



**FEBRUARY 2021**

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# **FEBRUARY IS FOR HEART HEALTH!**

***CELEBRATE HEART HEALTH BY PRACTICING  
THESE SIMPLE HEALTH TIPS***

# FEBRUARY IS FOR HEART HEALTH!

*CELEBRATE HEART HEALTH BY PRACTICING  
THESE SIMPLE HEALTH TIPS*



- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 20 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

# STAFF SPOTLIGHT

## BEST OF THE WEST WINNERS!



► Therapy Solutions Congratulates all the recipients of the 2021 Best of the Western Edge Readers Choice Awards. Congratulations to Therapy Solutions staff Kara, Brenda and everyone who makes up our counseling center.

### ► Best Counseling Center



► **Best Counselor:**  
Brenda Erie



► **Best Physical Therapist:**  
Kara Keithley

*Thank you to everyone who voted!  
We appreciate your support!*



## REDUCING STRESS WITH MINDFULNESS

► There are several stressors that each of us deals with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

To learn more about how mindfulness can help you, contact Therapy Solutions and begin the journey to "Take Your Life Back."



### WANT TO SHARE A SUCCESS STORY?

*We Make It Easy To Leave A Review!*

Scan the code with your camera app, and post your success story on our Google reviews page!



**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

For more information call Therapy Solutions at **701.483.1000** or visit us online at [Therapy-Solutions.net](https://www.therapy-solutions.net) today!

Learn more by visiting our website at [Therapy-Solutions.net](https://www.therapy-solutions.net) or schedule your consultation today by calling **701.483.1000!**

# CEREBRAL PALSY & YOUR CHILD

## ENCOURAGEMENT FOR AN ACTIVE AND HEALTHY LIFE

► When a child is diagnosed with cerebral palsy, or CP, it means they are experiencing an impairment within the area of the brain that controls their movement and muscle tone. While many children with cerebral palsy do not experience any alterations to their mental development, their motor control and mobility is greatly affected.

Cerebral palsy develops due to damage, trauma, or malformation of the child's brain. This typically occurs during pregnancy but may also occur during delivery or shortly after birth. Premature babies are at a higher risk of developing cerebral palsy, as are those who develop severe jaundice or other illnesses/injuries that affect the brain during infancy.

The severity of cerebral palsy development varies from child to child. For example, some children may experience subtle faltering or stumbling when walking, while others may be unable to walk at all. If your child has been diagnosed with cerebral palsy, don't feel defeated - physical therapy and occupational therapy can help! Contact Therapy Solutions today to learn more about how we can help your child improve and maintain function!

### COMMON SYMPTOMS ASSOCIATED WITH CEREBRAL PALSY:

A condition called "hemiparesis" is common with cerebral palsy. This occurs when a child has poor motor control of the arm and leg on the same side of the body. "Diplegia" may also occur, wherein the child experiences paralysis of both arms or both legs.

Hypertonia or hypotonia are also common symptoms associated with cerebral palsy. Hypertonia occurs when muscle tone is increased, also known as spasticity. Hypotonia occurs when muscle tone is abnormally limp. A child with either of these conditions may have issues with speech, although their ability to understand it usually is not impacted.

There are several factors that may indicate that your child is living with cerebral palsy, and these factors can be determined early on in infancy..

### In a baby UNDER 6 months, factors that may indicate cerebral palsy include:

- The baby feels stiff.
- The baby feels floppy.
- The head of the baby lags when being picked up.
- The baby's legs get stiff or cross in a "scissor" motion when being picked up.
- The baby's neck and back overextend when being cradled.

### In a baby OVER 6 months, factors that may indicate cerebral palsy include:

- The baby only reaches with one hand, while the other remains fist.
- The baby continues to overextend his or her neck and back.

### In a baby OVER 10 months, factors that may indicate cerebral palsy include:

- The baby does not crawl on all fours. Common accommodations that the baby will make include scooting around on the buttocks or hopping on the knees.
- The way in which the baby crawls is lopsided. For example, the baby may push with the same arm and leg on one side of the body, while the arm and leg on the other side of the body are being dragged.
- The baby is not able to crawl at all.

### CONTACT THERAPY SOLUTIONS TODAY

If you are searching for pediatric physical or occupational therapy for cerebral palsy, our team can help. We can help your child maintain the function he or she already has and work toward improving motor function overall. If your child has not yet been diagnosed with cerebral palsy but you suspect that he or she may be showing signs, consult your child's pediatrician.

At Therapy Solutions, we are dedicated to helping your child improve their functional skills so you and your family can live as comfortably and independently as possible. For pediatric physical or occupational therapy in the Dickinson, ND area, contact us today.

For more information about how Therapy Solutions can help you, visit our website at [therapy-solutions.net](http://therapy-solutions.net).

**Therapy Solutions**  
TAKE YOUR LIFE BACK.

*Is your child suffering from Cerebral Palsy? We can help your child maintain and develop functional skills. We will help start your child on a path towards living as independently as possible. Call us today!*

Learn more by visiting our website at [Therapy-Solutions.net](http://Therapy-Solutions.net) or schedule your consultation today by calling 701.483.1000!