Leg Pain, Swelling, or Cold Feet?
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- Pacemakers
- Defibrillators
- Heart Caths
- EKGs
- Heart Monitors
- Heart Stents
- Complex Coronary heart caths
- Internal Loop Recorder Monitoring
- CardioMems internal heart monitoring
- Congestive Heart Failure
- Atrial Fibrillation management
- Atrial Flutter management
- Warfarin/Coumadin monitoring
- Amiodarone monitoring
- Sports physicals
- Blood pressure management
- Cholesterol management
- Echoes
- Stress tests
- Chest Pain/Angina management
- Peripheral Artery Disease
- Peripheral Venous Disease
- Limb Salvage
- Stents/Balloons in the Legs
- Stents/Balloons in the Heart Arteries
- AND MORE!!!

King & Associates Cardiology
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John J. King, MD, FACC, Madelyn B. King, ACNP-BC, Abbey Dichiara, FNP-BC; Brian D. Adams, FNP-BC; Lauren Besley, ACNP-BC
Donate plasma to save lives this summer

**STATEPOINT**

**Plasma donation is an impactful, meaningful way to give back to your community this summer.** By donating plasma, you can help people like Machelle Pecoraro. Pecoraro lives with Hereditary Angioedema (HAE), a rare disease that can cause attacks of swelling, and often attacks the stomach, hands, feet, arms, legs, genitals, throat and face. Like with many serious and rare diseases, the therapies used to treat HAE require human plasma donations. Donors’ impact “Plasma donors directly impact my ability to live a full and productive life. Therapies made from these donations allow me and my son, who also lives with HAE, to receive ongoing treatment for our conditions,” says Pecoraro. Plasma, a straw-colored liquid that carries red blood cells, white blood cells and platelets, helps to maintain a steady level of blood pressure, supports the immune system and delivers critical nutrients to cells. Plasma donations are used to replace crucial proteins people living with rare and serious diseases lack, and to produce therapies that treat diseases such as primary immune deficiencies, hereditary angioedema, hemophilia, Alpha-1 Antitrypsin deficiency and various bleeding and neurological disorders. There is a critical and ongoing need for plasma donations, as these life-saving medicines treat people in more than 100 countries around the world. Every year, it takes more than 1,200 plasma donations to treat one hemophilia patient, more than 900 plasma donations to treat one Alpha-1 patient and more than 130 plasma donations to treat one primary immune deficiency patient. “Plasma donors do the amazing, as plasma is used to develop life-saving therapies for people living with rare and serious diseases. We encourage those who can donate to visit a nearby CSL Plasma donation center,” says Rachel Malhotra, MD, head of plasma donor safety, CSL Plasma. Eligible, qualified plasma donors also receive payments in connection with plasma donation processes.

The donation process To donate, you must be in good health, between the ages of 18-74, weigh at least 110 pounds, and have had a transfusion-free blood history. You must have valid identification with a permanent address, no tattoos or piercings within the last four months. You must also meet the health and screening requirements and to find a center near you. The CSL Plasma donor app is also available for Apple and Android device users. To donate, you must be in good health, the ages of 18-74, weigh at least 110 pounds, and have had no tattoos or piercings within the last four months. You must also meet the health and screening requirements and have valid identification with a permanent address.

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Although wait times may vary at each location, the collection process takes approximately 90 minutes after the first donation. It is recommended that you drink 24 hours before to six 8-ounce glasses of water. Fruit juice or other caffeine-free liquid at least two to three hours before donation, avoid caffeinated beverages, avoid alcohol of any type for 24 hours beforehand, eat a meal prior to donation and get adequate sleep. CSL Plasma has 130 plasma donation centers across the United States. Visit cslplasma.com for more information and to find a center near you. The CSL Plasma donor app is also available for Apple and Android device users. “I thank all donors and encourage anyone who is considering donating to remember that doing so does make an impact for people like me and my son,” says Pecoraro.
Prioritizing your health now that the public health emergency is over is it's time to address the health challenges that may have been neglected during—or created by—the pandemic.

With the national COVID-19 Public Health Emergency officially over, many experts say it's time to address the challenges that may have been neglected during—or created by—the pandemic.

“Making time for you and your family’s preventive medical care and investing in your overall health is vitally important right now,” says Jack Resneck Jr, MD, president of the American Medical Association (AMA). “As you settle into new routines or find new ones, you may be feeling overwhelmed, anxious, afraid to express these emotions, while taking on new responsibilities. It’s time to address these challenges that may have been neglected during or created by the pandemic.

1. The perfect cup of coffee: According to the National Foot Health Awareness Month Foundation, 81% of adults over 30 admitted to stepping on a sharp object while wearing shoes, even if going to the beach or pool and 70% of respondents said they’ve worn shoes to bed. A closer shave: Men can say goodbye to nicks and patchy facial hair. If you have ever Notes: An estimated 41% of adults with one or more chronic health conditions may have been missed due to pandemic-related care delays. If you use for preventive care, tests or screenings, make an appointment. 4. Get screened: It’s estimated that since April 2020, 3.9 million breast cancer diagnoses, 3.8 million colorectal cancer and 1.6 million prostate cancer cases may have been missed due to pandemic-related care delays. If you have questions, contact your physician and trusted resources, including your BPHC provider.

7. Know your numbers: Track health data such as height, weight, body mass index and blood pressure. How do your numbers compare to the percentages provided by other medical issues and create serious foot problems.

Jones also warns about the possibility of changing alignment in the arch of a patient’s foot, advising them to watch for swelling of tendons and any bony prominence. He encourages people to stop shrugging off foot pain, as it can lead to infection and other health issues. He explained that many medical issues are often ignored by patients or confused with other conditions, so it’s important to seek medical attention right away.

Foot pain related to the arch is commonly associated with obesity, specific types of exercise, subjective foot mechanics, age and occupation that require being on your feet.

There are home remedies that can help prevent foot issues and manage foot pain without seeing a doctor, such as over the counter pain medication, foot braces and frequently icing the bottom of the foot. However, the Mayo Clinic recommends professional medical treatment if the problem persists for more than a few weeks, or if there is consistent numbness, or the foot is unable to provide mobility.

Held by socks and shoes, “out of sight, out of mind” applies to our feet. But feet are important to every part of the human body. Dr. Waterman, a orthopedic surgeon for Columbia Orthopedics, specializes in foot and ankle surgery in addition to sports medicine and joint replacement. He explained that patients often create neurological trouble that cause the feet to go numb.

Neurological issues are common in people with diabetes and chronic back pain. Jones said. This is concerning to patients because they can no longer feel the heat of their feet and ankles due to nerve damage. Jones said.

“The most common place to manifest a neurological problem is the foot,” Jones said.

Foot pain related to the arch is commonly associated with obesity, specific types of exercise, subjective foot mechanics, age and occupation that require being on your feet. It is recommended to do a self-check of your foot health. It’s important to check for points of pain or lack thereof, both of which can indicate underlying issues. It is important to check for points of pain or lack thereof, both of which can indicate underlying issues.

Foot pain related to the arch is commonly associated with obesity, specific types of exercise, subjective foot mechanics, age and occupation that require being on your feet.
A Walk in the Park: Walking Trails in Columbus and Starkville

By LIZZIE TOMLIN
ltomlin@cdispatch.com

WALKING is a simple activity that can provide a myriad of benefits, including improved heart health, mood, and overall well-being. However, the Mississippi Department of Health and the United States Department of Agriculture recommend at least 150 minutes of moderate-intensity aerobic activity per week for adults to maintain and improve cardiovascular and muscular fitness. Walking has been shown to improve energy levels, mood, and cognitive function.

In Columbus and Starkville, there are a variety of walking trails to choose from, each offering unique features such as nature trails, paved trails, and scenic views. These trails are accessible to runners, hikers, and even pets, making them a great option for outdoor enthusiasts.

Columbus:
- Lock and Dam: 4.5 miles, 4214 Lock and Dam Road
- Bull Run: 4 miles, 4214 Lock and Dam Road

Starkville:
- Chadwick Lake: 0.99 miles, 1665 Chadwick Lake Road
- Nusshele Wilderness Trail: nature trail, 12125 Bull Lake Road
- Lynn Lane: 1.5 miles, concrete, Mill Park to South Montgomery
- J.L. King Park: paved, 4400 N. Long St.
- MSU Research Park: 4 miles, gravel, 100 Research Blvd.

In addition to walking trails, there are also riverside, nature trails, Lock and Dam, and the Riverwalk in Columbus. These trails provide a variety of environments for outdoor activities and socializing.

Adopting pets can lower levels of anxiety, depression, and social isolation.

“With depression, you are more likely to be less active, and having a pet will often make it so that you have to increase activity levels... even if it just forces you out there to get food for your pet,” said Dr. Michael Nadorff, an associate professor of psychology at Mississippi State University. “Clinically depressed patients are more likely to be less active, and having a pet will often make it so that you have to increase activity levels... even if it just forces you out there to get food for your pet.”

“Adopting pets can lower levels of anxiety, depression, and social isolation for people with depression,” said Dr. Michael Nadorff, an associate professor of psychology at Mississippi State University. “Adopting pets can lower levels of anxiety, depression, and social isolation for people with depression.”

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Pets require a routine, socialization; they also don’t judge.

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"Pets require a routine, socialization; they also don’t judge," said B.N. Newton, associate professor of psychology at Mississippi State University.

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Walking every day improves heart health

By LIZZIE TOMLIN

SATURDAY, JUNE 24, 2023 HEALTH & WELLNESS

“Regular walking will lower your risk of heart disease by 35%, meaning a short morning walk is a gateway to a healthy heart,” said J.L. King Park, paved, 4040 N. Long St.

In Starkville, Chadwick Lake is a 4.4-mile trail that bends along the Tombigbee River and includes amazing views of the water. Along the trail you can find a butterfly garden, benches and picnic tables. There is plenty of open space for dogs and kids to run wild.

In Starkville, Chadwick Lake is a mile-long walking trail on MSU’s campus that is open to the public. This trail has great views, big fountains, and access to outdoor exercise equipment.

Fishing is accessible to trail-goers and pets are also welcome. A frequent user of the Chadwick Lake walking trail, Branden Haynes, created a walking club in Starkville called the City Girls Who Walk. They meet one Sunday a month at a North Farm research park.

Adopting pets can lower levels of anxiety, depression

Pets require a routine, socialization; they also don’t judge

By RILEIGH CAMPBELL

With depression, you are more likely to be less active, and having a pet will often make it so that you have to increase activity levels… even if it just forces you out there to get food for your pet.

Brandy Johnson with two of her dogs, Emma and Jimmy. She adopted Emma, right, from Columbus-Lowndes Humane Society four years ago, and she adopted Jimmy from the Oktibbeha County Humane Society two years ago.

For more information about adopting a pet in the Golden Triangle, visit Columbus-Lowndes’ website at clhumane.org, the West Point-Clay County Humane Society at www.westpothumansociety.org, or the Oktibbeha County Humane Society at www.ochsms.org.
3 items that can help you elevate your morning routine

**STATEMENT**
A great morning routine makes getting out of bed more pleasant and sets the tone for a successful, productive day. Whether you are a morning lark or a night owl, check out these items that can help you start your days on the right foot.

1. **The perfect cup of coffee:** Most people think they are satisfied with their morning cup of coffee, that keeps their blood sugar up and is essential to their day. Liquid that keeps beverages warm (130 degrees F), hot (140 degrees F) or piping hot, (150 degrees F) depending on the setting selected. Lab testing has shown that liquid is, until they try Nextmug, a smart, self-heating mug and patchy facial hair. Offering a close shave, even on the bikini area. The most common place to manifest a neurological problem is in the foot,
Donate plasma to save lives this summer

STATEPOINT

Plasma donation is an impactful, meaningful way to give back to your community this summer. By donating plasma, you can help people like Michelle Pecoraro.

Pecoraro lives with Hereditary Angioedema (HAE), a rare disease that can cause attacks of swelling, and often pain, in specific parts of the body, including the stomach, hands, feet, arms, legs, genitals, throat and face. Like with many serious and rare diseases, the therapies used to treat HAE require crucial proteins people living with HAE, to receive ongoing treatment allowing me and my son, who also lives with HAE, to live a full and productive life.

Therapies made from these donations, including plasma donations, are and serious diseases lack, and to therapies for people living with rare and serious diseases. We encourage those who can donate to visit a nearby CSL Plasma donation center, says Rachpal Malhotra, MD, head of plasma donor safety, CSL Plasma.

Eligible, qualified plasma donors also receive payments in connection with plasma donations.

To donate, you must be in good health, between the ages of 18-74, have valid identification with a permanent address, no tattoos or piercings within the last year, it takes more than 1,200 plasma donations to treat one hemophilia patient, more than 900 plasma donations to treat one alpha-1 patient and more than 130 plasma donations to treat one primary immune deficiency patient.

Plasma donors directly impact my ability to live a full and productive life. Therapies made from plasma donations allow me and my son, who also lives with HAE, to receive ongoing treatment for our conditions,” says Pecoraro.

Plasma, a straw-colored liquid that carries red blood cells, white blood cells and platelets, helps to maintain a steady level of blood pressure, supports the immune system and delivers crucial nutrients to cells.

Plasma donations are used to replace crucial proteins people living with rare and serious diseases lack, and to provide therapies that treat diseases, such as primary immune deficiencies, hereditary angioedema, hemophilia, alpha-1 antitrypsin deficiency and various bleeding and neurological disorders.

There is a critical and ongoing need for plasma donations, as these life-saving therapies are used to treat one hemophilia patient, more than 900 plasma donations to treat one alpha-1 patient and more than 130 plasma donations to treat one primary immune deficiency patient.

Plasma donors directly impact the health and quality of life of people living with rare and serious diseases. We encourage those who can donate to visit a nearby CSL Plasma donation center.

Visit cslplasma.com for more information and to find a center near you. The CSL Plasma donor app is also available for Apple and Android device users. “I thank all donors and encourage anyone who is considering donating to remember that doing so does make an impact for people like me and my son,” says Pecoraro.

About the cover: Abby Leonard, student at Mississippi State University, scales to start her day on a positive note. Since beginning her walking journey, she has become more active overall and attributes her new-walks to start her day on a positive note. Since beginning her walking journey, she has become more active overall and attributes her new-walks to start her day on a positive note. Since beginning her walking journey, she has become more active overall and attributes her new-walks to start her day on a positive note. Since beginning her walking journey, she has become more active overall and attributes her new-walks to start her day on a positive note.
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