

Got Health?

Clarke County Public Health

Back Pain

Back pain is one of the most common painful and non-life-threatening conditions we face. It affects four in five Americans at some point in their lifetime. Back pain can typically be managed by medication, exercise and lifestyle changes to decrease the pain. Most back pain is not dangerous but it's important to know these "red flag" situations that need medical attention:

- Back pain that occurs the same time as a fever
- Leg weakness that comes on abruptly or gets progressively worse
- Numbness in the groin
- Loss of bowel or bladder control
- Pain that worsens instead of getting better
- Inability to find a comfortable position for sitting or sleeping during time when you feel back pain

If you see your doctor for low back pain, they might mention physical therapy as an early intervention. Researchers reviewed insurance claims for approximately 150,000 adults, ages 18 to 64, who had been newly diagnosed with low back pain. They found that those who first consulted a physical therapist had an 89% lower chance of receiving an opioid prescription compared with those who saw another type of medical provider. They were also less likely to receive an MRI or CT scan or to go to an emergency room to receive care for their pain.

Physical therapists have specialized knowledge in treating musculoskeletal conditions such as low back than other health care providers. Their approach to treatment is with specific exercises and body alignment to help improve and relieve pain without medication.



Public Health
Prevent. Promote. Protect.

UPCOMING EVENTS:

October 16

Parent Café
5:30-7:30pm

First Christian Church
RSVP to

clarkecountypat@yahoo.com

October 17, 2018

Drive thru Flu Clinic

5:00-7:00pm

- The line starts on the south side of the Osceola Square
- Insurances that are accepted:
 - Blue Cross/Blue Shield
 - Medicare
 - Medicaid for children (ages 0-18 yrs)
- No insurance, \$30

PROTECT YOURSELF AND OTHERS AGAINST THE FLU BY GETTING YOUR ANNUAL FLU VACCINE. REDUCE YOUR CHANCE OF FLU-ASSOCIATED HOSPITALIZATION AMONG CHILDREN AND OLDER ADULTS.

This Issue:

Back Pain

Upcoming events

Daily Habits to Increase your Productivity



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If you have specific topics you would like to read about in our newsletters, feel free to contact our Health Educator at 641-342-3724 or EMAIL clarkehe@2mediacombb.net.

Daily Habits to Increase Your Productivity

A powerful, morning ritual is the best way to get what you want because it sets the tone for the rest of the day.

Have a consistent bedtime

By going to bed and waking up at the same time each day you set your internal clock. You begin to get tired at a certain time and energized at a certain time.

Review your goals first thing in the morning

A full agenda is more manageable when it's recorded in a to-do list instead of swimming around in your head. You get a sense of accomplishment when you are able to check off each task.

Make being active a given

Exercising just 20 minutes each day increases the amount of oxygen that rushes to the brain. This boosts brain functions related to memory processing. It also increases your brain's ability to create new neural pathways and speeds up your capacity to get things done. Make it a habit, like showering and brushing your teeth.



Know if you're an early bird or night owl

Night owls may not be as productive early in the day, but may be able to accomplish a lot later in the afternoon. Where

early birds can burn through paperwork bright and early, but slow down as the day continues. Once you figure out when you're most productive, you're on the road to improving the quality of your output.

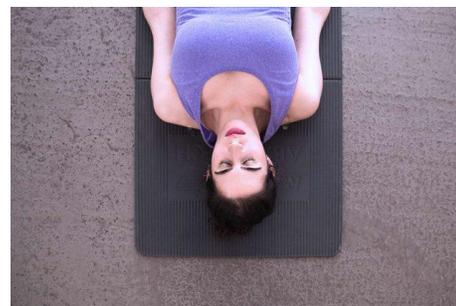


Designate "no-technology" times

All the new technology allows us a huge jump when it comes to productivity. But at times, the daily digital revolution can be an impediment to getting things done. Try to set times where you turn your phone on silent and don't check it or set specific times during the day to check your emails and respond to them. You can also rethink your evening shutdown time. Consider removing technology from your evening routine with the motto of 'Anything after 8 can wait!'

Prepare the Night Before

Ever get up five minutes late and spend the rest of your day catching up? Try preparing for the next day the night before and you may suddenly feel like you are 20 minutes ahead instead. Pack the night before—choose your clothes, pack your lunch, set everything you need by the door.



Start off calm

If you start your day off on the wrong foot it can wreck the whole day for you! But starting the day in a calm, peaceful manner can even mend waking up on the wrong side of the bed. A simple morning meditation or self-affirming exercise can make all the difference in how your day follows. Creating a mantra like, "I see the value of each person I come into contact with" or "I choose happiness" are great ways to start your day off calm.



Take regular breaks

Research suggests working in smaller bouts of time while integrating rest between tasks will increase a person's productivity level. It is also recommended to take lunch breaks that consist of relaxing, walking in nature and quiet solitary time away from your desk. When you "go, go, go" nonstop, you deplete your mind and body's ability to be at their best. Do yourself a favor and make it a habit to take little breaks throughout your day, even if it's just walking around your building at work.