

# Get It Done Health Guide

The Huron Daily  
**PLAINSMAN**

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## Fighting pain with shockwave therapy



*Carr Chiropractic offers cutting-edge treatment for chronic pain*

Shockwave therapy, a cutting-edge medical treatment, is rapidly gaining popularity in the world of healthcare.

This innovative technique utilizes powerful acoustic waves to address a range of medical conditions, from musculoskeletal disorders to chronic pain management. To shed light on the potential of this therapy, we interviewed Dr. Will Carr, a chiropractor with extensive knowledge in shockwave therapy and conservative pain management options.

### **Understanding Shockwave Therapy**

Shockwave therapy, also known as extracorporeal

real shock wave therapy (ESWT), involves the use of acoustic waves to stimulate healing in damaged tissues and promote the body's natural regenerative processes. These high-energy shockwaves are generated by a device and applied to the affected area with precision.

Dr. Will Carr, a prominent figure in the field, explained the science behind shockwave therapy, saying, "Shockwaves are essentially high-energy sound waves that transmit energy to the target tissue. This stimulates blood flow, breaks down scar tissue,

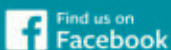


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## Men and mental health

Awareness of the importance of recognizing mental health issues has grown considerably in recent years.

Prominent individuals from various industries have come forward to speak about their struggles, and that has done much to remove the stigma that was long associated with mental health.

Though recognition of the importance of addressing mental health issues has increased in recent years, there's still much to be done, particularly regarding men and mental health. A 2019 study published in the American Journal of Men's Health noted that men have historically been more hesitant than women to seek help for mental health diffi-

culties. That hesitancy can have grave consequences, as the Centers for Disease Control and Prevention notes that men are more likely to die by suicide than women.

Recognition of the symptoms that suggest someone is experiencing mental health troubles could compel men to seek treatment or lead to their family members encouraging them to get help. The NIMH notes that men and women can experience the same mental health conditions, such as depression and anxiety. However, that does not mean their experiences will be the same. In fact, experiences can differ widely among men as well. A 2017 study published in

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## Wellness at work

In today's fast-paced, demanding work environment with chronic disease on the rise, the well-being of employees have become a top priority in driving success for businesses. Employers have emerged as essential allies in the battle against illness by providing effective occupational programs for their employees.

According to Independent Health Services in Huron, effective occupational health refers to the measures taken by employers to ensure the well-being and safety in their workplace. This includes implementing safety protocols, providing necessary industry-training and promoting a healthy work environment. These preventative actions actually play a crucial role in reducing employer costs, increasing productivity and improving employee retention.

When employees are safe and healthy in their workplace, work-related injuries are reduced. Additionally, employees who are healthier and have access to wellness programs are less likely to require extensive medical interventions. A study conducted by the American College of Occupational and Environmental Medicine found that for every dollar invested in effective health programs, employers saved an average of \$3.27 in healthcare costs.

**WELLNESS / Page 6**



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# SHOCKWAVE:

and triggers the release of growth factors that promote tissue repair.”

## Versatile Applications

One of the most remarkable aspects of shockwave therapy is its versatility in treating various medical conditions. Dr. Carr emphasized, “Shockwave therapy can be a game-changer in many medical fields. Its non-invasive nature and minimal side effects make it an attractive option for patients.”

Here are some of the key applications of shockwave therapy:

- **Orthopedics:** Shockwave therapy is widely used to treat conditions such as tendinitis, plantar fasciitis, and calcific shoulder tendinopathy. Dr. Carr noted, “In orthopedics, it can help patients recover from chronic pain and injuries without resorting to surgery.”

- **Sports Medicine:** Athletes often turn to shockwave therapy to expedite the healing process of sports-related injuries. Dr. Carr stated, “Athletes benefit from quicker recovery times and reduced downtime with this therapy.”

- **Chronic Pain Management:** Individuals suffering from chronic pain conditions like fibromyalgia and myofascial pain syndrome find relief through shockwave therapy. Dr. Carr emphasized, “The therapy can significantly improve the quality of life for patients dealing with persistent pain.”

## The Future of Shockwave Therapy

As the medical community continues to explore the potential of shockwave therapy, Dr. Will Carr believes there is much more to come. “We’re constantly researching and discover-

ing new applications for this technology,” he said. “The future of shockwave therapy holds promise in treating an even broader spectrum of conditions.”

In conclusion, shockwave therapy represents a revolutionary approach to medical treatment, offering

a non-invasive and effective alternative for a wide range of conditions. Dr. Will Carr’s expertise underscores the significance of this groundbreaking therapy, which is poised to transform the way we address health issues in the 21st century.

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“Hearty laughter is a good way to jog internally without having to go outdoors.”

— Norman Cousins

## Shockwave Therapy

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## MENTAL HEALTH: From Page 3

the Journal of Counseling Psychology found that men who exhibit stereotypically masculine personality traits often have worse mental health outcomes than men who do not exhibit such traits.

Despite the differences in responses to mental health issues, it's still important for individuals to learn the symptoms of mental health issues. Such recognition may compel individuals to seek help for their own issues or serve as warning signs to concerned friends and family members, potentially prompting them to initiate discussions that can save a loved one's life. According to the NIMH, the following are some symptoms of mental health problems.

- Anger, irritability, or aggressiveness
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating, feeling restless, or on edge
- Sadness or hopelessness
- Suicidal thoughts
- Feeling flat or having trouble feeling positive emotions
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life

The NIMH urges individuals in crisis or people who suspect someone is in crisis to call 911 or to call or text the 988 Suicide & Crisis Lifeline at 988. More information about mental health can be found at [nimh.nih.gov](http://nimh.nih.gov).

**Local support**

For those living in the Huron area, there is a weekly support group called NAMI-Huron (National Alliance on Mental Illness), that is open to those living with a mental illness as well as their family members and friends.

NAMI-Huron meets at 3 p.m. each Wednesday at Don't Spill the Beans. Everyone is welcome.



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## WELLNESS:

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One of the primary goals of effective occupational health is to assist in educating team members about accident prevention in the workplace; prevention is always better than reaction. Prevention includes providing valuable information on targeted health topics, such as nutrition, exercise, stress management and sleep.

Health screenings like audiometer testing, vision and functional assessments can reduce the risk of prolonged conditions associated with employment — like carpal tunnel syndrome. These screenings can be performed individually or in a group setting. Effective occupational health can include on-site interventions specific to the employee work environment.

In a recent study conducted by the National Institute for Occupational Safety and Health found that companies with effective health and safety programs experienced a 20% reduction in absenteeism rates compared to those without.

Successful occupational health measures contribute to increased productivity among employees. When personnel feel valued and supported by their organizations, they are more motivated to perform at their best. Providing a safe and healthy work environment will minimize distractions and create an atmosphere conducive to productivity. By empowering individuals to take charge of their health and adopt healthy behavior employers can create a positive work environment, while still reducing costs. The Journal of Occupational and Environmental Medicine found that companies with effective health programs experienced a 10% increase in productivity com-

pared to those without such programs.

Strategic occupational health programs also play a crucial role in improving employee retention rates. When employees are supported in their health and well-being, they are more likely to stay with the company for the long term.

This reduces turnover rates and the expenses associated with hiring and training new employees. Whether it's quitting smoking, addressing dietary habits, or increasing physical activity, impactful health coaching provides guidance and support.

Occupational health is more than just an obligation from employers; it is also a smart business strategy. By prioritizing the well-being and safety of employees, employers can reduce costs in various ways that contribute to the overall financial success of a business.

To learn more, contact Independent Health Solutions, which provides home care and health services in eastern South Dakota by calling at 605-352-4663 or visiting [www.independenthealthsd.com](http://www.independenthealthsd.com).

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