



OCTOBER 2023

WHAT'S INSIDE

STAFF SPOTLIGHT
Ashlyn Privratsky

**NATIONAL
PROTECT YOUR
HEARING MONTH**

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APPOINTMENT!**
We Make It Easy To
Schedule Today!



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and schedule your
appointment with
us today!



Therapy Solutions

TAKE YOUR LIFE BACK.



*Osteoporosis & Bone Health:
What You Need To Know*

WE ARE HERE FOR YOU! CONTACT US TODAY!

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WHAT IS OSTEOPOROSIS?

Worldwide, one in three women and one in five men aged 50 years and over will suffer an osteoporotic fracture. Osteoporosis causes bones to become weak and fragile, so that they break easily – even as a result of a minor fall, a bump, a sneeze, or a sudden movement. Fractures caused by osteoporosis can be life-threatening and a major cause of pain and long-term disability.



October 20 is Osteoporosis Day! On this day, we highlight the fact that osteoporosis affects one in three women and one in five men over 50 worldwide. Imagine bones so fragile that even a sneeze could break them. It sounds scary, but it's the reality for many. However, with awareness and timely action, there is hope for better bone health.

Quick Osteoporosis Facts:

- Osteoporosis makes bones weak and prone to breaks.
- Small accidents, like minor falls or bumps, can lead to fractures.
- These fractures can be extremely painful and limiting.

The Care Gap:

While treatments are available, the majority of those at risk are left untreated. Here's a shocking stat: only 20% of patients with osteoporotic fractures get treated for the underlying disease.

YOUR PATH TO STRONGER BONES:

EXERCISE

- Get moving! Regular activity is essential.
- Opt for weight-bearing, muscle-strengthening, and balance exercises.

NUTRITION

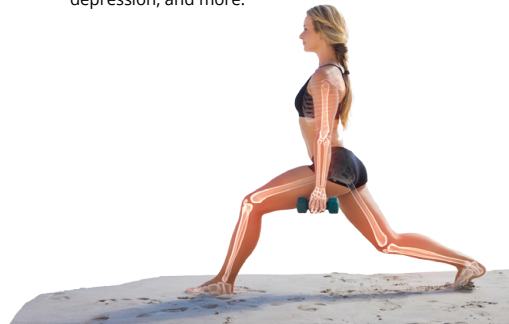
- Fill up on bone boosters: calcium, vitamin D, and protein.
- Enjoy the sun safely – it's a natural source of vitamin D.

LIFESTYLE

- Steer clear of smoking and limit alcohol.
- Keep a balanced body weight.

RISK FACTORS

- Age matters: Women over 60 and men over 70, take note.
- Have you broken a bone post-50? It's a red flag.
- Be alert to unexpected height loss and family history.
- Certain medical disorders and medications increase the risk. This includes some treatments for cancer, diabetes, depression, and more.



TEST & TREAT

- If you're high-risk, get tested.
- Treatment, including physical therapy-guided exercises, medication, and lifestyle shifts, could be game-changers.

FINAL THOUGHTS:

You deserve a fracture-free future. Prioritize your bone health now. Are you nodding in agreement? If yes, take action today!

If osteoporosis concerns you, reach out to our highly skilled team of physical therapists. They're ready to guide you through effective treatments for expedited recovery!

Connect with our expert therapists at Therapy Solutions today for personalized guidance and take the first step towards stronger bones!

Be sure to check out our website:

<https://therapy-solutions.net/>

We cover a lot more than just PT!



TAKE CARE OF YOUR MENTAL HEALTH

Did you know that, in addition to our top-notch physical, occupational, speech, and pediatric therapy services, we can help you address mental health concerns? Our team of mental health counselors offers a variety of approaches so you can find the best solution for you!

No matter your mental health needs, the team of counselors at Therapy Solutions will help you find an approach that works for you. Call us today to schedule an initial appointment or learn more about the many mental health services we offer!

**SCHEDULE YOUR
APPOINTMENT
TODAY!**
701.483.1000



OCCUPATIONAL HEALTH - OCTOBER IS NATIONAL PROTECT YOUR HEARING MONTH

At Therapy Solutions, we proudly offer audiometric hearing tests to evaluate your auditory health. An audiometric hearing test is a specialized assessment that measures an individual's ability to hear different sounds, pitches, and frequencies, helping to pinpoint any hearing impairments or losses.

Our ears are amazing, picking up whispers to loud honks. But sometimes, the noise is too much. Protecting our hearing is crucial; we need to step in and take action!

HOW TO PROTECT YOUR HEARING

- **Danger Levels:** Some noises can harm our ears if they're too loud or last too long.
 - ▶ **Everyday Sounds:** 60-70 dB(Decibels), like a vacuum.
 - ▶ **Risk Starts at 85 dB:** Think concerts, lawnmowers, and loud headphones.
- **Safety First!** Always wear earmuffs or earplugs around loud noises.
- **Check-ups:** Routine audiometric hearing tests can help spot issues before they become serious.

TAKE ACTION!

Your hearing is precious. And just like other parts of our body, it needs care and attention. Discover more at Therapy Solutions, where we offer more than just PT.

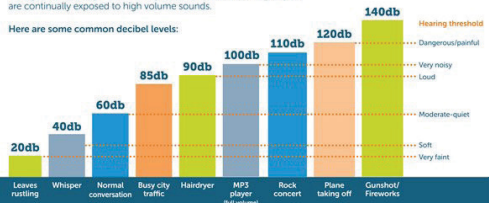
Every sound counts. Protect your ears!

Schedule Your Hearing Test!

How loud is too loud?

Government research suggests the safe exposure limit is **85 decibels** for eight hours a day. Your hearing could be at risk of damage if you are continually exposed to high volume sounds.

Here are some common decibel levels:



HEALTHY RECIPE

CUCUMBER GUACAMOLE APPETIZER BITES



Russ Fast (Mental Health Counselor) brought a new recipe to a recent staff potluck and it was a hit! Russ said any type of cucumber will work for this recipe and it is very easy to make. Check out the details below for a simple yet delicious appetizer!

Ingredients:

- Cucumber, preferably European cucumber
- Guacamole
- Chili Powder or Tajin Seasoning, for sprinkling on top

Directions:

1. Use European cucumbers (if possible) wrapped in plastic for this recipe, because they have skins that aren't treated with wax.
2. Use a melon baller to scoop out the center of a slice of cucumber that's about 5/8 inch thick.
3. The trick that makes this easy is to put guacamole into a small zip-loc bag, snip off the corner, and squeeze enough guacamole to fill the center of each piece of cucumber.
4. Then if you'd like, sprinkle the guacamole with the tiniest pinch of chili powder.

WRITE YOUR OWN SUCCESS STORY!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did



STAFF SPOTLIGHT: ASHLYN PRIVRATSKY, LMSW



We would like to welcome Ashlyn Privratsky to our Therapy Solutions Team!

Ashlyn is a mental health counselor and started with us in August. She was previously an intern at Therapy Solutions starting in January and then graduated from Florida State University with her Master's degree in Social Work in May.

Ashlyn is originally from South Heart and currently lives on her family's farm where they have cows, horses, and a dog. Her family consists of her parents, four brothers, sister, and fiancé. In her spare time, she enjoys a variety of activities depending on the season. In the fall, she enjoys watching movies, reading, baking, and drinking coffee. Ashlyn shared, "Although I drink coffee year round, it's extra fun in the fall!"

EMDR TRAINING



In July, two of our mental health counselors, Ashlyn Privratsky and Bobbie Johnson, attended a 5-day intensive training for EMDR in Billings, MT.

As they learned during this training, EMDR (Eye Movement Desensitization and Reprocessing), as with most therapy approaches, focuses on the individual's present concerns. However, rather than just talking about it, EMDR uses eye movements and other forms of stimulation to activate the brain's ability to resolve these concerns. As a result, we feel better, not just think we are better!

If you are interested in learning more about EMDR, contact Therapy Solutions to schedule an appointment with Ashlyn, Bobbie, or one of our other highly qualified counselors.