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THR Remains Committed to Providing North Texans with Resources on Heart Health

The average age for a heart attack for men is around 65. It's a distressing fact, yet a vital point nevertheless, which is why Texas Health Resources (THR) spent much of June (National Men's Health Month) informing North Texans about the risks of heart disease.

According to data from 2005 to 2014, the estimated annual incidence of heart attacks in the United States was 605,000 new and 200,000 recurrent attacks. Heart disease remains the leading cause of death in the United States.

"Medical risk factor reduction, behavior modification, and cardiac rehabilitation are the major factors for combating heart disease in patients 60 years of age and older," said Dr. Kanwal Zahid, Internist, Texas Health Arlington Memorial Hospital medical staff and Cardiac Rehabilitation medical director.

In 2019, Texas Health Fort Worth was the first hospital in the nation to receive Primary Heart Attack Center certification from The Joint Commission. Many Texas Health facilities have earned recognition from The Joint Commission and have been certified as Primary Heart Attack Centers.

As Dr. Zahid put it, "Cardiac rehabilitation doesn't change your past, but it can help improve your heart's future."

texashealth.org



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Know Where to Turn When You Need a Place of Healing

Life can be brutal and uncompromising at times. That's why Balance Beacon was formed in 2015 as a response to a community's yearning for mental health treatment. Balance Beacon offers traditional services like individual, couple, family, and group therapy. Clients are asked to be participants, not spectators, in their treatment and setting of goals.

Balance Beacon has, in its brief existence, become a premiere place of healing, and it's never been more critical than now. Despite a growing cultural acceptance of diverse sexual orientations and gender identifications, oppression, discrimination, and marginalization of LGBTQ+ people persists. Balance Beacon can help with the challenges of finding your authentic life.

It's a therapeutic collaboration. Balance Beacon trusts its clients to work hard to improve their lives, while the clients are asked to trust Balance Beacon to be knowledgeable and provide guidance and support. They believe wholeheartedly in working toward positivity in life.

The overall goal? Help you become well-rounded physically, mentally, emotionally, financially, and socially.

balancebeacon.com



Don't Allow Pain to Steal Your Joy – Be Proactive About Stopping It

Chronic diseases and pain can take over your life and suck out whatever joy you might have. They understand at Active Family Wellness Center. Dr. Kenyon Godwin and his team have one ultimate goal: to make sure you get results. The clients who arrive at Active Family Wellness Center are saddled with headaches, neck pain, herniated discs, sciatica or prenatal, and various pediatric concerns. The center treats all ages; infants with colic just starting in the world, adults who wish to experience everyday wellness, and seniors who want to feel active and mobile throughout their golden years.

The whole family.

Active Family Wellness Center uses multiple strategies to treat chronic pain. It offers a variety of safe, effective options for everything from wrist and knee pain to ankle, shoulder, elbow, hip...you name it.

The center also offers functional medicine, chiropractic, rehabilitation, weight loss, functional fitness, massage therapy, and spinal decompression. The program takes a customized approach to determine your needs.

If you struggle with your weight, have diabetes, thyroid problems, fatigue, or have an autoimmune disorder, functional medicine may be a good solution.

txwellnessdoc.com



Transforming Your Body and Mind Doesn't Have To Be A Chore

The Pilates Effect is a fully-equipped studio dedicated to your overall well-being. And, true, there may be a sore muscle or two, or three, here and there; fitness benefits are well worth the challenge.

“Our goal is to increase our client’s quality of life and to develop all muscles,” said Cami Grasher, who is The Pilates Effect owner and also one of its instructors.

The goal is to fully transform bodies while achieving personal fitness goals and improving your daily physical lifestyle.

“When people focus primarily on the superficial larger muscle groups, they may need to pay more attention to many deep muscular stabilizers beneath that are not being developed or utilized,” Grasher said.

A wide range of classes is designed to specifically meet people where they are and what they need to start. Or continue.

The Pilates Effect also offers private one-on-one sessions tailored to the individual and their specific needs and goals.

Classes are kept small so you can enjoy the fullness of instruction in an intimate setting.

thepilateseffect.com





You Can Find a Solution to Your Pain at Baylor Scott & White Orthopedic and Spine Hospital

Neck pain isn't fun. For that matter, neither is hip, shoulder, knee, or ankle pain. When it doesn't quit, you can find relief at the Baylor Scott & White Orthopedic and Spine Hospital, the area's first orthopedic and spine surgery specialty hospital.

If surgery is the option, Arlington's joint replacement & spine specialists created a program for patients undergoing joint or spine surgery. The first step is to attend an informative prep class approximately two weeks before surgery. Classes will be held at Baylor Scott & White Orthopedic and Spine Hospital – Arlington 707 Highland Boulevard Arlington, TX 76015.

Another vital issue is injury prevention. Regular community outreach classes and events are conducted to provide educational materials and promote injury prevention and safety. Injury prevention tips on safe driving, biking, shopping safety, and more for keeping children safe and healthy.

All sorts of information can be found on the website, including the different types of pain. For instance, there are several neck pain types, from neck sprain and pinched nerves to herniated discs and arthritis.

bswarlington.com



Having a Healthy Baby Means a Healthy You While You Are Pregnant

Health care during pregnancy is significant because it lowers the risk of your baby being born too early, which can lead to a litany of health problems.

Prenatal care is the best time a doctor can find any health problems that may come up later. Having a child for the first time can be daunting and nerve-racking, which is why Mansfield Methodist offers many classes dealing with childbirth.

Topics include subjects such as what happens to your body during birth, actual versus false labor, pain control breastfeeding techniques, relaxation, and self-care techniques, breastfeeding and baby care in the first few days, and cesarean section delivery and recovery.

Doctors stress the importance of making the most of each visit to the hospital because they can catch things early. Healthy living means knowing when you need medical care for issues that can come up, such as high blood pressure, dizziness, swelling, pain, bleeding, or contractions.

Overall, the classes stress the importance of making an overall birth plan. Where you'd like to give birth (hospital or birthday center), whom you want for your support, how you want to manage pain, and who should help make medical decisions during childbirth.

methodisthealthsystem.org



Where Women Can Find Compassionate and Comprehensive Care While Pregnant

Women's Health Services is an all-female OB/GYN practice that delivers compassionate, comprehensive care to women in the Dallas-Fort Worth Metroplex.

Launched in 1986, the mission was to build an all-inclusive practice designed by women for women. Today the doctors offer a state-of-the-art facility and a top-rated staff. At Women's Health Services, patients will find many services under one roof.

From preconception counseling, pregnancy care, and birth control to LEEP procedures, colposcopy procedures, in-office hysteroscopy, ablations, and hormonal consultations, Women's Health Services has the skills, facility, and resources to suit every patient's unique needs.

One of its popular and valuable features is its ongoing blog, where all sorts of pregnancy-related topics are discussed, such as what happens when your water breaks, how to ensure pleasurable sex during perimenopause, why heavy periods should not be ignored, how aging affects urination, and what are some pregnancy-friendly exercises during the third trimester.

What sets the Women's Health Services team apart from other women's health practices is their commitment to working together to deliver the proper care to all patients. Patient safety, satisfaction, and comfort are their top priorities.

womenshealthservices.com



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When It Comes to Living Healthy, Don't Forget Your Skin

What's the first feature people see when they first see you? It's your skin. The job of Great Skin Spa & Facial Club is to help beautify your skin. They can take one look at you and select the products that will work best for your skin type and help you achieve whatever skincare goals you might have in mind. And it's not just about looks. It's about health.

The effects of aging are seemingly endless, from blemishes to hyperpigmentation (dark spots), oily or dry skin, and wrinkles and fine lines. Great Skin offers revolutionary products that are gentle on your skin but powerful in treating unwanted blemishes.

Through facials, chemical peels, full body waxing, LED treatments, non-surgical face, brow & eye lifts, micro resurfacing, microdermabrasion, and other treatments, we can revitalize your skin and deter the effects of aging and the elements.

Great Skin also offers makeover services for weddings, proms, graduations, Quinceaneras, and other special events, including spa packages. In addition, we will help you customize a make-up collection for your skin type and style.

We'll help you accomplish your goals through our extensive offering of highly effective treatments, products, equipment, and protocols.

greatskin4you.com



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