

# HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

## THE GREAT OUTDOORS: A Safer Escape

**CONCERNING  
SYMPTOMS?  
CONFIDE IN  
YOUR DOCTOR**

**PREPARE FOR  
EMERGENCIES —  
STOCK YOUR  
FIRST-AID KIT**



AN  
AFFILIATE  
OF



# 3 TIPS to Survive Seasonal Allergies

Changes in the seasons may leave you sneezing, itchy and congested. Keep your seasonal allergies under control and enjoy the outdoors again with these tips:



## Dress for success.

Wear a hat and sunglasses when venturing outside. This keeps pollen out of your face and hair. Changing and laundering your clothes when coming back indoors also helps limit your pollen exposure.



## Know the whole story.

Even on a low-pollen count day, you may still feel sick from coming in contact with a triggering allergen. Allergists provide testing that pinpoints specific allergens, such as type of pollen, to help alleviate symptoms.



## Time your medication.

The American College of Allergy, Asthma & Immunology suggests starting your allergy relief medication early. Find out when it's high season for pollen in your hometown. Then, plan to take over-the-counter medications a few weeks in advance. Check with your doctor before starting or stopping medication.



## Clear the Air

What's trending in allergy management topics? HEPA filters. HEPA stands for "high-efficiency particulate air," and HEPA filters are used to improve indoor air quality by removing harmful particles. The United States Environmental Protection Agency states an effective HEPA filter should remove 99.7 percent of dust, mold, pollen and other irritating particles that are 0.3 micrometers in diameter or larger.

Families looking to help loved ones with allergic respiratory diseases are investing in air purifiers with HEPA filters. While you consider whether to use a HEPA filter, know that these filtration systems have drawbacks:

- An effective filtration system can be expensive.
- HEPA filters cannot be cleaned and must be replaced annually. Replacement filters can cost up to \$200.
- HEPA units can be added to HVAC systems, or flat HEPA filters can be used in intake registers, which is a lower cost option but may impact unit efficiency.

You shouldn't rely on a HEPA filter alone. Allergens can thrive in upholstered furniture, bedding and carpets. Launder bedding and vacuum once a week. Newer vacuums offer HEPA filtration, too.

Bottom line: For best air quality, be prepared for costly replacement filters and remember to supplement with additional cleaning.



## Time to See an ENT

Ear, nose and throat (ENT) doctors are experts in treating patients with a wide range of medical conditions. ENT physicians treat everything from seasonal allergies to difficulty swallowing.

Want to know if you would benefit from seeing an ENT? Consider scheduling an appointment if you have:

- allergies
- chronic sinus infection lasting longer than eight weeks
- ear infections
- a lump in your neck
- problems with snoring
- sudden hearing loss
- vertigo
- voice injuries

ENT doctors work with you to find an accurate diagnosis, manage troublesome symptoms and perform surgery if needed.



If you suffer from allergies, start a conversation with your primary care provider (PCP). Need a PCP? Go to [MountainWestAnytime.com](http://MountainWestAnytime.com) and schedule online.

# HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

## **MOST STINGS ARE MINOR**

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

## **WHAT ABOUT ANAPHYLAXIS?**

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

## **SNAKE VENOM CAN KILL**

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.



When does an allergic reaction merit a trip to the ER? Generally, if two or more body systems (skin, digestive, respiratory or cardiovascular system) are affected, call 9-1-1 or go to the ER. An example? A slight throat tightness (respiratory system) **with** a rapid heartbeat (cardiovascular system). Check average ER Wait Times at [MountainWestMC.com/ER](http://MountainWestMC.com/ER).



## **MAKE A FIRST-AID KIT**

Sure, you can buy a prepackaged first-aid kit, but it's just as easy to make your own. Get a plastic storage box or sturdy waterproof bag and add the following:

- acetaminophen or ibuprofen
- adhesive tape
- adhesive bandages in different sizes
- antibiotic ointment
- antiseptic or alcohol wipes
- elastic wrap bandage
- emergency blanket
- flashlight and extra batteries
- hydrocortisone cream
- instant cold pack
- nonlatex gloves
- safety pins
- scissors
- splint
- sterile gauze pads
- thermometer
- tweezers

If a family member has a known medical condition, add any medications that could be needed in an emergency. Keep a first-aid kit in each car and another one in your house.





# UNIVERSITY OF UTAH HEALTH CARDIOLOGY CLINIC NOW AT MOUNTAIN WEST

Residents of Tooele now have access to University of Utah Health subspecialty-trained cardiologists. Having local access to this specialty care eases the burden of travel for patients and their families.

## MEET THE CARDIOLOGISTS



Brigham  
Smith, M.D.

**Brigham Smith, M.D.**, is an Assistant Professor of Medicine at the University of Utah School of Medicine and board-certified in both General and Interventional Cardiology.



Tara  
Jones, M.D.,  
PharmD

**Tara Jones, M.D., PharmD** is an Assistant Professor of Medicine at the University of Utah School of Medicine and board-certified in both General and Interventional Cardiology. In her free time, she enjoys skiing, hiking and running.



Gordon  
Mills Jr., DNP,  
APRN, FNP-C

**Gordon Mills Jr., DNP, APRN, FNP-C**, is a board-certified Family Nurse Practitioner with more than 20 years of nursing experience. He specializes in General Cardiology.

**For more information on services offered and the providers, go to [MountainWestMedicalGroup.com](http://MountainWestMedicalGroup.com).**

*Drs. Smith and Jones are members of the medical staff at Mountain West Medical Center. Gordon Mills Jr., certified family nurse practitioner and member of the allied health staff at Mountain West Medical Center.*

When it comes to the muscles in your body, none is more important than your heart. Responsible for pumping oxygen-rich blood to every organ and extremity, the heart is literally your lifeline. In the event your heart suffers injury or heart disease, the consequences range from bothersome to fatal.

At the Mountain West University of Utah Specialty Clinic, experienced cardiologists are available to diagnose, treat and follow a variety of heart conditions. The goal is to help improve cardiovascular health in an effort to avoid cardiovascular disease. If you're living with a heart condition or issue, the goal is to get you back on track to a healthier future.



To make an appointment with one of these cardiologists, call (435) 843-2725. Referrals are not required, but medical records are.

# TEMPERATURES RISING

Screening for COVID-19 has made taking a temperature a daily occurrence for some. Here's how to check for a fever and what that means.



## 98.6

In the mid-1800s, German physician Carl Wunderlich established 98.6 degrees Fahrenheit as the standard healthy temperature after measuring the temperatures of roughly 25,000 people, using the armpit method.

## TAKING YOUR TEMP

- Read the thermometer immediately after removing.
- Call your doctor or urgent care center if body temperature readings are at or above the top number for each method (see *The New Normal*, right).



Concerned about a fever but don't want to leave the house? How about seeing a provider from your couch? Just go to [MountainWestAnytime.com](https://www.mountainwestanytime.com) and check for providers offering TeleHealth appointments. You can even self-schedule online.

## FEVERS AT WORK

- Most bacteria and viruses that cause illness thrive at 98.6 F.
- Fevers destroy harmful bacteria and viruses and activate the immune system.



## THE NEW NORMAL

Body temperatures vary by location of measurement and from person to person.

- 95.9–99.5 F adults (mouth)
- 97.8–99.5 F children and adults (armpit)
- 97–99 F for adults (forehead)
- 96.4–100.4 F for children (ear)
- 97.9–100.4 F for children (rectal)

## TEMPERATURE SPIKES

High temperature readings could also signal:

- hot outdoor conditions
- eating hot foods
- menstrual cycle
- medication reactions
- overdressing
- physical activity
- time of day





## THE HOSPITAL: *The Safest Delivery Destination*

Even during a global pandemic, a hospital setting is the safest place for your labor and delivery.

These days, many people have grown accustomed to spending plenty of time at home. For some pregnant women, that trend may be extending into their preferences regarding where they will give birth. Home birth, an option that was once commonplace but fell out of favor, has been gaining popularity in the age of COVID-19. However, even with a trained and experienced nurse midwife overseeing the home birth process, there are still risks associated with giving birth at a venue other than a hospital if your pregnancy is high risk — one that poses a threat to the life of the mother or the baby. For this reason, having a perinatologist, or an obstetrician who has been trained in high-risk pregnancy care, is imperative.

According to the National Institutes of Health, your pregnancy is considered high-risk if you:

- are 17 or younger or 35 or older
- are obese or overweight, which increases your risk for gestational diabetes, high blood pressure, neural tube defects, preeclampsia and the need for cesarean delivery
- are pregnant with multiples
- have an existing health condition, such as diabetes, high blood pressure or HIV
- have a history of pregnancy complications, such as having a child with a birth defect or going into premature labor
- were underweight before pregnancy

### **BENEFITS OF DELIVERING BABY IN THE HOSPITAL**

If you deliver your baby in a hospital, you can count on having round-the-clock care from registered nurses and trained OB-GYNs. You will also have access to anesthesia options during labor and be close to an operating room if an emergency C-section is required.

### **THE GOLDEN HOUR**

The first hour after your child is born is the optimal time for establishing a strong bond with your baby. This time, known as the Golden Hour, is when skin-to-skin contact between you and your baby can help promote attachment and reduce stress for both of you. It will also help your little one get used to the world outside of your womb, and his or her blood sugar, heart rate and respiratory rate will regulate.

After delivery, your baby will be cleaned and dried by a nurse, who will then place your baby skin to skin and belly to belly with you. You will be covered in warm blankets. This is the time when your baby will find her way to your breast and latch on for her first nursing session.



For prenatal care, we have three skilled and compassionate OB-GYNs who would love to be part of your journey bringing your new little one into the world. Call (435) 843-3678 for an appointment. Visit [MountainWestMC.com/baby](https://MountainWestMC.com/baby) for more information about our hospital women's center.



Living with chronic joint pain? If pain is affecting your everyday life, it might be time to consider joint replacement surgery.

# Your Joints, *Only Better*

At some point, joint damage affects practically everyone. Whether caused by an injury, arthritis or the gradual wear and tear of life, joint pain can often be treated with exercise, lifestyle changes or medication. When these aren't enough, however, joint replacement surgery may become necessary.

Offering years of use, artificial joints can greatly improve your quality of life.

## PREPARING FOR THE DAY

The first step is to meet with an orthopedic specialist. Depending on the deterioration, you may require a partial or full joint replacement. Either way, your orthopedic specialist will educate you on the surgery, answering questions and giving a clear picture of what to expect during and after your procedure.

Leading up to surgery, you'll need to eat a healthy diet and perform special exercises. These two steps can help you recover from surgery and regain full range of motion faster.

## THE BIG DAY

On the day of surgery, you'll check in at the hospital and be taken in for surgery. In some joint replacement cases, minimally invasive techniques can be employed, offering smaller incisions and less disruption to muscles, ligaments and tendons. But each case is different, so talk with your surgeon about what might work best for you.

And believe it or not, just hours after leaving the operating room, a physical therapist may help you begin using your new joint.

## GOING HOME

Recovery continues with in-home therapy. During this time, a therapist visits your home a few times a week. As you gain function in your new joint, you will transition to outpatient therapy.

Within a few weeks, you should finish your formal rehabilitation process. While you continue working to strengthen your new joints, you should be able to return to everyday life, doing many of the things you love!



L to R: Jake Daynes, D.O., Cassie Broadhead, PA-C, Mike Rady, N.P.

## THANK YOU DR. DAYNES AND STAFF

"I have been a patient of Dr. Daynes for the past five years and have always had the best experience with him and his staff. This past year, I had one of my knees replaced and am so happy with the results. I am now able to do things that I was unable to do for many years. Thank you Dr. Daynes and staff for giving me the best care. I am so grateful." — M.W.

*If you'd like to learn more about shoulder, knee or hip replacement, call to schedule a consultation with Orthopedic Surgeon Jake Daynes, D.O., at (435) 843-3859.*



If you are having joint pain or encounter a sports-related injury, conveniently schedule an appointment online with one of our orthopedic clinic specialists at [MountainWestAnytime.com](http://MountainWestAnytime.com) under Specialty Care.

*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. Cassie Broadhead, certified physician assistant, and Mike Rady, nurse practitioner, are members of the allied health staff at Mountain West Medical Center.*





# Heart to Doc TALK

It's important to speak openly with your healthcare provider each visit so he or she can fully address your health concerns.

You already know that getting an annual checkup with your primary care provider (PCP) is important for your health. But what good is a checkup if you don't talk about all of your health concerns with your provider? Even if you think your concern is minor, your provider needs all the information in order to offer proper care or guidance.

## SHARE WITH YOUR DOCTOR

If you've had any chronic issues since your last visit, you should mention them, no matter how embarrassing. For example, gastrointestinal problems could be a sign of something serious, as could a spot on your back that won't stop itching.

You also need to be honest with your provider about your eating habits and how much you exercise. If you drink alcohol, use drugs or smoke, your doctor needs to know how much and how often, and the same goes for your sex life. Make sure your PCP has an accurate list of your medications and their

dosages — write down a list beforehand if you don't think you'll remember.

If you've had a major life change in the past year, like a divorce or death in the family, you should also share this with your doctor. Your mental health can affect your physical health, and vice versa.

## ASK YOUR DOCTOR

PCPs are used to treating all kinds of patients and conditions, so there really is no such thing as a dumb question. Don't be afraid to ask anything that you want to know or to follow up with questions about a diagnosis or medication that you don't fully understand.

If you have questions about your health or symptoms you're experiencing in the weeks before your appointment, write them down so you won't forget to ask. Make sure to note if the symptoms are constant or if they come and go, and whether they're affecting your daily activities.

## EVERYDAY SUN SAFETY

Practice basic sun safety, or you could end up with skin cancer down the line.

You should always wear broad spectrum sunscreen, which protects against ultraviolet A and B rays. Use one with an SPF of 30 or more, and reapply it every two hours when you're outside.

You should also try to cover your skin as much as possible. Wear a hat, sunglasses and long sleeves.

Finally, try to stay in the shade. Save your yard work or bike rides for early morning or later in the afternoon, avoiding the sun between 10 a.m. and 4 p.m.

And if you spot any suspicious new moles, visit your dermatologist.



Whatever medical condition is on your mind, primary care providers at Mountain West Medical Group can help. Don't have a regular provider? Visit [MountainWestAnytime.com](http://MountainWestAnytime.com) to find one and schedule an appointment online.



# Are You at Risk for **HERNIA?**

A hernia does not go away on its own. Here's how to know if this painfully common condition is in your future.

Hernias can occur in the groin, upper thigh, upper stomach or belly button. They can be passed on genetically, but they can also occur as the result of an accident, chronic condition or pregnancy.

A hernia is the result of pressure combined with a small tear in connective tissue or muscle. With strain, pressure pushes fatty tissue or an organ — often the intestines — through the torn muscle, resulting in a hernia.

Wondering what you can do to protect against hernia and what increases your risk?

## **PROTECT YOURSELF**

As with many medical conditions, prevention is the best treatment for nongenetic hernias. Lowering your hernia risk starts with a healthy lifestyle. Eat a well-rounded diet, including fiber-rich foods, and stay hydrated. Work to reach and maintain a healthy weight.

If you smoke or use tobacco, stop. Find a cessation technique you like and go for it. Additionally, practice proper lifting technique, don't push hard when on the toilet and keep your other health issues under control.

## **RISKY BEHAVIORS**

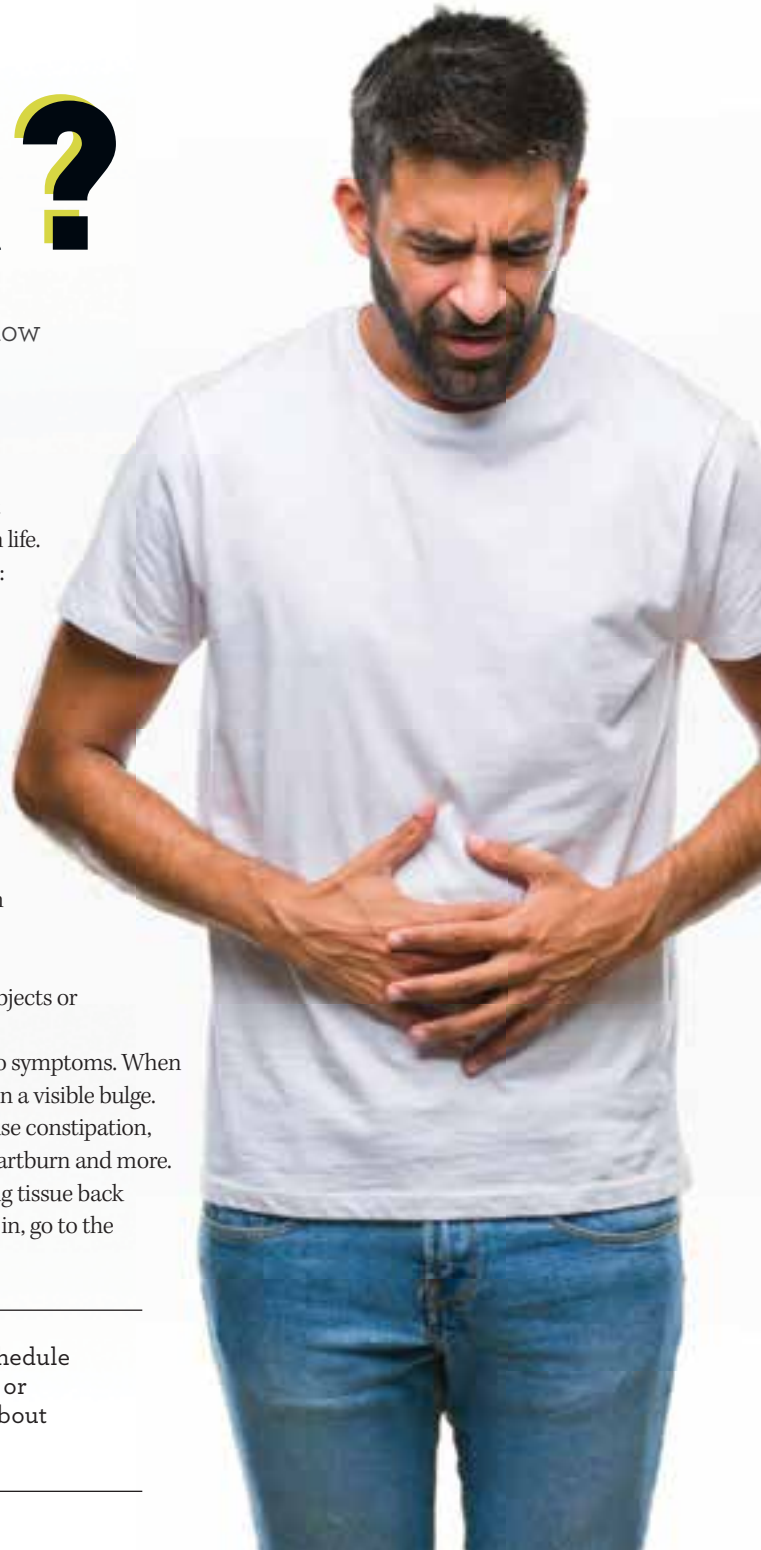
While some hernias are present at birth, many are brought on later in life.

Common causes of hernia include:

- being overweight or obese
- chronic coughing
- lack of fiber in diet that leads to constipation
- other medical conditions, such as cystic fibrosis or enlarged prostate
- pregnancy-based weight gain
- previous surgeries in the groin or abdominal area
- smoking cigarettes
- straining while lifting heavy objects or using the restroom

Initially, hernias may result in no symptoms. When symptoms do arise, the first is often a visible bulge. As time passes, the hernia can cause constipation, sharp pains, swallowing issues, heartburn and more.

When you can't push the bulging tissue back into place or severe symptoms set in, go to the emergency room.



If you've had enough of your hernia, call (435) 228-0061 to schedule an appointment with General Surgeon Blaine Cashmore, M.D., or visit [MountainWestMedicalGroup.com/hernia](https://MountainWestMedicalGroup.com/hernia) to learn more about hernia repair.

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

## **SURGICAL SUCCESS**

When it comes to hernia treatment, surgery is the gold standard. Why? Because it's the only known way to actually cure a hernia.

Other treatment options, such as medication, provide only symptomatic relief. However, surgery is the only option that gets to the root of the problem.

During hernia repair, the protruding organ or tissue is returned to its intended position. The surgeon then closes the torn muscle where the bulge occurred. In some cases, a surgical mesh material may be implanted at the site of the hernia. This reinforces the weak muscle and works to prevent future hernias.

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

# Happy (Safe) Camping!



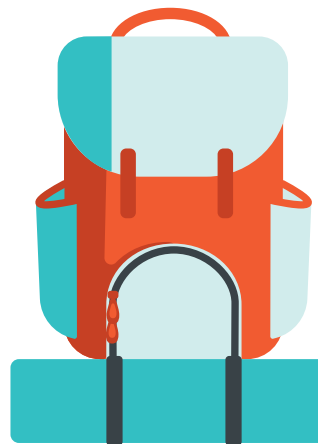
## HOW TO GET HELP

When you are camping or hiking, chances are you won't have quick access to care in an emergency. Here's how to communicate when you're outdoors:

- **Use a cellphone — but don't rely on it.** Sure, you can make a quick call for help, but cellphones don't always have reception, and you might run out of battery. If you can find cell service, call 9-1-1 and give the operator your location to the best of your ability and describe your emergency. Keeping your phone in airplane mode while hiking or camping will help preserve battery life last as long as possible.
- **Contact the park ranger.** Put the park ranger's number in your phone before setting out. He or she may be your quickest resource for emergency medical assistance while other medical staff are on their way.
- **Try a satellite communicator.** These devices are an extra expense but handy if you plan to be in the backcountry where cell service is unreliable. They use satellite signal and can send an SOS if you need it.

Keep these safety tips in mind before embarking on your next adventure.

Camping is a long-standing favorite American pastime, but its popularity has skyrocketed during the pandemic. State parks have seen record numbers of visitors flocking to nature for a much-needed change of scenery. If you're planning a camping trip, follow these preparation steps on your next getaway.



## HIT THE TRAILS

Safety is key while enjoying an afternoon hike around the park. Choose to hike with a buddy or a small group of people. Not only does this give you companionship on your hike, but there's added safety in numbers. Before you head out on your trek, let a trusted third party know where you will be hiking and when you will return. This person can call for help in case of an emergency or if you haven't returned by an appointed time. You should also check the weather and set out only if conditions are safe. Bring a flashlight and basic safety essentials, such as a whistle, first-aid kit, analog compass and fire starter.



## AVOID INJURIES

Nothing puts a damper on outdoor fun quite like an injury or feeling sick. Here's how to avoid and treat common camping ailments:

AVOID

TREAT

BURNS		CUTS AND SCRAPES	DEHYDRATION
<ul style="list-style-type: none"><li>• cooking over a campfire with long, loose sleeves</li><li>• building a fire when forest fire danger is high</li><li>• getting closer than 3 feet to a burning fire</li><li>• using gasoline, kerosene or other accelerants to start a fire</li></ul>		<ul style="list-style-type: none"><li>• leaving knives and sharp objects out</li><li>• using a pocket knife recklessly to cut sticks or other objects</li><li>• walking without watching for uneven terrain, fallen trees, branches or loose rocks</li></ul>	<ul style="list-style-type: none"><li>• drinking caffeine and alcohol when it's very hot outside</li><li>• exercising in the hottest part of the day</li><li>• waiting until you are thirsty to drink water</li></ul>
<p>If your clothes catch fire, follow the "stop, drop and roll" protocol. Soothe minor burns with cool, clean water, and cover them with a dry bandage. If a burn is large, severe and the affected person appears to be in shock, seek emergency medical attention.</p>		<p>Wash any dirt off your hands with soap and water before treating a wound. Stop bleeding by holding gauze to the wound and gently applying pressure for a few minutes. Clean any debris out of the cut with water. Apply an antibiotic ointment to prevent infection. Get emergency help if the wound is large and deep or is severely bleeding. Call your doctor if the cut was caused by a rusty object or still has debris stuck inside.</p>	<p>Mild dehydration will make you feel very thirsty, tired or dizzy. If this happens, simply replenish your fluids quickly. If dehydration is severe, you may need to seek medical attention. Signs of severe dehydration include confusion, fainting, rapid heartbeat and shock.</p>

The American Burn Association states embers cause 70 percent of campfire burns.

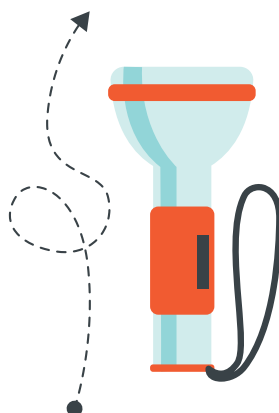


## PITCH IT SAFELY

Ready to set up your site? As you settle in, don't forget to:

- **Build campfires at least 15 feet away.** Make sure an open fire is a good distance from your tent and other flammable objects.
- **Critter-proof your site.** Keep your area clean and free of trash. Never leave food, coolers, garbage or kitchen utensils out in the open, where they might attract bears and other creatures.
- **Inspect for hazards.** Check for any ant mounds, patches of poison ivy, shards of glass or flooding zones.
- **Plan an early setup.** Pitching a tent and scouring for firewood in the dark is inefficient and could be unsafe. Plan to arrive at your site with plenty of daylight to set up camp.

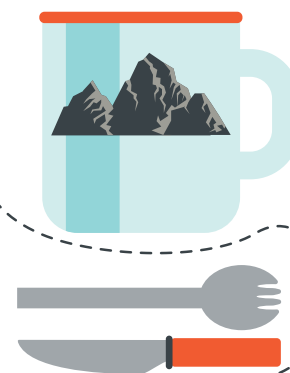
Telehealth visits allow you to see your provider from wherever you have an internet connection. Want to talk with a provider from your hike or in your backyard? Visit [MountainWestAnytime.com](https://www.mountainwestanytime.com) and see who offers TeleHealth services.



## DINNER IS SERVED

When cooking in the outdoors, take care to avoid food poisoning, which can cause nausea, an upset stomach, vomiting, diarrhea, fever and potentially long-term side effects.

Keep foods out of the danger zone — the temperature range between 40 and 140 degrees Fahrenheit that gives bacteria prime opportunity to grow. To prevent this, don't leave perishable foods unrefrigerated for more than two hours—one hour if the temperature is over 90 F. Keep perishable foods safely packed in a cooler with enough ice to maintain 40 F or below. Also, bring along a meat thermometer to make sure meat you cook has reached a safe internal temperature. Before handling foods, don't forget to wash your hands with soap and water — hand sanitizer is ineffective for visibly dirty hands, according to the Centers for Disease Control and Prevention. While a sink may not be readily available, staying clean helps prevent spreading bacteria during your outdoor picnic or barbecue.





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### WANT TO READ MORE?

Visit [MountainWestMC.com/signup](http://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 (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.

# CHANGE OF *Heart*

Nearly half of American adults have heart disease, according to the American Heart Association. If you have elevated or high blood pressure, your doctor may recommend more frequent screenings and will likely talk with you about lifestyle changes that help naturally lower blood pressure, such as:

- quitting smoking
- losing weight
- watching your sodium and alcohol intake
- exercising daily



If you have heart disease, visit one of our University of Utah Cardiologists for a consultation. Call (435) 843-2725 to schedule an appointment.