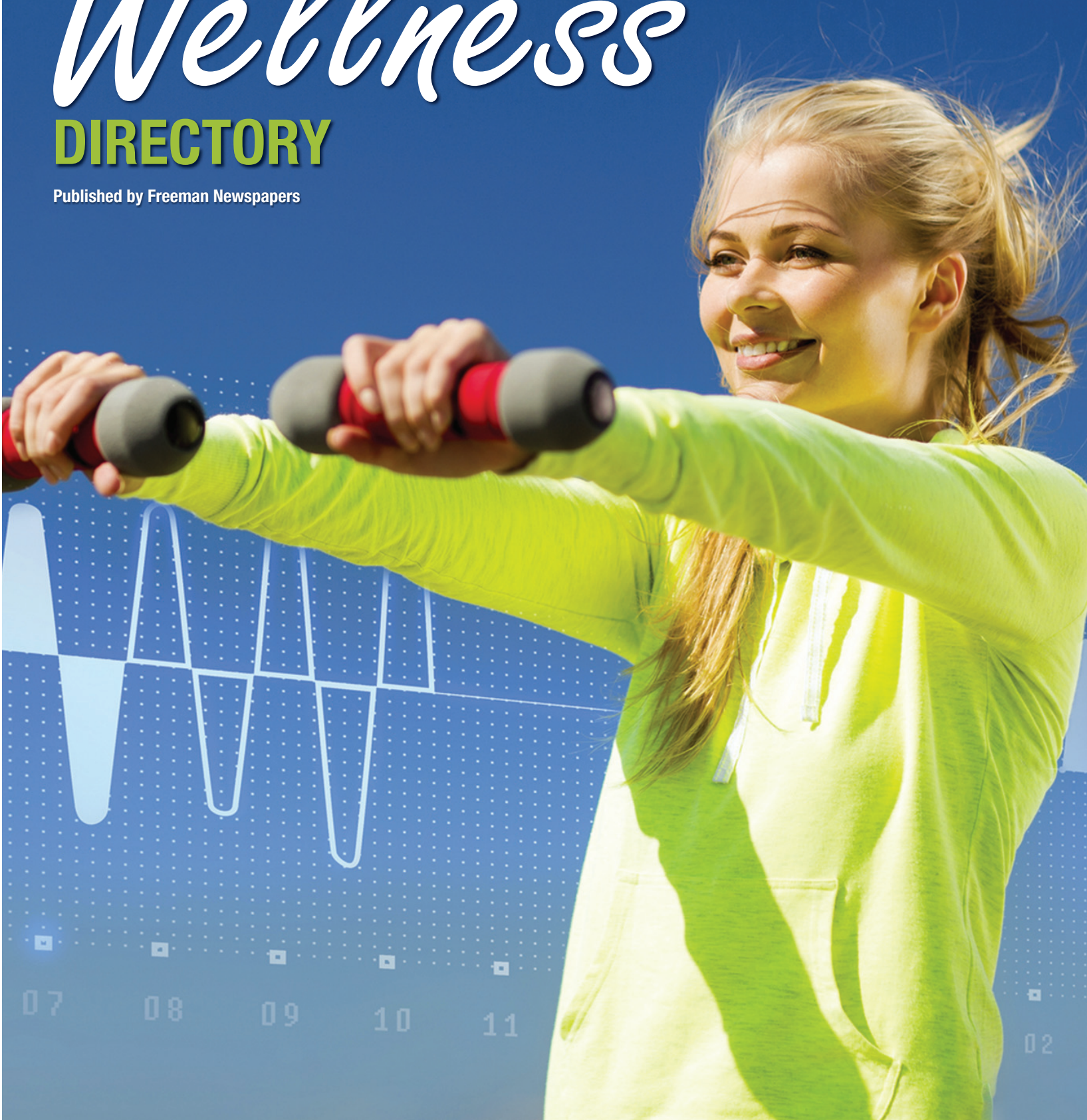


Spring 2019

Health & *Wellness* DIRECTORY

Published by Freeman Newspapers



Tips to keep your feet healthy

Footwear should fit your lifestyle

By Karen Stokes
Special to Conley Media

Whether getting your feet ready for the latest sandals this summer or healthy enough to get out and experience adventurous hiking trails, caring for your feet is important.

After a lifetime of supporting and carrying your weight, wearing ill-fitting shoes and 6-inch stilettos, many adults develop foot problems.

Women's Health Matters offered suggestions on daily foot care:

- Keep your feet clean. Wash them daily, and dry them off before putting on socks or shoes.

- If your skin is dry and prone to cracking, use a moisturizing cream on your feet at least once a day — but don't moisturize between your toes because it won't dry properly. A common problem with dry skin on feet is cracked heels.

- Cut toenails straight across and don't dig down the sides.



Dr. Michael Kokat, podiatrist and owner of Advanced Foot and Ankle of Wisconsin in Brookfield believes good foot care starts with the right foot gear.

"It's important for individuals to have the right foot gear which is relative to what

they're doing. Whether it be a specific type of sport or whether it's a specific type of job," said Kokat.

People with medical conditions such as diabetes need to take special care of their feet and may need professional help caring for their feet. Although

not everyone with diabetes gets neuropathy, which can cause loss of sensation in the feet, it's important to check feet.

"With diabetes we are able to take care of a patient from a foot and ankle standpoint we also take care of them from a general standpoint. We can certainly recognize other issues, cardiovascular issues or blood flow issues. Diabetics should probably see a podiatrist every three to six months," Kokat said.

Any individuals with issues like foot pain lasting longer than 72 hours, redness or swelling should make an appointment with a podiatrist to get their feet checked.

"The main thing is we don't want people to wait," said Kokat. "The sooner we can get a patient through the door the easier it will be to fix the problem and not have long lasting chronic problems. If there's an issue we just don't want you to wait."



It's Spring Training For Your Smile!

Let Reichl Orthodontics create the perfect smile for you with three convenient locations in Waukesha, Hartland and Mukwonago.

Dr. Peter Reichl and Dr. James Kolstad look forward to meeting you during a complimentary consultation.

REICHL ORTHODONTICS



262-547-2827
reichlortho.com



WE DO SKIN BEST!

Medical and Cosmetic Dermatology

Dr. Straka, Dr. Kleven, and Courtney Papp, PA-C

OUR ENTIRE TEAM BELIEVES IN PROVIDING TOP QUALITY, INDIVIDUALIZED CARE IN A COMFORTABLE, INVITING ENVIRONMENT.

WE OFFER CARE OF ALL SKIN CONDITIONS IN PATIENTS OF ALL AGES.

MEDICAL DERMATOLOGY

- ~Thorough and comprehensive skin cancer screenings
- ~Advanced treatment of psoriasis and all other skin diseases
- ~Treatment of allergic contact dermatitis and comprehensive allergen testing
- ~Comprehensive acne care
- ~All- inclusive dermatological surgery, including earlobe repair

COSMETIC DERMATOLOGY

- ~Comprehensive cosmetic evaluation to determine the most appropriate therapy to enhance one's natural beauty including Botox®, Dysport®, Juvaderm®, Restylane®, Advanced Cosmetic Lasers, Chemical peels, Sclerotherapy, and Microneedling



HIGHLANDER DERMATOLOGY

2607 N. GRANDVIEW BLVD.

WAUKESHA, WI 53022

(262)290-4540

HIGHLANDERDERMATOLOGY.COM

"Celebrating 25 Years of Private Practice"



1720 Dolphin Drive, Suite B, Waukesha

262-347-2222

www.specialtherapies.com

**Advanced Occupational Therapy
— Pediatrics and Adults —
Experts in Sensory Integration
Advanced CranioSacral Therapy**

We have success in treating:

Concussions • Neurology Injuries/Disorders • Autism
Learning Disabilities • Sensory Processing Disorders
Breastfeeding Difficulties • Chronic Pain/Nerve Pain
Lyme Disease • Stress and Anxiety • Orthopedic Injuries

263856001

TABLE OF CONTENTS

- Appetite control.....page 9
- Chiropractic care.....page 11
- Clean eatingpage 6
- DIRECTORY LISTINGSpage 12
- Foot carepage 2
- Home gympage 5
- Medicine cabinetpage 9
- Puzzles promote wellnesspage 11
- Seniors staying activepage 7
- Stomach healthpage 13
- Workday mental sharpnesspage 14
- Young athletes' injury risk.....page 8



family dentistry from the heart.

Offering:

- GENERAL DENTISTRY
- PEDIATRIC DENTISTRY
- INVISALIGN
- STRAIGHT WIRE ORTHODONTICS
- VENEERS
- WHITENING
- IMPLANTS
- EMERGENCY CARE
- COSMETIC DENTISTRY



Save \$250 on



Cannot be combined with insurance or any other discount



Dr. Michelle Kelly

11 Crossroads Court
Delafield, WI 53018
(262) 646-4188

www.delafieldfamilydental.com

Stay home and get fit

Start with the right space, then equipment

By Karen Stokes
Special to Conley Media

Looking to start a fitness plan but no time to go to the gym? Consider a home gym.

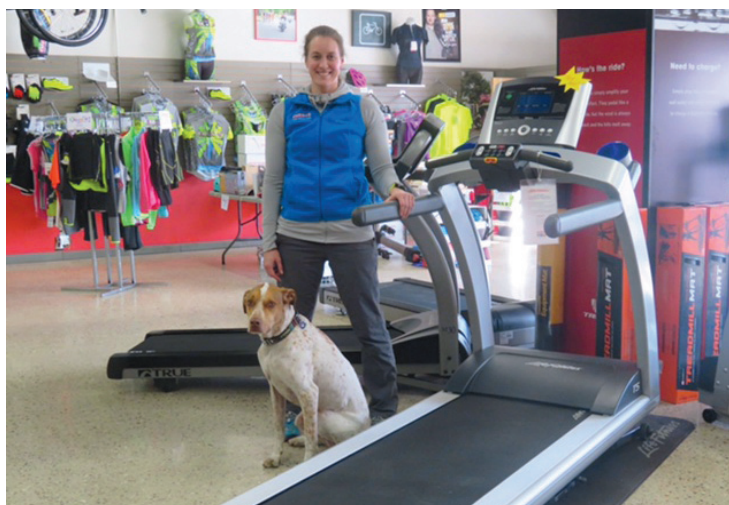
There has been a growing trend from a traditional gym to working out at home. From the cost of gym membership to time restraints from a busy life, home gyms are an attractive option.

Anna Federspiel, sales manager at Emery's Cycling, Triathlon & Fitness in Menomonee Falls said, "We definitely sell a lot of home gym equipment. Sales have been steady for the last six years."

Info compiled by the Guardian says that the gym dropout rate in the first eight weeks after signing up may be as high as 80 percent.

"If you look at your (return on investment), in the long run in two years at the gym you paid for a treadmill or an exercise bike," Federspiel said.

According to garagegym



Karen Stokes/Special to Conley Media

Anna Federspiel, sales manager at Emery's Cycling, Triathlon & Fitness, N88-W15036 Main St. in Menomonee Falls, stands with her buddy.

planner.com, before purchasing equipment you need to find space for your gym. Use the biggest room in your house or even your garage. If you cannot find a spare room, you can

always move the furniture and create room while working out.

A room with windows and sunlight pouring in is considered the best place.

Flooring is important. Make

sure your gym is laid down with shock absorbing material like rubber mats. The right flooring will protect you from injury and also make sure that your equipment is safe.

"First you want to get your main piece of cardio equipment," said Federspiel. "What equipment depends on the individual. Treadmills are one of the most popular pieces of equipment we sell."

Federspiel said rowing machines are a piece of equipment that goes well with cardio equipment.

Rowing is a low impact workout and you hit 84 percent of your muscle groups in a single stroke.

When you create your home gym, it won't do you any good if you don't use it.

"It all comes down to what are you going to use. You can add equipment, you don't have to build your gym all at once," said Federspiel. "Why pay \$2,000 for something you won't use?"





PROHEALTH WEST WOOD HEALTH & FITNESS CENTER

Is an extension of the health promotion and wellness activities provided by ProHealth Care. It represents ProHealth Care's commitment to not only providing high quality care for the sick, but helping the community improve its health and quality of life through disease prevention and health promotion.

FITNESS FLOOR

130 pieces of exercise equipment options suitable for all abilities and levels. Includes cardiovascular, strength stations, plate loaded strength stations, free weights, multi station training unit, treadmills, ellipticals, crosstrainers, arc trainers, rowers, step mills, upright and recumbent bikes, spin bikes, upper body ergometer and Nu-Steps.

KIDS CLUB

We would like to welcome you and your child/children to West Wood and assure you that **you have chosen a bright, safe, stimulating environment for your kids.**

GROUP STUDIOS

More than 100 classes offering a wide variety for all skill levels. Members enjoy **free classes** in our **Group Fitness Studio** on the second floor. Light, bright and large, with all the equipment you need. **Studio 2** is dedicated to our Keiser indoor cycles and Virtual Fitness by Les Mills. **Both are free to our members.** Virtual Fitness includes exciting and motivating virtual classes that you get to choose. All Les Mills modalities are included.

AQUATICS CENTER

Group fitness classes, lap swimming, and **private swim lessons.** Kick boards, fins, flotation belts, barbells and even Professional instructors to help you learn new skills and refine old favorites.

THE SPA AT WEST WOOD

The Spa at West Wood is a soothing environment designed to renew both body and spirit. Our mission is to provide **high-quality**, nurturing treatments tailored to optimize your health and wellness. Experience our pampering and restorative health and beauty treatments. With a comprehensive menu of services designed to meet the diverse needs of both **men and women.** Spa services included **customized massages, skin care, body treatments, waxing and nail care.**

PROSHOP

Forgot your goggles, swim cap or ear buds? We have a variety of swim accessories available for purchase. We also have water bottles and ear buds. Or, you can relax in the comfy chairs and find out what's happening at West Wood and with ProHealth Care.

Rates as low as
\$58 per mo.

**Mon-Thurs: 4AM-10PM;
Fri 4AM-9PM;
Sat/Sun 6AM-7PM**

**2900 Golf Rd
Pewaukee
262.650.8000**

263660001

What is clean eating?

Local dietitians weigh in

By Dave Fidlin
Special to Conley Media

In recent years, the concept of clean eating has been cropping up in health-related discussions.

But what exactly is this movement all about? Waukesha County dietitians have offered up their own perspective and are quick to point out it is not a fad diet, but instead is more about mindfulness while deciding what to put in the shopping cart at the supermarket.

“Basically, it’s food in its whole form, or as close as you can get to it,” said Liz Riesen, a clinical dietitian at Ascension’s Elmbrook Medical Office facility.

While the notion of clean eating has been steadily becoming a part of the cultural vernacular, there has been confusion of what exactly it is, said Jen Jobke, a clinical dietitian at Froedtert and the Medical College of Wisconsin’s

Community Memorial Hospital in Menomonee Falls.

“It isn’t its own branded diet,” Jobke said. “It’s a mix of whole grains, fruits and vegetables, low-fat dairy and lean meats.”

Riesen offers up a helpful metric in determining whether a packaged product falls within the “clean eating” category. In general, the fewer the ingredients, the better.

“A lot of products can get by with five or fewer ingredients,” Riesen said. “It can be amazing when you compare the different types of products out there.”

There are exceptions to the ingredient list, however. The number of items in a packaged stir-fry will be lengthy, Riesen said, though it is more of a reflection of the different vegetables.

Some of the old adages of food selections at the supermarket hold true for clean eating, Jobke said.

“Shop in the perimeters of

the store,” she said. “That’s where you find the fruits and vegetables, lean meats and dairy.”

Whenever a packaged product is purchased, Riesen and Jobke suggested consumers stray from products with a bounty of lengthy, seemingly unpronounceable ingredient names, which are a sign of heavy processing.

The concept of processing can be a misnomer, Riesen said. In some cases, she said, the technique is beneficial in our modern society.

“Everything is processed because it goes through a process to get to our grocery store,” she said. “Flash freezing fruits and vegetables is an example of how processing isn’t necessarily bad.”

More than anything, Jobke



said she continues to emphasize tried-and-true edicts about food selection.

“Getting a variety of different foods is the most important thing,” she said. “And eat everything in moderation.”



WE CAN HELP YOU WITH THE *next step.*

Independent, Assisted Living and Memory Care Communities



Premier Amenities • Personalized Care Plans • Luxury Lifestyle

Schedule your personal tour! 844-658-4475

HERITAGE
SENIOR LIVING

New Berlin • Elm Grove
Waukesha • Hartland • Muskego
heritagesenior.com

Tips for staying active as a senior citizen

30 minutes per day of activity is recommended

By Dave Fidlin
Special to Conley Media

It's no secret our bodies slow down as we age, but in most cases this doesn't mean physical activity needs to come to a complete standstill.

There are a number of ways seniors can continue living life to its fullest, even as aches and pains creep into the equation, according to local medical professionals well versed in physical therapy and senior care.

"We need to be aware of our limitations," said Barb Brown, a physical therapist with Ascension Wisconsin's Elmbrook Medical Arts Center. "The best plan is to understand where your deficiencies are, and where your strengths are."

For seniors who are able to partake in physical fitness, there are a host of benefits, said Marilyn Ranney, a senior health coach with Froedtert and the Medical College of Wisconsin's Menomonee Falls



facility.

Recent studies, Ranney said, correlate to improved sleep and a reduction in clinical depression for seniors who partake in a regular fitness regimen.

Ranney and others, however, offer an important caveat to any seniors considering a fitness regimen, particularly for those who have been sedentary for a prolonged period of time.

"If they have not been active, it is important to get the blessing of their primary care physician," Ranney said.

While there are precautions

to keep in mind, seniors who have the go-ahead to undertake a rigorous regimen should work at challenging themselves, mentally and physically, said Nicholas Romano, a physical therapist with Aurora's Summit facility.

"Understanding how our bodies break down over the years guides us," Romano said. "Move your body in ways that you haven't in the regular course of the day."

While being active is often-times associated with physical benefits, exercises can provide

other added bonuses, Brown said.

"Dancing is a good example," she said. "It not only engages the physical body, but it also does so with the mental capacity. And with something like ballroom dancing — it helps with socialization."

For seniors able to do it, Romano said he recommends yoga because it intermingles a range of helpful benefits, including balance, flexibility and improved breathing.

"It allows you to use your body in different ways," he said.

In general, Ranney said she recommends seniors partake in what she describes as moderate or brisk activity for 30 minutes per day, five days a week.

"That number has been out there a long time," Ranney said. "Any type of physical activity is good, and it can include doing chores. It doesn't have to be done all at once, either."

15th Annual Customer Appreciation Sale

Friday, May 3rd
9 a.m. - 6 p.m.

Saturday, May 4th
10 a.m. - 3 p.m.

Lowest prices of the year!

- **FREE** installation on any stairlift purchased during the sale. (\$300-\$400 savings.)
- **NEW LIFETIME WARRANTY** on most products.
- **EXTENDED LABOR WARRANTIES** offered on accessibility products.
- **FREE FOOD & REFRESHMENTS** during sale hours.

FREE INSPECTION
of your mobility device.

*Valid May 3rd-4th during
sale business hours.
Parts not included.*

ENTER TO WIN
a free wheelchair.

*Drawing will be held on
Saturday, May 4th.*



Miller Mobility
NOW YOU CAN!

713 N. Grandview Blvd., Waukesha, WI 53188

(262) 549-4900
www.millermobility.com

Strategies to reduce young athletes' injury risk

Sports can make a profound impact on the life of a young person. Stanford Children's Health, a Bay Area-based pediatric and obstetric health care system that offers comprehensive clinical services, notes that children who participate in sports experience a range of physical, emotional and interpersonal benefits.

Improved vision, a reduced risk of obesity, the development of motor skills, and the development of social skills are just a handful of the many ways kids can benefit from sports. Athletes' parents typically recognize such benefits, but that likely doesn't prevent them from being concerned about the children's risk of suffering sports-related physical injuries, particularly for young athletes who compete in contact sports. While it's impossible to eliminate the risk of injury entirely, regardless of which sports kids play, there are some strategies athletes and their parents can take to reduce that risk.

- **Make sure young athletes get their physicals.**

Recreational and scholastic sports leagues typically require athletes to get physicals before they're allowed to compete. Kids who participate in more loosely organized leagues should get a physical before each season even if the league does not require them to do so. These examinations can uncover problems such as irregular heartbeat that may make kids vulnerable to injury or illness. When these issues are discovered, athletes, their parents, their physicians, and their coaches can then work together to develop a plan to protect kids without preventing them from participating in their favorite sports.

- **Open and maintain a dialogue with coaches before and throughout the season.** Safe Kids Worldwide, a non-profit organization that works to help families and communities keep kids safe from injuries, recommends parents meet with coaches before the first practice of the season to inform them of a child's medical history with asthma or other medical conditions that



require special attention. If kids develop nagging injuries during a season, whether it's during competition or not, parents should report them to the coach directly, as kids may be hesitant to do so on their own.

- **Warm up and stretch before games.** Many coaches are fully aware of the importance of warming up and stretching before games. But

parents can still keep an eye out to make sure kids do this prior to competition, as Safe Kids Worldwide notes warming up and stretching helps to prevent sports-related injuries by releasing muscle tension before kids begin physical activity.

- **Encourage young athletes to hydrate and stay hydrated throughout competition.** The NCAA notes that the consequences of dehydration are severe and can include increased core temperature and heart rate, decreased blood pressure, nausea and vomiting, general fatigue, headaches, and muscle cramps. Hydrating before competition and staying hydrated throughout a game can help athletes maximize their performance and minimize their risk of injury and muscle cramps.

Young athletes benefit greatly from participating in sports. Parents and coaches can help kids capitalize on those benefits by encouraging them to employ various strategies designed to reduce their risk of injury.

You have more than one choice for specialized orthopedic hand to shoulder care.



HAND TO
SHOULDER
SPECIALISTS
OF WISCONSIN

414-453-7418 www.hsswi.com

Convenient Compassionate Comprehensive

"It would be our privilege to care for you."



Norman Buebendorf, M.D.



Curtis Crimmins, M.D.



David Siverhus, M.D.



Mark Hodgson, M.D.



David Meister, M.D.

263661005

Brookfield • Glendale • Mayfair • Airport • Cedarburg

Strategies to control appetite

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

- **Eat slowly.** When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

- **Choose the right snacks.** The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and

picked up by the handful, choose snacks that are both healthy and require a little work. Carrots dipped in hummus or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites. The time it takes to dip between bites affords more time for the digestive tract to release signals to the brain that you're full.

- **Reach for fiber first.** Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they've eaten their main courses. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you're less likely to overeat



before your brain receives the signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or

other side dishes.

- **Drink water.** Perhaps the best, and least expensive, way to control appetite and ensure you don't overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

Controlling appetite does not have to be a complex undertaking. In fact, some of the simplest strategies can be highly effective.

Clean out the medicine cabinet

Spring cleaning takes on an entirely new meaning when getting rid of expired or unsafe medicines. Even though people may be quick to toss out expired foods or even clean closets of ill-fitting clothing, few individuals exercise such diligence with their medicine cabinets.

The U.S. Food and Drug Administration says the medicine expiration date is critical when determining if a product is safe to use and will work as intended. Medications past their expiration date may not be as strong as intended, and even their chemical composition may change, making

them risky to keep around. Furthermore, keeping too many medications in a home — particularly pain prescriptions — can lead to misuse and abuse, as the U.S. Drug Enforcement Administration says that rates of prescription drug abuse in the United States have risen considerably in recent years.

Some old medications, such as children's cough and cold products, may no longer be recommended for certain ages. Having such medications in the house could prove harmful. Taking inventory and cleaning out medicine cabinets frees up space and creates a safe home

environment.

- Toss away any expired products, whether they are prescription or over-the-counter medicines. The best way to do so is to bring the medication to a pharmacy for disposal rather than throwing it in the garbage or flushing medicines down the toilet.

- Discard any unmarked containers or pill foils that are not in their original packaging.

- Test any medical devices, such as a nebulizer, blood pressure monitor and glucose testing equipment to ensure they are in working order.

- Replenish commonly used items, such as fever reducers or

headache medicines. Make sure there is a supply of bandages and first aid equipment on hand at all times.

- Relocate medical supplies to an area that isn't high in humidity, as steam from showers can speed up the expiration of medication. Storing medicines in the refrigerator won't help, as that is a high-humidity area, too.

Checking medications and removing expired products from the house can prevent accidents related to medications and ensure that all medicines in the house are as effective as possible.



Assisted Living Locators
Your local senior living advisor™

Matchmaking Seniors with Caring Providers for Over a Decade



No Cost Referral Service
Dave Ciccantelli
262.933.8107
Waukesha.AssistedLivingLocators.com



Offering the highest quality CBD/Hemp oils available.

CBD Waukesha Wellness

Mention this ad Get 10% OFF

Pain, Anxiety, PTSD, Seizures, Fibromyalgia and much more.
Come on in and we will answer all of your CBD questions and needs!!!

901 Meadowbrook Rd., Suite 5 Waukesha, WI 53188 • 262-278-4125
Mon.-Fri. 10am-6pm • Sat. 11am-6pm • Sun. 11am-5pm

Become an integral part of the medical team in as little as one year!

Earn your Medical Assistant technical diploma at WCTC.

You'll open the door to a wide variety of rewarding healthcare careers as a medical assistant.

- Learn to take health histories, measure vital signs, administer medications and so much more.
- Prepare to work in a variety of administrative, laboratory and clinical settings.
- Qualified medical assistants are in high demand!

Visit wctc.edu/med-asst



WAUKESHA
COUNTY TECHNICAL
COLLEGE

Hands-on Higher Ed

WCTC prohibits discrimination or harassment based on any status protected by applicable state or federal law.



How puzzles promote health and wellness

Puzzles are fun and entertaining, but their benefits go beyond simple recreation. In fact, playing and solving puzzles on a regular basis can benefit adults and children in various ways.

Puzzles often stimulate problem-solving centers in the brain and can improve brain health. Researchers have found that, by completing crossword puzzles, playing challenging games or doing other puzzle-related activities, individuals may be less likely to develop brain plaques that have been tied to Alzheimer's disease. Data published in the Archives of Neurology found a distinct connection between people who exercised their minds with stimulating activities in their early and middle years and brain health. This group had less Beta-amyloid protein uptake in their brains, which is linked to the onset of

Alzheimer's, than those who didn't engage in puzzles during the same time frame.

Beyond their health benefits, puzzles offer some additional perks.

- **Puzzles boost vocabulary.** Puzzles such as crosswords or codewords/cryptograms introduce people to new words. This helps people expand their vocabulary and can help them improve their spelling.

- **Puzzles teach patience.** Puzzles can be challenging, and such challenges can promote patience in regard to approaching and realizing goals.

- **Puzzles can reinforce lessons.** Teaching through puzzle play is an effective way to tap into memory retention while making lessons fun.

- **Puzzles may improve intelligence.** Engaging in puzzles can force players to think and reason using general



knowledge, memory, spatial imagery, and logic. These skills help to sharpen intellect over time. Researchers at the University of Michigan even

found that adults could boost their IQs by four points after spending 25 minutes a day doing puzzles.

- **Puzzles reinforce concentration.** Concentration is required to find words hidden in a word search puzzle or to solve a brainteaser. According to data on SelfGrowth.com, puzzles naturally induce a state of creative, focused meditation.

- **Puzzles improve visual-spatial reasoning.** When solving a jigsaw puzzle or working one's way through a maze, players have to look at different shapes and figure out where they fit within the larger picture. Better visual-spatial skills can help with packing, driving and using a map and can be valuable career tools in fields such as architecture.

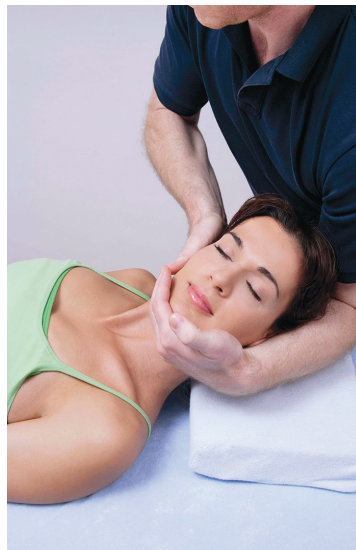
Puzzles are a fun recreational activity that also can boost brain health.

Reduce accident pain and heal with chiropractic care

Did you know that automotive accidents are one of the leading causes of injuries? In 2012, more than 5.6 million car accidents were reported to law enforcement and car insurance companies, and the numbers keep growing. The attorney referral service and legal information resource Find Law says the economic cost of car accidents is estimated at \$277 billion each year.

In addition to causing property damage and damage to the vehicle, car accidents can result in various bodily injuries that may impact a person's ability to function and work. Some of the more common injuries include trauma to the head, back and neck. Many different treatments can help people who have been involved in auto accidents. Including chiropractic care in treatment plans may help people decrease their pain and improve their mobility.

It is important for people involved in auto accidents to seek medical care immediately even if the need for medical attention doesn't seem readily apparent. Adrenaline can staunch symptoms, and a person may exacerbate an injury if he or she hasn't undergone a medical exam



after a car accident.

Persons involved in auto accidents can visit chiropractors as part of their post-accident treatment plans. Chiropractors can perform various services to help people overcome their injuries.

- **Assess invisible injuries.** Whiplash can produce symptoms hours or even days after an accident. Soreness, dizziness and pain may not register on X-rays or imaging tests. However, a chiropractor may have the tools to assess injuries that result from tension, mis-

alignment and micro-tears in ligaments and muscles.

- **Reduce inflammation.** Chambers Medical Group says that spinal manipulations and pressure release techniques can realign the spinal column and help release an anti-inflammatory substance through the body that can lower pain and inflammation.

- **Improve pressure.** Manipulations also can reduce pressure in the neck area, which in turn may ease the pain of headaches, stiffness, dizziness, and even ringing in the ears, according to the chiropractors at Pain Stop Clinics.

Chiropractic care may be used alone or in concert with other treatment options. Medical professionals can work together to provide a regimen that will ease pain and help patients get on the road to recovery.




Prairie Village
by Fairhaven



**New duplexes
now available!**

**Call today for a
personal tour.**

A "Life Lease" Community

- Quality new construction 2 bedroom.
 - Interior and exterior maintenance provided.
- 2 bath ranch duplex homes for 55 and older.
- Enjoy a carefree lifestyle with assured access to Fairhaven's multiple levels of senior care.

435 W. Starin Rd., Whitewater

 **262-473-2140** 
prairie-village.org

DIRECTORY LISTINGS

AGING / DISABILITY

Aging and Disability Resource Center of Waukesha County ADRCpg 16
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188
262-548-7848 1-866-677-2372
www.waukeshacounty.gov/adrc

BREAST CANCER SUPPORT

ABCDpg 15
ABCD: After Breast Cancer Diagnosis
5775 N. Glenpark Road #201
Glendale, WI 53209
414-977-1780 800-977-4121
www.abcdbreastcancersupport.org

CHIROPRACTIC

Grandview Chiropractic Centerpg 14
2430 N. Grandview Blvd., Waukesha
262-542-2553
www.grandviewchiro.com

DENTISTRY

Delafield Family Dentalpg 4
Dr. Michelle Kelly
11 Crossroads Court
Delafield, WI 53018
262-646-4188
www.delafieldfamilydental.com

DENTISTRY continued

Midtown Dental Carepg 14
Mark R. Crego DDS, SC
Dr. Laura Russell
Dr. Ann Marie Hoyme
8726 W. North Avenue
Wauwatosa, WI
414-258-5351
www.midtowndentalcare.com

Shoemaker & Gilsonpg 13
Family Dentistry
1600 Summit Avenue, Suite B
Waukesha
262-542-0431
www.waukeshafamilydentistry.com

DERMATOLOGY

Highlander Dermatologypg 3
Bradley Straka, MD
Kristina A. Kleven, MD
2607 N. Grandview Blvd., Suite 125
Waukesha
262-290-4540
www.highlanderdermatology.com

EYE CARE

Retina & Vitreous Consultants of Wisconsinpg 12
Moreland Medical Center
1111 Delafield Street, Suite 227

Waukesha 53188
262-524-9323
2600 N. Mayfair Road, Suite 901
Milwaukee 53226
414-774-3484
www.rvcow.com

HEALTH & WELLNESS

CBD Waukesha Wellnesspg 9
901 Meadowbrook Road, Suite 5
Waukesha, WI 53188
262-278-4125

ProHealth West Wood Health & Fitness Centerpg 5
2900 Golf Road
Pewaukee, WI 53072
262-650-8000
www.westwoodfitness.org
membership@phci.org

HEALTH INSURANCE

Health Marketspg 13
Mary Beth Heiter, Licensed Insurance Agent
262-505-6154 414-861-5354
mheiter@HealthMarkets.com
www.healthmarkets.com/mheiter

MEDICAL EDUCATION COURSES

Waukesha County Technical Collegepg 10
800 Main Street
Pewaukee, WI 53072
www.wctc.edu/med-asst

MOBILITY PRODUCTS

Miller Mobilitypg 7
713 N. Grandview Blvd.
Waukesha, WI 53188
262-549-4900
www.millermobility.com

ORTHODONTICS

Reichl Orthodonticspg 2
2140 W. St. Paul Ave., Suite A
Waukesha, WI 53188
870 Rose Drive
Hartland, WI 53029
400 Bay View Rd., Suite K
Mukwonago, WI 53149
262-547-2827

ORTHOPEDIC

Hand To Surgery Specialistspg 8
"Leaders in Hand to Shoulder Care"
414-453-7418
www.hsswi.com
Norman Buebendorf, MD
Curtis Crimmins, MD
David Siverhus, MD
Mark Hodgson, MD
David Meister, MD
Brookfield:
19475 W. North Avenue, Suite 302
Wauwatosa:

Mayfair Shopping Mall
2500 N. Mayfair Road, Suite 670
Glendale:
525 W. River Woods Parkway, Suite 230
Cedarburg:
W62 N208 Washington Avenue
Airport - coming soon:
5007 S. Howell Avenue, Milwaukee

SENIOR LIVING

Assisted Living Locatorspg 9
No Cost Referral Service
Dave Ciccantelli
262-933-8107
Waukesha.AssistedLivingLocators.com

Fairhavenpg 11
435 W. Starin Road
Whitewater, WI 53190
262-473-2140
prairie-village.org

Heritage Elm Grovepg 6
(Assisted living, Enhanced Assisted Living, Memory Care)
800 Wall Street, Elm Grove, WI 53122
P: 262-786-5800 F: 262-784-2373
ElmGroveMarketing@Heritageal.com

Heritage Waukesha
(Memory Care)
1831 Meadow Lane, Pewaukee, WI 53072
P: 262-542-3434 F: 262-549-1511
WaukeshaMarketing@Heritageal.com

Heritage New Berlin - Deer Creek
(Assisted living, Independent Living, Memory Care)
3585 S. 147th St., New Berlin, WI 53151
P: 262-789-6600 F: 262-789-5147
DeerCreekMarketing@Heritageal.com

Heritage Lake Country
(Independent Living, Assisted living, Enhanced Assisted Living, Memory Care)
2975 Village Square Dr.,
Hartland, WI 53029
P: 262-367-2975
LakeCountryMarketing@Heritageal.com

Heritage Muskego
(Independent Living, Assisted living, Enhanced Assisted Living, Memory Care)
Now Open!
844-658-4475

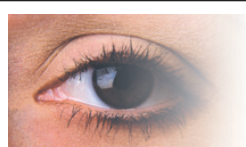
SKIN CARE & COSMETICS

L'BRI Pure n' Naturalpg 13
Gina - Independent Consultant
414-750-4954
www.lbri.com/Gina

THERAPIES

Special Therapies, Inc.pg 4
1720 Dolphin Drive, Suite B
Waukesha, WI 53186
262-347-2222
www.specialtherapies.com

RETINA & VITREOUS CONSULTANTS OF WISCONSIN LTD



Jonathan M. Hershey, M.D.
Sharath C. Raja, M.D.
Nicholas H. Tosi, M.D.
Daniel D. Kim, M.D.

Practice limited to Medical & Surgical Treatment of the Retina & Vitreous

- Macular Degeneration • Diabetic Eye Disease • Macular Hole
- Retinal Detachment • Ocular Trauma • Vitreous Bleeding

Moreland Medical Center
1111 Delafield St., Suite 227 Waukesha, WI 53188
(262) 524-9323

Mayfair - North Tower 2600 N. Mayfair Rd., Ste. 901 Milwaukee, WI 53226 (414) 774-3484	St. Luke's Physician Office Bldg. 2801 W. Kinnickinnic River Pkwy., Ste. 350 Milwaukee, WI (414) 649-4660
Seton Professional Building - Ozaukee 13133 N. Port Washington Rd., Ste. 120 Mequon, WI 53097 (262) 240-0457	Aurora Health Center - Kenosha 6815 118th Avenue Kenosha, WI 53142 (262) 857-5650

For an Appointment Please Call
414-778-3455 • 1-800-837-3937
www.rvcow.com

263847002

Feel your best starting with your stomach

Did you know that they key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

Understanding probiotics

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion. Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems.



Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.

It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

Getting probiotics

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a

course of antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea. Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in

ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

Side effects

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating.

Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

Shoemaker & Gilson
Family Dentistry D.D.S.



262-542-0431

1600 Summit Ave. Suite B
Waukesha, WI 53188

www.waukeshafamilydentistry.com

263725002

Confused by all the Medicare options???
My assistance is always complimentary!

**health
markets.**

Health | Medicare | Small Group | Life | Supplemental



Mary Beth Heiter

Licensed Insurance Agent

mheiter@HealthMarkets.com

www.healthmarkets.com/mheiter

P 262-505-6154

C 414-861-5354

F 262-754-6012

263728001



L'BRI Pure n' Natural Skincare & Cosmetics is a locally owned company that Gina has worked with for 20 years.

Aloe based-Natural Ingredients-
Affordable-American Made!

Call Gina for a personal consultation, a 10 day starter Kit or information on how you can earn extra income for your family's budget!

414-750-4954

www.lbri.com/Gina



263725002



Stay mentally fresh during the workday

Energy levels tend to ebb and flow throughout a typical workday. A cup of coffee may provide some caffeine-infused spark in the morning, but a big lunch can squash energy later in the afternoon.

Waning mental sharpness as the workday progresses can compromise productivity, making it more difficult for workers to complete projects on time. That, in turn, can contribute to stress. In fact, in its "2017 Stress in America" survey, the American Psychological Association found that 58 percent of Americans say work is a significant source of stress.

Staying mentally fresh during a workday can pay a host of benefits, and the following are just a few ways to maintain mental focus until quitting time.

- **Exercise regularly.** The physical benefits of routine exercise are well documented. But even the most ardent fitness enthusiasts may not realize just how big an impact physical activity is having on



their brains. The Harvard Medical School notes that exercise stimulates regions of the brain that release a chemical called brain-derived neurotrophic factor, or BDNF, which rewires memory circuits so they can function better. A stronger memory can help workers recall project details and deadlines more

easily, even as the workday draws to a close.

- **Avoid the "quick fix."** Relying on a beverage or snack to provide a quick mental boost may end up compromising your mental sharpness. Foods and beverages that are high in sugar may provide an immediate energy boost, but that spike is almost instantly followed by

a crash that can adversely affect your mental sharpness. Stick to healthy snacks, such as fruits and vegetables, and avoid late afternoon cups of coffee, which studies have shown make it harder to fall asleep at night, thereby compromising your energy levels the next day.

- **Take a walk outdoors.** Spending some time outdoors during a lunch break, or even a quick, post-lunch stroll around the office grounds, can provide a break for the brain. That break can help the brain refocus, improving productivity as a result. One great way to get outdoors during busy workdays is to conduct meetings outside when the weather permits. This gives everyone a chance to recharge their brains in the great outdoors, and few people would prefer a dusty conference room to a nearby park or picnic area outdoors.

Various strategies can help working professionals maintain their mental sharpness throughout the workday.



Introducing the Drug Free, Non-Surgical, FDA Cleared, State of the Art MLS Laser Therapy. Whether you suffer from long-term pain or pain from a recent injury, you can get permanent relief from your pain. Call for your FREE consultation today!!!

Are you sick of your knee pain? Afraid of surgery?
ARE YOU READY TO BEAT THE PAIN?!?!

GRANDVIEW CHIROPRACTIC & LASER

-Safe -Drug Free -Fast Results
We have seen 80-90% success rate!

"It's nice to go somewhere and not feel like a number and be greeted by your name." - Duane B.

"I was a 10 out of 10 on the pain scale with my knee and a doubter of Laser Therapy. I can happily say I am no longer a doubter as my knee pain is significantly reduced. I can now see being totally pain free thanks to MLS Therapy!!!" - Wendy

CALL NOW to set up a FREE consultation
(262) 542-2553

Visit Our Website! www.grandviewchiro.com
2430 N. Grandview Blvd., Waukesha, WI 53188



Dr. Mark R. Crego, D.D.S., S.C.

Dr. Laura Russell, D.D.S.

Dr. AnnMarie Hoyme, D.D.S.



Serving Wauwatosa for over 25 years!

Services Include:

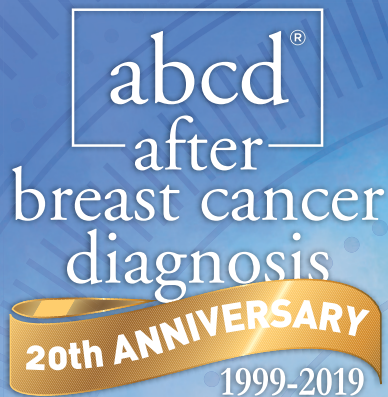
• Invisalign Orthodontics • Cosmetic Dentistry • Implants

8726 W. North Ave., Wauwatosa

414.258.5351

visit our website: midtowndentalcare.org

"Our patients look and feel their best."



nurturing
HOPE
restoring
CONFIDENCE
with the power of
ONE-TO-ONE



To each and every caller, we say...

**"Yes, we can help you. Yes, we hear you.
Yes, we understand."**

ABCD offers free, personalized, one-to-one emotional support to patients, families and friends impacted by breast cancer from diagnosis through treatment and beyond.

**DONATE TODAY &
your gift will be matched!**

All services are free.

800-977-4121

abcdbreastcancersupport.org



We Are Here For You!

EMPOWERING INDIVIDUALS TO MAKE INFORMED CHOICES

SERVICES

- Information & Assistance
- Long-Term
Care Options Counseling
- Aging Services - Including
Caregiver Support
- Senior Dining & Home
Delivered Meals
- Specialized
Transportation
- Determination of
Financial & Functional
Eligibility for WI
Long-Term Care Programs
- Adult Protective Services
- Elder & Disability Benefits
Counseling
- Health Promotion

CONTACT US

**Monday-Friday
8:00am - 4:30pm**

**Human Services Center
514 Riverview Avenue
Waukesha, WI 53188**

(262) 548-7848

adrc@waukeshacounty.gov



www.waukeshacounty.gov/ADRC