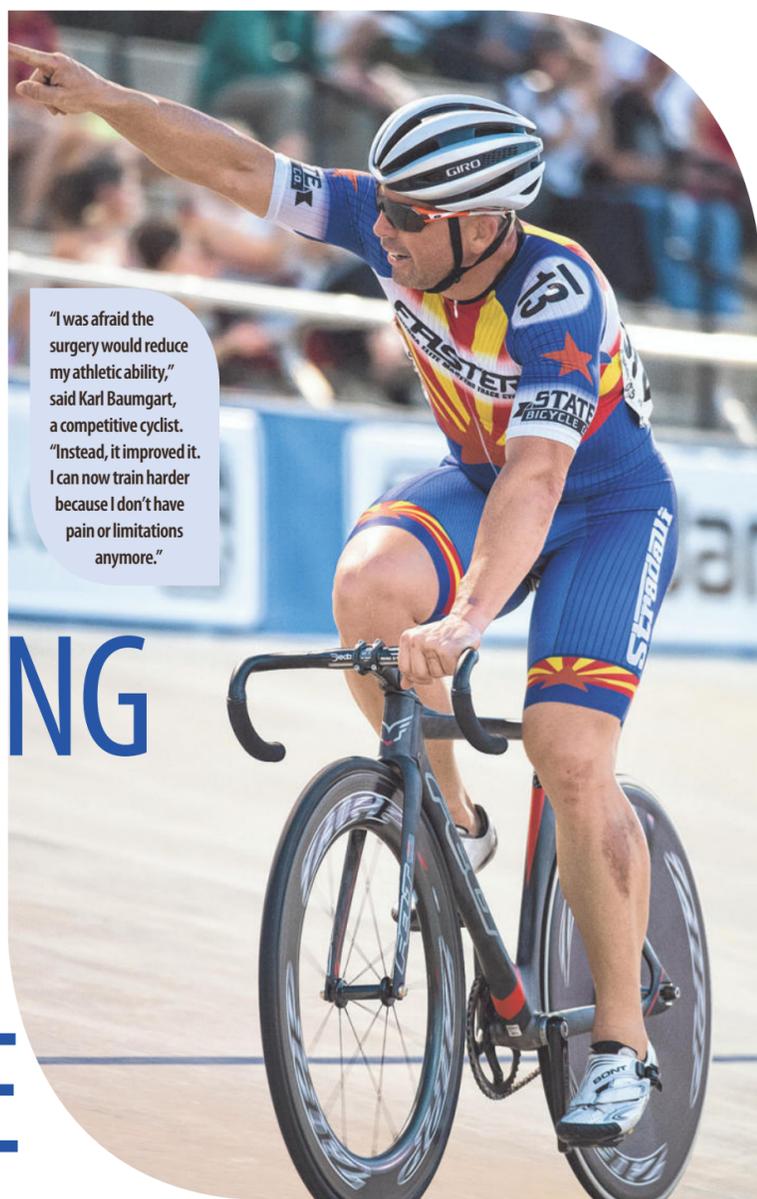


# Livingwellaz

HEALTHCARE NEWS YOU CAN USE FOR YOUR WHOLE FAMILY DECEMBER 2016

IN THIS ISSUE | 2 PNF stretching | 3 Getting kids to eat fruits, vegetables | 4 Food to strengthen bones | 5 Top events

The latest technology and most innovative techniques in musculoskeletal care



"I was afraid the surgery would reduce my athletic ability," said Karl Baumgart, a competitive cyclist. "Instead, it improved it. I can now train harder because I don't have pain or limitations anymore."

## GETTING BACK IN THE GAME

BY MEGHANN FINN SEPULVEDA

Musculoskeletal diseases affect more than one out of every two people in the United States age 18 and over, and nearly three out of four age 65 and over, according to the Bone and Joint Initiative. Traditional and alternative treatments are now available for injuries and degenerative conditions along with inflammatory disease and other types of orthopedic ailments that can significantly reduce or eliminate pain so people can get back to their normal activities.

### Advances in hip replacement

According to the Agency for Healthcare Research and Quality, more than 300,000 total hip replacements are performed each year in the United States.

Valley orthopedic surgeons like Brandon Gough, M.D., a board certified orthopedic surgeon at Phoenix Hedley Orthopaedic Institute, are offering new techniques in total hip replacement. Since 2012, Gough has been using the Direct Superior Approach, a minimally-invasive hip replacement procedure that significantly shortens recovery times, reduces pain and restores function faster for patients at St. Luke's Medical Center.

"This approach is designed to get patients up and moving faster," Gough said. "It's the least invasive hip replacement available."

### Returning to function

As opposed to traditional hip replacement, surgeons who use the Direct Superior Approach make a small incision just above the hip bone, then access the hip joint before placing an artificial implant. "There is minimal to little muscle damage," Gough said. "This results in early return of function and less pain."

The 45- to 75-minute procedure is widely available to patients of all ages and most go home the day after surgery. Physical therapy is usually recommended for six weeks.

The road to recovery was fast for Karl Baumgart, a 44-year-old Scottsdale resident and Arizona competitive cyclist. Just 12 months after receiving a total

► MUSCULOSKELETAL, continued on page 4

### Non-surgical treatment to alleviate muscle and joint pain

People who suffer from mild to moderate back, neck and hip pain, degenerative diseases, joint arthritis, tendinitis and muscle tears, may benefit from prolotherapy as an effective treatment option to reduce or eliminate pain.

David Tallman, D.C., N.D., a naturopathic medical doctor who specializes in regenerative orthopedic therapies, uses prolotherapy, a modern form of an ancient healing technique, to treat the underlying causes of joint pain and back pain. Tallman identifies areas of concern on an MRI, X-ray, CT or ultrasound, then delicately stimulates ligament or tendon tissues through a guided needle before injecting an FDA-approved natural irritant. He also utilizes stem cells from bone marrow concentrate (BMAC) or platelet rich plasma (PRP), which allows the body to rejuvenate itself, repairing and replacing degenerative tissue.

"This therapy forces blood flow into areas with little to no blood supply," Tallman said.

"It stimulates perfusion of ligaments and tendons, thus stabilizing the joint or spine."

LEARN MORE: [ArizonaProlotherapy.com](http://ArizonaProlotherapy.com)



## Cooler temps doesn't mean less exposure

You need to take care of your skin in the winter, too

Most people only think about avoiding the sun during the summer months. But winter sun exposure can be dangerous, too.

The sun's ultraviolet radiation is responsible for 80 percent of facial aging signs such as wrinkling, dryness, sagging and spotty pigmentation, according to a study by L'Oreal Research. UV-induced aging, which is irreversible, is most pronounced in fair-skinned individuals with many years of exposure to intense sunlight. But individuals of all skin types experience changes in facial appearance caused by UV exposure.

### Photoaging

Unlike sunburns and suntans that appear over the course of few hours or days, photoaging, meaning external and internal changes in sun-exposed skin, develops over decades. People who want to protect their skin must avoid intense sun exposure, wear a hat, sunglasses and sun-blocking clothing and make judicious use of a balanced sunscreen that protects against all types of UV radiation.

UV exposure initiates inflammatory processes in the skin, amplifying the direct damaging effects of UV radiation and causing vascular changes such as redness and flushing. It can deplete vitamins and antioxidants in the skin.

UVB rays, which have shorter wavelengths and higher energy, cause DNA damage and photoaging in the epidermis, the outer layer of the skin. UVB is the chief cause of sunburn and skin inflammation. UVA rays, with their longer wavelengths and lower energy, penetrate deeper into the skin. They play a major role in skin aging and wrinkling. Both UVB and UVA rays can cause gene mutations and skin cancer. The exact mechanisms of UV-induced skin cancers are still being investigated.

### Affects to immune system

Chronic UV-overexposure can impair the skin's immune system, degrading the skin's ability to protect the body from disease-causing microorganisms and to heal wounds. The number of skin immune cells significantly decreases as a consequence of both UV exposure and normal aging processes. UVA rays are more harmful to the immune system than UVB rays. Undermining the skin immune system may weaken its ability to resist skin cancer.

The eyes and skin around the eyes are particularly vulnerable to damage by UV rays. Wearing sunglasses protects the fragile skin around the eye from excessive UV radiation and decreases the risk of eye damage.

Eye diseases linked to UV exposure include inflammation, cataracts and eye cancers. Outdoor sports enthusiasts, such as mountain climbers, are always warned about the dangers of UV radiation to the eyes.

Ground-level ozone, a pollutant emitted by car and truck exhausts, can contribute to loss of vitamins and antioxidants. As well, ozone and other pollutants can aggravate the harmful effects of UV radiation, accelerate

► SKIN CARE, continued on page 4

You'll never make a bigger choice.

Virginia G. Piper Cancer Center

HONORHEALTH™

[HonorHealth.com/cancercare](http://HonorHealth.com/cancercare)