

june • july 2016

ourhealthrichmond.com

# OurHealth richmond

Honey Do  
List

☒ take out trash

☒ mow lawn

☒ change oil

☒ fix leaky faucet

☐ Go see your  
Doctor!

♥ xoxo

INSIDE:

**MEN'S** CHART  
FOR HEALTHY AGING

Cynthia R. P. 2016

# MEN'S CHART FOR HEALTHY AGING

## PHYSICAL THERAPY FOR MEN'S PELVIC PAIN



Chronic Pelvic Pain Syndrome accounts for 90-95% of non-bacterial "prostatitis". Usually, symptoms last longer than six months and may vary in degree of discomfort. The pain may be felt in the back, hips, and/or pelvis. The patient may experience pain with sitting, urinary frequency, urgency, constant pressure, burning, and interference with sexual function.

Treatment with manual therapy focuses on targeting painful pelvic floor muscles and corrects muscle imbalances of hips, back, pelvis, and address myofascial trigger points.

Bowel and bladder habits may have changed with chronic pain, so muscle re-education is helpful in correcting incoordination of muscles.

A physical therapist that specializes in pelvic floor dysfunction, may help reduce pain and discomfort and calm chronically irritated muscles with treatment. Trigger Point Dry Needling eliminates taut bands in muscles that perpetuate and cause pain.

**Lydia Morris, PT**  
Orthopedic Physical Therapy  
Richmond | 804.285.0148  
[www.orthopedicptinc.com](http://www.orthopedicptinc.com)

## DENTAL



Maintaining regularly scheduled dental exams and cleanings is important for many reasons. Two of the most common medical issues we face as we age are diabetes and heart disease. Studies have shown that periodontal disease (gum disease) can exacerbate both of these conditions. Also, we need to maintain a healthy dentition to maintain a healthy diet. Routine dental exams will screen for conditions such as abscesses, decay, fractured teeth, or clenching and grinding, all of which may result in tooth pain or loss if ignored. Good oral health is vital to good systemic health, so see your dentist at least twice a year to insure your dental and overall health!

**Robert LeNoir, DDS**  
Drs. Brown, Reynolds, Snow, LeNoir Dentistry  
Richmond | 804.288.5324  
[www.brsdentistry.com](http://www.brsdentistry.com)

## GASTROENTEROLOGY



Colorectal cancer is the second leading cause of cancer death in the U.S. Most men should be screened for colorectal cancer at age 50 and every 10 years thereafter. African Americans need early screening at age 45. Proper screening may prevent cancer because we often find polyps before they turn into cancer. A screening colonoscopy offers the most thorough and complete examination of the entire colon and is the only screening option that allows us to immediately biopsy/remove polyps completely. We offer a painless colonoscopy experience for our patients. Please call us to learn more about this important screening test.

**S. Mubashir A. Shah, MD**  
Richmond Gastroenterology Associates  
Mechanicsville | 804.559.6194  
[www.RichmondGastro.com](http://www.RichmondGastro.com)

## UROLOGY



Prostate Cancer is a common cancer found in men. A digital rectal exam and the PSA blood test are necessary for clinical evaluation of prostate cancer. It is recommended that men ages 40-50 talk to a urologist about their risk of developing prostate cancer and get a baseline exam and PSA test. African American men and those with a family history are at increased risk and should be followed regularly. American Urologic Association guidelines also feel men 55-69 should have a prostate exam & PSA test every two years, with a PSA >3 ng/dl being abnormal. Lastly, only those men with good health and 10-year life expectancy should consider screening evaluation.

**Michael Franks, MD**  
Virginia Urology | Richmond | 804.288.0339 | [www.uro.com](http://www.uro.com)

**MEN > AGE HEALTHY. BE HEALTHY.**

with

**OurHealth**



# MEDI- CABU -LARY

LOCAL EXPERTS  
DEFINE HEALTH  
RELATED TERMS

“Delirium is distinct from the dementia disorders, which may include many of the same symptoms, but the symptoms gradually develop and worsen over months to years.

– Rashida Gray, MD



## What is Delirium?

Delirium, (also known as encephalopathy), can be diagnosed in persons of any age, although more commonly in the senior population. This is a medical condition characterized by fluctuating agitation or sleepiness, confusion, disorientation, poor memory or psychosis. These symptoms are typically acute in onset and out of character for the patient. Delirium is distinct from the dementia disorders, which may include many of the above symptoms, but the symptoms gradually develop and worsen over months to years. Many patients with delirium will improve and return to their previous functioning. A diagnosis of delirium is typically made in the hospital setting, because it is the brain's response to a wide variety of medical illnesses or medications. The treatment of delirium may include calming medications, but really hinges upon the treatment of any and all underlying medical conditions and may also include the removal of certain medications. Although delirium typically reverses fully, it is a medical condition requiring attention, because if left untreated, it may significantly increase the risk of morbidity and mortality.

### Rashida Gray, MD

Bon Secours Behavioral Health Group  
Richmond | 804.287.7788  
[www.bonsecours.com](http://www.bonsecours.com)



## What is Trigger Point Dry Needling?

Trigger point dry needling utilizes a solid filiform needle. No substances are injected, therefore the technique is called 'dry needling'.

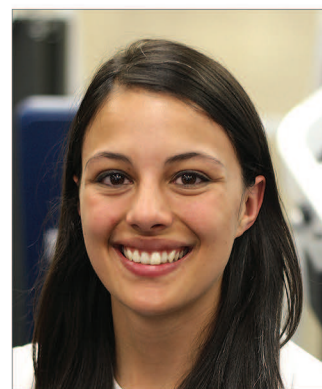
Trigger points are hyper-irritable spots in a taut band of a muscle. Trigger points may cause pain locally or refer pain to other areas and cause dysfunction of normal movement patterns.

Specific evaluation, palpation, and treatment of trigger points may reduce pain and restore function.

Physical therapists performing this procedure have advanced training and certification in the use of trigger point dry needling.

### Tracey Adler, PT, DPT, OCS, CMTPT

Orthopedic Physical Therapy, Inc.  
Richmond | 804.285.0148  
[www.orthopedictinc.com](http://www.orthopedictinc.com)



## What is Vestibular Therapy?

Dizziness, nausea and a loss of balance: those are just a few of the symptoms that can occur as a result of impairments to the vestibular system, the network of small fluid-filled canals inside the ears. Vestibular function helps regulate balance and spatial awareness. If you've ever walked along an unlit beach at night, it's the vestibular system that helps you navigate that landscape.

When an infection, autoimmune disease or trauma damages the vestibular system, a person can suffer a loss of balance, persistent dizziness, nausea, gaze instability or blurred vision.

A physical therapist can offer relief through vestibular therapy. Treatment techniques are based on the cause of vestibular damage and may include exercises such as gaze stabilization, balance and strength training, and movement techniques aimed at reducing dizziness. The goal is to help patients feel confident on their feet again.

### Farah-Dale Morris, PT, DPT

Tidewater Physical Therapy  
Midlothian | 804.858.0220  
[www.tpti.com](http://www.tpti.com)