

# AIM

## Alpha Internal Medicine

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February 2012 ..... AIM Monthly Newsletter



The human heart feels things the eyes cannot see, and knows what the mind cannot understand.

- Robert Valett



### February is **Heart Health Month!**

Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day!

#### Take your heart seriously...

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
  - Ask your doctor if you should take an **A**spirin every day.
  - Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
  - If you **S**moke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

Source: CDC

### AIM for HEALTH!

Make choices today

that will make all your tomorrows great!

[www.alphainternalmedicine.com](http://www.alphainternalmedicine.com)

## Is my shoulder pain something serious?

Most Americans suffer from chronic aches and pains, especially as we age. But knowing when something should be evaluated by a doctor or can be treated at home can be difficult to determine.

Your shoulder is an amazing joint made up of 3 major bones; the humerus, scapula, and clavicle. The head of your arm bone, the humerus, fits into a groove on the scapula called the glenoid. This groove is covered in a layer of cartilage and uses the surrounding muscles and ligaments to maintain the stability of the humerus in this groove. Four of these muscles make up the rotator cuff; the supraspinatus, infraspinatus, subscapularis, and teres minor. These muscles attach to the head of the humerus to the shoulder bone, the scapula. A disruption in these muscles can cause chronic uncomfortable pain or severe debilitating loss of function.

There can be numerous causes of shoulder pain or weakness including but not limited to: arthritis, tendon inflammation, instability from a lack of muscle strength/tone, or a broken bone/trauma. Other less common causes of shoulder pain include: nerve problems, tumors, and infections.

Often times a long weekend of painting, cleaning, lifting can cause some inflammation in the shoulder muscles or tendons and lead to pain. Overhead activities like pitching, swimming, weight lifting, throwing a football/softball can also lead to repetitive stress on the shoulder and to shoulder soreness or pain. This can often be cured by reducing your workload on the joint, using ice repeatedly, and taking over the counter NSAIDs (non-steroidal anti-inflammatories) like Advil, Aleve, or Motrin.

Pain that does not begin to improve in 1-2 weeks or progresses in pain and weakness may signify something more serious and further work-up with imaging that may include x-rays or an MRI. These can be ordered by your PCP or may need to be done by a specialist based on your insurance coverage.

- Jared R Shafer, PA-C, MPA, ATC



There are many things in life that will catch your eye,  
but only a few will catch your heart. Pursue those.

Michael Nolan

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**If your group needs a speaker to address health topics,**  
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