

# SCHRICKEL HEALTH & WELLNESS

February 2023

Health Aware Newsletter



Check us out at our Blog!  
[www.schrickethealth.com](http://www.schrickethealth.com)



## This Month:

- February 14: Happy Valentine's (aka ValenSpine's) Day!
- Check out our promotion below! This promotion will be running this month only!

## Health Alert: Stroke Warning Signs

According to the American Stroke Association, the following are warning signs of a STROKE:

1. Face drooping on one side
2. Arm weakness and/or numbness
3. Slurred speech
4. Confusion
5. Difficulty Walking
6. Severe Headache
7. Trouble Seeing



## Health Alert: Heart Attack Warning Signs

According to the American Heart Association, the following are warning signs of a HEART ATTACK:

1. Chest discomfort: This can feel like squeezing, pain, fullness or an uncomfortable pressure
2. Discomfort in the upper body: This may include one arm, both arms, neck, jaw, and back.
3. Shortness of breath
4. Cold sweat
5. Nausea
6. Light headedness



## Wellness: Improve and Maintain Cardiovascular Health

There are many things you can do at home to improve your heart health! According to the American Heart Association, there are 8 essential health behaviors to have a healthy heart and cardiovascular system: eat better, be more active, quit tobacco, get quality sleep, manage your weight, control your cholesterol, manage your blood sugar, and manage your blood pressure. All 8 categories must be addressed in order to have an optimally functioning cardiovascular system.

To learn more about each health behavior, visit:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

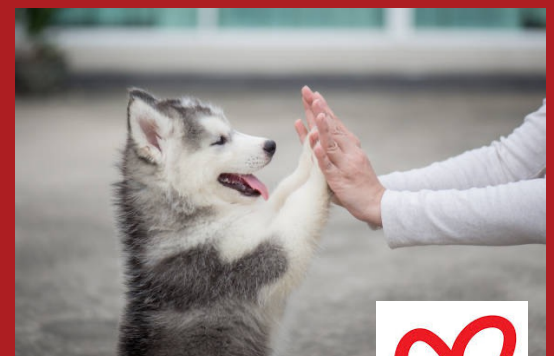
## February Promotion / Fundraiser

### Special February New Patient Special:

\$25 New Patient Exam, X-Ray's (if necessary) and Consultation  
(money collected will be donated to the Jefferson County Humane Society)

### Help us help them...

Throughout the month of February we will be collecting money (and items) for the **Jefferson County Humane Society**. Our **GOAL** is to **collect \$550** which would sponsor a kennel for **AN ENTIRE YEAR!** Help us reach our goal by donating money and / or items (bedding, toys, food, paper towels, disinfectant spray, grooming brushes, dog shampoo etc.). You can make the donation "in memory" or "in honor" of your favorite four legged friends. (See our receptionist for details). Your donation will help provide food and shelter to our local homeless animals.



### Nutrition: Vitamin D

Vitamin D is a fat-soluble vitamin. It enhances the absorption of calcium (therefore helps with bone health), helps with immune function, neuromuscular function, and influences cellular growth. The recommended daily allowance for adults is 600IU/day. The main ways to achieve enough vitamin D are through consuming foods fortified with vitamin D (milk, orange juice, cereal, bread) and through sunlight exposure. During winter months, it may be challenging for many people to get enough sun exposure. If you do not receive enough sunlight exposure, a vitamin D supplement may be warranted. For someone looking to improve general health (someone without a diagnosed Vitamin D deficiency), a dosage of 1,000 IU is typically recommended. If interested in taking a vitamin D supplement, ask your provider what an appropriate dosage would be for you.

### Quotes:

"In the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln

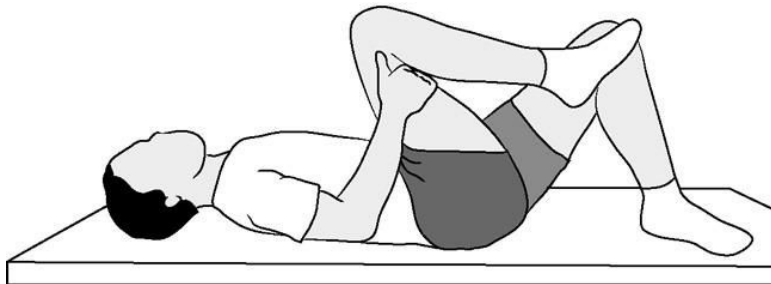
"Let food be thy medicine and medicine be thy food." -Hippocrates

### Exercise: Supine Knee to Chest

The supine knee to chest exercise for those with low back pain who want to reduce the pressure in the low back. This exercise should be performed on a daily basis. It can also be used as needed to provide you with relief. As with any stretch or exercise, if the exercise causes discomfort, stop performing the exercise and let us know.

### Instructions:

- Lie on your back with your knees bent and your feet flat on the floor.
- Bring one knee to your chest (holding behind your knee is preferable), keeping the other foot flat on the floor (or the other leg straight, whichever feels better on you low back.) Keep your lower back pressed to the floor. Hold for 15 to 30 seconds.
- Relax and lower the knee to the starting position. Repeat with the other leg.
- Slowly bring both knees to chest. Hold for 15 to 30 seconds.
- Repeat 2 to 4 times with each leg. Perform daily and as needed.



YOUR REFERRAL IS OUR GREATEST COMPLIMENT!