

HEART HEALTH MONTH



Each February is dedicated to American Heart Health Month. Many people aren't aware that heart disease is the number one killer in the United States and it claims more lives each year than all cancers combined. February is an important time for us to take a look at what we can do to lower our own individual risks for heart disease.

Be Active. 30 minutes a day is the minimum goal, and remember this can be divided up into smaller blocks of time if/as needed.

Maintain a Healthy Diet. Strive to include a variety of fruits and vegetables, whole grains, low-fat dairy products and lean protein sources each day.

Aim for a Healthy Weight. Carrying extra weight especially in your mid-section is hard on your heart and can increase your risk for diabetes.

Avoid Commercial Tobacco. Smoking increases your risk for heart disease, heart attack and other heart related complications.



About
316,000
people in Wisconsin
have coronary
heart disease.

This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2022.



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A HEALTHY HEART
FOR A BETTER LIFE



WELCOME TO OSTP!

- Swanson Sweet LLP
8020 Excelsior Drive, Suite 401



Anderson & Shapiro Eye Care Celebrates 25th Anniversary

In 1998, Dr. Charles Anderson and Dr. Michael Shapiro founded Anderson & Shapiro Eye Care with a vision to create an eye care practice that prioritized personalized attention and exceptional outcomes for their patients. Over the years, their dedication has grown into a thriving medical center offering comprehensive services ranging from routine eye exams to advanced surgical procedures such as LASIK and cataract surgery.

In 2012, Dr. Anderson's daughter, Dr. Nicole Anderson-Weiss, joined the practice, further strengthening their commitment to providing top-notch care for generations to come. The trio consistently worked together to stay at the forefront of advancements in eye care technology and techniques, ensuring that they offer the best possible results for their clients.

Dr. Charles Anderson may have retired in 2019, but his spirit and vision surely did not, as they live on in Anderson & Shapiro to this day through his longtime partner/colleague, daughter, and the wonderful staff both past and present! Ever since its inception, Anderson & Shapiro Eye Care is steadfast to offering the best in surgical and eye care technology. Dr. Shapiro implanted the first-of-its-kind bi-focal cataract implant in Wisconsin. Their LASIK surgery platform was the first approved for Navy and Air Force fighter pilots, as well as NASA astronauts. Moving forward, they continue to invigorate their clinical practice with the latest diagnostic equipment and treatment methods and their surgical practice with the most advanced implants and equipment to date.

Anderson & Shapiro Eye Care celebrates its 25th anniversary this year. It is a testament to their level of care that the practice has become an integral part of the community. Their unwavering focus on personalized care, quick availability, and excellent outcomes has made them the provider of choice for countless individuals seeking eye care service in Southern Wisconsin. Throughout this journey, Anderson & Shapiro Eye Care has remained true to its founding principles: providing a comfortable environment where patients feel at ease, offering treatment plans tailored to their unique needs, and maintaining an unwavering commitment to delivering the best possible results.

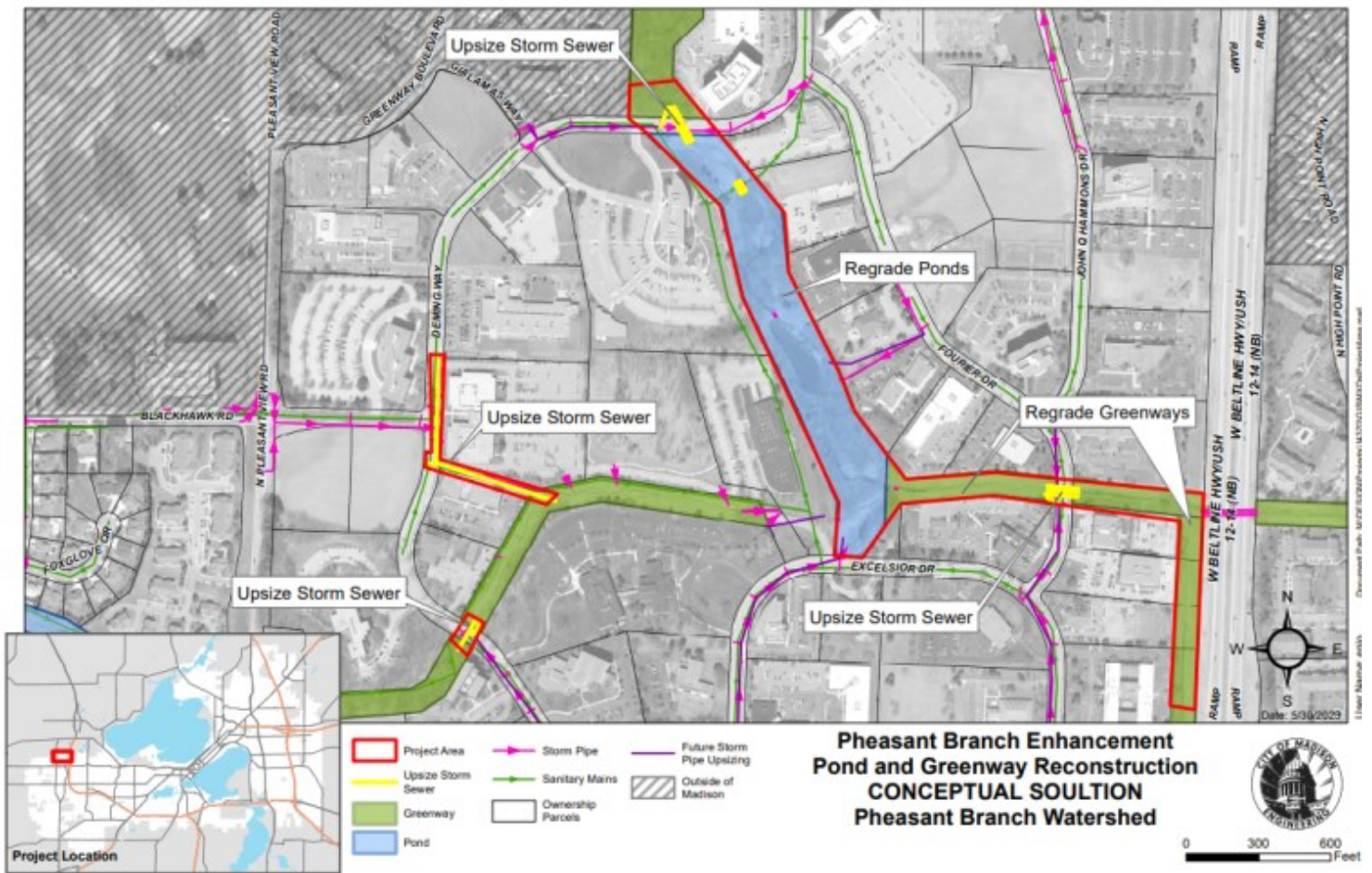
One of the key aspects that sets Anderson & Shapiro Eye Care apart from other practices is their pledge to making eye care services accessible for all members of the community. They understand how important it is to address vision issues as soon as possible, which is why they can frequently offer same-day availability for routine care and surgical consultations within weeks of referral.

The practice's focus on availability and accessibility has made them a trusted provider of exceptional eye care to thousands of people every year, further solidifying their reputation as leaders in the field. The focus on individual care keeps those same people coming back. Together, this team has created an environment where personalized attention is given to each patient's unique needs, making Anderson & Shapiro Eye Care a first and last stop for many eye care services.



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Pheasant Branch Enhancement Project



The City of Madison is in the design and planning phase of a project that is intended to improve water retention and avoid future flooding in Old Sauk Trails Park and surrounding areas. The project is expected to have a major impact to the area during the construction phase, which is expected to begin in 2025.

This project will re-grade the ponds between Excelsior Drive and Deming Way. It will also re-grade the greenways between the Beltline (HWY 12-14) and the pond system. The project will upscale the following storm sewer:

- Deming Way culvert crossing near 934 Deming Way
- Storm sewer from the Blackhawk Deming Way intersection in between 1111 and 1117 Deming Way
- The culvert under Fourier Drive
- The culvert under Deming Way on the downstream (north) side of the pond

How Iconica is Designing its Office to Support Collaboration

As a design-build company, our workspace isn't just an office, it's a canvas for innovation and creativity. That is why we are thrilled to remodel our office space to better align with our values, goals, and how we like to work. Join us as we share the vision behind our office makeover, featuring focus rooms, collaboration spaces, and a work cafe.



1. Reflecting Our Identity:

Through this remodel, we aim to bring our brand to life, crafting a workspace that narrates our story and reflects our passion for architecture, engineering, and construction. Our values and behaviors will be showcased throughout the office design, with artwork representing our culture and branding.



2. Enhancing Productivity:

The proper workspace can significantly impact productivity and employee morale. Our remodel is centered around providing a more efficient and comfortable environment for our team. We're investing in focus rooms for quiet, uninterrupted work, collaboration spaces to foster teamwork, and a work cafe for relaxed and informal discussions.

Focus Rooms: The foundation of productivity, our focus rooms will offer a peaceful, distraction-free environment for tasks that require more concentration.

Collaboration Spaces: Teamwork is one of our beliefs at Iconica. Our collaboration spaces are designed to facilitate brainstorming sessions and creative discussions.

Work Café: Our work café will provide a relaxed setting for informal discussions, networking, and rejuvenation. It will be a versatile space where employees can take a break, recharge, or even conduct casual meetings.

3. Health and Well-Being:

The office remodel is an investment in our employees' satisfaction and well-being. By creating an office that is functional and aesthetically pleasing, we aim to boost employee morale and create a space that our team is proud to be a part of.



We look forward to sharing the progress of our office remodel with you as we strive to create a workspace that genuinely reflects who we are – a design-build company committed to innovation, design, and construction excellence. Stay tuned for updates on our transformation journey.



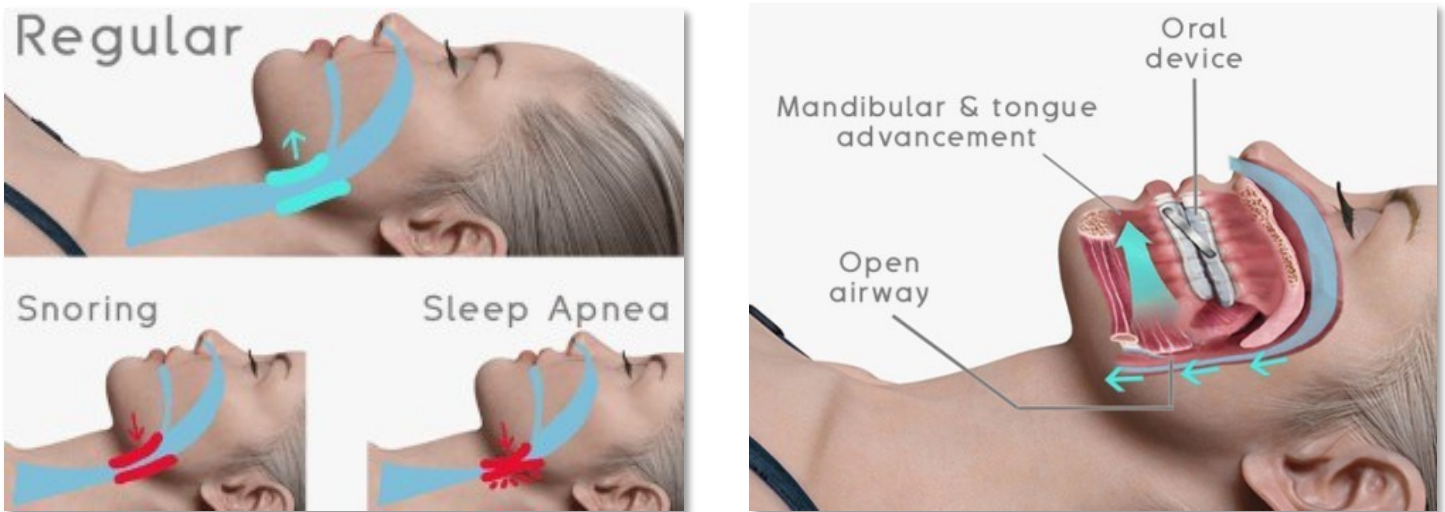
ICONICA

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Lack of Sleep is a Big Issue; here's a Tiny Solution

Sleep is necessary for our body to heal and get back to base line. Our bodies need this regenerative time to maintain overall health. Without good sleep, your quality of life can suffer. You can be the one who suffers from poor sleep by snoring or waking multiple times a night, or your bedroom partner can suffer from being woken by your snoring or choking throughout the night.

Obstructive Sleep Apnea (OSA) is a disorder in which breathing continuously stops and starts throughout the duration of your sleep. The airway collapses, cutting off airflow to the lungs and the rest of the body. About 22 million Americans suffer from sleep apnea, and 80% go undiagnosed. There are consequences to ignoring OSA and it can have cumulative effects. This means the longer the disease goes untreated, the greater the negative side effects and associated health risks start to show.



Consequences of OSA:

- Difficulty concentrating on tasks such as driving/falling asleep while driving
- Excessive daytime sleepiness
- Morning and daytime headaches
- Generalized irritability
- Impaired emotional functioning
- Sleep disordered breathing in childhood may be instrumental in delaying or damaging cognitive development

If sleep apnea remains untreated, other health conditions may emerge or current health problems may heighten, including:

- High blood pressure
- Heart disease (attack, failure)
- Stroke
- Diabetes (regular and gestational)
- Depression
- Reflux (GERD)
- Atherosclerosis
- Sexual Dysfunction
- Shortened life span

There is a simple solution! At Andler Dental we are able to have a board-certified sleep physician evaluate your quality of sleep by taking a simple one-night sleep test in the comfort of your home. If you are diagnosed with snoring, mild, or moderate sleep apnea, we can help!

A solution can be delivered within one to two weeks of being diagnosed with a snoring disorder or Obstructive Sleep Apnea (OSA). It is called a Mandibular Advancement Device (MAD), which is a small custom-fit mouth piece that can improve your sleep from day one by gently moving your tongue and lower jaw forward to open your airway while you are at rest. If diagnosed with mild or moderate sleep apnea, it will replace a CPAP machine and has multiple advantages: it's comfortable so you can change sleep positions during the night. It's quiet so no noisy running motor or air pressure. It's portable so you can easily take it on trips. Also, keeping it clean is as easy as using your toothbrush so it remains germ-free. The most important thing you will notice is that you will wake with renewed energy and feeling refreshed.

Life isn't about existing, it's about living your best life by sustaining the quality of the years you have. Please call us today to take this simple and possible life changing test!



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