

HEALTH CONNECTION

YOUR HEALTH, YOUR LIFE

ECOTHERAPY:

Walk Away From
Your Worries

HEALTH TIPS FOR
NAILS, SKIN AND SUN

SHAKING SODIUM
OUT OF YOUR DIET



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

IF YOUR *Nails* COULD TALK

It's normal to clip the occasional hangnail or catch your fingertip in a door. However, you should keep an eye out for the following nail symptoms that could point to more serious medical conditions:

- **Darkened cuticles and colored streaks** that develop on nails are called Hutchinson's nail sign. They can indicate that you have melanoma, the most aggressive form of skin cancer.
- **Splinter hemorrhages** are red streaks in the nail bed and may signal an infected heart valve, especially if you haven't injured your nail recently.
- Heart conditions and lung diseases can cause **clubbing of the fingernails**. Clubbing symptoms include softening of the nail beds, bulging fingertips and increased nail curvature.
- **Brittle nails** and nails that split away from the skin can be signs of an underactive or overactive thyroid. They can also signal the development of psoriasis, a skin disease that causes redness and irritation.

If your nails exhibit any of these signs or if they don't look normal to you, don't hesitate to contact your medical provider.

Source: National Library of Medicine

Know Your ABCDEs

Detecting skin cancer doesn't require a complicated screening or exam. One of the best ways to detect melanoma early is by checking your skin once a month for one or more of these features:

- **ASYMMETRY** — The mole or birthmark has mismatched parts.
 - **BORDER** — The edges of the spot are blurred, notched, jagged or irregular.
 - **COLOR** — The color changes throughout the mole and may contain shades of brown, black, and — less frequently — white, red, pink or blue.
 - **DIAMETER** — The mole or birthmark is wider than a quarter of an inch.
 - **EVOLVING** — The color, size or shape of the spot changes over time.
- Use both a full-length mirror and a hand-held mirror to check your entire body, including areas that are difficult to see. Ask your doctor about any concerning developments.

Source: American Cancer Society



To make an online appointment quickly and easily with one of our Tooele Medical Group primary care providers, go to MountainWestAnytime.com.

Sun PROTECTION



Protect your eyes and skin from sun damage all year round by:

applying sunscreen with an sun protection factor (SPF) of 30 or greater to all exposed skin areas

wearing sunglasses that block 99 percent or more of the sun's ultraviolet (UV) rays



dressing in clothes that cover more of your skin, especially if their labels display a UV protection factor (UPF) of 30 or higher

choosing hats with brims that are at least three inches wide



Source: Skin Cancer Foundation

ARE YOU UP TO DATE?

Even adults need immunizations to protect themselves and loved ones from preventable diseases.

Vaccines are crucial for helping you and everyone around you stay healthy. Unfortunately, the sheer number of vaccines can make keeping track of them a little tricky — especially once you've reached adulthood.

Pediatricians and schools do an excellent job of reminding parents when their children need vaccines. However, once these resources have been outgrown, many adults may think that their immunization days are over.

TAKE YOUR BEST SHOT

If you're an adult who's unsure about vaccination history, talk with your primary care provider. The Centers for Disease Control and Prevention recommends adults ages 19 and older receive the following immunizations:

- **INFLUENZA** — Flu prevention — one dose annually because the formulation and strain of the virus changes every year
- **TD/Tdap** — protects against tetanus, diphtheria and acellular pertussis. You need Tdap once, then follow-up Td boosters every 10 years.
- **MMR** — For those who need it, measles, mumps and rubella vaccine — one or two doses until age 60
- **VAR** — If you did not have chicken pox as a child, this vaccine protects against the varicella zoster virus — two doses.
- **HZV** — For herpes zoster protection whether you've had herpes zoster or not — one dose for adults age 60 and older
- **HPV** — human papillomavirus prevention — three doses for women until age 26 and men until age 21



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ILLNESS IQ: PNEUMONIA

Test what you know about this infectious disease of the lungs.



IS PNEUMONIA A BACTERIAL, VIRAL OR FUNGAL INFECTION?

All of the above. While bacteria are the most common cause of pneumonia, the illness can be caused by a variety of different germs. Many of these germs live within the human body, but are usually kept out of the lungs by the immune system.

PNEUMONIA CAN'T BE PREVENTED. TRUE OR FALSE?

False. Certain vaccines — designed to fight the flu, measles and chickenpox — can also prevent infection that could lead to pneumonia. This, combined with healthy living practices like washing your hands, can help you avoid pneumonia.



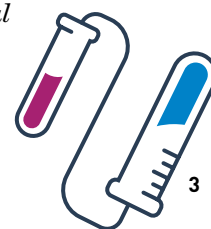
WHICH AGE GROUP IS MOST LIKELY TO GET PNEUMONIA?

While pneumonia can happen to anyone, adults older than 65, children younger than 5, and smokers or those with medical conditions such as asthma, diabetes or heart disease are at most risk.



ANTIBIOTICS AND VACCINES HAVE ELIMINATED PNEUMONIA IN THE UNITED STATES. TRUE OR FALSE?

False. More than 1 million adults in the U.S. are hospitalized and 50,000 die each year from pneumonia, according to the American Thoracic Society. There's also a growing concern about antibiotic-resistant bacteria. A new study published in the *American Journal of Respiratory and Critical Care Medicine* has found that one in four adult outpatients prescribed antibiotics fail treatment.



FastFact

80%

Watch out fellas, nearly 80 percent of all drowning victims are men, according to the Centers for Disease Control and Prevention.

WARNING: WARM WEATHER AHEAD

As the temperatures increase, so can the number of injuries.

With summer on its way, take a moment to think about your favorite warm-weather destinations. Did the emergency room make your list? Probably not. Yet, year after year emergency rooms across the country see an influx of visitors during the spring, according to the Centers for Disease Control and Prevention (CDC).

While warm weather will diminish the number of flu and slip-on-ice cases in the emergency room, it will bring a whole host of new problems that are equally as serious. So, if you want to spend the warm days by the pool and not in the emergency room, watch out for these common concerns.



BURNS

Whether it's from the sun or a grilling accident, burns can cause major damage to the skin. To limit sun damage, reapply sunscreen with a sun protection factor (SPF) of at least 30 every two hours or after swimming and sweating as recommended by the American Academy of Dermatology. Wear short sleeves and use long utensils when you grill out, and keep children and pets at least three feet from the hot surface. If you get burned by a fire, the CDC recommends putting the injured skin under cool, not cold, running water for 15 minutes. If the burn is deep or larger than 3 inches, go to the ER.



DROWNING

Drowning is the sixth leading cause of unintentional injury death in the United States, according to the CDC. Never leave a child unattended in or around any body of water — even the bathtub. Also, make sure your child learns to swim at a young age. If you witness someone drowning, pull him or her immediately from the water, call 911 and perform CPR (if the victim isn't breathing) until help arrives.



HEAT STROKE

Heat stroke is the most severe, heat-related illness. A person dealing with heat stroke will likely have a body temperature over 103°F, red skin, fast pulse, nausea and confusion and may lose consciousness. If you notice these symptoms, move the person to a cooler location and call 911. Remember, drinking plenty of fluids and staying out of the midday sun can usually prevent heat stroke.

IT MIGHT BE DROWNING

What if the risk of drowning could affect your child up to 24 hours after he or she leaves the pool? Unfortunately, this is a possibility. Called "dry drowning" in the news, this term has been discouraged by the medical community and organizations like the American Red Cross and the World Health Organization.

Drowning can occur after a child has inhaled water, but the culprit is a lack of oxygen. While the child may cough a few times and seem OK, the water could trigger a spasm in the airway. These spasms could eventually cause the airway to tighten or close, leading to very serious breathing issues and death.

Be assured, this rare type of drowning has warning signs. The American Osteopathic Association recommends concerned parents look out for:

- chest pain
- difficulty breathing
- sudden drop in energy
- coughing
- irritability
- vomiting

If you notice any of these symptoms after your child has spent time in the pool, consider it a medical emergency and call 911.



If you are severely injured, call 911 for help and ask to be taken to Mountain West Medical Center. To learn more about our emergency services, visit MountainWestMC.com.

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



Too much sodium can cause high blood pressure and put your heart at risk. Learn how sodium finds its way into your food and how you can avoid it.


Sneaky SODIUM

Ideal Intake



Adults should consume **fewer than 2,300mg** of sodium every day.



To **MAXIMIZE**  **HEALTH BENEFITS**, adults should limit their daily sodium intake to **1,500mg a day or less**.



▶ People need fewer than **500mg of sodium** a day for their bodies to function properly.



Source: American Heart Association

So Much Sodium

▶ Average Americans consume **more than 3,400mg** of sodium daily.



>75%

MORE THAN 75 PERCENT of consumed sodium comes from prepackaged, processed and restaurant food — not table salt.



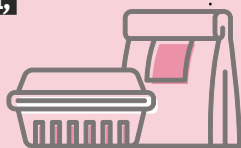
Many products — like chain pizza — contain **more sodium in the U.S.** than in other countries.




Source: Centers for Disease Control & Prevention

See Ya, Sodium

Prepare fresh meals and **avoid prepackaged, processed and restaurant foods** to cut most sodium out of your diet.



 Check the **NUTRITION FACTS LABEL** for foods with 5 percent Daily Value of sodium or less and products marked “low sodium.”

Gradually **reduce your sodium intake** and

use spices

to help your taste buds adjust.



Source: U.S. Food and Drug Administration

NOTHING TO Shrug Off

Shoulder problems can occur suddenly or over time, and they can significantly affect your daily life. That's why it's important to know how to recognize and prevent them.

Here's a primer on some common conditions that can affect one of the body's workhorse joints.

ROTATOR CUFF TEARS

Made up of four muscles and tendons, the rotator cuff connects the shoulder blade to the humerus bone of the upper arm and is partly responsible for the shoulder's range of motion. When one of the tissues tears, often due to decades of use, it can be painful to raise or lower your arm and lay on the shoulder at night. Shoulder-specific stretches and exercises can help prevent rotator cuff tears by making the tissues stronger and more flexible.

SPRAINS

Sprains most commonly affect the ligaments of the AC joint, one of four joints of the shoulder. The force from a blow, fall or collision can stretch or tear those tissues, causing swelling at the collarbone and pain with movement. When playing contact sports or doing chores around the home that have a high risk of falls, such as cleaning the gutters, consider wearing a shoulder brace or padding for protection.

TENDINITIS

Variety is the spice of life, and for the shoulder, it's an important part of health. Repeating the same motion over hours and days — think repainting the rooms of your home or lifting boxes overhead — can irritate the tendons of the shoulder, causing tenderness and pain. It's important to take breaks in repetitive activities or, if possible, avoid painful ones altogether. Strength and flexibility exercises can help the shoulders better withstand heavy use.



Shoulder pain got you down? Orthopedic Surgeon Jake Daynes, D.O., can evaluate you and discuss treatment options. Call (435) 774-0401 for an appointment.

In people older than 40, torn rotator cuffs tend to occur due to wear and tear on the tendons. When the injuries happen in younger adults, falls or other accidents are usually to blame, according to the American Academy of Orthopaedic Surgeons.



DR. DAYNES IS HERE TO HELP



Jake
Daynes, D.O.

Jake Daynes, D.O., Orthopedic Surgeon with Tooele Medical Group, knows the importance of healthy activity, quality of life and the ability to freely move without pain. Dr. Daynes is determined to find the right treatment option for his patients because his passion is to get people active and back to doing what they love.

Dr. Daynes can do any type of shoulder surgery from arthroscopic rotator cuff repair and shoulder replacement. He also specializes in fractures, trauma care, cartilage restoration, knee replacements and general orthopedics.

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

Mountain West Medical Center WELCOMES NEW FAMILY PHYSICIAN

If Alma Parker, M.D., hadn't been plagued with numerous medical challenges as a child, he might not have decided to be a doctor today.



Al Parker, M.D.

Mountain West Medical Center's new board-certified Family Medicine Physician says he was "sick a lot as a kid" and had to get an injection every week. While at the doctor's office to get that weekly shot, he lingered and learned about the medical profession. It fascinated him.

"My mom would drop me off at the doctor's office while she went to the store," Dr. Parker says. "I would usually be there for an hour or so. The nurses would let me see what was going on. I would look into the microscope and handle the equipment. I knew then that's what I wanted to be."

Dr. Parker was born in Dublin, Georgia, and raised on a large farm a few miles to the west in Montrose. His father raised hogs and cows, and grew cotton, peanuts, corn and soybeans. Dr. Parker worked hard on the farm while growing up, but his dad made sure there was plenty of time left every day for his son to play.

"I had a great life growing up," Dr. Parker says. "Daddy would let us have the late afternoon to run around in the woods, swamps and creeks to fish and do what boys do." He also played a lot of sports. During his teens, he excelled at basketball and baseball.

After graduating from high school, Dr. Parker attended Georgia College & State University. While there, he played college basketball for two years. He next served an LDS mission for two years in Arizona. After he came back, he resumed his medical training and earned his medical degree from Mercer University School of Medicine in Macon, Georgia.

While doing his internship at the University of South Carolina, and then his residency at Selma Baptist Hospital in Selma, Alabama, Dr. Parker realized his passion was health care for the entire family.

"While I was between training programs, I worked in a small town with another doctor," he says. "It was a similar experience to the movie *Doc Hollywood*. I was there for about a year and did house calls, delivered babies in the ER and took care of most everything. I decided then and there that's what I wanted to be a family physician. I have been the do-everything doctor for 24 years. I still do home visits and take care of every age, from birth to 105."

What Dr. Parker enjoys most about being a family physician is whole-person care for patients of all ages.

"I love taking care of people with diabetes and heart disease, getting on the floor and playing with kids to see how they're developing, or sitting in the home of a patient and comforting them and their loved ones while on hospice," he says.

Dr. Parker said his driving value as a physician is to always remember good medicine is about people. He wants to know more about the patient than what his or her health complaints are on that day.

"I want to know about how many fish you caught last weekend, or if there any underlying problems at home or in someone's life that may be contributing to the health problems," he says.

In addition to family medicine, Dr. Parker's subspecialties include general family medicine, hospice and palliative medicine, and hospital medicine/hospitalist. He is also board certified in hospice and palliative medicine.

When he's not practicing medicine, Dr. Parker enjoys fishing, playing golf and exercising with his wife at the gym. And since he played for a couple of Hall of Fame coaches while in college, he always finds time for a little basketball.

Dr. Parker offers a wide range of services. He sees patients from newborn to 105 for:

- annual physicals
- management of high blood pressure/cholesterol
- treatment for thyroid disease
- arthritis care
- osteoporosis care
- well- and sick-baby visits
- diabetes care

"I pride myself with having good rapport with patients and their families," Dr. Parker says. And his positive patient satisfaction scores are proof that he takes the relationships he builds very seriously.



To make an appointment Monday through Friday with Dr. Parker, call (435) 238-4251. His office is located at 196 E. 2000 N., Ste. 106, in the medical office building adjacent to the hospital.

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



MORE FRUIT, LESS JUICE

The American Academy of Pediatrics (AAP)
updated its guidelines for fruit juice.

It's no longer advised for parents to offer fruit juice to children before age 1, since it offers no benefit and adds calories and sugars to their diet. This doesn't mean juice is outlawed for all children; it just moves the start time from 6 months to 1 year old. Also, try to avoid serving juice in sippy cups. Instead, give children water to sip along all day. For children 1 and older, daily fruit juice recommendations by the AAP include:

Ages 1–3:

Limit to
four ounces

Ages 4–6:

Stay within four to
six ounces

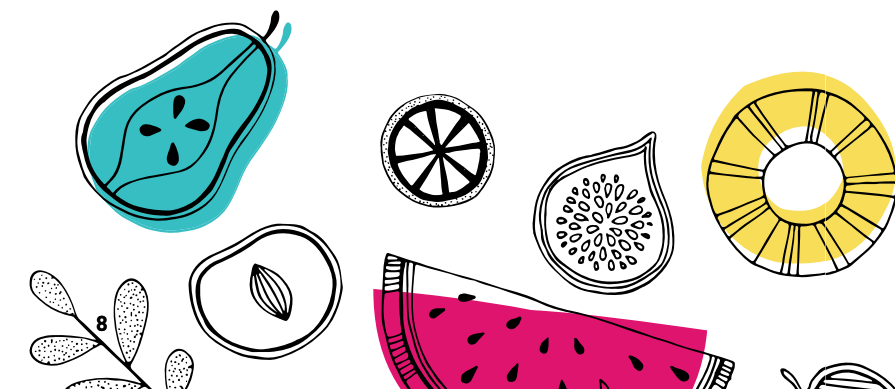
Ages 7–18:

Limit to
eight ounces

THE WHOLE TRUTH

Apple juice, orange juice and fruit punch have more calories than the same amount of soda, according to the Centers for Disease Control and Prevention, and the same amount of sugars. The healthiest option by far is to swap out juice for whole fruit, which provides fiber and key nutrients without any other additives, according to the Academy of Nutrition and Dietetics.

Eating fruit contributes to your overall water intake. Make water the drink of choice for you and your family. Jazz it up with just a splash of 100 percent fruit juice for a no-calorie drink or add fruit slices to a pitcher and steep for fruit-infused refreshment.



With Sugar ON TOP



Learn more about the not-so-sweet
impact of added sugar to your health.

According to the Office of Disease Prevention and Health Promotion, the average American consumes 270 calories of added sugars every day. That is almost 17 teaspoons of sugar, which is five more teaspoons than the daily amount recommended by the Dietary Guidelines for Americans, 2015–2020.

Consuming too much added sugar in your diet can contribute to a number of health problems. A study published in *JAMA Internal Medicine* found that people who consume higher amounts of added sugar have a greater risk of obesity, Type 2 diabetes, high blood pressure and heart disease. *Harvard Men's Health Watch* warns that too much added sugar can put your liver into overdrive, causing it to convert more carbohydrates to fat and contributing to the development of fatty liver disease.

SWEET RELIEF

To reduce health risks, Americans should limit added sugar to fewer than 10 percent of their daily calorie intake. For most people on a 2,000 calorie diet, that comes out to 200 calories of added sugar a day.

To cut added sugar out of your diet, avoid:

- Candy, cakes, cookies, brownies and other desserts
- Foods with ingredients such as corn sweetener, corn syrup, malt syrup, molasses, any type of sugar (brown, turbinado, etc.) and ingredients ending in "ose" (sucrose, fructose, etc.)
- Sodas, energy drinks, sports drinks, juices and other sugary beverages



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..... Reasons to Keep Rolling

Sure, regular exercise is good for your heart, but that's just one of its whole-body benefits.

Here's a beyond-the-heart look at organs, structures and systems that benefit from regular physical activity:

- **Bones** — Weight-bearing exercise strengthens bones by prompting them to produce new tissue, which is especially important as loss of bone mass accelerates with age and the risk of fractures increases.
- **Brain** — Staying active helps stave off depression and keeps your problem-solving skills sharp.
- **Colon** — You can reduce your risk of colon cancer by exercising regularly. The same is true for breast cancer.
- **Joints** — Exercise strengthens the soft tissues that surround and bolster the joints. It also prevents joint stiffness and reduces arthritis pain.
- **Muscles** — Regular exercise stresses muscles, forcing them to get stronger. Flexibility exercises keep muscles loose, which, in turn, allows for more range of motion, mobility and independence.

CIRCLE OF ACTIVITY

By age 75, one-third of men and half of women don't exercise at all, according to the Centers for Disease Control and Prevention. Our Healthy Circle helps members stay active with fitness programs and special events. Lunch-and-learn presentations from medical professionals educate members about wellness topics, including exercise, that are important to them. The new friendships members form can blossom into walking or hiking clubs. We hope you'll let Our Healthy Circle encourage you stay on the move.



To join Our Healthy Circle, visit OurHealthyCircle.com or call (435) 710-9075 to speak with the chapter advisor at Mountain West Medical Center.

STRETCHING for Its Own Sake

More than a means to an end, stretching is a valuable activity in its own right.

Whether you want to improve your ability to take dishes out of the top cabinet or pick up your grandchildren, stretching can help. It improves flexibility and range of motion, strengthens muscles and joints, boosts circulation, and helps maintain balance and functional ability. The American Academy of Family Physicians supports stretching for 15 to 20 minutes five days a week.

Talk with your physician before starting a stretching regimen. Once you have the OK, remember to go slowly and keep breathing.

These stretches from the National Institute on Aging can help you target two major muscle groups.

SHOULDERS

Stand with your back against a wall, feet apart and arms outstretched to the front at shoulder height. Bend your arms backward at the elbow until they touch the wall. Hold the position for 10–30 seconds. Rotate your arms forward until palms touch the wall and hold for the same amount of time. Repeat each motion at least three times.

LOWER BACK

While lying on your back on the floor, spread your arms out to your sides wide, bend your knees and keep your feet flat on the floor. With knees touching, slowly drop your legs to the right, hold for 10–30 seconds, return to center and lower to the other side. Repeat at least three times on each side.



OUTDOOR Rx

Whether you prefer exercising outdoors, meditating in a natural setting or simply working in your garden, ecotherapy — healing time spent in the natural world — offers something for everyone.

In the 1980s, Harvard University biologist Edward O. Wilson, PhD, presented a concept called “biophilia” in which he argued that humans have an innate love of and connection to nature. Today, scientific research shows that connection has numerous positive effects on our health.

A slightly unconventional practice called ecotherapy is becoming more commonly used as part of mental health treatment in the United States. Used to treat many conditions, including depression and anxiety, ecotherapy works to address a wide variety of stressors through outdoor activities including adventure therapy, meditating in nature, working in gardens and on farms, playing with animals and getting involved in conservation activities.

CALL OF THE WILD

Have you ever been sitting at your desk at work and noticed you felt completely unable to focus? Next time that happens, try taking a walk outside. Even a brief period spent experiencing the sights and sounds of plants and animals improves your ability to concentrate and renews your reserves of patience.

This phenomenon of directed attention fatigue is similar to attention deficit/hyperactivity disorder (ADHD), present in both children and adults. While spending time in natural environments benefits

everyone, researchers believe people with ADHD may especially see results.

LEAVE YOUR TROUBLES OUTSIDE

Approximately 85 percent of Americans don’t have access to forests, according to the New York State Department of Environmental Conservation, but everyone can reap the benefits of being in nature. Spending time in a park or garden, or strolling down a sidewalk lined with trees, provides some of the same benefits as walking through a traditional forest — inner calm and feelings of well-being.

About 350 million people suffer from depression worldwide. Treatment options for most are psychotherapy, medication or a combination of both. Ecotherapy is a treatment option that most people can access at little to no cost.

Researchers at the University of Essex found a walk in a park improved feelings of depression in about three-fourths of participants, and 90 percent felt a higher level of esteem.

Ready to take a walk for better health? Talk with your doctor about the potential benefit of getting outside and enjoying green spaces.



MORE MELATONIN

When you were younger, did your parents ever send you outside to run around and exhaust yourself? Apparently, they were on the right track. This approach works for adults, too, but it isn't just the exercise that makes you sleep better at night.

Experiencing natural light and its fluctuations prompts your body to produce melatonin, a hormone that helps your body maintain a healthy sleep cycle. Adequate sleep is important — not only for feeling rested but also for things like concentration, proper judgment and memory.

When your body produces enough melatonin, you're more likely to sleep deeply through the night. A good night's sleep allows your brain to process the things you learned and did that day, consolidating memories and allowing you to retain new information.

TAKE A FOREST BATH

Don't worry — you don't need a swimsuit or towel for this adventure. Forest bathing, also known as shinrin-yoku, is a Japanese healing method that refers to the act of simply spending time in the forest. It's not hiking or adventuring with any real destination in mind. You aren't trying to get somewhere. You're there to absorb the experience of being in nature.

The concept of shinrin-yoku is an important part of preventive healthcare in Japan and South Korea today and is supported by extensive research.

Known benefits include:

- better mood
- better sleep
- higher energy levels
- improved healing after surgery or illness
- lower blood pressure
- lower stress levels

Whether forest therapy is offered near you or not, you can practice shinrin-yoku on your own. Find a park or hiking trail nearby, ideally where you can be covered by a tree canopy, and set aside some time to meander and be present in the greenery that surrounds you.

WANT TO READ MORE?

Visit MountainWestMC.com/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (804) 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 (804) 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.

The Clock Is TICKING

If you experience any of these symptoms, call 911.

Knowing the warning signs of heart attack can help save your life. Every minute counts.

You know your own body better than anyone. Listen to it, and visit the emergency room if you experience any unusual symptoms, such as:

- breathing problems that linger
- chest pain or discomfort
- cold sweat
- dizziness
- nausea and vomiting
- upper body pain



Count on the nationally Accredited Chest Pain Center at Mountain West Medical Center. For more information about our emergency services, visit MountainWestMC.com.

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