HEALTH CONVECTION YOUR HEALTH, YOUR LIFE



PLAY IT SAFE
in the
Game of Life

CHECK YOUR HEALTH — IT'S NEVER TOO LATE

> **YOUR LUNGS:** AN INSIDE LOOK

VAPING:Lost in a Haze

You may have heard about people turning to vaping to help them stop smoking. Does it work? Is it safe?

Like cigarettes, e-cigarettes contain nicotine and other chemicals. So, while someone with a nicotine addiction might find relief in vaping, they won't put an end to their addiction. Others who have never smoked can become addicted to nicotine through e-cigarettes. In fact, research published in *Pediatrics* has found that teenagers who vape are more likely to smoke traditional cigarettes.

E-cigarettes themselves are not terribly safe, since they're unregulated. There's no way of being sure what chemicals they contain; poisons such as formaldehyde and antifreeze have been found in e-cigarettes. Even e-cigarettes marketed as "nicotine-free" have been found to contain nicotine, which is known to be harmful to cognitive development in adolescents. And because e-cigarettes are often flavored like fruit or candy, they're particularly attractive to younger age groups.

When it comes to vaping, the best advice is: Don't! And be sure your children and teenagers are well-informed so they can make sound decisions about e-cigarettes.



If you are searching for a primary care provider, search no more. Make an appointment with board-certified Family Medicine Physician Al Parker, M.D., at (435) 412-4281.

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

BETTER LATE THAN NEVER!

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

SCREENING OR VACCINATION	BENEFITS TO YOU
Cervical cancer (Pap smear)	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
Mammogram	Can reduce number of breast cancer deaths in women ages 40–74
Colorectal cancer	Can often detect and remove polyps before they become colon cancer
Tetanus	Can prevent tetanus, a disease that requires immediate medical attention
Hepatitis A	Can prevent hepatitis A, a disease that may cause liver problems and death
Pneumococcal	Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually

*Screening and immunization data from the Centers for Disease Control and Prevention

and Your Health

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



GERMS

AND WHERE TO FIND THEM

The first rule of warfare is to know your enemy's position.

You always wash your hands after visiting the restroom, a playground or a shopping mall. But have you ever thought about sanitizing your smartphone? The following bacterial breeding grounds are also often overlooked:



- **Airplanes** accommodate millions of travelers and their germs every year. Think twice before you reach for the overhead air vent or pick up that complimentary magazine. Always pack your carry-on with a travel-size bottle of hand sanitizer.
- Gym equipment harbors more than a handful of harmful bacteria. In a recent laboratory study by equipment review website FitRated, researchers found more than one million colony-forming units per square inch of gym equipment, the worst offenders being treadmills and exercise bikes. Make sure your gym bag is equipped with a pack of disinfectant wipes so you can wipe down equipment before and after use.



• Phones and other hand-held electronics store more than data. Researchers at the University of Arizona have found that mobile phones carry 10 times more bacteria than a toilet seat. However, the problem isn't your phone — it's using other people's gadgets that can spread illness. Avoid borrowing your friend's phone unless absolutely necessary.



If germs have won the war, and you are sick, the Urgent Care at Stansbury Springs, located by Soelberg's Market at 576 Highway 138, is open Monday–Saturday, 8 a.m.–8 p.m., and Sunday, 1–5 p.m. Call (435) 562-9129.



Better Nutrition, EVERY DAY

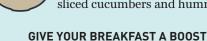
Is your annual New Year's resolution to eat healthier? Don't bite off more than you can chew. Work your way to success one day at a time. Here are a few, small changes you can make today.

VEG OUT

Salad isn't the only way to get your daily serving of veggies. Toss a handful of leafy greens into your blender with frozen bananas, berries and chocolate chips for a delicious, do-it-yourself dessert smoothie.

SNACK SMARTER AT WORK

If you work in an office, you may be tempted by an endless array of break room goodies. A new study by the Centers for Disease Control and Prevention found that adults consume 1,300 calories per week from office food. Fight the urge by keeping healthy snack options, such as trail mix, Greek yogurt cups or sliced cucumbers and hummus, handy at work.



Start your day off right with good fats. Add walnuts and flaxseeds to your bowl of cereal, or top your toast with avocado slices. Healthy fats will feed your brain and keep your family full until lunch.





Mountain West Medical Center Registered Dietitian, Shelby Straley, offers Diabetes Management and Weight Loss Classes. Call (435) 710-9075 for more information.



Seasonal heart attacks are a real thing, and they're an annual threat to your health.

Did you know you may be more likely to suffer a heart attack when you need to bundle up? In fact, there is such an increase of heart attack occurrences during the colder months that the American Heart Association (AHA)'s journal Circulation published a study on the winter holiday season as a risk factor for cardiac and noncardiac death.

COMMON CARDIAC CULPRITS

When cold weather sets in, it can result in narrowed blood vessels and arteries, limiting blood flow and reducing oxygen to your heart. However, other heart attack causes are more under your control. These include:

- being constantly on the go
- exposure to wood smoke
- · increased intake of unhealthy foods and alcohol
- stress connected to the holidays (financial demands, busier schedules, etc.)

DIY PREVENTION

To reduce your holiday heart attack risk, limit stress. Remember — your house doesn't have to be the most decorated on the block, and tense moments at family gatherings aren't all your fault. When you feel stress piling up, find a quiet place and practice deep breathing exercises, or find a good book to read.

Along with reducing stress, do your best to maintain a healthy diet, drink only in moderation, exercise regularly, bundle up when outdoors, avoid wood smoke and keep a manageable schedule.



Do not delay getting help when you or someone you know is having chest pain. Call 911 for the quickest and best chance at limiting heart muscle damage in the event of a heart attack.

MOUNTAIN WEST IS AN ACCREDITED CHEST PAIN CENTER

a few hospitals in Utah to be accredited as a Chest Pain Center by the American College of Cardiology. This designation is a sign of our commitment to offer you quality care when you need it most. A hospital with an accredited Chest Pain Center meets or exceeds quality-of-care measures based on improving processes — from the onset of the patient's symptoms through discharge from the hospital.

Our goals as a Chest Pain Center are to:

- educate the community about the risks of heart disease and the importance of seeking help early
- provide a specialized observation setting in which physicians are better able to monitor patients to ensure that a patient is neither sent home too soon nor admitted to the hospital unnecessarily
- significantly reduce the time it takes for a patient experiencing symptoms of a possible heart attack to see a physician





TRANSFORMATIONAL ORGANS: YOUR LUNGS

Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small "cells" that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels. and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

The movement

of the diaphragm muscle works the lungs like a bellows, moving air in and out.

4



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That's as big as the floor space of a small house!



We use pulmonary function tests at Mountain West Medical Center to diagnose lung conditions. For more information or to schedule a test, please call (435) 843-3856.

DANGERS OF DEHYDRATION

It may seem minor, but dehydration can be serious.

Though considered by many to be a warm-weather concern, dehydration can happen any time of the year. Occurring when less fluid is taken in than is lost or used by the body, dehydration can cause a variety of symptoms ranging from a dry mouth and sunken eyes in children to dark-colored urine, dizziness and confusion in adults.

COLD CAUSES

Anything that causes an individual to lose fluid can lead to dehydration. Though it may not be as noticeable in the winter, working outdoors still causes you to sweat. And while you suspect you need to drink less because it's not hot outside, not drinking adequate fluids can cause you to experience dehydration.

Additionally, being in the middle of cold, flu and stomach bug season can increase your risk for dehydration as well. Some of the most common causes of cold-weather dehydration are related to these illnesses and the associated symptoms of vomiting, diarrhea and fever — each can cause your body to lose fluid at an increased rate.

TIME FOR THE ER?

In cases of mild dehydration, home treatment is usually sufficient. The main aspect of dehydration recovery is drinking plenty of fluids, such as water or sports drinks that replenish electrolytes, and eating fruits and vegetables, which have a high water content. You'll also want to rest in a comfortable environment until you are well hydrated.

Dehydration, however, can sometimes require emergency medical attention. Head to the ER anytime dehydration leads to rapid heartbeat or breathing, confusion, dizziness, lack of sweat production, shock, or loss of consciousness. There, emergency medicine personnel will intravenously replenish your body's fluid stores.

Call the Ooc Anytime someone experiences diarrhea for 24 hours, call a family practice physician to ensure it does not lead to severe dehydration.

HERE'S TO YOUR HEALTH

Water is a vital component for good health, as most of the body's processes and organs require proper hydration to function. According to research in the *Journal of Biological Chemistry*:

- bones are 31 percent water
- heart and brain are 73 percent water
- kidneys and muscles are 79 percent water
- lungs are 83 percent water
- skin is 64 percent water

GET YOUR FILL

Water is needed to regulate temperature, lubricate joints, protect the spinal cord and flush wastes from the body, according to the Centers for Disease Control and Prevention. To increase your daily water intake:

- carry a water bottle with you and refill throughout the day
- · choose water when eating out
- eat foods such as soups and fresh vegetables that contain water

For average wait times in the Mountain West Medical Center emergency room, go to MountainWestMC.com. We are here for you 24/7.

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



Favorite Things

Chocolate, citrus fruits, mints, coffee, caffeinated sodas, tea, onions, tomato products, and spicy or fried foods can cause heartburn.

HEARTBURN A Burning Question

Heartburn, or the feeling of burning in the chest, is the body's common response to eating too much or eating certain foods. Lifestyle changes can limit your reliance on antacids for relief.

A SURGICAL SOLUTION FOR HEARTBURN WITHOUT INCISIONS



Blaine Cashmore, M.D.

What may have seemed like science fiction, surgery without an incision, is now a reality that is giving back patients suffering from chronic acid reflux or gastroesophageal

reflux disease (GERD) a normal life. Blaine Cashmore, M.D., General Surgeon at Mountain West Medical Center, is now offering the transoral incisionless fundoplication (TIF) procedure for the treatment of GERD. Because the procedure is incisionless, there is reduced pain and no visible scar, and most patients can get back to their regular activities within a few days.

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

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment. You may be all too familiar with the burning sensation of heartburn and having to take antacids to soothe the pain. The American College of Gastroenterology estimates that more than 60 million people in the U.S. experience heartburn symptoms at least once a month, and more than a quarter of those have heartburn daily.

LOW DOWN ON YOUR ESOPHAGUS

The sensation occurs when the acidic liquid from your stomach backs into the esophagus. A ring of muscle prevents this from happening, unless other factors loosen the seal.

Pregnant women are more at risk for heartburn due to hormones that slow digestion, according to the Office on Women's Health. People who have a hiatal hernia — part of the stomach is pushing through the diaphragm — or are obese or overweight are more at risk for heartburn symptoms as well.

Heartburn pain can last a few minutes or for hours. For many, spicy food,

overeating, wearing tight clothes or lying down too soon after eating is the cause.

PREVENTING HEARTBURN SYMPTOMS

The best treatment is prevention. To curb heartburn symptoms, try these lifestyle changes:

- Avoid wearing tight belts or clothing.
- Choose high-protein, low-fat foods.
- Don't eat a lot of spicy food.
- Eat several hours before lying down.
- Limit coffee, alcohol and carbonated drinks.
- Quit smoking if you do smoke.
- Reach and maintain a healthy weight.
- Stop eating when you are pleasantly full.

FEELING BETTER

For occasional heartburn symptoms, taking an over-the-counter antacid can manage discomfort. According to the American Academy of Family Physicians, raising the head of your bed six to nine inches can help reduce your risk for acid reflux when you sleep.



For potential long-term relief from chronic heartburn using an incisionless procedure, call Blaine Cashmore, M.D., Oquirrh Surgical Services, for an appointment at (435) 238-7096.



Skin Healing **Basics**

From skinned knees to cooking burns, learn the ABCs of care for minor cuts and scrapes.

SHOULD I USE A BANDAGE OR LET IT AIR OUT?

Bandages help keep cuts from getting dirty or reinjured. They're useful if your cut is in a place, such as your hand, that's easily irritated or exposed to germs. Otherwise, it's best to let minor lacerations air out. If you use a bandage, change it every day.

HOW LONG WILL IT TAKE TO HEAL?

Healing happens in three stages. First, blood exposed to the air will clot. This happens within the first few minutes. The clot forms a barrier to keep out bacteria. Next, blood cells begin repairing tissue, and the area around the wound may become swollen and tender. This stage takes up to five days. During the final stage, red blood cells form collagen to help grow new tissue. This usually takes three weeks.

WHAT DOES HYDROGEN PEROXIDE DO?

Hydrogen peroxide kills bacteria that can cause infection, but it can also slow down the healing process by harming healthy tissue. The best way to disinfect a minor wound is to clean the area with mild soap and water.

If you have a skin injury that needs extra attention, Urgent Care at Stansbury Springs, located by Soelberg's Market at 576 Highway 138, is open Monday–Saturday, 8 a.m–8 p.m., and Sunday, 1–5 p.m.



The Skinny on SCARS

With proper care, you can lessen the appearance of scars — or avoid them altogether. Scarring is a natural part of the healing process, and most scars fade over time. The good news is that you can take steps to minimize scarring both during and after the healing process. It's as easy as 1-2-3:



Once a wound is clean and dry, keep it from getting too dry by covering it with petroleum jelly. This will prevent unnecessary scabbing and may lead to less noticeable scars.





After the cut has healed, apply sunscreen to the scar daily. According to the American Academy of Dermatology, sunscreen may help minimize the appearance of scars and help them fade faster. Topical creams containing vitamin E may also help.

Most "miracle cures" and expensive skin creams aren't tested or proven to help lessen the appearance of scars. If you have significant scarring, you may consider more advanced treatments such as dermabrasion, revision surgery or laser resurfacing. Always talk to your doctor before trying a new scar removal treatment.

 $\label{lem:patient} \textit{Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.}$

Solutions **JOINTS**

Find relief from your aching knees, shoulders and more.

Brought on by arthritis, sports injury or overuse, joint pain can stop you from doing the things you love. Fortunately, you don't have to live with joint pain. With today's medical advances, there is a treatment option to help joints regain range of motion while diminishing the pain they cause.

CAUSES AND CARE

Some disorders that cause joint pain include gout, fibromyalgia, bone cancer, lupus, rheumatoid arthritis, tendinitis and Lyme disease. Managing the underlying condition will often provide relief. Other cases, however, require more direct treatment.

Mild joint pain is often relieved by cold or hot therapy, over-the-counter pain relievers, and reduced use of the affected joint. More troublesome and chronic joint pain requires more aggressive treatment. Options available include:

- Arthroscopy A tiny camera is used to view the pain-causing joint. Through a tiny incision, the surgeon can repair the damaged joint.
- Injections The most common is corticosteroid, which reduces joint inflammation for up to three months. Other injections are available that may even work to heal the joints, though they are not curative.
- Joint replacement Joints beyond repair are completely replaced with artificial joints made of hard plastic, ceramic or metal.

TALK IT OVER

If you've been living with joint pain but are unsure what treatment would be best in your situation, talk with an orthopedic specialist to find out. While there, you'll need to ask the right questions to ensure you understand the options and potential end results.

A good first question to ask is about the least-invasive option available that will offer the pain relief you desire. You'll also want to find out what kind of preparation is needed for your treatment, recovery time, side effects to watch out for and the success rate of your chosen treatment.

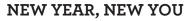


Daynes, D.O.

If you are having joint pain, see Orthopedic Surgeon Jake Daynes, D.O., for helpful options.

Call (435) 233-9983 for an appointment.

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



You're ready to make changes so you can enjoy better health, so get moving! Try these tips to fulfill your New Year's resolution for a healthier, more active life.

- 1. STEP IT UP. Find ways to exercise wherever you are. Park farther from the store entrance, take the stairs, and walk or bike instead of driving when possible.
- 2. GET ON YOUR FEET. Gathering for meals is a great way to socialize, but it usually means sitting around. Call friends to go for a walk or go sledding with the kids.
- 3. BE WEATHER-READY. Cold weather doesn't have to keep you inside. Wear the right outfit to stay warm and dry and enjoy getting out and about no matter the weather.

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



SAFETYCheckup

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.

COOL, COVER, COMFORT

For minor burns, apply cool —

loosely with sterile gauze or a

over-the-counter medications,

such as acetaminophen.

ibuprofen or naproxen, to

relieve pain.

not cold or icy — water. Bandage

nonstick bandage. If needed, use



First-degree burns damage the top layer of skin, causing redness, swelling and pain.



Second-degree burns damage the outer skin and the dermis, the underlying skin layer.







Third-degree burns destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.

> To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at GHSA.org/ State-Laws.



WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

True or False?

- Q: Applying butter soothes a burn.
- A: False. Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- nausea or vomiting
- overall weakness
- persistent hiccups
- shortness of breath



COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.



- pain in one or both arms
- · shortness of breath

What's the Difference?

Heart attack occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

Stroke occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.





In the event of an emergency, Mountain West Medical Center is here for you 24/7, where you are seen by a provider within 30 minutes or less. You can check current average emergency room wait times at MountainWestMC.com.

PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- a list of all medications, including over-the-counter medications and natural supplements
- · a list of allergies

- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a record of all medical conditions, diagnoses and any recent test or imaging results

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



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