


# HEALTHY ADVICE

## From the Pros

Do you have questions?  
Do you need answers?

**Chiropractic**




**The Mauldin Clinic**  
Dr. Matthew Eiken  
117 East Butler Road  
Mauldin, SC 29662  
(864) 329-1515  
themauldinclinic@myexcel.com

**Q** I hurt my back doing yard work. Do I use ice or heat? Would a back brace help? How do I know what brace I need?

**A** Spring has sprung! There are probably a lot of people reading this article that are "in your shoes" or will be soon. Yardwork can be very rewarding but also "hazardous to your health"! No matter how you hurt your back, always try ice first. They key to success is consistency. Ice 20-30 minutes every 2 hours. The ice therapy needs to get cold enough to make your back numb. A back brace will help support your back and take some of your body's weight off the injured area. Once you are feeling better, wear the brace when you perform and heavy lifting, stooping, or excessive bending. The brace will help you from re-injuring your back. Anybody can stop by my convenient location and be fitted for proper back support. I'll help you choose a support that fits you at "no charge".  
**P.S. Hurry... all back supports are 20% off this week!**

**General Dentistry**




**Bynum Aesthetic Dentistry**  
Matt Bynum, D.D.S.  
1334 S. Hwy. 14  
Simpsonville, SC 29681  
(864) 297-5585  
www.DrMattBynum.com

**Q** Is my general dentist qualified to perform cosmetic dental procedures?

**A** According to the South Carolina State Board of Dentistry, there is no recognized specialty field of cosmetic or aesthetic dentistry. There are, however, organizations that are specific to this type of dentistry, such as the American Academy of Cosmetic Dentistry (AACD) and the American Academy of Esthetic Dentistry (AAED). Since a general dentist is licensed to perform any aspect of dentistry that he/she feels competent, it would be correct to say that he/she is qualified to perform cosmetic dental procedures. Before proceeding with any such work, I would recommend you actually see cosmetic work performed by the dentist to assure yourself of his/her competence.

**Dermatology**

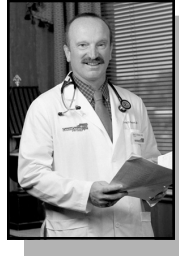


**Greenville Dermatology**  
Matthew Miller, M.D.  
317 Saint Francis Dr., Suite 210  
Greenville, SC 29601  
(864) 242-5872

**Q** What type of sunscreen should I use?

**A** Select a sunscreen with a high "SPF" or "Sun Protection Factor". Most of us do not apply sunscreens heavily enough to get the advertised SPF, so the higher SPF you get the better. Ensure that your sunscreen also has ultraviolet A (UVA) protection. This is not measured by the SPF so it is possible to have a high SPF and little UVA protection. Read the label and look for "Parsol 1789", "avobenzone", "Zinc" or "Titanium" which provide good UVA protection. Finally, frequently reapply your sunscreen.

**Oncology**




**CancerCenters of the Carolinas**  
John D. Hunter, M.D., FACP  
65 International Drive  
Greenville, SC 29615  
(864) 987-7000 (Greenville)  
(864) 888-3717 (Seneca)  
www.cancer Carolinas.com

**Q** Does it really make a difference if cancer is discovered "early"?

**A** A resounding YES! Deaths from breast and colorectal cancer are dropping, while prostate is yet to be proven. In breast, a small lump has a better prognosis -- and can be treated with lump removal (rather than breast removal) and may not need chemotherapy. In colon cancer, precancerous or even cancerous polyps can be removed through a scope, and open surgery and chemotherapy can be used less often. Unfortunately, lung and head / neck cancers are difficult to discover early; tobacco avoidance is critical. Call 864-241-6319 or visit [www.cancer Carolinas.com](http://www.cancer Carolinas.com).

**Urology**

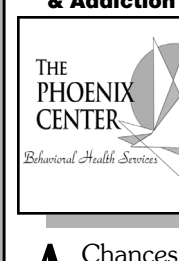


**Palmetto Urological Associates, P.A.**  
J. Ronald Smith, M.D. Linton B. West, Jr., M.D.  
Brant E. Mayher, M.D. H. Sykes DeHart, M.D.  
11 Park Creek Drive  
Greenville, SC 29605  
(864) 242-1220

**Q** I recently saw blood in my urine. Is this serious?

**A** Blood in the urine can be a sign of a serious underlying disorder. Common causes include urinary tract infection, stone disease, bladder or kidney cancer and medical kidney disease. Irritative symptoms such as burning and frequent urination are common with infection. Stones are often associated with back or abdominal pain. Those who smoke are at greater risk for cancers of the urinary tract, and people with conditions such as diabetes and high blood pressure are at increased risk for kidney disease. You should alert your physician immediately if you experience blood in the urine so that the proper evaluation can be done.

**Substance Abuse & Addiction**




**The Phoenix Center**  
1400 Cleveland Street  
Greenville, SC  
(864) 467-3790

**Q** How do I know if I have a drug or alcohol problem and need treatment?

**A** Chances are, if you're asking this question, you probably do have a problem. Your denial can be the first barrier to seeking treatment. It is often easier to find reasons to support why you don't have a problem. Addiction is a complex disease and professionals should be consulted to make the diagnosis and referral. For answers and solutions provided in a confidential, non-judgemental setting, call 864-467-3790. Or, call any organization in your city that has licensed substance abuse counselors. Treatment works, but you have to make the first move.

**General Surgery**



**General, Thoracic and Advanced Laparoscopic Surgery**  
John E. Carey, M.D., PA  
8 Memorial Medical Court, Suite 4  
Greenville, SC 29605  
(864) 269-9899

**Q** I have been diagnosed with gallstones on an abdominal ultrasound. I am considering a "gallbladder flush" rather than surgery. What do you think?

**A** My surgical opinion is that a gallbladder flush is potentially very dangerous as it can push gallstones out into the ducts that drain the liver and pancreas. You could end up with jaundice, pancreatitis, and even sepsis. You are much safer having your gallbladder removed laparoscopically.

**Pediatric Dentistry**

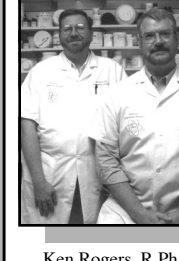


**Holly Tree Family Dental, PA**  
Ann Bynum, DDS  
1334 S. Hwy. 14  
Simpsonville, SC 29681  
(864) 297-5585  
www.hollytreefamilydental.com  
dr.ann@hollytreefamilydental.com

**Q** My child is already a year old and hasn't cut in a baby tooth yet? What is wrong?

**A** A very common concern among new parents. Especially because most baby books tell parents to expect the first tooth by 6 months of age and when it isn't there, panic sets in. Actually, it is quite common to cut baby teeth as late as 16-18 months sometimes. Missing a full set of baby teeth is extremely rare. If no baby teeth show up by a year and a half I would recommend seeing your family dentist for an exam and x-ray to assess the situation.

**Pharmacy**

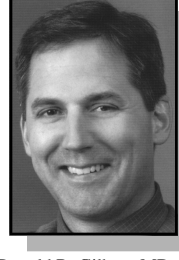


**Apothecare Compounding**  
Claude Banks, R.Ph. Ken Rogers, R.Ph. &  
604 Grove Road  
Greenville, SC 29605  
(864) 241-0477  
info@apothecarx.com

**Q** How can you lose weight in a Healthy Way?

**A** Claude Banks did research and developed a formula containing a combination of amino acids, minerals and hormone precursors to help burn fat, help regulate blood sugar levels, and curb your appetite. MetaBoost will also stop the cravings for carbohydrates and sweets. The ingredients are all natural and can be found in the body itself or in the foods we eat. Call us for further information about MetaBoost or MetaBoost Plus.

**Varicose Vein**




**GVC**  
Donald R. Gilbert, MD, FACS  
109 Doctors Drive  
Greenville, SC 29605  
(864) 240-8131  
www.greenvilleveincenter.com

**Q** What are Varicose veins?

**A** Veins normally function to return blood to the heart. Valves in the veins close after blood travels up the vein, preventing blood from backing up (refluxing) down the vein. Valves can become abnormal, or incompetent for a variety of reasons, including trauma, pregnancy, or hereditary factors. Once a valve becomes incompetent, the vein below the valve is exposed to higher pressure and can become larger (dilated). Other valves and veins nearby are exposed to the higher pressure and can also dilate. Varicose veins commonly appear on the legs as raised, often ropey, enlarged veins. They can cause the leg to swell, throb, and in severe cases, can lead to inflammation, ulcers and blood clots.

**Physiatrist**

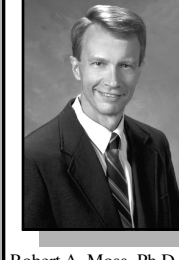


**Carolina Medical Rehabilitation**  
Sam B. Parimi, MD  
27 Creekview Ct.  
Greenville, SC 29615  
(864) 627-4032

**Q** Is it true that twice as many women have arthritic knees as men?

**A** Yes. A rehabilitation colleague, D. C. Kerrigan, MD, a Harvard Medical School professor, conducted a study where she found that women who wear 2 1/2 inch heels strain the joints, muscles and tendons in their knees. The increased pressure is believed to lead to osteoarthritis, a painful joint disease that destroys the cartilage surrounding the knee. Wide-heeled dress shoes caused the same, if not greater, pressure on the knees as narrow-heeled shoes. Unfortunately, women tend to be more comfortable in the wide-heeled shoes and wear them for longer periods of time. For better knee health, change those shoes!

**Psychology**




**Center for Emotional Restructuring®**  
Robert A. Moss, Ph.D., ABPP  
4200 East North Street, Suite 10  
Greenville, SC 29615  
(864) 609-9800  
www.emotionalrestructuring.com

**Q** What can I do about my constant worrying? (part 2)

**A** Try using worry times. Always carry a worry list and write down anything that concerns you. Schedule 3 or 4 one hour times a week, and have a tape recorder. Choose a problem from your list and talk aloud about the problem, what you thought about doing, and the positive/negative things you expect to happen for each possibility. Rewind the tape and press play. As you listen, it will feel more like listening to a friend talk about his/her problems. You are more likely to see which solution is best. (Free seminar, Embassy Suites, April 13)

**Radiology**




**Greenville Radiology**  
C. David Williams III, M.D.  
Diagnostic Radiologist  
1210 W. Faris Road  
Greenville, SC 29605  
(864) 295-4422

**Q** Why is screening Osteoporosis in Postmenopausal women important?

**A** Osteoporosis is a medical condition marked by thinning and weakening of bones and can lead to fractures, loss of height due to compression of the bones of the spine, and pain.  
Risk for osteoporosis increases with age, lower body weight, and a lack of estrogen. Current recommendations would indicate that women 65 and older can be screened routinely for osteoporosis. For women at higher risk for fractures, that screening should begin at age 60. Dual energy x-ray absorptiometry (DEXA) is the most commonly used diagnostic tool specifically designed to measure bone density. The test is painless, and requires no special preparation. It is often scheduled with mammography for patient convenience. The results from the screening test will be forwarded to your physician, who will then be able to discuss the potential risks and benefits of the various therapies currently available.

**Laser Vision**

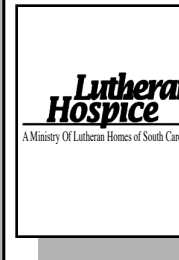


**Carolina Cornea**  
Anne V. Parker, MD  
200 Patewood Dr., Suite A115  
Greenville, SC 29615  
(864) 286-3700  
800-818-2777  
www.CarolinaCornea.com

**Q** What is LASIK and how does it "correct" vision?

**A** LASIK means Laser Assisted In-Situ Keratomileusis. It is a laser procedure used to change the shape of the cornea, the front surface of the eye. When the cornea is flattened, nearsightedness (myopia) can be eliminated. When the corneal curvature is made steeper by the laser reshaping, farsightedness (hyperopia) can be corrected. LASIK has been performed since the early 1990's, and over 5 million procedures have been performed in this country alone.

**Hospice**



**Lutheran Hospice of the Upstate**  
Sarah Crowder, BSN, RN  
218 A Trade Street  
Greer, SC 29615  
(864) 848-1777 • (888) 547-2562  
www.scrowder@lutheranhospice.org

**Q** If a family member or I were diagnosed with a terminal illness, where could I turn to for help?

**A** Confronting a terminal illness can be an overwhelming experience, not only for the patient, but also for loved ones. Tough decisions must be faced each day. Hospice can help with these decisions, by providing patients and their families with comfort, compassion, dignity and also providing the end-of-life care choices they want and need.