

## YOUR DENTIST CAN SAVE YOUR LIFE

# The ultimate health regimen: A good walk

By Dr. Gabrielle Cannick

One of the pleasures in being a dental professional is caring for patients who obviously are taking good care of themselves. It shows up in healthy gums and teeth — and an attractive smile. When asked how they do it, the response is eating healthy and (trumpets please!) they exercise regularly.

Let's consider. I am very busy. You are very busy. What then is the simplest and most beneficial exercise we can do on a regular basis that will result in the greatest benefit? **Hands-down it's — walking.** Anthropologists tell us we are engineered to walk. It is physically what we do best. Modern science tells us walking is a clear path, if you will, to staying healthy and living longer.

In this new year, let's resolve together to get off the couch and experience these wonderful benefits of walking:

1. Walking doesn't cost anything. It is easy to work into your routine. And you



Dr. Gabrielle F. Cannick

can walk around where you work or at home.

2. Benefits include everything from a sense of well-being (happy) to protection from severe chronic medical conditions from heart disease and diabetes to cancer.

3. Reduce excess weight. A short brisk-paced walk is all that is required to balance out extra calories gained through eating. A simple way to look at it: a one-mile walk can burn up 100 calories. Walking 3 miles in a day, 3 times a week burns off a whole pound.

4. Daily walking can keep you fit and healthy for a long time. It aids the normal function of cardio-respiratory organs and significantly increases your body's power. Regular brisk walking can

help you stay slim and in robust health. Plus, walking puts less stress on your body and reduces the chance of injury.

5. Walking elevates mood, reduces depression, and lowers stress levels in addition to improving your confidence and self-esteem. Group walks or with friends helps you maintain healthy social interaction.

6. Look your best. A sustained brisk walk makes your skin glow with health and vitality and clears out your system.

And remember your body responds immediately when you begin exercising — lowering high blood pressure, restricting illnesses, and boosting your immune system. In short, walking helps us live longer and enjoy life more.

And one more tip: Not all steps are created equal. We hear about the trendy number of steps per day. And there is certainly value in shooting for a goal. However, to fully benefit you must be sure some of those steps are fast-paced and leave you winded. Here we are

starting a brand-new year. So, up and at 'em! Keep moving. Love life. If you have questions, please contact us. Think of us as your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

## AnMed Health now offers valve replacement without surgery

AnMed Health has rolled out a new procedure, giving some heart patients access to more treatment options. Transcatheter Aortic Valve Replacement (TAVR) is a procedure that, for some heart patients in need of aortic valve replacement, provides an option that doesn't require surgery.



Dr. Satish Surabhi

TAVR is a treatment for many patients who previously had no other options or were at high risk for conventional open heart surgery. With TAVR, physicians now can use a minimally-invasive approach that provides outcomes that are as good, or sometimes better, than surgical valve replacement.

Up to 1.5 million people in the United States suffer from aortic stenosis, a narrowing of the aortic valve, with an estimated 250,000 patients having severe aortic stenosis. Studies show that without an aortic valve replacement, more than 50 percent of patients with severe aortic stenosis will not survive more than an average of two years after the onset of symptoms.

Although TAVR was originally for high-risk

patients, it is now a promising treatment for other patients, according to Dr. Satish Surabhi, of AnMed Health Carolina Cardiology and medical director of the Cath Lab at AnMed Health Medical Center.

"Over the last several years we have had studies that look at patients that are intermediate or medium-risk patients with aortic valve stenosis and we found that the transcatheter valve is as good as surgical valve replacement, and in fact may be safer," Dr. Surabhi said. "It's turned out to be a really great advancement for these patients." Future studies will explore TAVR as an option for low-risk patients, he said.

Aortic stenosis often develops into debilitating

symptoms that can restrict normal day-to-day activities such as walking short distances or climbing stairs. Some patients may experience chest pain, fainting, lightheadedness and extreme fatigue.

A surgeon makes TAVR work by entering the artery at the groin and replacing the damaged valve without removing it. The replacement valve is mounted on a stent and wedged into place. Once the new valve is expanded, it pushes the old valve leaflets out of the way and the tissue in the replacement valve takes over the job of regulating blood flow.

After treatment, patients typically see an immediate improvement in quality of life, and are able to resume light exercise after just one month.

"You have a brand new working valve right then and there," Surabhi said. "Most people go home within 24 to 48 hours and are back to their usual activities in about a week. It is an incredibly fascinating and fantastic development for patients not to undergo invasive and high-risk surgery and get their valves replaced this way."



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