MEN’S HEALTH MONTH

TESTOSTERONE: A Man’s Most Vital Hormone
Give Your Guy the Gift of Wellness For Father’s Day

Tips for a HEALTHY PROSTATE

5 CAR SAFETY TIPS For Summer

SUMMER GARDENING TIPS

HAPPY FATHER’S DAY!
Gift Ideas for Dad
Give your guy the gift of wellness

Testosterone is a man’s most vital hormone and critical to good health. One in four men over the age of 30 have low testosterone and experience symptoms such as fatigue, depression, weight gain, low libido, poor sleep quality and reduced mental clarity. We are experts in hormonal health and use natural, bio-identical hormone replacement therapy to restore what’s missing. SottoPelle®, a pellet therapy method, is based on science. It’s precise, individualized and works naturally with the body to restore testosterone levels.

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Offer valid for first time Mirabile M.D. SottoPelle pellet patients. Cannot be combined with other coupons or discounts. Other restrictions apply. Call for full details.

“I’ve lost weight and I enjoy working out again. I finished a grueling mountain trek in Colorado feeling like I was 20 again.”

Tom, actual Mirabile M.D. SottoPelle patient

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Thanks, Dad!

“Thanks!” Such a small word to convey the heartfelt gratitude I feel for my Dad – for the wonderful Father and person he is. It is a blessing to get to wish my Dad “Happy Father’s Day” yet another year! Words can’t express how thankful I am that our Dad is still with us, at nearly age 90 (on July 24th)! Amazingly, he’s still incredibly sharp and healthy. Such a blessing!

In addition to his great sense of humor and love for life, one of the things I love most about my Dad is how much he loved our Mom. In addition to being married nearly 60 years to his college sweetheart, loving and raising six kids, having 12 grandchildren serving in the military, working as a Circuit Court Judge for over 20 years, then in mediation, and winning the Lifetime Achievement Award for his service in the field of Law, my Dad’s undying devotion and dedication to caring for our Mom as she suffered with Alzheimer’s the last few years of her life, ultimately passing away from skin cancer more than four years ago, was truly his life’s greatest achievement.

I will never forget him loving our Mom until the very end. Helping her up in the morning, helping her put on makeup, fixing her hair, helping her dress, and getting her breakfast. Things she used to do perfectly but, in the end, needed help. She was physically able to do those things, but the Alzheimer’s robbed her of her memory of exactly how to do them. He never complained. He just helped. He served. He loved. That is the greatest act of love and strength a man can show – the undying servant he was to our beloved Mom.

In Father’s Day cards, in addition to thanking my Dad for being a wonderful Dad and for loving our Mom so well, I have also thanked him for working hard each day, at the office and at home, for providing for his family, for not being an abusive father, physically, emotionally or verbally, for living a healthy lifestyle, for being there for us when we needed his help or advice (even still!), for not demeaning us with unkind words, but rather sharing Fatherly advice and building us up with positive words of encouragement. Challenging us to both work hard and to play hard.

To love life and people. To help others as you are able. To give back. To do good. To do the right thing.

He has always told us to do the right thing, even when it’s hard, as it gives you peace of mind. Then you can lay your head down at night and sleep peacefully, which he has always been able to do.

For many, Father’s Day is a painful day. Either one does not feel deep love or respect for their Father or their Father has passed away and it is a reminder of that great loss. For those who don’t feel love from or for their Father, I am truly sorry. I am grateful we have an ultimate Father in Heaven who loves us more than we can think or imagine. One who can fill the void of pain or loss with His great love and peace.

YOU ARE KNOWN AND LOVED!

God reveals Himself to us in the role of a Father in several ways. He gives us life (John 3:3). He loves us (John 3:16). He rewards our efforts (Hebrews 11:6). He communicates with us through His Word (John 17:17; Ephesians 1:13; Colossians 1:5; 1 Thessalonians 2:13). He corrects us lovingly (Hebrews 12:3-11). God is a Father to the fatherless, a defender of widows (Psalm 68:5). And, most important, He will grant us the ultimate gift of life—eternal life in His Kingdom through His grace (Romans 6:23; Ephesians 2:5)—if we repent of our sins and obey His commands (Acts 2:38).

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.” (Psalm 139:13-16)

Dad, Happy Father’s Day! Thank you for making me feel Known and Loved, just as my Heavenly Father does. For those who are not able to say the same, know that you are Known and Loved by your Heavenly Father who loves you more than you can think or imagine. If you do not know His love, ask Him to reveal Himself to you and He will do it!
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• Tinnitus and sound sensitivity evaluation and management

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Skip the tie or barbecue tools for Father’s Day. Instead, help the man you love discover new vitality and well-being at Mirabile M.D. Beauty, Health and Wellness.

Often, that journey starts with bio-identical hormone replacement therapy.

“While the majority of our patients seeking help for hormonal imbalance are women,” says James Mirabile, M.D., FACOG, medical director and founder of Mirabile M.D., “we’re seeing more and more men at our medical center.”

Recommended by Women Who Care

“Many of our male patients are encouraged to come here by their wives or girlfriends—even daughters and colleagues—who have noticed a decline in the man’s health, vigor or mental acuity; all symptoms that can be demonstrably helped by hormone therapy,” says Dr. Mirabile.

But more and more men are making appointments on their own after seeing the remarkable strides the women in their lives are achieving when hormonal levels are balanced via Bio-Identical Hormone Replacement Therapy (BHRT).

Testosterone—A Man’s Most Vital Hormone

Beginning at age 30, men manufacture less and less of this all-important hormone. Then, usually between age 40 and 50, testosterone levels drop dramatically and signal the onset of andropause, the medical term for the male equivalent of menopause.

Symptoms include losing muscle mass, feeling sluggish, finding it hard to concentrate and becoming irritable.

That irritability convinced Tom to seek help at Mirabile M.D. Beauty, Health and Wellness. As someone in the public eye as a server at a popular restaurant, it was affecting his work as well as his love life.

Like a lot of men, Tom had tried a number of treatments to ease his moodiness and lack of energy. “I should have known better, but I bought testosterone creams at a gym. They were messy and didn’t do anything to minimize my problems.”

A Return to Exercise—and Romance

Tom was the ideal patient for SottoPelle®, a bio-identical hormone therapy method administered by a small pellet placed under the skin. The pellets (about the size of a grain of rice) work automatically by secreting the right amount of hormones into the bloodstream.

When more hormones are needed due to stress at work or exercise—such as Tom’s love of mountain biking—the body responds and delivers more hormones. No other form of therapy, including capsules, pills, creams or patches can produce the consistent level of testosterone that pellets can.

Eliminated “Roller-Coaster” Moods

For Tom, the pellets eliminated what he called his “roller-coaster” moods within a few weeks of his first visit with Dr. Mirabile.

“No more messy creams or forgetting to take a pill,” Tom says. “With my busy schedule, getting the pellets implanted every six months is super convenient.”

Another Health Benefit for Long-Term Use

Dr. Mirabile also points out an important health advantage of SottoPelle pellets versus creams, shots, patches or pills. “The tiny pellets are placed painlessly in the subcutaneous fat, usually in the hip. It’s not metabolized by the GI tract, liver or kidneys.

“The right amount of hormones is released through the capillaries to match up with the levels in your brain, as needed,” Dr. Mirabile says. For men, pellet re-insertions are needed every six to seven months. For women, it’s usually every three to four months.
A LATTE OR A LIFE-CHANGING TREATMENT
When he talks about the cost of pellet therapy, Tom says “It’s about the same as a coffee drink a day. But how I feel now; it’s priceless.”

“It’s more than just my overall mood that’s improved,” he says. “I’ve lost weight and I enjoy working out again. I finished a grueling mountain trek in Colorado feeling like I was 20 again.”

“And let’s just say my love life has improved as well,” Tom says with a smile. “Over the past few years I honestly just had no desire. My sex drive is definitely back.”

whether through a subtle suggestion or—if needed—a strong push.

Circle this article and give him a gift certificate to Mirabile M.D. Beauty, Health and Wellness. Along with bio-identical hormone replacement therapy, he’ll discover a vast variety of other treatments to help him look and feel his best.

These include Medi-Weightloss®, a medically supervised weight loss program that helps patients attain long-term results.

Another division of Mirabile M.D. Beauty, Health and Wellness is MedCosmetic, a medical spa that offers the latest in aesthetic services suitable for men as well as women.

SUBTLE CHANGES MAKE BIG DIFFERENCES IN CONFIDENCE
More and more, men are seeking ways to look more youthful and vital with procedures like Botox; skin rejuvenating laser treatments; and Ultherapy, a non-invasive, skin-tightening miracle worker for the face and neck.

Most of these require little or no down time. And the changes can be subtle; men often hear they look well rested or back from vacation.

See the sidebar for a special offer for the man you love during Men’s Health Month.

A GIFT FOR HIM—AND YOU
Father’s Day 2018 is the ideal time to encourage the man in your life to make a healthy lifestyle change,
Tips for a Healthy Prostate:

Reduce inflammatory foods – Avoid sugar, processed foods, fried foods, red meat, processed meats, gluten and alcohol to keep your prostate healthy.

Increase anti-inflammatory foods – Consuming a diet rich in organic fruits and vegetables, Omega 3’s (from Wild Alaskan Salmon), high fiber foods, walnuts and especially pumpkin seeds will help to reduce inflammation.

Reduce stress – Stress increases inflammation, which can lead to prostatitis, BPH or even prostate cancer.

Exercise – Find the movement that you enjoy. Some men reduce stress by going on a vigorous run or bike ride, while others prefer a leisurely walk or yoga to get relaxed. Either way, it is important to get moving!

Work life balance – Bringing balance to your daily routine isn’t always easy. It takes soul searching and reflecting to get to where we want to go. Keep in mind that creating work-life balance is a continuous process and it doesn’t happen overnight. Remember to examine your priorities and make changes, if necessary, to make certain you are on track and being true to yourself.

Natural herbal supplements – Herbs like saw palmetto, nettle root, rosemary and green tea are known to help promote normal urine flow and healthy prostate function. Turmeric and ginger are also anti-inflammatory herbs, with many side benefits (instead of side effects).

Wellness coaches can play an excellent role in guiding and supporting you in this area. This will ensure that you are being given the very best, effective, and comprehensive overall plan to reduce inflammation, prevent prostate enlargement, and promote healthy prostate function.

Although testicular cancer is relatively rare, affecting just 1 in 263 American males, testicular tumors are on the increase. Testicular cancer usually affects younger men, so if you are in your 20s, 30s, or 40s, you should be aware of the possible symptoms of testicular cancer. While many testicular lumps are harmless, if a testicle lump does turn out to be cancerous, treatment for testicular cancer is highly effective.

TESTICULAR LUMP
The most obvious symptom of a testicular tumor is a lump in one of your testicles. Although testicular pain is usually absent, as these tumors are typically painless, you may experience feelings of heaviness or aching in your scrotum or lower abdomen. Sometimes a testicular cancer lump isn’t present and you may develop a swollen or enlarged testicle instead. However, scrotal pain and testicular swelling and enlargement are not always a sign of testicular cancer. If you find a lump on your testicle or notice any other abnormalities, your best course of action is to get your doctor to perform an examination.

OTHER TESTICULAR CANCER SYMPTOMS
Besides testicular signs of cancer, you may notice changes in other areas of your body. Rarely, men may develop swollen or sore breast tissue due to an increase in hormones responsible for breast growth. You may also experience reduced libido. Testicular tumors that increase levels of male sex hormones can trigger early puberty, so young boys may develop a deeper voice, as well as facial and body hair, at a younger age than expected.

ADVANCED SIGNS OF TESTICULAR CANCER
If you miss the early signs of testicular cancer, the tumor can spread. When testicular cancer metastasizes, you can expect to develop symptoms specific to where the cancerous cells migrate. For instance, if testicular cancer reaches your lymph nodes, you may notice lower back pain. Alternatively, stomach pain can indicate liver involvement. Meanwhile, if you have lung metastases, you would expect to have breathlessness, chest pain, and a cough. In cases where testicular cancer spreads to your brain, headaches and confusion are common.

EARLY DIAGNOSIS IS KEY
In honor of Men’s Health Month, understanding common signs of testicular cancer allows you to consult with your doctor if you develop any worrying symptoms, which gives you the best chance of a good outcome. Although testicular tumors are easily treated, close to 400 Americans die each year from testicular cancer. As with any type of cancer, early diagnosis is the key.
Supported Ambulation: A Safe Way to Relearn Skills during Rehabilitation

After a debilitating illness or injury, people can be apprehensive or scared of relearning certain activities again. Falling is one of the most common fears they have – especially if it has occurred before or if it caused the injury. Supported ambulation technologies such as the FreeStep SAS at MidAmerica Rehabilitation Hospital allows rehabilitation patients to relearn basic functions such as walking, climbing stairs, exercising balance and transitioning from a sit-to-stand position.

ABOUT THE FREESTEP SAS
The FreeStep SAS can be incorporated into the customized care plans of patients recovering from a variety of conditions including stroke, Parkinson’s disease, traumatic brain injury, amputation, spinal cord injury and other orthopedic conditions.

The patient is comfortably harnessed into the device and can freely and safely move around the track, which is attached to the ceiling of the inpatient rehabilitation hospital’s therapy gym. Having the patient safely ambulated also allows the therapist to focus on the patient’s performance in the activity instead of making sure the patient does not fall.

“Technologies such as the FreeStep SAS allow us to comfortably and safely work with our patients on a variety of activities and helps the patient work on their gait and balance when performing them,” said Jessica Bratkovic, LPTA, Business Development Director at MidAmerica Rehabilitation Hospital. “We are honored to help our patients return to their favorite activities through rehabilitative services and are thankful to have advanced tools and technologies to help them reach their goals.”

ABOUT MIDAMERICA REHABILITATION HOSPITAL
MidAmerica Rehabilitation Hospital is a 98-bed inpatient rehabilitation hospital in the Encompass Health network that offers comprehensive inpatient and outpatient rehabilitative services. Serving patients throughout the Kansas City area, the hospital is located at 5701 West 110th Street in Overland Park, Kansas 66211 and on the web at MidAmericaRehabHospital.com. To learn more, call 913 491-2400.
Experience Comprehensive Audiology Care

By Tim Steele, Ph.D., FAAA, President, Associated Audiologists, Inc.

With the largest team of doctoral-level audiologists in the Midwest and six locations to serve you, Associated Audiologists is the area’s leader in caring for your hearing, and so much more!

WHAT MAKES ASSOCIATED AUDIOLOGISTS DIFFERENT?
Unlike many area practices, we’re not focused on selling you hearing aids. We’re focused on taking care of you and your hearing, whether that means helping diagnose a problem with dizziness/balance, tinnitus/sound sensitivity, or referring you to a subspecialist for treatment (otologist or neurotologist).

Our audiologists are Fellows of the American Academy of Audiology, are certified by the American Speech-Language-Hearing Association and uphold a professional code of ethics. The Associated Audiologists team also serves as ad hoc graduate faculty with the University of Kansas-Medical Center, helping to teach the next generation of audiologists.

Danielle Dorner, Au.D., FAAA Audiologist and Dizziness/Balance Specialist
Dizziness and Balance
Dizziness and balance problems can be caused by numerous things, the ear being one of them. Our dizziness and balance specialist Danielle Dorner, Au.D., FAAA, uses state-of-the-art technology not available at other private clinics in the area to diagnose and treat conditions such as vertigo, feeling off-balance, dizziness, and lightheadedness.

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COMPREHENSIVE CARE SERVICES
Our audiologists also:

- Perform cerumen/wax removal.
- Recommend and provide assistive listening devices (products to enhance telephone conversations, television viewing, etc.).
- Deliver counseling and aural rehabilitation (counseling, education, auditory training/exercises).
- Make medical referrals to a physician when appropriate for issues such as ear pain, drainage from the ear, sudden hearing loss, cochlear implantation, etc.
- Service and repair many makes and models of hearing aids, including Widex, Phonak, ReSound, Starkey, Oticon, Westone and Costco.
- Provide loaner hearing aids for our patients when devices must be sent for manufacturer repairs.
- Provide free estimates and confirm insurance benefits/coverage.

Each of our six clinics is located on or near a well-respected area hospital campus, and our offices are professionally furnished and equipped with the latest technology.

Bottom line, no matter what your concern, if it involves your ears, our professional audiologists can take care of you.

Call 855-547-8745 to schedule an appointment with one of our doctoral-level audiologists today.

Susan Smittkamp, Au.D., FAAA Audiologist and Tinnitus/Sound Sensitivity Specialist
Tinnitus and Sound Sensitivity
Susan Smittkamp, Au.D., Ph.D., FAAA, tinnitus and sound sensitivity specialist, uses the most sophisticated technology available in the greater Kansas City area to diagnose and help patients manage their tinnitus. For those with severe tinnitus, Associated Audiologists offers recently approved FDA treatments, including Desynca™ for Tinnitus and the Levo System from Otoharmonics.

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EXPERIENCE COMPREHENSIVE AUDILOGY CARE
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Non-Surgical Root Canal Therapy Relieves Pain

By Valencia Endodontic Associates

What is Endodontics?
Endodontics, or Root Canal Therapy, is a branch of dentistry recognized by the American Dental Association involving treatment of the center of the tooth, the pulp, and surrounding tissues of the tooth. A root canal is one of the most common dental procedures performed to relieve the pain of toothaches caused by inflammation or infection of the pulp tissue.

Root Canal Therapy Relieves Pain
The very words “Root Canal” can conjure up images of pain. In fact, root canal treatment relieves dental pain. Trained in the latest techniques and state-of-the-art technology, our expert team led by respected Endodontic specialists, Dr. Ronald Wollard and Dr. Chad Wollard, will ensure you receive the best possible Endodontic care, from the simplest to the most complicated case.

Symptoms Requiring Root Canal Therapy
There are numerous symptoms associated with a tooth that needs root canal treatment. Signs of infection and inflammation can be identified as pain in the tooth and gums, including: swelling or tenderness, prolonged sensitivity to heat or cold, or discoloration of the tooth. The inflammation or infection may be a result of tooth decay, periodontal disease, repeated dental procedures on a tooth, or a crack or chip in the tooth. In addition, a sharp blow to a tooth may cause pulpal damage even if the tooth has no visible chips or cracks. If left untreated, it can cause pain or lead to an abscess.

Root canal treatment should take place before the infection gets too serious. An Endodontist removes the diseased pulp to save the tooth and prevent further infection and inflammation from spreading to the surrounding tissues and bone. After successful Endodontic treatment, the tooth should feel normal yet will never have any hot or cold sensation.

Non-Surgical Root Canal Therapy
If you experience any of these symptoms, your dentist will most likely recommend non-surgical Root Canal Therapy to eliminate the diseased pulp tissue, referring you to an Endodontic specialist. Endodontic treatment is often completed in one or two visits and involves the following steps:

Step 1 - The Endodontist examines and x-rays the tooth to determine whether or not Root Canal Therapy is warranted to resolve the symptoms. Local anesthetic is administered to numb the tooth. After the tooth is numb, the Endodontist places a small protective sheet called a "dental dam" over the area to isolate the tooth and keep it clean and free of saliva during the procedure.

Step 2 - The Endodontist makes an opening in the crown of the tooth. Very small instruments are used to clean the pulp from the pulp chamber and root canals and to shape the space for the filling material.

Step 3 - After the space is cleaned and shaped, the Endodontist fills the root canals with a rubber-like material called "gutta-percha." The gutta-percha is placed with an adhesive cement to ensure complete sealing of the root canal spaces.

Step 4 - After the visit with your Endodontist, your dentist will have a crown or other restoration placed on the tooth to protect and restore it to full function. You will be able to drive home after your treatment. Post-operative discomfort may vary, but is typically alleviated by over the counter medication such as Ibuprofen or Tylenol.

Generally, a root canal is all that is needed to save teeth with inflamed or infected pulp tissue from extraction. Occasionally, this non-surgical procedure will not be sufficient to heal the surrounding tissues and your Endodontist will recommend surgery. The most common surgery used to save damaged teeth is an apicoectomy or root-end resection.

Expertise. Skill. Compassion.
Setting the standard for excellence, Valencia Endodontic Associates specializes in non-surgical and surgical Endodontic procedures. As a patient-centered practice, our primary goal is to make our patient’s experience before, during, and after the procedure as enjoyable as possible, providing the highest standard of professionalism in a caring and comfortable environment. Endodontists must complete dental school and an additional two or more years of advanced training in Endodontics. In addition to Endodontics, we are experienced at finding the cause of orofacial pain that can be very difficult to diagnose.

To learn more or to schedule an appointment, please call 816-561-9666, or visit us online at www.ValenciaEndodontics.com

Dr. Ronald Wollard
Doctor Ronald Wollard graduated from the University of Missouri in 1967. He graduated with a D.D.S. in 1971 from the University of Missouri-Kansas City and completed his Post-Doctoral training in Endodontics at Temple University in 1973. Ron served as Director of Endodontics from 1973-1975 while in the Army at Fort Carson in Colorado Springs, Colorado. Ron is a member of the American Association of Endodontists and the American Dental Association.

Dr. Chad Wollard
Doctor Chad Wollard attended Trinity College in Hartford, Connecticut and graduated with a B.A. in public policy in 1994. He graduated Magna Cum Laude from Tufts University School of Dental Medicine in Boston, Massachusetts in 2000 receiving a D.M.D. Chad received his Certificate in Endodontics from Tufts University's Post-Doctoral Program in Endodontics in 2002. Chad is a member of the American Association of Endodontists and the American Dental Association.
Is Having a Tan Worth the Risk?
By Meena Singh, M.D.

In the United States, there are more new cases of skin cancer than breast, prostate, lung, and colon cancers combined. Over two million people are diagnosed annually. As a dermatologic surgeon, I am kept quite busy treating skin cancers with Mohs Micrographic Surgery, which is the standard of care for treating higher risk skin cancers.

The most disconcerting aspect of my job is treating young patients with very preventable skin cancers. The majority of these individuals are tanning bed users or have had significant sun exposure. The Greater Kansas City Area seems to have a tanning salon on every corner with special unlimited tanning packages even at workout facilities. Most of my patients that are tanners are fully aware of the harmful effects, so why the continued use and what are the facts about tanning?

TANNING BEDS AND SKIN CANCER
Tanning bed lamps emit harmful ultraviolet light which damages the DNA in skin cells. Over time, tanning bed use leads to premature aging. The skin texture is uneven and discolored, has accelerated wrinkling and more sun spots. In addition to premature aging, tanning increases the risk of all types of skin cancer. Individuals who use tanning beds are 74% more likely to develop melanoma than those who have never used tanning beds.

THE TANNING EPIDEMIC
Although public awareness campaigns about tanning have been abundant and efforts have been made to decrease teenage use of tanning beds, tanning bed use has not significantly decreased. In fact, studies show that tanning bed users maintain a high level of awareness of the risks; however, this does not alter their behavior. Even among families with melanoma, 35% of young adults have continued tanning bed use.

Research has shown that some individuals may have developed a dependency or addiction to ultraviolet light, similar to substance abuse. They also can experience withdrawal. Similar to those who smoke cigarettes, some tanning bed users feel a direct positive effect on mood, as well as relief.

MYTHS ABOUT TANNING:
1) There is no such thing as a “healthy tan.”
Embrace your natural glow! There is nothing more beautiful than an individual who embraces their natural beauty. Sun exposure directly damages the skin and no amount of tan is healthy.

2) “I look better with darker skin.”
That may be true! However, most would agree that prematurely aged skin does not look better on anyone. If a darker complexion is truly desired, there are numerous sunless tanning options. I will often tell my chronically sun damaged patients to compare the skin on their outer arm to the skin on their inner arm, which has had far less sun exposure. The less sun damaged skin often appears more supple and with more even texture and tone. Most would argue that sun protected skin is far more beautiful than aged, sun-damaged skin.

3) Tanning Before Vacation is Protective
This is one of the most common reasons I hear for sporadic tanning bed use. As mentioned previously, tanning damages the DNA in skin cells. Therefore, it is not protective to tan before intense sun exposure. It is best to prevent intense sun exposure through a good SPF 30 or above sunscreen and/or sunprotective clothing and hats.

4) Tanning Makes Me Feel Better
While ultraviolet light may elevate mood and negate some effects of seasonal affective disorder (SAD), there are safe light emitting devices made solely for that purpose. These devices do not emit any harmful ultraviolet light and are a safe alternative to help enhance mood.

5) Tanning is Safe in Darker Skinned Individuals
This is the biggest myth when it comes to tanning. Although darker individuals may have a natural SPF of up to 13 and may not show signs of aging as readily, the skin can still be sun damaged. These individuals often are more likely to suffer from hyperpigmentation, which is worsened by sun exposure. In addition, although less common, when skin cancers do occur in individuals with darker skin, there is a higher likelihood of metastasis and death.

As a dermatologic surgeon, many of my patients ask me what they could have done to prevent the development of their skin cancers. We cannot change previous sun exposure, but we can do a better job of protecting our skin from future sun exposure.

While tanning may feel great and may enhance the appearance of the skin temporarily; similar to smoking, it is not worth the long term damaging effects. To learn more or to have your skin examined by a dermatologist, please call Kansas Medical Clinic Dermatology at 913-631-6330 or visit us online at www.KMCPA.com.

Meena Singh, M.D.
Dr. Meena Singh is a board-certified dermatologist and dermatologic surgeon. She attended Harvard Medical School, trained at the Mayo Clinic, and completed a surgical fellowship in New York City. From there, she became trained in MOHS Micrographic Surgery, as well as cosmetic dermatology procedures, such as Botox, lasers, and fillers. Completing a fellowship with the International Society for Hair Restoration Surgery under world-renowned surgeon Dr. Marc Avram, she trained in all areas of hair transplantation techniques... strip excision, manual/motorized/robotic follicular unit extraction, as well as transplanting into scarring alopecias.
“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.”
—Billy Graham

Happy Father’s Day from KC Health & Wellness Magazine!

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**Restoring HOPE**

**Brain Injury Awareness**

Join us to learn more about the latest news in brain injury rehabilitation, advancements and prevention. Our rehabilitation experts will be on hand to support you and walk you through the complexities and questions related to brain injury.

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Summer Gardening Tips

Here are a few helpful suggestions and tips to keep your gardens at their peak performance during the summer months.

**Weed once a week**
Now is the time when tiny weed seedlings become huge monsters almost overnight. Pull them by hand or hoe them before they use the nutrients in the soil intended for your vegetables, annuals and perennials.

**Feed the Roses**
Any other heavy feeders should be fed now too. Continue to feed them once per month until frost. Most heavy feeders use a great quantity of soil nutrients to produce those big bold blooms we all love. Keep them producing regularly with regular applications of liquid fertilizer. Some compost isn’t a bad idea either.

**Dead head remaining spring bulbs that have faded**
Clip off any seed pods that may have formed on your daffodils, tulips, grape hyacinths, etc. This will encourage growth underground for next year’s blooms.

**Harvest fruits and vegetables regularly**
Zucchini and summer squash may need to be harvested every day. Cucumbers and tomatoes need to be watched carefully and mature fruit removed promptly so the vines are not damaged by the weight. Corn should be harvested when the silk at the ends of the ears is just starting to brown. Blueberries and strawberries should be harvested as the fruits mature. Check them daily.

**Leave the foliage and let it die back naturally.** This lets the plant feed itself and the parent bulb for next spring as well. Plant spreading annuals such as lively petunias next to it to camouflage it.

**Remove spent blooms from annuals and perennials.** Pinch or clip off any dead or faded blooms once a week. This encourages re-blooming and keeps the garden looking fresh and tidy.

**Don’t forget hanging baskets!**
Water them every day taking care to pinch off any spent blooms or dead foliage. Feed with liquid fertilizer once per week. Hanging baskets and container plantings need extra care in the heat. They can dry out very quickly, especially around the edges where evaporation occurs first due to the shallower soil.

Source: southernstates.com
Due to the complexities of pain, it is extremely important to have physicians with specialized knowledge and skills to treat these conditions. Pain Management doctors specialize in treating painful conditions. Our physicians focus on diagnosing and managing pain, studying what causes it, how the body reacts to it, how different medications reduce or eliminate the pain, and how others can be used to relieve many painful conditions.

An in-depth knowledge of the physiology of pain, an ability to evaluate patients who have complicated pain problems, understanding specialized tests for diagnosing painful conditions, prescribing appropriate medications for various pain problems, and having the skills to perform specialized procedures are all part of what the physicians at KC Pain use to treat pain.

To accurately diagnose your pain problem, we may recommend neurological testing, laboratory screening, radiological examinations and/or behavior assessments. We offer dozens of treatment options ranging from non-surgical and state-of-the-art intervention pain therapies to medication management.

**Gary’s Story**

While working as a painter in 2005, Gary was lifting two 5-gallon buckets of paint when he heard a pop. That evening, he had pain that started in the lower left area of his back and shot upward to the right side of his spine. An MRI showed that the pain he was experiencing resulted from two bulging discs in his lower lumbar spine. It also revealed that Gary had scoliosis and a bulged disc in the middle of his spine. While his pain originated in his lower back, it eventually radiated to his legs and caused numbness in his feet. “The pain brought me to my knees,” Gary recalls. “I was unable to work and couldn’t go anywhere without thinking I would have an episode, so I stayed home.” Physical therapy did not provide relief, and oral pain medication offered only marginal comfort. He became concerned he was addicted to the medication, and its side effects were problematic.

**Learning About Neurostimulation**

Gary’s pain physician was knowledgeable about neurostimulation therapy and thought it might provide relief. Neurostimulation uses a small device that is surgically placed under the skin to send mild electrical impulses to an area near the spine to interrupt pain signals from reaching the brain. Gary underwent a screening test to determine if he was a candidate for neurostimulation. “When the device was turned on, I had instant relief—no pain for the first time in 21 months,” Gary says. He went on to have the device surgically implanted in January 2007. While Gary did not have any complications, there are risks associated with the procedure. The most frequently reported problems following the spinal cord stimulator implant surgery include infection, lead movement, pain at the implant site, loss of therapy effect, and therapy that did not meet the patient’s expectations.

**An Enhanced Life**

Physically and mentally, Gary has improved. “I’m able to do things I couldn’t do when I had the pain,” Gary explains. “Simple things, like walking, sweeping the floor, and doing the dishes. These tasks sound so easy, but for someone in chronic pain they are very hard.” Gary compares the stimulation sensation to a massage on his back and says that it keeps his discomfort to under a 5 on the pain scale. “To this point, neurostimulation has been an excellent alternative to back surgery, and it has eliminated my fear of drug dependency. I am grateful for neurostimulation—it has helped me bring the pain level down,” Gary says.
ABOUT SPINAL CORD NEUROSTIMULATION THERAPY

Spinal cord stimulation is a procedure that requires the placement of an electrical lead or leads into the epidural space. The electrical lead is then used to stimulate the spinal cord in hopes of replacing the painful sensation with a non-painful, tingling-type sensation. The procedure is usually begun with a trial process where electrodes are placed temporarily, and the patient is provided a battery pack to try the stimulation out for four to five days. After the trial period, the electrode or electrodes are removed, and a discussion with your physician ensues as to whether or not full implantation is indicated. One of the most common reasons for using Spinal Cord Stimulation is leg pain that persists after spinal surgery. Also, the procedure has shown promising results with Complex Regional Pain Syndrome.

ABOUT THE PROCEDURE

The trial procedure is performed in our office setting. This is usually an approximately 1½-hour procedure, including recovery time, and the patient is then dismissed to home in hopes of trying the product for three to four days. If the trial is successful, plans are then made for implantation which usually occurs within the next one month after the trial period. Implantation is performed at a local community hospital and is an out-patient surgery. As with any procedure, there are certain risks which include but are not limited to bleeding, infection, headache, worsening of pain, and failure to cover pain.

LET US HELP YOU MANAGE YOUR PAIN

At KC Pain, we are dedicated to reducing or eliminating your pain. Our physicians offer a multidisciplinary approach, working closely with referring physicians to provide the optimum treatment for our patients. Patients benefit from the input of our Board Certified Physicians who specialize in pain management. We work closely with primary care physicians, neurologists, cancer doctors, as well as many other specialists.

As the Midwest’s largest, most comprehensive, full-time pain management group, KC Pain offers nine State-of-the-Art Treatment Centers throughout Greater Kansas City, including in Overland Park, Kansas City, Lee’s Summit, Independence, Belton and the Northland.

Call us today at 816-763-1559 to learn more or to schedule an appointment. We are here for you because we truly believe “Life Shouldn’t Hurt.”

TREATMENT OPTIONS:

• Neurostimulation Therapy
• Radiofrequency Ablation
• Epidural Steroid Injections
• Facet Injections
• Intrathecal Baclofen Pump Therapy
• Joint Injections
• Occipital Nerve Block
• Sacroiliac Injections
• Trigger Point Injections (TPI)

TYPES OF PAIN WE MANAGE:

• Chronic Back Pain
• Failed Back Surgery
• Post-Surgical Pain
• Pain from Peripheral Vascular Disease
• Neck and Back Pain from Degenerative Diseases or Injuries
• Cancer Pain
• Stroke or Neurological Disease Pain
• Chronic Muscle Spasm
• Diabetic and other Neuropathies
• Reflex Sympathetic Dystrophy
• Chronic Headache, including Migraine
• Arthritis
• Shingles

816-763-1559
9 Office Locations throughout Overland Park, Kansas City, Lee’s Summit, Independence, Belton and the Northland
www.KCPain.com

We Are Here Because Life Shouldn’t Hurt
Some children may have a problem with a smaller than normal airway which may contribute to snoring or sleep apnea. Roughly 1-5 percent of children have sleep apnea. Sleep apnea symptoms are a little different in children than in adults. A child may not always have excessive daytime sleepiness but instead demonstrates abnormal daytime behavior and fatigue in their work and relationships in school. Sleep apnea may also affect the child’s ability to learn in school. They may act out and exhibit disruptive behavior in the classroom. Some ADHD may be present. They may wet the bed, have restless sleep, or breathe through their mouths. Other symptoms include gasping, snorting or waking often throughout the night.

REGULAR SNORING SHOULD BE EVALUATED
A child with OSA (Obstructive Sleep Apnea) may or may not actually make snoring sounds. Children with Down syndrome and certain health conditions like hypertension or obesity can also cause or exacerbate sleep apnea. Most children’s sleep apnea symptoms do not develop suddenly but gradually over time before it is recognized. Any child can have OSA but don’t assume it’s nothing to worry about. It doesn’t necessarily mean your child needs a sleep study, but a child who regularly snores needs to be evaluated by a health care professional who understands sleep disorders in children.

MOST COMMON CAUSE OF SLEEP APNEA
The most common cause for sleep apnea in children is enlarged tonsils and/or adenoids. However, a major contributor to OSA issues in many children is an underdeveloped upper jaw (maxilla) and lower jaw (mandible). This in turn does not allow the tongue to assume a normal posture. The tongue falls back and blocks the child’s airway during sleep. The most important thing is early diagnosis to prevent problems in their physical and mental growth. About 80% of the time, removal of tonsils and adenoids will reduce if not eliminate the obstructive apnea. For those who do not get good results with tonsil and adenoid removal, a thorough orthodontic evaluation is recommended with a primary focus being the upper airway.

WHAT IS CENTRAL SLEEP APNEA?
Central sleep apnea is a term used for babies—especially those born prematurely. In central sleep apnea, the brain fails to signal the body to breathe. This is often due to a baby’s immature central nervous system. The risk of sleep apnea increases the more premature a baby is born. Premature babies with sleep apnea are monitored closely in the hospital and the condition usually resolves itself when the babies reach full-term age.

COMPLIMENTARY AIRWAY EVALUATION
If you feel your child needs to be examined for possible sleep apnea, call our office at 816-795-1000. We will do a complimentary airway evaluation and let you know the status of your child’s airway.

Dr. Larry Pribyl, DDS, has been in private practice over thirty five years. He has his Master of Excellence: American Academy of Craniofacial Pain, he is a Diplomate: American Board of Dental Sleep Medicine, and a Diplomate: Academy of Clinical Sleep Disorders Disciplines. He specializes in treating head, neck, and facial pain as well as dental sleep medicine. His training comes from experts in these fields where he has acquired hundreds of continuing education hours in post graduate studies.

www.TMJSleepApnea.com

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816-795-1000 or 1-866-No-Snore (1-866-667-6673)
Taking proper care of your vehicle is important all year, but summer heat brings a unique set of challenges to your car’s air conditioning system, tires, brakes, battery and more. To ensure your vehicle is prepared to safely handle the summer elements and to help avoid breakdowns, preventative maintenance is necessary.

The car care experts at Goodyear Auto Service offer these essential tips that can help keep your car performing safely, comfortably and cool – all summer long:

1. **Keep tires properly inflated.** As temperatures rise, so does your tire pressure. Tires with high air pressure perform inefficiently as compared to properly inflated tires. Check your tires regularly, leveraging the inflation level molded into the driver door sidewall or in your vehicle’s manual.

2. **Check air conditioning.** The experts at weather.com are predicting warmer than average summer temperatures for a vast majority of the country. When temperatures climb, avoid losing your cool with preventative care. Look for specials on services such as the Goodyear Auto Service Summer Car Care event, which may deliver up to $50 worth of air conditioning system check services for just $9.99 through July 31. The checks include an air conditioning belt inspection, assessment of electronic controls and up to two pounds of refrigerant for testing.

3. **Test and replace the battery.** Battery failure is the No. 1 cause of car breakdowns. Often, batteries give slight warning signs when they run low. For example, you may notice the engine struggling to turn over upon ignition or see white, blue or orange fuzz forming around the battery. While a typical battery life is 4 1/2 years, each day of extreme weather – both hot and cold – contributes to the shortening of a battery’s life. It’s a good idea to have your battery tested by a trained professional during peak seasons to determine whether it’s time for a replacement.

4. **Don’t overlook tread depth.** When it comes to tire maintenance, proper depth is an easy way to maximize safety and performance. There are several ways to check tread depth, including the “penny test.” Simply insert a penny into your tire’s tread groove with Lincoln’s head upside down, facing you.

If you can see all of Lincoln’s head, it’s time to replace your tires. Through July 31, Goodyear Auto Service is offering big savings on tires through online and mail-in rebates where customers can double their savings when using a Goodyear credit card.

5. **Inspect brakes.** If your car jerks or pulls to the side when you apply the brakes, or if you hear sounds like squeaking, squealing or grinding, it’s likely time for service. Always check your owner’s manual, but a general rule of thumb is to have your brakes checked every 12 months or 15,000 miles.

To learn more about car care maintenance and to set up an appointment to get your air conditioning system serviced at the Summer Car Care event, visit GoodyearAutoService.com.

*Source: Goodyear Auto Service*
In May 1985, Dr. Gordy Klatt walked and ran for 24 hours around a track in Tacoma, Washington, ultimately raising $27,000 to help the American Cancer Society fight the nation’s biggest health concern, cancer. Since those first steps, the Relay For Life movement has grown into a worldwide phenomenon, raising nearly $5 billion to fight cancer.

At Relay For Life events, communities across the globe come together to honor cancer survivors, remember loved ones lost, and fight back against a disease that has already taken too much. The funds raised at Relay For Life events truly make a difference in the fight against cancer and go towards many local programs, including Reach to Recovery, Road to Recovery, Look Good Feel Better, and Hope Lodge of Kansas City.

WHAT HAPPENS AT RELAY:
Relay For Life teams camp out overnight and take turns walking or running around a track or path at a local high school, park, or fairground. Events are family friendly with plenty of entertainment and activities for all ages. The events are anywhere between six to 24 hours long, and because cancer never sleeps, each team is asked to have at least one participant on the track at all times.

WHY WE RELAY:
We don’t face cancer alone and neither should you. We come together every year at more than 5,200 community Relay For Life events around the country and celebrate those individuals who are winning the fight. The American Cancer Society Relay For Life movement is the world’s largest support group for survivors and their caregivers.
If you have ever heard the words, "You have cancer," we invite you to participate as a survivor. Whether you’re a survivor or caregiver, getting involved in your local Relay For Life event can introduce you to others who are facing the same challenges, and provide opportunities for learning, sharing, and friendship.

During each Relay For Life event, all cancer survivors at the event take the first lap around the track, celebrating their victory over cancer while cheered on by the other participants who line the track. Relay For Life events also recognize and celebrate caregivers, who give time, love, and support to their friends, family, neighbors, and coworkers facing cancer.

**LUMINARIA CEREMONY**

One of the most inspiring moments during a Relay For Life event is the Luminaria Ceremony. Honor or remember someone you love who has been touched by cancer through the dedication of a luminaria.

The Luminaria Ceremony takes place after dark, so we can remember people we have lost to cancer, honor people who have fought cancer in the past, and support those whose fight continues. Candles are lit inside of personalized bags and are placed around the Relay track as glowing tributes to those who have been affected by cancer.

**HOW YOU CAN GET INVOLVED**

You and your family can form a team, raise money, join the planning committee, or volunteer. When you donate, you can assign your gift to a specific participant, team, or event. Cancer is an issue that affects us all, and your tax-deductible donation supports the American Cancer Society’s lifesaving mission.

Be a part of the biggest Relay in the Kansas City Metro! We have Relay For Life events taking place in the Northland, Johnson and Wyandotte counties all on the same night, Saturday, June 23, from 7 p.m. to 1 a.m.

Visit relayforlife.org/nightinmetro to learn about a Relay in your community.

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**Relay For Life Events**

Northland, Johnson and Wyandotte Counties

All on the Same Night!

Saturday, June 23, 7 p.m. to 1 a.m.

Visit relayforlife.org/nightinmetro to learn more.
DADS WANT STEAK
GIVE YOUR DAD THE BEST FOR FATHER’S DAY

Dads typically love steak, so this Father’s Day, go ahead and shower him with some love straight off the grill. You can make the day even more memorable by sharing the grilling experience together.

In fact, it may be the perfect chance to teach your old man a thing or two with these tips from Omaha Steaks Executive Chef Grant Hon.

Choose Your Protein
Selecting quality protein is the starting place for an exceptional grilled meal. For example, the ribeye is the most well-marbled steak, meaning it’s super juicy, rich with beefy flavor and excellent on the grill.

Prepare the Grill
Always start with clean grill grates. Heat your gas grill to high or start your charcoal 10-15 minutes before you grill. Dip a paper towel in oil using tongs and oil your grill grates before adding steaks for a great sear.

Prepare the Meat
Pat steaks dry with a clean paper towel and season them before they hit the grill. You can’t go wrong with simple sea salt and cracked pepper, but creative recipes like this Dukkah Rub can add a special twist.

Sear and Crust
Cook steaks directly over your heat source to get a tasty, crunchy sear on the outside of the steak. This is where the best flavor comes from, and it offers a delicious contrast to the rich, juicy inside of the cut.

Control Your Cook
Keep the grill cover closed as much as possible to maintain a temperature of around 450 F. This helps lock in flavor and prevent flare-ups. Remember the marbling on a ribeye means more fat, which melts during cooking. This is a good thing, but you may experience more dripping or flare-ups if you’re used to grilling leaner steaks.

To minimize the need to open the grill cover, determine the amount of time you’ll need to reach your desired doneness then use the 60-40 grilling method. Grill 60 percent on the first side then 40 percent after you turn the steak over for an even cook.

Let it Rest
A resting time of at least 5 minutes allows steak juices to redistribute for the best eating experience. A foil tent can help regulate temperature during the resting period.

Garnish and Flavor
Whether you’re grilling vegetables, sautéing onions or adding a different kind of sweet or savory topping, just before you serve is the right time to garnish your steak.

Dukkah Rub
Prep time: 5 minutes
Active time: 5 minutes
Serves: 12

1/3 cup sliced almonds, roasted with no salt
1/4 teaspoon fennel seeds
2 tablespoons Omaha Steaks Private Reserve Rub
2 teaspoons sesame seeds

On cutting board, chop almonds to rough texture and add fennel seeds, chopping until mixture is fine. Place almond and fennel mix in bowl and add rub and sesame seeds.

Tasty Toppers
Once you pull a juicy steak away from the flame, there’s only one way to make it better: toppings that create a true taste explosion. When they’re prepared with fresh, premium ingredients, your friends and family may not be able to get enough of these sweet and savory additions. Simply mix them up while your meat is on the grill, or skip a step and rely on Omaha Steaks Toppers to capture the same delicious flavors without the prep work.

Crispy Onions and Jalapenos: Savor a one-two punch of crispy onions combined with spicy jalapenos for some crunch with a kick.

Dijon Mustard Aioli: Blend Dijon and whole-grain mustard with creamy Greek yogurt, garlic, tarragon and white pepper for a rich, tangy topping.

Mushrooms and Blue Cheese: Mix hearty mushrooms and full-flavored blue cheese with your favorite savory spices and a splash of sherry wine.

Smoky Bacon Jam: Start with the finest cuts of bacon browned to crispy perfection then add caramelized onion and an accent like brown sugar or balsamic vinegar.

Sweet Bourbon Onions: Warm things up with a medley of natural honey, bourbon whiskey and sherry wine offset by zesty red onions and balsamic vinegar.

Tomato Jam: Experiment with your favorite varieties to find the perfect balance of crushed tomatoes, sweet gherkins and seasonings.

Find more expert tips for summer grilling and the perfect Father’s Day gift at OmahaSteaks.com.

Source: Omaha Steaks
Practically Perfect Gift Ideas for Dad

If you’ve heard giving practical gifts is a no-no, scratch that advice because when it comes to dads, functional gifts that show you appreciate their personal interests may actually be the safest bet this Father’s Day.

Consider the hobbies and activities that dad treasures most then look for ways you can turn those pastimes into gifts that he can not only appreciate but put to good use.

Celebrate His Sports Obsession
No matter his favorite sport or team, you can find countless ways to please an avid sports fan. Obvious options like T-shirts and baseball caps are always winners, but you can find plenty of creative and useful ways to celebrate dad’s favorite team, too. Practical ideas to help trick out his car include new floor mats, headrest covers and even valve stem covers. You could also go more whimsical with stainless steel knives or salt and pepper shakers bearing the team logo. Visit the team store or search online for the perfect gift.

Boost His Golf Game
Help dad improve his score and complete rounds faster with the advanced technology of a rangefinder. An option such as one of Leupold’s GX-1i3,

GX-2i3 and GX-5i3 rangefinders provide fast, easy and accurate ranging to give golfers an edge on the course. With the customization features of the GX-2i3 and GX-5i3, you’ll practically be gifting dad a personal caddie. Learn more at leupold.com/golf.

Feed His Cravings
For the at-home chef, functional gift ideas are nearly endless. Try narrowing down the options by choosing his favorite cuisine. If Mexican cuisine is his thing, look for less common but highly useful items like taco holders or condiment dishes to hold a serving of freshly made salsa. Or go a more experimental route with a custom kit that lets dad make his own beer, cheese or jerky at home. An online search will reveal a stockpile of ideas, so your biggest challenge will be narrowing down the menu.

Add a Tool to His Belt
If your dad is a handy man, you may think he’s got every tool and gadget imaginable. The truth is, most handymen will agree you can never have too many tools. Think about the projects he tackles most often; those are the items that may be worn and in need of replacing. If there’s a task he struggles to complete, consult with an expert at your local hardware store to determine whether there are devices that could help make it easier.

Expand His Artistic Interests
When the arts are more up dad’s alley, you can make it easier for him to appreciate the genre he loves best. A reading lamp or monogrammed bookmark is perfect for the book worm, while a visit to a gallery showing or performance may be just the ticket for a dad who enjoys exploring artistic talent or experiencing the arts live.

Father’s Day is a time to show dad your gratitude and love, and he’s sure to appreciate knowing that you care enough to give a gift he truly can use and enjoy.

Source: Leupold
Find Out the Truth About Tap Water

While the tap water you drink may look clean, it may contain harmful contaminants like lead, pesticides and industrial pollutants. These and others may be picked up on the journey from your water treatment plant through miles of pipes to your home.

To help clear up any misconceptions about what’s really in your water, the experts at PUR offer this myth-busting advice:

**Myth: Living close to a fresh water source makes tap water safer to drink.**

**Truth:** Even if you live close to a fresh water source, your water goes on a long journey through an often aging infrastructure before it reaches your tap. According to Environmental Health & Engineering, Inc., up to 10 million lead service lines are still in use in the country today, potentially allowing lead particles to enter into your water.

**Myth: The Environmental Protection Agency (EPA) regulates all contaminants.**

**Truth:** There are about 100,000 potential contaminants in drinking water. According to the EPA, its Safe Drinking Water Act only regulates 103. That means water that meets the government’s safe drinking standards may not meet yours.

**Myth: All water filters are created equal.**

**Truth:** While both pitcher and faucet filters remove unwanted contaminants, a faucet filter is usually a step up from a pitcher because it has a longer life and can remove even more contaminants, including lead. As every brand is different, it’s important to check the types of contaminants each filter removes and confirm it is certified by NSF and the Water Quality Association for contamination reduction. Doing so can help you get the healthiest, cleanest tasting water possible.

**Myth: You can determine if tap water is safe to drink by how it looks, smells and tastes.**

**Truth:** While your water might look, smell and taste clean, it could contain contaminants that are potentially harmful to your health, like lead, which is colorless, odorless and has no taste.

“Knowing what’s in the water you drink and cook with is important, but determining the quality of your local water supply can seem daunting,” said Keri Glassman, registered dietitian, nutritionist and PUR spokesperson. “Fortunately, there’s a free online resource called KnowYourWater.com that allows users to type in any address to easily learn about lead and other possible contaminants in their water.”

**Myth: Boiling water removes lead.**

**Truth:** Boiling water may reduce bacteria found in the water, but will not remove lead. According to the Centers for Disease Control and Prevention, the lead concentration of water can actually increase slightly when water is boiled because some of the water evaporates during the boiling process.

**Myth: Drinking filtered water is expensive.**

**Truth:** Using a faucet filtration system for one year is comparable in cost to purchasing enough bottled water to last only two months. An option like the PUR Advanced Faucet Filtration System is an on-demand solution for filtered water right from the tap and is certified to reduce over 70 contaminants, including 99 percent of lead, 96 percent of mercury and 92 percent of certain pesticides.

Get your individual water quality report and learn more at KnowYourWater.com.

Source: PUR
How to Inspire Summer Reading

While summer is the perfect time for kids to take advantage of days spent away from the classroom, remember not to put valuable skills, like reading, on the backburner. In fact, research estimates that 1-2 months of learning loss can occur during the summer months.

To help your child maintain his or her reading level and avoid the “summer slide” – which can be counteracted in part by reading 20 minutes a day over the summer – Kate DiCamillo, a two-time Newbery Medal-winning author and the Pizza Hut BOOK IT! Program literary partner, recommends finding ways to make reading a fun, interactive experience that incorporates children’s interests.

“Reading together is one of the best ways I know to foster a love of reading,” DiCamillo said. “You can read to your child. Your child can read to you. You can listen to an audiobook together. You can both read the same book at the same time and discuss it when you are done. Reading is a way to connect to each other and the world.”

Help your student maintain his or her skills and develop a love of reading this summer with these tips.

Love the Library
To help ensure learning doesn’t stop once school lets out for summer, making periodic trips to the library part of your routine can be a good step. For many children, browsing the shelves on their own and discovering new books in a library can help them get excited about reading. Most libraries offer something for every reader, regardless of age or skill level, including a structured environment that can help make reading a priority.

Incorporate Interests
During the school year, many of the books your student is reading are probably assigned, but summer offers the opportunity for him or her to choose what to read and tailor selections toward specific hobbies or interests, which can increase enjoyment. Start by creating a list of books and activities that align with those interests, and take advantage of pre-built lists at libraries or online resources like those at bookitprogram.com/summer, which offers a variety of book suggestions and activities to help increase reading during the summer months.

Program Participation
Many schools, bookstores and libraries offer summer reading programs for students. Joining a program can provide a way to track your child’s progress, and there are typically rewards involved for meeting certain criteria, which can provide a level of motivation that may otherwise be difficult to replicate.

Make Materials Matter
In addition to traditional books, summer reading can include materials of all lengths, from chapter books to short stories and even magazines or comic books. Even if you’re committed to limiting screen time during the summer, consider a compromise that allows for the use of devices to read e-books or listen to an audiobook.

Read on the Road
One of the best ways to ensure your kids are reading is to make reading materials available to them, even when you’re on the go during the busy summer months. Whether it’s a long road trip or just a trip to the store, taking books – or playing audiobooks – in the car is a perfect opportunity to squeeze in some reading time.

Fostering the habit during the summer can help ensure your child is prepared when school – and the annual BOOK IT! Program – starts again. The program, available to kindergarten through sixth-grade students, helps motivate students to read by rewarding them with recognition and pizza. Learn more about the program and find more summer reading tips and activities at bookitprogram.com/summer.

Source: Pizza Hut
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The Social Media Let Down
Why you should never make this one mistake

By Kenna Lewis, Social Centric Media

“By failing to prepare, you are preparing to fail.” – Benjamin Franklin

Social Media has not only become an integral part of our personal lives, but it has become equally so, if not more important, for businesses. From Twitter to Facebook, Instagram and all the others, social media allows us a way to connect with consumers more easily. With Facebook’s wide audience reach and posting photos on Instagram to entice customers, these platforms each have unique capabilities and benefits for business. Unfortunately, some small business owners are making vital mistakes with their social media approach and strategy.

Have a Goal and Purpose in Mind
One of my favorite business quotes is by Benjamin Franklin when he said, “By failing to prepare, you are preparing to fail.” As businesses everywhere are realizing, when you fail to have a plan for your social media, you are planning to fail. When it comes to social media, why bother if you have no goal or purpose in mind? That may seem harsh, and maybe it is, but it is the reality of our current market and society. Information is readily accessible and available, and we must be able to point our consumers in the right direction. People want to be told why they should buy from you or use their service over the next one. This is the bottom line fact.

So, what does this mean for you as a business owner?

Have a Plan and Strategy
Have a strategy, a plan for postings, and be prepared. If you don’t have a plan and a strategy, then what is the purpose of ever posting to social media? Take a step back and answer this question; What is the purpose or goal of this post? What do I hope to gain from this? Once you’ve figured this out, you can start to create a strategy for your postings and a plan on how frequently you or your social media manager post them. If you are outsourcing your social media management, this is even more important to ensure return on the investment you have made, especially in down times of business.

Social Media is no longer just for fun, especially in the business world. It has become a necessity, and to do it well, it is vital to have a strategy and a plan. Small to large, businesses everywhere are learning the hard way that by not having a strategy to your posts, you are letting your consumers and yourself down.

A Social Media Coach Can Help
If you’re unsure about how to successfully start up social media marketing, a social media coach can help you get started. To learn more, contact Kenna Lewis at Social Centric Media at 816.582.7366 or visit online at www.SocialCentricMedia.com.
The Health & Wellmobile is offering FREE Health & Wellness Fairs for local businesses, community events, and not-for-profit organizations. The Health & Wellmobile will appear at your business or event for absolutely no charge and provide free health screenings and wellness education. The 2018 calendar is filling up fast, so call or email TODAY! Here is a list of the services they provide:

- Basic Health Screening with Risk Assessment
- Blood Pressure Screening and Counseling, Ages 18+
- BMI Testing
- Diabetes Screening – Blood Sugar (fee)
- Hearing Screening
- M.A.R.Y. – Health Education Program, Ages 5 – 18
- Physicals (fee)
- Vision Screenings
- Height & Weight Measurement
- Healthy Eating Assessment
- Education Materials on a Wide Array of Health & Wellness Topics

ABOUT THE HEALTH & WELLMOBILE
The Health & Wellmobile is a massive consumer health education and wellness screening program designed to promote healthier living among local community residents while providing an opportunity for consumers to receive basic health screenings and services where they work, live and play. Our goal is to promote overall health and wellness; to motivate consumers to be proactive about their health while becoming passionate regarding their overall wellness.

The Kansas City Health & Wellmobile travels daily across the Kansas City Metro, providing its services to both employers and their employees, and the general public during large and mid-sized community events and non-for-profit organizations. Free and low-cost Health Screenings, Wellness Exams, and Sports Physicals are provided by licensed medical sponsor partners.

To book your Health & Wellness Fair, call 913.274.8008 or email info@healthwellmobile.com

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100% FREE Health & Wellness Screenings for Your Business or Events!
Tips for Seniors to Prevent Falls

GET SOME EXERCISE.
Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs such as Tai Chi can increase strength and improve balance, making falls much less likely.

BE MINDFUL OF MEDICATIONS.
Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.

KEEP THEIR VISION SHARP.
Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.

ELIMINATE HAZARDS AT HOME.
About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

STEPS FOR HOME SAFETY:
The following checklist can help older adults reduce their risk of falling at home:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Install handrails and lights on all staircases.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Put grab bars inside and next to the tub or shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.

According to the CDC, each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can greatly impact the health of your loved one. Following are tips from the CDC on ways to prevent falls.

- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

DEDICATED TO IMPROVING QUALITY OF LIFE FOR OUR RESIDENTS
At Armour Oaks Senior Living Community, we are dedicated to improving the daily living and quality of life for our residents. We take all the stress off of you, helping keep your loved ones safe and well taken care of.

JOIN US FOR A TOUR AND LUNCH!
To learn more about how Armour Oaks can help you or your loved one, please feel free to stop by or call 816-363-5141 to schedule a personal appointment and tour with Dellas Baldelli. Another opportunity to experience our community is by joining us for lunch. We would like to invite you to come see why our residents are so happy here at Armour Oaks Senior Living Community!
God Our Father – A Father’s Day Tribute

By Ross Johnson

Growing up, I idolized my dad. He was a man’s man. He was hard working, working two jobs for many years of my childhood. He is a Vietnam Vet having served two tours, awarded a Purple Heart and Uncommon Valor. His hands, scarred and calloused from years of turning wrenches as a mechanic. In fact, in my home town, he was known as one of the best engine builders in the area. At any given time, there were project cars in our garage with the front end torn apart and the motor on the engine stand. Some of the best memories of my childhood were spent in the garage working with my dad, cleaning parts, holding the backend of a pop-rivet gun, handing him a 9/16 box end wrench while listening to the DJ Wolf-man Jack. To this day when I hear certain songs, my mind races back to those days working with my dad, firing up that big block Chevy we just finished or the smell of fresh solvent in our parts cleaner.

As fond as many of my memories are, there were very difficult times as well. My dad was absent in my life until I was at about the age of four. My parent’s marriage was rocky most of my years growing up, and most of those tensions were centered on my dad’s demons from Vietnam and alcohol. You see, my dad was an alcoholic. I tell people I never knew when my dad was drunk...because he was never sober. That is not much of an exaggeration. My dad’s breakfast consisted of a steady diet of whiskey and water. His lunch consisted of the same. He drank at work. He drank at home. He often joked that he couldn’t do his best work in the garage until he had a six pack in the tank. We used to laugh. But looking back on it years later, it breaks my heart.

While my dad taught me the value of hard work, integrity, how to do a brake job and change the oil in my car, my dad was never in a position to teach me about faith. He never taught or modeled for me what a relationship with a Heavenly Father looked like until much later in my life. Sure we went to church when I was a kid. Heck, my dad and I even got baptized on the same day when I was in the third grade. But it just seemed there was nothing ever really real about it and soon, we quit going.

By the time I was a sophomore in high school, I had decided that I wanted to be just like my dad. In every way. I saw my dad fight, cuss and drink and so that is what I thought a man did, who a man was. I idolized him and so I had become his carbon copy.

Around that time, my parent’s marriage hit rock bottom. There was an ultimatum given. Go back to church and try to save a marriage or part ways...so we went to church. I went begrudgingly – to the point that I would go to church with them on Sunday while I was still drunk. Over the next several months, however, my dad made two decisions that would eventually change the course of our lives. After a weekend bender that almost led him to commit suicide, he decided to walk away from alcohol and decided to walk with Jesus. Praise God my dad has been sober for 30 years!

It wasn’t until the end of my freshman year in college that my dad’s two decisions hit home for me. I found myself in a very similar situation in my dorm. A weekend bender and thoughts of suicide. Just as my dad did a few years before in our garage, I decided to walk away from the bottle and walk with Jesus.

I have two fathers. One is perfect and one isn’t...but I love them both. I love them both for all that they have taught me. You may have an earthly father that has caused great hurt and pain and believe me, I get it. But I want to encourage you that there is a Father that will love you unconditionally and perfectly. A perfect Father who is ready to adopt each of us and bring us into His family...a family of faith, mercy, grace and perfect love.

If you struggle with Father’s Day and would like to share your story, I would love to listen. Feel free to reach out to me at any time, may you have a blessed Father’s Day. info@gatheringpointe.com.
HELP US ATTACK CANCER IN OUR COMMUNITY

Beating our biggest rival takes more than breakthrough research. It takes things like our 24/7 cancer help line and free rides to chemo. Most of all, it takes you. Join Relay For Life. And help us attack cancer from every angle.

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