

# ALASKA MEDICAL CLINICS NEWS

## DIMOND MEDICAL CLINIC

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## WASILLA MEDICAL CLINIC

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## WELCOME TO AMC

Founded in 1999, Alaska Medical Clinics, LLC is Alaska owned and operated. We have two clinics: Dimond Medical Clinic (in Anchorage) and Wasilla Medical Clinic. We offer primary care, urgent care, and occupational medicine and accept patients on a walk-in basis.

Our primary care services include pediatrics and adolescent care, adult care, women's health care, injury care, and physical exams for all ages and needs. Our

### Our Hours:

**Dimond Medical Clinic**  
M-F: 9 a.m.—8 p.m.  
Saturday 10 a.m.—6 p.m.

**Wasilla Medical Clinic**  
M-F: 10 a.m.—9 p.m.  
Sat.: 10 a.m.—6 p.m.

occupational medicine services include occupational physical exams, work-related injury evaluation and treatment, and drug screening. AMC bills most insurances and Medicaid, and we are an opt-out Medicare provider – please feel free to ask for details. We look forward to providing you with the best medical care!

*New in June 2003: We also accept appointments on certain days; call Dimond Medical Clinic at 341-7757 or Wasilla Medical Clinic at 373-6055 to schedule.*

## NEW EMPLOYEES

In the past year, Alaska Medical Clinics, LLC has welcomed several new employees. We are happy to have these new employees join our experienced, talented staff!

### Dimond Medical Clinic:

- Ashley Adrian, Billing
- Cheryl Ekstrom, Receptionist
- Deborah MacLean, Office Manager
- Melissa Mitchell, Certified Medical Assistant (CMA)
- Taylor Oswald, Receptionist
- Tabitha Ray, CMA

### Wasilla Medical Clinic:

- Kim Hanson, Associate Nurse Practitioner (ANP)
- Magen Schiernbock, CMA
- Evelyn York, Receptionist
- Deanna Wilson, Receptionist

## OUR SERVICES

Dimond and Wasilla Medical Clinics are walk-in family medicine clinics dedicated to providing convenient, high-quality preventative and acute outpatient medical services and health care.



We offer open extended and Saturday hours for patients' convenience. Our clinics have on-site laboratory equipment for monitoring common problems such as cholesterol, liver function, urinary tract infections, and diabetes. X-ray is on site for help in diagnosing injuries and illnesses.

Dimond and Wasilla Medical Clinics have the following services:

### PRIMARY CARE SERVICES

- Pediatrics
- Adolescent Care
- Adult Medicine
- Women's Health Care
- Treatment of Minor Emergencies and Injuries
- Immunizations
- Physical Exams
- Preventive Care



### OCCUPATIONAL MEDICINE SERVICES

- Pre-employment Physical Exams
- Health Screening Exams
- DOT Exams
- Drug Testing
- Worker's Comp Injury and Assessment Exams and Treatment
- Immunizations

See our new web site:  
[www.alaskamedicalclinics.com](http://www.alaskamedicalclinics.com)

## Throwing Injuries: Prevent “Little Leaguers Elbow”

**B**aseball and softball are popular summer activities for Alaskans. But repeated throwing can cause elbow and other arm injuries, and in children, this can affect the growth plate. One study found that 40.1% of 9- to 12-year-old pitchers suffer such injuries. Alaska Medical Clinics treats its share of baseball players, and we thought we would provide some tips on preventing injuries.

**Affected Areas.** Throwing injuries can affect the shoulder and elbow, as well as other areas of the arm and body, including the back and neck. One of the most common shoulder injuries is tendonitis of the rotator cuff muscle, which is actually a muscle group of four separate muscles. Another throwing injury often seen is a tear of the labrum cartilage around the shoulder blade. In an interview with the University Medical Center, Dr. Jason Tamo said, “The act of throwing any projectile, whether it be a baseball, softball, or rock, creates tremendous stress on the ligaments that hold the elbow together as well as the muscles of the shoulder.”

**“Little Leaguers Elbow.”** Many people have never heard of Little Leaguers Elbow. Little Leaguers Elbow causes pain on the inside of the elbow since too much throwing can result in both sprains and

strains with damage to the elbow tendons and ligaments.

**Prevention.** Preparation, proper body mechanics, and limiting repetitive motion can go a long way in preventing throwing injuries. Warming up and being coached on the correct way to pitch are very important. In addition, the AAOS recommends:

- Limit pitching to between 4 and 10 innings a week
- Limit pitches to a 80-100 per game
- Limit practice pitches to between 30 and 40
- Any persistent pain should disqualify play until pain subsides

**Come See Us.** Dimond and Wasilla Medical Clinics can help with injury assessment and treatment. If your Little Leaguer—or Big Leaguer!—is hurting, please come in!

*Throwing can cause sprains and strains with damage to the elbow tendons and ligaments.*



## Do Your Feet Hurt? You Might Have Plantar Fasciitis

**I**f you suffer from pain between the ball of the foot and the heel, or just focused on the heel, you might have plantar fasciitis (PF), which is caused when the tendonlike tissue at the bottom of your foot (the fascia) becomes shorter. This can become very painful when stretched, such as when you first walk barefoot in the morning.

**CAUSES.** The reason PF is so common is because **simple everyday activities can cause it**, including:

- ☞ Wearing high heels (including cowboy boots) for long periods of time.
- ☞ Gaining weight (which can break down the pad of fatty tissue under your heel bone).
- ☞ Increased walking, standing, or stair climbing.
- ☞ Increasing your workouts or wearing

worn-out shoes if you are a runner.

**TREATMENT** varies with each patient. One of our patients, who also developed bone spurs on her heels, had been in pain for several years. She saw a drastic improvement and an end to her foot pain when she switched to wearing Birkenstock shoes, at the recommendation of one of our doctors. “Just this simple suggestion, and I can finally walk pain-free again,” she said. Other tips:

- ☞ Rest your heels for a few days when the pain is severe.
- ☞ Stretch your feet, particularly in the morning before you get up. We can show you the best exercises to follow.
- ☞ Anti-inflammatory medications, such as aspirin or ibuprofen, may help.
- ☞ Put your heels on ice packs for a few minutes several times



Photo courtesy of Footcare Direct

daily.

There are other possible treatments, such as athletic taping, splints, cortisone injections into the heel, wearing athletic shoes or sole supports, and avoiding going barefoot. Physical therapy might also be useful. If you are suffering from pain, come see us at the Dimond or Wasilla Medical Clinic for assessment and treatment options.



# Health Benefits of Gardening



**G**ardening offers numerous health benefits and may be just what the doctor ordered for a healthier you. Be careful though, and follow recommended safe gardening tips to avoid injury and to reap the physical and psychological rewards of this fun summer activity.

Go for Green reports that gardening contributes to a person's health through "endurance, flexibility, and strength activities." The role of gardening was explored as a regular physical activity to "reduce your risk of premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression and colon cancer."

*Gardening contributes to a person's health through "endurance, flexibility, and strength activities."*

- ˘ Wear neutral colors; bright clothes attract insects
- ˘ Protect yourself from insects
- ˘ Wear gloves and long sleeves to protect against plants like poison ivy
- ˘ Do not go up a ladder unless you have someone hold it



- ˘ Put your tools away
- ˘ Supervise children in the garden, especially around water
- ˘ Use safety nets over ponds

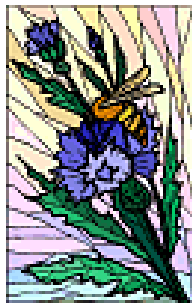
## Mental Health

Along with the physical benefits of gardening come psychological benefits. Horticulture therapy has been around for a few hundred

years and is practiced widely throughout the world. BUPA reports that stress and anxiety are reduced through gardening, "by giving you a break from the general rush of life."

## Ways to Avoid Muscle Injuries

To avoid injuries in the garden, consider the following tips from Go for Green and the British United Provident Association (BUPA):



- ˘ Practice arm, back, neck, and leg stretches before gardening
- ˘ Take frequent stretch breaks while gardening
- ˘ Limit time spent in one position or activity
- ˘ Move around and shake out your muscles
- ˘ Do not strain by lifting heavy objects or twisting when lifting
- ˘ Bend from the knees and keep your back straight
- ˘ Remember that repetitive motion can cause injuries

Gardening also helps boost self-esteem, gives you time to clear your mind, and allows you to socially interact with other gardeners while giving you a healthy hobby and a beneficial outdoor activity.



## Stay Healthy

Other suggestions to ensure your health during gardening including the following:

- ˘ Drink water before, during, and after gardening
- ˘ Wear eye protection from the sun and from dirt and twigs
- ˘ Wear a hat with a sun brim
- ˘ Wear sunscreen



## Fun for Kids: Word Find

Find the following words in this puzzle. They are hidden vertically, horizontally, and diagonally; SOCCER, FRUIT, MILK, SWING, SOFTBALL, SOCCER, FOOD, GAMES, SWIFT, GRASP, RICE, JELLO, CHEESE, PEACH, YAWN, PEA, RIB, YAM, TOE, CRY, HELP, LEARN, SPENT, RACE, SOON, YOU, COW

G	A	M	E	S	O	O	N	Y	G	T
L	E	A	F	O	T	D	R	O	N	O
B	G	R	R	F	S	C	I	U	I	E
F	R	U	I	T	E	N	C	O	W	P
Y	A	W	N	B	C	H	E	E	S	E
A	S	E	R	A	C	E	B	H	R	A
M	P	M	I	L	K	L	E	A	R	N
S	J	E	L	L	O	P	E	A	C	H

# Healthy Bones: Diet & Exercise Are Key



No matter what your age, you need to take care of your bones and to take steps to prevent bone density loss.



Healthy bones require lifelong attention. Many bone problems are preventable through following simple nutritional and exercise guidelines.

Your bones need three essential things to stay healthy: calcium, exercise, and Vitamin D, as described below.

## Why do I need calcium?

Calcium is an essential mineral that builds and strengthens bones, "maintains normal heart beat, and regulates blood pressure," says Gloria Tsang. In addition, reports MSNBC, calcium is being studied for its usefulness in controlling weight and lowering risks for certain cancers!

**Only one-third of Americans get enough calcium.**

## How much calcium do I need?

The National Academy of Sciences recommends 1,300 milligrams of calcium per day for those aged 9 to 18, 1,200 mg/d for people over 50, and 1,000 mg/d for adults between the ages of 19 and 50. For younger children the figures are much lower: birth to 6 months – 210 mg/d, 6 months to 1 year – 270 mg/d, children aged 1 to 3 – 500 mg/d, and those 4 to 8 years old – 800 mg/d.

## What are good calcium sources?

Dairy products such as milk, cheese, and yogurt are considered the best source of calcium. Generally, for most

adults, 4 to 5 cups of milk or yogurt a day provide enough calcium.

But there are other choices as well:  
 8 calcium-fortified soy beverages and orange juice  
 8 cereal bars  
 8 dark green vegetables  
 8 dried beans  
 8 tinned fish, e.g., sardines and canned salmon

## How does exercise help?

Surprisingly to some, exercise has a lot to do with healthy bones. Just as putting demands on your muscles will make them bigger and stronger, putting demands on your bones will strengthen them and increase bone mass, thus preventing osteoporosis.

Weight-bearing exercises – such as walking, hiking, and dancing – are excellent for strengthening bones. Swimming and bicycling are not considered weight bearing, but any exercise that requires your feet and legs to bear your weight will fight against bone loss. Also, resistance exercises, such as weight lifting, place demands on your bones and therefore help build bone mass.

## Don't forget Vitamin D

Vitamin D is required for the body to absorb calcium. Exposing your face, arms, and hands to the sun for 10 to 15 minutes just 2 or 3 days a week will help your body make enough Vitamin D, according to the National Osteoporosis Foundation.



To make sure you have Vitamin D in your diet from vitamin D-fortified dairy products, egg yolks, saltwater fish, and certain oils, check product labels.

Because your body stores Vitamin D, do not exceed the recommended amounts of between 400 and 800 International Units daily.

Additionally, the National Osteoporosis Foundation also recommends not smoking and limiting alcohol intake to prevent bone loss.

## What Is Osteoporosis?

One in 3 women and 1 in 12 men over the age of 50 develop osteoporosis, a condition characterized by bone fragility and fracture and pain and disability. It's important to take enough calcium even if—and maybe especially when—you're young. After 30, bones begin to lose more calcium than is deposited. Therefore, the greater the bone strength achieved by high calcium early in life, the larger the reserve for later years. Low bone strength results in bones that break easily, particularly the wrist, hip, and back.

Osteoporosis is not just a disease of the elderly. A 2002 study revealed that 2% of college-aged women already have osteoporosis, and as many as 15% more have significant bone density loss that's a precursor to the bone-weakening condition. At highest risk were women who were thin and Caucasian, who did not take part in exercise or sports programs in high school, or who were taking the contraceptive Depo-Provera.

Some studies have shown that Hormone Replacement Therapy (HRT) helps prevent or lessen osteoporosis, but there are concerns over whether the additional health risks associated with HRT are worth it. Please discuss your needs and concerns with our staff, and we will help you make a decision that is best for you.

