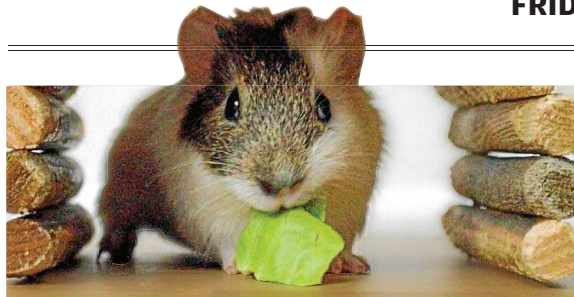


LIFE

FRIDAY, SEPTEMBER 9, 2022 | greensboro.com | SECTION B



Pet of the Week: Stuart

Meet Stuart, a 5-month-old baby Guinea pig. He is ready for a forever home that will provide him with daily love and care. Stuart really is the sweetest. If interested, complete an application with Red Dog Farm Animal Rescue Network at www.reddogfarm.com. His adoption fee (with his brother, Casper) is \$50.

Doctor follows in her father's footsteps

CONE HEALTH
Special to the News & Record

For the little girl who engaged in squirt gun battles in the hallway, played in the filing room and set up pranks with her father on the staff at Triad Foot and Ankle Center, it's no surprise where Dr. Rebecca Sikora works today.

She is the latest physician to join the practice where her father treated patients for more than 25 years.

"It was always a goal of mine to practice with my dad at Triad Foot and Ankle Center," Sikora said. "I hoped to work with my dad for a year or two before he retired, learning as much as I could from him. He was a great doctor and I just wanted to make him proud."

Sadly, he suddenly passed away from esophageal cancer in 2016 before that dream could become a reality. But Sikora is determined to continue his good work and legacy in the community he loved.

Sikora's parents had another career path in mind for their child.

"My dad wanted me to do something besides podiatry, like radiology or ophthalmology," Sikora said. "But as I was researching what field of medicine I wanted to pursue, I realized podiatry was in my heart."

"One of the defining moments was when I was working at the office during the summer and one of my father's patients requested to talk to me after their visit. The patient told me how grateful he was for my dad and how he saved his life. From that moment on, I

Did you know?

Fun facts about Dr. Rebecca Sikora:

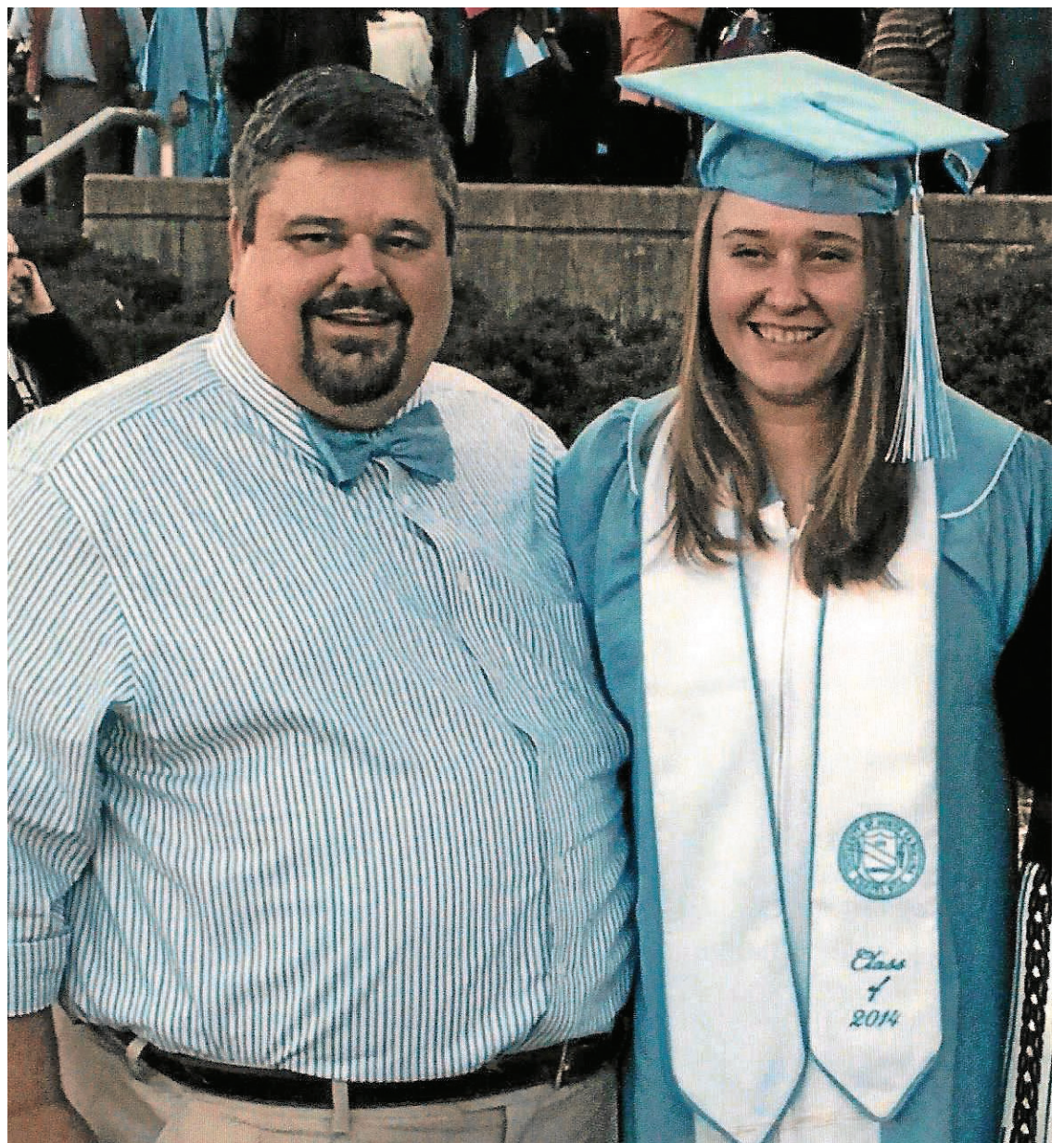
- Before starting podiatry school, she was an au pair in Ireland for five months
- She loves ice cream just like her dad
- Her favorite job before becoming a physician was as a Starbucks barista

knew I wanted to have the same impact on my patients."

Sikora believes in partnering with the patient in deciding the right course of treatment for them. From bunions, hammer toes and Achilles' tendon injuries to trauma and everything in between, Sikora's goal is to exhaust conservative treatment options before opting for the surgical route.

A graduate of UNC-Chapel Hill, Sikora earned a bachelor's degree in chemistry and a medical degree from Kent State University, College of Podiatric Medicine in Ohio. She then completed a 3-year residency in foot and ankle surgery at Wake Forest Baptist Health in Winston Salem.

"When we unexpectedly lost Rich, we were devastated," said Dr. Norman Regal. "We have never been able to fill that void. Having Rebecca join our team not only honors his legacy, but we gained a highly trained physician who can provide that same kind of gentle care Rich was known for and his patients loved."



Dr. Rich Sikora with his daughter, Dr. Rebecca Sikora. A graduate of UNC-Chapel Hill, Rebecca Sikora earned a bachelor's degree in chemistry and a medical degree from Kent State University, College of Podiatric Medicine in Ohio.

LIVING | ADVICE

Energy management

7 tips for feeling more productive every day

JOLENE HANSON | Mayo Clinic News Network

Do you wake up feeling sluggish most mornings? Have caffeinated beverages become a necessity to help power you through the day?

If this sounds familiar, it's time to ditch the quick fixes you rely on, and develop an energy management plan. Getting started may seem daunting, but soon you'll be energized to keep going once you recap the benefits of a happier, healthier and more productive lifestyle.

What is energy management?

Think of your energy as a limited resource, like money in an account. You begin the day with a certain amount to spend. The amount varies from person to person based on factors, such as age, sleep, stress levels, medical conditions and lifestyle.

Activities and interactions withdraw energy from or deposit energy into your account. While you may not always have control over activities that deplete your energy, you can take steps to deposit more energy into your account.

Here are seven tips that can help increase your energy.

1 Eat nourishing food

A well-balanced, healthy diet is at the core of well-being. But it's common to regard healthy eating primarily as a tool for weight loss.

According to the 2020 Dietary Guidelines for Americans, a balanced diet high in fruits and vegetables, lean protein, low-fat dairy and whole grains is needed for optimal energy. You really are what you eat.

Consume a variety of foods from all the food groups to get a range of nutrients to provide energy throughout the day.

Opt for fresh or frozen fruits and vegetables, especially nutrient-dense dark, leafy greens and broccoli, as well as orange vegetables, like carrots and sweet potatoes.

You can choose from many types of fish and legumes to choose from for healthy protein options.

Aim to eat 3 ounces of whole-grain cereals, breads, rice or pasta daily.

2 Sleep seven to eight hours per night

Prioritizing sleep is one of the best things you can do to set yourself up for a successful, energized day. Sleep deprivation can perpetuate serious health conditions, as well as negatively affect your mood, motivation and energy levels. Most adults need at least seven to eight hours nightly.

Take note of how much you sleep each night, factors that contribute to your sleep quality and how rested and energized you feel the next day. Then, try sleep improvement strategies, such as creating a relaxing environment, minimizing light and noise, establishing a bedtime routine and managing stress.

Be consistent. Utilizing the same routine and sleep strategies will help develop your body's internal alarm clock.

With improved sleep quality, people experience better health, and improved emotional well-being, lower risk of diseases, and are more productive.

3 Keep company with good people

Spend time with people whom you enjoy being around. Connecting with others who radiate positivity and have similar interests will excite and energize you.

It's important to set limits and boundaries when you're around people who deplete, not refill your energy reserves.

4 Avoid news overdose

Consuming news is an important way to stay connected to what's happening in the world.

Unfortunately, the news can be filled with stories of suffering, which can skew your view of the world and cause you to focus on your fears.

You can't avoid these stories altogether, but try to minimize your exposure when you can, especially during trying times.

5 Exercise

The Department of Health and Human Services recommends that adults complete at least 150 minutes of moderate-intensity physical activity each week. This will add to your energy account, not subtract from it.

Exercise relieves stress and tension, boosts endurance and helps your body work more efficiently.

6 Do something meaningful each day

Do something you enjoy every day, even if it's a simple act like cooking a healthy meal or listening to your favorite song. Putting effort into the things that matter to you will help you use and reserve your energy.

7 Think good thoughts for others

Maintaining a compassionate mindset is another way to conserve energy. One example of practicing this is called kind attention: Try to make eye contact with a stranger and smile, while thinking "I wish you well."

This positive act can keep you from judging others, which can cause us to judge ourselves. That type of negative internal dialogue can be exhausting.

Jolene Hanson is a clinical social worker in psychiatry and psychology with the Mayo Clinic Health System in Mankato, Minn.

3 ways to care for yourself

1 Take your energy "temperature" throughout the day, assigning it a number from 1 to 10. Identify the people or events that impact you most.

2 Once you are aware of what sabotages your energy, start small with next steps. For instance, if disorganization is a source of daily stress, pick one cabinet, closet or drawer to organize each week, instead of doing it all at once. Move on to your next goal when you feel ready.

3 Take note of the times during the day when your energy levels tend to be the highest. Decide how you can take advantage of those moments by prioritizing important tasks when you are feeling fresh and productive.



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