

# HEALTH + Wellness

+ HOLISTIC  
+ MIND  
+ BODY  
+ SPIRIT

SPECIAL EDITION | TUESDAY, JANUARY 28, 2025

THE McKenzie, Tennessee BANNER

## 5 COMMON MENTAL HEALTH CONDITIONS

Mental health disorders are more common than one may think. Despite dramatic strides in reducing the stigma surrounding mental health, there are some who remain hesitant to bring up mental health issues. However, the World Health Organization (WHO) says one out of every eight people around the world lives with a mental disorder. Considering there are nearly eight billion people in the world, that equates to one billion with a mental health condition.

Mental disorders affect thinking, feeling, mood, and behavior. Some conditions can be chronic, while others are temporary. Mental illness can result from life experiences, traumatic brain injury, genes, family history, and other biological factors. The following are some of the common mental health conditions.

**1 Anxiety disorders.** Anxiety disorders are a group of conditions,

including generalized anxiety disorder, social phobias, specific phobias, panic disorders, obsessive compulsive disorder, and post-traumatic stress disorder. They are characterized by feelings of worry, fear and nervousness that are strong enough to interfere with daily activities.

**2 Depression.** Depression involves feeling sad, irritable or empty. Loss of pleasure or interest in activities can occur. These feelings need to occur every day, for most of the day for at least two weeks to be classified as depression, says the WHO. People with depression often feel hopeless about the future, may have changes in sleeping patterns and appetite, and may feature low energy.

**3 Eating disorders.** Eating disorders involve extreme emotions, attitudes and behaviors involving weight, body image and food. Anorexia nervosa, bulimia nervosa

and binge eating disorder are the most common eating disorders. Body dysmorphic disorder also is a mental health condition, and it involves worry about flaws in appearance, which can be related to eating disorders.

**4 Addiction and impulse control disorders.** Individuals with impulse control and addiction disorders are unable to resist the urges to perform acts that can be harmful to themselves or others. These behaviors can include using drugs or alcohol, gambling, sexual addictions, kleptomania, and others.

**5 Bipolar affective disorder.** This mood disorder, previously known as "manic depression", causes episodes of mania (elation) and depression.

Speaking with a doctor about mental health conditions is the first step to getting help. There are many different treatment options, including cognitive behavioral therapy, counseling, medication, meditation, and other options.

## Overcome Seasonal Allergies

Seasonal allergies crop up at certain times each year, particularly in spring and fall. In 2021, approximately 81 million people in the United States were diagnosed with seasonal allergic rhinitis, according to the Asthma and Allergy Foundation of America.

Tree and grass pollen are notable contributors to allergies, as is mold. Verywell Health says allergies can be worse in certain areas. In the U.S., certain areas of the East Coast have high rates of allergies, while cities on the West Coast tend to be less harsh on those with allergies.

Since allergies can make life uncomfortable, people want to know all they can do to overcome seasonal allergies. These strategies can help.

**Know the pollen count.** Information is key, and knowing when pollen or mold counts are particularly high can help people take certain steps to avoid allergic reactions.

**Close the windows.** When pollen levels are high, closing windows to prevent breezes that can bring pollen inside a home can be an effective strategy. You also can utilize a HEPA filter on the home's air conditioning system.

**Remove clothes worn outdoors and shower to rinse pollen off of skin and hair.** While it can reduce energy usage, hanging clothing to line dry during high pollen counts can cause pollen to stick to freshly laundered items.

**Avoid gardening or other outdoor activities when pollen is high.** If you must be outdoors, wear a mask.

**Try an antihistamine product that will reduce your body's reaction to the seasonal allergen.** WebMD says butterbar as well as a plant-based Phleum pratense could be natural alternative antihistamine products.

**Use a nasal rinse to**

**clean allergens out of your nose.** This can help ease congestion and itching. Select sterile saline solutions or carefully follow directions for preparing rinses in neti pots.

**Corticosteroid nasal sprays can improve nasal symptoms.** Speak with a doctor about how to use these products and how long to use them.

**Consider allergy shots, also known as allergen immunotherapy.** These shots can help desensitize the body to common allergies by using very small amounts of allergens over time. Eventually the immune system will produce a reduced reaction to the allergen.

Allergies can be troublesome. However, various strategies can help to diminish the often unpleasant effects of seasonal allergies.



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## The Role of a Home Health Aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.

HHAs may perform various duties, including:

- ▶ Assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.
- ▶ Checking vital signs



- ▶ Monitoring a client
- ▶ Light housekeeping
- ▶ Meal planning and cooking
- ▶ Picking up prescriptions
- ▶ Companionship

HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to HHA services and can make

referrals. It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the person requiring assistance. A good HHA will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.

## Did You Know?

Pets generally may seem like carefree animals with nary a worry, but the truth is that companion animals

may suffer from many of the same mental health issues that affect humans. ASPCA Pet Insurance says that pets experience certain mental health issues, including anxiety, obsessive-compul-

sive behaviors and fears or phobias. Some pets also experience depression, with similar symptoms of social withdrawal, lethargy, loss of interest in food or activities, and more. Some animals are predisposed to mental health conditions. For example, small dog breeds generally are more inclined to exhibit signs of anxiety. Other pets develop mental health issues over time. Compulsive behaviors may start out as a way for an animal to self-soothe during a fearful event or trauma, such as licking a toy or at paws. But these behaviors can become harmful, repetitive actions that may cause physical health problems. If a pet is acting out of character or is displaying behaviors that are concerning, pet owners should seek the advice of the animal's veterinarian.

## Why It's Important to Follow An Immunization Schedule

Doctors are in the business of keeping people healthy, and one of the best ways to do so is to help individuals avoid illnesses and diseases that can make them sick. Although few people relish the idea of needle jabs, immunizations (vaccines) remain an effective way to stay in good health.

Top disease experts work together throughout the year to update the recommended immunization schedules. Schedules are approved by the AAP, the Centers for Disease Control and Prevention and other health care organizations. Recommended vaccines are based on ongoing reviews of the most recent scientific data for each immunization.

An immunization schedule offers a series of vaccinations and the timing of all doses. Vaccines go through multiple phases of trials to ensure safety and efficacy. Following an immunization schedule is ideal for optimal health. Here are a few facts to consider:

- ▶ The timing of vaccines is carefully studied and recommended to work with the body's immune system.
- ▶ People with chronic conditions or medications that weaken the immune system may need a different type of vaccine or a booster. A doctor can discuss the



best approach in such situations.

- ▶ Many vaccines are administered during infancy. Getting a child vaccinated on time is the best way to protect him or her.
- ▶ There is no research to show that a child would be equally protected against diseases if a varied schedule is followed.
- ▶ If a dose is missed or a child is behind schedule, that does not require starting all over. A doctor can be consulted and the next shot in a series can be scheduled as soon as possible.
- ▶ Adults receive fewer vaccines than their younger counterparts. According to the CDC, these are some of the shots adults should discuss with their doctors.
  - ▶ COVID-19 (one or more doses of up-

dated 2023-2024 formula)

- ▶ Influenza (one dose annually)
- ▶ Respiratory Syncytial Virus (seasonal administration during pregnancy)
- ▶ Tetanus, diphtheria, pertussis (Td or Tdap booster every 10 years, unless pregnant, then one dose Tdap each pregnancy)
- ▶ Measles, mumps, rubella (one or two doses depending on indication if born in 1957 or later)
- ▶ Varicella (two doses if born in 1980 or later)
- ▶ Zoster recombinant (two doses at age 50)

Following an immunization schedule is one way to maintain personal health. Any questions or concerns about vaccines should be discussed with a primary care doctor or another trusted health professional.

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## Considerations When Choosing Health Insurance

Health insurance is vital in the modern world. Some countries provide universal health care to residents, but the United States is not among them. As a result, Americans must navigate the health care system carefully, particularly when choosing their own insurance plans. Even professionals whose companies offer employer-sponsored insurance may need to choose between options within those plans. As individuals and families consider their health insurance options, they may want to keep these factors in mind.

- ▶ **Open enrollment period:** Changing health insurance plans may only be allowed during specific periods, notably at the time of hire, after a major life change (marriage or birth of a child) or during a period known as open enrollment. Typically open enrollment starts in November and runs through January.
- ▶ **Employer or state insurance marketplace:** Many employers offer health insurance to workers, and employees will be limited to the plans available. Those who do not get health insurance through an employer or people who simply want to see other options can shop their state's online

marketplace or the federal marketplace to find a plan. Health insurance also can be purchased directly from an insurer or through a private exchange, but the costs may be higher.

- ▶ **Alphabet soup:** Insurance jargon can be complicated and consumers will come across various abbreviations alluding to different offerings. Health maintenance organization (HMO), preferred provider organization (PPO), exclusive provider organization (EPO) and point of service plan (POS) are some types of coverage. Generally speaking, plans that require in-network doctors and referrals have lower out-of-pocket costs but less freedom to choose providers.
- ▶ **Claim denial rate:** It may be wise to research particular health insurance companies to learn the percentage of insurance claims that are denied and how long appeal processes can take.
- ▶ **Identify all the costs:** A health insurance premium is the cost of the coverage, regardless of services used. This is the amount that an employer, employee, or a combination will pay each pay

period. Copayments are fixed fees for certain kinds of office visits, other services and prescriptions due at the time of service. A deductible is the cost paid (after premiums) for services before insurance kicks in. Healthy individuals who do not visit the doctor often may want a higher deductible plan which could have lower premiums. Coinsurance may be another cost required on certain services to make up for what insurance doesn't cover. For instance, many plans pay 80 percent and then the individual is responsible for the remaining 20 percent. Plans also have out-of-pocket maximums that, once hit, would cover all future costs. Each of these costs merits consideration.

- ▶ **Medication coverage:** Make sure the health insurance plan covers the medications needed. Create a list of medications and note if brand name prescription drugs or generics are covered. If prescriptions are primarily generic, you may be able to choose from a wider array of plans.

Health insurance considerations are numerous. Wading through the information helps consumers make wise choices.

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# What You Should Know About Seasonal Affective Disorder

There's much to look forward to when winter begins. Outdoor enthusiasts may relish a return to the slopes to ski or snowboard each winter, while others praise the crisp fresh air and lack of insects as more conducive to activities like hiking.

Winter indeed has plenty to offer, but some people find that less daylight has an adverse effect on their mood. The National Institutes of Mental Health notes that shifts in mood and behavior that align with changes in the seasons could be indicative of seasonal affective disorder, also known as SAD.

## What is SAD?

Johns Hopkins Medicine characterizes SAD as a form of depression in which individuals' mood and behavior changes when the seasons change. The NIMH notes SAD is sometimes referred to as the "winter blues."

## Is SAD Exclusive To Winter?

Though SAD can affect people at any time of year, the NIMH reports that most cases of SAD start to affect people in late fall or early winter before symptoms begin to subside during the spring and summer. Johns Hopkins Medicine notes researchers believe the shorter days and thus fewer hours of daylight that occur each

winter set off a chemical change in the brain that leads to a person experiencing symptoms of depression.

## What are the Symptoms of SAD?

The NIMH points out that, since SAD is a type of depression, symptoms of the condition include those associated with depression. Such symptoms include:

- ▶ A persistent sad, anxious or "empty" mood most of the day. This occurs every day for at least two weeks.
- ▶ Feelings of hopelessness or pessimism
- ▶ Feelings of irritability, frustration or restlessness
- ▶ Feelings of guilt, worthlessness or helplessness
- ▶ Loss of interest or pleasure in hobbies and activities
- ▶ Loss of energy or feelings of fatigue. Some also feel as if they have slowed down.
- ▶ Difficulty concentrating, remembering or making decisions
- ▶ Changes in sleep or appetite or unplanned weight changes
- ▶ Physical aches or pains, headaches, cramps, or digestive problems that have no explanation and do not subside even af-

ter treatment

- ▶ Suicidal thoughts or attempts or thoughts about death

It's important to note that the above are symptoms of depression that people with SAD may experience. Additional symptoms of winter-pattern SAD include:

- ▶ Hypersomnia
- ▶ Overeating that leads to weight gain. The NIMH notes people with SAD may have a particular craving for carbohydrates.
- ▶ Social withdrawal

## How is SAD Treated?

People who suspect they have SAD are urged to speak with their physicians. Various treatments, including light therapy, psychotherapy or antidepressant medications, can help to treat SAD. Individuals may also be prescribed vitamin D supplements.

## Can I Prevent SAD?

The NIMH notes that since SAD is tied to seasonal changes, people can take steps in an effort to prevent it. Starting treatments prior to a change in seasons may help.

Many people experience difficulty when fall transitions to winter, and such troubles may be attributable to SAD. More information about SAD is available at [www.nimh.nih.gov](http://www.nimh.nih.gov).

# WHAT PET OWNERS SHOULD KNOW ABOUT HEARTWORM

Pets owners go to great lengths to ensure their animal companions are happy and healthy. Nutritious diets and routine visits to a veterinarian are two ways to keep pets healthy. Pet owners also can educate themselves about various conditions that can adversely affect their pets' health, including heartworm.



## What is Heartworm?

The American Heartworm Society notes heartworm is a potentially fatal disease caused by foot-long worms that can live in the heart, lungs and associated blood vessels of affected pets. A pet affected by heartworm can develop severe lung disease, heart failure and organ damage.

## Are All Pets Vulnerable To Heartworm?

The American Veterinary Medical Association\* reports that heartworm primarily infects dogs, cats and ferrets. However, wild animals like foxes and wolves also can be infected, as can animals like raccoons and opossums that many people see in their backyards and local parks. Humans also have been infected with heartworm, though the AVMA\* notes such instances are rare.

## Heartworm and Dogs

The AHS notes dogs are a natural host for heartworms. Heartworms that live inside a dog can mature into adults and even mate and produce offspring while inside the dog. Numbers increase if the dog is not treated for heartworm. Even if a dog is treated, the effects

of heartworm infection can linger after the worms are gone, contributing to lasting damage to the heart, lungs and arteries.

Symptoms of heartworm infection in dogs may not manifest early on. The AHS notes that it's more likely symptoms will develop the longer the infection persists. Such symptoms may include:

- ▶ A mild, persistent cough
- ▶ Reluctance to exercise
- ▶ Fatigue after moderate activity
- ▶ Decreased appetite
- ▶ Weight loss

According to the AHM, active dogs, dogs with heavy heartworm infections or those with additional health problems frequently exhibit pronounced clinical signs.

## Heartworm and Cats

The AVMA notes diagnosis of heartworm in cats is more difficult than it is with dogs. Unlike dogs, cats are not natural hosts for heartworms, and the AHS reports most worms in cats do not make it to the adult stage. In fact, many cats with heartworm have no adult

worms. That contributes to the difficulty of diagnosis, and it does not protect cats against harmful side effects of heartworm, including a condition known as heartworm associated respiratory disease (HARD).

The AHS notes that signs of heartworm in cats can be subtle or very dramatic. Sadly, the AHS also reports that the first sign of heartworm in some cases is the sudden collapse or sudden death of the cat. If cats exhibit symptoms, those signs may include:

- ▶ Coughing
- ▶ Attacks that mimic an asthma attack
- ▶ Periodic vomiting
- ▶ Lack of appetite
- ▶ Weight loss
- ▶ Difficulty walking
- ▶ Fainting or seizures
- ▶ Fluid accumulation in the abdomen

Heartworm poses a potentially serious threat to cats and dogs. Pet owners are urged to speak with their veterinarians about heartworm prevention and what to do if a pet becomes infected.

# Different Types of Insurance Products

Financial security is vitally important for adults and their families. Recognition of that reality is evident in the efforts individuals make to secure their financial futures, which include investing in education, retirement planning and saving.

Insurance is another way individuals protect their financial security and the safety of their families. Insurance products run the gamut from auto insurance policies to annuities. It can benefit anyone to refresh their memories about the significance of various insurance products that can help them protect their financial freedom and manage unforeseen life events that much more easily.

## Annuities

The Office of the Insurance Commissioner of Washington State notes that annuities are a type of contract between a consumer and an insurance company. When individuals purchase an annuity, they may pay a large, single premium or make a number of payments over a designated period of time. In exchange for those payments, annuity holders guarantee a future income. Money in an annuity grows on a tax-deferred basis. When an annuity reaches maturity, money can be withdrawn in a lump sum or withdrawals can be arranged on a fixed payment system, which is why annuities are often characterized as means to ensuring income later in life. Insurance companies typically offer various types of annuities, so individuals can speak with an agent to determine which vehicle is best for them.



## Life Insurance

It's easy for young adults to overlook the importance of life insurance. After all, few individuals in their twenties or thirties think about providing for their families upon their passing. But life insurance is vital to securing the long-term financial security of your family, even for those individuals who have yet to start a family of their own. In addition, monthly premiums on life insurance policies tend to be lower the earlier a policy is opened, which provides another benefit to looking into life insurance at a young age.

## Travel Insurance

The utility of travel insurance took center stage during the pandemic, when millions of individuals across the globe were forced to cancel or postpone travel plans due to travel restrictions at home and abroad. Before purchasing travel insurance, it's vital to read policies carefully, as individuals want to be sure the policy they're purchasing will protect them if they are forced to cancel a trip. Policies differ, so some might offer protection against variables like a pandemic, while others may not. The main reason to purchase

travel insurance is to secure protection against financial loss if you're forced to cancel, delay or interrupt a trip. Confirm what a policy does and does not offer with an insurance agency representative. The knowledge that a travel investment is protected should plans change can make it all the more enjoyable to plan vacations.

## Natural Disaster Insurance

Homeowners and even renters are urged to carefully read their existing homeowners' or renters' insurance policies to confirm what level of coverage, if any, their policy provides against natural disasters. Some policies specifically note certain coverage is not provided. For example, residents in coastal areas may have policies indicating flood protection is not part of their coverage. However, many companies will offer separate coverage against natural disasters. Such supplemental coverage is worth investigating as the effects of climate change become more and more apparent in the coming years.

Insurance is a safety net no one should go without. Various insurance products are worth investigating for individuals who want to secure their financial futures.

# Signs a Loved One Might Need Assisted Living

Assisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects an individual's ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It's not always easy to identify when an individual may need to move into an assisted living facility. Some individuals choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so. According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:

- ▶ Requiring routine reminders to take medication
- ▶ Noticeable changes in weight, including weight loss or gain
- ▶ Loss of mobility or increase in falls
- ▶ Signs that household maintenance is being neglected
- ▶ Difficulty with daily tasks like grooming and meal preparation
- ▶ Increased isolation
- ▶ Loss of interest in hobbies

It's important for families to recognize that some of the signs noted above might suggest the presence

of a condition or disease that would not, if treated successfully, compromise an individual's ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions can be addressed without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one's ability to live independently with that person's health care team before they consider if a

person needs to move into an assisted living facility. It's equally important to ask a loved one's health care team which type of facility they think might be most beneficial if, in fact, they think it's in an individual's best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility.



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# What's a Good Heart Rate for Your Age?

A resting heart rate can be a good indicator of health. According to the Mayo Clinic, generally speaking, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. Conversely, an unusually high resting heart rate may signify an increased risk of heart disease or another medical condition.



and should not fluctuate all that often.

What qualifies as a healthy resting heart rate changes as one ages. In fact, heart rates for children are much different from adults.

- ▶ Newborn babies: 100 to 205 bpm
- ▶ Infants under 1 year: 100 to 180 bpm
- ▶ 1 to 2 years: 98 to 140 bpm
- ▶ 3 to 5 years: 80 to 120 bpm

- ▶ 6 to 7 years: 75 to 118 bpm
- ▶ Older children and teens: 60 to 100 bpm
- ▶ Adults: 60 to 100 bpm

Men and women differ slightly in resting heart rate. The National Institutes of Health says the average adult male heart rate is between 70 and 72 bpm, while the average for adult women is between 78 and 82 bpm. This is due in large part to the fact that men have larger hearts than women. This occurs even after accounting for age and physical fitness.

There are ways to lower resting heart rate. Exercise, quitting smoking and relaxing to reduce stress and anxiety can promote a low resting heart rate.

## Did You Know?

Hearing aids can be a useful ally for individuals as they navigate and seek to overcome hearing loss. Older individuals affected by age-related hearing loss may be particularly in need of hearing aids, but data indicates usage of the devices is low among the aging pop-

ulation. According to the National Institute on Deafness and Other Communication Disorders, just three in 10 adults over 70 with hearing loss have ever used hearing aids. And it's not only the aging population that is reluctant to use hearing aids, as the NIDCD notes that just 16 percent of adults between the ages of 20 and

69 who could benefit from wearing hearing aids have ever used them. Greater education regarding the efficacy of hearing aids and the range of user-friendly aids that are nothing like the bulky, often ill-fitting products of yesteryear could compel more individuals with hearing loss to turn to these devices in the years to come.

# WHAT TO EXPECT WHEN DONATING BLOOD

Donating blood is a selfless act that benefits countless individuals each day. The need for a steady blood supply is ongoing.

The process of donating blood is simple, safe and quick. Although each organization may run a blood drive differently, here is what a blood donor can expect of the donation process.



- ▶ **Register for the blood drive at an organization close to you.** Many groups require you make an appointment, but some may accept walk-ins.
- ▶ **Get plenty of rest and stay hydrated the day before the donation appointment.** Also, set aside your identification. The type of identification needed may vary by donation center.
- ▶ **Wear a short-sleeved shirt or one with sleeves that can be rolled up.**
- ▶ **Arrive for the appointment and complete a mini-physical and health history.** Your temperature and blood pressure may be taken,

and other vital signs may be checked. The attendant will ask questions about behaviors or illnesses that may exclude you from being able to donate blood.

- ▶ **You may undergo a finger prick to test whether you are anemic,** or when your body doesn't produce enough red blood cells or hemoglobin.
- ▶ **During the donation, 500 milliliters, or roughly 17 ounces, will be collected.** A phlebotomist will cleanse an area on your arm and insert a new, sterile needle for the blood draw. The quick pinch is over in seconds. For a donation of platelets, a special machine called an apheresis machine will be connected to both arms.
- ▶ **Blood donation takes about eight to 10 minutes to complete, during which you can be seated comfortably or lie down.** For platelets, the machine will collect a small amount of blood, remove the platelets, and return the rest of the blood through the other arm. This cycle repeats several times for a period of about two hours. Bandages will be placed on your arm at

the conclusion of the donation where any needles were removed.

- ▶ **Following the blood draw, you'll be allowed to rest and recover.** There likely will be small snacks and beverages. After 10 to 15 minutes, you'll be allowed to leave and continue your normal routine.
- ▶ **Avoid vigorous activities for at least four hours after the donation.** Remain hydrated for two days following the donation.
- ▶ **While most donors feel fine afterwards, it is not uncommon to experience mild dizziness, lightheadedness, fatigue, or bruising and pain at the draw site.** These symptoms should resolve fairly quickly.

The U.S. Department of Health and Human Services says you can donate blood and blood products at these intervals:

- ▶ Whole blood donation: 56 days
- ▶ Platelet donation: 7 days
- ▶ Double red cell donation: 112 days
- ▶ Plasma donation: 28 days

Learn more about blood donations at [Lifelinebloodserv.org](http://Lifelinebloodserv.org).

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