As a result of COVID-19, it seems as if the world has stopped. We want people to know we are still here – and still care.

As one of many essential businesses, CCS staff are still on the job and available to conduct intakes, therapy, psychiatric services, medication management, and 24-hour crisis services.

Most services are being provided via Telemedicine and you can use your home or cell phone to access us.

Any co-pays or fees will be collected over the phone via credit card or temporarily waived until you can visit our office again.

We are open, and here when you need us. Reach call your local CCS office to talk about your needs.

If you are experiencing a mental health crisis, please call our Mobile Crisis Hotline: 888-943-3022

24 Hours A Day/7 Days A Week

Photo courtesy of Bliss Yoga.
Leg Pain, Swelling, or Cold Feet? Call us, we can help.

Services offered but are not limited to:
- Pacemakers
- Defibrillators
- Heart Caths
- ECGs
- Heart Monitors
- Heart Stents
- Complex Coronary heart caths
- Internal Loop Recorder Monitoring
- Cardiac Resynchronization
- Cardiogenic Shock Failure
- Atrial Fibrillation management
- Heart/Knee/Knee in the Legs
- Stents/Balloons in the Heart Arteries
- AND MORE!

KING & ASSOCIATES CARDIOLOGY
2323 5th Street North | Columbus, MS 39705 | kingcardiology.com
662-369-1169 | Fax 662-570-1492
(Across from Chris's Pharmacy)
John J. King, MD, FACC | Madelyn B. King, ACNP-BC
Abby Dichiera, FNP-BC | Brian D. Adams, FNP-BC
Hospital privileges revoked at Baptist Memorial Hospital/Golden Triangle.
Exercise and diet can help reverse effects of insulin resistance

During the COVID-19 pandemic, Dr. Josh Black gained 10 or 15 pounds without realizing it. With his gym closed, the family practice doctor at OCH Medical Associates in Starkville wasn’t exercising. He wasn’t eating well, either, turning to junk food almost subconsciously. But when Black realized he’d gained weight, he took steps to work it off. He stepped up his exercise regimen and cut out carbohydrates from his diet nearly completely, staying away from high-carb foods like bread, rice and pasta.

The changes worked. Black lost 20 pounds, he has more energy, and he’s sleeping better.

And while the doctor isn’t one of the many Americans with insulin resistance — a common condition that can often go undetected — he’s the perfect example of what to do to reverse its potentially dangerous effects.

Insulin resistance, which can lead to Type 2 diabetes over time, occurs when cells fail to respond well to insulin, a hormone produced by the pancreas to regulate sugar in the blood. The pancreas produces more and more insulin, but eventually it struggles, allowing blood sugar to elevate. That leads to increased risk for several major health problems — cardiovascular disease, kidney damage and damage to the retinas.

But there are ways to reverse these effects and turn back the tide, Nicky Yeatman, a registered dietician and diabetes educator at OCH Regional Medical Center, said in an email. Weight loss is key, with a 7 percent reduction typically a good starting place.

“There are many dietary changes that can be made that will healthfully lead to meeting this goal,” Yeatman said. “For some, it may be the elimination of sugar-sweetened beverages. For others, it may be focusing on portion control of specific foods commonly consumed in their diet. And for others, it may be helping them to identify more healthful quick on-the-go meals because they prefer not to prepare each meal from scratch.”

There are certainly options for those hoping to change their diet and eat better. Black suggested green, leafy vegetables and lean proteins like grilled or baked chicken or fish.

Julia Boucher, health coach at Hollydale Health Store — which has locations in Columbus and Starkville — advised choosing unprocessed, organic foods whenever possible. Foods high in fiber and low in carbs — such as nuts, seeds, and most beans and legumes — are the best options.

Boucher said healthy, whole and unprocessed carbs actually can be a good fuel source, but portion control is important.

“Moderation is the key to it,” she said. “So to exercise. As Black explained, physical activity works to decrease a cell’s resistance to insulin, making it easier for glucose to enter. Its benefits are manifold — improving quality of sleep, increasing metabolism, helping burn more calories at rest, causing weight loss, lowering blood pressure and more.”

Black said both cardiovascular exercise and resistance training — which strengthens the muscles and other soft tissues — are important. Yeatman said she typically recommends two and a half hours of cardio per week with resistance training three days per week — and the more, the merrier.

“I emphasize making physical activity fun and involving friends and family when possible,” Yeatman said.

Apps that allow users to keep track of their diet and fitness levels can be helpful tools.

“Most of us can find motivation to make changes when we first set a behavior change or health goal, but our hectic lives can result in losing focus if we don’t have good support,” Yeatman said.

Theo DeRosa/Dispatch Staff

Julia Boucher, a health coach for Hollydale Health Store, said unprocessed, organic foods high in fiber and low in carbs are ideal for reversing the effects of insulin resistance. Boucher pointed to vegetables, nuts, seeds, and other foods high in fiber and low in carbs as examples.

Theo DeRosa/Dispatch Staff

Dr. Josh Black of OCH Medical Associates in Starkville gained between 10 and 15 pounds during the COVID-19 pandemic. Cutting carbohydrates from his diet helped Black lose 20 pounds, a change with several positive health effects.
Yoga provides path for physical and mental wellness

**Story by Garrick Hodge**

When Cortnie Mutch was a traumatic event in her life standing right in the face, she turned to yoga.

"It was like changing for me," said Mutch, who now teaches yoga classes at the YMCA in Columbus.

Mutch started practicing yoga while she was in the military, and it was this experience that led to her current job.

As a children's health care provider, she has seen the benefits of yoga firsthand. "I've seen a lot of children who come in and they're struggling with anxiety or anger issues," she said. "And by the time they leave the session, they're feeling so much better." Mutch said it's all about finding that balance.

"Yoga is not a one-size-fits-all solution," she explained. "It's about finding what works best for each individual." Mutch said it's important to find what works for you because it's all about self-care.

"It's not just stretching like I originally thought, it's a lot of strength involved," Mutch said.

The more she learned, the more she realized that yoga could help with anxiety, stress, mental peace and provide mental health benefits as well as physical benefits.

"Because yoga is a slow moving form of physical activity, some of the balance poses and postures that are involved forces you to turn your brain inward and come to an understanding of what you're doing," Mutch said. "That skill is a really good tool to develop to focus and find that strength from inside you."

Bliss Yoga Studio owner Lindsey Nicholson has noticed a trend in people seeking yoga classes.

"I think people are realizing that they need to slow down," she said. "They're realizing that yoga is not just a form of exercise, it's a way of life." Nicholson offers three classes a week, ranging from easy flow to strength and mixed level classes.

"At the yoga center, you never know what you're going to come into," she said. "That's the beauty of it." Nicholson said it's all about finding what works for you.

"You can make any class suitable for all levels," she added. "You can make it more challenging or easier for everyone." Nicholson said it's all about finding balance and flexibility with the breathing techniques learned from the mind-body connection.

According to an article from John Hopkins Health, one of the main benefits of yoga includes the resources to help cope with stress.

"The breathing helps calm you down and it can slow your heart rate down," said Lee Ann Stirr, an instructor at Bliss Yoga that started practicing yoga decades ago to get back to a place where your heart isn't racing and you aren't breathing fast. "It's statistically still a possibility, but it's very minute." The CDC has also said they think that the vaccine will not cause someone to be sicked with the virus after receiving it.

While the effectiveness of the vaccine is higher than 90 per cent, any person who has received the vaccination can acquire the virus. "Those who received the Johnson & Johnson vaccine don't have that," said Dobbs. "Even though fully-vaccinated people can still get COVID-19, the chances of death due to COVID-19 is less likely than those who are unvaccinated." Dobbs said.

"I really haven't seen a lot of people who have gotten the vaccine that have been sick," Dobbs said. "It's important to know, even if you've been impacted, the best way to ensure immunity is to make sure that you get vaccinated as soon as possible." The CDC said everyone should make sure they get vaccinated as soon as possible.

"The virus is going to cause myositis at a far higher rate in younger children, but only seven in every 1 million vaccinated with the Pfizer vaccine, individuals could experience tiredness, headache, muscle pain, chills, fever or nausea after the first or second dose," Dobbs said. "The Janssen vaccine is a one-dose vaccination.

"Since the first COVID-19 vaccination was administered in the United States in December 2020, there have been 1,737 cases of a side effect called anaphylaxis, or a severe allergic reaction, reported to the Food and Drug Administration. The Pfizer-BioNTech vaccine is a two-dose vaccine given three weeks apart, while the Moderna vaccine is given four weeks apart. The Johnson & Johnson vaccine is a one-dose vaccine. Anyone ages 18 and older are eligible for any of these vaccines. People with a history of severe allergic reactions should not get the vaccine."

"It's statistically still a possibility, but it's very minute."
After pandemic year, area gyms bounce back

Gyms weathered storm of pandemic by moving online; some have kept a presence there

Story by Zack Plair
zplair@cdispatch.com

Since TaylorMade Fitness opened in Starkville in 2015, owner Chase Taylor had steadily built the active membership to about 130.

In spring 2020, COVID-19 threw his fitness gym, along with others all over the country, into an abrupt scramble centered on the same basic question: “What do we do now?”

For parts of April and May, an executive order from Gov. Tate Reeves mandated gyms, along with other businesses deemed non-essential, be closed to the public. Even after gyms were allowed to reopen, capacity restrictions, social distancing requirements and the hesitancy of some clients to return to public spaces kept the virus very much at the forefront of the business models for those that weathered the storm.

When those challenges arose, Taylor didn’t panic. He adjusted. When his members went home, he and his staff — in the only ways they could — went with them.

TaylorMade specializes in CrossFit, strength conditioning and functional fitness, Taylor said. Paying members, when the shutdown began, could check out equipment packages, from barbells to cardio equipment and more, and Taylor would post at-home workout programs online associated with each package. He offered Zoom classes, led by a fitness coach, as well as free nutrition consultations for “the people who stuck with us.”

“We kept about 80 percent of our membership (through the pandemic),” Taylor said. “COVID is a terrible thing, but one cool takeaway from it was that people developed workout routines and habits when they were at home.”

Whitney Brown, training director with Fitness Factor in Columbus, said that gyms saw a similar metamorphosis to online during the pandemic.

Fitness Factor allowed members to check out equipment for home workouts and it maintained its entire training team to teach members-only Zoom classes, Brown said. Trainers also posted free workouts to YouTube and social media for public access. Sometimes those workouts were filmed from trainers’ homes.

“Most of our members stayed with us and used the online platform,” Brown said. “It was like a bonding experience from afar.”

Brown said Fitness Factor has kept up its digital workouts, even as more and more people are coming back to the gym. “It feels more like normal, and even better than that. It’s nice to be back together in person.”

Chase Taylor, center, instructs Matthew Thornton, left, and Tanner McReynolds through stretching exercises at TaylorMade Fitness in Starkville. Taylor opened his gym on University Drive in 2015 and moved all of his instruction online during the pandemic. Now, he’s back in full swing teaching in-person classes, and he expects membership to boom in the fall.

“It feels more like normal, and even better than that. It’s nice to be back together in person.”

Since reopening, Taylor continues to cap his in-person classes at 15 participants each and practices a more rigorous cleaning regimen between sessions at his gym — remnants of a pandemic that has abated but has not quite yet gone away.

He expects membership to boom in the fall, but instead of packing in more in each class, he plans to add more class sessions of necessary.

Even with those changes, he said his members appreciate the in-person camaraderie.

“People were eager to get back,” Taylor said. “The way we’re designed as humans is to want to be around people and have that sense of community. I think that increases health as well.”
After pandemic year, area gyms bounce back

Gyms weathered storm of pandemic by moving online; some have kept a presence there

Story by Zack Plair
zplair@cdispatch.com

Since TaylorMade Fitness opened in Starkville in 2015, owner Chase Taylor had steadily built the active membership to about 130.

In spring 2020, COVID-19 threw his fitness gym, along with other businesses deemed non-essential, into an abrupt scramble centered on the same basic question: "What do we do now?"

For parts of April and May, an executive order from Gov. Tate Reeves mandated gyms, along with other businesses, be closed to the public. Even after gyms were allowed to reopen, capacity restrictions, social distancing requirements and the hesitancy of some clients to return to public spaces kept the virus very much at the forefront of the business models for those that weathered the storm.

When those challenges arose, Taylor didn’t panic. He adjusted. When his members went home, he and his staff — in the only ways they could — went with them.

TaylorMade specializes in CrossFit, strength conditioning and functional fitness, Taylor said. Paying members, when the shutdown began, could check out equipment packages, from barbells to cardio equipment and more, and Taylor would post at-home workout programs online associated with each package. He offered Zoom classes, led by a fitness coach, as well as free nutrition consultations for "the people who stuck with us."

"We kept about 80 percent of our membership (through the pandemic)," Taylor said. "COVID is a terrible thing, but one cool takeaway from it was that people developed workout routines and habits when they were at home."

Whitney Brown, training director with Fitness Factor in Columbus, said that gyms saw a similar metamorphosis to online during the pandemic.

Fitness Factor allowed members to check out equipment for home workouts and it maintained its entire training team to teach members-only Zoom classes, Brown said. Trainers also posted free workouts to YouTube and social media for public access. Sometimes those workouts were filmed from trainers’ homes.

"Most of our members stayed with us and used the online platform," Brown said. "It was like a bonding experience from afar.

Fitness Factor training director Whitney Brown said the gym saw a similar metamorphosis to online during the pandemic. "It feels more like normal, and even better than that. It's nice to be back together in person."
INVEST HERE.
YOUR VISION IS PRICELESS.
CALL AND SCHEDULE AN EYE EXAM TODAY.

EYE EXAMINATIONS | CONTACT LENSES | SURGERY CO-MANAGEMENT
VISION THERAPY | MEDICAL EYE CARE | DIABETIC EYE CARE DRY EYES | GLAUCOMA

Curtis Optometry Group
662-329-5225
1024 5th St N | Columbus
curtisoptometry.com

Columbus Vision Group
662-329-1233
110 Alabama St | Columbus

Dr. Anna Claire Spradling, Dr. Suzanne S. Cunningham, Dr. John R. Nail, Dr. Hannah J. Nail and Dr. Myra Rosenblatt

PUT YOUR BEST FOOT FORWARD.

• DIABETIC FOOT CARE
• CORMS & CALLUS
• VERRUCAS
• ATHLETES FOOT
• CRACKED HEELS
• FUNGAL INFECTION
• INCISED TOENAILS
• PLANAR FACITIS
• HAMMERTOES
• TOENAIL TRIMMING

Columbus Foot Clinic

DR. AARON OWENS, PODIATRIST
PODIARY FOCUSED SOLELY ON YOU.

Call Today!
662.244.8585
2221 5th Street North | Columbus

www.columbusfootclinics.com

I think I might be pregnant...

You don’t have to face an unplanned pregnancy alone. Visit us at www.stkbutterfly.com or call our 24/7 hotline: 662.683.2088

STARKVILLE PREGNANCY CARE CENTER

BETTER CANCER CARE close to home.

Left to right: John Whicacy, MD; Karissa Boyd, MD; Amber Barden, MD; Wali Atash, MD; Robert Jones, MD; and Amanda Morales, NP-C.
A cancer diagnosis is a complex journey—emotionally, mentally and physically. At Baptist Cancer Center, our team is on your side from diagnosis through treatment and remission. We are committed to the best medical treatment for our patients with two convenient locations in the Golden Triangle area to keep our patients close to the support they need from family and friends. And with a newly remodelled Starkville location, our expanded infusion services now serve twice as many patients with world-class cancer care. All close to home. Get Better with Baptist.

Baptist Cancer Centers are located in:

Columbus
2520 5th St North
662-244-HOPE (4673)
662-323-1181

Starkville
104 Hospital Drive

BAPTIST
cancercenter.com

Get Better.
Yoga provides path for physical and mental wellness

As COVID-19 questions answered

**Story by Garrick Hodge**

When Cynthia Mutch saw a traumatic event in her life start taking its toll, she turned to yoga. “It was like changing for me,” said Mutch, who now teaches yoga classes at the YMCA in Columbus.

Mutch started her practice a year and a half before becoming a certified yoga instructor. “I’m not sure how much work goes into mastering the various techniques,” she said. “It’s not just practicing like I originally thought, it’s a lot of strength involved.”

Mutch said she learned the more she realized that yoga could help with anxiety, stress, mental peace and provide mental health benefits as well as physical benefits. “As you do a more relaxing form of physical activity, some of the balance poses and the breath that is involved helps you to turn your focus inward and come to an understanding of what you’re doing,” Mutch said. “That skill is a really good tool to develop to learn to focus and find that strength from inside you.”

Mutch creates three classes a week, ranging from easy flows to strength and power classes, with the aim of offering whatever class is best for her clients. “It’s never too late to get started,” Mutch said. “You just meet yourself where you are and move from there. I’d want someone to feel comfortable to kind themselves and not expect it to necessarily be perfect. I’m going to practice yoga like I’ve never done it before. I want people to come and find what it is they need to do.”

Mutch said she realized at a young age that she had a serious condition. “I was diagnosed with ankylosing spondylitis when I was 18,” she said. “I had a lot of pain and it was affecting my ability to do yoga.”

Mutch said she was surprised when she discovered that yoga could be beneficial for people with her condition. “I can’t believe that yoga is actually helping me,” she said. “I’m really proud of myself for being able to do it.”

Mutch said that she continues to practice yoga every day. “I’m just starting to realize that I’m doing it for myself,” she said. “It’s about being healthy and taking care of myself.”

Columbus resident Kelley Bassett

Nicholson often met and welcomed people to the studio. Many of the Triangle residents were signing up for on-line

The Pilates and yoga really resonated with Nicholson. She decided to take a break from work and start her own yoga studio. “I really needed that,” Nicholson said. “I was really happy with my job, but I really needed to make more time for myself.”

According to an article from John Hopkins Health, one of the main benefits of yoga includes the resources to help cope with stress. The breathing helps calm you down and it can slow your heart rate down. While yoga is a great way to train, what they’re doing in the gym can be supplemented with yoga for balance and flexibility with the breathing techniques learned from the mind-body connection.

According to an article from John Hopkins Health, one of the main benefits of yoga includes the resources to help cope with stress. The breathing helps calm you down and it can slow your heart rate down. While yoga is a great way to train, what they’re doing in the gym can be supplemented with yoga for balance and flexibility with the breathing techniques learned from the mind-body connection.

Columbus resident Kelley Bassett

Nicholson often met and welcomed people to the studio. Many of the Triangle residents were signing up for on-line

For beginners, yoga might seem overwhelming. According to Mutch, even if you’re not moving your body in that way, you’re just doing it because it’s good for you.

“People don’t feel comfortable doing that,” she said. “They’re just so used to moving your body and not using your body.”

Mutch said she was surprised by how much it helped her. “I’ve been doing yoga for a year and a half,” she said. “I’ve been seeing a lot of changes.”

Mutch said she doesn’t think people realize how much yoga can help. “I think a lot of people don’t realize that yoga is for everybody,” she said. “It’s for young, old, male, female, it doesn’t matter. It really doesn’t meet you where you are and you don’t need any equipment. Hopefully I’m doing yoga when I’m 90 years old.”

Mutch said she’s looking forward to the future. “I’m really excited to see where this will go,” she said. “I really hope that it continues to grow.”

**COVID-19 questions answered**

**Story by Tyler B. Jones**

HEALTH & WELLNESS

As COVID-19 case numbers dwindle in the state of Mississippi and the Golden Triangle, many will have questions surrounding the virus and its vaccine. The COVID-19 vaccination was administered in the United States in December 2020. Now, three different vaccines are available. The Pfizer-BioNTech vaccine, the Moderna vaccine and the Johnson & Johnson vaccine.

The Pfizer-BioNTech is a two-dose vaccine given three weeks apart. The Moderna vaccine is a two-dose vaccine given four weeks apart. The Johnson & Johnson’s vaccine is a single-dose vaccine.

Some people believe the vaccine can cause irreversible transformations to the human body such as causing an individual to become balding, developing ARN or DNA or RNA, but the Center for Disease Control and Prevention has declared no Kam of those myths and proven to be false. The FDA has also confirmed that the vaccine will not cause some to become infected with the virus after receiving it.

While the effectiveness of the vaccine is higher than 90 percent for those who have received the vaccine, the FDA has confirmed that the vaccine is effective in a large group.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.

The DispaTch

Dr. Paul Byers said people can have some natural immunity when taking a COVID-19 vaccination. The CDC recommends that people receive a COVID-19 vaccine when they choose not to receive it.

When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session. When you finally get that pose or can do something, you’re not going to feel good, it’s going to be a hard session.
Exercise and diet can help reverse effects of insulin resistance

You are likely aware of the effects of insulin resistance, a condition that can lead to Type 2 diabetes. It occurs when your body becomes resistant to insulin, a hormone produced by the pancreas to regulate blood sugar levels. Over time, this can lead to high blood sugar levels, which increase the risk for several health problems, including cardiovascular disease, kidney damage, and damage to the retinas.

It is important to take steps to reverse these effects and improve your health. Dr. Josh Black, a family practice doctor at OCH Medical Associates in Starkville, provides a great example of what to do to reverse the effects of insulin resistance.

Dr. Black gained 10 or 15 pounds during the COVID-19 pandemic without realizing it. He stopped exercising and eating well, turning to junk food almost subconsciously. When he realized he had gained weight, he took steps to work it off. He stepped up his exercise regimen and cut out carbohydrates from his diet nearly completely, staying away from high-carb foods like bread, rice, and pasta. The changes worked. Dr. Black lost 20 pounds, he has more energy, and he's sleeping better.

Dr. Black is not one of the many Americans with insulin resistance — a common condition that can often go undetected. However, he is the perfect example of what to do to reverse its potentially dangerous effects. Insulin resistance can lead to Type 2 diabetes over time, a condition that can increase the risk for several health problems.

There are ways to turn back the tide and improve your health. Weight loss is key, with a 7 percent reduction being a good starting point. There are many dietary changes that can be made that will healthfully lead to meeting this goal. For some, it may be the elimination of sugar-sweetened beverages. For others, it may be focusing on portion control of specific foods commonly consumed in their diet. And for others, it may be helping them to identify more healthful quick on-the-go meals because they prefer not to prepare each meal from scratch.

There are certainly options for those hoping to change their diet and eat better. Dr. Black suggested green, leafy vegetables and lean proteins like grilled or baked chicken or fish. Julia Boucher, a health coach at Hollydale Health Store — which has locations in Columbus and Starkville — advised choosing unprocessed, organic foods whenever possible. Foods high in fiber and low in carbs — such as nuts, seeds, and most beans and legumes — are the best options.

But there are ways to reverse these effects and turn back the tide. Williams, a registered dietitian and diabetes educator at OCH Regional Medical Center, said in an email. Weight loss is key, with a 7 percent reduction typically a good starting point. There are many dietary changes that can be made that will healthfully lead to meeting this goal. Williams said for some, it may be the elimination of sugar-sweetened beverages. For others, it may be focusing on portion control of specific foods commonly consumed in their diet. And for others, it may be helping them to identify more healthful quick on-the-go meals because they prefer not to prepare each meal from scratch.

There are certainly options for those hoping to change their diet and eat better. Williams suggested green, leafy vegetables and lean proteins like grilled or baked chicken or fish. Julia Boucher, a health coach at Hollydale Health Store — which has locations in Columbus and Starkville — advised choosing unprocessed, organic foods whenever possible. Foods high in fiber and low in carbs — such as nuts, seeds, and most beans and legumes — are the best options. Boucher said healthy, whole and unprocessed carbs can actually be a good fuel source, but portion control is important.

“Modification is the key to life,” she said. To exercise, as Black explained, physical activity works to decrease a cell’s resistance to insulin, making it easier for glucose to enter. It also improves quality of sleep, increasing metabolism, helping burn more calories at rest, causing weight loss, lowering blood pressure, and much more.

Black said both cardiovascular exercise and resistance training — which strengthens the muscles and other tissues — are important. Williams said she typically recommends two and a half hours of cardio per week with resistance training three to five days per week — and the more, the better.

“I emphasize making physical activity fun and involving friends and family when possible,” Williams said.

Apps that allow users to log food and exercise daily in order to have a record of their diet and activity can help establish a routine. Calendar reminders and non-food rewards are other ways to keep healthy habits.

“Most of us can find motivation to make changes when we first set a behavior change or health goal, but our hectic lives can result in losing focus if we don’t have good support,” Williams said.
Leg Pain, Swelling, or Cold Feet? Call us, we can help.

Services offered but are not limited to:
- Pacemakers
- Defibrillators
- Heart Caths
- TEEs
- Heart Monitors
- ICDs
- Echocardiogram heart caths
- Internal Carotid Artery Ultrasound
- Cardiovascular internal heart monitoring
- Cineangiographic Heart Failure
- AAA Dissection
- Atrial Fibrillation management
- Wearable/Continuous blood pressure
- Treadmill Stress Test
- Cardiac Rehabilitation
- Cardiac Ultrasound
- Stress Ultrasound
- Body Fat Measurement
- Blood pressure measurement

Services offered but are not limited to:
- Cholesterol management
- Diabetic management
- Diet reviews
- Blood pressure management

KING & ASSOCIATES CARDIOLOGY
2323 5th Street North | Columbus, MS 39705 | kingcardiology.com
662-368-1169 | Fax 662-570-1492
(Across from Chris’s Pharmacy)
John J. King, MD, FACC | Madelyn B. King, ACNP-BC
Abby Dichiera, FNP-BC | Brian D. Adams, FNP-BC
Hospital privileges received at Baptist Memorial Hospital Golden Triangle.
As a result of COVID-19, it seems as if the world has stopped. We want people to know we are still here – and still care.

As one of many essential businesses, CCS staff are still on the job and available to conduct intakes, therapy, psychiatric services, medication management, and 24-hour crisis services.

Most services are being provided via Telemedicine and you can use your home or cell phone to access us.

Any co-pays or fees will be collected over the phone via credit card or temporarily waived until you can visit our office again.

We are open, and here when you need us. Reach call your local CCS office to talk about your needs.

If you are experiencing a mental health crisis, please call our Mobile Crisis Hotline:

**888-943-3022**

24 Hours A Day/7 Days A Week