

Sample 1:

Does Stress Cause Skin Conditions? How can you treat skin conditions caused by stress?

Include keywords like “stress and skin conditions” “dry skin caused by stress” “stress related skin conditions”

Do you always feel tired, worried, overwhelmed, or short on time or money? Have you noticed bags under your eyes, a weird rash, patches of hair falling out, or that you can't get your psoriasis under control?

Heed your body's red flag warnings. There is a powerful connection between the skin, mind, and gut. Those are signs and symptoms of stress, and stress related skin conditions are real and on the rise. In fact, stress is known to exacerbate acne, eczema, and psoriasis because it increases inflammation in the body.

Chronic stress isn't your friend and negatively impacts your health in a variety of ways. Besides physical symptoms such as high blood pressure, headaches, and fatigue, stress can affect your appearance and the look of your hair, nails, and skin.

Stress rashes are a real thing, and stress can trigger a psoriasis or eczema flare. If you're plagued by adult acne, yep, it could be stress related. Dry skin caused by stress is another sign something is off under the surface.

The good news is there is a lot in your control to help manage stress and skin conditions. Your dermatologist can offer various solutions that may include medical intervention, cosmetic treatments, or simply some self-pampering.

How stress affects your skin

Both short-term and long-term stress can trigger a variety of chemical and hormone responses in your body. Whether stress is perceived or real, the body kicks into fight or flight mode.

- Your sympathetic nervous system revs up and releases hormones like adrenaline and cortisol.
- Elevated cortisol signals glands in your skin to make more oil.
- As a result, your skin is more prone to acne outbreaks, clogged pores, and other skin problems.
- These automatic responses cause inflammation, weight gain, and increases your skin's reactivity and sensitivity.
- Stress triggers inflammation, which can slow down digestion in the gut. High levels of stress can affect the bacteria in your gut and lead to “leaky gut.”
- Stress impacts your immune system, affects your sleep, and often leads to poor food choices.

- Because the body think it's under attack, stress aggravates autoimmune disorders and inflammatory conditions like eczema, psoriasis, and rosacea.
- Stress can trigger mood disorders, nervousness or anxiety, and increase nervous habits.
- You may pick at scabs or acne, scratch your skin, or bite your fingernails.
- Even anxiety can send your body's stress response into overdrive, resulting in burning or itching of the skin.

Signs of stress on your skin

Stress can cause chronic skin conditions to flare up and generally makes skin problems and acne worse. Signs and symptoms of stress related skin conditions include:

- Acne and skin rashes
- Burning or itching skin
- Eczema, psoriasis, and rosacea flare-ups
- Hair loss or oilier hair
- Hives and red bumps
- Dandruff, redness, and flaking of the scalp
- Delayed wound healing
- Dermatitis
- Dry skin, hair, and nails
- Fever blisters and cold sores
- Fine lines and wrinkles, especially frown and forehead lines
- Nails that stop growing, become brittle or peel
- Under eye bags and dark circles

Stress often leads to a negative loop pattern. If you're stressed, you're more likely to neglect self-care or stay awake at night ruminating. You may get lax on your exercise and skin care routines. You might skip out on washing your face at night, or drink more alcohol, which in turn can aggravate skin issues.

People with psoriasis and eczema also report depression, anxiety, and isolation associated with their skin condition. If you're prone to these conditions, you may worry about how it looks or try to cover up rashes and plaques. You may be on high alert for any sign of an outbreak, resulting in self-esteem issues and more stress.

Self-care for stress related skin conditions

- **Stick to your skin care routine**, even when you're stressed. Keep it simple. Wash your face with a gentle cleanser morning and night, wear sunscreen, and apply OTC or prescription creams as needed for acne and chronic conditions.
- **Schedule in regular exercise**. Find something you enjoy doing, whether that's cycling, hiking, or group fitness classes. Add in some gentle yoga or tai chi to

help combat stress. It's good for your skin and overall health. Bonus: Those feel-good hormones improve your energy, mood, and outlook.

- **Practice regular stress management activities**, including deep breathing, mindfulness meditation, or daily affirmations and journaling.
- **Be mindful of your diet.** Limit or avoid alcohol, nicotine, sweets, carbohydrates, GMOs, highly processed foods, and other known food allergens. Focus on eating a rainbow of fruits and vegetables, lean protein, good fats, and antioxidant-rich foods.
- **Take time for yourself to relax and unwind.** Take a nightly walk around the block or a calming bath. Read a good book, listen to music, splurge on a massage or pedicure, or spend time watching birds in the backyard.
- **Follow a regular sleep schedule.** Lack of sleep affects everything, including mood, cognition, and how you cope with daily stressors. Stress can make you look tired and unwell, but so can lack of sleep. Aim for 7-8 hours of uninterrupted sleep. Unplug from social media and turn off electronics an hour or two before bed.
- **Stay hydrated.** Make sure you drink plenty of water, as this helps flush toxins from the body and keeps your skin hydrated. And don't turn to excessive alcohol as a way to escape your worries.
- **Honor yourself and your commitments**, but learn to say no and establish healthy boundaries. Being constantly booked or busy usually creates extra stress. It's okay to be firm about your work schedule, decline offers to volunteer or visit family, and find time for fun. You don't have to answer emails 24-7 or sign your kids up for every sport.
- **Find a trusted friend or therapist to talk to**, especially if your mental health is suffering. If you're stressed about money, your marriage, or even your chronic skin condition, it never hurts to seek professional help. They can recommend cognitive behavioral therapy and other stress-reduction techniques to help you cope during high-stress periods.

Medical treatment may be necessary

At-home remedies and self-care strategies are a good line of defense, but it may be time to consult your dermatologist if your skin problems persist. Stress related skin conditions and outbreaks associated with psoriasis, rosacea, and eczema may require medical intervention.

In addition, it can be difficult to pinpoint the real cause of your skin issue. You can try tracking and recording symptoms. But you may mistake a stress rash for eczema, an insect bite, or contact dermatitis. You want to contact your dermatologist if it doesn't go away or starts to spread.

Your doctor may recommend:

- An individualized treatment plan or oral/topical medications.
- Cosmetic procedures such as skin rejuvenation, microdermabrasion or peels, or home therapies.
- Good skin care routine with a mild soap and fragrance-free lotion.
- Avoiding harsh soaps, chemicals, and detergents.
- Medicated creams or ointments, including topical corticosteroids and non-steroidal creams, as directed.
- Retinoids as needed so oil does not become trapped, causing breakouts.
- Do not scratch a rash or itchy skin, which can make it worse or cause it to spread.
- Using cool compresses and ice packs to relieve swelling and itching.
- Over-the-counter antihistamines, such as Benadryl and Zyrtec, to help relieve symptoms.
- Paying attention to your sources of stress, possibly with a journal. They can be environmental, emotional, financial, food-related, professional, physical, and psychological. Know your triggers and avoid them.

Since the body's stress response is systemic, there likely isn't one single factor causing your symptoms. And there isn't one treatment for healing skin that's under stress. The first step is to be mindful of what makes you feel stressed out and anxious. The second step is learning to manage or minimize triggers and find productive ways to release stress.

By keeping stress at bay, you can better manage chronic skin conditions or those exacerbated by stress. If you experience an unrelenting flare or rash, or your symptoms get worse, call your dermatologist. Skin rashes often can be diagnosed during a telehealth visit. Together, you can discuss the cause and develop a plan to prevent future outbreaks.

XXX offers a variety of medical, cosmetic, and surgical dermatology services. Contact XXX today if you are concerned about stress related skin conditions. Our team can diagnose your skin issues and help create an effective treatment plan. We also offer cosmetic procedures that can revive stressed out skin.

Sample 2:

Skinimalism: Start the New Year With These 5 Skin Care Resolutions

If 2020 taught us anything, it's that less is more, there is beauty in simplicity, and video calls don't mask our flaws. In an era of airbrushing and photo apps, authenticity always wins. Sometimes you have to go back to the basics of self-care. The same goes for taking care of your skin.

According to beauty experts, [“skiminalism”](#) is going to be the skin trend of 2021. Skiminalism focuses on natural, no-makeup beauty looks that bare it all – blemishes, fine lines, dark spots – and embraces loving the true you.

Start the New Year with these 5 skin care resolutions that don't involve adding new products to your regimen or getting a procedure. Your health – and skin – will thank you.

1. Make sunscreen a priority: When it's cold and overcast, you're more likely to skip sunscreen and forget about the sun's damaging rays. But applying sunscreen – in rain, snow or sunshine – is one of the best habits you can get into when it comes to your daily beauty regimen. Sunscreen protects against skin cancer and premature wrinkles caused by harmful ultraviolet rays.

Soaking up Vitamin D from the sun is important to your overall health, but too much exposure to the sun's rays damages your skin over the decades. You may experience premature aging or worse – cancerous lesions, dark spots, and sun spots. Wearing sunscreen on the regular helps keep your skin tone even, more youthful, and healthier overall.

Even in the winter or on overcast days, sunscreen is a necessity. You definitely don't want to leave home without it if you live in higher altitudes, work outside, or enjoy snow sports. The sun's rays still penetrate the skin on cloudy days, and snow can nearly double the amount of UV radiation that reaches your skin. If you're prone to forget, opt for a face lotion or foundation with sunscreen. And don't forget other exposed areas such as your hands, neck, and lips. No matter the season, commit to wearing sunscreen every day.

2. Reduce stress + add in exercise: Stress – or any sign of a perceived threat – causes a cascade of reactions in your body. Your adrenal glands release a surge of hormones, including adrenaline and cortisol. This interferes with many body processes and compromises your health if hormone levels stay elevated.

Chronic stress has been linked to a myriad of health issues, including inflammation, premature aging, and many chronic health conditions. Long-term stress can cause or exacerbate mental health problems, cardiovascular disease, obesity, and gastrointestinal problems. Many chronic skin conditions flare up due to stress and inflammation.

The good news is research shows natural alternatives can help you manage or reduce stress. Healthy habits related to diet and exercise, nature therapy and cognitive behavioral therapy, and mindfulness meditation can help. Regular, vigorous exercise also flushes out toxins, gets your lymphatic system moving, and rejuvenates skin. Aim to get in a good sweat session 3-5 times a week. You'll notice improved energy, clearer skin, better sleep, and may even lose a few pounds.

3. Eat better with a rainbow of foods: Just as stress can ravage your body and weaken your immune system, so can a poor diet. Too much junk food, processed food, GMOs, meat, dairy, sugar, carbohydrates, and alcohol is a recipe for weight gain and chronic illness. It also shows up on your face in the form of acne and puffy cheeks.

Doctors preach it and research proves it: A bad diet contributes to inflammation and early onset of many diseases. Conversely, changing your eating habits can help manage chronic illness, including skin conditions. Acne, eczema, and psoriasis do improve with better nutritional choices. Many sufferers can reduce flares by being mindful of what they eat and learning to manage stress and other triggers.

A Mediterranean-style diet – high in healthy fats, fiber, fruits, and vegetables – is among the best for its brain and skin benefits. But even if you don't totally overhaul your diet, small tweaks will make a difference. Opt for fruits, vegetables, beans, and whole grains in meals or as snacks several times a week. Try to eat a rainbow of foods and skip salty or sweet snacks, plus drink water throughout the day. Your complexion, waistline, and mental health will reap the rewards.

4. Limit alcohol + add more water: Kicking back with a beer or cocktail at night may be innocent enough, but drinking in excess will eventually show up on your skin. Alcohol is a diuretic, which dries out your skin, makes wrinkles more obvious, and causes broken blood vessels. Besides extra calories, alcohol stimulates your appetite. It's easy to grab chips or cold pizza and cave to late-night binge eating after a night at the bar.

Alcohol also exacerbates skin conditions such as psoriasis and eczema. It may seem counterintuitive, but alcohol can cause both dehydration and water retention. Dehydration prompts the body to hold onto as much water as possible, which leads to puffiness. You may notice your face looks red and bloated, or you may break out with hives or a rash. Alcohol also dilates blood vessels, leading to small spider veins or broken blood vessels on your face.

Minimize the negative effects of alcohol by limiting or avoiding alcohol. Try giving up all booze for 30 days and up your intake of water. Staying hydrated will restore your skin's natural plumpness without bloating and give your skin a natural, healthy glow. Drinking plenty of water improves skin elasticity and moisture, supplies nutrients to the skin's cells, and eliminates toxins.

5. Quit smoking or vaping: We all know the harmful consequences of smoking: cancer, COPD, and stroke to name a few. Vaping, the latest alternative to cigarettes, has become a dangerous trend among teens and young adults. But beyond the internal damage of inhaling various toxins, smoking also affects your skin and appearance.

Smoking leads to premature aging and wrinkles, especially "smokers' lines" around the mouth and crow's feet around the eyes. Vascular constriction limits oxygen from reaching skin cells, and toxins in cigarette smoke damage collagen and elastin.

But that's not all. Smoking also increases the risk for skin cancer, psoriasis, wound infection, vasculitis, and blood clot formation. Vaping devices also pose their own concerns. They release chemicals shown to cause skin problems in some users, including contact dermatitis, dry, itchy skin, acne boils, rashes from nickel exposure, black hairy tongue (BHT), and oral lesions and thrush.

Nicotine addiction is a hard habit to break, but the rewards are worth it. Your skin has an amazing ability to repair itself. Once normal blood flow returns, so will oxygen and nutrients, leading to healthier skin.

Sign up for a smoking cessation class, or talk to your doctor about gums, patches and other nicotine replacements that can help wean you off cigarettes. And don't be fooled by e-cigarettes, thinking it is a safer alternative to smoking.

Bonus tip – get your beauty sleep: The year 2020 may have turned the traditional 8-to-5 work world upside down, but that doesn't mean you have to pull an all-nighter or respond to emails 24-7. Don't underestimate the importance deep, restorative sleep.

Aim for 7 to 9 hours of uninterrupted sleep, which helps skin cells regenerate, helps skin retain moisture, and reduces dark circles. Regular sleep also boosts immunity, memory, and overall productivity. Studies show many people feel more attractive after a good night's rest.

Try to maintain a regular sleep schedule, avoid caffeine late in the day, and unplug from email and social media by a certain hour. Adequate sleep is important for overall health and well-being – it can fend off weight gain, heart disease, and illness – so consider it essential to your 2021 beauty routine.

If you indulged a little too much over the holidays, now is the time to reset and recommit to new skin care goals. Start with one of these lifestyle changes and give it a month or two. Add in others as you gain confidence and start seeing results.

XXX offers a variety of medical, cosmetic, and surgical dermatology services if you're in need of some encouragement or medical guidance. Contact XXXX today if you are concerned about chronic skin problems or to schedule your annual skin cancer screening.

Sample 3:

Title: Know your coverage: Dermatology and health insurance

Keywords: dermatology and health insurance, health insurance for dermatology, best health insurance for dermatology

Your skin journeys with you throughout life, yet many people avoid or overlook going to the dermatologist because they don't know if their health insurance will cover it.

Sure, a yearly skin cancer screening is recommended, and it would be nice to get your teenager's acne or your own eczema under control. But many people worry about high deductibles and copays and delay scheduling an appointment with a dermatologist.

Dermatology and health insurance

It's hard to know what's the best health insurance for dermatology. If you're covered by an employer, you may have limited options for health care plans. If you're self-employed, you may have to go with a high-deductible plan to afford the premiums.

Are you confused about health insurance for dermatology? Does your health insurance for dermatology cover telehealth? Do you need a referral? Which skin conditions are best treated by a dermatologist rather than a regular doctor? It can be tough figuring out the best health insurance for dermatology care.

It's worth doing your research and calling your insurance provider to find out exactly what is covered for dermatological services. Your benefits may have changed in 2021, and COVID-19 has given providers more flexibility to do telehealth.

What health insurance typically covers

If you've been diagnosed with a chronic skin condition or something as serious as skin cancer, you should [prioritize health insurance for dermatology](#). Those office visits can quickly add up, along with in-office treatments and prescription medicine.

When selecting a plan, make sure it will meet all of your health needs – including your skin. Insurance providers offer varying levels of coverage for dermatological services. Most private insurance plans cover visits when they are deemed medically necessary, but they don't cover cosmetic procedures.

A dermatologist specializes in the diagnosis and treatment of disorders that affect your skin, hair and nails. You may or may not need a referral from your primary care physician, so it's best to call and discuss your benefits in advance.

A qualifying condition that's medically necessary due to a health-related issue should be covered. These may include chronic skin conditions, autoimmune disorders, cancers, and related chronic illnesses that are progressive or comorbidities.

The best health insurance for dermatology typically covers a [variety of medical conditions](#):

- Allergies
- Dermatitis
- Eczema
- Hemangiomas
- Hives
- Infections and rashes
- Keloid scars

- Unusual moles
- Melanoma
- Molluscum Contagiosum
- Poison Ivy
- Psoriasis and psoriatic arthritis
- Rashes
- Rosacea
- Severe Acne
- Shingles
- Skin cancer
- Vitiligo
- Warts
- Other health-related skin issues

It's best not to guess on which skin conditions are deemed medically necessary. Review your health insurance plan or contact your company's benefits specialist or the insurer directly – and take notes on what they say. If it's too late to change your plan for 2021, make sure to do your homework and find a plan that includes dermatology treatments.

Ask about coverage for teledermatology

In the wake of COVID-19, many insurance providers have started covering telehealth visits or teledermatology. It's also been growing in popularity for simple convenience. You should contact your insurance provider to see if telemedicine is included under your plan, either temporarily during COVID-19 or as an ongoing benefit. In addition, ask what is covered or if there is a cap on televisits.

XXXX now offers teledermatology and accepts most insurance carriers in Massachusetts, New Hampshire and Rhode Island. You also can call to verify if we accept your insurance or if you need a referral before scheduling an appointment.

The Telederm program offers private dermatological appointments via phone or video from the comforts of your home. Similar to an in-office visit, your dermatologist can diagnose and treat many skin, hair and nail conditions through telehealth consultations.

Some benefits include:

- Safe, secure and convenient
- Fast, flexible appointments
- Hassle free – don't worry about getting dressed, driving, or running late
- Email or upload photos of affected areas
- Continue with your treatment plan
- Easy online prescriptions and refills sent to pharmacy
- Covered by Medicare and most insurances during COVID-19
- Complete paperwork electronically

If you do need a referral, you should contact your primary care doctor and ask them for a referral. It also may be worth calling your insurance company and speaking with a benefits specialist. They are the best expert on your coverage and can explain what you need to do so your care is covered.

Also, be sure to ask about copays and other benefit changes due to the pandemic. Major insurance companies such as Blue Cross Blue Shield, United Health Care, Aetna, Cigna, Fallon and others are waiving copays and deductibles. You'll want to verify for how long and for what type of services specific to your plan.

If you have a self-funded or high deductible plan, you'll likely still have to pay copays and deductibles. And in a constantly changing insurance market, it's hard to say whether telehealth is here to stay.

Low-cost care if you don't have health insurance

Public health programs and coverage for low-income and the uninsured has expanded in recent years. Search [Benefits.gov](https://www.benefits.gov) or contact your state's Department of Health and Human Services. You may qualify for Medicaid or a subsidized health plan that includes health insurance for dermatology.

Some health clinics offer free skin cancer screenings. If you're worried about an unusual spot or do get the dreaded C word diagnosis, seek out a [qualifying health clinic](#) for follow-up care. There are clinics that will treat you even if you don't have health insurance.

If it's a serious or persistent skin condition, don't ignore it. Call a dermatologist's office and ask if it accepts patients without insurance. Inquire about a discount if you pay cash or a sliding-fee scale based on your income. If they decline to see you, ask for a recommendation or a referral for a clinic that can help you.

Prescription costs also deter many from seeking treatment. The good news is there are several resources for reduced copays or [low-cost prescription drug programs](#) for people with and without insurance. The Partnership for Prescription Assistance, RxAssist, RxHope, Blink Health, and Good Rx are a few to check out.

There is even an [Assistance Fund](#) that helps patients who have melanoma to pay for medicine, health insurance, and the costs not covered by health insurance.

Medicare coverage for dermatology services

Your risk of developing skin cancer increases with age. It's also a serious health issue. Most cases of skin cancer – and 50 percent that lead to death – occur in people 65 years and older. And [less than half of older adults](#) protect their skin from the sun.

Years of sun damage can lead to sun spots or precancerous lesions. Other [skin problems as you age](#) include rough or dry skin, benign growths, thinning skin, or bruising easily.

If you're a senior, it's important to establish a relationship with a dermatologist and visit them at least once a year. You'll also want to investigate health insurance for dermatology and coverage options if you need recurring treatment.

Original Medicare, which includes Part A and B, provides healthcare for Americans age 65 and older. Routine and cosmetic dermatology services, including a routine full-body skin exam, typically are not covered by original Medicare.

However, Medicare Part B usually covers office visits to diagnose or treat a medical condition. That includes dermatology care if it's shown to be a medical necessity, such as a skin exam or biopsy to detect skin cancer or treatment for a chronic skin condition.

You'll want to make sure your dermatologist accepts Medicare, and you'll likely have to pay 20% of the Medicare approved amount for the office visit. You can search for a dermatologist via Medicare.gov's [physician compare tool](#) or research covered services via the [coverage page](#).

Some Medicare Advantage Plans, known as Part C, do include dermatology services but may have monthly premiums, deductibles and copays. It may be worth it to invest in Part C or a private supplemental policy depending on your health situation.

If you're nearing age 65, or want peace of mind, give your Medicare Advantage provider a call to discuss your coverage and whether you need a doctor's referral to see a dermatologist.

Bottom line: Don't let fear and frustration over health insurance for dermatology care – or COVID-19 – keep you from getting treatment. Contact XXXX today if you want to learn more about teledermatology or have questions about what your insurance covers.

Sample 4:

Skin-Smart Eating Habits

'Tis the season to eat, drink, and be merry. But that doesn't mean you have to blow your diet, puff up like the Pillsbury Doughboy, or risk an eczema flare due to poor food choices.

If you're looking for ways to support clear, radiant skin, it may be as simple as looking in your refrigerator or cupboard. A growing body of research links diet and acne outbreaks. Chronic skin conditions like eczema and psoriasis also can benefit from dietary changes.

Even if you have relatively clear skin, a diet high in fat, processed foods, sugar and alcohol can cause inflammation, puffiness, and dehydration. Meat, dairy, wheat, and soy are other known food allergens that promote inflammation.

Eat the rainbow for better skin

Nutrition is a natural way to improve your overall health, and doctors recommend eating a variety of whole unprocessed foods in their most natural states. Consuming fruits, vegetables, beans, and whole grains give your body and skin a boost of vitamins, minerals, and antioxidants that support optimal health.

Why wait until the New Year to start a new eating routine? Eating a rainbow of foods, along with drinking plenty of water, can help give your skin a glow this winter. Start with a few small adjustments, like eating a fruit or vegetable at every meal or drinking a glass of water between alcoholic drinks.

Yellow/Orange = Carotenoids

Orange and yellow foods are rich in Vitamin C and carotenoids, including [beta carotene](#), which converts to vitamin A in the body. Along with supporting healthy skin and eyes, yellow foods fight the damaging effects of sun and environmental irritants. They protect against heart disease and cancer, promote healthy joints/tissues, lower cholesterol, and boost immunity.

- Oranges
- Grapefruit
- Lemons
- Mangoes
- Papayas
- Carrots
- Sweet potatoes
- Winter squash (butternut, kabocha, acorn)
- Corn
- Cantaloupe
- Orange and yellow peppers
- Pineapple
- Peaches

Red = Phytochemicals

Fruits and vegetables in the red family are known cancer fighters, but they also improve skin quality and cell renewal. High in lycopene, anthocyanins and ellagic acid, these foods lower blood pressure, support a healthy heart, and reduce the risk of diabetes.

- Red peppers
- Tomatoes
- Strawberries
- Raspberries
- Watermelon
- Apples

- Cranberries
- Cherries
- Grapes
- Red onions
- Pomegranate
- Beets

Green = Antioxidants

There's a reason why green smoothies are so popular. A powerful antioxidant, chlorophyll makes plants green. Eating green promotes detoxification, reduces inflammation, and improves digestion. Green fruits and vegetables are rich in lutein, folate, isothiocyanates, isoflavones, and vitamin K. Along with boosting energy and vitality, these foods support good eyesight, mood, insomnia, and overall immunity.

- Broccoli
- Romaine lettuce
- Collard greens
- Brussels sprouts
- Green grapes and apples
- Asparagus
- Spinach and swiss chard
- Arugula and kale
- Green beans
- Peas
- Zucchini
- Kiwi fruit
- Avocado

Blue/purple = Resveratrol

If you don't eat blue and purple foods, it's time to start. They offer an array of health benefits for the brain, heart, and skin. They are high in phytonutrients, including anthocyanins, polyphenols, and resveratrol. Research supports their anti-cancer, anti-aging properties. Resveratrol slows signs of aging and other skin problems. Bonus: The darker the food, the higher the antioxidant level.

High in flavonoids, these foods fight free radicals, protect against cellular damage, and keep you looking younger. Blue and purple foods also promote brain health, lower blood pressure, and support eye and urinary health. In the way of chronic skin conditions, these foods can reduce the inflammatory response in the body and promote detoxification.

- Blueberries
- Blackberries
- Red (purple) grapes

- Red (purple) cabbage
- Eggplant
- Plums
- Prunes
- Figs

White = Overall health

White foods sometimes get a bad rap for being high in starch and carbohydrates, but they have a range of health benefits. Onions and garlic contain antioxidant compounds called polyphenols, which can help control chronic inflammation and boost immunity.

They're also rich in cancer-fighting compounds such as sulforaphane, allicin, quercetin, and phytonutrients. Other nutrients include potassium, fiber, beta-glucans, lignans and epigallocatechin gallate (EGCG). These foods are good for heart health, digestive tract health, and overall immunity.

- Cauliflower
- Cabbage
- Garlic
- Onions
- Mushrooms
- Potatoes
- Parsnips
- Daikon radish

Healthy fats = Anti-inflammatory

Foods high in omega-3 fatty acids, zinc, and Vitamin E are some of the best for maintaining good skin. Omega-3 fatty acids help keep skin supple and moisturized, protecting against dry skin, acne, and the sun's UV rays. Omega-3 fats and zinc reduce inflammation, while promoting skin cell turnover and a healthy skin barrier. And Vitamin E protects your skin from oxidative damage.

- Fatty fish such as salmon and mackerel
- Nuts, especially walnuts
- Olive, flax and coconut oil
- Avocados
- Sunflower and pumpkin seeds

Water = Hydration

Drinking enough water is important for good health as well as good skin. Since the skin is your largest organ, water helps carry moisture to the outermost layer, supplies nutrients to the skin's cells, and eliminates toxins.

Without enough water, your skin can look dull and dry. Dehydration accelerates the aging process, making wrinkles and pores more noticeable. During winter months, cold and dry air depletes your skin even more. You may deal with itchy or chapped skin, red, irritated skin, and chapped lips.

Staying hydrated improves skin elasticity, helping it to look smooth and soft. It's less likely to crack and reduces skin rashes and blemishes. Aim to drink 6 to 8 glasses of water or until you no longer feel thirsty. Add in sports drinks with electrolytes if you've been sick or exercise excessively.

Diet improves health, skin

It's increasingly clear that what you eat does impact the health and age of your skin. In general, you want to limit foods that are high in saturated fat, sugar, preservatives, GMO ingredients, and artificial ingredients you cannot pronounce.

Researchers know a healthy diet improves overall health, and a poor diet contributes to cancer, inflammation, and autoimmune disorders. Food allergies and intolerances often manifest as skin rashes and itchy skin.

Being mindful of what you eat can help control acne, eczema, and dermatitis. Studies show foods high in sugar, trans fat, and artificial ingredients can exacerbate symptoms for eczema sufferers. And chronic conditions such as psoriasis improve with an anti-inflammatory diet.

Shop the perimeter of the grocery store. Add colorful fruits and vegetables into your meal planning and holiday parties. It's an easy way to boost immunity, reduce inflammation, and improve the look of your skin. Instead of grabbing chips and a soda, try drinking a glass of water and snacking on nuts or a banana.

XXX offers a variety of medical, cosmetic, and surgical dermatology services. Contact XXX today if you are concerned about acne or chronic skin problems that may be associated with food allergies.

Sample 5:

Skin Cancer 101

If you've been layered up in heavy clothes all winter, you may not think to give your skin a good scan. Or maybe you have, and you've noticed a warty growth that is big, ugly, and bleeds when you pick it.

Take a deep breath and relax, says Dr. Brian XXXX, MD, FAAD, who practices adult and pediatric dermatology in XXXX, New Hampshire. Connolly recently hosted a Facebook live presentation on skin cancer to help allay people's fears and explain the signs and symptoms you should watch out for.

His advice: You definitely shouldn't ignore an unusual mole or skin growth, but oftentimes it is a benign type of skin cancer or a seborrheic keratosis.

Should I be worried about this growth?

Most people know to keep an eye on unsightly moles that grow or change colors or shape. Often, it's the first visible sign of skin cancer. If you're a ginger, fair skinned, or have freckles, you're especially susceptible.

There are two different kinds of skin cancer. One type is slow-growing and relatively harmless and one is more dangerous. You've most likely heard of melanoma, but it is not nearly as common as non-melanoma skin cancers. There are many different subtypes, but the two most common are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC).

Melanoma: The most dangerous form of skin cancer can be deadly if it goes undetected due to its ability to spread to other areas if it is not treated early.

Non-melanoma: This type of cancer, if caught early, has a good prognosis of recovery. There are many different subtypes, including Basal Cell Carcinoma (BCC) and Squamous Cell Carcinoma (SCC).

Seborrheic keratosis: Benign, warty growths that occur with advancing age.

What is melanoma?

A cancer formed from cells in the skin called melanocytes that normally give skin its color. There are several risk factors including:

- Lots of UV radiation including working outside, tanning beds, blistering sunburns
- Fair skin, blue or green eyes, naturally blonde or red hair
- Age > 50 years old
- Numerous moles and/or atypical moles
- Weakened immune systems from medications taken for organ transplants
- First degree relatives with a history of melanoma

What to look for?

- Changing mole
- Spot that looks like a new mole, freckle, or age spot, but it looks different from the others on your skin
- Spot that has a jagged border, more than one color, and is growing
- Dome-shaped growth that feels firm and may look like a sore, which may bleed
- Dark-brown or black vertical line beneath a fingernail or toenail
- Band of darker skin around a fingernail or toenail

When it comes to identifying a cancerous mole, remember to monitor skin growths for the ABCDEs of melanoma!

A is for Asymmetry – One half of the spot is unlike the other half,

B is for Border – Spot has an irregular, scalloped or poorly defined border.

C is for Color – Color varies from one spot to the next, such as shades of tan, black, or brown, or areas of white, red or blue.

D is for Diameter – Melanomas are usually greater than 6 millimeters, or about the size of a pencil eraser, when diagnosed, but they can be smaller.

E is for Evolving – The spot looks different than the rest or is changing or evolving.

Diagnosing melanoma

If you're concerned about the look or shape of a mole, try not to panic. Many people worry or ruminate over worst-case scenarios before receiving a proper diagnosis.

- Rule number 1: Don't freak out! You have time.
- Schedule an appointment with your PCP or dermatologist.
- Diagnosis requires biopsy.

A biopsy is what helps provide the proper diagnosis. Your doctor will take a small piece of tissue and send it to a pathologist for analysis.

- Done in the office
- Techniques include punch or shave biopsy
- This is NOT definitive treatment! This is just to get a diagnosis.

Treatment of melanoma

Receiving a diagnosis can be scary, but there are several treatment options that have good results, especially if your cancer is caught early.

One question to ask is how deep is it? The therapy is dependent on the depth of melanoma, and the depth has significant prognostic implications, Connolly says.

At Stage 1, it's often a matter of cutting out the cancerous growth. Deeper ones that go into the skin involve more extensive treatment measures, and that's when there is the potential to spread to other organs.

- Early-stage melanoma is usually curative with a simple excision
- >98% 5-year survival
- Thicker melanoma may require sampling of lymph nodes
- More advanced stages may require additional surgery, chemotherapy and/or immunotherapy
- In stage 4, 5-year survival drops to less than 25%

Non-melanoma skin cancer

Some moles and skin growths are less severe but still can pose a health hazard. If they pop up on your face, they also may affect your self-esteem. One big difference is non-melanoma skin cancers are relatively common and are very slow growing.

There are many subtypes of non-melanoma skin cancers, but the two most common include:

Basal Cell Carcinoma (BCC)

- Most common cancer worldwide
- >2 million cases annually in US alone
- Very slow growing
- Rarely spreads beyond original location
- Risks factors include age, UV exposure, fair complexion, immunosuppression
- Usually starts as nonhealing spot that bleeds easily

Squamous Cell Carcinoma (SCC)

- Develops from precancerous lesions called actinic keratoses (AK)
- Usually not life threatening
- Grows slowly
- Can grow into deeper structures like nerves and blood vessels and cause injury
- Risks factors include age, UV exposure, fair complexion, immunosuppression
- May start as nonhealing spot or as a wart-like growth

Things to remember:

- BCC and SCC are the most common type of skin cancers and are collectively known as non-melanoma skin cancer (NMSC).
- They are very slow growing, but left untreated they can grow into other adjacent structures and cause problems.
- BCC and SCC can start as nonhealing lesions, warty growths, or spots that bleed unprovoked.

What to do about non-melanoma growths?

- Stay calm. These cancers are very slow growing!
- Talk to your PCP or dermatologist to schedule an evaluation.
- A biopsy can determine type and severity of NMSC

Treatment of BCCs and SCCs

Treatments for non-melanomas are different than for melanoma, especially if it's caught early and on the outer layer of skin. The type of treatment depends on many factors, including the size of the cancer, location, and depth of growth. You have a few options, so talk to your dermatologist about which treatment would be best for you. It needs to be decided on an individual case-by-case basis.

There are many options for treatment of these cancers:

- Topical chemotherapy (eg 5-Fluorouracil cream)
- Electrodesiccation and Curettage (ED&C)
- Excision
- Mohs Surgery

Electrodesiccation and Curettage is a good option for smaller and more superficial skin cancers.

- The physician "scrapes" the skin cancer cells away (curettage).
- An electric current is used to destroy the tissue (electrodesiccation).
- Multiple passes may be performed, often don't have to go very deep.
- Usually, no need for surgery or excisions.

Mohs Surgery is a state-of-the-art treatment and a more intricate surgery that removes skin cancer down to its roots. The surgery involves removing the skin cancer and immediately freezes it to examine under a microscope and see if any skin cancer is left.

- If residual tumor is still present, another smaller piece is taken and processed in the same way.
- This continues until the entire tumor has been removed.
- The wound is then sutured closed.
- Used for larger, more invasive BCCs and SCCs located on delicate areas of the body.

What else could it be?

Another common growth is called a seborrheic keratosis. These benign warty growths typically show up as you get older.

- 90% of adults over the age of 60 years have one or more
- Known as “barnacles”
- They violate the ABCDEs and every other rule of skin cancer surveillance but do not ever turn into skin cancer
- Can be removed with relative ease using many different destructive techniques

It's important to stay vigilant and know what you need to look for. Contact XXXXX today if you are concerned about possible skin cancer or other growths. It's not worth losing sleep over! Our team can evaluate your skin issues and give you a proper diagnosis.

Sample 6:

World Psoriasis Day (It is October 29th)

Title: Psoriasis: It's more than just a skin thing.

On the surface, psoriasis may seem like an easy skin condition to treat. Head to the dermatologist and get a cream, right? It's actually more complicated.

Psoriasis is not a dangerous skin condition, but it can be embarrassing and takes some effort to manage. Psoriasis, like eczema, is a chronic health condition that currently has no cure and goes more than skin deep.

Both psoriasis and eczema have an autoimmune component that causes recurring flares and can present with other illnesses. Psoriatic arthritis, depression, inflammatory bowel disease, and heart disease are among them.

In honor of World Psoriasis Day, remember to focus on ways to take control of your psoriasis and find relief.

Types of psoriasis

Researchers believe family history, immunity, and environmental triggers play a role in developing psoriasis. About 7.5 million people in the U.S. are estimated to have the inflammatory skin condition, according to the American Academy of Dermatology (AAD).

Psoriasis can be difficult to diagnose because there are several different types. Each patient may have a different experience with symptoms and outbreaks.

- Plaque psoriasis, the most common type, is characterized by elevated, scaly patches known as plaques. They may look red or pink with silvery-white scales on lighter skin and brown or violet with gray scales on darker skin.
- Guttate psoriasis appears as small, dotlike lesions.
- Inverse psoriasis shows up as smooth and shiny lesions in body folds, common under the arms and breasts
- Pustular psoriasis looks more like white, pus-filled blisters.
- Erythrodermic psoriasis, the most severe and rare form, causes flushed skin, severe itching and pain, and flaking.

One thing to note is psoriasis can show up anywhere on your body: hands and feet, mouth and lips, eyelids and ears, skin folds and other sensitive areas. The skin in each area is different and requires different treatments, meaning there isn't a one-size-fits-all approach to getting the condition under control.

Some of the most common areas affected include:

- Elbows and knees. This is often plaque psoriasis, which can be itchy and painful and even cause the skin to crack and bleed.
- Hands and feet. Known as palmar-plantar psoriasis, the skin can look scaly or fissured or turn blistered and red.
- Nails. An outbreak on the nails causes a yellowish discoloration and may look like a fungal infection. The nail plate can lift off of the nail bed. The AAD reports fingernail changes occur in nearly 50 percent of people with psoriasis.
- Scalp. Typically plaque psoriasis, it can range from mild to thick, crusted plaques on the forehead, neck, around the ears or all over your scalp.
- Face. While not common, psoriasis can appear on eyebrows, the nose and upper lip, upper forehead, and around the hairline.
- Skin folds and genitals. Psoriasis can show up in these delicate areas, too, and may look smooth and shiny or have a waxy appearance. Red lesions, irritated by rubbing and sweating, are common in skin folds on your butt, armpits, or under your breasts.

More than just a skin issue

Beyond the physical symptoms – most notably raised bumpy patches and scaly skin – psoriasis is associated with other health conditions. Psoriasis is rooted in inflammation and an autoimmune response that causes the skin to regenerate more quickly than normal. Doctors also have associated insulin resistance with the condition, which can lead to other chronic health problems.

There are a variety of triggers and environmental factors that can cause a flare-up. One of the most frustrating aspects of psoriasis is that you may go years without any issues or symptoms and then something sets it off. Managing triggers is a key component of managing psoriasis.

Here are things to avoid or be mindful of if you've been diagnosed:

- Stress
- Sunburn
- Allergies
- Alcohol
- Diet
- Cold, dry weather
- Infections or illness
- Skin injuries
- Certain medications
- Smoking and secondhand smoke
- Other conditions such as high blood pressure, obesity, insulin resistance, and diabetes

Researchers continue to investigate whether psoriasis contributes to more serious health complications or vice versa. Some of the comorbidities linked to psoriasis include:

- Psoriatic arthritis
- Depression
- Inflammatory bowel disease
- Diabetes
- Metabolic syndrome
- Heart disease

- Pregnancy complications
- Polycystic Ovarian Syndrome
- Chronic Obstructive Pulmonary Disease
- Cancer

Be mindful of your mental health

You may think a quick fix will resolve your itchy and irritated skin, but those diagnosed with the condition soon learn it's something they must manage and control for a lifetime.

Due to the painful and persistent nature of the condition, psoriasis can negatively impact your self-image and quality of life. Many patients report feelings of depression and self-esteem issues. Researchers continue to study a link between depression and developing psoriasis, as well as if psoriasis worsen various mental health conditions.

Psoriasis often appears between the ages of 15 and 25 but can develop at any age. The plaques and lesions can show up in prominent areas that are hard to hide, causing sufferers to self-isolate and feel self-conscious. The misconception that psoriasis is contagious makes matters worse. It can be especially embarrassing for teens who may have a shaky self-image and go to great lengths to fit in.

If you or your child is struggling with depression or anxiety, make sure to speak up and seek help. Talking to your doctor is key, and mental health concerns should be addressed with your dermatologist or psychologist. Many people change what they wear, try to hide their skin, or avoid social situations, which magnifies feelings of isolation or low self-esteem.

There are a variety of treatments for psoriasis:

- Over-the-counter and prescription creams and medications
- Changing to chemical-free soaps and cosmetic products
- Dietary and lifestyle changes such as cutting out nicotine and alcohol
- Topical corticosteroids and retinoids
- Moisturizers and other at-home treatments
- Stress management and mental health support

Many doctors also emphasize reducing inflammation, avoiding triggers, and making diet and lifestyle changes. If you have psoriasis, it's important to monitor your weight, heart health, and other cardiovascular risk factors. Find a dermatologist who will be a partner, willing to collaborate with your primary physician or refer you to a good therapist.

Since it is a systemic condition, you need to focus on self-care and address underlying issues or lifestyle factors that might cause a flare-up. Your dermatologist can help and

will work with you to develop the best treatment plan. Make sure to let them know if your psoriasis becomes more widespread, causes you pain or discomfort, or your joints start to ache or swell.

XXX offers a variety of medical, cosmetic, and surgical dermatology services. Contact XXX today if you are concerned about psoriasis or other chronic skin problems.

Sample 7:

Mohs Surgery – A Micrographic Procedure For Skin Cancer

Despite skin cancer campaigns and preaching the benefits of sunscreen, skin cancer ranks No. 1 as the most common form of cancer in the United States. A skin cancer diagnosis often catches people off guard, especially in later decades, but Mohs surgery has transformed the way dermatologists treat common skin cancers.

Mohs surgery, a highly targeted and specialized outpatient procedure, is considered the gold standard for removing many basal cell carcinomas (BCCs) and squamous cell carcinomas (SCCs). These are the most common types of skin cancer, and both have been linked to harmful damage from the sun's ultraviolet (UV) rays and the use of UV tanning beds.

If you have been diagnosed with skin cancer, it can be scary. The good news is most skin cancers are treatable if caught early. That is why it's important to check in with your dermatologist and stay alert for unusual moles, sun spots, or abnormal growths.

What is Mohs Surgery?

Mohs surgery is a leading treatment for skin cancer, most often used to treat basal and squamous cell carcinomas. Mohs can be used to treat rarer types of cancer including melanoma, the most dangerous of the three.

Usually completed in a single visit, Mohs surgery is both cost-effective and efficient. The success rate is the highest of all treatments for skin cancer – up to 99 percent – and is effective even when other forms of treatment have failed.

XXXX has 11 dermatologists trained to perform Mohs surgery. Physicians must complete a residency in dermatology to qualify for Mohs micrographic surgical training.

Using state-of-the-art technology, Mohs surgery relies on precision and accuracy. The technique targets the spot where you had your biopsy. Surgeons use a microscope to trace around the tumor or skin cancer growth and ensure removal down to its roots. Dermatologists can see beyond the visible disease, identify and remove the entire tumor, and leave healthy tissues unharmed.

Advantages include:

- Your dermatologist serves as surgeon, pathologist, and reconstructive surgeon
- Highest cure rate for treating many basal and squamous cell carcinomas
- Outpatient procedure that is minimally invasive and done in stages while the patient waits
- Involves local anesthesia with lab work and pathology readings done on-site
- Most exact and precise method of tumor removal of available treatments
- Surgeon examines removed tissue for evidence of extended cancer roots
- Minimizes the chance of tumor re-growth
- Spares healthy tissue
- Reduces scarring or disfigurement
- You know your results right away

What to expect during the procedure

Mohs surgery involves surgical removal of the affected skin and lab analysis. After removing the growth or top layer of tissue, your doctor examines it under a microscope. He or she looks for signs that cancerous tissue remains by tracing the tumor's roots using a map of the surgical site.

While high-tech, the analysis and microscopic evaluation can take some time. If any cancer cells remain, they are marked on a map, and your doctor removes another layer of tissue from the affected area. The process repeats – as many times as is needed – until you're deemed cancer free.

The procedure can take up to several hours if more than one or two rounds are needed, but it's important to make sure all the cancer cells are gone. An effective Mohs surgery reduces the need for future treatments or the chance skin cancer will return in that spot.

Other tips for getting prepared:

- Let your doctor know about any changes in your health or medications and supplements you're taking, particularly blood-thinning medications.
- Try to relax and clear your schedule so you don't feel rushed to get back to work or school.
- Wear comfortable clothing with easy access to the affected area, especially if you plan to keep them on during the surgery.
- Bring something to pass the time. You may have to wait while your doctor examines the pathology results or in between rounds of treatment.

Is Mohs surgery right for you?

Your doctor will determine if you are a good candidate for the surgery. In general, Mohs surgery is recommended if:

- Cancer is in a delicate and highly visible area, such as eyelids, nose, ears, lips, finger, toes or genitals
- Carcinoma was treated and recurred
- Cancer or tumor growth is large
- Scar tissue exists around the cancer
- Patient or doctor wants to preserve healthy tissue for maximum functional and cosmetic results
- Tumor or growth has indistinct edges
- Cancer is aggressive or rapidly growing

Once the procedure is completed, your doctor may recommend leaving it open to heal or close it with stitches. It's important to follow your doctor's guidelines for post-op care of the wound to minimize scarring or other complications.

In more complicated cases, the skin may need reconstruction using neighboring tissue or possibly a skin graft. Normally, your surgeon will do necessary reconstruction, but they may refer you to a plastic surgeon, oculoplastic surgeon, or hand surgeon.

All those years of sunbathing, or using a tanning bed in your teens, can have dire consequences if skin cancer isn't caught early. An unsuspecting mole can turn deadly, which is why it's important to wear sunscreen, do regular skin self-exams, and see your dermatologist at the first sign of trouble.

XXX offers a variety of medical, cosmetic, and surgical dermatology services. Highly trained board-certified dermatologists provide professional care and work with you to develop the best treatment plan. Contact XXX to learn more about Mohs Surgery or schedule a consultation today!

Sample 8:

Title: Osteoporosis: What Women Need To Know

While age is a factor in osteoporosis, lifestyle habits and hormonal changes that happen in younger years also play a role.

Poor nutrition, lack of exercise, hormonal deficiencies and other bad habits, including smoking and drinking, are major factors in the bone disease. In fact, bone loss typically

starts in a woman's mid-30s, around the time estrogen and progesterone begin to drop, and speeds up in the first few years after menopause.

A person can't feel their bones weakening, so osteoporosis progresses silently. The disease, in which bones become porous and brittle, is more serious in a woman's elderly years because a fractured leg or hip can be devastating and debilitating.

September is Healthy Aging Month, making it a good time to assess your bone health, risk factors, and ways to keep bones strong as you age.

Prevalence of osteoporosis

Osteoporosis affects both women and men and has major health care costs and implications. There are often no symptoms until a fracture occurs, and there is currently no cure.

Globally, 1 in 3 women and 1 in 5 men aged 50 years and older are at risk of an osteoporotic fracture, according to International Osteoporosis Foundation.

Some other stats from the National Osteoporosis Foundation:

- About 10 million Americans have osteoporosis and another 44 million have low bone density
- 80 percent of people with osteoporosis are women
- Caucasian and Asian women, especially post-menopause, are most at risk for osteoporosis
- A woman's risk of breaking a hip is equal to her combined risk of breast, uterine and ovarian cancer
- Studies suggest approximately 1 in 2 women and up to 1 in 4 men age 50 and older will break a bone due to osteoporosis
- 24 percent of hip fracture patients age 50 and over die in the year following the fracture
- Six months after a hip fracture, only 15 percent of patients can walk across a room unaided
- Every year, of nearly 300,000 hip fracture patients, one-quarter end up in nursing homes and half never regain previous function
- Osteoporosis is responsible for two million broken bones and \$19 billion in related costs every year
- By 2025, experts predict that osteoporosis will be responsible for three million fractures and \$25.3 billion in costs annually

What causes osteoporosis

Bone is living, growing tissue. In young, healthy people, the body continues to make new bone tissue. Healthy bone, viewed under a microscope, looks like a honeycomb. As osteoporosis develops, the holes and spaces in the honeycomb are much larger.

Bone growth and mass peaks by age 30 and starts to decline, accelerating during perimenopause and menopause. Interestingly, how much bone mass you acquired in your youth plays a role in reducing your risk for osteoporosis. Having a higher peak bone mass gives you more bone in the bank as you age. Heredity and ethnicity are also factors in bone mass and developing osteoporosis.

The disease progresses as the body loses too much bone or can't make enough new bone to keep pace with what is lost. Bones literally start to break down and become porous. The reduced bone mass makes bones weak and fragile, which increases the risk of a fracture.

Once you reach 50 years old and have risk factors or a broken bone, and into your 60s and 70s, you should ask about a bone density test. To diagnosis osteoporosis, doctors use a dual-energy x-ray absorptiometry (DEXA) scan to take an x-ray of your bones. A T-score of -2.5 or lower indicates osteoporosis.

Signs and symptoms

Although many people have no symptoms until they fracture or break a bone, there are more subtle signs to watch out for:

- Back pain
- Loss of height over time
- Upper back starts curving forward, hunched posture
- A bone that breaks easily, is more severe, or takes longer to heal

Many doctors link osteoporosis' higher prevalence in women to hormonal changes during menopause, as well as other factors:

- Women have smaller, thinner bones than men
- Women often live longer than men, and bone loss happens naturally with age

Other health and lifestyle factors include:

- Have a small, thin frame
- Family history of the disease
- Low on calcium and vitamin D
- Sedentary lifestyle

- Smoking
- Have an eating disorder
- Drink too much alcohol

In addition, certain chronic health conditions and a few medical procedures can increase the risk of osteoporosis:

- Autoimmune disorders including rheumatoid arthritis, lupus, multiple sclerosis
- Digestive disorders such as celiac disease, inflammatory bowel disease, and bariatric surgery
- Gastrointestinal illnesses, gastrectomy and gastrointestinal bypass procedures
- Blood disorders, leukemia, lymphoma, multiple myeloma, and sickle cell disease
- Breast and prostate cancer
- Neurological disorders such as stroke, Parkinson's disease, MS, and spinal cord injuries
- Mental illness, depression, and eating disorders
- Endocrine and hormonal disorders including diabetes, thyroid, Cushing's syndrome, premature menopause, and low levels of testosterone and estrogen in men
- COPD, chronic kidney disease, liver disease, scoliosis, extreme weight loss

Some medications also can contribute to bone loss, especially if you take the medication in high doses or for a long time. You should talk to your doctor about this possible side effect, possibly reducing the dose, or other ways to improve your bone health.

Prevention and treatment options

If you are worried about osteoporosis, take a proactive approach to building strong bones before, during, and after menopause. Stop bad lifestyle habits, start to walk and do weight-bearing exercise, and read and research about supplements that may help. The goal is to prevent further bone loss and strengthen already weak bones.

Treatment for osteoporosis includes:

- Medications
- Menopausal hormone therapy
- Healthy diet
- Supplements including multivitamin, magnesium, calcium, vitamin C and D

If you are able, regular physical activity of any kind helps build stronger bones, build muscle, slow bone loss, and improve balance. These are all important if you are a woman who wants to gracefully age and remain active in your golden years.

Weight-bearing activity is best and involves any activity in which your body works against gravity. This can include:

- Walking
- Cycling
- Yoga or gentle stretching
- Gardening
- Dancing
- Lifting weights
- Low-impact aerobics
- Tennis
- Tai chi
- Running

The good news is osteoporosis is not an inevitable part of aging. By taking measures to prevent it, you can have strong bones well into your 70s and 80s. If you have concerns, bring it up with your doctor or another member of your medical team.

Many people end up in physical or occupational therapy after a fall or bone fracture or to rehab an injury. Talk to your physical therapist about appropriate exercises, nutrition, and other lifestyle changes that may help keep your bones strong. And if you are struggling to get back to 100 percent following a fall or fracture, contact an XXX clinic to see how their caring and professional team can help!

Sample 9:

Tech Neck: How Technology Is Affecting Your Posture

In today's digital world, smartphones are used for just about everything. It's not uncommon to spend hours on social media, texting or watching videos on your phone or tablet. You see it at the dinner table, on the subway or late at night in bed.

But too much screen time affects your health in more ways than one. A new condition called tech neck is a growing concern among healthcare professionals. All that time spent on digital devices is bad for your posture, your eyes, your heart, and your mood.

Do you repeatedly tuck your head down over your chin and hunch your shoulders while sending text messages or using your cellphone? You're a good candidate for tech neck.

Chronically having your neck in a forward, downward position results in headaches, neck and shoulder pain, stiffness, soreness and more.

What is tech neck?

Neck pain and tension is a common complaint among people who spend long hours sitting at a desk or working on a computer. But tech neck is also impacting teens, college students and seniors.

Tech neck, also called text neck, occurs from spending prolonged periods with your head and neck extended too far forward over your body. On X-rays, people with tech neck have little or no curve in the neck.

On average, Americans spend nearly six hours a day with digital media, and mobile use increased from .3 hours per day in 2008 to 3.3 hours a day in 2017. Doctors say tech neck is a growing problem among teenagers. They average nine hours per day in front of screens and report higher rates of depression and loneliness.

All that texting and scrolling takes a toll. Muscles in the back of your neck contract to hold up your head, which weighs 10-12 pounds in neutral position. The more you look down, the harder those muscles have to work to support your head.

At a 45-degree angle, your neck muscles are doing the work equivalent to lifting a 50-pound bag of potatoes. At 60 degrees, that increases to 60 pounds. The excessive stress put on the neck can cause muscles to get overly tired, tense and sore.

Other symptoms of tech neck include:

- Neck pain or spasms
- Headaches
- Stiff neck
- Pain between your shoulder blades
- Tingling or numb thumbs
- Blurry vision from too much screen time/glare

How can tech neck cause more serious problems?

Over time, the more you look down, the more your head moves forward. This shifts your head's center of gravity. Beyond the hours spent scrolling, it's easy to fall into the habit of looking down while walking and doing daily activities.

As your muscles tighten, they put more pressure on the discs in your neck and spine. That can cause your discs to wear out faster, eventually causing them to bulge or even rupture.

A ruptured disc can pinch a nerve, resulting in pain, weakness, or numbness in the arm or chronic neck pain. In addition, some people report a loss of neck mobility. You may have a hard time looking up after looking down for long periods, or turning your head from side to side.

To counteract the forward head shift, the upper spine shifts backward and the hips start to tilt forward to compensate for the upper spine. This can throw your whole body out of alignment and put stress on adjacent areas.

Consider the prolonged effect all of this weight and pressure – not to mention bad posture. It starts taxing the muscles, ligaments, vertebrae and discs in the neck and upper thoracic regions. Tensing muscles in your neck and shoulders will lead to chronic muscle issues and pain down the road.

Tips to counteract tech neck

There are ways to correctly and safely align the body while using mobile phones, computers and tablets. Changing bad habits, limiting screen time, and trading scrolling for regular exercise is one of the best prescriptions.

- Hold your device at eye level
- Look down with your eyes and not your head
- Take a three-minute break for every 15 to 20 minutes spent on your device
- Use a phone or tablet holder
- Rest your eyes, use lubricating eye drops and reading glasses so you aren't straining to see or hunching over
- Be mindful of your posture when using digital devices

Exercise and physical therapy can help

Whether you are suffering from tech neck or chronic pain, physical therapy and regular exercise can help prevent tech neck – or counteract painful symptoms. XXX treats a variety of conditions that cause neck pain.

Treatment options vary depending on your official diagnosis. The goal is to get to the root cause of your neck pain based on your symptoms and personal goals. Your physician or physical therapist can help you determine the best treatment options and show you lifestyle changes and exercises to do at home.

Elevating your heart rate, even sweating a little, does wonders to keep your neck and back healthy. It sends oxygenated blood to tired muscles, helps lubricate joints and discs, and flushes out chemicals that cause inflammation and pain. It also helps ease the tension in the back of the neck.

- Whether at lunch or after work, do some form of aerobic exercise on a regular basis. Try an elliptical, recumbent stationary bicycle, jogging, swimming, or walking at a brisk pace – one that doesn't cause you neck pain.
- Get up and move every hour, even if it's for a minute or two. Studies show sitting for long periods is bad for your heart and takes years off your life.
- Yoga poses such as downward dog, cat and cow and bow pose or 10 minutes on an inversion table can help open your chest and take pressure off your neck and spine.
- Incorporate exercises that strengthen the spine such as cobra, upward facing dog and bird dog
- Do a few neck and shoulder rolls and neck flexion and extension exercises every day. This helps get blood circulating and your neck in a different position.
- Neck side bends and rotation to both sides also keeps the neck loose and agile.
- Invest in a good pillow and sleep on your back.
- Make sure you have an ergonomically correct workspace. Your head should be in a neutral position, your wrists straight and your shoulders as relaxed as possible.
- If you spend hours at a desk, use a chair that reclines 25-30 degrees with a good lumbar support and headrest. Lean back while you're working. This helps prevent slouching and takes pressure off the discs in the back and neck.

Mobile devices aren't going away. If anything, they are going to continue to change the way we work, study and connect with others. The biggest problem with tech neck is not the symptoms, but your daily behaviors. You have to address your posture, your time spent on digital devices, and the mechanics and bad habits that are causing the problem.

Physical therapy can help alleviate symptoms as well uncover the root of the problem and help correct it. With a good plan of care and being mindful of how much time you spend staring at a screen, you can make sure technology isn't harming your health. Contact an XXX physical therapist to discuss your neck pain and learn how to live a healthy life free from pain, dysfunction and cellphone interference!

Sample 10:

Title: 5 Ways To Manage Chronic & Persistent Pain

Living with chronic pain can take its toll physically and psychologically. Many chronic pain patients find it difficult to do daily tasks and enjoy simple things in life. Work. Recreation. Shopping. Self-care activities. Time with family and friends. Everything is shrouded by a nagging sense of pain or revolves around taking medication to mask the pain.

The good news is there are alternative treatments to pain therapy, including physical therapy. Physical therapists are movement experts and empower patients with knowledge of how the body and pain works. They assess and treat a variety of conditions that cause pain, including acute injuries, rehab after surgery, and chronic illnesses.

October is National Physical Therapy Month and also National Spine Health Awareness Month. It's a great time to spread the word about the many benefits of physical therapy. Choose physical therapy to improve mobility and athletic performance, manage pain and other chronic conditions, recover from injury or surgery, and prevent future injury and chronic disease.

The prevalence of chronic pain

In 2016, an estimated 20.4% of U.S. adults, or 50 million people, had chronic pain and 8% of U.S. adults, or nearly 20 million, had high-impact chronic pain, according to Centers for Disease Control. Chronic pain is associated with numerous physical and mental conditions, lost productivity, and opioid addiction, which drives up health care costs and impacts public health.

An estimated 75 percent of Americans experience lower back pain at some point in their life. Back pain is also a leading cause of disability for young and old, making spinal health and chronic pain an important topic of conversation.

The spine, composed of nerves, muscles and ligaments, is under constant demand and sends signals to other parts of the body to help your body function properly. Maintaining good spinal health greatly impacts your overall quality of life, regardless of whether you do manual labor, stand on your feet all day, or even sit behind a computer screen.

Many spinal conditions and spinal deterioration also cause chronic neck and back pain, including:

- Degenerative disc disease
- Herniated and bulging discs
- Spinal stenosis
- Sciatica
- Arthritis
- Pinched nerves
- Shooting pain in arms or legs
- Failed neck or back surgery

After an initial assessment and therapy sessions, your physical therapist may recommend education, manual techniques, stretches, gentle exercises, and other at-home care practices to help manage and treat chronic pain.

Tips for managing chronic pain

Here are some other ways to manage chronic and persistent pain:

1. Knowledge is power: Learn all you can about your condition, possible pain triggers, your treatment options, and the side effects of medication. Talk to your doctors about their recommended plan of care and play an active role in managing your pain. Don't be afraid to seek out a second opinion or research alternative and non-invasive treatment options.

2. Keep moving: Movement is often the best medicine! A sedentary lifestyle makes the body get stiff and break down even more. It has been called disuse syndrome. Gentle stretches and yoga keep the joints lubricated and your spine flexible. A strong and aligned spine impacts your overall health and improves balance, organ health, circulation, breathing, digestion and mobility. Even a brisk walk does wonders for your overall health.

3. Go to a PT: Physical therapy is beneficial if you need rehab after an injury or surgery or want to move without pain. A PT can help improve your mobility and possibly alleviate the need for medication. In some cases, they focus on education and help patients become aware of daily habits and poor posture that may be contributing to their pain. They are trained in movement patterns and biomechanics and can develop fitness and lifestyle strategies that can help reduce or manage pain.

4. Focus less on a diagnosis: Don't let your illness or pain consume you. It can be easy to worry and wonder if you will always have pain. Often, your attitude and motivation can play a big role in your progress. Try to trust your doctors and the advice of your physical therapists and make changes to improve your overall health. Positive thinking can do wonders when it comes to finding healthy ways to deal with your diagnosis, especially chronic health problems.

5. Address anxiety and depression: Left untreated, chronic pain can permeate all aspects of your life. It often leads to anxiety, depression, and even suicidal thoughts. Mental and emotional wellness is a key piece of coping with chronic pain. Seek out a therapist, try mindfulness meditation, and employ other self-care strategies. Cognitive behavioral therapy can help change the thoughts, emotions, and behaviors related to pain and improve coping strategies.

If you experience short-term or chronic pain in your back or other extremities, visiting a physical therapist can be empowering, educational, and truly life changing. Contact XXX for more information on managing chronic pain or to learn how PT can put you on the road to recovery and living a pain-free life!