

Spring 2021

Health & *Wellness* DIRECTORY

Published by Freeman Newspapers



Are You Retired? Are You Living In Pain?

Do you have supplemental insurance coverage?

Are you aware that in Wisconsin, per state statute & mandate 632.87(3), supplemental insurance must provide full payment to cover therapy, rehabilitation and chiropractic adjustments.

Q: Have you ever been told your pain is "just a part of getting older"?
PAIN IS NOT A PART OF NORMAL AGING!

A: At Complete Chiropractic & Rehab Center, LLC, we will design your individual treatment plan to facilitate a **PAIN FREE LIFE** again!

**CALL TODAY for your free
consultation & spinal screening!**

We provide private treatment
times upon request

**Dr. Christian J. Zebrasky, D.C.,
Palmer Graduate**



WE PROVIDE RELIEF FROM:

- Work-Related Injury
- Auto-Related Injury
- Disc Herniations
- Sciatica
- Back & Leg Pain
- Failed Spinal Surgery
- Arthritis
- TMJ Syndrome
- Neck & Arm Pain
- Sports Injury
- Pinched Nerves (Numbness)
- Carpal Tunnel Syndrome

New Patients Seen Immediately • Most Insurance Accepted

OVER 25 YEARS EXPERIENCE HANDLING WORKERS COMPENSATION & AUTO INJURY CLAIMS

NON-SURGICAL DISC DECOMPRESSION AND COLD LASER TREATMENTS

Our State-Of-The-Art Facility provides patients with the latest
technological advancements in the treatment of Spinal Disc Injuries



**COMPLETE CHIROPRACTIC
& REHAB CENTER, LLC**


Relieving your pain is our first concern!

**Seek Relief Today!
262-354-0655**

970 S Silver Lake St • Suite 106
Oconomowoc, WI 53066
completechiroandrehab.com

Feel great in your skin...no matter your mood...



 *Highlander
Dermatology*
LLC

Drs. Straka & Kleven
Courtney Papp, PA
2607 N. Grandview Blvd.
Suite 125

Ph. (262)290-4540
highlanderdermatology@gmail.com

Visit us at highlanderdermatology.COM

Lose the quarantine weight gain

Tips from a dietician

By Quinn Clark
Special to The Freeman

If your pants have gotten tighter during the pandemic, you're not alone. According to a recent study by biotech company Gelesis, 71 million Americans say they've gained weight as we've adapted to COVID-19. Luckily, there are some simple changes that you can make to your lifestyle that can help you shed the extra weight.

Why did we gain weight?

Makayla Emmer, clinical dietician at Froedtert Hospital, says that with the stress of the pandemic comes an increase in cortisol. Cortisol is a hormone that regulates a wide range of processes in the body, including one's metabolism.

The cortisol hormone is supposed to be released in fight or flight situations, but it can gradually backfire on one's diet.

"It comes with a price tag because cortisol can cause



cravings and slow your metabolism down," Emmer said. "People also tend to find comfort in eating and overeating to cope with their stress."

As our metabolism slows

down with the uncertainty and stress during the pandemic, many of us have also been at home more, surrounded by food more than usual.

"We're often not surrounded by food in our fridges and our pantries and all day long, so not only is increased eating happening, but people are also being less active," Emmer said.

Simple food replacements

First, don't put pressure on yourself to completely cut out one type of food. Instead, Emmer recommends setting yourself up to make the best choices that you can.

"I always tell people to make sure you're stocking up your pantry or your fridge with lean protein, produce, and all that being around you in these stressful situations and while you're stuck at home, will help reduce your temptation to have those processed, high-fat foods," Emmer said.

One step you can make is replacing at least half of your grain products to whole grains; for example, whole grain bread, pasta, rice, etc.

"It's going to provide you with a lot more satiety so you'll feel fuller longer," Emmer said. "And it has that fiber that helps keep you satisfied so you won't burn through those carbs so quickly and be craving more and feeling hungry again."

You can also replace high-fat protein, like red meat, with leaner options.

"Plant-based wise there's peanut butter, nuts and seeds, black beans, things like that," Emmer said. "Otherwise, just lean meat, turkey, chicken and fish, as well."

Losing weight doesn't mean you should be going hungry.

"At the end of the day, weight loss does have to do with calories in versus calories out, but if you're choosing healthier, more nutritious options that are packed with protein and fiber, you're going to feel much more satisfied and not feel like you're starving yourself by reducing your calorie intake," Emmer said.

Lifestyle adjustments

Do you ever feel like you crave extra snacks at night? That could mean you aren't eating enough throughout the day. Emmer says that people tend to overlook eating three meals a day.

"I think a lot of people tend to skip breakfast, but really that's doing the opposite of what we had hoped for because you are kind of finding your body in that starvation mode and it ends up catching up to you in the evening hours," Emmer said.

Next, try to incorporate activities that you enjoy. Working out doesn't have to be something you dread.

"If every time you try to work out you're miserable, it's probably not going to be something you're able to sustain," Emmer said.

Finding something you like doing will be much easier to maintain and incorporate into your lifestyle.

Finally, remember that you don't have to completely change your lifestyle. Small changes will be easier to keep up with over time.

"It could be as simple as maybe you limit your red meat to once a week, or you add a vegetable each meal or you cut soda out by five out of seven days of the week," Emmer said. "And those little changes, maybe two or three of those implemented at a time, are much more sustainable."

Dental Associates

Waukesha's full-service family dental clinic

All Specialties

Family Dentistry, Braces & Invisalign, Cosmetic, Root Canals, Extractions, Dentures, & Dental Implants.

Six Milwaukee-Area Locations

Waukesha	Miller Park Way
Wauwatosa	Milwaukee - Beerline B
Franklin	Milwaukee - Downtown

Dental Associates Waukesha

1211 Dolphin Ct, Waukesha, WI 53186
(262) 436-3363

www.dentalassociates.com/locations/waukesha

Your Neighbors Love Us

4.6 ★★★★★ Google

Men's health 101:

Local doctors weigh in on latest research, guidelines

By Dave Fidlin
Special to The Freeman

From prostate - related issues to testosterone levels, there has long been a number of health-related issues men face, particularly as they age. But continued technological and scientific advancements, as well as attitude shifts, have brought conditions and treatments to the forefront.

"I feel like men's health has become a much more talked about topic in recent years," said Amul Shah, urologist at Aurora Urology in Slinger. "It's been a great thing, in terms of awareness. Even a few decades back, I don't think guys discussed it much out in the open. It seemed like it was left alone."

The prostate, a walnut-shaped gland that surrounds the urethra, has long been an issue for men, either because it enlarges over time or is prone to cancer. Recommendations on addressing and preventing the conditions are continuously evolving.

Enlarged prostates have

long been treated through surgery or medications — the latter often coming with a number of side effects — but a new option known as the UroLift System has become an option for some men in more recent years.

Douglas Dewire, urologist at Moreland Medical Center, was the first professional to adopt the UroLift procedure in Wisconsin. It has been described as a same-day, less invasive outpatient procedure and has been touted as preserving sexual functions, which sometimes subside under medication.

"I read about it, and I thought, 'This makes sense.' I thought it was something I need to try," Dewire said. "I saw this as a potential option in-between (surgery and medication) and has few side effects. It's also a simple procedure."

Dewire, who is in his early 60s, speaks from experience. He is open about his use of UroLift after contending with an enlarged prostate.

"I've done well. I'm off the medicines," he said. "It's probably not for everybody, but

there are a number of guys who are going to do well with it. We can do some preliminary testing."

Treating an enlarged prostate sooner, rather than later, is important for a number of reasons, Dewire said, from a quality of life and health standpoint. Left untreated, an enlarged prostate can damage the bladder.

"If you start getting up three times a night, that's a sign. It's not a pleasant place to be," Dewire said. "And obviously, if you can't go at all, that's an emergency situation."

Medical experts recommend men get annual physicals from the onset of adulthood, and regular prostate cancer screenings become ever important as the middle aged years set in.

"The consensus now is to start screening men at 55 years of age," Shah said. "We certainly recommend certain groups of folks who are higher risk for prostate cancer ... going in earlier."

While genetics partially play a role in men's health,

there are a number of preventative steps that can be taken, starting with the old adages of incorporating as many health and wellness concepts into a daily regimen as possible.

"There are a lot of genetic things that play a role, there's no doubt," said Mark Obermyer, a doctor whose specialties include internal medicine and primary care at Froedtert and the Medical College of Wisconsin. "But you don't want it to be an accepted concept that once you get older, you have to have these health conditions."

A commitment to eating well and staying physically active could prevent more severe conditions from cropping up later in life, Obermyer said.

"It's not a new story. It's the same information that keeps getting supported," Obermyer said. "Not everything has to be a dedication of money and resources. It's about finding what we can do, as opposed to focusing on what we can't. That's a hard shift in thought process."



Waukesha, Oconomowoc, Mukwonago, Hartland,
Brookfield, Sussex & Watertown
262.544.4411 | www.morelandobgyn.com



At Moreland OB-GYN's variety of locations, we offer comprehensive women's health services:

- Preventive Health Care
- Contraception Management
- Comprehensive Gynecology
- Surgical Gynecology
- Prenatal Care Including High Risk Obstetrics
- Fertility Services
- Certified Menopause Practitioners

Get to know us! View our blog
or "like" us on Facebook!

morelandobgyn.com/blog

facebook.com/morelandobgyn

Let's get physical:

Choose the right home at-home workout video for you

By Quinn Clark
Special to The Freeman

Cold weather, quarantining and busy schedules — all can get in the way of heading to the gym. Luckily, it's possible to shed the extra quarantine weight without leaving home by choosing the right workout video.

Where to locate workout videos

Keith Hatch, coach certified in strength and conditioning training and owner of Omni Orthopedic Physical Therapy in Sturtevant, said that choosing the right video from a simple Google search should be no different from hiring an in-person trainer:

"Look for a certifying agency that is accredited. For example, the National Strength and Conditioning Association and American College of Sports Medicine," Hatch said. "Ask if the trainer has a degree in exercise science or exercise physiology, or are they on the



job trained?"

While free workout videos on YouTube are always an option, it's easy to get lost in the sea of workouts. However, there are ways to support local fitness trainers from home.

Revolution Fitness, 1343 E. Wisconsin Ave. in Pewaukee, offers online take-home programs and online fitness training options on their website, <http://revolutionfitnesswi.com>, so you can have advice from your own personal trainer at your fingertips. You can also keep an eye on their Facebook page for advice.

"Our staff reviews new research every week to continually educate ourselves and update our recommendations,"

said Derek Benz, owner of Revolution Fitness.

Jake Venes, sports performance coach at Froedtert and MCW Sports Medicine Center recommends PEAR, an app that costs \$5.99 a month. PEAR provides an unlimited library of workouts that can match one's needs.

Setting up an at-home workout space

Susan Fay, fitness director at the YMCA of Greater Waukesha County, says it's important to make sure you have enough space to move around and stretch, and that your space has enough ventilation and air flow.

Fay also recommends picking a space in the home that you like.

"If you hate going to your basement, then you're not going to want to go to your basement to work out," Fay said.

Your workout space should inspire you to keep exercising. "Make your home workout area a place that you will love to work out in consistently," Benz said. "Consistency is the key."

Picking the right video

Make sure you have your goal in mind when deciding on an at-home training program. "Shopping for a video program will rely on the person knowing what they want to achieve, how much equipment or supplies are required and space available," Hatch said. "Is the goal strength, conditioning or flexibility?"

Once you know your goal, figure out what kind of pro-

gram you can stick to, not just for a quick fix.

"You must ask yourself, what changes am I willing to make and stick to for the rest of my life?" Benz said. "Lifestyle permanent incremental change is the key to making lasting changes in your life."

There's nothing wrong with feeling the burn after working out, but make sure you don't choose something that is too hard on your body.

"Be mindful if you have trouble breathing, experience lightheadedness, sustain an injury, or have extreme soreness lasting for more than three days, or your form is way off," Fay said. "The workout could be outside of your current abilities."

According to Fay, if you're a beginner, make sure you choose a beginner's video, and then work your way up so you can set yourself up for success.

"Plan an appropriate length of time to be able to realistically fit working out into your schedule, try a few different workouts to find out what you enjoy, and be sure to mix it up," Fay said. "Don't get bored by doing the same workout every day."

Finally, remember that it's possible to achieve your fitness goals from home.

"If someone's nutrition, hydration and sleep quality were very good, nine out of 10 people wouldn't even need a gym," Venes said. "For those that aren't on that level, three times a week of moderate intensity over a few months will yield significant body improvements."



**New 2 Bedroom Duplexes
Now Available!**




A "Life Lease Community"

- Enjoy a carefree lifestyle with assured access to Fairhaven's multiple levels of senior care.
- Interior and exterior maintenance provided.

**Call for a
Personal Tour**



**435 W. Starin Road • Whitewater
262-473-2140 • prairie-village.org**





*Health Insurance for a Lifetime:
Moral Courage
Mental Strength
Emotional Honesty*

Dawn R. Nelson, Psy.D., M.Div.
Licensed Psychologist
Health & Wellness Coach

Centre for Human Flourishing, LLC
www.centreforhumanflourishing.com

Carpe' Diem! (414) 331-0952

**Need to take your mind off
what you're going through?**



Hammer Rehab & Fitness
"Up on the Hill"

W231 S7680 Big Bend Dr.
Big Bend, WI 53103
262.662.9760

Local Private Practice
Physical Therapy, Worksteps®, Workers Comp,
Fitness Center, Dry Needling Dry Needling

**Hammerrehab@aol.com
hammerrehab-fit.com**

**The impact of the COVID-19
pandemic can't be overstated.**

**Remember, you have to take
care of yourself first!**

**Chronic Pain touches every
single part of people's lives and
makes day-to-day life difficult.**

**If you or someone you know
is looking for answers or relief if
current treatments are not
working, Please give us a call for
a free 15 minute consultation.**

Breaking down the plant-based phenomenon

How it's beneficial — and what to watch for while making meal choices

By Dave Fidlin

Special to The Freeman

Plant-based: It's a phrase seemingly everywhere, embedded in marketing messages and loudly proclaimed on food packages with the requisite ingredients. But what exactly is it, and is it truly a viable option for consumers looking to make healthier food choices? Recent innovations such as meatless burgers that mimic the real product have catapulted the plant-based phenomenon into new heights in recent years. But local dietitians say it is important to still be mindful when deciding to adopt plant-based foods into eating regimens.

At its core, a plant-based diet consists primarily of foods derived from plants, as opposed to animal-sourced foods. While closely aligned with vegans and vegetarians, the movement is not necessarily synonymous with either group of consumers.

"Plant-based eating is a



loose term, if you will. It can go down a continuum," said Nicole Chen, clinical dietitian with Froedtert hospitals in Menomonee Falls and West Bend. "The primary focus is fruits, vegetables, nuts, seeds, legumes and whole grains."

Heather Klug, registered dietitian with the Karen Yontz Center at Aurora St. Luke's Medical Center, said it is a phrase food marketers have latched onto in recent years because of its positive connotation.

"It definitely is a big buzzword right now, and it's one of the trendy things. Whatever plant-based means depends on who you ask," Klug said. "The definition I go with is it's a way of eating that focuses primarily on eating mostly plant-based

foods that are whole or minimally processed."

There are a number of plausible reasons to orient a food regimen toward plant-based eating, Chen said, particularly for people currently consuming few or no daily servings of fruits and vegetables.

"It's very high in fiber, so that's why it tends to have some of those beneficial factors," Chen said.

But the old adage of sticking to foods as close to their original source as possible holds true with plant-based eating, meaning whole fruits and vegetables are better options, compared to the growing number of products lining supermarket shelves and refrigerated cases.

Eating a product such as a plant-based burger should not be considered taboo, experts say, but should be viewed as an occasional treat that is enjoyed alongside regular servings of whole fruits and vegetables.

"You do want to read the ingredient list. If you see a lot

of words with chemical-sounding names, it might not be the best option," Klug said. "Just because something is plant-based doesn't mean it doesn't have a lot of sugar or refined flour. Those are plant-based."

For someone seeking to change his or her diet with greater servings of plant-based foods, Chen and Klug agreed incremental tweaks are better than an all-out drastic overhaul.

"I've found that people do better with small, gradual changes because those are more long-lasting as opposed to something that is drastic," Klug said. "I would recommend people take little steps at a time."

Even a gradual step, such as a meatless Monday or a tofu Tuesday can lead to positive changes, Chen said.

It's really about making small changes to increase plants in your meal plan," Chen said. "Small changes can go a long way with a plant-based eating pattern."



Up to Date, Down to Earth Dentistry

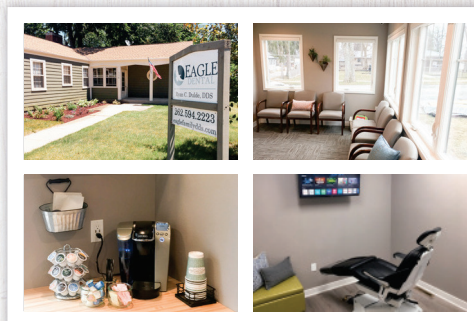
NO STRESS. NO REGRETS.

We get that going to the dentist isn't a walk in the park for everyone.

At Eagle Dental, we provide honest recommendations and straightforward solutions so you can be informed to make the best decision for you.

Dr. Dulde walks you through each step of your treatment in a way that you can understand, so you can take charge of your oral health and feel confident in your smile.

SCHEDULE AN APPOINTMENT! (262) 594-2223



114 GROVE ST
EAGLE, WI 53119

(262) 594-2223

WWW.EAGLE.DENTAL



Simplify Your Life

Now's the perfect time to reserve the floor plan and location of your choice and be a part of an exceptional, faith-based, vibrant community. Forget about colder weather, high utility bills and driving on icy roads. With opportunities for an active social life, underground heated parking and plenty of space to roam in our Town Center, you won't even know it's winter.

IMMEDIATE AVAILABILITY!

Contact Amy today for a personal tour of Towner Crest!
acahalane@preshomes.org or 262.468.2251



Towner Crest

1205 East Lisbon Road
 Oconomowoc, WI 53066
TownerCrest.org

Equal housing opportunity. All faiths welcome.
 © 2021 Presbyterian Homes & Services.

Senior Apartments • Assisted Living • Memory Care • Town Center

What is keto?

By now, you've heard about and maybe even considered trying out a ketogenic diet. What is keto and how effective has it been for other people who have tried it?

Before incorporating keto into your lifestyle — or any new diet or workout plan for that matter — be sure to check with your physician. He will be able to tell you more about the potential impact on your health, energy levels and body specific to your situation.

The keto diet emphasizes weight loss through fat-burning. The goal for anyone participating in a keto diet is to quickly lose weight and ultimately feel fuller with fewer cravings.

According to keto experts, by reducing the carbohydrates you consume and instead filling up on fats, you safely enter a state of ketosis, which is when your body breaks down both dietary and stored body fat into substances called ketones.

Keto proponents claim that this process can transform your body and improve your energy levels, as well.

Where did keto start?

The keto diet originated from a decades-old therapeutic diet, and has clinical roots in neurologic medicine.

It has actually long been used to reduce hard-to-control seizures in children. Studies also suggest possible benefits in Parkinson's and Alzheimer's diseases.

Workout and dietary professionals have started to recommend keto to their clients as a way to rethink the way they consume food, and many restaurants now offer keto-friendly food and drink options.

Does it work?

Here are some benefits of the keto diet as reported by the Journal of the American Medical Association in 2018:

- Many people feel less hungry on the high-fat keto diet and so may naturally reduce their overall calorie intake.
- Beyond weight loss, keto shows promise for diabetes management, with improved insulin sensitivity and blood-sugar control for people following a ketogenic diet.

CHRISTal Clean LLC

For A Clean AND Healthy Home

CALL
 262-391-1246



We clean with doTerra Essential Oils to provide a less toxic environment for your family



\$25 OFF
 Your First Home Cleaning

New Clients Only - In Service Area
 Call For Free Quote
 Expires 12/31/21

CHRISTal Clean LLC For A Clean AND Healthy Home
 Call Today! 262-391-1246
www.CHRISTalCleaned.com

"Moving Beyond the Pain"

2021 Grief Recovery Workshops

Reservations Required COST \$375

8 Weeks: Wednesdays (Begins-March 31)

8 Weeks: Saturdays (Begins-April 3)

4 Weeks: Mondays/Thursdays June/July/August

Friends ask, "How are You?" You reply... "Fine." But you know in your heart you are not fine.

You "Would Move Forward", if only you knew how...

The Grief Recovery "Life Discovery" Workshop focuses on **UNRESOLVED GRIEF** that may have resulted from any type of loss, including Death, Divorce, Relationship Struggles, and over 40 other Loss Experiences.

An Educational, Action-Oriented, Evidence-Based program.

PEACE BY PIECE GRIEF RECOVERY LLC

N19 W24400 Riverwood Dr.
 Pewaukee WI 53188

Contact: jodi@peacerecovery.com Certified Grief Recovery Specialist



262-832-3737



TRUST THE EXPERTS IN DIGESTIVE HEALTH CARE.

From heartburn to IBD management to your routine colonoscopy - GI Associates is proud to provide expert gastrointestinal care for adults & children in Waukesha and western Milwaukee counties.

Office Locations

Brookfield | Mukwonago | Oconomowoc | Pewaukee | Waukesha | Wauwatosa

Adult Outpatient Endoscopy Centers

Mukwonago | Oconomowoc | Waukesha | Wauwatosa



Schedule your appointment today!

414-454-0600 | giassociates.com



family dentistry from the heart.

Offering:

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



Dr. Michelle Kelly

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

www.delafieldfamilydental.com

Save \$250 on



Cannot be combined with insurance or any other discount



Are you overwhelmed by all the choices for Medicare?

I can offer you affordable solutions for your needs today and your security tomorrow.

- My services are always complimentary!

**health
markets.**

Mary Beth Heiter

Licensed Insurance Agent

Health | Medicare
Small Group | Life | Supplemental



mheiter@HealthMarkets.com
HealthMarkets.com/mheiter

P (262) 505-6154 C (414) 861-5354
F (262) 754-6012

HealthMarkets Insurance Agency, Inc. is licensed as an Insurance agency in all 50 states and the District of Columbia. Service and product availability varies. Agents may be compensated based on your enrollment. No obligation to enroll. 41752-HM-0321



Advanced Foot & Ankle
of Wisconsin, L.L.C.

SE Wisconsin's #1
Surgical & Most Trusted
Podiatry Group

We Fix Foot & Ankle Pain Others Can't

414-281-1500

advancedfootanklewi.com

Brookfield, Milwaukee, Burlington



269115001

We'll straighten out your kid!

We offer traditional braces
and Invisalign

*Board Certified Doctors
Peter Reichl and
James Kolstad look
forward to
meeting you!*

Waukesha, Hartland and Mukwonago

262-547-2827

reichlkolstadortho.com

REICHL & KOLSTAD ORTHODONTICS



Why eye exams are critical even in a pandemic

By Cheryl L. Dejewski

“People are often hesitant to make an appointment to have their eyes checked—even when there isn’t a pandemic or when it’s obvious that they have a problem” says Mark Freedman, MD, of Eye Care Specialists, a leading ophthalmology practice.

“Loss of vision, however, can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, nursing home placement, and other factors,” says eye surgeon Daniel Ferguson, MD. Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins adds, “Poor vision, is not a fact of aging. It’s important to discover what’s behind any changes or symptoms—whether it’s simply the need for a new glasses prescription or something more serious like a sight-threatening disease.”

“There are two reasons why you need to see a professional rather than rely on your own perception,” says Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center. “First, problems in one eye can be masked by the other’s ability



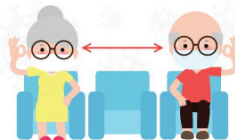
to compensate. Second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity they’ve lost until they are diagnosed and the cloudy lens inside their eye is removed and replaced with an implant. And, patients with glaucoma can lose side vision so slowly that they don’t realize it’s like looking through a tunnel—with no chance of turning around and coming back out.”

“Most sight-threatening conditions will eventually present symptoms if undiagnosed and untreated. But, do you really want to wait until whatever is wrong causes permanent damage or leads to something serious like falling and breaking a hip or having a car accident?” asks Michael Raciti, MD, who conducts continuing education presentations for local health

professionals. “That’s why it’s vital to have a comprehensive dilated eye exam (which is typically covered by Medicare and/or insurance) at least every two years. At our offices, that exam may also include a diagnostic OCT laser scan, which enables us to catch diseases even earlier.”

“Vision-threatening concerns don’t take a pause during a pandemic. We understand people’s hesitancy to come in, but, rest assured, we have instituted the strictest of safety protocols, including minimizing the time spent and number of patients in the office, installing plexiglass shields, disinfection procedures, and mask and temperature-taking requirements for all staff, patients and guests. We’re doing everything we can to keep an eye on patients’ health AND safety,” says Freedman.

“Don’t wait until it’s too late. If it’s been more than two years, call and make an appointment today to ensure you can keep seeing life to the fullest tomorrow,” says medical optometrist David Scheidt, OD.



paid advertisement

For FREE booklets on cataracts, diabetes, glaucoma, and macular degeneration (AMD), call 414-321-7035. For a comprehensive eye exam or second opinion, call the offices below—two are just minutes away from Brookfield, Elm Grove, Waukesha and Lake Country.



WARNING SIGNS

Poor vision or changes should not be dismissed. Schedule an appointment ASAP if you notice:

- Foggy, double or blurred vision
- Sensitivity to light and glare
- “Starbursts” around lights
- Holding items closer to view
- Needing brighter light to read
- Fading or yellowing of colors
- Difficulty judging stairs/curbs
- Difficulty with driving at night
- Vision affects daily tasks
- Vertical lines appear wavy
- Dark or blind spots in vision
- Glasses/prescription changes don’t help



See the best you can see, when you see Wisconsin’s leaders in ophthalmology.

EYE CARE SPECIALISTS

Are you putting your vision at risk?

Most people aren’t motivated to schedule an eye exam unless they notice a problem—and often not even then. However, many sight-threatening conditions have no warning signs. Don’t take a risk you might regret. If you know the likelihood, symptoms, tests and treatment options for common eye concerns, you’re more likely to take action. Call **414-321-7035** for detailed free booklets on cataracts, glaucoma, AMD, and diabetes. Read. Learn. Then, consider: *When was your last eye exam?* If it was more than a year ago, call today to protect your vision for tomorrow.

World-Class Care. Local Convenience.

- Glaucoma, Diabetes and Macular Degeneration (AMD) Care (with advanced medication injection and laser treatments)
- No-Stitch, No-Shot Ultrasonic Cataract Surgery (with monofocal, multifocal, and astigmatism-correcting implants)
- Cornea, Retina, and Neuro-Ophthalmology Cases
- Dry Eyes, Floaters, and Infections Treatment
- Comprehensive Eye Exams & In-Office Diagnostic Laser Scans
- Eyelid Treatment (inflammation) & Surgery (drooping)
- Accept Medicare and most Major Insurances

Trusted by more than 185,000 doctors & patients since 1985. Voted “Top Doctors” — *Milwaukee Magazine*



Mark Freedman, MD



Brett Rhode, MD



Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD



West Allis
10150 W. National Ave.
414-321-7520

Wauwatosa
2323 N. Mayfair Rd.
414-258-4550

Milwaukee
633 W. Wisconsin Ave.
414-298-0099

www.eyecarespecialists.net
Doctor profiles & information
about common eye concerns



THE ADRC IS READY TO HELP!



CALL US TODAY! (262) 548-7848

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

Call Center Hours:

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

www.waukeshacounty.gov/ADRC

