

# WE ARE GROWING TO CARE FOR YOU BETTER!



## Meet Our Newest Providers!



**Andrew Odland, DO**

 2450 SW Perkins Ave

### Quick Facts

- Completed medical school at Pacific Northwest University of Health Sciences and Family Medicine residency with Oklahoma State University Center for Health Sciences
- Focused on preventive, patient-centered care with an osteopathic approach
- Enjoys tennis, reading fiction, and spending time with his wife, son, family, and friends



**Cody Sellers, DO**

 2450 SW Perkins Ave

### Quick Facts

- Completed Internal Medicine training with a passion for community-based care in underserved areas
- Committed to building long-term relationships with patients and families in Eastern Oregon
- Enjoys football, playing guitar, woodworking, cooking, and outdoor activities with his wife and three sons



**Branson Worthen, FNP**

 2450 SW Perkins Ave

### Quick Facts

- Completed Family Nurse Practitioner degree from Maryville University with background in cardiac care
- Passionate about building long-term patient relationships and helping patients achieve healthier lives
- Enjoys hunting, fly fishing, hiking, cooking, camping, and spending time with his wife and three daughters



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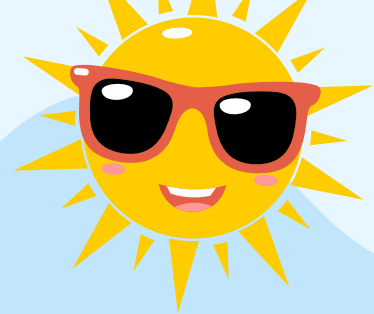


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# Enhance Your Mental Health this Summer



By Jason Prinster, PhD  
Director of Primary Care  
Behavioral Health

**Summer is a great time to focus on enhancing your mental health and mood.**

## STAY ACTIVE OUTDOORS:

Engage in outdoor activities like walking, jogging, or cycling. Exercise is vital for mental and physical health. Sunlight exposure can also help regulate your circadian rhythm and boost vitamin D levels, which are linked to mood improvement.



## PRACTICE MINDFULNESS

Take some time to practice (or learn) mindfulness exercises in an outdoor space. Being present and just observing in nature can reduce stress and promote relaxation. Mindfulness is evidence-based, with numerous studies showing its effectiveness in reducing stress, improving emotional regulation, and enhancing overall psychological well-being.

## STAY CONNECTED:

Maintain social connections by planning gatherings with friends and family, or just reach out to friends and families to talk or tell them that you love them! Social support is crucial for mental wellbeing. Research consistently demonstrates that strong social connections are associated with reduced risk of mental health disorders, increased resilience to stress, and overall improved quality of life.



## STAY HYDRATED AND EAT WELL:

Drink plenty of water throughout the day and incorporate seasonal fruits and vegetables into your diet. Diet plays a crucial role in mood regulation as certain nutrients influence neurotransmitter production and inflammation levels, impacting emotional stability and mental health.

By incorporating these tips into your summer routine, you can support your mental health and enjoy the season to its fullest. Remember, small changes can make a big difference in how you feel mentally and emotionally.

Always remember that at Praxis Health we encourage all of our patients to reach out to us if you have any questions or need more support. Your mental health is fundamental to your overall health and we are here to help!



# Tick Season in the Pacific Northwest

## Learn how to stay safe this summer

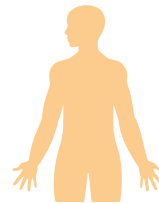
**Late spring through midsummer is peak tick activity across Oregon, Washington, and Idaho;** especially in tall grasses, brushy trails, and along the edges of wooded areas. Most tick bites are harmless, but a small percentage can transmit illness, and tick-borne diseases like Lyme disease, Rocky Mountain spotted fever, and tularemia have been confirmed in the Pacific Northwest.

### Tick Season Tips:

*The good news: prevention is straightforward and highly effective.*



**Stay on the center of trails** when possible as ticks typically wait in the brush along edges



Do a **full tick check** within 2 hours of coming inside including scalp, behind ears, waistband, and behind knees



Use **EPA-registered repellents** containing DEET, picaridin, or permethrin (for clothing)



**Shower and tumble-dry clothes on high heat** for 10 minutes to kill any ticks you missed



**Wear light-colored long sleeves** and pants when hiking through grass, so ticks are easier to spot.



### If You Do Find a Tick Attached, Don't Panic

Remove it promptly with fine-tipped tweezers, pulling straight up with steady pressure. Then watch the bite for 30 days. If a rash, fever, fatigue, or joint pain develops, then it's time to seek medical attention.



### Concerned about a tick bite?

Call your local Praxis Health Clinic or visit your local urgent care

**Find your clinic at:**

[GoPraxisHealth.com](https://www.go PraxisHealth.com)