

# HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

BETTER HEALTH  
*in Motion*

WELLNESS  
AROUND THE  
WORLD

THE ORIGIN  
OF HEALTH



**MOUNTAIN WEST  
MEDICAL CENTER**

*Quality care. Right here.*

## Life on the Sunny Side

When you dwell on negative thoughts, constantly criticize yourself or focus on your failures instead of achievements, you not only impact your potential happiness but also your health.

In the midst of a bad day, it's often easier to focus on what's going wrong instead of what's going right. Those who are able to see the bright side even when faced with adversity, however, are less likely to experience depression, according to research published in the journal *Clinical Psychology Review*, and may even benefit from improved longevity and better heart health.

Deep breathing, exercising, and simply accepting your negative thoughts and brainstorming solutions to address negative situations can help keep stress levels and negativity in check. If you're struggling to accept something outside of your control or dealing with chronic anxiety, talk with your physician about potential coping strategies.

## EXERCISE Trial & Error



You've been exercising regularly, so why aren't you seeing results?

It may come as a surprise, but not everyone responds to exercise the same way. A 2015 study published in the *Journal of the American Geriatrics Society*, for example, found that even after performing the same aerobic or resistance-training regimen for five months, older adults experienced different levels of fitness improvement. Variability in

how people's fitness levels changed following prescribed interval training or endurance workouts was also observed in a more recent project published in the journal *PLOS One*.

Physical activity is one of the best ways to maintain good health, so it's important to keep trying even if you feel discouraged. Success, according to the research, may lie in choosing a different workout.

## TAKE 2 LAPS & Call Me in the Morning

If you need to see your primary care provider for help with depression, ask him or her about the benefits of exercise. Research dating back 30 years reviewed by Harvard Health confirms the power of regular exercise to improve mild to moderate depression symptoms.

Endorphins produced by physical activity decrease tension, improve sleep and reduce stress, according to the Anxiety and Depression Association of America. Just five minutes of heart-pumping exercise can diminish feelings of anxiety.

The American Heart Association weekly recommendations for physical activity should fit the bill:

- **30 minutes** moderate exercise on at least five days = 150 min./wk.
- OR
- **25 minutes** vigorous exercise on at least three days = 75 min./wk.
- &
- **an intense** muscle-strengthening activity on at least two days

Check with your primary care provider to find the exercise prescription that's best for you.



# SURGICAL SOLUTIONS FOR SPORTS INJURIES

While playing sports is a fantastic way to stay in shape, concentrating on a single sport isn't always great for your body.

Repetitive strain injuries (RSIs), also called overuse injuries, develop when a motion is performed repeatedly — causing the muscles or tendons to weaken and tear. While downtime, medications or physical therapy help some RSIs, surgery may be necessary to correct the issue.

Common RSI surgeries include:

- **Tommy John surgery** — The ulnar collateral ligament (UCL), which connects the upper arm bone to the forearm, is frequently injured due to RSIs caused by throwing. Tommy John surgery, named after a Los Angeles Dodgers pitcher who had the procedure, repairs the damaged tendon with either a cadaver tendon or one taken from elsewhere in the patient's body.
- **ACL repair** — The anterior cruciate ligament (ACL) holds the shinbone in place and provides stability. ACLs are usually injured while making sudden starts and stops in sports like basketball, soccer or football. When surgery is necessary, the torn ligament is replaced with a cadaver ligament or a graft from elsewhere in the body.
- **Arthroscopic rotator cuff repair** — The rotator cuff is a collection of muscles and tendons that attach the shoulder blade to the upper arm that provides shoulder stability and makes shoulder rotation possible. Frequent overhead motions, such as serving in tennis or shooting a basketball, can cause bone spurs that tear tendons and muscles. During arthroscopic rotator cuff repair, doctors use minimally invasive techniques to remove bone spurs and repair damaged anatomy.

## FAST FACT

The American Orthopaedic Society for Sports Medicine reports that youth baseball and softball players experienced a fivefold increase in severe elbow and shoulder injuries since 2000.



## MEET THE TOOELE MEDICAL GROUP ORTHOPEDIC & SURGERY TEAM



Jake Daynes, D.O.

Orthopedic Surgeon Jake Daynes, D.O., is a graduate of Brigham Young University. His specialties include orthopedic trauma, sports medicine, joint replacement and surgery. He lives with his wife and four children in Stansbury Park. When he isn't focused on helping his patients heal, Dr. Daynes enjoys fly fishing, exercising and spending time with his family.



Cassie Broadhead, PA-C

Physician Assistant Cassie Broadhead graduated with a Masters of Physician Assistant Studies from Idaho State University. She is licensed to practice as a P.A. in both Utah and Wyoming. Professionally, she is experienced in bone and joint surgery. Her outside interests include basketball — which she coached at Brigham Young University — as well as horseback riding.



The Tooele Medical Group Orthopedics team offers a full range of services to help with your aches and pains. To schedule an appointment, call (435) 843-3859.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*

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

*Ms. Broadhead is a member of the allied health staff at Mountain West Medical Center.*





GET MOVING:

THE **ORIGIN** OF

# HEALTH

## MODERN LIFE IN MOTION

Try the following strategies to emulate the Hadza — modern-day hunter-gatherers — by living a more movement-filled life, even if you exercise regularly:

**Free your inner fidgeter.** Your elementary school teachers were wrong — fidgeting isn't all bad. If you have to sit for a long time, tap your toes, bounce your legs, stretch your arms and shift in your seat. Some movement is better than none.

**Look for hidden movement moments.** Have an extra 10 minutes before work or a lunch date? Use them to stretch or take a short walk.

**Rethink your workspace.** Try an adjustable standing desk that allows you to shift easily between standing and sitting. Get into the habit of standing and moving for five minutes every half hour.

**Stand up during downtime.** Read while standing or pacing, and walk on a treadmill or do wall squats during your favorite TV shows.

The more you sit, the more you deny your body its design — and the worse off your health is likely to be.

Think of how often you sit each day. You sit during your morning and evening commutes, at work, at every meal, and during leisure time, when you watch a movie with your spouse or attend a book club with friends. Your body wasn't meant to live that way. Many scientists believe modern sedentary lifestyles — in which almost anything, including entertainment and food, is available on demand from the couch, and jobs are more likely to involve sitting in front of a screen than standing in a factory or field — are incompatible with the way our bodies are designed. An important part of healthy living is letting the body do what comes naturally: move.

## A FUNDAMENTAL *NEED*

Thousands of years ago, before the invention of agriculture, people lived mostly on the move, as hunter-gatherers in search of food. The body has retained the elements researchers believe made for successful hunting and gathering, including an efficient cooling system for long-distance pursuits and lower-body muscles, ligaments and tendons well suited to running. Excessive sitting — a relatively new lifestyle development in the grand sweep of history — seems to waste those adaptations and others. Movement keeps bones and soft tissues strong and joints flexible. Inactivity weakens those structures.



\*  
If you make  
moving a habit,  
your body will  
reap the benefits —  
and fulfill more of  
its purpose.



## DID YOU KNOW?

When you sit instead of stand, you waste an opportunity to burn calories. In an hour, a 170-pound person can burn nearly **50 more calories** by being on his or her feet, according to the National Institutes of Health.



## LIVE LIKE YOUR **ANCESTORS**

You don't have to go off the grid to enjoy health benefits rooted in a hunter-gatherer lifestyle. These 21st-century activities carry echoes of the ancient past — and lessons for physical and emotional well-being that are as relevant as ever:



### BE A (FRESH) FOODIE.

Research suggests human bodies have adapted to enjoy a variety of foods because our ancestors ate whatever they hunted or foraged. Visiting the supermarket doesn't have to be a betrayal of the hunter-gatherer code. Just fill your cart mostly with a mix of unprocessed foods — emphasis on fruits and vegetables — from the perimeter aisles.



### GET OUTSIDE.

Scouring the landscape for food defines hunter-gatherer life. You don't have to roam the countryside for your next meal, but time spent in nature produces a bevy of health benefits, according to information in the *Harvard Health Letter*, including lower blood pressure, calmer children, better mood, less stress and more energy.



### HOST FRIENDS FOR WEEKLY GAME NIGHTS.

The close, face-to-face relationships of hunter-gatherer societies may seem particularly outdated in today's social media-filled world, but they are vital for reducing stress and risk of depression. Maintain strong ties with friends and family to enjoy the benefits of social support.



### SHOP FOR GROCERIES AT A FARMERS MARKET.

It isn't stalking an animal across the plains or digging for edible roots, but when you browse the vendors at a farmers market, you're on the move in search of a variety of fresh foods — an activity any hunter-gatherer would recognize.



The musculoskeletal system isn't the only part of the body that's designed to move. In 2016, U.S. researchers published a study of the heart health of a group of modern-day hunter-gatherers, the Hadza people of Tanzania. The researchers found that the Hadza, who typically spent more than two hours a day doing moderate activity as they hunted and foraged, had none of the cardiovascular disease risk factors common in the U.S., such as high blood pressure and high cholesterol. Getting plenty of exercise helped the Hadza stay active and mobile throughout their lives. The heart health of the Hadza,

whose lifestyle is similar to that of humans millennia ago, led the study's lead author to conclude that the body is developed to respond to life on the move.

The body uses energy most efficiently when it's in motion. Sitting too much causes the body to burn fewer calories, break down fats slower and use insulin less effectively. A 2015 study linked excessive sitting with higher risk for heart disease, diabetes and cancer. Getting the recommended 150 minutes of moderate exercise per week wasn't enough to counteract inactivity's negative effects.



# Chronic Acid Reflux:

## AN INCISIONLESS SOLUTION RIGHT HERE IN TOOELE



If regular heartburn leaves you wondering if the pain will ever go away, you may have gastroesophageal reflux disease (GERD). A procedure offered at Mountain West Medical Center offers relief, even when GERD seems difficult to treat.

GERD occurs when the valve connecting the stomach to the esophagus has trouble working properly. This can cause the contents of the stomach to reflux, or move back into the throat and mouth.

### IS THERE TROUBLE AHEAD?

Food and acid moving into the esophagus can cause a wide range of uncomfortable symptoms, including:

- burning sensations traveling up your throat after eating or at night
- constant taste of acid left in mouth
- coughing or hiccup fits
- difficulty swallowing
- feeling food stuck in your throat
- nausea after eating

Over time, persistent heartburn may eventually damage the esophageal lining, causing pain, inflammation and a possibly serious condition called Barrett's esophagus.

### FINDING RELIEF

If heartburn happens frequently, talk to your doctor, who can tell you whether or not it might be GERD by taking a detailed history of your symptoms and possibly performing diagnostic testing.

"For many patients, modifying the diet, decreasing the size of meals and taking over-the-counter medications typically manages GERD effectively," says Blaine Cashmore, M.D., General Surgeon with Mountain West Medical Center. "When those steps fail, we offer a local, outpatient procedure to help correct the problem."



Blaine Cashmore, M.D.

The transoral incisionless fundoplication (TIF) procedure allows doctors to repair the esophageal valve, helping prevent GERD. To perform this procedure, Dr. Cashmore uses an endoscope — an instrument inserted through the mouth — to manipulate the stomach and esophagus, creating a new transition between the two that keeps stomach acid and contents from refluxing.

Left unchecked or untreated, GERD can lead to dental concerns, ulcers, scarring along the esophagus and even cancer. The TIF procedure can reduce the likelihood of developing these and other complications.



To learn more about TIF or schedule an appointment with Dr. Cashmore, call (435) 228-0061.

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

### WHAT CAUSES GERD?

While some cases of gastroesophageal reflux disease (GERD) are caused by physical issues with the lower esophageal sphincter, many of the causes of this condition are related to lifestyle choices.

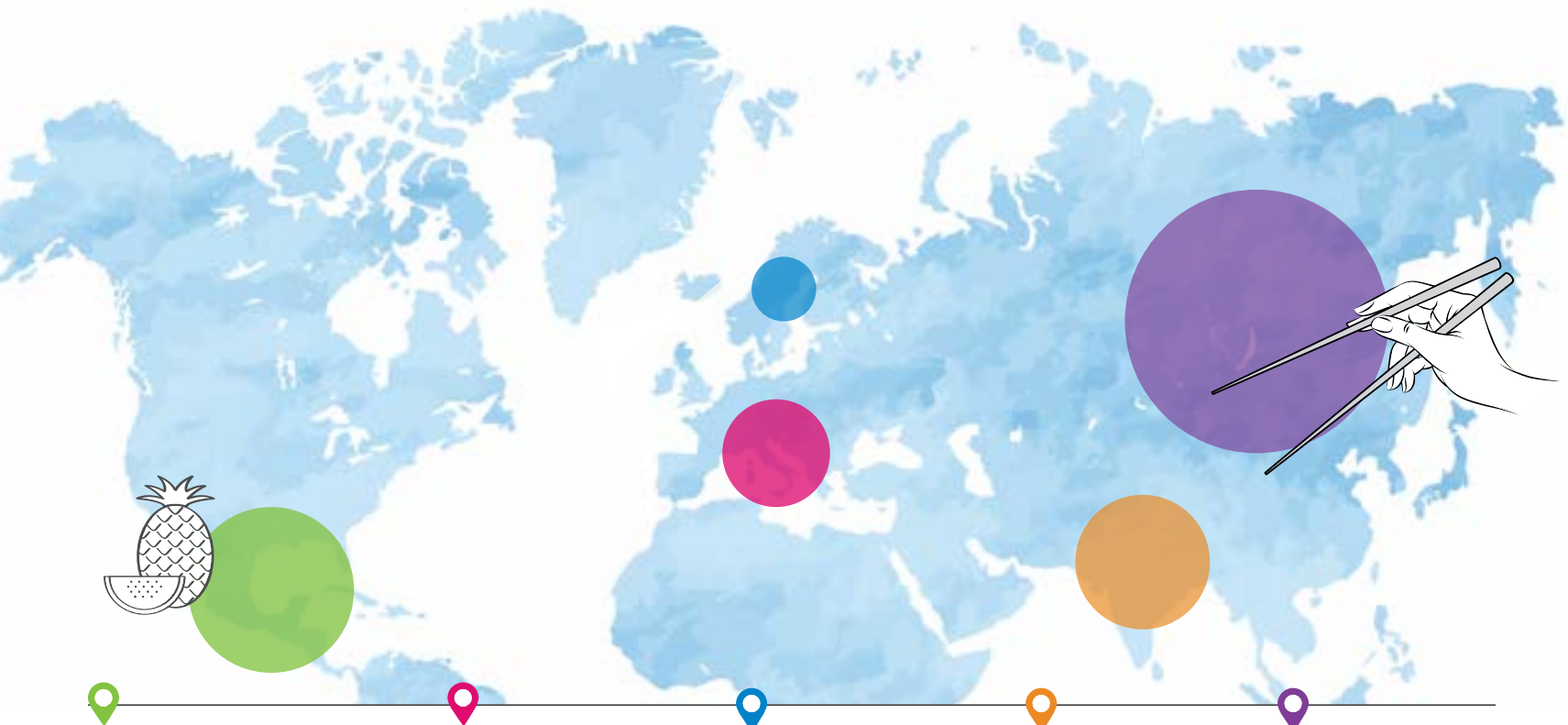
Obesity can contribute to or aggravate GERD. So can alcohol and tobacco use and being pregnant. Certain foods make GERD symptoms worse, including items that are spicy, fried or fatty, as well as chocolate and citrus fruits.

Maintaining a healthful weight, avoiding tobacco and alcohol, and eating carefully can all help improve GERD symptoms.



# WELLNESS AROUND THE WORLD

Taking traditions from cultures around the world, this globe-trotting guide offers tips to help you live a healthier life.



## Mexico/Central America

### The Tradition:

Agua fresca

### The Health Benefits:

Hydration/weight management

**The Details:** Rather than having soft drink vending machines on every corner, places like Mexico mix water with fresh fruits or flowers with very little, if any, added sugar. This popular refresher is great for hydration and nutrition.

## Italy

### The Tradition:

Wine and dine

### The Health Benefits:

Happy heart

**The Details:** Moderate wine consumption —one drink for women, two for men — with dinner has been linked with a lower risk of cardiovascular disease, according to the National Institutes of Health.

## Sweden

### The Tradition:

Fika

### The Health Benefits:

Reduces stress; small food portions; social interaction

**The Details:** Fika usually takes place around 10 a.m. or 3 p.m. in Sweden. A time when friends or family get together to chat, fika is an opportunity to relax and enjoy coffee or tea, often with a pastry or other baked good.

## India

### The Tradition:

Spices

### The Health Benefits:

Lower cholesterol

**The Details:** Spices that dominate Indian cuisine aren't just for flavor; they're good for the heart. Ingredients like turmeric, ginger and onion are all linked to lowering cholesterol.

## China

### The Tradition:

Chopsticks

### The Health Benefits:

Slower eating

**The Details:** Even those who use chopsticks every day are somewhat limited in how fast they can eat. Eating slower supports mindful eating, allowing a person to feel full on smaller portions.

# 79.80

Americans' life expectancy, ranking 42nd, according to the CIA's World Factbook.

The United States leads the world in several categories, but a healthy populace isn't one of them. In fact, the *2015 Global Burden of Disease Study* — released by the United Nations' Sustainable Development Goals division — places the United States 28th out of the 188 nations that participated.

The study analyzed data from public surveys, pharmaceutical manufacturer reports and medical records to determine a country's overall health. So, it's safe to say America can learn a thing or two from other countries when it comes to being healthier.

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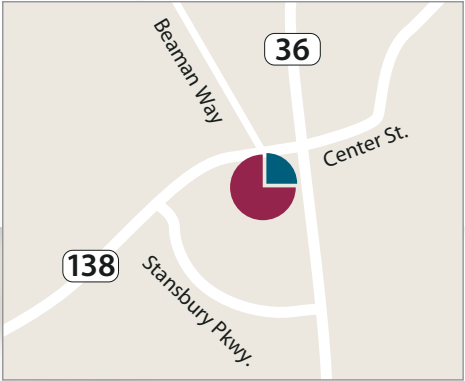
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