

3 ways a physical therapist can help you manage long COVID

StatePoint

Long COVID can affect anyone who's had COVID-19, even those who've had mild illness or no symptoms initially. New data from the Centers for Disease Control and Prevention shows that nearly 1 in 5 U.S. adults who have had COVID-19 experience new or lingering symptoms that last three or more months after first contracting the virus. Physical therapists can play an essential role in managing symptoms of long COVID.

Long COVID is unpredictable, and research is evolving, however common symptoms include extreme fatigue, shortness of breath, racing heart, dizziness, muscle aches and pains, brain fog, problems completing everyday activities and poor exercise tolerance. It's also important to note that certain types of physical activity may not be appropriate for everyone living with long COVID.

"A highly-personalized plan of care that
> See COVID, Page 3



Heather A. Smith
Au.D., FAAA



Lance F. Greer
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2652(10/19/22)MM

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Mesquite Monthly is
distributed free every month at various
locations around Mesquite. Published by
Hyperlocal Media Nevada LLC.
355 W. Mesquite Blvd, D30-153
Mesquite, NV, 89027
Member, Nevada Press Association

COVID

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includes working with a physical therapist is important,” says Leo Arguelles, PT, DPT, American Physical Therapy Association spokesperson. “People with long COVID can benefit from being monitored during exertion and should follow prescribed exercise dosing that helps them gradually progress, rather than pushing through fatigue on their own, which could potentially set them back.”

Physical therapists are movement experts who regularly treat individuals with the kinds of symptoms that people with long COVID experience. Here are three reasons to consider including a physical therapist on your long COVID care team.

PHYSICAL THERAPISTS:

1. Take a full-body approach. Physi-

cal therapists assess your overall well-being. They can develop a personalized treatment plan to address issues such as fatigue, respiratory function and cardiac endurance. They can work and communicate with your primary care physician and can refer you to other health care providers if they feel you'd benefit from seeing another specialist. Physical therapists and physical therapist assistants collaborate with each other, and with other health professionals, to ensure that you receive the best care.

2. Help you move safely. Movement is essential to your recovery and your mental health. However, for some people, long COVID includes post-exertional malaise, or PEM, a worsening of symptoms after physical or mental activities. Your ability often may fluctuate — an activity that's easily tolerated one day may exacerbate symptoms the

next. Physical therapists develop prescribed exercise programs based on your symptoms and how your body responds and can monitor your symptoms, blood pressure, heart rate and oxygen levels to ensure your safety while doing exercises. This may include low-intensity stretches, strengthening exercises and balance training.

3. Help improve your quality of life. Through patient education, a physical therapist can help you find the balance between rest and activity and identify the right kind and amount of movement you should get to improve your tolerance for everyday activities.

More research is being done on long COVID every day. Your physical therapist will review available research findings and can adjust your treatment plan as needed. To learn more and find a PT near you, visit ChoosePT.com.

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7 tips for finding a Medicare plan

(StatePoint)

Feeling overwhelmed by your Medicare options? There's a good reason for that. With more than 3,000 Medicare Advantage plans, over 700 Part D Prescription Plans available and an array of carriers offering Medicare Supplement plans, there's a lot to consider.

"Whether this is your first time enrolling in Medicare or you've been through the process before, it's easy to get confused by the big picture, not to mention all the details," says Ryan Kocher, Medicare growth officer at Cigna.

This Medicare Annual Election Period (AEP), Kocher is demystifying the enrollment process by sharing the same tips he offers to his own friends and family members:

1. Don't wait. Understanding Medicare can protect your health and finances in the years to come. If you are transitioning from a commercial plan, work with an expert with your company's insurance plan to avoid gaps in coverage as well as late penalties.

2. Nail down the basics. There are many different plan types. Here's a breakdown:

- Original Medicare, offered through the U.S. government, includes all providers who agree to participate in the program.

- Medicare Supplement plans are plans offered by many private insurers that complement Original Medicare. For an additional premium, these plans cover costs such as copays and coinsurance not covered by Original Medicare. There are a number of standardized options available.

- Standalone Prescription Drug Plans, offered by private insurers for a monthly premium, provide drug coverage not covered by Original Medicare or Medicare Supplement.

- Medicare Advantage (MA) plans cover everything covered by



Original Medicare, and most also include dental, vision and hearing benefits. They often include prescription drug coverage, and other extras like over-the-counter drugs, transportation to doctor's visits and pharmacies, and fitness plans. MA plans are often available at no extra cost.

3. Review your plan annually. During the AEP (October 15-December 7), it's important to review your current Medicare plan, even if you like it. This is because plan details are subject to change every year. Review the Annual Notice of Changes, which is mailed to you by your insurer each September. This document spells out plan changes for the upcoming year.

4. Compare all the costs. Be sure to factor in all the associated costs of a given plan, not just the monthly premium. Out-of-pocket costs, such as co-pays and deductibles, should also be considered. Additionally, note the prices and rules around the prescription drugs you take.

5. Check network requirements. Before signing up for a particular plan, check to make sure that your favorite health care providers are in its network. While you may be able to go out of network for care, be prepared to pay more if you do.

6. Ask questions. Don't settle on a plan until you understand it. If you have questions, reach out to your broker, insurer, physician and even those friends and family members

who have Medicare for help.

7. Use your plan. Now that you have a plan, make the most of its benefits. Schedule all the screenings, vaccines and other preventive health measures recommended by your doctor. Early intervention can help detect conditions early when they can be more effectively treated.

For more information about Medicare, visit Medicare.gov, Cigna's website at www.cignamedicare.com or the state health insurance assistance program in your area.

"Don't be daunted by the Medicare enrollment process. Being a careful shopper can ensure you find a plan that accommodates your wallet and your well-being," says Kocher.

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Managing ankle sprains during sports and fitness activities

StatePoint

As fall sports heat up for kids, so do 5Ks, marathons and golf tournaments for adults, leading to ankle sprains for athletes of all ages.

“Both serious athletes and weekend warriors often underestimate how serious a sprain can be, and they rush back into action without taking time to rehabilitate the injury properly,” says Michael J. Cornelison, DPM, FACFAS, foot and ankle surgeon and president of the American College of Foot and Ankle Surgeons (ACFAS). “While

no one enjoys being sidelined from the physical activities they love, quickly diagnosing and treating an ankle injury expedites the healing process. It also reduces the chances of long-term, chronic ankle pain.”

To help people manage this painful injury properly, the American College of Foot and Ankle Surgeons is sharing some important insights and facts:

What is an ankle sprain? An ankle sprain is an injury to one or more ligaments, usually on the outside of the ankle. The severity depends on whether the ligament is stretched, partially torn or completely torn, as

well as on the number of ligaments involved. Ankle sprains are not the same as strains, which affect muscles rather than ligaments.

What are the causes of ankle sprains? Sprained ankles often result from a fall, a sudden twist or a blow that forces the ankle joint out of its normal position. Sometimes ankle sprains occur because of congenital conditions or previous injuries.

“I always recommend that those who’ve suffered sprains and injuries in the past get their ankles checked for chronic instability as they start new fitness routines,” says Dr. Cor-

nelison.

Do ankle sprains require a doctor’s visit? Those with ankle injuries should see a foot and ankle surgeon any time there is bruising or the inability to bear weight on that foot. Receiving a correct diagnosis is essential as different injuries require different treatment. An examination can determine if there is a fracture — which involves a crack or break in the bones that form the ankle joint. It can also differentiate between a high ankle sprain and a lateral ankle sprain.

> See **SPRAINS**, Page 9

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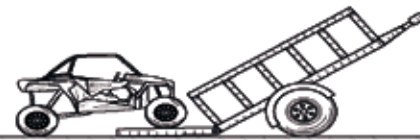
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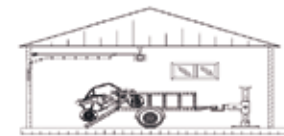


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3 tips to help first-time hikers gear up for the trail

StatePoint

Being new at anything can be intimidating. What's great about hiking is that it's free and open to all, no matter where you live or your level of experience. You also don't need much gear or education to get started.

Ready to find the nearest trail? Check out these three tips and hike your way to greater fitness, well-being and adventure.

1. FIND COMMUNITY

The world of hiking gear, apparel and footwear is vast, which might be a bit confusing for those new to the outdoor experience. Look for brands that make things simple. For example, KEEN Footwear is on a mission to make the outdoors more accessible by providing high-quality footwear at inclusive price points.

Some outdoor and sporting goods stores host outdoor skills workshops and group-led trips to help consumers feel comfortable prior to hitting the trail. For example, REI offers virtual and in-person courses in topics like hiking and backpacking, along with lessons in everything from being bear aware to avoiding common stings and bites. These classes and events are a terrific opportunity to meet like-minded people with whom to share future outdoor adventures.



2. TAKE CARE OF YOUR FEET

While you don't need much to enjoy a hike, it's important to have proper footwear for the terrain that's comfortable, fits well and has the right technology features.

Expensive, bulky hiking boots that need to be broken in are not always the right answer for a newer hiker. Innovative solutions are emerging however. The KEEN Targhee has been keeping feet comfortable on the trail for more than 17 years. It's a go-to hiking boot for backcountry overnights and hiking in rugged terrain. KEEN has created a new

option that offers all of the most important features of its iconic, trail-tested Targhee collection with a fresh approach and inclusive pricing. The Circadia line is a back-to-basics alternative that provides the protection and stability of a hiking boot with a lighter, more sneaker-like feel. Expect out-of-the-box comfort, all-day cushioning, and stability on any trail surface, from dirt to gravel. It's a great choice for local day hikes and short out-and-backs.

Another solid option from KEEN is Ridge Flex. Because this boot requires less energy on the part of

the hiker, it's known as the "e-bike of hiking boots," and is ideal for beginners and experts alike. This is due to the KEEN.BELLOWS FLEX technology that makes it easier to flex the boot right out of the box. Thanks to this design, this boot bends where others may crack and weaken over time, making it a good long-term investment for hikers interested in multi-day backpacking and thru-hikes (hiking a long-distance trail end-to-end).

3. PRIORITIZE SAFETY

As with any outdoor activity, checking the weather is a must before heading out on a hike in order to have the right apparel for comfort, whether that is heat, wind or the cold. Be sure to bring extra food and water, or a way to purify water on the go, along with a simple first-aid kit and tools to start a fire. Don't forget your cell phone, but be aware that cell phones do not always work on hiking trails.

It's also a good idea to read up on the trail you're planning to tackle to ensure it meets your abilities. Always tell a friend or family member when and where you're hiking and what time you expect to return.

Whether you're hoping to spot some elusive wildlife or you're a fitness buff looking to get a great workout in nature, the outdoors is for you. And with a few simple preparations, you'll be ready to hit the trail with confidence.



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Knowing your risk for osteoporosis

SPM Wire

October 20 is World Osteoporosis Day, an important opportunity to learn more about this progressive condition. Osteoporosis weakens bones, making them more susceptible to painful, debilitating and even life-threatening fractures.

While you can't control osteoporosis risk factors such as aging or suffering from certain related medical disorders, there are steps you can take to promote healthy bones.

According to the International Osteoporosis Foundation, you can improve your bone health by making weight-bearing, muscle-strengthening and balance-training exercises part of your routine.

The organization also recommends a diet that includes sufficient calcium, vitamin D and protein, and avoiding negative lifestyle habits like smoking and excessive drinking. To learn more and assess your risk, visit worldosteoporosis-day.org.

Sprain

continued from Page 6

Can an athlete play through the pain? Whether training for a 5K or quarterbacking for a high school team, getting back in the game is often a patient's top concern, and athletes may experience pressure from teammates and coaches to play through pain. But rehabilitation of a sprained ankle needs to begin right away. If rehabilitation is delayed, the injury may be less likely to heal properly, and may lead to chronic ankle instability, which is not only painful, but can increase the risk of additional ankle sprains down the line.

How are ankle sprains treated? Most ankle injuries require no surgical intervention, according to Dr. Cornelison, who stresses that

foot and ankle surgeons will always choose the most conservative treatment for the best long-term outcomes. In addition to rest, ice, compression and elevation, (also known as RICE) doctors may also recommend physical therapy to promote healing and range of motion, as well as NSAIDs to reduce pain and inflammation. In more severe cases, or in cases where the injury was initially neglected, surgery may be required to repair the damaged ligaments. The foot and ankle surgeon will select the procedure best suited to the type and severity of the injury.

For more ankle sprain information and to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website for the American College of Foot and Ankle Surgeons.

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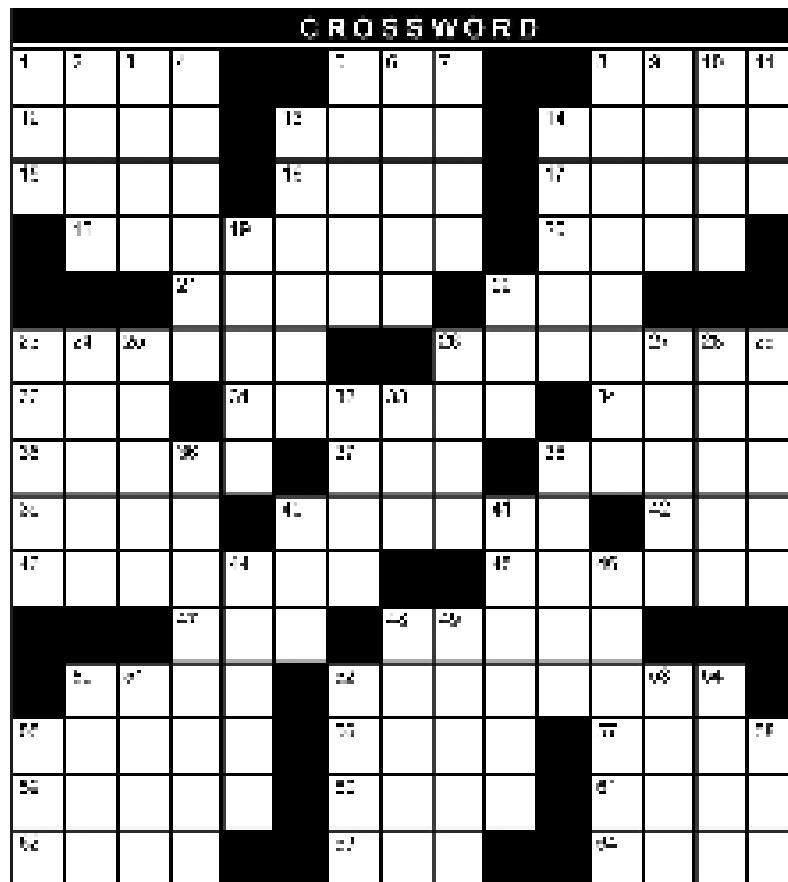
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ACROSS

1. "There is a house" was Queen's Latin music
2. "Vampires" alternative
3. Scythian neck
4. 20-foot
5. Jimmy's surname
6. Redgers of the Packers
7. No ___ or a sibling
8. Little Greek
9. With clean mind
10. "Scream" Halloween cheer
11. Alternative to sun
12. Dionysus pipe-playing companion
13. Bow, but not a in cover
14. Cause of releasing
15. Rental
16. Open site
17. 12 ___ out, "accidentally"
18. Longship propelled
19. Synonymous for about
20. 1994 Aerosmith
21. Magazine's special feature
22. Ex person
23. Like a certain book
24. Thailand coffee
25. Embourgeois
26. Advertisement
27. ___ item
28. Socialist spot
29. "What libraries do"
30. "The Golden Age" author
31. Hair losing parasite
32. Challenge
33. Collier's equipment
34. "Beat It"
35. Cost
36. On down
37. Type of sailing vessel
38. Old age, machine
39. Leak through

DOWN

1. "Macan, Myra has only one in 'Halloween Kills'"
2. Reelers
3. "Halloween" face cover
4. Expression of cooperation
5. Ill gotten gains
6. 19th century business magazine also Jack ___
7. Companies won
8. "White pop"



5. Scythian neck

5. Killer's name
10. Impulses
11. Last word in Latin text
18. Statue of mourning Virgin Mary, pl.

12. Aqueduct

12. Aqueduct
15. Sign source
22. Roman letter ship
23. Army from Roman Empire
24. Roman animal given to placement, pl.

35. American poet
36. Through minutes
37. Sun's side, pl.
38. No, a trick
39. Floral decoration
42. Common second person pro

19. Synonymous for about

19. Synonymous for about
30. "White" hair, loggia, companion
36. "Beat It" singer's signature weapon
38. Hip-hop artist
40. Humid ___ and wing ___
41. Steam
42. Data transmitting device
45. King and Goldilock of TV
48. Type of rotation
49. Churches
50. Aussie name
51. European currency
52. Competitive advantage
53. Uncontrolled force
54. Roman word for opinion
55. Dropped hydrogen
58. Gene Vincent's "Don't do ___"

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7	6	9	8	1	3	5	4	2

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