

# HEALTH CONNECTION

YOUR HEALTH, YOUR LIFE

*You Say You Want a*  
**RESOLUTION?**

MATTERS OF  
THE HEART

CELEBRATE  
HEALTH  
YEAR-ROUND



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



## A Heart-healthy Valentine

Do you typically celebrate Valentine's Day with boxed chocolates and roses? Consider swapping those traditional treats for two things that are good for your heart.

**Dark chocolate**, which is generally lower in sugar than milk chocolate, is high in flavonoids. These compounds in dark chocolate may reduce your risk for heart disease, according to the American Heart Association (AHA). Before you indulge, check the fat and calories in that dark chocolate heart. Consume in moderation — a little taste of dark chocolate goes a long way.

Flavonoids aren't just in your favorite Valentine's Day treats though. Look for these potentially beneficial substances in food sources, too, such as onions, apples, almonds and sweet potatoes.

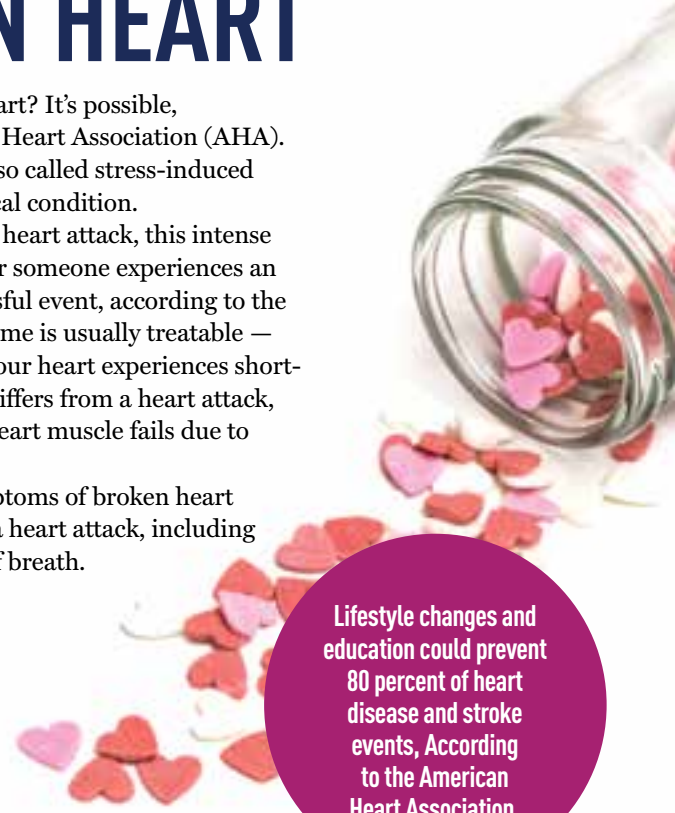
Drinking polyphenol-rich **red wine**, in moderation, may also have benefits for the heart. These antioxidants keep blood vessels flexible. Again, the key word is *moderation*. If you drink alcoholic beverages, according to the AHA, keep your limit to no more than two drinks daily for men and one daily for women.

## The Risks of a BROKEN HEART

Can you die of a broken heart? It's possible, according to the American Heart Association (AHA). Broken heart syndrome, also called stress-induced cardiomyopathy, is a medical condition.

Often misdiagnosed as a heart attack, this intense chest pain can happen after someone experiences an extreme, emotionally stressful event, according to the AHA. However, the syndrome is usually treatable — during this event, part of your heart experiences short-term muscle failure. This differs from a heart attack, which happens when the heart muscle fails due to blockages in the arteries.

Common signs and symptoms of broken heart syndrome mirror those of a heart attack, including chest pain and shortness of breath.



Lifestyle changes and education could prevent 80 percent of heart disease and stroke events, According to the American Heart Association.



## MAMMOGRAMS May Help Detect Heart Disease

Your routine mammogram may provide more information than just your breast health. The American College of Cardiology reports finding that mammography may be helpful in identifying your risk for heart disease by identifying breast arterial calcification. The presence of these calcifications is a risk factor for coronary arterial calcifications, which are an early sign of heart disease.





# PLANNING TO Succeed

The thing that separates a great idea from an accomplishment is a plan to get you there. If you're tired of your to-do list not getting *to-done*, use these strategies to turn things around.

- ☐ **USE MORNINGS WISELY**  
For most, peak brainpower hours are in the morning. Do your heavy mental lifting first thing and save email and meetings for afternoons.
- ☐ **BLOCK YOUR TIME**  
Menial tasks taking up too much of your time? Block off set amounts of time to get tasks done and stick to it. Do this long enough and you'll find yourself ripping through your to-do list — getting smaller and larger tasks done with ease.
- ☐ **START ON MONDAY**  
Gearing up for a big project at work? Plan to start it on a Monday. This gives you the whole week to gather steam and make some good headway before the weekend.
- ☐ **RESEARCH AND PREPARE**  
You may think jumping into a task quickly will get the results you want, but you might waste a lot of time in the process. Do some research and create a plan of attack to reduce frustration and increase success.
- ☐ **REFLECT AND RELAX**  
At the end of each day, write down the main task you want to accomplish tomorrow. Then go home and relax. Forget about the task and allow your body and brain recharge.



## CLEANING FOR A BETTER MOOD

Your house is messy, and you feel miserable. Believe it or not, research has shown it's common to feel this way. According to a National Sleep Foundation survey, roughly 75 percent of people sleep better when they have clean sheets. Additionally, individuals who live in clean homes are generally healthier than their counterparts living in clutter, according to research conducted at Indiana University.

Effects of living in a messy, cluttered environment are far-reaching. It causes people to feel tired and depressed. Messiness makes it a struggle to focus on the task at hand. According to the Anxiety and Depression Association of America, depression can cause clutter, too.

**If you've lived in a messy home for years, you may not know how to clean it up. Try these tips to get started.**

- 1. TAKE IT SLOW.**  
You may want to clean your entire home at once, but you can't! Start in one room or in the corner of one room.
- 2. BOX IT UP.**  
Think you can't live without a pile of items stacked in your living room? Box them up and put them in a hidden area. If you don't use them in a year, toss the box.
- 3. DON'T OVERUSE STORAGE.**  
Cabinets and shelves are built for storage — not hoarding. If your shelves are bowing from the weight of what they're holding, only keep what you use.

## TRAUMA CARE BY THE NUMBERS

**Level V and Level IV trauma centers** can stabilize, diagnose and prepare patients for transfer to a higher level of care. This type of center provides basic emergency care from specialized trauma nurses and physicians and has established transfer agreements with more specialized trauma centers.

**Level III and Level II trauma centers** provide prompt assessment, resuscitation, surgery, intensive care and stabilization of patients. This includes 24-hour immediate coverage by emergency medicine doctors and quick availability of general surgeons and anesthesiologists.

**Level II trauma centers** provide all of Level III services, in addition to having 24-hour immediate coverage by general surgeons and other necessary specialties. These centers can treat most injured patients.

**Level I trauma centers** are the most comprehensive and provide 24-hour in-house coverage of all needed specialties. They accept referrals from communities throughout the region.

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

# Behind the Wheel? STAY OFF THE PHONE

Texting and driving is a deadly mistake made by teenagers and adults alike.

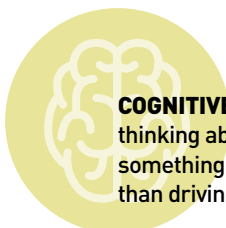
There's a reason most states have laws restricting or prohibiting the use of cellphones while driving. According to the Centers for Disease Control and Prevention, nine people are killed every day due to distracted driving.

Although teen drivers get a bad reputation for texting and driving, a study from AT&T found that 49 percent of adults text and drive, while 43 percent of teen drivers engage in this

bad habit. The same survey found that nearly 100 percent of teen drivers know that distracted driving is dangerous.

### HANDS AT 10 AND 2

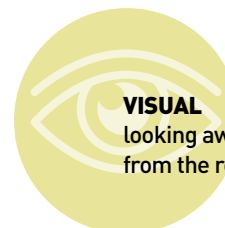
According to the National Highway Traffic Safety Administration, 3,477 people were killed by distracted driving in 2015. Distractions can be classified into three categories:



**COGNITIVE**  
thinking about something other than driving



**MANUAL**  
taking your hands off the wheel



**VISUAL**  
looking away from the road

Texting and driving falls into all three. To limit the temptation of using your phone while driving, set your phone to silent and place it out of reach. You don't need to respond to an incoming message right away. Pull off the highway or park before checking a message.

For optimal safety, all drivers should minimize distractions while driving. When injuries result from car crashes, trauma centers are designed to care for severely injured patients, 24 hours a day, seven days a week.



If you are severely injured, call 911 for help and ask to be taken to Mountain West Medical Center. Visit [MountainWestMC.com](http://MountainWestMC.com) to learn more about our emergency services.

### Fast Fact

Commercial truck drivers who text are more than 23 times more likely to get into an accident, according to research by the Federal Motor Carrier Safety Administration.



# A Healthier Holiday Calendar

Holidays aren't known for promoting healthy habits. In fact, it's hard to find one that isn't associated with large quantities of rich food or sweets. In 2018, give your holiday traditions a fresh start with these tweaks.

## EASTER

**TRADITION:** In addition to the religious celebration, Easter (April 1) is often celebrated with candy-filled baskets and a large meal.

**TRY:** Filling baskets with toys instead of candy. Add active events, such as a running egg hunt or an egg toss competition.

January



February



March



## VALENTINE'S DAY

**TRADITION:** Americans spend \$1.7 billion on candy every Valentine's day.

**TRY:** Exchanging the box of chocolates for dark chocolate-covered strawberries.



April



May



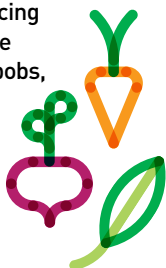
June



## INDEPENDENCE DAY

**TRADITION:** Grilling hot dogs and hamburgers.

**TRY:** Introducing veggies to the grill with kabobs, for example.



July



August



September



## CHRISTMAS

**TRADITION:** 86 percent of Americans buy gifts for others at Christmas time.

**TRY:** Giving the gift of health. Purchase a gym membership, fitness watch or yoga mat for the ones you love.



October



November



December



## HALLOWEEN

**TRADITION:** An estimated, 41.1 million children and teenagers went trick-or-treating in 2015.

**TRY:** Visiting neighborhoods where houses are a little more spread out. This will increase the number of steps you take while decreasing the total candy amount received.

## THANKSGIVING

**TRADITION:** Eating a large meal and watching football.

**TRY:** Playing a game of football while you've got plenty of family and friends around to participate.



♥ National Retail Federation

🍪 U.S. Census Bureau, 2015 Population Estimates

📊 Pew Research Center



# LABOR PAIN 101:

## Know Your Options

Baby on the way? Learn more about the types of medication for labor pain.

### FAST FACT

An epidural is requested by more than half of all women giving birth in America, according to the American Pregnancy Association.

As sweet as your new one will be, giving birth can be a painful experience. If you have already explored natural childbirth techniques, here's what you need to know about your medical options for pain relief.

#### EPIDURAL

##### Continual Relief

With an epidural, your physician carefully inserts a thin, flexible tube into your back. Called a catheter, this hollow tube is used to deliver medication — typically a local anesthetic and narcotic — directly and continuously to the area outside the spinal cord.

The narcotic provides pain relief, and the anesthetic delivers a numbing effect. This combination relieves pain in the lower half of your body, where birthing pain is concentrated.

#### SPINAL BLOCK

##### Instant Relief

In the event your labor causes sudden, overwhelming pain and will end soon, a spinal block is available. With a spinal block, medication is injected directly into the spinal fluid. You experience immediate relief, but the effect runs out in a few hours.

#### SPINAL BLOCK + EPIDURAL

##### Instant, Lasting Relief

If you need instant pain relief that lasts, request a combination of a spinal block and epidural. This provides pain relief throughout your labor.

#### SYSTEMIC MEDICATIONS

##### Full-Body Pain Reduction

Delivered through an IV or injected directly into your body, pain-relieving medications reduce pain throughout your entire body. These are often used to take the edge off of labor pain.



Are you expecting? Register to attend our prenatal or new sibling classes or schedule a tour of the Women's Center by calling (435) 633-9058.

### THE BEST FOR BABY

When you're bringing a new life into the world, you want to make sure the hospital where he or she is being born follows the latest evidence-based practices for newborn care. But what does that mean?

Look for a hospital that offers:

- baby and mother the ability to remain in the same room 24 hours a day
- baby feeding education, whether mother chooses to breast- or bottle-feed
- deference to parents' wishes regarding care of their infant
- nutrition education for mother to ensure she has strength to care for her newborn, especially if breastfeeding
- resources to new parents should they have questions or concerns after heading home with their infants
- restriction of pacifiers or artificial nipples to breastfeeding babies





## FAST FACT

Each year in the U.S., more than 300,000 hip replacements and 600,000 knee replacements are performed, according to the Agency for Healthcare Research and Quality.

# NEW YEAR, NEW JOINT

Is this the year you give your aching joints new life?

Pain in your knees, hips or shoulders makes it hard to perform everyday tasks. Lifting groceries is a chore. Bending over to tie your shoes is a hassle. And keeping up with the grandkids? Nearly impossible.

What if you could overcome all this difficulty with surgery? It may be possible. Read on to learn the benefits of joint replacement.

## BYE, BYE, PAIN

During joint-replacement surgery, the damaged joint is removed and replaced with high-tech metal or plastic. As the old joint is removed so is the pain. This means no more joint pain while walking or sitting, and if you're used to waking up at night because of joint pain, you may now get the rest you need.

## HELLO, MOVEMENT

While you won't regain the agility you had when you were 20 years old, your new joint will typically work much better than the old one. Many who undergo joint replacement can get back to their bicycle rides, tennis matches and golf games. Regardless of your goals after joint-replacement surgery, your new joint will get you back to life with confidence.

## CHANGE IS GOOD

Helpful as joint-replacement surgery can be, it can't relieve pain caused by muscles or nerves, which you may be able to remedy with lifestyle changes. This may mean losing weight or performing physical therapy exercises. If your joint pain continues after you've tried these changes, your physician may recommend joint replacement.

## JOINT REPLACEMENT WITH ROBOTICS — RIGHT HERE

Although robotic-assisted surgery capabilities for hip and partial knee joint replacements have been available at Mountain West Medical Center since 2014, total knee replacement is now being performed with positive results.

Why drive to Salt Lake City for knee or hip replacement, when you can achieve more accurate and satisfying results close to home? Jake Daynes, D.O., and John Douglas, D.O., along with Mountain West Medical Center, are bringing our small community this big-city technology.



Jake  
Daynes, D.O.



John  
Douglas, D.O.

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



Joint pain slowing you down? Ask your physician if joint replacement surgery is right for you. Visit [MountainWestMC.com](http://MountainWestMC.com), click "Services" and then "Orthopedic Services" to learn more about our program.

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



### FAST FACT

According to the American Sleep Association, the average sleep cycle takes 90–110 minutes. With each successive cycle, your deep sleep stages get shorter. Sleeping longer may not help you feel more rested if you awake mid-cycle.

## UNDERSTANDING YOUR SLEEP CYCLES

The first step to getting a good night's rest is knowing how sleep works.

Sleep happens in cycles of repeating stages. Together, these stages make up your sleep architecture. It's a fragile framework, and everything from diet, exercise and stress to your bedroom environment can protect or disrupt this architecture.

### WHILE YOU WERE SLEEPING

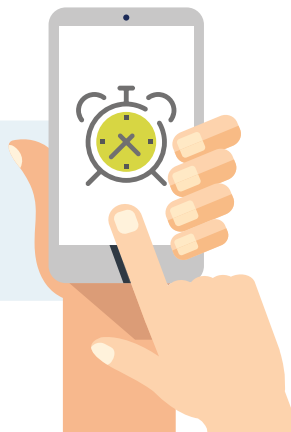
During healthy sleep, your brain goes through two stages of nonrapid eye movement (NREM) sleep, one more stages of NREM sleep called slow-wave or deep sleep, and one stage of rapid eye movement (REM) sleep.

During NREM sleep, your body winds down. Heart rate slows, brain activity decreases, body temperature drops and nerve activity lessens. During deep sleep, there is no muscle or eye movement at all. Deep sleep is the more restorative stage of sleep. It's hard to wake up during deep sleep, and when you do, you tend to feel groggy and unrested. The REM stage comes next, typically occurring 70–90 minutes after you fall asleep. During the REM stage, many parts of your body become more active again, including the motor and sensory areas of your brain. Most dreams occur during REM sleep.

Needless to say, sleep is complex. But with the right sleep habits, it doesn't have to be elusive.

### NOT A MORNING PERSON?

A sleep cycle tracking app may help. They're designed to wake you up at the end of your REM stage, when you feel most alert and rested.



# 5 TIPS FOR SOUNDER SLEEP

Because the “toss-and-turn” should be something you do on the dance floor, not in bed.

Sleep — for some of us it's hard to slip into and easy to slip out of. It doesn't help that the deep, restorative stage of sleep gets less deep and restorative as you age. Set yourself up for the best rest possible and make sleep less elusive with these tips:

1

#### Avoid caffeine after lunch.

The effects of caffeine don't wear off for several hours.

2

#### Exercise before 2 p.m.

Being active promotes undisturbed sleep, but a workout close to bedtime makes it harder to wind down.

3

#### Make your bedroom more sleep-friendly.

Keep your room dark, cool, quiet and free of distractions such as TVs and electronic devices.

4

#### Set a consistent sleep schedule.

Falling asleep and waking up at the same time every day helps your brain regulate its sleep cycles so you get the most out of your downtime.

5

#### Start winding down two hours before bed.

Get cozy. Avoid stressful conversations. Put down the remote and do some light reading.



### FAST FACT

Nearly 40 percent of American adults have total cholesterol levels that measure 200 mg/dL or greater, indicating borderline high or high cholesterol, according to an American Heart Association 2017 report.

## Your HEALTHY LIFE COACH

Stay in the game with regular visits to your primary care provider (PCP), who can tell you what you need to know to be proactive about your health and reach your personal goals.

When it comes to healthy living, consider your PCP to be your head coach and lead cheerleader all in one. Not only is your PCP there to treat minor illnesses and injuries, but he or she can also offer a game plan, expert perspective and encouragement that help you take your health to the next level.

#### KEEPING THE STATS

One of the most effective ways your PCP can help you achieve your healthy personal best is through annual wellness screening tests and record-keeping to monitor your blood pressure, cholesterol and glucose levels, weight, and body mass index — all important numbers to know when assessing your overall fitness and shaping a plan to move them into target ranges for better health.

Your numbers may indicate that you are already making all the right moves, or they may demonstrate a need to change your strategy in order to reach your health goals.

#### CHANGING THE PLAY

If your test results reveal a need for improvement, your PCP can assess your situation and recommend lifestyle changes, such as a healthier diet and daily exercise, and treatment options, such as medication, to bring cholesterol and glucose levels under control.

If you have a chronic health condition that needs regular medical attention, your PCP can help you monitor and manage it. If your PCP suspects that your condition requires specialized care, he or she can refer you to a specialist and may even schedule an appointment for you.



When you need treatment for a minor illness or injury outside your PCP's regular office hours, Urgent Care at Stansbury Springs offers a solution. Call (435) 222-7102 for hours and directions.

#### WHAT'S TRENDING IN PRIMARY CARE

Your life is busy, and trends in today's primary care options are a reflection of that. Primary care providers (PCPs) offer health and wellness services through extended weekday and weekend hours, as well as technology-based services that allow you to make online appointments, provide personal and family health history online, and in some instances have a virtual office visit.

#### HISTORY IN THE MAKING

The story of your health history is ever-evolving, changing as you mature. Before you go to your next primary care visit, make a list to inform your PCP about any changes in:

- diet
- exercise routine
- family health history
- personal health history
- prescriptions and over-the-counter medications or supplements you routinely take

# Resolutions

FOR A

# Better YOU

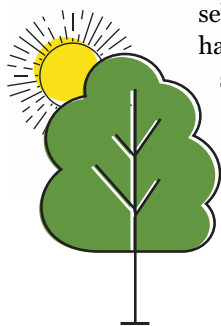


Do you have difficulty keeping your New Year's resolutions? They might be too lofty — or too vague. This new year, resolve to make better, simpler resolutions. Here are a few ideas to get you started.

## ✓ MENTAL HEALTH

**Resolution:** Take a 10-minute walk every day.

According to the Anxiety and Depression Association of America, as little as five minutes of daily aerobic activity can boost mood, improve sleep, increase self-esteem and release tension. It doesn't have to be intense activity, either. Studies suggest a 10-minute, brisk walk can be as beneficial for your mental health as a 45-minute workout. Walk on your lunch break, around the park while your kids are playing or before your morning shower.



## ✓ DIGESTIVE HEALTH

**Resolution:** Swap your afternoon pick-me-up with kombucha.

Whether it's a candy bar or a caramel macchiato, satisfying that 3 o'clock craving can wreak havoc on your stomach. Foods rich in sugar and fat can cause excess gas, bloating and heartburn. The solution? Grab a bottle of kombucha, instead. Sweet and tangy, this popular fermented-tea beverage can curb your sweet tooth while actually improving your digestive health. Kombucha is full of probiotics that help build up healthy intestinal bacteria to balance gut flora, which is great for GI health as well as your immune system.



## FAST FACT

Researchers have found that kombucha has a higher antioxidant content than unfermented teas. More study is needed to determine whether antioxidants in kombucha kill free radicals in the body that can damage cells and cause cancer.

## RAMS

### RETHINK YOUR RESOLVE

Before you settle on a resolution, make sure it passes the RAMS test. A good resolution should be:

- **Reasonable** — You don't need to run a marathon. Start by improving your 5K pace.
- **Actionable** — "Be more active" is a praiseworthy goal, but what steps will you take to get there? Choose active verbs like "eat" and "walk" over passive ones like "be."
- **Measurable** — Attach a number to your goal so you can track your progress. Instead of "volunteer more," resolve to volunteer for three hours, twice a month.
- **Sustainable** — Set a short-term goal, but keep the long term in mind. Make sure the healthy changes you've made are simple enough that you can keep them going in 2019 and beyond.



## MUSCLE & JOINT HEALTH

**Resolution:** Stand up and stretch every 30 minutes at work.

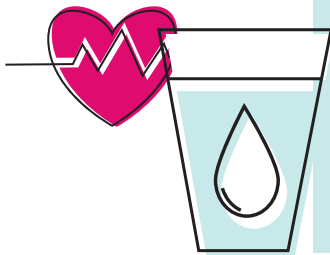
Do you sit at a desk all day? Chances are you've experienced some of its effects — low back pain, sore wrists, a stiff neck or achy knees, to name a few. Over time, extended periods of sitting can damage your nerves, tendons and ligaments. Taking regular breaks from sitting can relieve immediate discomfort and help minimize long-term effects. Walk around the office or do some simple stretches, such as lifting your arms over your head or doing lunges. Set a recurring alarm on your phone or desktop calendar to remind you.



## HEART HEALTH

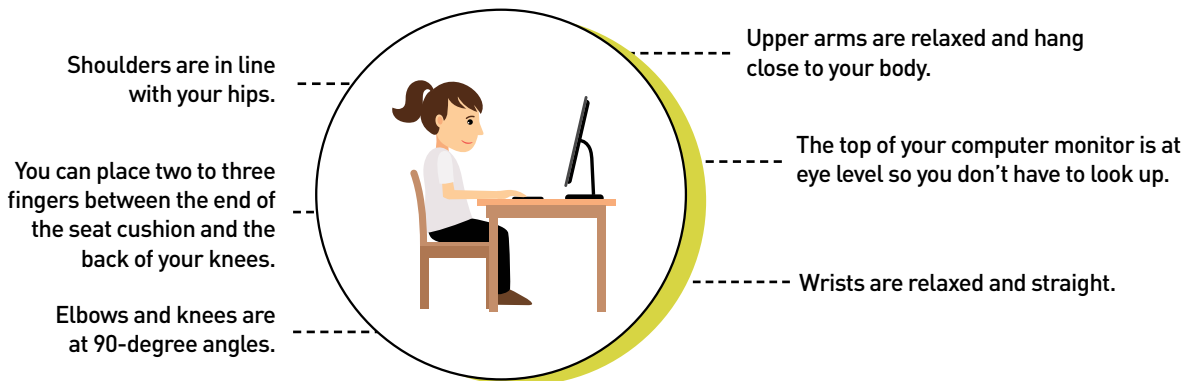
**Resolution:** Limit yourself to one sugary drink per week.

Soda, sweetened iced tea and sports drinks are laden with sugar that can cause excess weight gain, a major risk factor for heart disease. A 2014 study found that consuming too much added sugar may increase your risk of dying from heart disease, even if you aren't overweight. Diet and zero-calorie sodas aren't any better. In a 2015 study published in the *Journal of the American Geriatrics Society*, older adults who drank diet soda daily for nearly a decade experienced almost triple the increase in waist size compared to those who never drank it.



## BACK PAIN IS SO LAST YEAR

Feeling fidgety at work? Constantly shifting in your chair to relieve aches and discomfort may be a sign your workstation is less than ergonomic. Rearrange your workspace for the new year and put a stop to poor posture. For a more ergonomic setup, make sure that:



## MAKE IT STICK

For long-term success, turn your resolution into a habit. One study found that successfully forming a habit can take up to 254 days. If you start on Jan. 1, it could be September before your lifestyle change becomes automatic.

Many of us fail to keep resolutions. Not because it becomes too difficult, but because they fail to become habitual, and we forget to do them. To avoid this, take advantage of what behavioral psychologists call contextual cues. A contextual cue is a specific situation, a time and place you encounter every day that you learn to associate with a given action or behavior. For example, if you place an apple by your car keys every night, you'll begin associating your morning commute with eating an apple. If you do it enough, it will become strange not to eat an apple on your way to work.

By tapping into the power of contextual cues, you can keep your New Year's resolution and continue to build on it throughout the year.



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 (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.

# Emergency care. Recognized nationally. Available locally.



## James Antinori, M.D.\*

Board-Certified in Emergency Medicine • Emergency Department Medical Director

**When you have a medical emergency, you can turn to the emergency department at Mountain West Medical Center with confidence.**

- Our **30-Minute Pledge** means we will work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.
- As a **Certified Stroke Receiving Center**, we have proven procedures, protocols, and equipment for Stroke Care.
- **Neurology Telemedicine** uses virtual technology to give physicians 24/7 access to specialists in stroke and other neurological issues.
- We are an **American College of Cardiology Accredited Chest Pain Center**. This prestigious accreditation indicates that we have achieved a higher level of expertise when dealing with patients who arrive with symptoms of a heart attack.

With these, plus specialists in **Cardiology, General Surgery and Orthopedics**, we are at our best when you need us most.



2055 North Main Street • Tooele, UT 84074

If you are experiencing a medical emergency, call 911.

Specialists are Employed and Independent Members of the Medical Staff at Mountain West Medical Center.

\*Independent Member of the Medical Staff at Mountain West Medical Center.

**Current Average ER Wait Time**  
[MountainWestMC.com](http://MountainWestMC.com)