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*Extension Home
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Keys to a Healthy-Snack Home

Are you tired of always denying yourself? Explore ways to make heart healthy choices that can improve the nutritional value of your diet and can give you the little pick-me-up you need to make it through the day.

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Todd Capistrant, DO
*Tanana Valley
Clinic*

Osteopathic Manipulation: Get Moving and Get Heart Healthy

The Fascial Distortion Model provides effective methods of identifying and treating a wide range of musculoskeletal injuries, including pulled muscles, fractures, sprained ankles, etc., and also provides insights into treatment of many medical conditions such as stroke and heart problems.

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Tanana Valley Clinic***



Donald Ives, MC
*Laser Vein Center
of Fairbanks*

Healthy Legs, A Healthier You: New Laser-Based Treatments For Painful Varicose Veins

Painful leg veins are often a hidden problem. Having them can change the quality of life for 30-40% of women by decreasing their ability to tolerate exercise, thereby impacting their overall health. There are new, laser-based outpatient treatments that can improve the pain of varicose veins in a short time, putting women back on their feet and allowing them to exercise freely once again.

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