



Patient Education

April 2008

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Hello Hydration!

Did you know.....

That water is made up of hydrogen and oxygen?

That water covers 75% of our planet?

That our brain is made up of 95% water?

Water is vital to our survival. So why not take advantage of all the benefits it has to offer.

Drinking six to eight 8-ounce glasses of water a day keeps your hair, skin, and nails healthy. Water consumption also helps the body's blood flow. It is also the key fluid that surrounds your joints.

Water is an essential ingredient to a healthy lifestyle. If you are experiencing symptoms of thirst, chances are that you're already dehydrated. So make a daily habit of drinking six to eight 8-ounce glasses of water for your health!!

There are plenty of warning signs of dehydration. Make sure it doesn't happen to you!



"You can drink over 4,000 glasses of tap water for the price of a six-pack of your favorite cola!"

Signs of dehydration:

- Urine is more yellow than clear
- Lack of sweating
- Fever
- Sleepiness & tiredness
- Little or no urination

- Dry, sticky mouth
- Low blood pressure
- Excessive thirst
- Headache
- Dizziness
- Muscle weakness
- Unconsciousness

Information adapted from freedrinkingwater.com

Migraine Clinic

Specialty Clinics have proven very beneficial to patients. Nurses and physicians from around the area volunteer their time in a special field in order to give patients individualized care. One volunteer donates his time by holding a Migraine Clinic on the second Monday of each month.

Tony Ramsey, an RN, an Assistant Professor for Nursing at Radford University and a PhD student at West Virginia University, saw the need for migraine-specific care at the Free Clinic. So, in September 2007, he decided to conduct the

first Migraine Specialty Clinic.

The goal of the Migraine Clinic is to find out what is causing these headaches and then treat the situation accordingly. In some cases an MRI or a neurological consult will be ordered for a patient. Most often however, eye exams are ordered for patients to ensure that visual strain is not contributing to the headaches. If a patient comes in to the clinic with chronic migraines, the goal is to decrease the number of migraines a patient experiences. This could be done through stress reduction,

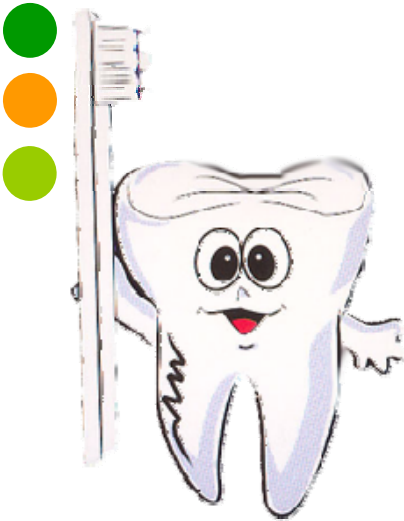
change in diet or medications.

"We average about 4-5 patients at each clinic," Ramsey said, "I like to spend a lot of time with each patient and this is the perfect number for one evening." Ramsey's future goals for the migraine clinic and for the Free Clinic as a whole is to start a migraine support group.

If you are experiencing migraines or chronic headaches, make an appointment to be seen at the Migraine Clinic held on the second Monday of each month.



Patient Education



A Clean Smile Says it All

We know how important a healthy and clean smile is to you. The Free Clinic of the New River Valley is pleased to help patients with dental services such as:

- Oral examinations
- Extractions
- Fillings
- Oral surgery
- Gum treatments

We are also thrilled to offer teeth cleaning services as well. We are fortunate to have hygiene student volunteers from Wytheville Community College and Virginia Western Community College come to the clinic and provide dental cleanings for qualified patients.

You must make an appointment and a \$20.00 administration charge is required prior to your visit.

Please, stop by our dental department or call 540-381-0820 to find out eligibility requirements as well as other resources available to ensure your dental health.

Enjoy an Outdoor Spring Season

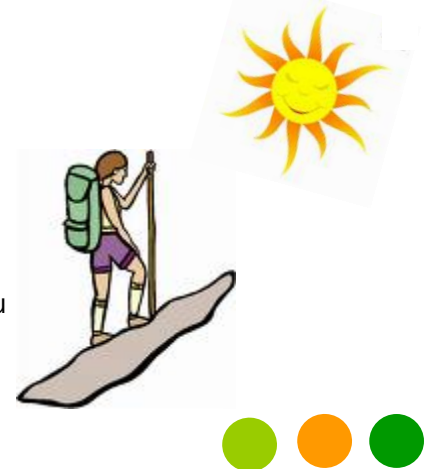
The spring season officially started on March 20th and now it's time to take in the sweet springtime weather.

All winter you've been cooped up at home trying to get warm. Now that it's sunny out, stretch your legs a bit and go outside to enjoy fun activities.

Go for a family hike in the Jefferson Forest in Montgomery County. Take your

kids fishing at one of your favorite fishing holes. Pack a picnic and head to Bisset Park in Radford. Plant a garden in your backyard, go for a nature walk, or even throw the ball around outside with your dog.

These are just a few of the ways for you to enjoy the new season. The number of activities you can do in this beautiful weather is endless.



Know your Pyramid!

Adapted from washingtonpost.com

To keep healthy, the U.S. Department of Agriculture has devised a nutrition plan for you. A new food pyramid describes how much of what foods you should be consuming. The Food Pyramid has changed many times over the years but the message is still the same. Eat lots of fruits, vegetables and protein and less of the fats and sugars!

ORANGE: Grains! Consume 6oz. a day with at least half of that being whole grains!

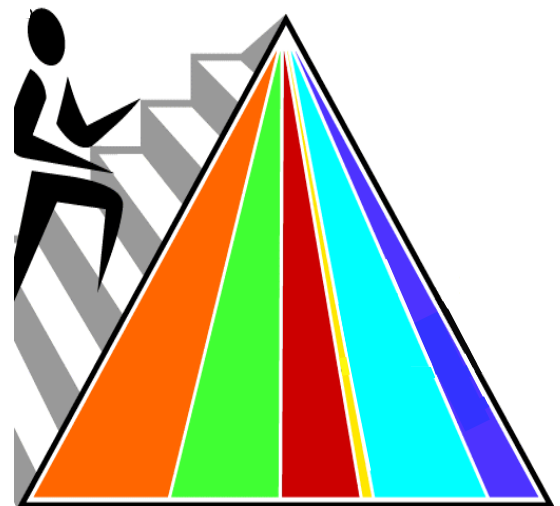
GREEN: Veggies. 2.5 cups a day.

RED: Fruits. 2 Cups a day. (No this doesn't include fruit juice!)

YELLOW: Oils and fats. Consume as little as possible. Although, fats and oils from fish and nuts are okay. Avoid saturated fats and trans fats.

LIGHT BLUE: Milk. 3 cups of low-fat or fat-free milk

DARK BLUE: Meats and beans. Eat lean cuts of meat, fish and beans. But don't fry everything. Consume 5.5 oz. daily



Most importantly is that little athlete walking up the stairs. It is suggested that along with a well balanced diet, you should also exercise for at least 30- 60 minutes a day!



A good hearty laugh can help:

- reduce stress
- lower blood pressure
- elevate mood
- boost immune system
- improve brain functioning
- protect the heart
- connect you to others
- foster instant relaxation
- make you feel good

www.helpguide.org

Laugh Your Way Through April

I think we are all familiar with the saying “April Showers Bring May Flowers,” however, who would have thought that “April Laughter can help you Avoid Health Disaster!”

April is National Humor Month and it was established in 1976. No wonder the first day of April is April Fool’s Day. This month, individuals from all over the country are supposed to enjoy the healthy benefits of humor and laughter.

Excessive laughter can be healthy exercise for your body, giving you an intense ab and facial muscle workout. Other benefits of laughter and humor include a boost in your immune system function, a boost in your body’s circulation, increased oxygen flow in the body and reduced stress. And that is just to name a few!

So, this month, when you are presented with a stressful situation, benefit from it by turning it into hearty laugh.

Information adapted from: www.larrywilde.com & www.naturalnews.com

WAYS TO ADD LAUGHTER TO YOUR ROUTINE:

- Tell a joke
- Watch your favorite comedy movie
- Have someone tickle you
- Go to a comedy club
- Make a funny face in the mirror
- Hang out with funny people
- Avoid stressful situations
- Play Pictionary or Charades
- Put a toy in your car or on your desk

Maintain your Good Eyesight

Good eyesight is vital to your health. Not only is it necessary to your mobility, it is also important in your overall enjoyment of life. Poor eye sight can cause problems when driving and even hinder school performance.



Poor eyesight can be contributed to numerous factors such as, genetics, free radicals, health and excessive computer use.

However, there are many ways to keep your eyes healthy.

Some healthy eyesight tips include a healthy diet consisting of Vitamin A . You can find Vitamin A in carrots and broccoli. You should also consume antioxidants such as Lutein and Zeaxanthin found in corn, peas, and brussels sprouts. Other ways to Improve or maintain your eye sight are as follows:

- **Visit your eye doctor**

By visiting your doctor regularly, it is more likely that he or she will spot a problem early on, making it easier to treat the problem

- **Practice disease prevention**

Many eye diseases that cause blindness can be treated or slowed down by proper and timely diagnosis and a treatment plan.

- **Protect your eyes from harmful sunlight and UVA Rays**

By wearing protective gear, you could be saving your eyes from strain and protecting them at the same time.

Millions of people in the U.S suffer from poor eyesight. Take the necessary steps to ensure your healthy eyesight.

Information adapted from:
<http://compsci.ca/blog/eating-well-to-maintain-good-eyesight/>
and Webmd.com