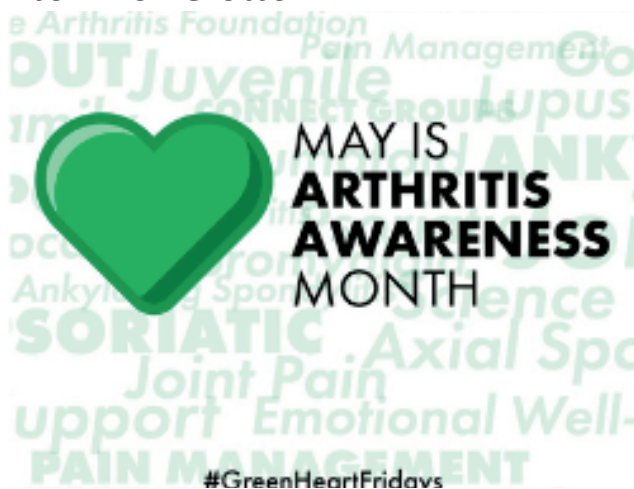




MAY 2025
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



#GreenHeartFridays

Recognizing the Symptoms of Arthritis

May is Arthritis Awareness Month. Arthritis affects an estimated 50 million U.S. adults and continues to be the most common cause of disability in the United States. Common arthritis stereotypes suggest that arthritis only affects older adults and that it is inevitable and untreatable. However, arthritis can affect persons at any age, including children, and most persons with arthritis are aged <65 years.

Even after arthritis is diagnosed, there are many measures that can minimize disease progression and joint pain as well as help patients maintain function. For example, persons with arthritis can supplement clinical management with physical activity, which reduces arthritis pain and helps manage coincident problems, such as diabetes, heart disease, and obesity (4). In addition, self-management education helps persons with arthritis gain control of their condition by learning techniques to manage their symptoms and reduce pain and activity limitations

SOURCE: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4604931/>

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ARTICLE BY SUNSHINE WALTON, PTA

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CANTRELL CENTER ANNIVERSARIES

FEATURED RUN/WALK EVENTS

Arthritis symptoms are complicated and varied, but this checklist can help you and your doctor figure out what's going on.

- Stiffness

If you have arthritis, your joints will most likely feel stiff and be hard to move. When and for how long they feel stiff will help your doctor determine what type of arthritis you have.

- Swelling

The area around your joints may feel warm, look red or puffy. It may hurt only when you touch the area or all the time. You may also feel like there is fluid in the swollen area. This is likely because the tissue around your joint are inflamed. Let your doctor know if these symptoms come and go or stay for a longer period of time.

- Location of Pain and Stiffness

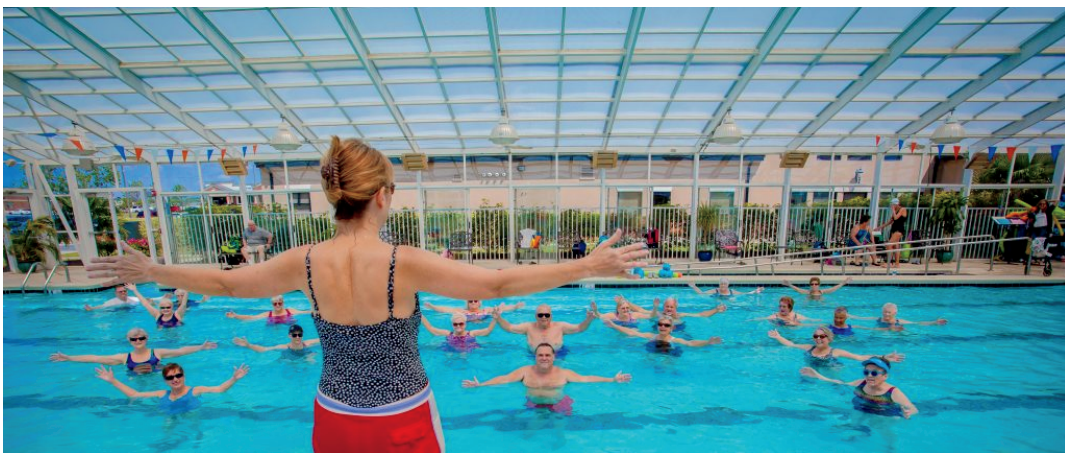
Knowing which joints bother you the most will also help your doctor figure out the source of your pain. Different types of arthritis affect different joints or in different patterns (both sides of the body or mostly on one side, for example).

- Nature of Joint Symptoms

Understanding how your joints bother you the most will also help your doctor decide if you have arthritis or another condition. you have these joint symptoms?

SOURCE: <https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/recognizing-the-symptoms-of-arthritis>

The Arthritis Foundation Aquatic Program at the Cantrell Wellness Center



The Arthritis Foundation Aquatic Program is a warm (84-88 degrees) water-based exercise program tailor-made for people with arthritis. This program incorporates gentle activities in a friendly and supportive atmosphere in which people make new friends and try new activities. The Arthritis Foundation Aquatic Program is proven to decrease pain and depression while improving functional ability, range of motion, muscle strength, and aerobic fitness.

To learn more, stop by the front desk or give us a call at (478) 333-6777!



Donna Amos, Arthritis Foundation Certified Aquatic Instructor, has the ability to understand what members and patients are going through as they strive to improve their quality of life, because she has lived with a diagnosis of Rheumatoid Arthritis for years. She endearingly refers to her members as the "cream of the crop" because they go forward, not stopping and letting life circumstances and trials have control.

Fad Diets: The Allure, the Trends, and the Caveats

In our hyper-connected era, the promise of rapid transformation through modern fad diets attracts our imagination. Social media, with its glossy images and success stories; operates these diets and intermingles real science, psychology, and cultural narratives behind the scenes. While many are drawn to the apparent quick fixes—whether it's swift weight loss, increased energy, or a total body transformation—the underlying message remains: **lasting health demands more than dramatic, short-term results**. One prominent trend at this time is the evolution of plant-based diets. This trend is far beyond simply not eating meat or animal based products, but to embrace more innovative approaches. Today's variations include "Raw Food Diets", which emphasize unprocessed, uncooked foods; "Alkaline Diets", based on the idea that food can influence body pH to ward off disease; and "Innovative Hybrids", which merge plant-based principles with traditional diets to offer a more balanced plan. These trends are popular for several reasons, as many view them as part of a holistic approach to wellness, a way to boost energy and detoxify while aligning with environmental ethics. So, the extensive variety and creativity in recipes make these diets feel like a culinary adventure. However, the promise of transformation comes with significant caveats. Without careful nutritional planning, such diets may lead to deficiencies—particularly in protein, iron, and B12. These nutrients are essential in every day bodily functions, so balanced meals are key. Ultimately, while fad diets light up our persistent quest for rapid perfection, **a cautious, well-balanced nutritional approach is essential for long-term health**. Exploring these modern twists invites us to think critically about the balance between short-term breakthroughs and **sustainable wellness**.

Sources:

<https://www.trinityhealthmichigan.org/newsroom/blog-articles/reality-latest-fad-diets> &
<https://www.eatingwell.com/article/8041459/fad-diets/>



About the Author

Sunshine Walton, PTA has been with the Cantrell Center since 2019. She is a seasoned certified personal trainer and is now a licensed Physical Therapy Assistant. Outside of work, Sunshine enjoys competing in obstacle courses and road races. She has one half marathon under her belt and she's already set to do another.

UPCOMING CLOSURE



The Cantrell Center for Physical Therapy & Wellness will be **closed on Monday, May 26th** in observance of Memorial Day.

We will resume regular business hours on Tuesday, May 27th.

WORD SEARCH

Happy May

C	Q	C	I	B	O	R	E	A	R	M	E	R	B
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WELLNESS
STRENGTH
HONOR
AWARENESS
ARTHRITIS
AEROBIC
AQUATIC
REMEMBER
MEMORIALDAY
CANTRELLCENTER

**Cantrell Center**
PHYSICAL THERAPY • WELLNESS

Employee

Anniversaries



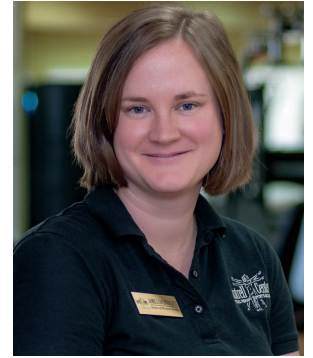
Mili Hansee
House Keeping
2nd Anniversary (Since returning)



Linda Bratcher
Physical Therapist
20th Anniversary



Erin Bennett
Physical Therapy Assistant
26th Anniversary



Jamie Lochner
Physical Therapist
16th Anniversary

KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum. We want you to KEEP moving!!

Georgia 5K Run/Walk for Breast Cancer

Saturday, May 10th @ 8:00 AM in Macon, GA



It's time to register for our 7th annual Georgia 5K Run for Breast Cancer! We're back at The Shoppes at River Crossing on Saturday, May 10, 2025. Join us for this family-friendly run/walk event for all fitness levels. All funds raised will support breast cancer programs throughout middle Georgia.

Memorial Day 5K walk/run

Saturday, May 24th @ 8:30 AM in Macon, GA



The Theron Ussery Community Center is hosting its Annual Memorial Day 5K Walk/Run at Carolyn Clayton Park (formerly Central City Park). This event welcomes participants of all ages. Attendees can walk or run the 3.1-mile race through the park and around downtown Macon. Music, vendors, breakfast, and more!

Get a head start on other upcoming run/walk events by browsing these online calendars:
Macon Tracks, Run Georgia, Running in the USA, Active.com.