

# Health & Wellness

**The Benefits of  
Organic Foods**

**Amazing Facts  
About Honey**

**Understanding  
Hepatitis**

**The Benefits of Exercise  
After Giving Birth**

Advertising Supplement to the  
**Bladen Journal**





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## MEET OUR DOCTORS

### **WELCOME DR. MELISSA BARBOR!**

The team at Bladen Eye Center is proud to welcome Dr. Melissa Barbor – our new optometrist!

Dr. Barbor has extensive experience and training in contact lens fitting, post-surgical care, and ocular disease treatment. She received her doctorate from the Pennsylvania College of Optometry, where she graduated with honors. Her studies included internships focusing on the treatment of ocular disease, pediatric eye care, and contact lens technology.

Dr. Barbor has acted as an investigator for medical clinical trials including pharmaceutical formulations, new laser technologies, and intraocular lens implants and has served as a Clinical Examiner for the National Board of Examiners in Optometry. She stays active in her field as a reviewer for the Council on Practitioner Education and is a specialist in contact lens fitting, dry eye treatment and management, and primary care of ocular disease.

### **DR. ERIC SCHMIDT AND THE DRY EYE CENTER OF THE CAROLINAS**

Dr. Eric Schmidt founded his practice on the belief that state-of-the-art eye care can be delivered in a comfortable setting right here in Bladen County. Additionally, Dr. Schmidt is a renowned lecturer on glaucoma as well as diabetes and dry eye.

During his 27 years of experience, Dr. Schmidt strives every day to deliver exquisite eye care that is unique to each patient – and

that value has remained a constant since he opened the Dry Eye Center of the Carolinas.

The Dry Eye Center of The Carolinas, a department within Bladen Eye Center, has been pioneering new procedures to help alleviate the suffering that comes with dry eye, an ocular surface disease resulting from an inadequate production of tears.

Management of this disorder starts with an accurate diagnosis followed by a treatment plan and detailed follow-up protocol using the most advanced technologies in the industry to reduce symptoms and eliminate further damage to the eye's surface.

### **DR. MEREDITH TREECE AND THE SPECIALTY CONTACT LENS CENTER**

Dr. Meredith Treece has a passion for helping people and constantly improving her skills to provide better care for her patients.

It was this passion that drove Dr. Treece to explore more extensive training in the use of specialty contact lenses, which ultimately led to opening the Specialty Contact Lens Center within Bladen Eye Center.

At the Specialty Contact Lens Center, Dr. Treece can restore vision and comfort for patients with severe medical conditions like keratoconus, burn injuries, and severe dry eyes due to autoimmune diseases or post-LASIK dry eye. Using scleral and hybrid contact lenses, these patients experience improved vision, comfort and quality of life.

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We're closed for lunch 12:30pm - 1:30pm Monday - Thursday

# health & wellness



### The benefits of organic foods

When choosing organic products at the grocery store, consumers may be benefitting their overall health in various ways.



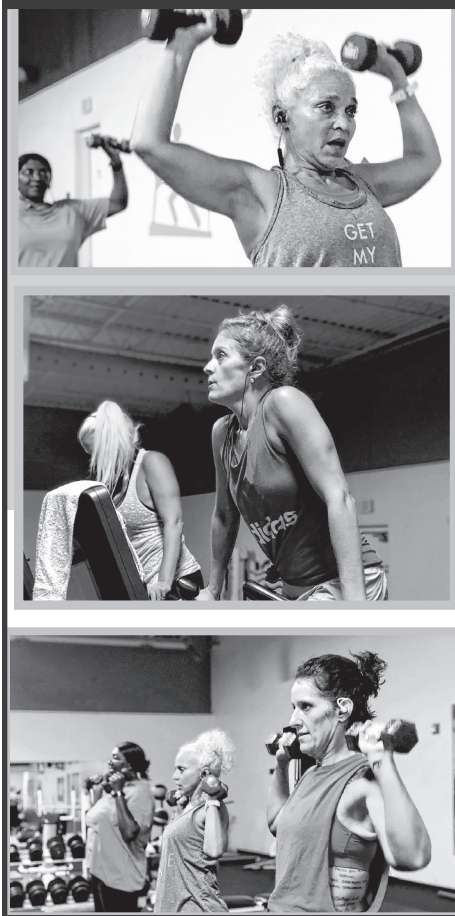
### Amazing facts about honey

Honey has a sweet and rich history. At times honey has been referred to as “the nectar of the gods,” and it is still enjoyed for pleasure and medicinal reasons today.



### The benefits of exercise after giving birth

Women might not be able to dive back into their full exercise routines right after giving birth. But finding time to hit the gym can benefit new mothers in myriad ways.



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# The benefits of organic foods



**M**odern grocery stores are unlike the ones many of today's adults encountered when they were children. Grocery stores are not only bigger today than they were years ago, but they're also stocked with items that weren't available until relatively recently.

One stroll through the produce section reveals just how different modern grocery stores are from those of yesteryear. Organic fruits and vegetables now take up ample real estate in grocery store produce sections. Many shoppers may wonder if they're better off choosing organic versus traditional products, and research suggests they are.

- Organic foods contain less pesticides and toxic materials. A 2014 meta-analysis

published in the British Journal of Nutrition found that organically grown crops were less likely than conventionally grown crops to contain detectable levels of pesticides. The analysis also found that organically grown crops were 48 percent less likely to contain cadmium than conventionally grown crops. Cadmium is a toxic heavy metal that can accumulate in the liver and kidneys, which the Global Healing Center says can affect blood pressure, induce bone damage and affect renal and dopaminergic systems in children.

- Organic crops contain more antioxidants than conventional crops. The same analysis also found that organic crops had significantly higher levels of antioxidants, which promote strong immune systems, than conventionally

grown crops. Organic crops were found to contain 69 percent higher levels of flavanones and 51 percent higher levels of anthocyanins than their conventional counterparts. The extra antioxidants in organic foods is nothing to scoff at, as the National Cancer Institute notes that antioxidants neutralize free radicals, excess levels of which can potentially lead to the formation of various types of cancer and other diseases.

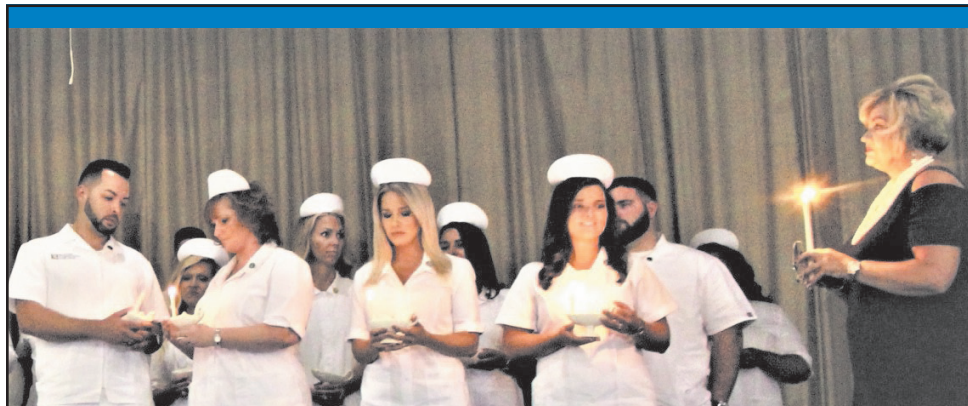
- Organic products cannot contain synthetic hormones. Conventionally raised animals are sometimes injected with synthetic growth hormones so they will gain weight more quickly and produce more milk. Residue from those substances, which cannot be used in the production of organic meat and dairy products, is believed to contribute to widespread antibiotic resistance, according to the Biodesign Center for Environmental Security at Arizona State University. In addition, some studies have suggested a strong connection between the hormones given to cattle and cancer in humans.
- Organic dairy products can promote cardiovascular health. A 2013 study from researchers affiliated with the Center for Sustaining Agriculture and Natural Resources found that organic milk contained 25 percent less omega-6 fatty acids and 62 percent more omega-3 fatty acids than conventional milk. The Organic Center notes that's a considerable benefit, as higher amounts of omega-3 and lower amounts of omega-6 fatty acids helps promote cardiovascular health and support the immune system.

When choosing organic products at the grocery store, consumers may be benefitting their overall health in various ways.

# Amazing facts about honey

**H**oney is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food. Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar. Here are some facts about honey that might get you buzzing:

- When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)
- Honey has antibacterial properties, so it's relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)
- Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)



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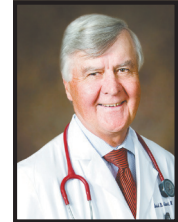
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# Understanding hepatitis

**A**dvancements in medicine have helped millions of people across the globe survive diseases that might have claimed their lives not long ago. For example, a 2018 study published in the Journal of the American Medical Association found that deaths from infectious diseases declined by 18.7 percent between 1980 and 2014.

As encouraging as that report is, it's worth noting that the mortality rates for certain diseases are not in decline, but on the rise. In fact, the World Health Organization, in its "Global hepatitis report, 2017," noted that mortality caused by viral hepatitis is on the rise. (Note: The WHO report focuses on hepatitis B and C, which the organization notes

are responsible for 96 percent of all hepatitis mortality.)

Education plays a vital role in understanding hepatitis, which the WHO considers a major public health problem.

## What is hepatitis?

Hepatitis is inflammation of the liver. The Centers for Disease Control and Prevention note that hepatitis is often caused by a virus. According to the WHO, there are five main types of hepatitis, which are referred to as types A, B, C, D, and E. These five types pose the greatest threat because they can cause both illness and death. But these five types also have the potential to cause outbreaks and spread epidemics.

## How are the different types of hepatitis contracted?

The WHO notes that hepatitis A and E are typically caused after a person ingests contaminated food and water. The WHO says that most people in areas of the world with poor sanitation have been infected with the hepatitis A virus, while the hepatitis E virus is a common cause of outbreaks in the developing world. Safe and effective vaccines for each of these types are available, though the WHO notes the E vaccine is not widely available.

Hepatitis B, C and D infection typically occurs after contact with infected bodily fluids. For example, hepatitis B can be spread if an infected person shares his or her needles, razors or toothbrush. Transmission of the viruses can occur through the receipt of contaminated blood or

blood products or if contaminated equipment is used during invasive medical procedures.

Hepatitis B can be transferred from infected mothers to infants at the time of birth or from family members to infants in early childhood. Healthcare workers who care for patients infected with hepatitis B are at risk for the disease, though there is a vaccine that can offer protection against hepatitis B and D.

No such vaccine exists for hepatitis C, which the WHO notes is mostly transmitted through exposure to infected blood. Though it is uncommon, hepatitis C also can be transmitted sexually.

Hepatitis poses a serious threat, particularly to people in developing countries or those who travel to such countries. Learn more at [www.who.int](http://www.who.int).



## What is a chef card?



**W**hen dining out, people with food allergies may find it difficult or uncomfortable to communicate their allergy concerns with restaurant staff. In recognition of that, the organization Food Allergy Research & Education, which aims to improve the quality of life and the health of individuals with food allergies, provides an interactive "chef card" that outlines the foods diners must avoid.

Such a card, which is free and available via the FARE website at [www.foodallergy.org](http://www.foodallergy.org), can make it simple for people with food allergies to communicate that information to restaurant staff. The card is available in English and a number of foreign languages, which can benefit people who travel and those who enjoy dining at ethnic restaurants where staff members may not speak diners' native tongues.

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# The benefits of exercise after giving birth

**G**iving birth is an experience unlike any other. While a woman's life changes forever after she gives birth, that does not mean new mothers cannot return to some of their old habits after their children are born.

Many women exercise during pregnancy, and doing so can provide various benefits to expecting mothers and their fetuses. According to the American Pregnancy Association, exercising during pregnancy can reduce backaches, constipation, bloating, and swelling. Exercising while pregnant also can help prevent or treat gestational diabetes, an often temporary condition affecting between 2 and 5 percent of pregnant women in which the body does not produce sufficient amounts of insulin during pregnancy. The APA notes that, if left untreated, gestational diabetes can increase the risk of premature death and slightly increase the risk of fetal or neonatal death.

As they get closer to their due dates, many women may feel as though exercise has become too difficult if not impossible. In such instances, women may be eager to begin exercising shortly after giving birth. That's a good goal to have as the American College of Obstetricians and Gynecologists notes that postpartum women can benefit from exercise in various ways.

## What are some benefits of exercising after giving birth?

Postpartum depression is a form of depression suffered by mothers following childbirth. Hormonal changes, fatigue and psychological adjustment to motherhood can contribute to postpartum depression. Various sources suggest between 10 and 20 percent of new mothers will experience postpartum depression, which can last 14 months or longer if it goes untreated. Researchers have found that the antidepressant effects of exercise can help

reduce a woman's risk of developing postpartum depression. That makes sense, as scientists have long known that exercise triggers the release of hormones known as endorphins that can alleviate symptoms of depression.

Another benefit of postpartum exercise is that it can help women improve their energy levels. Exercise boosts energy, something that new parents typically have in short supply in the weeks after their children are born.

Postpartum exercise also can help new mothers get better sleep. The National Sleep Foundation notes that physical activity improves sleep quality. That's a significant benefit for new mothers who will have to adjust to getting less

sleep until their children begin sleeping through the night.

The Mayo Clinic notes that exercise also can be a great way for men and women, including new mothers, to reduce stress. Many new moms and dads describe their initial months as parents to be among the most joyful and stressful times of their lives. Finding an outlet like exercise to alleviate that stress can help new mothers adjust to their roles in a positive way.

Women might not be able to dive back into their full exercise routines right after giving birth. But finding time to hit the gym can benefit new mothers in myriad ways.



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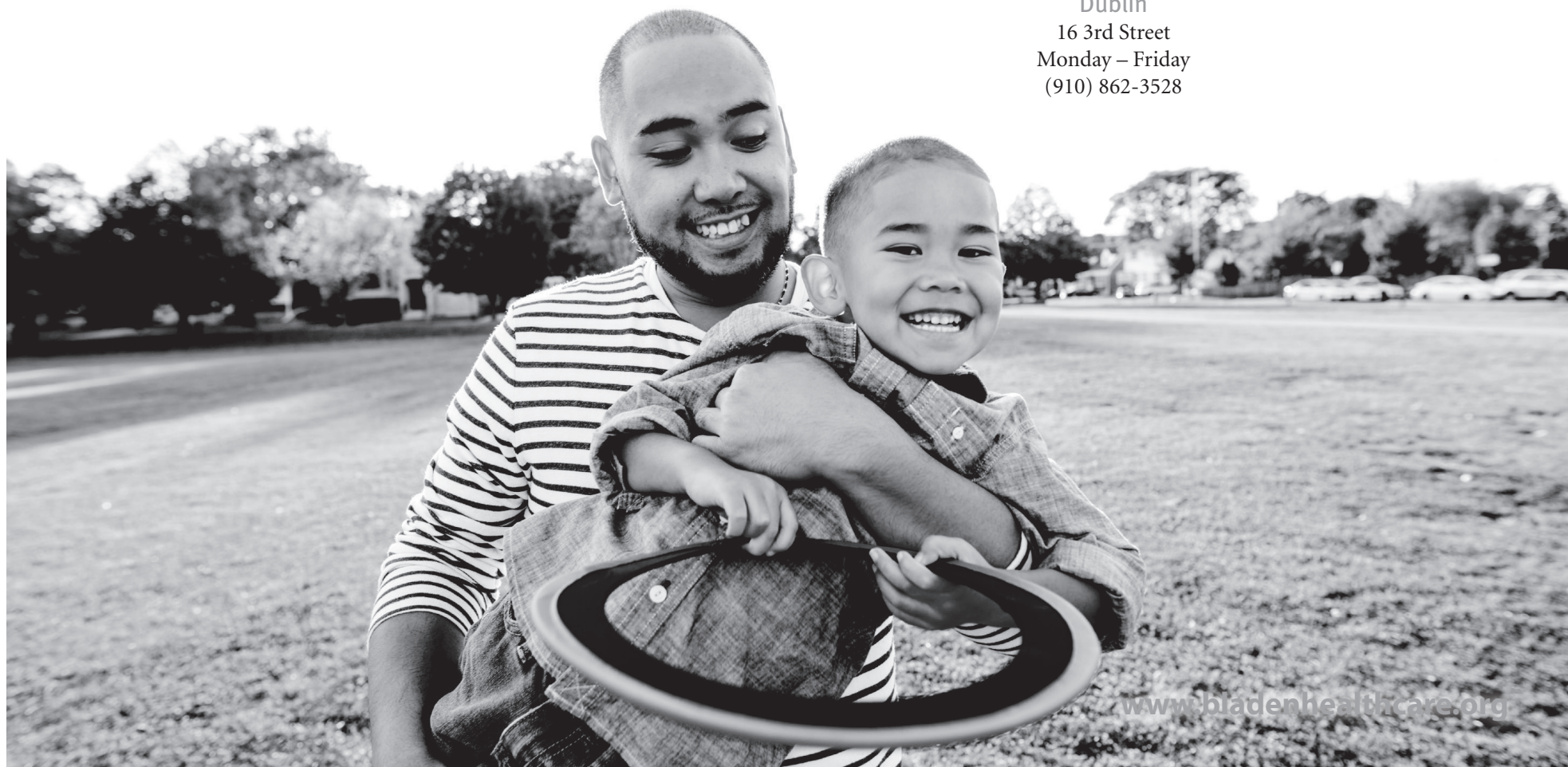
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# Dr. John Arnold

## Sports medicine fellowship trained orthopedic surgeon joins SeHealth

Dr. John Arnold has joined SeHealth's Southeastern Orthopedics. An orthopedic surgeon who completed an orthopedic sports medicine fellowship at the Hughston Clinic in Columbus, Ga., Dr. Arnold specializes in operative and non-operative treatment of the hip, knee, and shoulder. He also specializes in joint replacements of the hip, knee and shoulder.

After receiving his undergraduate degree in microbiology and a master's degree in public health from the University of Florida, Dr. Arnold earned his medical degree from St. George's University School of Medicine in Grenada, West Indies. He completed a residency in orthopedic surgery at the Medical College of Virginia in Richmond, Va., and a orthopedic sports medicine fellowship at the Hughston Clinic in Columbus, Ga.

During his residency, Dr. Arnold was the associate team physician for three years for the St. Paul's College football team, an NCAA Division II school in Lawrenceville, Va. During his sports medicine fellowship, he was the associate team physician for baseball, basketball, and football at multiple NCAA Division II universities in Georgia. He was also an associate team physician for the Columbus Cottonmouths, a minor league hockey team.

Dr. Arnold also served as a team doctor for the Fayetteville Marksmen (formerly FireAntz), a minor league hockey team in the Southern Professional Hockey League.

Dr. Arnold lives in Fayetteville and was previously with Cape Fear Orthopedic Clinic.

**seorthopedics.org**