

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

TASTE OR
TOSS IT
BEHIND THE
BEST-BY DATE

IS IT A COLD,
THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**



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

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Mountain West Medical Center have easy ways for you to drop off old medicine.



Do you know where to dispose of old prescription medications? The Tooele County Health Department has a list of drop boxes and other information posted at TooeleHealth.org. You can ask your primary care provider for this list, as well.

BACK TO ROUTINE?

After an unusual spring and long summer, going back to school might be harder than usual.

If classrooms open this fall as scheduled, it's going to be a big adjustment for students. Instead of just having two or three months off, most kids across the country have been out of their physical school buildings since March, and not everyone has been learning at the same pace.

As parents, one of the most important things you can do is to be supportive, child psychology experts say. Back-to-school anxiety is common, and given the stressful year everyone has had, it's crucial to let your child know that their feelings are normal.

One thing to help make the transition easier is to plan ahead for the changes in the morning and evening routine and discuss them with your child. Start practicing earlier wakeup and bedtimes a week or two before school starts. Involve your children in everything, from choosing school supplies to planning breakfasts, lunches and school clothes, so they feel some sense of ownership.

Positive feedback and reinforcement should help your child adjust. If you're worried about how they are handling the new routine after a couple of weeks in school, check in with your pediatrician.



Whether your child is back in the classroom or homeschooling, routine is important. Stick to a routine of checkups and immunizations for good health. Find a primary care provider and schedule online at MountainWestAnytime.com.



Stock Up on *Healthy Foods*

These shelf-stable pantry items will ensure healthy meal prep.

Most families are cooking more in 2020 than they were in 2019, but that doesn't necessarily mean all your home-cooked meals have been healthy. To eat better — and to save money at the grocery store — follow these tips from the U.S. Department of Agriculture to stock your pantry with healthy staples.

- **Go all in on beans.** Dried or canned, beans are an easy way to add protein to meals, whether in a burrito, a casserole or on a salad. Look for low- or no-sodium canned beans.
- **Keep it cool.** Onions and potatoes stay fresh for months, if you store them in a cool, dark spot.
- **Sauce it up.** Keep salsa to add flavor and canned crushed tomatoes and tomato paste to make low-cost pasta sauce.
- **Variety is the spice of life.** A simple meal of beans and rice can become a dish inspired by Mexican, Cuban, Indian, Italian or Asian cuisines, depending on how you season it. Stock up on a variety of spices, so you're never eating the same meal twice.
- **Whole grains are great.** Brown rice (without added salt or butter) is healthy and easy to cook. Try grains like quinoa, barley and amaranth for an additional nutritional punch. And don't forget steel-cut or rolled oats for breakfast.



Meet with a hospital dietitian to get a plan for healthy eating that works for you. Call (435) 843-3779 to schedule an appointment.

Oh, the Places You Can Go for Care

Gone are the days when the doctor's office was your only option for care.



READY IN AN INSTANT

Medical emergencies are, by definition, unexpected. It helps to be prepared so you don't have to make difficult decisions during a crisis. Have the following information saved in your phone or stored in a wallet and display it in an easily accessible place at home, such as on your refrigerator.

- a list of all your medical conditions
- a list of medications and supplements you currently take, with the dose and the frequency
- names and contact information for your primary care provider and any specialists who treat you
- your emergency contact

In addition, be sure your spouse or another trusted adult knows the location of any legal documents, such as a living will or healthcare proxy form, in the event you cannot make decisions for yourself.

Today, you have more choices than ever for how to access medical care — and you don't even have to visit a doctor's office to get it. Consider your options and determine how best to access the care you need, when you need it.

SEE YOUR PCP

Your primary care provider (PCP) can develop a long-term relationship with you and get to know your specific health needs and risks. He or she is a trusted resource for preventive care, such as annual wellness visits. Your PCP also treats injuries and acute illnesses, performs some screenings and can refer you to mental health services, if needed.



CONNECT THROUGH TELEHEALTH

Video visits offer you face time with a provider — often without a wait — when you need immediate care for an illness, such as a cold, sinus infection, sore throat or earache. Telehealth providers can also evaluate skin and eye conditions and, in some cases, provide counseling.



IN AN EMERGENCY

Potentially life-threatening symptoms, such as chest pain, difficulty breathing and the sudden inability to talk, see, walk or move, warrant emergency care. Either call 911 or visit the Emergency Room (ER). The ER is also a better place to seek care for severe burns, broken bones and other serious injuries.



We've taken measures to help safeguard the health of all patients, employees and visitors in our hospital. To learn how we are OPEN, SAFE and READY for you in an emergency, visit MountainWestMC.com.

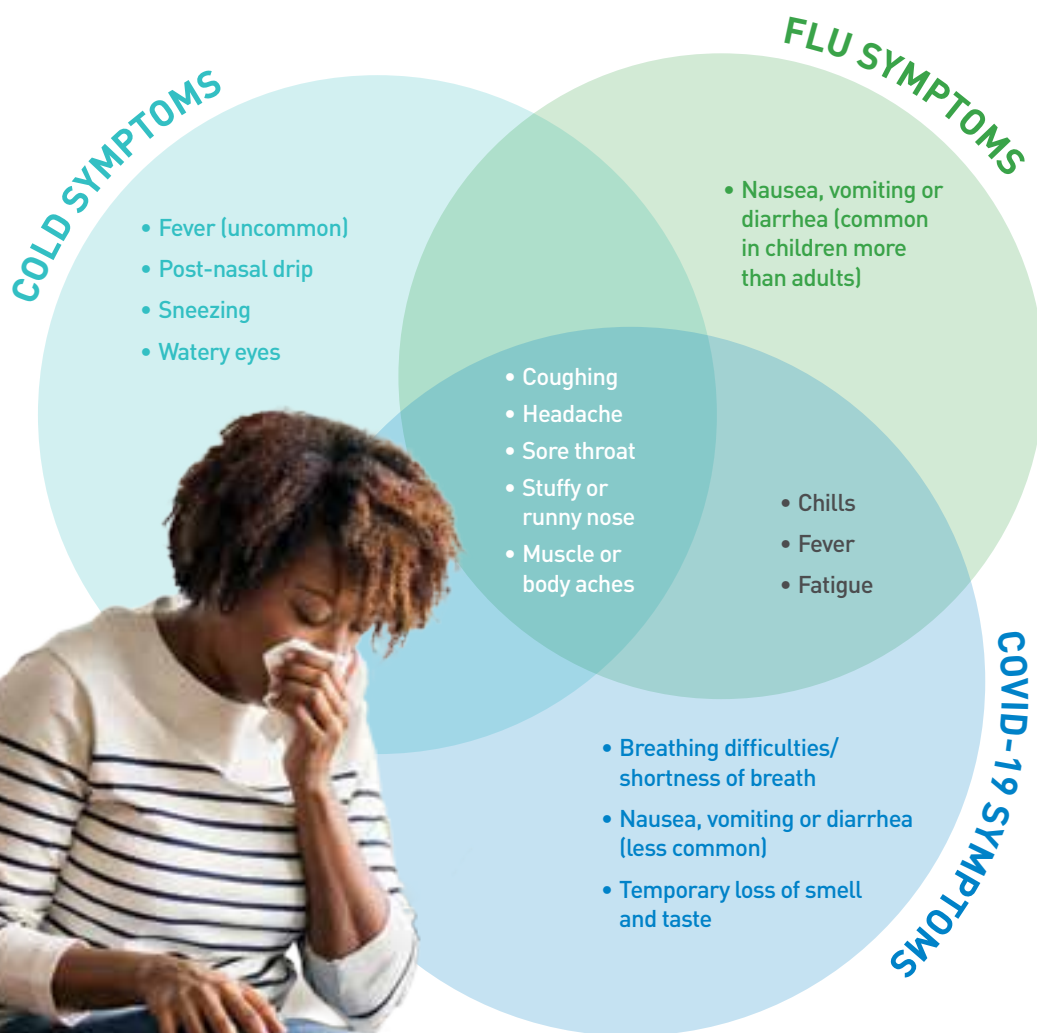
If an illness or injury could lead to death or permanent disability, consider it an emergency. Call 911 or seek care in the Emergency Room.

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

COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

COLD VS. FLU VS. COVID-19 SYMPTOMS*



HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S
Cold: 2–3 days						
Flu: 1–4 days						
COVID-19: 2–14 days						

WHEN AM I CONTAGIOUS?

COLD:
From 1–7 days after symptoms

FLU:
From 1 day before to 7 days after symptoms; most contagious 3–4 days after

COVID-19:
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



Call your provider if you are concerned about symptoms. If you need a primary care provider, you can find one and schedule online at [MountainWestAnytime.com](https://www.mountainwestanytime.com).

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

Band Together for Strong Hips

Using a resistance band can help you increase your strength and build lean muscle.



If you've had hip replacement surgery, always check with your physician before doing any type of hip exercises.

Don't let hip pain limit your life. Exercises to strengthen the hip flexor muscles — the group of muscles at the top of the thighs that help with lower body movement — are key to increasing flexibility, improving range of motion and maintaining mobility. Release hip flexor muscle tension by doing several repetitions of these gentle stretches throughout the day.

EXERCISE 1:

Begin by sitting in a chair with your legs to the front. Place the resistance band around both legs, just above the knees. While keeping your feet flat on the floor, slowly spread your knees apart and then bring them slowly back together.

EXERCISE 2:

Stand behind a chair with your left hand resting lightly on the top for balance. Place the resistance band around both legs, just above the knees. Keep your hand on the chair and your left foot flat on the floor. Straighten your right leg and extend it behind you until it's off the floor. Hold the pose for five seconds, and then repeat on the right side.

EXERCISE 3:

Place the resistance band around both legs, just above the knees. Stand with your feet hip-width apart, and then slide your right leg to the side until you feel resistance in the band. Shift your weight to your right leg, then slide your left leg over until your feet are hip-width apart again. Repeat the exercise on the left side.



Surgery isn't the only solution for hip pain. Exercise, physical therapy, injections and medications can also help. Jake Daynes, D.O., Orthopedic Surgeon with Mountain West Medical Group, can discuss your options. Call (435) 843-3859 for an appointment.

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

ANOTHER OPTION FOR HIP REPLACEMENT

According to the American Association of Hip and Knee Surgeons, the most common approach for hip replacement surgery is the posterior approach — where the hip joint is accessed from the back of the hip. The anterior approach, which uses an incision at the front of the hip, is gaining popularity as an alternative.

Research published in *The Journal of Arthroplasty* reports that 90 days after surgery, patients who had anterior hip replacement reported less pain and lower rates of narcotic use, as well as improved hip function. There were no significant differences reported in complication rates.

The approach your surgeon chooses will depend on various factors, including his or her experience and your anatomy. Together, discuss your personal risks and benefits for each approach and then decide which is your best option.

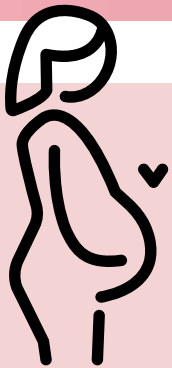
Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment and before starting any new exercise regimens.





COULD YOU SPY A UTI?

Anyone can get a urinary tract infection (UTI), so it's important to know the facts, including how to spot the signs.



If you're pregnant and notice signs of a urinary tract infection (UTI), seek care right away, as a UTI can cause your blood pressure to spike or lead to premature birth, according to the Office on Women's Health.

A UTI is a bacterial infection of part of the urinary tract, typically the bladder. The flow of urine keeps most bacteria that invade the urinary tract from getting far, but sometimes germs evade this defense mechanism. Here's what you need to know about UTIs:

- **A burning feeling during urination is a common symptom.** Others include an urge to urinate more frequently, bloody or foul-smelling urine, abdominal pressure, and fatigue.
- **Antibiotics are the treatment of choice.** These medications, which require a physician's prescription, can kill the bacteria that cause UTIs.
- **Risk factors abound.** In addition to being female, risk factors for a UTI include pregnancy, diabetes, kidney stones, difficulty emptying the bladder, having gone through menopause, being sexually active, and using a diaphragm or spermicide for birth control.
- **UTIs are more common in women.** Men get UTIs, but in far smaller numbers than women. At least 40 to 60 percent of women will develop a UTI at some point, according to the National Institute of Diabetes and Digestive and Kidney Diseases.
- **Women are an easier target for UTI-causing bacteria than men.** That's because bacteria have a relatively short distance to travel from a woman's anus to the entrance of the urethra, and a woman's bladder is closer than a man's to the urethral mouth.
- **You can reduce your risk.** To help prevent a UTI, you should drink eight glasses of water daily, according to the Office on Women's Health, wear loose-fitting clothes and urinate when you feel the urge.



If you suspect you have a UTI, see your provider. If you need a primary care provider, you can find one and conveniently schedule online at [MountainWestAnytime.com](https://www.mountainwestanytime.com).

TRUST THE EXPERT

Ignoring what appears to be a urinary tract infection (UTI) or trying to treat it yourself could have serious consequences. Without proper treatment, a UTI can lead to a kidney infection, which may be painful and often requires hospitalization.

Attempting to treat a UTI by drinking cranberry

juice or taking over-the-counter medications won't work. Cranberry juice and other products are not effective treatments for a UTI, according to the National Institute of Diabetes and Digestive and Kidney Diseases.

UTIs are caused by bacteria, which require treatment with prescription antibiotics to

eliminate. That's why it's important to see your primary care provider (PCP) if you suspect a UTI. He or she can confirm whether an infection is present and prescribe the medication you need to help you get better. Your PCP can also provide tips on preventing future infections, as having a UTI increases your risk of a second infection.

MISSING *Links?*



For many people, staying at home during the COVID-19 pandemic made clear just how much we need other people — and how important socialization is to health.

In a time when widespread change has introduced new stress into life, friendship is good medicine. Staying connected — or reconnecting — with friends via phone, video conferencing apps or in-person (while respecting social distancing guidelines) can help relieve stress and lower blood pressure levels. That, in turn, may benefit your heart, digestive and immune systems. Socialization may also help reduce a driver of inflammation that's associated with Alzheimer's disease, osteoporosis, heart disease and certain types of cancer, according to the National Institute on Aging.

Increasing your social circle can be challenging during an era of social distancing, but it's not impossible. To make new friends at a distance, you can:

- Get involved in an online community of individuals with whom you share an interest or life experience, such as painting, parenting, hiking, baking or yoga.
- Join a virtual book club through your local library or by searching online for one that interests you.
- Reach out to someone from work, church or the gym whom you've wanted to get to know better.
- Volunteer at your local food bank, where you can do good for others and meet new people.



Be honest with your primary care provider (PCP) about symptoms of depression. Your PCP can refer you to a behavioral health specialist. To find a PCP, visit MountainWestAnytime.com.

UP AND AT 'EM!

Starting each day with exercise benefits you in more ways than one.

It can be hard to find the energy to add an exercise routine to your day, but getting started first thing in the morning may help you:

- **Lose more weight.** A 2019 study in the *International Journal of Obesity* found people who worked out before noon lost more weight than people who worked out after 3 p.m.
- **Be more alert.** A workout first thing is even better than caffeine to wake you up, and you'll have better focus throughout the day.
- **Sleep better.** Multiple studies have shown that people who work out in the morning are more likely to sleep better than people who exercise at night.
- **Eat less the rest of the day.** A study in the journal *Medicine & Science in Sports & Exercise* found that women who worked out were less interested in food that day.
- **Finish your workout.** If you hit the gym before work, the inevitable unscheduled detours that can occur during your day — taking a sick child to the doctor or attending an impromptu happy hour with friends — are less likely to prevent you from accomplishing your exercise goals.



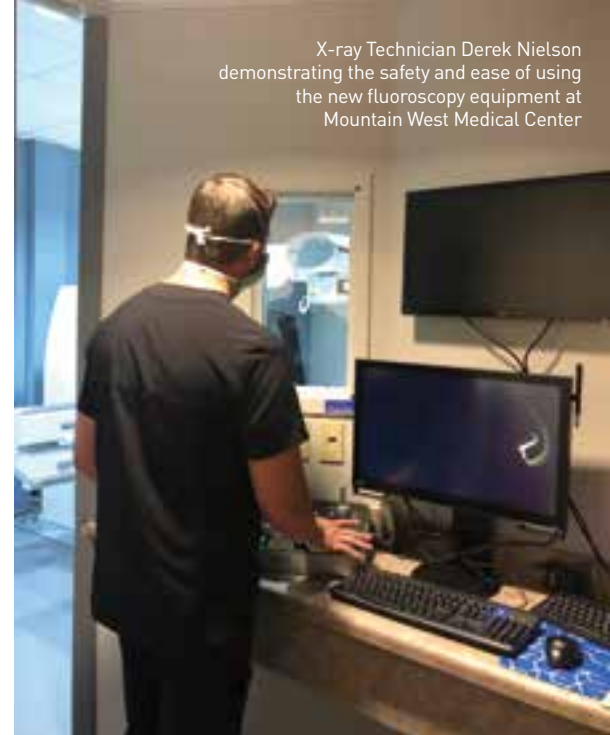
It's important to consult with your primary care provider (PCP) before starting an exercise program. Do you need a PCP? Catherine Carter, FNP, with Mountain West Medical Group in Stansbury Park, is accepting new patients. Call (435) 843-1342.



Catherine Carter, family nurse practitioner and member of the allied health staff at Mountain West Medical Center, treats patients of all ages.



Imaging Department Manager Sara Caless, Radiologist James Webber, and X-ray Technician Derek Nielson with the new fluoroscopy technology at Mountain West Medical Center



X-ray Technician Derek Nielson demonstrating the safety and ease of using the new fluoroscopy equipment at Mountain West Medical Center

NEW IMAGING TECHNOLOGY AVAILABLE

Our desire is to offer quality and improved healthcare close to home. Recently, Mountain West Medical Center Diagnostic Imaging added improved technology in the form of a multipurpose X-ray system. This allows us to continue providing a variety of standard X-rays and fluoroscopy — moving X-ray technology — now with lower dose radiation and more detailed images.

Common procedures using fluoroscopy include, but are not limited to:

- feeding tube insertion
- hysterosalpinograms for fertility evaluation
- investigations of the gastrointestinal tract, such as barium swallow studies, barium enemas, esophagrams and small bowel follow-through
- myelogram, which detects disorders of the spinal canal
- placement of a peripherally inserted central catheter line
- spinal tap needle guidance in a lumbar puncture
- urological studies such as a cystourethrogram

Along with all other general X-rays, this new system allows us to provide a more detailed exam for scoliosis evaluations by utilizing an automatically generated technique called stitching. Stitching compiles all X-rays of a spine and creates one single, high-resolution image. By having these images merged together, a more comprehensive evaluation of the spine is possible.

Both the patient and technologist receive the following additional benefits from this new technology:

- increased safety, thanks to a motorized, adjustable patient table that adapts to people of various sizes and those who have physical limitations
- lower radiation dose
- pediatric protocols that protect the youngest patients
- remote operations to reduce technologist exposure
- superior image quality

“We are excited to be among the first few imaging departments to have this system in the state of Utah,” Imaging Department Manager Sara Caless says. “We take pride in bringing this high-quality equipment and service to our community.”

IMAGING SERVICES


Mountain West Medical Center offers a wide range of imaging capabilities including:

- CT scan
- echocardiogram
- mammography
- MRI
- nuclear medicine
- ultrasound
- X-ray

All insurances are accepted. Mountain West Medical Center now offers SIMPLE+PRICE (pre-pay pricing) for those without insurance, as well as other possible discounts. Speak with one of our financial counselors by calling (435) 843-3856.



If your provider or specialist is recommending imaging studies, he or she can send an order to Mountain West Medical Center by fax at (435) 843-3775 or call (435) 843-3856.



The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



RESOURCES TO QUIT SMOKING

- The American Lung Association's Freedom From Smoking program has been around for decades and helped over 1 million people quit tobacco use. Classes and support groups are available online and across the country, along with a telephone hotline.
- The National Cancer Institute has two free smartphone apps, QuitGuide and quitSTART, that can help you assess your tobacco use habits and provide needed distractions to counter cravings.
- There are numerous other apps, some free and some paid, that can help you track how much or how little you are smoking, if you aren't quitting cold turkey. Some apps even tally up the amount of money you're saving with every tobacco product you don't use.
- Your state health department has trained counselors available. Call 1-800-QUIT-NOW.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Discuss your risks for lung cancer with your primary care provider. If you need a provider, call and make an appointment to establish care with Al Parker, M.D., Family Medicine Physician with Mountain West Medical Group, at (435) 843-2634.

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

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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).

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