

# HEALTH CONNECTION

YOUR HEALTH, YOUR LIFE

## TAILORING YOUR TAILGATE Eat to Win

SMART HABITS FOR  
**MODERN  
CONVENIENCES**

**CARBONATED  
BEVERAGES:**  
GOOD, BETTER, BEST



**MOUNTAIN WEST  
MEDICAL CENTER**  
*Quality care. Right here.*

# 4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

**1. Smartphones are hard on your musculoskeletal system.** Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

**Smartphones distract you from your surroundings.** Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

**3. Smartphones are a haven for germs.** Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

**Smartphones interfere with getting things done.** A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

**Conclusion:** To prevent these pitfalls, be choosy about when and how often you use your phone.

2.

4.



## IN PAIN?

An orthopedic surgeon is a good resource.

If you suffer from musculoskeletal pain in shoulders, back, wrists or hands, an orthopedic surgeon may be able to help. Call (435) 633-9058 for a consultation with Jake Daynes, D.O., or Cassie Broadhead, P.A., at Tooele Medical Group Orthopedics.



Jake Daynes, D.O.



Cassie Broadhead, P.A.

*Dr. Daynes is a member of the medical staff at Mountain West Medical Center. Cassie Broadhead, physician assistant and member of the allied health staff at Mountain West Medical Center, treats patients of all ages.*

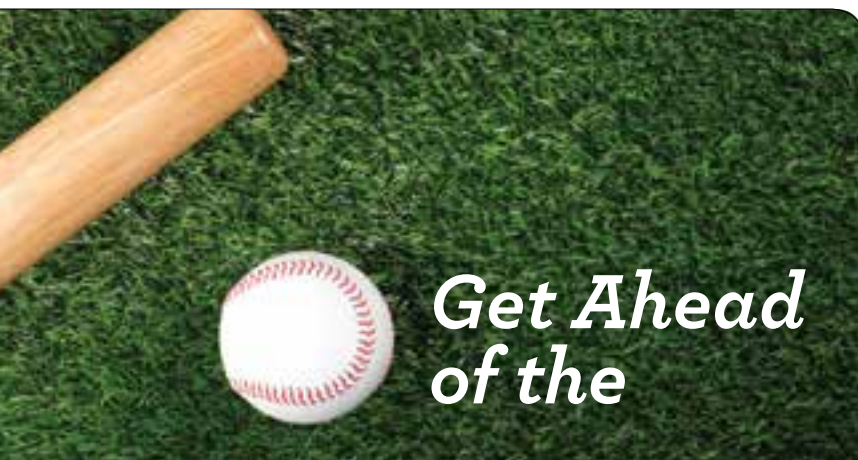
## TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.







*Get Ahead  
of the*

# GAME

Although last year's flu season was one for the record books, 2018-2019 is a whole new ball game.

By the first week of February 2018, one in every 13 doctor's appointments was for the flu. This ties the highest level recorded, which occurred during the 2009 swine flu epidemic.

H3N2, last flu season's dominant strain, was more severe than other types, affecting people otherwise in excellent health as much as people with compromised immune systems. People who had last year's flu vaccine were 25 percent less likely to get H3N2, according to the Centers for Disease Control and Prevention (CDC).

## PREPARE FOR A WINNING SEASON

Reduce your family's chances of getting the flu by preparing for the upcoming flu season now:

- **Don't wait to get your flu shot** — Ask your primary care doctor when flu shots will be available in your area, and get vaccinated as soon as possible.
- **If you experience flu symptoms, go to the doctor immediately** — Your doctor can prescribe antiviral medication, which lessens the flu's severity and often shortens its duration.
- **Practice healthy habits** — Stay at home if you feel ill. Make sure everyone in your home washes their hands frequently.



To schedule a flu shot with a primary care provider, call Tooele Medical Group at (435) 222-7102 or go to [MountainWestAnytime.com](http://MountainWestAnytime.com) to schedule an appointment online.



## A SURGICAL SOLUTION FOR Heartburn WITHOUT AN INCISION



Blaine  
Cashmore, M.D.

What may have seemed like science fiction, surgery without an incision is now a reality. Transoral incisionless fundoplication, known as the TIF procedure, is giving patients suffering from chronic acid reflux or gastroesophageal reflux disease (GERD), a normal life.

Blaine Cashmore, M.D., General Surgeon at Mountain West Medical Center, is now offering the TIF procedure for the treatment of GERD.

"The TIF procedure can significantly improve quality of life for our patients," Dr. Cashmore says. "Clinical studies show that at three years after the TIF procedure, 70 percent were able to completely stop medications, reflux esophagitis healed in 87 percent of patients and 91 percent of patients reported elimination of troublesome regurgitation. Reflux no longer impacts their life like it previously did."

## A SAFER OPTION

With millions of Americans diagnosed with GERD and not fully satisfied with their treatment options, the TIF procedure offers an excellent alternative.

Dr. Cashmore is currently the only certified surgeon in the state of Utah who offers the TIF procedure.

"We are very excited to be able to offer our patients the same benefits as more invasive surgery with less risk," Dr. Cashmore says.



If you or someone you know suffers from GERD, call Dr. Cashmore with Oquirrh Surgical Services at (435) 412-2675 for a consultation.

*Dr. Cashmore is a member of the medical staff at Mountain West Medical Center.*

# Stop the BLEED

Until emergency responders arrive, you may be someone's best chance at surviving a traumatic injury.

Traumatic injuries are the leading cause of death for Americans younger than 46 years old, according to The National Academies of Sciences, Engineering and Medicine.

The Stop the Bleed Program, created by the Hartford Consensus, outlines steps for saving lives in the case of traumatic bleeding injuries. Whether you're a bystander to a car accident, shooting or other bleeding emergency, follow these steps until an ambulance arrives. Your actions can make a difference.

## Step One: MOVE TO SAFETY

First, make sure both you and the injured person are safe and out of the way of further danger. If necessary, move the injured person to a safer location, for example — out of the way of oncoming traffic.



## Step Two: CALL 911

Dial 911 or tell someone near you to do the same. Once someone has made contact with emergency medical services, you can take action. If the person is confused or unconscious, it's likely that they need your help.

## Step Three: FIND THE BLEED

Bleeding requires immediate action if blood is spurting, soaking through clothing, pooling on the ground or flowing nonstop.

## Step Four: APPLY PRESSURE

If a first-aid kit is available, cover wounds with bleeding control or plain gauze and apply as much steady pressure as you can directly on top of the wound. Pack deeper wounds with gauze before applying pressure.

If a first-aid kit isn't available, use a clean cloth or item of clothing to cover or pack the wound and apply pressure. If no cloth or gauze is available, apply pressure directly with your bare hands.

## USING A TOURNIQUET

If an injured person is bleeding from an arm or leg, you can use a first-aid kit's tourniquet to stop the bleeding. Wrap the tourniquet two to three inches above the bleeding site. If necessary, go higher to avoid joints. Pull the tourniquet strap as tight as you can through the buckle. Twist the rod or windlass until the bleeding stops and secure it. If necessary, you can apply a second tourniquet above the first one if bleeding resumes or doesn't stop. Make sure to take note of what time you applied the tourniquet and provide the information to emergency responders when they arrive. They will have to weigh the decision whether to remove the tourniquet in transit or wait until they reach the hospital.

## WHEN TO CALL 911

If you're not sure whether to call 911, ask yourself these questions:

- Could moving the person worsen the condition or injury?
- Could the condition get worse on the way to the hospital?
- Is the situation life- or limb-threatening?
- Would distance or traffic keep the person from getting to the hospital in time?

If you can answer "yes" to any of these, or you're still not sure, call 911 immediately.



Mountain West Ambulance Services is available 24/7, staffed by trained and experienced paramedics and EMTs. For ER wait times, go to [MountainWestMC.com](http://MountainWestMC.com).

*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*

# Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

## FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

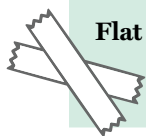


**Flat Fact:** As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

## FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks



**Flat Fact:** Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

## FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



**Flat Fact:** The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



Is your consumption of carbonated drinks affecting your health? If you find cutting back is hard to do, talk with your doctor or dentist for helpful suggestions. Need a provider? Visit [MountainWestMC.com](http://MountainWestMC.com) and use our "Find A Doctor" tool.



**According to the American Heart Association:**

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.



# 4 Sneaky DIET SABOTEURS



## Fast Fact

Multiple studies show that using a food journal — a log that details the types of foods, beverages and nutrients consumed every day — helps boost weight-loss success.

You diligently balance carbohydrates and count the calories you consume during meals, but what about snacks and drinks?

Some food choices seem too small to count, but they quickly add up. Maximize your efforts to lose weight and control blood sugar by adopting these four habits.

### 1. Snack like your ancestors.

Snacking on fresh vegetables, berries and unsalted, dry-roasted nuts between meals can be part of a diabetes-friendly diet. Conventional snacking may seem innocent, but one cup — approximately two handfuls — of potato chips, for example, packs roughly 140 calories and 13 grams of carbohydrates. Three chocolate sandwich cookies have 160 calories, 25 grams of carbohydrates and 14 grams of added sugars.

**2. Take coffee with real cream.** Replacing nondairy creamer with half and half will cut calories, slash carbohydrates and add protein — 2 tablespoons of half and half is only 40 calories, has only 1 carbohydrate and adds 1 gram of protein to your morning Joe. One common French Vanilla nondairy creamer contains 70 calories and 10 grams of carbohydrates per 2 tablespoons.

Struggling to control your blood sugar? Consider skipping your morning coffee altogether. In some people, caffeine can spike blood sugar, according to the Centers for Disease Control and Prevention (CDC).

**3. Eat breakfast.** Teens who ate breakfast daily had a lower body mass index than peers who ate breakfast occasionally or never, according to a study in the journal *Pediatrics*, yet early eaters ate more calories than those who skipped.

**4. Drink water, the healthiest zero-calorie beverage** — Even with no or low calories, diet drinks may not be the best choice. The CDC reports that studies show artificial sweeteners may elevate blood sugar levels. More research is needed. Also, foods and beverages that contain artificial sweeteners may increase cravings for sweet treats and make it hard to stick to healthy choices, according to Harvard Medical School.



## CLASS IS IN SESSION

It can be challenging to manage diabetes at first. You may need to change your diet, adopt a new exercise regimen, or begin taking medication or using insulin therapy. Fortunately, you don't have to make these changes alone. Diabetes self-management training can help you successfully monitor the disease and prevent diabetes-related complications. Programs often provide education on topics like:

- insulin therapy
- monitoring blood sugar at home
- physical activity and how exercise affects blood sugar
- planning balanced meals and snacks

The American Association of Diabetes Educators reports that people who complete diabetes self-management training after their diagnosis are more likely to keep up with doctor's appointments, use medications as recommended and control their blood sugar and blood pressure. To find out if diabetes self-management training is right for you, talk with your physician. The program and annual follow-up sessions are covered by many insurance providers, including Medicare.



Mountain West Medical Center Dietitian Shelby Straley, R.D., offers classes for diabetes management as well as weight loss. To sign up for a class or for more information, call (435) 412-2773.

# AT LAST

PAIN-RELIEF

Chronic pain shouldn't keep you from the things you love.



When pain persists after an injury or stems from a cause that isn't easily identifiable or treatable, it can become chronic and last for several months to several years. Potential triggers for chronic pain include arthritis, cancer, headaches or migraines, nerve damage, and previous surgeries, injuries or infections, according to the American Academy of Family Physicians.

## TAKE BACK YOUR LIFE

Opioids aren't the only treatment for chronic pain. Other remedies and lifestyle changes that can help you feel better include:

- **exercise therapy** — Prescribed exercise programs not only help relieve pain but also address problems with posture or muscle weakness that may contribute to pain, according to the Centers for Disease Control and Prevention. Low-impact activities, including walking, swimming, yoga and tai chi, are among the exercises physicians may recommend to ease low back, arthritis or fibromyalgia pain.
- **injections and nonopioid medications** — Over-the-counter and prescription remedies range from ibuprofen and acetaminophen to steroids, antidepressants and seizure medications. Epidural, corticosteroid or nerve block injections may also be part of your treatment plan, depending on the source of your pain.
- **massage, acupuncture and spinal stimulation** — These complementary therapies may be especially beneficial for those with low-back pain, according to the National Center for Complementary and Integrative Health.
- **surgery** — Back pain, headaches and facial pain from nerve damage and other conditions are among the types of pain managed with surgical solutions, according to the American Association of Neurological Surgeons.
- **weight loss** — Reducing the amount of weight on your joints can ease arthritis pain and slow progression of joint damage.

Review your symptoms with your physician to find out the possible source of your pain and the right way to manage it.



If you need to discuss your pain concerns, call (435) 222-7102 to find a Tooele Medical Group provider who can see you quickly and take time to explain your options, or schedule online at [MountainWestAnytime.com](http://MountainWestAnytime.com).

## Fast Fact

More than 100 million Americans — close to roughly one-third of the U.S. population — have pain that persists over weeks and years, according to the National Institute of Neurological Disorders and Stroke.

## STUDY UP ON YOUR MEDS

Taking your medications as prescribed is critical to getting better. To make sure you and your doctor are on the same page, the National Library of Medicine recommends asking these questions every time you receive a new prescription.

- 1. Why should I take this medication?** You need to know the name of the condition your physician is hoping to address and understand how the medication will help you — for example, by regulating blood sugar, relieving back pain or lowering blood pressure.
- 2. Are there any side effects?** Learn which warning signs may point to an allergy or other potentially harmful reaction.
- 3. Can this drug interact with other medications or food?** Review the names of all supplements, over-the-counter medications and prescription drugs you take with your physician. Make sure it's OK to continue taking these remedies and also ask if you should avoid alcohol or certain foods while using the new prescription.



## The Gift of You

When you share your talents with others, you receive as much as you give.

Your skills are unique, and there's likely an organization in your community that could use them. Why volunteer your time and talents? Serving others and supporting a cause that's important to you are just two reasons. Improving your health is another.

According to the Corporation for National & Community Service (CNCS), volunteering:

- boosts functional ability
- helps prevent depression
- improves mood and outlook
- lowers risk of death

Volunteering is also a great way to expand your social circle — a key defense against depression as you age — and keep life fresh by introducing a change of scenery into your daily routine. It's never too late to volunteer or reap the health rewards of doing so — older adults benefit the most from the experience, the CNCS reports.

### PAYING IT FORWARD

Giving the gift of time at your local medical center can be a gateway to the world of volunteering. As a hospital volunteer, you'll have the opportunity to meet people who share your passion for service and are looking for ways to make a difference. Take time to explore how volunteering your time can be an outlet for your talents and a growing bond to your community.



If you would like to give the gift of your time at Mountain West Medical Center, call Diane at (435) 268-5238 for a volunteer application and to get answers to questions you may have.

# SIMPLY Perfect PEAR TART

Taking advantage of these seasonal stars, you'll fall for this dessert with an almond crust.

### INGREDIENTS

- |   |  |
|---|--|
| 2 firm Bartlett pears, cored, peeled, and sliced into 12 wedges | $\frac{3}{4}$ cup all-purpose flour                  |
| 1 tablespoon lemon juice  | $\frac{1}{2}$ teaspoon baking powder                 |
| 1 tablespoon dark brown sugar                                   | $\frac{1}{4}$ teaspoon salt                          |
| $\frac{1}{2}$ cup raw almonds                                   | 1 large egg  |
| $\frac{1}{2}$ cup granulated sugar                              | 1 teaspoon grated lemon zest                         |
|   | 2 $\frac{1}{2}$ tablespoons unsalted butter, chilled |

### DIRECTIONS

1. Use cooking spray to prepare 9 1/2-inch tart pan. Preheat oven to 375 °F. In a mixing bowl, combine pears, lemon juice and dark brown sugar.
2. Add almonds and granulated sugar to a food processor and pulse until combined and fluffy. Add flour, baking powder and salt. Pulse, then add egg and lemon zest. Slice chilled butter and pulse until just combined.
3. Press dough into the bottom of the tart pan. In a circular pattern, arrange pear slices in a single layer. With sugar-lemon mixture remaining in the bowl, brush fruit and save remaining liquid.
4. Bake until crust is puffy and brown, about 45 to 50 minutes. At about 40 minutes, brush tart with remaining sugar-lemon mixture.
7. Cool in the pan for 10 minutes, then serve.

Servings: 8

### NUTRITION INFORMATION

Calories: 204  
Saturate fat: 3g  
Carbohydrates: 31g  
Fiber: 2g  
Protein: 4g





Mountain West Medical Center

Welcomes

NEW OB-GYN



Meena  
Aserlind, M.D.

When Meena Aserlind, M.D., was only eight years old, she knew what she wanted to be when she grew up: a doctor. When she was 15, she shadowed jobs at her hometown hospital and knew then it would be a career that she'd love.

"I have never wanted to be anything else," Dr. Aserlind says. "I'm not sure where I got the idea from. No one in my family is in the medical field. Nevertheless, it is something that I have always been passionate about."

#### FEELING RIGHT AT HOME

Dr. Aserlind is Mountain West Medical Center's new OB-GYN. The passion that led her to become a physician also played a hand in her choice to come to Tooele County. Board certified and with a four-year residency completed, Dr. Aserlind and her skills were sought by hospitals in Washington, Colorado and Texas.

Yet, after only being in Tooele once, she knew that Mountain West was her hospital to open a new practice.

"I had gone on a couple of interviews before, but I canceled my remaining interviews after I finished meeting everyone in Tooele," Dr. Aserlind says. "I knew I had found the place I wanted to be. I love the kindness and the genuine friendliness of everyone that I met."

#### JOURNEY OF SELF-DISCOVERY

Born in State College, Pennsylvania, Dr. Aserlind graduated from high school in Spartanburg, South Carolina. After graduating from Clemson University in 2011 with a Bachelor of Science in Biomedical Engineering, she went on to the

University of South Carolina School of Medicine and earned her degree in 2014.

Since then, until early summer 2018, she was an OB-GYN resident at Jackson Memorial Hospital in Miami, Florida.

Dr. Aserlind says her choice to become an OB-GYN came as a surprise to her. She had wanted to become a surgeon or practice emergency medicine. But in the middle of her third year of medical school, she did an obstetrics rotation.

"Two days into the rotation, I called my parents and told them I was going to be an OB-GYN," Dr. Aserlind says. "It just felt perfect. It had everything that I was looking for but wasn't finding in other specialties. I get to do inpatient, outpatient, surgery, procedures and emergencies that arise."

#### CARING FOR THE COMMUNITY


Dr. Aserlind says her core beliefs in providing health care include that every person should get the same level and quality of care, regardless of background, insurance, socio-economic status or any other factor. As part of those core beliefs, her goals as an OB-GYN at Mountain West include focusing on preventive care, especially for adolescent women.

She also has a keen interest in participating in Mountain West's Women's Health Expo and becoming involved in other health-related events that involve the community. When free time allows, Dr. Aserlind and her husband look forward to enjoying Utah's great outdoors while hiking, skiing and scuba diving.




Dr. Aserlind's office is located in Suite 101 in the Medical Office Building (196 E. 2000 N.) adjacent to Mountain West Medical Center. For more information or to make an appointment, call (435) 572-7642.

*Dr. Aserlind is a member of the medical staff at Mountain West Medical Center.*



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

# Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



**1****1ST DOWN: THE DRAW**

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

**2****2ND DOWN: THE OPTION**

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

**3****3RD DOWN: THE COUNTER**

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

**4****4TH DOWN: THE TOSS**

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



If a weight-loss class is what you are looking for during this football season, call Mountain West Medical Center Dietary Services for more information at (435) 412-2773.

**VICTORY OVER DEFEAT**

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

**EXTRA POINT: THE PLAY-ACTION**

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.





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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (435) 843-3600 (TTY: (800) 346-4128).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (435) 843-3600 (TTY: (800) 346-4128)。

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



WHO KNOWS YOU

BEST?

The one who's seen you at your worst. Count on your primary care provider to be your coach, friend and guide as you continue on your lifelong journey to optimal health.

We have five primary care providers at four locations to meet your needs. Schedule an appointment today online at [MountainWestAnytime.com](https://MountainWestAnytime.com) or call (435) 222-7102.