked up at Dillingham Lewis Museum, 101 SW 15th Street (corner of 15th and Main Street in Blue Springs, Missouri) on Sundays from 1:00 p.m. until 4:00 p.m. now through June 15th or day of tour. Your ticket admits you to all of the gardens. ●

For more information, visit Bluespringshistory.org or call 816-224-8979.

Grilling Al Fresco Under the Kansas City Sun

Eat clean for better health.

The gentle warmth of spring reminds me of backyard grilling and dining al fresco! The family BBQ grill is heating up, and restaurants are dusting off their patios. Spring is here, and this city loves to soak it all in, while it lasts.

Eating clean, a term used to describe avoiding foods high in sugar, trans and saturated fats, as well as anything fried, can be difficult when wining and dining under the sun. Those of you who have chosen to eat clean will experience the evil potato chip's powerful temptation, especially on its home turf...THE BBQ.

However, overcoming temptation with preparation and choosing to eat clean will pay off. Practicing healthy grilling techniques will not only keep you clean, but will also make you feel like a backyard culinary genius. Eating clean at a BBQ or when dining out is not only possible, but easier than you think and definitely delicious.

When grilling at home, Ryan Waters, owner and personal trainer at Shredd in Lee's Summit, suggests selecting lean cuts of sirloin, filet, chicken or fish. Lightly drizzle the meat with olive oil, add your favorite low sodium seasoning and toss it on the grill. The olive oil will penetrate the food and carry the spices into the dish to create a healthy, palate-pleasing masterpiece.

Burgers, one of America's favorite indulgences, surprisingly, are not off the menu. Ryan suggests 95% lean ground sirloin, ground turkey breast or bison for low-fat options. Because leaner cuts of meat tend to dry out faster, he adds an egg white to the mixture to avoid excess fat but ensure a moist finish. Try using grilled portabella mushrooms, lettuce or Ezekiel bread in place of a traditional bun.

Marinating fish in fresh lime juice with a pinch of red pepper and chives will add the perfect hint of spice and citrus. My favorite chicken marinade consists of lemon juice, basil, rosemary and lemon grass. Both are gourmet yet simple and sure to impress your guests.

When dining out, call ahead, ask questions and be very specific about the foods you wish to avoid. Giving a chef or manager advance notice of special requests will always be welcomed. Please remember, self-confidence is essential. Do not feel ashamed of your special orders. You are honoring your body, which takes determination, dedication and discipline. You should be proud of your decision. Here's to healthy grilling, patio dining and eating clean because OUR HEALTH MATTERS! •



By Shannon Hickey
Executive Director
Greater Kansas City Restaurant Association



Spinach Salad with Apples and Eggs

Enjoy a simply delicious spinach salad with hard-boiled eggs, apples, and dried figs.

Ingredients

- > 4 large eggs
- > 2 apples
- > 8 cups fresh spinach
- > 1 cup dried figs (about 16 figs or one 7-oz pkg)
- > 1 cup whole-grain croutons
- > ½ cup light honey mustard or poppy seed dressing

Directions

1. To hard-boil eggs:
 - > Place eggs in saucepan large enough to hold them in a single layer.
 - > Add cold water to cover eggs by 1 inch.
 - > Heat over high heat just to boiling.
 - > Remove from heat and cover.
 - > Let eggs stand in hot water about 12 minutes.
 - > Drain and fill pan with cold water; let sit 10-15 minutes.
 - > Peel and slice. (If making ahead, refrigerate cooked unpeeled eggs.)
2. Prepare other ingredients while eggs are cooking and cooling.
3. Wash, slice, and core apples.
4. Cut apples and dried figs into bite-size chunks.
5. Wash and drain spinach.
6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons. Drizzle with dressing.

Serving Suggestions

Serve with 8 oz of 100% grape juice and ½ cup vanilla or lemon low-fat yogurt.



NUTRITION ANALYSIS (PER SERVING)

| | |
|--------------------------|-------|
| Calories..... | 360 |
| Total Fat..... | 11g |
| Saturated Fat..... | 2g |
| Trans Fat..... | 0.0g |
| Polyunsaturated Fat..... | 0.0g |
| Monounsaturated Fat..... | 0.0g |
| Cholesterol..... | 185mg |
| Sodium..... | 560mg |
| Carbohydrates..... | 58g |
| Fiber..... | 10g |
| Sugars..... | 33g |
| Protein..... | 5g |

SOURCE: Produce For Better Health Foundation

Health TIPS

- > Eat smart, exercise regularly, and get routine health screenings.
- > Be an active participant in managing your health.
- > Start leading a healthy lifestyle.



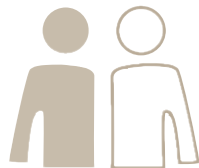
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– Josh Billings

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Career Opportunities in Health Services Administration

Professional field is expected to grow quickly in the next ten years.

By OHM Staff

People who are strong-willed, kind, and quick-witted might find the position of health administrator enjoyable.

Medical and health services managers—also called healthcare executives or healthcare administrators—plan, direct and coordinate medical and health services. They might manage an entire facility or specialize in managing a specific clinical area or department, or manage a medical practice for a group of physicians. Medical and health services managers must be able to adapt to changes in healthcare laws, regulations and technology.

“ AS THE BABY BOOMER POPULATION AGES THE HEALTHCARE INDUSTRY AS A WHOLE WILL SEE AN INCREASE IN THE DEMAND FOR RESIDENTIAL FACILITY MEDICAL SERVICES. ”

These positions come with a large amount of responsibility, since administrators are largely responsible for most administrative tasks, including billing, funding and budget balancing. Administrators must know how to effectively communicate with other people, manage financial tasks and organize daily activities.

Education and Training

Most medical and health services managers have at least a bachelor's degree before entering the field; however master's degrees are common. Requirements vary by facility. Some university graduates seeking highly paid administrator positions will also obtain a graduate degree in health administration.

Aside from the necessary education, those wishing to work within the administration field should possess certain personality traits. Administrators must be analytical as well as compassionate. Occasionally, an administrator will have to act as a mediator between a patient or resident and an insurance company. In addition, administrators may be required to speak with family members concerning the health of a resident.

Earnings and Working Conditions

Administrator positions can be found online through hospital, nursing home and residence home websites, or through job placement agencies. Salaries can vary drastically from facility to facility, though most administrators do rather well salary-wise in this field. The median salary is \$88,850 per year.

Outlook and Advancement

The shift to more outpatient services, the increasing population of elderly people seeking to maintain some level of independence and improvements in technology that allow younger patients shorter rehabilitation stays make this industry one of the

largest and fastest growing among all industries.

Employment of medical and health services managers is projected to grow 23 percent from 2012 to 2022, much faster than the average for all occupations. As the large baby-boom population ages and people remain active later in life, the healthcare industry as a whole will see an increase in the demand for medical services. •

For more information visit:
[US Department of Labor Statistics](#)



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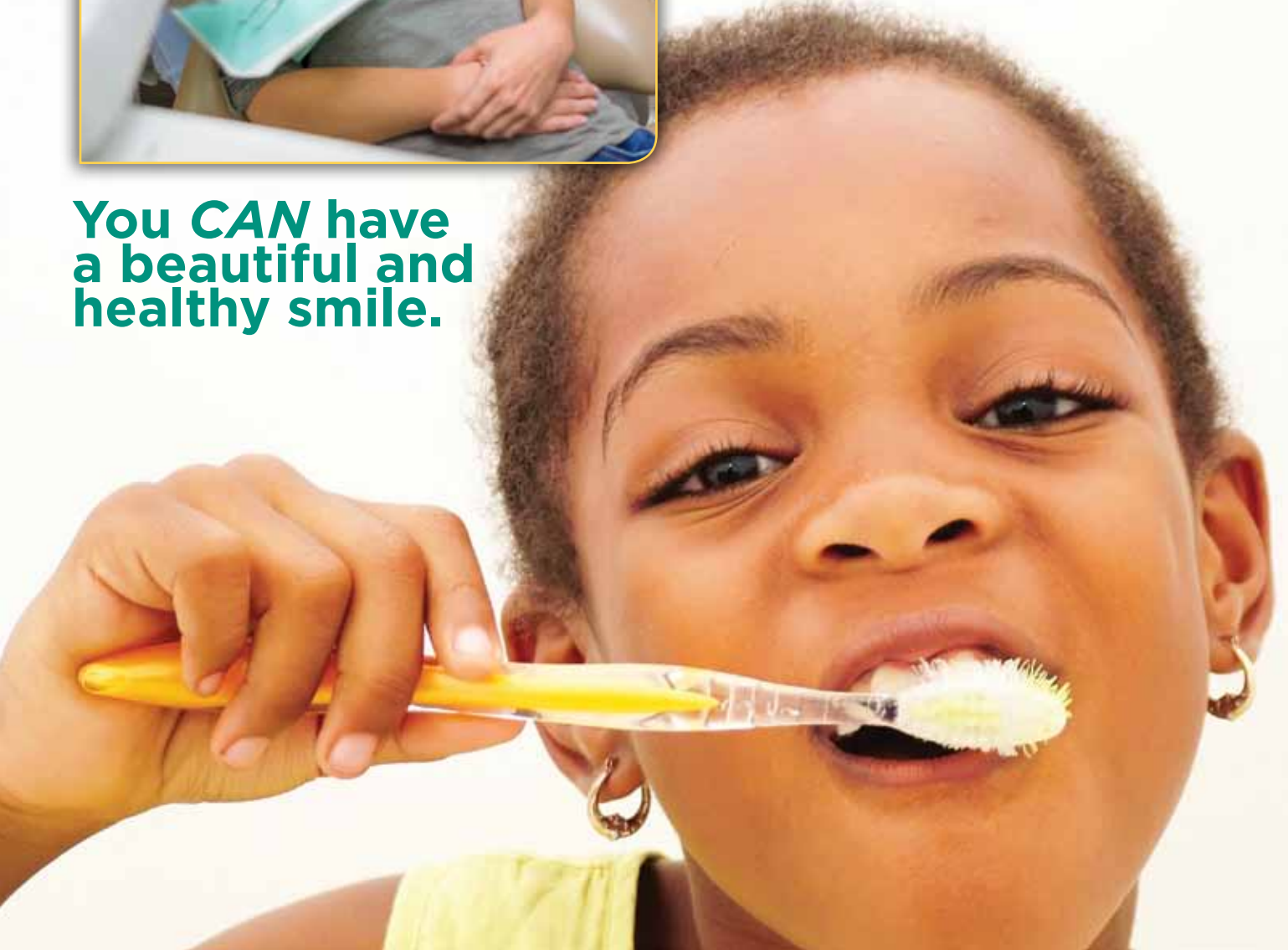
Cavities left untreated can lead to loss of teeth. Your check-up should also include your tongue, throat, face, head, and neck to look for any signs of trouble, swelling, or cancer.

After visiting your dentist, continue caring for your teeth by flossing after each meal and regular brushing.

Look for a dentist you can depend on to meet your dental needs. Make dental care a priority for your entire family.



You CAN have a beautiful and healthy smile.



FEET ARE IMPORTANT TOO

Each step you take involves a complex network of bones, muscles, tendons, and ligaments.

By National Institute on Aging

PRACTICE GOOD FOOT CARE. Take a look at your feet often; use a mirror to look at the bottoms of you feet. Look for cuts, blisters, and ingrown toenails. Ask a member of your family for help if you need it. If you have diabetes, be sure to check your feet every day.

QUICK FOOT TIPS:

Practice putting your feet up when you are sitting down. This helps the circulation in your feet. So can stretching, walking, or having a gentle foot massage.

A warm foot bath is also helpful. Make sure your feet are dry before you put on your shoes. Wear shoes when you're outside.

If you are sitting for a long time, stand up and move around every now and then. If you cross your legs, reverse or uncross them often.

Your foot health can be a clue to your overall health. For example, joint stiffness could mean arthritis. Tingling or numbness could be a sign of diabetes. Swelling might indicate kidney disease, heart disease, or high blood pressure.

Good foot care and regular foot checks are an important part of your health care. If you have a problem with your feet, your family doctor can help, or you can make an appointment with a doctor who treats feet—called a podiatrist. •





Build Your Health

● on a Firm Foundation

Taking care of your bones and joints is one of the best things you can do for your body.

The human body is an amazing creation held together by an elaborate system of bones, joints and tissue that provide mobility and help you stand up straight. There are more than 206 bones (more or less for some individuals) that provide support and protection for the soft tissues that make up the rest of the body.

According to the Centers for Disease Control and Prevention, most people reach their peak bone mass around age 30. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

Having a healthy heart, lungs and other internal organs is important, but healthy bones and joints are also critical to overall health. For most people, having healthy bones and joints is fairly easy and doesn't require a great deal of extra effort. But as we age, good habits, such as eating and staying hydrated with water, become more important.

Some other healthy habits are:

- > Adopt a diet that includes at least the daily recommendation of calcium, which helps to strengthen bone and muscle.
- > Get the appropriate amount of physical activity for your age and lifestyle.
- > Reduce or avoid tobacco and alcohol.
- > Learn if any of your medications are possible factors in bone loss. Talk to your physician or pharmacist and ask if something you are taking carries a risk of reducing bone health, and if so,

find out what you can do about it.

- > Ask your medical provider to share proven methods that can contribute to your bone health.

“**IF YOU HAVE PROBLEMS, GET A GOOD DIAGNOSIS AND THEN GET GOOD TREATMENT. OUR HUMAN BODY IS SO RESILIENT, MOST OF THESE THINGS CAN BE FIXED. BUT IF YOU WAIT, THEY USUALLY JUST GET WORSE.**”
— DR. ATUL T. PATEL

People with eating disorders (anorexia or bulimia), or who have had stomach or weight-loss surgery or conditions such as Crohn's disease, celiac disease and Cushing's disease, can have trouble absorbing calcium. Race, gender, size and age are also factors. Women and people who are very small or thin have a greater risk of osteoporosis. Post-menopausal women are also at risk for some accelerated bone loss.

It's human nature for people to dismiss "easy" advice or tell themselves they'll get to it later. But the way to improve bone and joint health may involve something

as simple as drinking the right amount of water daily or adding celery to your diet. Celery contains pthalides (pronounced "thalides"), which studies show lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate.

"Everything is connected," explained Dr. Atul T. Patel, Kansas City Bone & Joint Clinic, Overland Park. "That's why it's important to keep everything you can healthy."

This "whole person" perspective may be especially true with bone and joint issues, which involve virtually every part of the body. On top of that, bones and joints are something we tend to take for granted—until chronic pain or reduced mobility becomes so severe that it negatively impacts our lives.

"Something will often start with just a small discomfort that you ignore, but after a year or so it becomes intolerable," noted Dr. Jessica Taylor, Crossroads Chiropractic. "You wait for it to go away, but it doesn't. It gets worse."

The Right Combination

Bone and joint health is often built on food, water, posture and exercise, factors most people can control themselves. Adequate calcium and magnesium are important, along with "good fats" (omega 3s), vitamin D (which you get from sunlight as well as from food), protein, fresh organic foods that contain enzymes, and exercise.

Some people resort to supplements to fill the void left by the lack of fresh foods. "Just popping a pill by itself often won't work," said Christine Andonian, natural health practitioner at the Creative Wellness Center in south Kansas City. "For instance, if you use a calcium supplement, it should be mixed with magnesium from a plant source." That addition helps assimilate calcium properly to help your bones.

Holly Collins, Wellness Coach at KC Nutrition near KCI Airport, noted that fresh foods have other advantages. "A lot of box foods are not going to have much protein," she said. "But people tend to go for something fast, rather than preparing vegetables, fruit and meat themselves."



Dr. Atul T. Patel

Everyone needs so much protein every day, and if you don't get it, your body will just take it from your bones."

Sedentary Lifestyles

Our modern world creates other issues related to bone and joint health. Increasingly, people spend much of their time hunched over a computer keyboard or in other static positions. Not surprisingly, back and neck complaints lead to many bone and joint issues. Even this can be avoided or reduced, however.

"Posture is a big deal," explained Heidi Carstensen, physical therapist at SERC Physical and Hand Therapy, Liberty. "And overall flexibility plays a huge role. There are a few basic stretches that can make a huge difference in your overall well-being."

Flexibility is a big issue for many, especially for seniors. Simple stretches or programs such as yoga or Tai Chi Chuan can pay big dividends. A little weight-bearing exercise—even something simple like climbing stairs—can also help.

Consult with a personal trainer or fitness instructor for proper exercise techniques for your body.

“**START SLOWLY AND BALANCE YOUR EXERCISE ROUTINES. DON'T JUST WORK FOR "SIX-PACK" ABS YOU CAN SEE IN THE MIRROR; WORK YOUR BACK MUSCLES AS WELL. OTHERWISE, OVERDEVELOPED MUSCLES CAUSE BONE AND JOINT PROBLEMS.**”
— DR. DAN LORENZ

The Body Changes with Age

Aging and related conditions can bring on serious problems with bones and joints. Arthritis, osteoporosis, rheumatism and wear to hips, knees and rotator cuffs are widespread issues. Older adults may need to modify some of their more physical activities.

"You may just need to drop from six days of tennis a week to two to three days," noted Dr. Dan Lorenz, Sports and Orthopedic Rehabilitation, Overland Park. "Or think about adding swimming. The pool will un-



weight you, and swimming is great exercise. Or ride an exercise bike or use the elliptical."

Younger adults should pace themselves—start slowly and balance your exercise routines. Don't just work for "six-pack" abs you can see in the mirror; work your back muscles as well. Otherwise, overdeveloped muscles cause bone and joint problems.

Making exercise and nutrition part of your daily life is a key. "People of all ages need a balance of aerobic and anaerobic exercise (anaerobic exercise is short-lasting, high-intensity activity, in which your body's demand for oxygen exceeds the oxygen supply available), stretching—all of it," Dr. Richard Snyder, Research Medical Center Bone & Joint Care Center, said. "I've worked with Hall of Fame athletes, and even with them, good balance and rest is important."

And if something doesn't feel right, don't wait to check it out. "If you have problems, get a good diagnosis and then get good treatment," Dr. Patel concluded. "Our human body is so resilient, most of these things can be fixed. But if you wait, they usually just get worse."

Healthy bones and joints matter to your overall health. Want more on bone and joint health? Check out The National Institute of Arthritis and Musculoskeletal and Skin Diseases: www.niams.nih.gov. ●

Easy Steps for Bone and Joint Health

- > Maintaining healthy bones and joints are a lifelong effort, but even a few good habits can make a huge difference.
- > The biggest factors are usually how you eat and drink, along with how you move and sit.
- > Natural or organic foods make a difference. Foods modified to extend shelf life may not have the nutrients found in organic or natural foods.
- > A diet with plenty of calcium and magnesium, "good fats" (omega 3s), proteins and vitamin D is a good starting point. The more your calcium and magnesium comes from green leafy vegetables, the better. Mineral and enzyme supplements are a good idea.
- > Drinking plenty of water daily is important, but to maximize the nutrients you get from your food, limit your water intake to six or eight ounces during and around your meal.
- > Exercise is important to strengthen bones and muscles, and even a few minutes a day can help. Some weight-bearing exercise is good, but don't forget to stretch as well. Consider different types of exercise so that no one area is overworked.
- > Many of us have jobs that involve sitting for long periods or repetitive motions that can cause problems. Taking short breaks for some stretching or walking can be a big help.
- > If you have discomfort or pain in bones or joints, check it out. Many problems start small and get progressively worse. Prevention and early intervention are important.

What Are Arthritic and Rheumatic Diseases?

According to CDC, 22.7 million (9.8% of all adults) have arthritis and arthritis-attributable activity limitations.

By OHM Staff

There are more than 100 disorders that typically affect the joints, tendons, ligaments, bones and muscles. Arthritis is defined as a painful joint condition: a medical condition affecting a joint or joints, causing pain, swelling, and stiffness. Rheumatic diseases are painful conditions usually caused by inflammation, swelling, and pain in the joints or muscles.

What are Examples of Arthritis, Rheumatic Diseases and Related Conditions?

- > Osteoarthritis
- > Rheumatoid arthritis
- > Juvenile idiopathic arthritis
- > Fibromyalgia
- > Lupus
- > Scleroderma
- > Infectious arthritis
- > Gout
- > Psoriatic arthritis
- > Bursitis
- > Tendinitis

What Causes these Conditions?

A combination of factors may cause rheumatic diseases. A person could be born with the likelihood of getting a disease, but something happens to get the disease started. A cold, flu, or other type of virus could trigger a rheumatic disease in some people. Osteoarthritis may be caused by wear and tear on the joints or by an injury to a joint.

Who Is Affected by These Conditions?

People of all races and ages can develop these conditions. Some are more common among certain groups of people. For example:

- > Rheumatoid arthritis occurs two to three times more often in women than in men.

- > Scleroderma is more common in women than in men.
- > Nine out of 10 people who have lupus are women. It occurs more often in African Americans and Hispanics than in Caucasians.
- > Nine out of 10 people who have fibromyalgia are women.
- > Gout is more common in men than in women. After menopause, the incidence of gout in women begins to rise.

What are the common signs and symptoms?

- > Swelling in one or more joints
- > Stiffness around the joints that lasts for at least one hour in the early morning
- > Constant or recurring pain in a joint
- > Difficulty using or moving a joint normally
- > Warmth and redness in a joint

There could be other indicators that your doctor can identify, diagnose and treat.

How are rheumatic diseases treated?

Treatments for rheumatic diseases include:

- > Rest and relaxation
- > Exercise
- > Proper diet
- > Water therapy
- > Mobilization therapy
- > Heat and cold therapies
- > Drugs
- > Instruction in how to care for the joints
- > Special devices, such as aids to help open jars, close zippers, and hold pencils
- > Splints or braces
- > Surgery to restore function or to relieve pain.

A medical doctor reviews medical history; performs a physical exam; orders lab tests such as blood tests or urine tests; and may order x-rays or MRI (magnetic resonance imaging) to make an exact diagnosis for the best treatment plan.

Are there misconceptions about treating arthritis, rheumatic disease, and related conditions?

Some people claim to have been cured by treatment with herbs, oils, chemicals, special diets, radiation, or other products. Right now, there is no evidence that such treatments cure arthritis. Sometimes these treatments can lead to serious side effects. You should talk to your doctor before trying to self-treat.

For more information about Arthritis and Rheumatic Diseases and other related conditions visit www.niams.nih.gov (National Institute of Arthritis and Musculoskeletal and Skin Diseases). •



Helping People with Alzheimer's Disease Stay Physically Active

Regular physical activity has many benefits for people with Alzheimer's disease. Exercise helps keep muscles, joints, and the heart in good shape. It also helps people stay at a healthy weight and can improve sleep.

Caregivers can help people with Alzheimer's disease be more active and stay safe:

- Be realistic about how much activity can be done at one time. Several 10-minute "mini-workouts" may be best.
- Help get the activity started or join in to make the activity more fun.
- Find time in the morning for exercise.
- Break exercises into simple, easy-to-follow steps.
- Choose comfortable clothes that are suitable for the weather and appropriate shoes that fit well.
- Make sure both you and the person with Alzheimer's drink plenty of water when exercising.

Some physical activities to try:

- Take a walk together.
- Do simple tasks around the house, such as sweeping and raking.
- Work in the garden.
- Play music and dance.
- Exercise with videos made for older people. Try the sample workout on NIA's free **Go4Life** DVD.
- Throw a soft rubber exercise ball back and forth.
- Lift weights or household items such as soup cans.
- Use resistance bands, which you can buy in sporting goods stores. Be sure to follow the instructions.



Quick Tip

Try being active together. Physical activity and exercise are good for caregivers, too!

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Order a free exercise DVD.
- Share your exercise story.



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Summer Fun for Your Teens

Take advantage of healthy programs provided by Boys & Girls Clubs of Greater Kansas City.

By Sharon Cleaver, Boys & Girls Clubs of Greater Kansas City

Looking for fun activities to do this summer? The Boys & Girls Club of Greater Kansas City offers a variety of fun activities for kids of all ages. As kids get older, it can be a challenge for them to get enough daily activity because of demands of school, lack of confidence playing sports, a lack of active role models, or busy working families. The Clubs can instill a love of activity and help kids fit it into their everyday routines, establishing healthy patterns that will last into adulthood.

The mission of the Boys & Girls Club of Greater Kansas City is to promote the development of self-esteem, values, and skills for boys and girls ages 5 to 18. The Clubs provide access to life-changing programs, resources, opportunities and experiences in safe, secure environments. The Clubs link youth with

adults who respect and listen to them; a safe environment where they can have fun and be themselves; and interesting, constructive activities that channel youthful energy into challenging pursuits.

According to research from Centers for Disease Control and Prevention, children aged 8 to 18 spend an average of 7.5 hours a day using entertainment media. To combat this trend, programs should incorporate physical activities.

The Boys & Girls Clubs are helping members develop healthy attitudes and behaviors such as staying physically fit and eating nutritious foods to help them make positive decisions about their well-being.

One of the four core programs offered within the Clubs is Triple Play, a healthy lifestyles program that teaches youth how

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**ANY PARENT OR GUARDIAN
 LOOKING FOR A PLACE WHERE
 THEIR CHILD CAN GROW AND
 DEVELOP IN POSITIVE WAYS
 SHOULD CONSIDER THE
 BOYS & GIRLS CLUBS OF
 GREATER KANSAS CITY.**
”

to make healthy choices. By nurturing their minds, bodies and souls, youth learn to better manage stress, practice fitness and form constructive relationships.

Members of the Boys & Girls Clubs receive coaching in nine different sports and fun recreational activities that strengthen character and increase confidence.

Facilities of the Boys & Girls Clubs of Greater Kansas City offer the following:

- > Gym with full basketball court
- > Fully-equipped weight & exercise room
- > Dance studio
- > Safe outdoor play space
- > Full kitchen
- > Working gardens
- > Full-size swimming pool (two Club Units)

The Club's Reviving Baseball in Inner Cities (RBI) program provides Kansas City's youth with the opportunity to play organized baseball and softball, while teaching teamwork, leadership, and life skills all summer long. Additionally, the Clubs offer sports programs throughout the year to provide a variety of team and individual opportunities to stay active.

Any parent or guardian looking for a place where their child can grow and develop in positive ways should consider the Boys & Girls Clubs of Greater Kansas City. The Clubs' goals are to help kids to be healthy, physically active, academically motivated and successful!

Summer is approaching quickly, so get involved in fun activities with the Boys & Girls Club of Greater Kansas City this summer. More information can be found at www.helpckids.org or call 816-361-3600. ●



TEL-LINK

Get connected to better health.

TEL-LINK is a toll-free information and referral line for maternal and child health services. Making sure you and your family members are healthy is a huge responsibility. It's also one of the most important things you can do.

Call 1-800-TEL-LINK (1-800-835-5465)

The call is free and confidential.

TEL-LINK can provide information on:

- Healthy births and babies
- WIC (Women, Infants and Children) services
- Immunizations
- Mental health services including alcohol and drug abuse
- Child care resources and referrals
- Social services including child support enforcement
- Special health care needs resources

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Kids Love Camp — Camps Love Kids

Specialized care offered by local summer camps

By OHM Staff

Summer is right around the corner, and so is summer camp. There are a number of options to ensure that the special needs of your child can be met. Many camps are experts in providing specialized medical care for specific disabilities; some provide tutoring for individuals with learning disabilities in addition to outdoor activities.

We've identified a few camps that fit a range of special needs:

AUTISM CONCEPTS INC. (LENEXA, KS) offers two 2-week day camps for autism spectrum children who are vocal kindergarten through middle school students with emerging social and play skills. Call 800-445-0448.

BLUE VALLEY RECREATION (OVERLAND PARK, KS) offers many adapted and integrated leisure activities designed for disabled children: swim lessons, bowling, dancing, cooking, open swim, open gym, a walking club, T-ball, softball, golf and bocce ball. Single-day events include miniature golf, gardening, karaoke and much more. Call 913-685-6000.

CAMP CHIMER (National Kidney Foundation of Kansas and Western Missouri and Children's Mercy Hospital) offers overnight outdoor experiences for children 8-18 who undergo dialysis or who have had a kidney transplant. On-site medical care and no fee for those whose applications are accepted. The camp is



located east of Excelsior Springs, MO. Call 913-262-1551.

CAMP QUALITY OF GREATER KANSAS CITY is an overnight camp for children with cancer, ages 4-17. Every child has an assigned adult "companion," and an on-site oncology specialist is available for every camper. Call 816-809-8600.

HORIZON ACADEMY (ROELAND PARK, KS) sponsors summer classes for kids with average or above average intelligence who are struggling with basic skills due to learning disabilities. Call 913-789-9443.

HORSIN' AROUND AT MIDNIGHT FARM (EUDORA, KS) horsemanship day camp for children ages 6-16 with or without special needs. Campers will learn riding skills, general horse knowledge and ground skills to help them become well-rounded riders. Sponsorships may be available from private donations. Call 785-979-1889.

LAKE DONIPHAN offers Christian youth camp for kids with spina bifida and kidney disease, family camps, and a karate camp. Excelsior Springs, MO 64024. Call 816-630-1523.

SPOFFORD SCAMPS SUMMER DAY CAMP (SOUTH KANSAS CITY, MO) holds day camps at their campus near Oakwood Country Club. Camp goals are related to social skills development, peer interaction, self-confidence and conflict resolution. Call 816-508-3400.

SUPERKIDS SUMMER ASTHMA CAMP (Asthma & Allergy Foundation of Greater Kansas City) offers asthmatic children who have completed grades 2-6. Medical professionals are always on hand. An inspiring and empowering week for children. Call 816-333-6608. ●

Mental Health Effects Overall Health



According to the American Psychological Association's Stress in America study, nearly 70% of Americans experience physical and mental symptoms of stress, but only 37% think they are doing very well at managing stress.

The mind and body are closely connected. There is "no health without mental health" — it's about keeping healthy as well as getting healthy.

Stress has a huge impact on our lives. Research shows that high blood pressure, heart disease and obesity are linked to stress.

People who feel depressed or chronically stressed risk physical illness.

The good news is there are many healthy choices and steps to help people strengthen their mental health.



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What is Osteoporosis?

By Mayo Clinic

In the U.S. more than 40 million people either already have osteoporosis or are at high risk due to low bone mass.

Osteoporosis is a disease in which the bones become weak and are more likely to break. People with osteoporosis most often break bones in the hip, spine, and wrist.

What Causes Osteoporosis?

Many risk factors can lead to bone loss and osteoporosis. Some you can change and others you cannot.

Risk factors you cannot change include:

GENDER. Women get osteoporosis more often than men.

AGE. The older you are, the greater your risk of osteoporosis.

BODY SIZE. Small, thin women are at greater risk.

ETHNICITY. White and Asian women are at highest risk. Black and Hispanic women have a lower risk.

FAMILY HISTORY. Osteoporosis tends to run in families. If a family member has osteoporosis or breaks a bone, there is a greater chance that you will too.

“
THE HIGHER YOUR BONE MINERAL
CONTENT, THE DENSER
YOUR BONES ARE.
AND THE DENSER YOUR BONES,
THE STRONGER THEY GENERALLY
ARE AND THE LESS LIKELY
THEY ARE TO BREAK.
”

Other risk factors include:

SEX HORMONES. In women low estrogen levels due to missing menstrual periods or to menopause can lead to osteoporosis. And in men, low testosterone levels can bring on osteoporosis.

EATING DISORDER. Anorexia nervosa an eating disorder can lead to osteoporosis.

CALCIUM AND VITAMIN D INTAKE. A diet low in calcium and vitamin D makes you more prone to bone loss.

MEDICATION USE. Some medicines increase the risk of osteoporosis.

ACTIVITY LEVEL. Lack of exercise or long-term bed rest can cause weak bones.

SMOKING. Cigarettes are bad for bones, the heart, and lungs.

ALCOHOL ABUSE. Too much alcohol can cause bone loss and broken bones.

If you have any of these indicators you should consult with your medical provider to consider taking a bone density test.

How is Osteoporosis Detected?

A bone density test determines whether an individual has osteoporosis — a disease that causes bones to become more fragile and more likely to break. This test makes it possible to know one's risk of breaking bones before it occurs.

A bone density test uses X-rays to measure how many grams of calcium and other bone minerals are packed into a segment of bone. The bones that are most commonly tested are located in the spine, hip and forearm.

Continued on Page 28

Accidents, violence, divorce, chronic illness or poverty.

One in three women and one in six men experience an Adverse Childhood Event or ACE in their lifetime. These ACES have long-term impacts on health and well-being.



The good news is we can improve health by providing support and interventions for people who've experienced trauma.

Trauma Matters KC is a group of people and organizations interested in building healthier communities by instituting trauma informed practices throughout our community.

To learn more about trauma and how to become a trauma informed community visit:

Facebook/TraumaMattersKC 

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Continued from Page 26

Bone density tests help doctors to:

- Identify decreases in bone density before you break a bone
- > Determine your risk of broken bones (fractures)
- > Confirm a diagnosis of osteoporosis if you've experienced broken bones.

Monitor osteoporosis treatment

The higher your bone mineral content, the denser your bones are. And the denser your bones, the stronger they generally are and the less likely they are to break.

Regardless of your sex or age, your doctor may recommend a bone density test if you've:

LOST HEIGHT. People who have lost at least 1.6 inches (4 centimeters) in height may have experienced compression fractures in their spines. Osteoporosis is one of the main causes of compression fractures.

FRACTURED A BONE. Fragility fractures occur when a bone becomes so fragile that it breaks much more easily than expected. Fragility fractures can sometimes be caused by a strong cough or sneeze.

TAKEN CERTAIN DRUGS. Long-term use of steroid medications, such as prednisone, interferes with the bone-rebuilding process — which can lead to osteoporosis.

RECEIVED A TRANSPLANT. People who have received an organ or bone marrow transplant are at higher risk of osteoporosis, partly because anti-rejection drugs also interfere with the bone-rebuilding process.

EXPERIENCED A DROP IN HORMONE LEVELS. In addition to the natural drop in hormones that occurs after menopause, women may also experience a drop in estrogen during certain cancer treatments. Some treatments for prostate cancer reduce testosterone levels in men. Lowered hormone levels weaken bone.

Be sure to ask your doctor if you should be tested. ●

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is an academically-affiliated, nurse-run health clinic. Located in the Argentine community in Kansas City, Kansas, it provides high-quality, culturally-sensitive, and holistic services for residents who face limited resources. The Center has been recognized as a *Patient-Centered Medical Home* by the National Centers for Quality Assurance.

KU HealthPartners has managed Silver City Health Center since 2006, as the faculty practice organization for the KU Schools of Nursing and Health Professions.

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CELEBRATE YOUR HEALTH ALL YEAR LONG

Our Health Matters is committed to helping you meet the future with greater knowledge and opportunity to improve your health status and quality of life. There are numerous health observances of which to take notice. For more on these health observances, visit the website of the specific health organization.

JUNE, JULY & AUGUST HEALTH OBSERVANCES

JUNE 1 - 30

Cataract Awareness Month

Prevent Blindness

www.preventblindness.org

JUNE 1 - 30

Men's Health Month

Men's Health Network

www.menshealthmonth.org

JUNE 1 - 30

National Safety Month

National Safety Council

www.nsc.org/nsm

JUNE 1 - 30

National Scleroderma Awareness Month

Scleroderma Foundation

sfinfo@scleroderma.org

JUNE 9 - 15

Men's Health Week

Men's Health Network

www.menshealthmonth.org

JUNE 19

World Sickle Cell Day

African American Blood Drive
and Bone Marrow Registry for
Sickle Cell Disease Awareness

www.worldsicklecellday.webs.com

JULY 1 - 31

Cord Blood Awareness Month

Parent's Guide to Cord Blood Foundation

www.parentsguidecordblood.org

Juvenile Arthritis Awareness Month

Arthritis Foundation

www.arthritis.org

International Group B Strep Awareness Month

Group B Strep International

www.groupbstrepinternational.org

National Cleft & Craniofacial Awareness & Prevention Month

AmeriFace

www.nccapm.org

JULY 28

World Hepatitis Day

World Hepatitis Alliance

www.worldhepatitisday.info

AUGUST

Children's Eye Health and Safety Month

Prevent Blindness

www.preventblindness.org

National Breastfeeding Month

The United States Breastfeeding Committee

www.usbreastfeeding.org



COMING IN THE JULY-AUGUST EDITION

FEATURE ARTICLE: CREATING HEALTHY COMMUNITIES

Ever wonder what it takes to have a healthy community? What more does a community need to be healthy beyond access to quality health care? Learn how healthy communities are being shaped by public and private partnerships to support people where they live, work, learn and play.

EMERGENCY ROOM CHOICES

Do you know when to go to the emergency room or how to select the best one for your situation? What should you expect on arrival? Be prepared, get the facts in the next issue.

SENIOR FITNESS

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