



Resolution revolution: shake up your New Year



Fundamental change starts with reducing stress

Stress robs you of your emotional and physical well-being. Even though most of us blame physical symptoms on illness, stress is often the culprit. That nagging headache or muscle aches, insomnia, shortness of breath, stomach distress and fatigue are all signs of stress. Stress can shorten your life, and it certainly detracts from your quality of life. But, you can take control of your life and stop letting stress control you!

The providers at American Institute of Healthcare & Fitness offer programs and services that can help you start your own personal revolution – all at one convenient location in North Raleigh on a serene and calming campus. Don't let another year go by without taking charge of your health.

One of the first steps to take at the beginning of the year is to get a physical exam. Make sure that you understand any medical conditions you may have and talk with your physician about how to make changes to improve your health. Certain chronic illnesses, such as diabetes, hypertension, heart disease and fibromyalgia are impacted by stress. By managing your stress, you will better manage your physical well being. David Becker,

Each year starts pretty much the same. We ring in the New Year with party and friends and toast to changing our lives – normally resolving to lose weight, eat healthier, stop smoking and adding exercise. So, how many people really succeed in achieving their resolutions? Studies indicate that about one in three Americans make resolutions. Within a week, only 75 percent of people are still on track, and six months later, less than half are keeping their resolutions. For most of us, we typically give it a go for about two to three weeks, and then it's back to life as usual.

This year, instead of setting the same old tired resolutions, think about shaking up your life and starting a revolution! Begin with fundamental lifestyle changes that will result in you being happier and more aware of your body and mind. If you can wrap your mind around the idea of simply putting yourself first – a hard concept for those of us who are constantly caring for children and those we love – you will achieve more balance and actually become healthier on the inside and out.

MD, Carolina Family Practice & Sports Medicine

Virtually any form of exercise from aerobics to strength training, can reduce stress. Exercise increases the production of endorphins, acts a meditation in motion to calm us, and improves mood and sleep. Healthtrax offers numerous fitness, cycling, yoga, and pilates programs, Zumba, water aerobics, and personal training designed to help you find the perfect stress reducer! Desiree L Susini, Director of Fitness and Coaching, Healthtrax Fitness & Wellness

One of the newer options to relieve stress is the use of calming, restorative oxygen therapy. Hyperbaric oxygen is a relaxing, non-invasive, natural treatment that supports the body's own healing mechanisms, resulting in improved sleep and relaxation.

Physical illness or chronic conditions can be improved by undergoing hyperbaric oxygen therapy, resulting in less stress. Mary Marchbanks, Chief Operating Officer, Carolina Hyperbaric Oxygen Therapy

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AIHF Provider Corner



Whether you are a world-class athlete, weekend warrior or someone who isn't physically active at all, Carolina Performance offers programs to help you achieve your potential. While the practice, comprised of a wide variety of independent mental health professionals, has a strong focus on sport performance, it also engages practitioners who work with people who are experiencing difficulties on the job and in life. Each provider has a slightly different focus to help mental health needs for adolescents and adults. The practice also works with area sports teams to improve performance and help them gain balance through teamwork.

Michelle Joshua, PhD, a licensed psychologist and certified sport psychology consultant, AASP, offers a unique option for clients. Instead of sitting in an office for counseling sessions, you can opt for a "walk-talk" session. The opportunity to get out of the typical office session makes some clients more comfortable.

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AIHF Provider Corner

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Dr. Joshua explains, "The office environment can be scary for some people, while walking and talking together feels less vulnerable, more like you are sharing with a friend."

While many of the clients who prefer walk-talk sessions are dealing with sports or health-related issues, she says anyone can benefit from the light exercise.

"The AIHF campus lends itself to this sort of therapy as the interior of the building is designed like a mall," notes Dr. Joshua. "The designers also built trails around the campus, making it a beautiful, calming environment throughout the year."

Dr. Joshua says that this time of year she sees many clients who are stressed by the season. The biggest issue facing most people is learning how to put themselves first. "So many times we ignore what makes us happy, resulting in stress. Once we allow others to guide our decisions, we lose control and our health suffers. By prioritizing the time to take care of our own health, we gain more balance in life and can make the changes we need to become healthy."

"One way to become more connected with your body and relieve the physical symptoms of stress or disease is through biofeedback. Many of us walk around oblivious about what is happening until it reaches a high acuity level," explains Katherine E. Walker, PhD. "When you become stressed or angry your muscles tighten, your heart beats rapidly and your palms sweat. This can result in headaches, pain and even more severe physical symptoms. Biofeedback monitors those critical stress points and teaches people how to be more aware of what is happening to them so that they can address the issue."

Dr. Walker also provides grief, general mental health, depression and couples counseling. "I want clients to believe in their ability to make changes and to realize that they will truly feel better when they take charge of their lives."

"Our providers offer a very unique, integrative approach to care. We believe that by treating the mind and body, patients will gain a much better quality of life."

www.carolinaperformance.net



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Emotions can influence many skin disorders. There is a strong mind-skin connection that can result in stress-induced skin reactions. Stressful events can cause flare-ups of psoriasis, as well as acne, hives or eczema. In addition, adolescents and adults with chronic skin conditions that affect their appearance often experience increased stress. Cosmetic interventions, such as botox injections, skin rejuvenation procedures and use of alpha hydroxy acids (AHAs) have been demonstrated to have measurable positive psychological effects on how people feel and function. Our services are geared for all ages to help prevent problems and maintain or restore healthy skin. *Carol Trakimas, DO, Medical Director, The Dermatology Center of Raleigh*

Let's face it, we all encounter stress! The choices we make while under stress, however, can have a big impact on our body. Elevated stress hormones lead to carb cravings and increased hunger. Relying on food as a crutch during stressful times is hurtful, not only physically, but also emotionally. By being more aware of what you eat, you can truly change your relationship with food. That leads to less stress and reduces reliance on unhealthy

foods when you are undergoing a stressful period. Our personal consultations can help you develop a new relationship with food, and will give you the awareness and motivation to take care of your body. We also are the experts in helping those with chronic medical conditions develop eating plans that will maximize their health. *Ryan Sobus, MPH, RD, LDN, Co-Owner of Healthy Diets, Inc*

Physical therapy can be helpful for many conditions that are often caused by or worsened by stress, such as headaches, facial pain, neck pain and temporomandibular disorders (TMD). Relaxation techniques and exercise are very helpful in eliminating stress, but if the root cause of a pain problem is not identified, it will never be fully arrested. Our physical therapists evaluate the musculoskeletal imbalances, restrictions and areas of asymmetry that contribute to these problems. *Flo Moses, PT, LAT, ATC, President, Sports & More Physical Therapy, Inc.*

Emotions are natural. However, the body can become weak due to stress, trauma, or poor nutrition. When that happens, emotions can become "stuck" or negatively charged. When these emotions don't resolve themselves, compulsive behavior, phobias, and even pain can result. Providers at Center for Chiropractic & Wellness use Neuro Emotional Technique (NET) to address these emotional imbalances by treating the body's nervous and meridian systems. This technique

"The biggest challenge most people face is taking care of their own health. We often put our priorities on the back burner and end up with more stress due to over commitment. Instead of setting unattainable, short-term goals, resolve to be calmer and happier. If you make that your resolution, you will end up healthier and better equipped to deal with what life throws at you!"
Michelle Joshua, PhD, CC-AASP, Carolina Performance

is a gentle and effective way to promote balance and healing within the body. Additionally, weak adrenal glands - the stress handling glands - can become compromised making it difficult for to recover from stressful episodes. We offer alternatives to conventional therapies that address the root causes of hormonal imbalances. *Jennifer Greenfield, DC, Center for Chiropractic & Wellness*

How is stress affecting you?

If you have any of these symptoms, stress may be to blame. While they may be signs of an illness, stress can also cause any of these symptoms. Talk with your health care provider for an accurate assessment.

On your body

- Headache
- Muscle tension/pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems

On your mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression

On your behavior

- Overeating or undereating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal

American Psychological Association's "Stress in America" report, 2010



Q: What does Park Centre Spa offer that helps relieve stress? Do you have specialty programs that specifically address medical issues?

A: Nearly all of our services help clients relax and give relief from the hustle and bustle of everyday life. In particular, we offer a 4-Hands Massage, oncology services and customized facials. These three unique Park Centre Spa features provide clients with stress management and relief.

The 4-Hands massage is the ultimate in relaxation with two therapists working in harmony to soothe both body and mind. It is ideal for those who have trouble sleeping or suffer with anxiety.

For clients living with cancer, we offer the Gentle Facial formulated to help alleviate skin-related effects from chemotherapy and radiation treatments. This facial is full of calming botanicals and ultra-hydrating ingredients and uses antioxidants, anti-inflammatories, anti-microbials and wound healing elements. While recommended for adults undergoing cancer treatments, it is also excellent for those with red, dry, sensitive or irritated skin. Additionally, our Oncology Massage provides an adaptation of massage therapy techniques to work safely and effectively with those struggling with cancer, lymphedema and scar tissue. Oncology Massage provides a relaxing escape from the rigors of cancer treatment and encourages a positive perception of self.

Stress and tension often manifests physically. In the face and skin, stress can cause furrows, deepened lines, acne, dark circles and sallow appearance. Facial tension can cause headaches, sinus pressure, and even contributes to jaw

problems such as TMJ. Our specialized, one-hour facials include a relaxing facial, décolleté, neck and scalp massage so you leave fresh and glowing.

Robin Gill, Director, Park Centre Spa
www.parkcentrespa.com • 919-846-1920

Q: Can acupuncture help me quit smoking?

A: Yes, acupuncture has been shown to:

- Reduce cravings
- Make the tobacco flavor unpleasant
- Lessen the stress response, nervousness, and anxiety
- Reduce withdrawal symptoms by regulating the nervous system, metabolism, and hormones

It is important to use a multifaceted approach to help stop smoking that includes the use of acupuncture, homeopathic supplementation and journaling. The first step is to realize the need to stop smoking and not just the want to stop. And, whatever habits have evolved over the years with smoking need to be replaced by non-smoking ones. Consider these non-smoking tips:

- Modify behavior
- Identify a support person
- Set boundaries
- Drink water to reduce the dryness that can cause cravings
- Avoid stimulants and alcohol
- Make good food choices
- Have acupuncture three times a week for two weeks and then monthly

Brian Kramer, MS,L.Ac.,Dipl.Ac., Kramer Acupuncture & Oriental Medicine, Center for Chiropractic & Wellness
www.krameracupuncture.com • 919-845-3280



Patient's Corner

Local businessman finds healthcare services in one location



When you are a busy executive in the entertainment industry, you don't have much time to spare for medical appointments. That's why JR Roth of Raleigh has centralized his care at the American Institute of Healthcare & Fitness.

He first came to visit Carol Trakimas, DO, dermatologist at The Dermatology Center of Raleigh, to undergo treatment of pre-cancerous skin lesions. "I was so impressed with her customer service and care," says the 55-year-old Roth. "I've never waited more than a couple of minutes for an appointment, and she spends time with me discussing my skin health. It's incredible having a physician that efficient and knowledgeable."

After seeing Dr. Trakimas, Roth joined Healthtrax Fitness & Wellness. The former offensive tackle at Appalachian State University likes to stay in shape and is particularly fond of the extensive wet areas that the gym has on site. "I appreciate how clean and well-run the facility is. The wet areas alone - with the salt water pool, sauna and whirlpool - are worth the cost of the membership."

Over the course of his life, Roth has experienced numerous joint injuries that have resulted in surgeries, bone spurs in his shoulders and osteoarthritis. Most recently, a neck injury sidelined him. Once again, he turned to AIHF providers - Sports & More Physical Therapy, Inc. and Eugenia Zimmerman, MD at Triangle Orthopaedic Associates, PA - to help get relief from the constant pain.

"Not only was I impressed with Dr. Zimmerman's knowledge, but she is a specialist in both orthopaedics and pain management," continues Roth. "She worked hand-in-hand with the Sports & More staff to develop a program that helped me heal quickly and return to a normal lifestyle."

Since he has been coming to providers at AIHF, Roth says that his health is much improved. "I cannot say enough about the convenience of having all of this expertise under one roof. It is an impressive health complex. I've had phenomenal care from the providers, and I credit them with helping me feel so much better."

AIHF Providers

NAME	SUITE	PHONE
AIHF Conference Center	10	919-334-7200
AIHF Youth Activity Center	111	919-847-2393
Carolina Cardiology	327	919-861-5950
Carolina Family Practice & Sports Medicine	107	919-238-2000
Carolina Hyperbaric Oxygen Therapy	134	919-720-4377
Carolina Performance (Mental Health)	201	919-676-9699
Center for Chiropractic & Wellness	133	919-845-3280
The Dermatology Center of Raleigh, PA	207	919-573-9030
Digestive Healthcare, PA	209	919-791-2040
Health Park Pharmacy	227	919-847-7645
Healthtrax Fitness & Wellness	125	919-847-2393
Healthy Diets	325	919-870-1001
On Assignment Healthcare Staffing	233	919-334-0175
On Assignment Lab Support	233	919-334-0373
Park Centre Spa	131	919-846-1920
Quest Diagnostics (Laboratory)	223	866-697-8378
Raleigh Endoscopy Center - North	210	919-256-7980
Sports & More Physical Therapy, Inc	127	919-845-6160
Triangle Orthopaedic Associates, PA	109	919-846-3938
Wake Radiology Diagnostic Imaging, Inc	221	919-676-7575
Williams Property Group, Inc	217	877-974-3131

AIHF News & Upcoming Events

Don't miss these informative sessions to help you get on track with your health!

Happy New Year Skin!

Start 2012 with renewed, more vibrant skin - come learn about Vi Peel! Fri, Jan 20, Sessions at 10:30 a.m., 12:30 p.m. and 2 p.m. The Dermatology Center of Raleigh, Suite 207 • www.tdcor.com

Park Centre Spa and Carolina Hyperbaric Oxygen Therapy grand opening and ribbon cutting

Refreshments, samples, prizes, and tours

Thurs, Feb 2 • Schedule of events to be announced!

Park Centre Spa & Carolina Hyperbarics • www.parkcentrespa.com & www.nchbo.com

Start your Stress Revolution

Discussion & Q&A with our expert provider panel, featuring Dr. Eric Morse (moderator) and other colleagues at AIHF.

Tues, Feb 7, noon to 1:30 p.m.; Wed, Feb 15, 9 to 10:30 a.m., and Thurs, Feb 23, 5 to 6:30 p.m.

Skincare 101: The Role of Antioxidants

Meet the expert mini-seminars

Thurs, Feb 16, Sessions at 9:30 a.m., noon and 3:30 p.m.

The Dermatology Center of Raleigh, Suite 207 • www.tdcor.com

Get Your Rear in Gear 5k Run/Walk

Hosted by Raleigh Endoscopy Center at Fred Fletcher Park, 805 Clay Street, Raleigh, NC. Sat, Mar 3, Registration at 7:30 a.m., Events begin at 8:30 a.m. • www.gyrig.com

Happy Birthday Botox!

Come celebrate 20 years of using Botox Cosmetic for skin improvement and appearance.

Thurs, Apr 12, Information sessions at 10:30 a.m., 12:30 p.m. and 2 p.m.

The Dermatology Center of Raleigh, Suite 207 • www.tdcor.com

CFP&SM named Patient-Centered Medical Home and Site for UNC's Sports Medicine Fellowship

Carolina Family Practice & Sports Medicine (CFPSM) was recently named by National Committee For Quality Assurance (NCQA) as a Level 3 Patient-Centered Medical Home. The NCQA reserves this designation for practices that have a strong protocol of putting patients first and allowing patients to be at the center of their care. The practice is also serving as a rotation site for UNC's Primary Care Sports Medicine Fellowship program. CFPSM is hosting two fellows, Mark Sakr, DO and Natasha Harrison, MD, over the next few months, allowing them a unique opportunity to enhance their primary care skills and further develop skills in sports medicine. For more information, www.cfpsm.com.

Triangle Orthopaedic Associates adds physician at AIHF location

John Solic, MD, who joined Triangle Orthopaedic Associates, P.A. in August 2011, is now seeing patients at the AIHF office on Mondays and Tuesdays. Dr. Solic is a fellowship trained orthopaedic surgeon, specializing in sports medicine, shoulder and knee arthroscopy and cartilage repair. www.triangleortho.com.

AIHF to celebrate anniversary

On January 27, we will mark our fifth year of serving patients in our community. Thank you to our patients and members for selecting our innovative setting of total health and well-being.

If you would like to receive a copy of the quarterly AIHF HealthFit newsletter, please send your e-mail address to info@aihf.net.

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