

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

LOOK INTO OUR
Crystal Ball:
DIET DOS AND DON'TS

WHY YOU NEED A
PRIMARY CARE
PROVIDER

THE DIRTY TRUTH:
HAND WASHING
MATTERS



MOUNTAIN WEST
MEDICAL CENTER
Quality care. Right here.

Waiting Can Be a LOSING GAME

Life's busy schedule can often make weight loss seem like an elusive idea — you may have good intentions but often procrastinate. Here is some motivation: The longer you wait, the greater the risk for obesity-related cancers.

In a study published in *PLOS Medicine*, researchers examined approximately 74,000 post-menopausal women from the Women's Health Initiative to see how time affects the risk of various cancers in

overweight or obese women. The results suggest that the longer a woman is overweight, the more vulnerable she is to several obesity-related cancers such as colorectal, liver, pancreatic and post-menopausal breast cancers.

This study is the first of its kind and shows that, even in small amounts, losing weight sooner rather than later better your chances of avoiding cancer.

FOR EVERY DECADE OF
BEING OVERWEIGHT OR
OBESE, THERE WAS A

7%

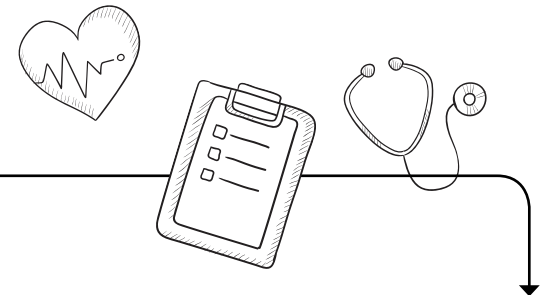
INCREASE IN
CANCER RISK.

Better Contact Lens CARE

According to the Centers for Disease Control and Prevention (CDC), more than 40 million Americans wear contact lenses. Although using contact lenses is generally safe, they can cause serious vision-related complications if they're not cared for properly.

The CDC studied more than 1,000 cases of serious contacts-related corneal infections between 2005 and 2015 and found that roughly 25 percent of these cases may have been prevented if users avoided certain behaviors, including wearing lenses longer than prescribed, improper cleaning and swimming or sleeping in them.

Lesson to learn? Follow your optometrist's or ophthalmologist's instructions carefully. Don't sleep, swim or shower while wearing contact lenses, and remember to properly clean them and change out your contacts case regularly.



THE IMPORTANCE OF PRIMARY CARE

Every year, nearly 20 million people over the age of 65 go to the emergency room. While it is important to receive emergency care when needed, new research reveals that older adults can reduce their chances of an ER visit if they receive regular primary care.

Published in the *Annals of Emergency Medicine*, the study revealed that Medicare beneficiaries have lower chances of going to the ER if they regularly receive outpatient care from the same doctor or a small number of doctors. Examining more than 3 million Medicare patients, researchers observed up to a 20 percent decrease in ER visits in individuals who fostered a continuous relationship with their doctor versus patients who did not.

Check out our hospital website for primary care doctors near you.

MEET Dr. Stern

Scott Stern, D.O., is Mountain West Medical Center's first gastroenterologist.

The Mountain West Medical Center team searches far and wide to find just the right doctors. Dr. Stern is an example of that commitment.

He's from Bangor, Maine, more than half a continent away. But the 2,600 miles between Tooele and Bangor are nothing new to him. His family has been coming to Utah on vacations for years, and finally arrived in Utah to stay this past July.

"My wife and I have always loved Utah," he says. "We finally decided instead of always trying to 'get away' for vacation, why don't we just live where we love to be? I've always enjoyed being in smaller towns. I went to medical school in a small town in Missouri and have practiced in a small town in Maine, so I was looking for a small town for my practice in Utah. Tooele was the ideal match."

FOLLOWING HIS PASSION

Born and raised in Ohio, Dr. Stern knew in high school that he would become a doctor. Growing up, he worked summers with his uncle who was a doctor, and enjoyed watching him help patients.

"I decided to become a gastroenterologist at the last minute," Dr. Stern says. "I thought I would be a general internist, but I applied for a gastrointestinal fellowship and was offered the position. At least once a week, I say how fortunate I am to have gone this

direction. I have the privilege of having long-term relationships with a lot of my patients."

Dr. Stern graduated from Kirksville College of Osteopathic Medicine in 1996 and did an internal medicine internship and residency at Michigan State University. He was chief resident during his final year. That was followed by a gastroenterology fellowship at Henry Ford Hospital in Detroit, Michigan.

From 2002 until June of this year, Dr. Stern practiced as a gastroenterologist in Bangor. He also served as president of the medical staff in Bangor from 2007 to 2009.

A TEAM EFFORT

Through medical school and his professional practice, Dr. Stern learned doctors aren't entirely responsible for helping a patient recover. The patient must have skin in the game, too.

"I believe healthcare is a team effort," Dr. Stern says. "It's my job to find out what is causing the patient's ailment, but it's both our jobs to make them better. As a gastroenterologist, I know how diet and lifestyle can really affect gastrointestinal diseases. If we work together, we can improve patient health."

His office is located at 196 E. 2000 N., Suite 110, in the Mountain West Medical Office Building next to the hospital.



Scott Stern, D.O.

OFFICE LOCATION:

196 E. 2000 N., Suite 110, Tooele, Utah,
in the Mountain West Medical
Office Building.



Digestive problems or tummy pain? Call (435) 774-0401 to schedule an appointment.

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

IS WEIGHT LOSS In Your FUTURE?

With so much conflicting advice in magazines and blogs, making the right calorie choices can feel like gazing into a crystal ball. If you're one of the 30 percent of Americans who resolve to lose weight every year, start by separating fortune-telling from facts.



**To burn more calories,
build more muscle.**

VERDICT: GOOD ADVICE!

One pound of muscle can burn three times as many calories at rest as a pound of fat, according to the American Council on Exercise. That's why men — who tend to have less body fat and more muscle mass than women — are more efficient calorie-burners. It seems unfair, but there's a silver lining. People who carry excess weight burn more calories during exercise than fit people do. If you're overweight and just starting to exercise, a little bit will go a long way. Once your initial weight loss slows down, start incorporating more muscle-building exercises such as weight lifting and ab crunches into your routine.

**Boost your metabolism by
changing when you eat.**

VERDICT: TRY AT YOUR OWN RISK.

You may have heard of diets based on the idea that if you constantly shift when and how many calories you consume, your metabolism learns to be more efficient. Similar diets opt for five or six micro-meals instead of the traditional three square meals a day. Unfortunately, science doesn't back up these diet trends. A small-scale study published in 2014 in the *International Journal of Preventive Medicine* showed minor advantages of calorie shifting over simple calorie restriction, but it did not improve participants' resting metabolic rate.

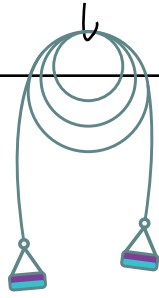
A BETTER IDEA:

Listen to your body. Don't wait to eat until you're starving, which can lead to poor nutritional choices. Don't eat out of boredom, either. When snacking, choose filling foods, such as whole-grain crackers, green vegetables and other foods rich in complex carbs, which have appetite-curbing effects for as long as 24 hours.

THE MYTH OF THE AGING METABOLISM

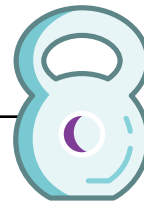
You've heard the excuse before — "When I was young, I could eat whatever I wanted. Then I turned 40, and my metabolism slowed to a halt." The truth is, your metabolic rate doesn't slow down because you age, but rather because you lose muscle mass as you age. According to the National Institutes of Health, sedentary adults lose about 8 percent or more of their muscle mass every decade after age 40. You can't stop aging, but you can prevent muscle loss through regular physical activity. Try these tools to preserve your muscle mass and keep your metabolism going strong.

Consult your primary care provider before starting a new exercise regimen.



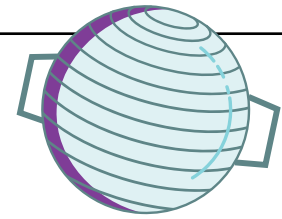
Exercise Band –

These giant rubber bands provide resistance to stretch and tone your muscles without harmful impact on your bones.



Kettlebell –

Increasingly popular among fitness buffs, kettlebells enable ballistic exercise, a unique combination of aerobic, strength and flexibility training.



Medicine ball –

Medicine balls filled with water can offer a harder challenge. As the water sloshes around inside, it requires more muscle engagement to control the ball.

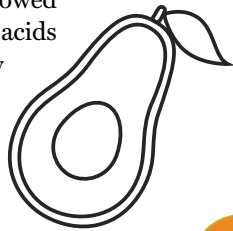
58%

A study published in 2016 in the *BMJ Open* journal found that 58 percent of Americans' total energy intake comes from ultra-processed foods, which include candy, desserts, packaged baked goods, reconstituted meat products, and sweet and savory snacks. On average, the amount of added sugar in these foods is eight times greater than in regular processed foods.

To lose bad fat,
EAT GOOD FAT.

VERDICT: TWO THUMBS UP!

Eating a well-balanced diet is a better weight-loss strategy than restricting or eliminating certain food groups. Unsaturated fats found in eggs, vegetable oils, nuts, seeds and avocados are considered good fats because they decrease harmful LDL cholesterol and provide important nutrients such as fatty acids. A 2007 study published in the *American Journal of Clinical Nutrition* showed that consuming fatty acids actually reduces body fat and improves metabolic health.



Zero-calorie means
zero weight gain.

VERDICT: KEEP WISHING.

Several studies suggest zero-calorie beverages could actually contribute to weight gain. One preliminary study published in the journal *NeuroImage* in 2008 found that the brain can tell the difference between caloric and noncaloric sweeteners, which could trigger the body to crave the calories it was expecting to get — and lead to overeating. A 2015 study published in the *Journal of the American Geriatrics Society* found that older adults who drank diet soda every day for almost a decade experienced an increase in waistline size three times that of those who never drank it.

A BETTER IDEA:

To satisfy your sweet tooth, stick with natural sources of sugar, such as whole fruit or a teaspoon of honey. Pair your sweet with a protein or complex carb to avoid a blood-sugar crash.

FAT TO FIT

For every 20 pounds you weigh, you can expect to burn an additional 10–12 percent of calories during exercise. For example, a 160-pound woman will burn about 255 calories during 30 minutes of jogging. A 180-pound woman will burn about 286 calories doing the same thing, according to the Calorie Control Council.

This explains why it becomes harder to lose weight as you become slimmer!

Get Real About

DIABETES

To successfully manage Type 2 diabetes, you may need to manage your misconceptions first.

MYTH 1:

I CAN NEVER HAVE SWEETS AGAIN.

Reality: Sugary treats can be OK, as long as you enjoy them occasionally and in small portions. Having a “forbidden food” mentality can actually be counterproductive. A 2016 study published in the *Journal of Consumer Psychology* found that dieters who allowed themselves “cheat days” had similar success as those with a stricter plan. Assuming you eat a healthy, balanced diet, giving your appetite a free pass now and then may help you better control eating habits overall. But how many sweets should you allow if you have Type 2 diabetes? The Academy of Nutrition and Dietetics found that 10 to 35 percent of your total calorie intake can come from sugar or starch without a negative effect on blood sugar. To be safe, stick to the one-in-10 rule: for every 10 calories you eat in a day, allow yourself one calorie from sugar. Consult your doctor before making significant changes to your eating habits.

MYTH 2:

I MANAGE MY DIABETES WITH MEDICATION, SO I DON'T NEED TO WATCH WHAT I EAT.

Reality: Medication can't fill the gaps left by an unhealthy diet. The good news is that you don't have to eat a special diet — another common myth, by the way. The same diet that's healthy for most adults is also recommended for people with Type 2 diabetes: one with plenty of vegetables, fruits, lean meat, low-fat dairy, whole grains and unsaturated fats.

MYTH 3:

DIABETES CAN BE SLOWED DOWN, BUT IT CAN'T BE REVERSED.

Reality: According to the American Diabetes Association, many people with Type 2 diabetes are able to reduce their daily insulin injections or stop using insulin altogether after making lifestyle changes. What's the most important lifestyle change you can make? Start exercising. During rest, the only way blood sugar can get from the bloodstream to the muscles is through insulin, which is a problem for people with diabetes. But during exercise, muscles can absorb blood sugar directly, without relying on insulin. The best exercise plan to improve diabetes, according to a 2007 study in the *Annals of Internal Medicine*, is one that combines aerobic and resistance training. Participants who got their heart rates up and built muscle saw the greatest improvements in blood sugar control. Check with your doctor before starting an exercise routine.



Diabetes management can be difficult on your own, but it doesn't have to be. Register for a diabetes education class by calling (435) 238-4251.

**FAST FACT**

A 12-ounce can of soda can contain as many as **40 grams of carbohydrates**. The American Diabetes Association recommends you eat a total of 45–60 carbs per meal.

FREE DIABETES MANAGEMENT CLASSES

Attend our free diabetes management classes for helpful information and strategies. These courses are designed to help you and your loved ones understand your diagnosis and stay on top of your care.

Classes include the following topics:

- DIABETES 101: What You Need to Know
- MEAL PLANNING BASICS: Shop, Prep and Cooking Demo
- SPECIAL OCCASIONS: Successfully Navigating the Holidays
- PREVENTING BURNOUT: Stress Management and Mentally Living with a Chronic Disease

To sign up for these classes or for more information, call (435) 710-9075.

HANDS OFF!

These everyday items could be crawling with germs and bacteria that can make you sick. Proceed with caution, and wash your hands frequently to stay healthy.

KEEP 'EM CLEAN

To get your hands clean and help prevent illness, follow these steps from the Centers for Disease Control and Prevention.

- Step 1:** Use clean water to wet your hands.
- Step 2:** Work soap and water into a lather all over your hands — the palm, back of the hand, around fingernails and between fingers.
- Step 3:** Wash for 20 seconds (long enough to sing Happy Birthday twice).
- Step 4:** Rinse off soap under clean, running, warm water.
- Step 5:** Air dry or use a clean surface to dry your hands.

5%

ONLY 5 PERCENT OF PEOPLE WASH THEIR HANDS CORRECTLY, ACCORDING TO A MICHIGAN STATE UNIVERSITY STUDY.

KITCHEN SINK

According to the National Sanitation Foundation (NSF), 45 percent of kitchen sinks are contaminated with dangerous coliform bacteria (*Salmonella* and *E. coli* are part of this family).

Clean tip:

Sanitize sponges and scrub your sink regularly.

Note: Beware the sponge!

75% have coliform bacteria.

CELL PHONE

Research from NSF found:

Clean tip:

Wipe your phone down with a lint-free cloth daily.

5%
TESTED POSITIVE FOR COLIFORM BACTERIA.

23%
TESTED POSITIVE FOR YEAST OR MOLD.

WET LAUNDRY

Germs survive cold washes. Use hot water, at least

140°
Fahrenheit.

Clean tip:

Use a detergent with bleach or peroxide in it to kill germs. Or hang your laundry in the sun to dry — the ultraviolet rays kill germs.

SHOPPING CART

Clean tip:

Grab a disinfecting wipe and clean the cart before use.

Food Protection Trends found that of the shopping carts in one study:

72%
HAD COLIFORM BACTERIA.

51%
HAD *E. COLI*.

73%

OF WEIGHT TRAINING EQUIPMENT AT GYMS IS CONTAMINATED WITH RHINOVIRUS, (THE CULPRIT BEHIND THE COMMON COLD), ACCORDING TO A STUDY IN THE *CLINICAL JOURNAL OF SPORTS MEDICINE*.

If a minor illness or cold gets you down, call your primary care doctor.

WANT TO READ MORE?
Visit MountainWestMC.com/signup to receive other health and wellness articles and register for our eNewsletter.

THOSE WHO SIGN UP WILL BE ENTERED INTO A DRAWING FOR A FITBIT!

No purchase necessary. Void where prohibited. You must be 18 years of age or older.

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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.



»»»» Here ««««

WHEN YOU NEED US

Emergency rooms exist to lessen your stress and determine your next steps to medical care. Severe symptoms call for an ER visit.

CALL 911 IF YOU EXPERIENCE:

- bleeding that won't stop
- chest pain or discomfort
- excessive abdominal pain
- loss of consciousness
- numbness isolated to one side of the body or an upper body part
- slurred speech or vision problems

For average wait times in the emergency room, visit 4healthier.me/MWMC-ERTimes.

But remember:
This list is not exhaustive!
Seek emergency care if you experience any unusual or alarming symptoms.