

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

**RECOGNIZE THE
SIGNS OF
HEART ATTACK**

**WAYS TO
MANAGE STRESS
DURING
DIFFICULT
TIMES**

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e-newsletter!

GERD RIDDANCE!

Treating Chronic Heartburn



An Affiliate Of



Make a Fresh Start!

Welcome 2021
with choices for a
healthy year ahead.

Get Annual Medical Appointments on the Calendar

Whether you have a chronic medical condition, are trying to quit smoking or want to make sure you are up to date on your vaccinations, an annual preventive care visit with your primary care provider can be your best medicine.

Annual monitoring of your blood pressure, cholesterol levels and blood sugar levels — once you reach age 45 — can detect heart disease and diabetes before they reach critical

points. The ABIM Foundation says having a regular trusted provider will help ensure you get the best care.

Your annual wellness visit can combine screenings with family planning, flu shots and medication management. You can also discuss how to safely achieve goals like losing weight or curbing unhealthy habits. If you haven't been to a doctor for years, it's especially important to follow up now.



Make your health a priority. If you need a primary care provider, schedule with one at MountainWestAnytime.com.

Start an Herb Garden

Did you start growing windowsill herbs or scallions from cuttings during the pandemic, only to have them die? Now is a perfect time to start herb seedlings inside before transplanting after the last frost.

The University of Vermont Extension says most herbs will need at least 5 hours a day of sunlight. Pick your window and use a potting mix with equal parts peat moss, loam and sand. Water as needed and occasionally fertilize. When your new scallions are grown, you can use them in the marinade recipe below.



SHEET PAN TOFU



Start the new year off with healthy eating resolutions. Eating a plant-based diet is a cost-effective strategy that may improve blood cholesterol levels and lower body mass index and blood pressure, according to information published in *The Permanente Journal*. Try this Asian-inspired dinner tonight.

INGREDIENTS

16 ounces firm tofu
1 pound green beans,
trimmed
2 teaspoons olive oil

FOR THE MARINADE

1 teaspoon minced garlic
¼ cup diced scallions
2 teaspoons
sesame seeds
3 tablespoons soy sauce
1 tablespoon sesame oil
1 teaspoon red
pepper flakes
½ teaspoon maple syrup
2 tablespoons rice
wine vinegar
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 F.
2. Rinse and drain tofu. Wrap in paper towels and set under heavy pan for 15 minutes.
3. Whisk marinade ingredients together.
4. Cut tofu into slices, then triangles. Place in a single layer on oiled baking sheet. Drizzle with half of the marinade. Bake for 12 minutes.
5. Flip tofu. Add green beans to the pan. Drizzle with remaining marinade. Return to oven and bake until tofu is browned, about 12 minutes.
6. Garnish with extra sesame seeds and serve.

NUTRITION INFO

Makes 4 servings.
Calories: 191
Fat: 11.4g
Saturated fat: 1.9g
Cholesterol: 0mg
Sodium: 698mg
Potassium: 496mg
Carbohydrates: 12.8g
Fiber: 5.4g
Sugars: 3.2g
Protein: 12 g

Source: *Produce for Better
Health Foundation*



Heart Attack: **TIME IS MUSCLE**

Don't let the pandemic keep you from seeking the help you need during an emergency.



When you have a heart attack, or myocardial infarction, blood stops flowing to your heart. Every second means more heart muscle dies, starved of oxygen and nutrients. The speed with which you get to the emergency room can make the difference between death, disability and full recovery.

NOT LIKE THE MOVIES

You've seen Hollywood's version: a guy grabs his left arm, grimaces and falls to the floor. Many heart attacks don't look like that, however, especially for women, who are more likely to feel pain in their jaws, backs, necks or throats. Women might also have heartburn, nausea, cold sweats, fatigue, lightheadedness or difficulty breathing. Some women even have "silent" heart attacks, or cardiac episodes with no symptoms. You know your body. If something feels off, call 9-1-1.

VISITING THE ER DURING COVID-19

Worried about going to the emergency room during a pandemic? Don't let

COVID-19 keep you from seeking the care you need. Remember, during a heart attack, time is muscle.

The physicians and staff in the ER are working hard to keep you safe. Everyone will be masked, and the people caring for you may be wearing additional personal protective equipment to protect them and you from an infection. Other staff will screen everyone at the door so they can separate COVID-19 patients from those with non-COVID-19-related concerns. They will enforce social distancing within the waiting room.

While at the hospital, help the staff by wearing a mask, social distancing from others, washing your hands and avoiding touching your face. Be patient with the changes the healthcare workers have made to protect you. For instance, you may have to go into the ER alone or with only one other person there for support. Adjustments like this are how the hospital is working to keep you safe.

WHAT TO BRING TO THE ER

In an emergency, you or a loved one should collect the following items to streamline your care in the emergency room:

- allergy information
- cellphone with a charger
- contact information for your primary care provider and any specialists
- copies of recent medical tests
- details of previous major procedures, accidents or illnesses
- driver's license, state I.D. card, passport or other picture I.D.
- insurance cards
- list of all medications including prescription, over-the-counter medicine and supplements (or grab the bottles from your medicine cabinet)
- payment method for copay or other costs

Does this sound like an overwhelming amount of information to assemble in an emergency, especially if you live alone? Save your medical information on your phone so you'll be ready when a crisis strikes. There are even apps that can help you keep track of your prescription information and medical history.

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



If you are having symptoms of a heart attack, call 9-1-1. Our emergency room is an Accredited Chest Pain Center with the American College of Cardiology.

New Pediatrician

EMPOWERS PARENTS TO BEST CARE FOR THEIR KIDS

Pediatrician, Gordon Duval, D.O., thinks of himself as having the ability to empower parents on how best to care for and raise their kids through relationships and education. He views his role as a pediatrician as two-fold: that of a healer and a teacher. Dr. Duval chose to be a pediatrician because it allows him to acquire some of the same fascinating perspectives his young patients hold.

Dr. Duval was born and raised in Utah County. He started working in the medical field as an emergency medical technician or EMT. He attended medical school at Lake Erie College of Osteopathic Medicine in Pennsylvania and completed an internship and residency at the University of Missouri Women and Children's Hospital. Prior to coming to Mountain West Medical Center, he worked as central Utah's first pediatrician out of Nephi, including caring for patients at Utah Valley and Orem Community Hospitals in the newborn nurseries and pediatric units.

When Dr. Duval is not providing health care for children, he enjoys ballroom dancing, swimming, camping and spending time with his family.

Dr. Duval states, "My wife and I chose to live here because of the augmented opportunity Mountain West Medical Center can provide for me to have a positive impact on the health and well-being of children in the community."

Additionally, he and his beautiful wife, Leona, see it as an excellent place to raise their five kids. They are a close-knit, traditional family who look forward to getting to know the people of Tooele County.

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



Dr. Duval practices in Wellsprings Pediatrics, Mon.-Fri., 8 a.m.-5 p.m. Call to schedule an appointment at (435) 882-9035. For more on Dr. Duval, including a video profile, visit MountainWestMedicalGroup.com.



IMMUNIZATION: *Join the Herd*

Getting recommended immunizations doesn't just benefit you. Community immunity, also known as herd immunity, decreases the chances a disease will spread, preventing illness, lifelong complications and even death.

16

Immunizations currently recommended in the U.S. offer protection for **16 dangerous diseases**.

50

Vaccinations have been administered safely for **more than 50 years** with rare adverse reactions.

1 to 10

The World Health Organization reported that coronavirus antibodies had been found in **1 to 10 percent of the global population**.

50 to 90

Depending on the contagious nature of an infection, community immunity is achieved when **50 to 90 percent** of the population is immunized/immune.

2 to 3 million

Every year, **2 to 3 million deaths are prevented** by immunizations worldwide, according to the WHO.

More than 100 million

According to the National Foundation for Infectious Diseases, there have been more than **100 million serious disease cases prevented** by childhood vaccinations since 1924 in the U.S.



Al Parker, M.D., Family Medicine Physician, can help you plan your family's vaccine schedule. You can make an appointment at (435) 843-2634.

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



PROTECT YOUR *Heart*

Are you putting your heart in harm's way? Learn what increases your chance of developing heart disease and how you can manage your risk.

Heart disease is the leading cause of death affecting men and women, young and old, and people of most racial and ethnic groups, according to the Centers for Disease Control and Prevention. Some risk factors for heart disease cannot be controlled, such as aging, family history or genetics, while others can be managed. Factors in your control include:

- alcohol consumption
- being inactive
- high cholesterol
- high blood pressure
- obesity
- smoking
- stress
- Type 2 diabetes

ADOPT HEALTHY HABITS

Ready to take heart health head on? Start with these four habits:



1. COMMIT TO QUIT. Smoking, vaping and tobacco use harm your heart and blood vessels. Yet, in only a year after quitting smoking, your risk of developing coronary heart disease drops 50 percent, according to the American Heart Association. Talk to your physician about steps to quit, which could include a smoking cessation program.



2. FINE-TUNE FATS. Reduce your consumption of saturated and trans fats, both of which can cause heart disease when consumed in excess. Saturated fats are found in fatty meats, full-fat dairy products, and coconut and palm oils. Trans fats are found in margarine, processed foods and frozen meals. Instead, choose healthy fats from sources such as avocados, olive oil, fish, nuts and seeds.



3. SKIP HAPPY HOUR. Excessive drinking can raise your blood pressure, blood cholesterol and levels of triglycerides — a fatty substance in the blood associated with the build up of plaque in the artery walls. Adults taking care of their heart should drink in moderation. Women should have no more than one drink a day, and men should have no more than two daily.



4. STRESS BETTER. Stress keeps your cortisol and other stress hormone levels high, which could lead to heart disease and stroke. Although stress is inevitable, you can manage chronic stress by getting enough sleep, exercising, doing relaxing activities and practicing positive self-talk.

DR. TRUDEL CAN PARTNER WITH YOU



Ronald
Trudel, M.D.

Ronald Trudel, M.D., has been in the business of helping people feel better and experience optimum health for years. As an Internal Medicine and Geriatric Specialist, he can help you adopt healthy habits, such as blood pressure monitoring at home. By doing this, you will know when to report abnormalities to your primary care provider so that new treatments or adjustments to existing medications can be adopted. Uncontrolled high blood pressure damages the arteries, blood vessels and your heart.

Implementing a good relationship with a primary care provider is key to longterm health goals.

Stay on top of your health so you can live your life to its fullest.

Dr. Trudel is accepting new patients, age 18 and over. Call (435) 882-1644 or visit MountainWestAnytime.com to schedule an appointment.

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



Heart health is affected by the choices we make every day. To find a provider to help you manage your heart disease risk, visit MountainWestAnytime.com.



GERD GRIEF!

Do you have heartburn more than twice a week? It may be a sign of gastroesophageal reflux disease (GERD).



Occasional bouts of heartburn are common, but GERD is a chronic condition. The most common symptom of GERD is regular heartburn, but other symptoms may include bad breath, nausea, pain in your chest or upper part of your stomach, and vomiting. Risk factors for GERD include obesity, smoking and some types of medication, but anyone can develop it.

Treatment for GERD can include changing your diet or taking over-the-counter medication. For some, this approach isn't enough, and they require further treatment. Left untreated, GERD can lead to serious health concerns over time, such as esophageal inflammation, ulcers and respiratory issues. Some people may develop Barrett's esophagus, a condition in which the tissue in your esophageal lining is replaced with tissue similar to the lining of your intestines. People with this condition are more likely to develop a rare form of esophageal cancer.

NEXT STEPS FOR RELIEF

Tell your doctor if your symptoms don't improve with lifestyle changes. He or she may recommend a diagnostic procedure, such as:

- **Esophageal manometry** is a test that measures muscle contractions in your lower esophagus, and your provider may recommend it if you are considering surgery to reduce GERD symptoms.
- **Esophageal pH testing** is a test that measures how much acid is in your esophagus, and it's the most accurate procedure to diagnose acid reflux.
- **Upper gastrointestinal (GI) endoscopy** is a test that allows your provider to see inside your GI tract, using a small tube with a light and camera inserted down your throat, and determine whether your GERD symptoms are moderate or severe. Your provider may also perform a biopsy during the endoscopy.
- **Upper GI series** is an imaging test that does not show GERD itself, but it can diagnose some related complications, such as ulcers.

These tests can help your provider determine next steps for treatment, which may include surgery.

SUPER, SIMPLE SURGERIES

When conservative options fail, surgery may be recommended to stop GERD. Surgical options to address the malfunctioning esophageal valve include an incisionless procedure performed by



Blaine
Cashmore, M.D.

Blaine Cashmore, M.D., one of two surgeons in Utah certified to perform this procedure.

The Transoral incisionless fundoplication (TIF) procedure offers the same symptom relief as other surgical procedures without making surgical incisions. TIF is performed under general anesthesia and offers patients a quicker recovery than conventional approaches.

The TIF Procedure for reflux treats the underlying cause of GERD without incisions. It rebuilds the anti-reflux valve and restores the body's natural protection against reflux.

Call (435) 228-0061 to reach Dr. Cashmore's clinic and schedule a consultation to see if you may be a candidate for the TIF procedure.

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



If GERD symptoms are getting in the way of daily life, speak with your primary care provider (PCP) to discuss possible options to ease your discomfort. Find a PCP at MountainWestAnytime.com.

CAN YOU STOP STRESS?

The stress of the pandemic may be affecting your health. Speak with your primary care provider (PCP) about healthy ways to manage stress.

There are two types of stress: acute and chronic. Acute stress, which you feel briefly, can be a good thing. It releases hormones that cause your brain and body to be more alert, and this reaction helps you stay safe.

Chronic stress, in contrast, is felt long term, and it can have a negative effect on your health. Any stress that goes on for several months — such as the stress caused by a global pandemic — can cause problems with your body's cardiovascular, digestive and immune systems, among others. Long-term stress can lead to several health problems, including:

- anxiety
- depression
- diabetes
- heart disease
- high blood pressure
- skin concerns, including acne and eczema
- weight gain or loss

If you have a chronic health condition, experiencing long-term stress can exacerbate its effects, as well.

SOMEHOW I MANAGE

Even during a pandemic, there are ways you can reduce your stress levels and prevent stress-related health complications. Here are some things you can do to manage stress:

- **Focus on wellness.** Making your health a priority can help stressful situations feel more manageable. When possible, prioritize healthy living habits, such as exercising regularly, eating a well-balanced diet and getting 7 to 9 hours of sleep daily.
- **Recognize the signs.** Learn what stress looks like for you and your body. Do you start overeating when things get overwhelming? Do you have difficulty sleeping? Do you have a chronic condition that gets worse, such as eczema or irritable bowel disease? Being familiar with these signs can help you seek help before your stress gets overwhelming.
- **Start the conversation.** Don't wait until you feel overwhelmed to discuss stress levels with your PCP. Maintain a close relationship with him or her so both of you can work together to maintain your mental and physical health.

WHEN YOU FEEL SAD

Seasonal affective disorder (SAD) is a form of depression. It begins in the late fall or winter, and the symptoms are often distressing and affect day-to-day life. About 5 percent of adults in America experience SAD, according to the American Psychiatric Association.

Some common symptoms of SAD include:

- changes in appetite, especially craving carbohydrates
- difficulty making choices or paying attention
- feeling sad, worthless or guilty
- loss of interest in activities you previously enjoyed
- low energy or fatigue
- oversleeping

We are still learning the exact cause of SAD, but the U.S. National Library of Medicine suggests it may be caused by a lack of vitamin D. Light therapy, where you sit in front of a very bright light for at least 20 minutes a day, can help alleviate SAD symptoms. Regular exercise, time outside in the sun and a healthy diet can also help prevent or manage SAD.



If you are experiencing symptoms of ongoing stress, your primary care provider (PCP) can discuss helpful options. Need a PCP? Ron Trudel, M.D., Internal Medicine Physician, can help. Call (435) 882-1644.

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



IN PAIN?

Check Your Desk

Just because you can work from anywhere — the porch, the kitchen table, the couch — doesn't mean you should. Learn how to transform your office space to better protect your body from orthopedic woes.

Long hours spent hunched over a laptop can cause aches and strains that lead to further complications. Here are a few ailments you may run into working from home and solutions to help:

- **Back bothers** — Sitting in a chair that lacks support can wreak havoc on your back and posture. Choose a chair that mimics the natural curve of your lower back. The ideal candidate should leave a one-inch gap between the edge of the seat and back of your knees, and the seat should extend at least one inch farther than your hips and thighs. Your chair should offer adjustable seat height, seat tilt and arm rests.
- **Inflamed typist wrists** — You may experience pain on the backs of your wrists from resting your hands against a sharp or hard surface while typing. A wrist rest can help avoid this pain, but make sure to buy the right kind. A good wrist rest is slightly rounded and wide and made of gel. Wrist

rests made of thick plastic casing or foam do not distribute pressure well and can cause pressure points. Make sure your wrist rest is at the same level as your keyboard.

- **Knotted neck** — If you have a headset, don't be tempted to rest your phone on your shoulder during calls. This can contort your neck and cause serious pain. Invest in an affordable headset to use instead. Also, keep your computer monitor at eye level.

STAND UP FOR YOUR HEALTH

Sitting at a desk for more than an hour at a time can put stress on your body. The University of North Carolina Department of Environment, Health and Safety recommends taking short, frequent rest breaks rather than long ones — about a 20-second to one-minute break every 30 minutes. Set a timer for every half-hour or so and get up for a few quick stretches or walk around the room.



Jake Daynes, D.O., Cassie Broadhead, PA-C, (seated) and Mike Rady, FNP

IS IT TIME TO SEE AN ORTHOPEDIC SPECIALIST?

Orthopedic specialists have training to care for disorders of the bones, ligaments, muscles and tendons. They can help with diagnosis, treatment and rehabilitation of an injury or disorder of the musculoskeletal system.

The orthopedic team at Mountain West Medical Group is here to help you get back to the activity that has been put on hold because of an injury or ailment such as arthritis.

Jake Daynes, D.O., Cassie Broadhead, PA-C, or Mike Rady, FNP, can be part of your healthcare team.

To schedule an orthopedic consultation, call the office of Dr. Daynes at (435) 843-3859.



To get to know the team of orthopedic providers with Mountain West Medical Group, visit MountainWestMedicalGroup.com.

VACCINATION DO'S & DON'TS

While getting vaccinations is not always something to look forward to, it is an important tool to protect personal health. To make the most of the experience, remember to follow these best practices:

DO:

- Bring a list of prior vaccinations to the healthcare provider.
- Review allergies with the healthcare provider prior to vaccination.
- If your child is being vaccinated, distract him or her with comforting stories, songs and smiles.
- After vaccination, apply a cool cloth to the injection site to reduce pain and soreness.
- If signs of a severe allergic reaction appear after the vaccination, such as high fever or difficulty breathing, call your healthcare provider.
- Drink plenty of fluids after getting the vaccine.

DON'T:

- Look at the syringe before your vaccination.
- Make vaccines scary for your child by using shots as a threat for misbehaving.
- Scold your child for being nervous about getting a vaccine.
- Tense muscles up, as it can make a shot more painful.

Vaccination offers effective protection against many viruses and could one day hold the key to minimizing the effects of COVID-19.

Immunizations: YOUR BEST SHOT

Immunizations work by introducing dead or weakened germs into the body to kick-start the immune system's response. Through this introduction, the immune system learns how to recognize and fight those same germs when they are encountered in the future.

The concept of immunizations was born in the 1700s when children and adults were given smallpox through a scratch on their arms. If they lived, they were immune to the disease for life.

Building on the observation that milkmaids who had cowpox did not get smallpox or react to smallpox vaccinations, Edward Jenner explored how people could be protected from smallpox with an immunization using the rarely deadly cowpox.

In 1796, Dr. Jenner scratched an 8-year-old child's arm with material taken from a milkmaid's cowpox sore. He then repeated the same experimental process on the boy while also adding traces of smallpox into the child. Dr. Jenner's experiment successfully immunized the child from being infected with smallpox, launching a medical practice that would prove to change the landscape of infectious disease.

CAUSE AND EFFECT

The development of vaccinations began to flourish nearly 100 years after Dr. Jenner's experiment. In 1885, French scientist Louis Pasteur demonstrated how infecting people with diluted germs could prevent the occurrence of diseases, such as rabies. More than a half-century later, Jonas Salk, M.D., and Albert Sabin, M.D., created vaccinations to protect children and adults from polio.

Fast-forward to the present day, and vaccinations are administered to children and adults alike on a regular basis, offering protection against countless diseases, including:

- chickenpox
- diphtheria
- human papillomavirus
- measles

- pertussis (whooping cough)
- pneumonia
- rotavirus
- rubella
- shingles
- tetanus

Vaccinations accounted for the worldwide eradication of smallpox in 1977 and the elimination of polio from the Western Hemisphere in 1991. They also dramatically reduced the occurrence of diphtheria in the United States. In 1921 when a vaccination was not available, diphtheria caused 12,230 deaths in the U.S. That figure plunged in 1998, when only one case of the disease was reported in the country.

SEASONAL SAFEGUARD

During the fall and winter months, the vaccination to protect against influenza is recommended for all individuals over the age of 6 months. While the formula for the flu shot changes every year, as matching it to the ever-evolving strains of flu is challenging, research shows that the vaccine can significantly reduce the chances of getting the flu. Moreover, if you do catch a case of the flu after getting the vaccine, you are less likely to become critically ill and will likely be sick for a shorter period of time than you would had you not been vaccinated.

The only people who should not have a flu shot are those who have a life-threatening allergy to ingredients in the vaccination. That is why talking to your doctor about your personal health is critical.

PROTECTING THE VULNERABLE

When a significant portion of a population develops protection from an infectious disease, either from vaccination or previous exposure to the illness, the population achieves what is known as community immunity. This means that the disease has a difficult time spreading from person to person, decreasing an entire population's chances of getting sick.

Community immunity is especially important for vulnerable individuals who are not able to be vaccinated, including babies younger than 6 months old and people with compromised immune systems from conditions such as cancer and Type 1 diabetes.

SOLUTIONS ON THE HORIZON

Understandably, some people may be concerned about whether receiving a vaccine puts them at increased risk for developing the disease they are trying to prevent. However, vaccines that are licensed by the Food and Drug Administration and recommended by the Centers for Disease Control and Prevention must go through years of vigorous safety testing before being approved.

Shots are not the only option. The flu vaccine, for example, can be administered through a nasal spray. Research published in the journal *Cell*, found preliminary results of a SARS-CoV-2 vaccine, not only promoted production of antibodies but also had a protective effect in the animal subject's nasal passages and lungs.

If you or a family member is about to receive a vaccination, you can rest assured that the appropriate measures have been taken to help ensure the formulation will not give you the disease, is made of pure ingredients and is formulated to work appropriately. While the development time lines may be accelerated, vaccines to protect against COVID-19 will be required to meet the same high-quality standards before they are administered to the general public.



Any of our providers can discuss an immunization schedule with you. To find a provider in Family Medicine, Internal Medicine and Pediatrics, visit [MountainWestMedicalGroup.com](https://www.MountainWestMedicalGroup.com).

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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).

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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.

HERE FOR *You*

In a crisis, emergency rooms (ERs) provide prompt medical care and determine next steps, if needed. Don't hesitate — severe symptoms may require an ER visit.

CALL 911 if you or a loved one 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
- vision problems



We are Open.
Safe. Ready. Visit
MountainWestMC.com/
ER to learn more
about our 30-Minute
ER Pledge.

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

But remember:

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