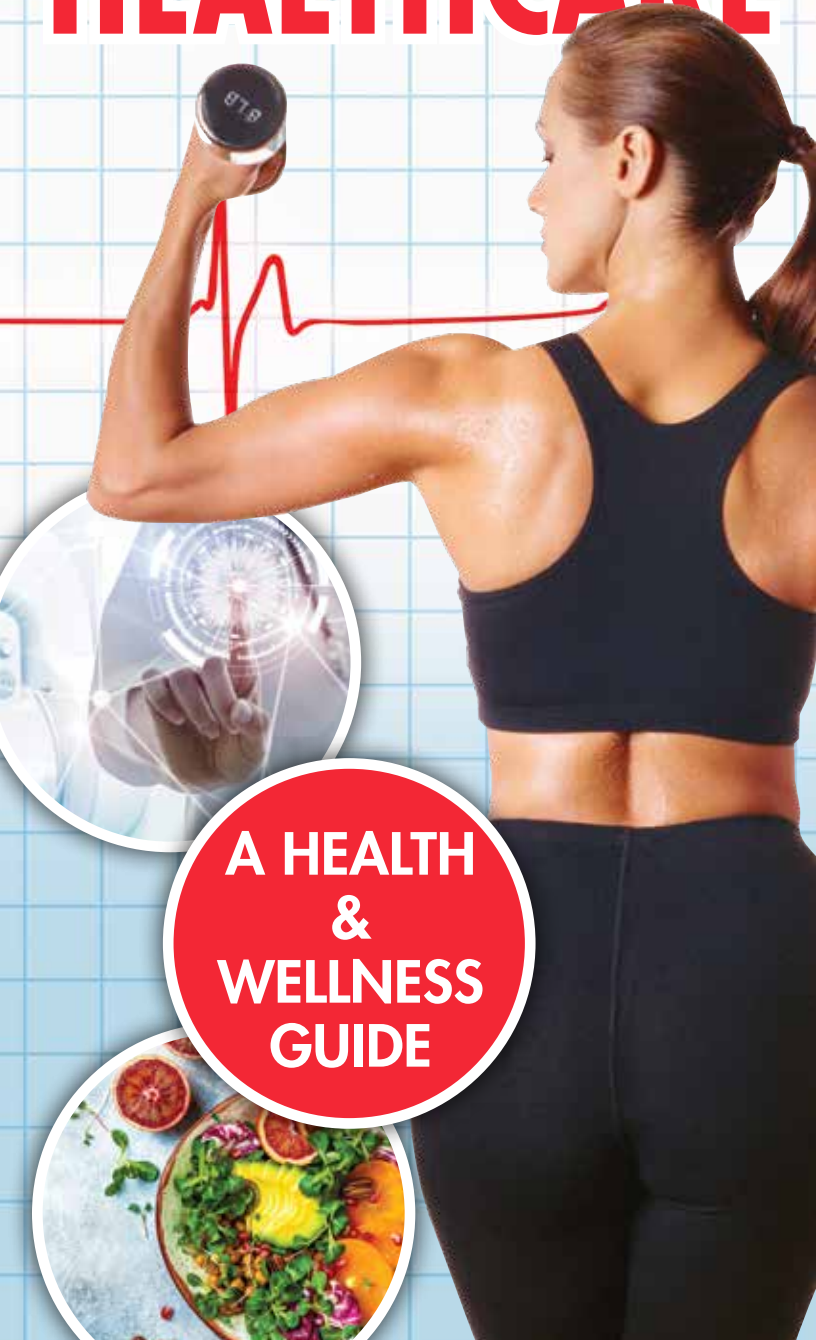


# 2020 HERE'S TO HEALTHCARE



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[Dr. Mark Moon is board-certified](#) in internal medicine, fellowship-trained in integrative medicine, and has received a Master of Science in Health Care Delivery Science from Dartmouth College. To learn more about Dr. Moon, visit [FlaglerSignaturePlus.com](http://FlaglerSignaturePlus.com).

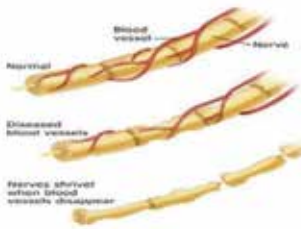
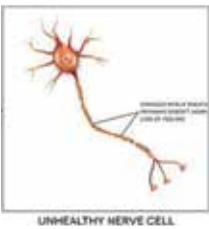
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*Figure 2:  
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# CPR Basics

Cardiopulmonary resuscitation (CPR) is a life-saving technique that can be used during cardiac and breathing emergencies. The Red Cross recommends keeping tips in the car and in other visible areas in case of such an emergency.

Prior to giving CPR, check the scene and the person in need of help. Once you're sure the scene is safe, touch the person's shoulder and loudly ask them if they're okay to make sure that they're in need of help. Call 911 for assistance or send a bystander if it's clear the person should be helped. Send a bystander to get an automated external defibrillator (AED); if no AED is available or if you're alone with the victim, begin administering help.



Start by opening the airway by lying the person on his back and tilting his head back slightly to lift the chin. Check for breathing by listening closely for up to 10 seconds. Be aware that occasional gasps do not equate to breathing. Begin CPR, as recommended by the Red Cross, when you're sure there is no breathing:

- Push hard and fast with hands one on top of the other in the middle of the chest. Administer compressions at least two inches deep, at least 100 per minute, using your bodyweight to deliver the compressions.
- Tilt the person's head back slightly, lift their chin, pinch their nose shut and place your mouth over theirs, being sure to completely cover the space between them. Deliver "rescue blows" into the mouth to make the chest rise. Do this twice, then continue compressions. If the chest does not rise with the initial blow, tilt the head back once more before delivering a second. If the chest doesn't rise the second time, the person may be choking. According to the Red Cross, you should look for an object after each subsequent set of 100 chest compressions before attempting breaths. If an object is seen, remove it.
- Continue to perform CPR in cycles of compressions and breaths until signs of life are seen (such as breathing), or until either an AED is available or an EMS or trained medical responder arrives. End the cycles if the scene becomes dangerous or you begin to experience exhaustion from administering CPR.





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# Concierge Care: A personalized approach for better health

The world has navigated through what many consider to be one of the most extraordinary times in history, over the past year. This has also been a time that has underscored the importance of focusing on our own physical and mental well-being. Partnering with a concierge medicine physician is one way we can do that, even better.

Opening this December at the Flagler Health+ Village at Nocatee, Signature+ Concierge Care is a highly-personalized healthcare approach that gives patients immediate and continuous access to board-certified and fellowship trained physician, Mark Moon (right).



“Our offering is unique in that it allows me to practice medicine the way many of us remember from decades ago. Unrushed visits, time to truly take a thorough history and perform a thorough physical exam and, perhaps most importantly, time to get to know my patients both from a medical and personal basis. Our practice model allows me to partner with my patients, gain a deeper understanding of their needs, concerns and personal preferences and focus on the whole person,” says Moon.

In addition to being board certified in internal medicine, Dr. Moon is fellowship trained in integrative medicine. This means he takes the whole person into account, including all aspects of a person’s lifestyle and understanding each patient’s needs as it relates to body, mind, and spirit. He emphasizes the therapeutic relationship and considers all appropriate therapies, both conventional and alternative. For Dr. Moon and the team at Signature+, a patient’s health and overall wellbeing are paramount. Signature+ Concierge Care truly personalizes your healthcare plan, placing you back as the focus.

“In my mind, quality care requires a holistic approach to caring for my patients. It is not simply making the correct diagnosis or recommending the appropriate treatment. Rather, it means truly knowing and partnering with my patients in their care. The advantage of time spent with patients cannot be underestimated,” adds Moon. “While I always provide my best recommendations based upon best practices and medical literature, every patient has unique desires and needs and I work hard to recognize this with each of my patients, as we strive for a common goal.”

A key component to successful concierge care is immediate access to your physician. In some situations, people often encounter a health concern that doesn’t necessarily require a visit, but still deserves professional analysis. With Signature+, members have access to talk with Dr. Moon from anywhere via email, text, and phone without having to make an in-person appointment, so the expert knowledge and experience of Dr. Moon is always at their fingertips. Based on the conversation, Dr. Moon can determine if a live or telehealth visit is necessary, and this brings quick peace of mind and comfort to people in what may be otherwise stressful times.

The Signature+ Concierge Care program is available on an annual subscription basis and includes discounted rates for spouses and family members. It is designed for members of the community who are looking for quality care at their convenience and who understand the benefits of individualized healthcare from an accomplished and skillful expert. World-class care this personal is truly an investment in your health and quality of life.





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Learn more at [FlaglerHealth.org](https://www.FlaglerHealth.org).

# How to avoid drug interactions

Hundreds of millions of people across the globe rely on medications for their survival. In fact, the percentage of people using prescription medications may surprise people who work outside the health care industry.

According to the National Center for Health Statistics' National Health and Nutrition Examination Survey 2015-16, nearly 46 percent of the population of the United States used prescription drugs in 2015-16. The Centers for Disease Control and Prevention notes that prescription drug use is similar in Canada, where the Canadian Health Measures Survey found that roughly two-thirds of adults between the ages of 40 and 79 used at least one prescription drug in a 30-day period.

Prescription drugs may be vital to many people's survival, but they also can prove deadly if mismanaged. That's especially true for people taking more than one medication.

Taking multiple medications each day may be necessary, but it's equally necessary that people taking more than one medication every day take steps to avoid drug interactions.

- **Discuss all medications with each of your doctors.**

Primary care physicians and specialists should be kept in the loop regarding which medications their patients are taking.

Patients should never assume their doctors know every medication they're taking.

When prescribed a new medication, mention to your prescribing doctor what else

you are taking. Include prescription medications but also over-the-counter, or OTC,

drugs, supplements and even vitamins. Use a notes

app on your smartphone to create a running list of your medications so you can easily access it during doctor's appointments.

- **Read all labels.** Prescription drugs and OTC medications list potential side effects in different ways. Each prescription medication comes with a lengthy list of potential side effects, while OTC labels cite potential side effects in the "Warnings" section on their labels. Familiarize yourself with all potential side effects of a given medication prior to taking it. Err on the side of caution and wait to speak with your physician before taking an OTC medication you're unfamiliar with.

- **Order all prescriptions from the same pharmacy.**

Ordering all prescriptions from the same pharmacy makes it easy to access all prescriptions. Pharmacists can look up all prescriptions and crosscheck interactions that may result from taking certain medications at the same time. This safety net can be useful and convenient.

- **Utilize online resources.** The Drug Interactions checker at [www.drugs.com/drug\\_interactions.html](http://www.drugs.com/drug_interactions.html) is a convenient way to learn about the potential interactions that can result when taking more than one medication or even mixing it with certain foods or beverages.

Drug interactions can be deadly, which only underscores the importance of being careful when taking more than one medication at a time.



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# How to take a more active role in your personal health

The role individuals play in their own health care became more prominent in 2020. As a global pandemic forced people from all walks of life to prioritize their personal health each time they left their homes, many individuals sought ways to take a more active role in their health care.

Proactive health care has long been touted by medical professionals, though many people still don't take such recommendations to heart. In fact, a recent report from the Centers for Disease Control and Prevention estimated that as much as 75% of health care spending in the United States is reactive in nature, meaning that money is going toward treating conditions and diseases rather than preventing them from occurring in the first place.



Taking an active role in your own health care is easier than people may think. And the benefits of such a proactive approach are numerous, including a reduced risk for various diseases.

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• **Schedule annual physicals.** Annual physicals are one of the simplest and most effective ways for individuals to take active roles in their personal health. Many health insurance plans cover annual physical exams at no cost to policy holders, and these examinations can uncover issues even when individuals are not feeling any symptoms. Annual physicals also provide great opportunities for individuals to discuss diet and healthy lifestyle choices with their physicians in relaxed settings.

• **Learn about the preventive services that are right for you.** Individuals should speak with their physicians about which services are recommended for individuals in their situations. Screening guidelines are often age-based, but they also take personal history and family history into account. For example, the U.S. Department of Health and Human Services recommends all adults between the ages of 50 and 75 be screened for colorectal cancer, but the frequency of those screenings will depend on each individual's personal risk and which screening test they choose.

• **Embrace physical activity.** The DHHS notes that regular physical activity increases a person's chances of living a longer, healthier life. In addition, the CDC says regular physical activity reduces a person's risk for chronic conditions, including type 2 diabetes, heart disease, various types of cancer, and even mood disorders like depression and anxiety. Access to fitness facilities may be limited or unavailable during the pandemic, but that should not deter people from exercising regularly. Walking, jogging, hiking, and cycling are great forms of cardiovascular exercise that have been linked to a host of health benefits.

A proactive approach to personal health is simple and effective, potentially helping people reduce their risk for a variety of diseases and conditions.



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# Signs of stress in children

The global pandemic sparked by the spread of the novel coronavirus COVID-19 caught many people off guard. Life changed seemingly overnight, causing a host of unforeseen consequences that people were still confronting months after the pandemic began.

The pandemic has proven stressful for many people, and the Centers for Disease Control and Prevention notes that should not come as a surprise. According to the CDC, fear and anxiety about a new disease and what could happen can be overwhelming. Public health actions, such as the social distancing measures implemented during the COVID-19 outbreak, can increase anxiety and stress. That's even true among children, millions of whom have been separated from their friends and forbidden from participating in extracurricular activities for several months.

The U.S. National Library of Medicine notes that children may not recognize that they are stressed. That makes it imperative that parents learn to recognize the warning signs that stress is affecting children. The USNLM says increased stress can manifest itself both physically and emotionally.

## PHYSICAL SYMPTOMS

The physical symptoms of stress can mimic symptoms of other conditions, so parents should not jump to any conclusions before consulting their children's pediatricians. In addition, the CDC says not all children and teens respond to stress in the same way. However, there are some physical indicators that may be warning signs that a child is stressed.

- Decreased appetite or other changes in eating habits
- Unexplained headaches or body pain
- New or recurrent bedwetting
- Nightmares
- Sleep disturbances
- Upset stomach or vague stomach pain

The CDC also notes that children may confront stress by using alcohol, tobacco or other drugs.

## BEHAVIORAL SYMPTOMS

According to the CDC, children and teens react, in part, on what they see from the adults around them. So the ways in which adults are responding to the pandemic could be affecting their children's behavior. Some of the behavioral symptoms to look for include:

- Excessive worry or sadness
- An inability to relax
- New or recurring fears, such as fear of the dark, fear of being alone and/or fear of strangers
- Clinging behaviors, such as an unwillingness to let their parents out of sight
- Anger, crying or whining
- Inability to control emotions
- Aggressive or stubborn behavior
- Going back to behaviors present at a younger age
- Avoidance of things enjoyed in the past, including family or school activities
- Irritability or acting out, especially among teens
- Difficulties with attention and concentration

Many people, including children, have had to deal with heightened stress levels during the pandemic. Parents who recognize signs of stress in their children should consult their kids' pediatricians immediately.



# DR. JULEE MILLER AP, DOM, NMT

Board Certified and Licensed Acupuncture Physician

Julee Miller AP, DOM, NMT is the founder and owner of Health Pointe Jacksonville. She is a Jacksonville area Board Certified and Licensed Acupuncture Physician and Oriental Medicine practitioner. Her extensive career includes treating professional sports injuries and pain management, as well as being a past member of the 2004 Olympic Sports Rehabilitation Team in Athens, Greece.



Health Pointe Jacksonville's emphasis is on treating chronic and difficult to treat cases, such as infertility, insomnia, women's issues, fibromyalgia, neuropathy, chronic pain and arthritis.

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## HOW IT ALL STARTED ...

Health care and serving has always been my passion and mission ever since I was Youth Volunteer at the Bay Pines VA Hospital Physical Therapy department.

While working in sports medicine at the Football Training Combine, I suffered my first debilitating back injury. I could barely breathe let alone move. I didn't know what to do, then one of my friends suggested I try acupuncture. After trying seemingly endless other western medicine, I had nothing to lose.

After having a series of acupuncture treatments, I realized just how powerful this medicine can be, so I enrolled in Acupuncture & Oriental Medicine school.

27 years of experience later, as a practitioner and chronic pain sufferer, I know your pains, frustrations, and health stumbling blocks. It is my purpose and passion to help my patients achieve a pain-free, stress-free life full of good health and happiness. Like I said to myself 27 years ago, "What do you have to lose?"



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# Poison Control Tips

The American Academy of Pediatrics (AAP) estimates that approximately 3 million people swallow or come into contact with poisonous substances every year. Many of those people are children ages 5 and under. As these instances show, it only takes a second for even everyday items to become life-threatening. To poison proof your surroundings, the American Association of Poison Control Centers (AAPCC) recommends the following tips:

- **Practice safe storage habits:** All medications – even non-prescription medications – should be stowed away, out of sight and reach of children and in their intended containers. If it's not possible to keep them out of reach, opt for cabinets with child-resistant locks. Likewise, vitamins and supplements should be put away. Liquid nicotine used in e-cigarettes, tobacco, alcohol, pesticides, cleaning supplies, batteries, fragrance oils and chemicals should be similarly stored.

- **Watch dosages:** Check the label before giving a child medicine every time in order to ensure the safe dosage is given. Always use the provided dosing device packaged with the medicine, as kitchen utensil measurements may be different.

- **Practice food safety:** Prepare and handle food carefully to avoid food poisoning. Separate meat, poultry, eggs and seafood from other foods. Wash hands, utensils and surfaces after handling uncooked food and avoid washing eggs, meat and poultry to stop the spread of harmful bacteria. When cooking, keep foods at the appropriate temperature to keep them out of the “Danger Zone,” between 40 and 140 degrees Fahrenheit, in which food poison-causing bacteria multiplies at high rates.

- **Read labels:** Follow the tips listed on the labels of potentially dangerous items for both storage and disposal.

- **Detect “invisible” poisons:** Have carbon monoxide detectors installed in your home to detect the odorless, colorless gas.

- **Be prepared for a poison emergency:** Have the Poison Help number – 1 (800) 222-1222 – handy in an address book, cellphone or highly visible area in the home. Experts are available to help 24 hours a day 365 days a year.

If you see an adult or child who is unconscious, not breathing, convulsing or having a seizure after contact with a poisonous substance, immediately call 911 or your local emergency number. For contact with little or no symptoms, call Poison Help.

While you seek help for a child who has experienced contact with poisonous substances, keep in mind that different types of poisoning require different types of immediate treatment. If a child has swallowed poison, take the item away and have them spit out any substance that hasn't been swallowed. The AAP says you shouldn't make your child vomit or use syrup of ipecac. For swallowed button-cell batteries, immediately seek help in a hospital emergency department.

For skin poisoning, remove the child's clothes and rinse the skin with lukewarm water for 15 minutes or more. If poison comes into contact with the eye, rinse the child's eye for 15 minutes by holding it open and pouring a steady flow of room temperature water into the inner corner of the eye.

If a child has been exposed to poisonous fumes, take them outside so that they can breathe fresh air as quickly as possible. If the child isn't breathing, perform CPR until he is able to breathe on his own or until someone else can perform CPR in your place.



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# The relationship between fibromyalgia and pain

Fibromyalgia has long been a misunderstood medical condition. For example, in the past, people diagnosed with rheumatism may have had fibromyalgia.

Characterized by a vast array of symptoms, fibromyalgia was once only rarely diagnosed, and even then such diagnoses may only have been made after multiple doctor visits. Even members of the medical community had difficulty identifying fibromyalgia, as its symptoms mimic characteristics of many other conditions. But even though fibromyalgia is now more easily identified, more research and education is needed to keep the public in the know about this painful condition.

Widespread musculoskeletal pain, fatigue, mood issues, and sleep or memory disturbances are some of the hallmarks of fibromyalgia, states the Mayo Clinic. Researchers surmise that fibromyalgia amplifies painful sensations by impacting the way the brain processes pain signals. Healthline indicates this overload of pain signals may be due to a chemical imbalance in the brain or abnormality in the dorsal root ganglion, which affects central pain sensitization.

Quite often fibromyalgia causes what's become known as "regions of pain" that affect five areas of the body. Pain is described as a dull ache. Pain, fatigue and trouble focusing or paying attention are key components of many other autoimmune diseases, which is why fibromyalgia is so challenging to diagnose. There is no specific test that can confirm fibromyalgia. Physicians tend to consider a diagnosis of fibromyalgia if a patient is experiencing musculoskeletal pain in four out of the five regions of pain.

The National Fibromyalgia & Chronic Pain Association states that women are diagnosed with fibromyalgia at a ratio of four to one over men. Approximately 10 million Americans are living with fibromyalgia, and it can affect people of all ages - even children. Symptoms of fibromyalgia come and go and vary in intensity. Because there is no cure, treatments are geared toward symptom management and can include cognitive behavioral therapies, gentle exercise and medications to reduce pain.

The NCFP says that stigmatism of people with chronic pain conditions often cause people with fibromyalgia to become withdrawn from family and friends who may not understand the disorder. With support and more research into fibromyalgia, those suffering can get the help, treatment and support they need.

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# Dental hygiene is about more than just your teeth

Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children's pediatricians, parents may begin brushing their youngsters' teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body.

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated. But the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases. While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.



## DIABETES

The AAP notes that people with diabetes are at increased risk



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Dr. Heinz is a Jacksonville native, former starting pitcher for The George Washington University Colonials, and currently resides in the Nocatee community.





for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship being a two-way street. Periodontal disease may make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with diabetes.

## HEART DISEASE

The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

## CAN PERIODONTAL DISEASE BE PREVENTED?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.



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## DID YOU KNOW?

Do you relish the idea of an afternoon nap? If so, you're in good company. According to the National Sleep Foundation, John F. Kennedy, Winston Churchill, Napoleon, and Albert Einstein each fancied afternoon naps. Youngsters nap, and so do many seniors. But by and large, humans are part of the minority of mammals that do not sleep for short periods of time throughout the day, instead dividing their days between sleep and wakefulness. However, there are some benefits to catching a midday snooze. The Mayo Clinic says napping can be a way to catch up on sleep lost during the night or if a person is feeling sleep-deprived. It also may be a way to relax, increase alertness and improve mood. Naps should take place before 3 p.m. and not exceed 20 minutes. The longer and later one naps, the greater the potential it will interfere with nighttime sleeping or backfire and cause daytime grogginess..



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