

# HEALTH & WELLNESS

2024

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# NOTE FROM THE PUBLISHER

Welcome to the 2024 edition of "Health & Wellness".

Regardless of your age, chances are you have a friend or loved one who is living through some type of health-related illness or disease.

While we don't cover every known disease on the healthcare spectrum, we look this year at some compelling healthcare issues. In this edition, we provide insight into a few health topics.

With healthcare spending in the trillions each year in the United States, It's more important than ever to shine a light on health and wellness in our community.

Along with providing knowledge and up-to-date information, the guide will serve as a resource you can use in the coming year.

We wish you health and happiness in 2024.

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A publication designed and developed to aid our readers in choosing medical and health professionals. The primary distribution is within Clay County, an insert to Clay Today and Clay County Leader newspapers. It is also available at participating health & wellness professionals and the Clay County Chamber of Commerce. It can be viewed in its entirety at [claytodayonline.com](http://claytodayonline.com). **For advertising information contact Clay Today (904) 264-3200.**

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## **The Way Clinic completing countywide system of medical care for uninsured**

The Florida State Legislature passed a bill in March called the “Live Healthy Act” that creates several incentives in the healthcare industry to increase the healthcare workforce and the levels of medical care as the state’s population grows.

The incentives include increases in funding for hospital residency slots, medical student loan forgiveness and free medical screening for pregnant women. One of the other elements of that bill, which Gov. Ron DeSantis signed to take effect on July 1, will increase the income limit of uninsured, low-income residents who are eligible to receive free medical care from clinics like The Way Free Medical Clinic in Clay County, an increase from 200% to 300% of the Federal Poverty Guideline.

“This raise in the income limit means that approximately 25% of Clay’s total population will now be eligible for free medical and dental care through The Way Free Medical Clinic,” said The Way Clinic’s Executive Director Don Fann.

This major healthcare bill comes at a time when The Way is erecting a new medical and dental facility on College Drive, directly across from St. Johns River State College and the Thrasher-Horne Center.

“We are moving rapidly through the construction phase and expect to have the building completed by around July 1,” Fann said. “This new facility will be the headquarters for The Way and the hub of a countywide medical and dental care system for uninsured, low-income Clay County residents in need. We anticipate doubling the number of patients seeking care in the next year.”

The Clay County Board of County Commissioners approved funding to provide The Way Clinic with a mobile medical unit and passenger transport van to

help cover an emerging system of mobile service sites being set up through a private/public partnership with the Clay County government to reach residents in need in more remote areas of the county.

At the heart of the comprehensive care system for the uninsured is ClayPASS, the first countywide medical care coordination system to operate in the county. ClayPASS will navigate uninsured and underinsured residents to appropriate care, prevent unnecessary use of hospital emergency rooms and reduce costly inpatient readmissions through navigation to aftercare.

“Care will be navigated with each of the three Clay-based hospital systems, saving the healthcare system an enormous amount of money while keeping low-income residents healthy,” said Andrea Crowder, Associate Executive Director of The Way Clinic.

ClayPASS will be supported by Clay County’s Community and Social Services Department through their Community Connect Plus comprehensive care navigation portal, which is currently under development.

Eventually, most, if not all, health and human services providers will be on the platform, making cross referrals for services to those in need easy and instantaneous.

“We are very grateful to the Clay County Commissioners for supporting ClayPASS and the College Drive facility project,” Fann said. “We are only about \$200,000 short of our goal to complete the new facility, which has a price tag of \$2.6 million, but we are confident that the community will rally in these last three months to help us finish the project and open by the fall.”

If you would like to know more about The Way Free Medical Clinic and how you can help complete Clay County’s countywide medical care system for the uninsured, you can visit their website at [thewayclinic.org](http://thewayclinic.org).





## Walking is a good step to starting low-cost, low-impact exercise routine

**By Tayla Holman**  
**HCA Florida Orange Park Hospital**

Getting and staying healthy involves some form of exercise – and you have plenty of options. If you're new to building an exercise routine, you may want to start with a low-cost, low-impact activity that's easy to work into your everyday life. Fortunately, you might have overlooked a simple, effective workout: walking.

### Is walking exercise?

Walking is an essential function, but it's also a form of exercise. Walking increases your heart rate, improving blood flow and lowering blood pressure. Walking briskly – about 3 to 4.5 mph – is considered a low-impact, moderate-intensity workout. And you don't need to overexert yourself to get results.

The Physical Activity Guidelines for Americans recommend adults get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity aerobic physical activity (or an equivalent combination) each week. Taking a brisk walk five times a week for 30 minutes daily meets these recommendations.

### Does walking help you lose weight?

Walking helps you burn calories so it can aid weight loss. However, it may be challenging to lose weight from walking alone. Eating mindfully and adding other exercises, such as strength training, can help.

If you want to increase the number of calories you burn while walking, you can try:

- Adding running intervals
- Walking vigorously (5 mph or faster)
- Walking on varied terrain
- Walking uphill
- Wearing a weighted vest



## How many calories does walking burn?

The number of calories you can burn while walking depends on several factors, including your weight, speed and duration.

For example, according to the Centers for Disease Control and Prevention, a person who weighs 154 pounds can burn 140 calories in 30 minutes of brisk walking. That same person can burn 230 calories in 30 minutes of vigorous walking.

## How many steps should you walk in a day?

You might've heard you should walk 10,000 steps daily, or roughly five miles, to promote good health. However, the average American only walks 3,000 to 4,000 steps a day. Taking fewer than 5,000 steps a day is considered passive, meaning most Americans aren't walking enough.

Here are some simple ways to get more steps into your day:

- Park farther away from building entrances.
- Schedule a walk each day and set a reminder on your phone.
- Take the stairs instead of the elevator.
- Go for a walk during your lunch break.
- Walk while on the phone or waiting for an appointment.
- If it's raining, walk inside the mall.

## What is a good walking heart rate?

Heart rate can help you maximize your workout, but it's also important not to let it get too high. You want to push yourself, but not so much that you start to feel ill or weak. Your maximum heart rate – the upper limit of what your heart can handle during physical activity – is 220 beats a minute minus your age, so be careful not to exceed that number.

For moderate-intensity exercise, aim for a target heart rate of 50% to 70% of your maximum heart rate. The target heart rate for vigorous physical activity is about 70% to 85% of your maximum heart rate.

## What are the best shoes for walking?

If you plan to start a walking exercise routine, ensure you have the right shoes. No one-size-fits-all walking shoe exists since everyone has a different foot shape and size. However, consider the terrain you plan to walk on and whether you need extra cushioning or arch support. Getting a shoe fitting is the best way to find the right shoe for you.

## Does walking build muscle?

Walking primarily works out your lower body, such as your calves, glutes, hamstrings and quadriceps. It can help build some muscle, but not to the extent you'd get from a gym workout. That's because walking doesn't stress your muscles enough to break them down, stimulating muscle growth – the body must repair the microtears. Instead, walking creates leaner muscle tone throughout the body, especially in those lower muscle groups.

## Simple steps to promote good health

Walking isn't just a way to get around. It's also a simple way to get more exercise into your day, especially if you're starting. Making minor tweaks to your daily routine can help you get more steps in during the day, and every step you take brings you closer to improving your health. So lace up those sneakers and start walking.



# Taking the heat seriously this summer

By Katie Skelton

**Emergency Department Clinical Supervisor,  
Ascension St. Vincent's Clay County.**



Summer weather will soon be upon us, which brings higher temperatures and increased humidity. The body has several ways to deal with excess heat, the most vital of which is sweating.

Water in sweat evaporates, taking heat with it and cooling the skin.

During this season, people must take precautions against prolonged or intense exposure to hot temperatures, which can cause heat-related illnesses such as heat exhaustion, heat cramps and heat stroke.

According to the Centers for Disease Control and Prevention, more than 600 people in the United States die of heat-related illnesses, and many others experience hospitalization.

Heat stroke is the most serious heat-related illness, which occurs when the body's cooling systems become overwhelmed. The body temperature rises and individuals experience a rapid heart rate and shallow breathing. In this scenario, immediate medical treatment is needed to prevent any permanent brain and organ injury, coma and death.

The best way to avoid heat illness is through prevention with these tips:

- Stay in air conditioning
- Check on loved ones
- Avoid the hottest part of the day
- Beware of hot cars
- Stay hydrated
- Stay informed

Drink plenty of water on hot days and avoid alcohol and dense meals. If you plan to be outside, drink a quart of water every hour. If you start feeling overheated, weak, dizzy, nauseated or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan and put on cool wash-cloths.

If symptoms worsen or don't improve, seek medical treatment immediately at the emergency room. For any concern of heat stroke, call 911 immediately.

Heat Exhaustion	Heat Stroke
<b>Symptoms</b> <ul style="list-style-type: none"><li>▶ Heavy sweating</li><li>▶ Cold, pale and clammy skin</li><li>▶ Fast, weak pulse</li><li>▶ Nausea or vomiting</li><li>▶ Muscle cramps</li><li>▶ Tiredness or weakness</li><li>▶ Dizziness</li><li>▶ Headache</li><li>▶ Fainting (passing out)</li></ul>	<b>Symptoms</b> <ul style="list-style-type: none"><li>▶ High body temperature (103°F or higher)</li><li>▶ Hot, red, dry or damp skin</li><li>▶ Fast, strong pulse</li><li>▶ Headache</li><li>▶ Dizziness</li><li>▶ Nausea</li><li>▶ Confusion</li><li>▶ Losing consciousness</li></ul>
<b>What to do</b> <ul style="list-style-type: none"><li>▶ Move to a cool place</li><li>▶ Loosen your clothes</li><li>▶ Put cool, wet cloths on your body or take a cool bath</li><li>▶ Sip water</li><li>▶ Get medical help right away if:<ul style="list-style-type: none"><li>• You are vomiting</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than one hour</li></ul></li></ul>	<b>What to do</b> <ul style="list-style-type: none"><li>▶ Call 911 right away. Heat stroke is a medical emergency.</li><li>▶ Move the person to a cooler place</li><li>▶ Help lower the person's temperature with cool cloths or a cool bath</li><li>▶ Do not give the person anything to drink</li></ul>

Source: Centers for Disease Control and Prevention



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# REHABILITATION AFTER SURGERY

## IMPORTANT STEP IN HEALTHY LIFESTYLE

FLEMING ISLAND – As a longtime personal trainer and bodybuilder, Trish Goldstein doesn't like taking orders from another trainer to measure success by ounces and fractions of inches.

She knows her body's limits, and she doesn't like going slow. If she's not sweating and breathing hard in the gym, she's not pushing hard enough.

But three rotator cuff surgeries convinced her the only way to recover from a major surgery is to work with a qualified rehabilitation trainer – and follow their instructions.

"Physical therapy is going to be the first stop of any rehab and recovery," Trish said. "Most of the time, this has to do with your range of motion to slowly build strength with your stabilizers and connector muscles and ligaments.

"Before your muscles pick up where they left off, people don't understand your muscles are still there and strong. But even if they feel like you can do something, your ligaments, tendons, and everything else aren't ready. It's very hard not to be disciplined because you must take care of an injury from the inside out."

Rehabilitation is imperative when recovering from reconstructive surgery, especially shoulders and knees, Trish said.

According to [healthline.com](https://www.healthline.com), the most important is the first 12 weeks after total knee replacement. Surgeons encourage patients to get on their feet for short walks when they wake up after surgery.

An increasing range of motion measures each successful rehab session. The goal is for a minimum range of knee flexion between 100-110 degrees following surgery.

Shoulders can take as long as six months because, unlike a knee, a patient must refrain from using the joint for at least six weeks.



Although Trish is a rehab trainer, she isn't a good rehab patient. She got back in the gym too soon and pushed too hard following her first two rotator cuff surgeries. She finally took the advice of her surgeon and rehab trainer and was only in the gym for rehabilitation sessions during her most recent recovery.

"You have to find an experienced personal trainer, and you have to be patient," Trish said. "You have to be disciplined enough to start light, do as much as you can, and if it starts hurting, stop. You have to remember that they probably were drilling into the bone to reattach ligaments and everything else. It takes time to make those joints solid again."

Surgery is just the first step in starting a healthier lifestyle. The rehabilitation that follows is the more challenging work.

However, the healing process will eventually end, and the joint will lock into its flexion range. So be patient and work hard.



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## **‘The Answer for Hurting Feet’ Boger’s Shoes first step to healthy wellbeing**

The Boger family’s business has relied on one basic principle for three generations: you won’t feel well or healthy when your feet hurt.

Most of the time, it starts with proper footwear.

“It starts with so many people wearing the wrong footwear for their whole life leading up to when their foot pain starts,” said Boger’s Shoes co-owner Erika Boger. “We’re a third-generation company. My husband’s grandfather bought the store (in Jacksonville) back in the ‘50s. We purchased it in 2015 and decided to focus on doing more with custom orthotics. We noticed people around our age started to complain about foot health and foot pain. That market really needed somebody to step in and specialize did comfort orthopedic shoes back in the 50s. And we just kept it going. And then when we purchased the store 2015, we decided to kind of really focus on that and try to do more with custom orthotics. We have noticed that people around our age are starting to complain about foot health and foot pain. So I think that market really needed

somebody to step in and specialize in that.”

Erika and Brett Boger also moved to a new store at 845 Blanding Blvd. in April because it dramatically expanded their showroom and parking.

“We were in Riverside, and parking became horrible,” Erika said. “Nobody could find a spot. When people came to us because their feet hurt, they didn’t want to walk six blocks to get inside the door.”

Brett is a state-licensed, board-certified pedorthist, and Erika is the Compliance Manager. They have three certified pedorthists on staff, and the facility is accredited by the American Board for Certification in Orthotics, Prosthetics and Pedorthics. Their services are so specialized



Saleswoman Gwendolyn Folsom puts on a new pair of shoes on a toddler at Boger’s Shoes on Blanding Boulevard.

they accept reservations for fittings.

Erika said many problems result from improperly fitting shoes or other foot issues like flat feet.

“Now we have people walk in and say they’re finally able to walk,” she said. “We have people who said they’ve been living in pain for 20 years because they didn’t know about us. When your feet don’t hurt, it can be life-changing.”

According to Nebraska Medicine, the keys to avoiding foot pain are using shoes with shock absorption to reduce knee, ankle and hip pain, wide toe box, stiff sole, arch support or padded instep, rocker bottom, stretching, icing calves and Achilles to avoid plantar fasciitis, changing shoes and noticeable wear and tear (Erika said after 200-300 miles), trimming nails and massages.

“You see people in sandals with their toes hanging off like the front edge of a table, or their shoes are too narrow, and their feet are rubbing on the inside of the shoes,” Erika said. “Too many people don’t know what size shoe they should be wearing, or their shoe is too long, and it causes a lot of friction.”

If it doesn’t fit, eventually, your feet will start hurting.

And there’s nothing healthy about that.

Boger’s Shoe’s Co-Owner Erika Boger next to the Aertex Scanner that uses 5,184 sensors to make a 3D image of the pressure points of the foot.



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**Brett and Erika Boger are the third generation owners of Boger's Shoes. Brett is a state-licensed, board-certified pedorthist and Erika is the Compliance Manager.**

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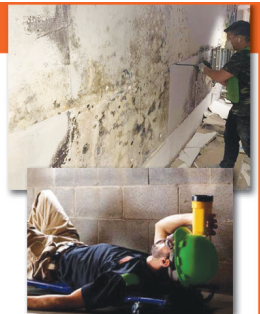


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