



Health Habits

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October
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Dr. Aagenes... a medical home for women
Dr. Roush... comprehensive family care

From Dr. Roush

Dear valued patient,

I've moved! On October 6th my practice relocated to a more spacious and professional office in the Medical Arts Block in downtown Helena. This space is being shared by my friend and colleague Dr. Nancy Aagenes, who has practiced naturopathic medicine in Helena for 20 years.

I have staff now! For an appointment or any other need call 406-442-8508 or email me directly at drjrroush@gmail.com. Please use the subject: patient request.

Directions

The clinic is located across from the Parrot on the walking mall. Free parking is easiest in the **Medical Arts Block** lot on Jackson Street. Take **Last Chance to 6th, turn left onto 6th, and immediately right onto Jackson Street.** Our parking lot is immediately after the turn onto Jackson. From that lot there is one door to the building. Come on in. We're down the hall.

Call me directly

On Monday and Friday mornings from 8:30 to 9:30 a.m., I'm available to talk on the phone to answer any of your questions—442-8508.



Dr. Jeff Roush

I look forward to continuing to serve you and your family by offering the **comprehensive quality health care for the whole family**—care in illness and prevention, pain management, IV therapies, and pediatric care.

In health.

Dr. Jeff Roush

From Dr. Aagenes

To my own patients, and to welcome Dr. Roush's patients,



Dr. Nancy Aagenes

A year after the move to downtown, the clinic is consolidating on a firmer foundation with the association of Jeff Roush, ND. Dr. Roush moved to Helena in 2006 with his wife Kirsten and their two little boys, Zane and Mason. A year ago, Addison, his daughter, was born here. They have made a commitment to our

community and will be here for the long haul.

Jeff earned his naturopathic medical doctorate from Bastyr University in Seattle, my own alma mater. During his two years in Helena, he and I have worked together in a variety of ways. We became friends

FROM DR. AAGENES ... continued next page

FROM DR. AAGENES ...

continued

before we became associates. Our professional relationship is blessed with confidence and history. On October 1 he assumed administrative responsibility for the clinic. With those tasks dependably shifted **I expect to continue my practice in women's health for many years.**

Dr. Roush brings new therapies to the clinic. He has advanced certification in **pain management strategies** including trigger point injections, prolotherapy and a deep tissue technique called Neuromuscular Reeducation. If you have nagging problems that aren't improving, make an appointment with Jeff and get some help.

IV therapies for a variety of conditions are now available. Dr. Roush does chelating for heavy metal detoxification and plaque reduction in veins and arteries. IV therapy can also be used in acute illnesses. It is very helpful when you have a bad cold and need an immune boost directly into the blood stream. Rehydration is most quickly accomplished by IV.

Your ongoing use of my clinic has been deeply appreciated always, and especially in this last year when the move made things more challenging. **I'm so pleased to consolidate the new structure and know that I can continue to offer a medical home for midlife women.**

In gratitude and with affection,

Dr. Nancy Aagenes

Vitamin D—New research deepens understanding of its importance

Vitamins are compounds necessary for life that our bodies cannot make. We literally die if we don't get them in diet or supplements. They do different things. One job of vitamin A is regulation of cell growth and mucous membrane immunity. The B vitamins are essential in energy production. Vitamins A, C and E are all antioxidants—they keep us from rusting.

Vitamin D acts as a hormone

It is not more important than these others, but recently appreciation of its many functions has grown in medical understanding. **Vitamin D may be most important in menopausal women because its receptor sites are estrogen dependent.** As our estrogen decreases we need to be more attentive.

Some of the things Vitamin D does

- It helps blood vessels dilate, preventing heart attack and stroke.

VITAMIN D ... continued next page

We appreciate your pharmacy business

Buying from us helps insure that you get exactly what you need. We are skilled in knowing how to choose potent high quality pharmacy. The nominal profit we make allows us to spend much more time with patients. **It's a win-win.**

With the addition of things Dr. Roush orders, we will have **broader pharmacy offerings.** We will continue to do our best to keep on hand the things you might need immediately.

We continue to offer a **10% discount when you buy 6 or more** of something you use overtime. We encourage this because it saves you time and money. It helps you stay consistent with a supplements plan.

Call ahead and **we'll have things ready for you.** We can also mail things to you with **minimal shipping costs if that is more convenient.** It's cheaper than gas. More and more patients use this option.

VITAMIN D ... continued

- It strengthens bones, preventing fracture.
- It decreases breast density, preventing breast cancer.
- In men it decreases prostate cancer.
- It increases the growth rate of our skin, and increases fingernail thickness.
- It accelerates our response to infection.
- It decreases colon cancers and leukemias.
- It decreases muscle breakdown and increases the force of muscle contraction. We stay stronger.
- It helps us grow nerve cells and is essential to the production of neurotransmitters. It acts where nerves meet muscle and actually improves balance and prevents falls.
- Its action in the nervous system also prevents dementia.
- It protects pancreatic production of insulin and thus improves our tolerance of carbohydrates, preventing diabetes.

Dosage

Vitamin D3 is the most active form. The requirement in healthy adults is estimated at 3000 to 5000 IUs daily. Some of that is activated by sunlight on our skin. There are suggestions that the safe, tolerable upper intake level should be revised upward to 50,000 IU capsules which are commonly used prescriptively. Our suggestion is stay well below that.

2000 IUs daily (in addition to your calcium and multiple amounts) is safe and studied to be an effective dose.

Everyone in our climate would be better for its use. **We sell ninety 2000 IU capsules for \$18—that's a three month supply.** It is encapsulated by Vital Nutrients, among the first companies nationally to meet the Good Manufacturing Standards established by the National Nutritional Foods Association. **We are confident that you can't find better Vitamin D3 anywhere else.**

Consultations with the elderly

We are frequently asked directly or by their adult children to do consultation and assessment for elderly patients. Medicare does not reimburse for naturopathic care and these can be one time consultations to help with difficult situations. Some patients do choose to do an annual visit. This can be useful as we can minimize a side effect, add a significant nutrient or help with a bothersome symptom. Both doctors welcome these patients.

In addition to the medical concerns, the **clinic has trusted relationships with the staff at the Area Agency on Aging.** They competently offer assistance with housing, health insurance, in-home help, retirement issues, transportation, meals etc. We can direct you to them as needed, and you can call them directly at 800-356-6544.



Nancy Aagenes, ND • Jeff Roush, ND

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Does your brain have wrinkles?

Getting older affects our appearance, the way we feel and also the way we think. Age associated mental impairment—episodes of brain fog—is defined as cognitive defects that do not interfere with daily living. They may include slower thinking, a reduced ability to learn, and impaired memory. This affects nearly one third of the aging population. Naturopathic medicine can now offer safe options for helping you preserve and enhance cognitive function.

The brain is an organ primarily made of fat. As we age the brain begins to “lose weight” and processing centers begin to deteriorate. Several nutrients have now been proven to slow the progression of decline. These include phosphatidyl serine, phosphatidyl choline, acetyl L carnitine, CoQ10, and fish oil. These nutrients help feed the brain and give it the energy it needs to perform all its many functions.

We are offering a new product that includes all these nutrients—**Brain Vibrance Supreme** powder. It is expensive and will not be effective if you take it for a short time. **At a steep discount we will offer six bottles, a three month supply, for \$372.** Make your special order on our open phone time, and do a follow up appointment in six weeks to assess results.

We are doctors who answer the phone!!

Dr. Roush will answer the clinic phone from 8:30 to 9:30 a.m. on Mondays and Fridays. Dr. Aagenes will continue to answer from 8 to 9 a.m. on Tuesdays and Thursdays. Call 442-8508 during those times and you will be able to speak directly to a physician.



The
Natural
Medicine
Clinic