

Health Connection

FROM MOUNTAIN WEST MEDICAL CENTER

Paramedics to the rescue
The fast track to stroke care

**Real-world strategies to
control your weight**

**Protecting against
female cancers**

**8 ways to get
more exercise**



MOUNTAIN WEST
Medical Center

SURGERY 101:

A manual for peace of mind

Did you take your Girl Scout or Boy Scout oath seriously as a child? If so, to this day you're probably sure to pack what you need before a hike: a map, compass, first-aid kit, water and healthy snacks. You ask what the terrain is and where the trail ends so you can get home on schedule.

When it comes to surgery, studies have shown that this same "be prepared" principle can ease pre-op anxiety, reduce your hospital stay and speed recovery.

If you're about to undergo surgery, ask your doctor to describe the procedure completely. Knowing what to expect can defuse stress and help you approach surgery day with a calm head.

Here are some other ways you can make the time before, during and after surgery run more smoothly:

BEFORE YOUR PROCEDURE

- Follow your physician's instructions about refraining from smoking, eating and drinking before the procedure.
- Ask your physician about taking aspirin or other anti-inflammatory drugs before surgery. Because they're blood thinners, these medications may cause excessive blood loss.
- Tell your doctor which prescription and over-the-counter drugs you take. This goes for vitamins and herbs, too, as certain herbal remedies, such as St. John's wort and kava, may extend the effects of anesthesia or create other complications.
- You won't be allowed to drive after the procedure, so make reliable transportation arrangements.
- Organize your home. Make sure you have groceries or frozen meals on hand. If climbing stairs will be a problem, make sleeping arrangements downstairs.

- Practice relaxation techniques such as meditation or yoga. These will help calm you and speed post-op healing.

DURING YOUR HOSPITAL STAY

Your cozy robe or a favorite photo will warm your surroundings and soothe you. Having family and friends visit will bolster you, but don't be afraid to set limits: You'll need some time to rest and recuperate without interruptions.

HOME AGAIN

A little help from friends can be useful. If worries about housework or bills are nagging at you, ask someone to take care of these chores. In the meantime, the relaxation methods you used before surgery can help you feel better now, too. Imagine yourself in the near future doing something you enjoy, such as taking an invigorating hike.



PROTECTING AGAINST FEMALE CANCERS

What every woman should know

Gynecologic cancer is the fourth most common type of cancer in women. Here's a rundown of the gynecologic cancers and facts that can help reduce your risk:

UTERINE CANCER

Uterine cancer—also known as endometrial cancer—is the most common type of reproductive cancer that strikes American women and occurs most often after menopause. Symptoms include unusual vaginal discharge, pelvic pain, pain during intercourse, unexplained weight change and difficult or painful urination.

Obesity, high blood pressure, diabetes and tamoxifen or hormone replacement therapy use may increase risk.

OVARIAN CANCER

Ovarian cancer is the deadliest cancer and often shows no obvious signs until late in its development. But when caught early, most cases can be successfully treated.

Symptoms include abdominal discomfort or pain, nausea, diarrhea, constipation, frequent urination, appetite loss, feelings of fullness, weight change with no known reason and abnormal vaginal bleeding.

An important risk factor is a family history of ovarian cancer. Fertility drugs, hormone replacement therapy, increasing age, infertility, having had no children and a family history of breast cancer may also increase risk.

CERVICAL CANCER

Thanks to Pap tests, deaths from cervical cancer are decreasing. Common symptoms are abnormal bleeding and bloody or discolored vaginal discharge.

The sexually transmitted human papillomavirus (HPV) causes most cervical cancers. The U.S. Food and Drug Administration recently approved a vaccine that protects against HPV. A federal panel recommends females ages 11 to 26 receive the vaccine.

Other risk factors linked to cervical cancer can be avoided, such as smoking and poor diet.

CANCERS OF THE VAGINA, VULVA AND FALLOPIAN TUBES

These cancers tend to be rare. Women should alert their

doctors to symptoms that include unusual bleeding or discharge, persistent itching of the vulva, pain in the pelvic region, difficult or painful urination, unusual pain or pressure in the abdomen, pain during intercourse and a lump or sore on the vulva that won't heal.

Women may be at risk for vaginal and vulvar cancers if they've had genital warts, chronic vulvar irritations, abnormal Pap tests or intercourse at an early age or with many partners. Women who smoke or whose mothers took DES (diethylstilbestrol) when they were pregnant may also be at risk. Risk factors for tubal cancer are unknown, but it tends to strike women after menopause.

WHAT YOU CAN DO

Regular screenings and an annual pelvic exam can detect and even prevent some gynecologic cancers. Keep your doctor informed of any risk factors, especially family history, that you may have.





John Gezon, M.D., (standing) an ER physician at Mountain West Medical Center, demonstrates the new TeleStroke device that gives ER physicians and emergency stroke patients prompt, 24/7 contact with Salt Lake-based neurologists. The special teleconferencing equipment allows ER physicians and neurologists to more quickly determine diagnosis and begin stroke treatment—key factors to restoring life-sustaining oxygen and nutrients to the brain.

TeleStroke makes it possible for a neurologist at the U of U to examine the patient in real-time, 24/7. ER physicians and the neurologist determine an accurate diagnosis and, if appropriate, immediately begin clot-busting treatment.

The high-quality video-conferencing unit is placed at the foot of the patient's examination table, where the ER physician and neurologist conduct a real-time medical examination. The patient and neurologist can clearly see one another on TeleStroke's high-definition monitor. Once the patient has been examined, diagnostic scans and other tests are ordered to determine what type of stroke has occurred and its location in the brain. Findings are then used to map appropriate treatment and patient care.

The fast track to stroke care

New diagnostic technology can help

Time is crucial to saving stroke patients from brain damage or worse. According to the American Stroke Association, approximately 700,000 Americans suffer a new or recurrent stroke each year and approximately 157,000 die—making stroke the third highest cause of death in the United States behind heart disease and cancer. That's why Mountain West Medical Center (MWMC) has acquired new TeleStroke diagnostic equipment, which enables physicians to begin treatment promptly. This advanced teleconferencing ability gives our emergency room (ER) physicians and local stroke patients rapid, 24/7 emergency access to neurology consults at the University of Utah (U of U) Medical Center.

A type of cardiovascular disease, stroke affects arteries that lead to and within the brain and occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, the affected part of the brain is starved for oxygen and begins to die.

THE RIGHT CARE, RIGHT AWAY

When a stroke patient is admitted to the MWMC ER,

SIGNS OF STROKE

If you notice or feel the following warning signs for stroke, call 911 immediately:

- sudden numbness or weakness of the face, arms or legs, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness or loss of balance or coordination
- sudden, severe headache with no known cause

This new diagnostic technology at MWMC is another example of our commitment to providing the community with comprehensive, quality care.

Learn more!

For more information about stroke and treatment available, visit www.strokeassociation.org or call MWMC at (435) 843-3600.

A practical plan to attack-proof your heart

About half a million Americans die every year from coronary heart disease, which is caused by a narrowing of the coronary arteries that feed the heart. The good news: You can improve your heart health by identifying your risks for coronary disease and reducing them with lifestyle changes like these:

- **Eat better.** Choose a balanced diet with foods from all major food groups, emphasizing fruits, vegetables and grains. Include fat-free and low-fat dairy products, beans, poultry and lean meats. Fish is a must, since it contains omega-3 fatty acids, which have been shown to significantly reduce the risk of heart disease.
- **Choose to lose.** Make the commitment to lose excess weight with a good diet and exercise. Steer clear of foods high in calories and/or low in nutritional quality, including those with lots of sugar, additives and preservatives.
- **Lower cholesterol levels.** Avoid foods with a high content of saturated fat, cholesterol and trans fatty acids (foods containing partially hydrogenated vegetable oils such as some margarines).
- **Watch your blood pressure.** Have your blood pressure checked frequently and limit salt to one teaspoon a day.
- **Sample soy.** Eating soy protein instead of animal products reduces total cholesterol levels, the “bad” cholesterol and triglycerides. Also try soy as a milk alternative with cereal.
- **Enjoy yourself.** Take up a sport or relax with meditation to help lower blood pressure and high cholesterol levels.
- **Quit smoking.** It’s not easy, but try gums, patches and smoking-cessation classes.



A WORD FROM OUR CEO

Dear friends and neighbors,

At Mountain West Medical Center (MWMC), convenience is one of the many benefits we offer our patients and guests. More importantly, you can be assured of quality care, right here, right now and that you’ll be taken care of by our friendly, caring and competent staff. With quality healthcare close to home, there’s no reason to spend 35 minutes rushing to a Salt Lake City Hospital.



Chuck Davis
Chief Executive Officer

By choosing MWMC, you’ll find there are no congested freeways to traverse, no traffic congestion to fight, no dark garages to park in where you worry about personal safety and none of the extensive agency nursing you’ll find in Salt Lake City.

On behalf of the entire MWMC team, I’d like to thank you for your support. If you or a family member haven’t used our services, I encourage you to do so. After all, your health and time are valuable commodities.

I’m confident that once you’ve experienced the quality of care we offer, you won’t want to drive to Salt Lake City for your healthcare needs again.

Regards,

CHUCK DAVIS
Chief Executive Officer
Mountain West Medical Center

HEALTHWISE QUIZ

How much do you know about arthritis?

Test your knowledge and learn more about arthritis.

1

What does the word arthritis mean?

- a. Sore joint
- b. Joint irritation
- c. Joint inflammation
- d. Rigid joint

2

Which of the following statements about arthritis is true?

- a. Using artificial sweeteners like Equal and Nutrasweet that contain aspartame increases your risk of developing arthritis.
- b. Arthritis is the leading cause of disability in Americans over age 15.
- c. Arthritis is more prevalent in women than in men.
- d. Most people with arthritis will need minor surgery to lessen the pain.

3

Osteoarthritis is caused by the breakdown/loss of _____ in the joints.

- a. bursa
- b. cartilage
- c. air
- d. synovial fluid

4

How is rheumatoid arthritis different from other forms of arthritis?

- a. It occurs in joints on both sides of the body.
- b. Doctors recommend people with it sleep on a waterbed to alleviate pressure on joints.
- c. Pain is felt only early in the morning or late at night.
- d. It occurs when crystals build up in the joints.

5

Older adults aren't the only ones affected by arthritis; it can affect any age group. How many children are estimated to have arthritis?

- a. 35,000
- b. 150,000
- c. 300,000
- d. 500,000

ANSWERS: 1. C, 2. B, 3. B, 4. A, 5. C

8

easy ways to get more exercise

Fitting exercise into your schedule doesn't have

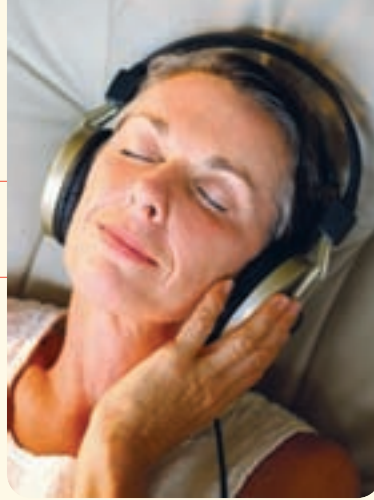
to involve a large bank account or even a lot of time. The following list of ways to make

physical activity a habit was created for even the busiest people.

- 1 **Take the stairs instead of the elevator.** This alternative burns calories and tones muscles.
- 2 **Avoid the phone.** At work, walk down the hallway instead of using the telephone or e-mail to communicate with a co-worker.
- 3 **Walk instead of drive.** It may not be the speediest mode of transportation, but it's effective when you want to visit a neighbor down the street, take your child to a nearby park or pick up a few items at the corner market.
- 4 **Walk during lunch.** Take a friend for company or listen to a book on tape to make your walk mentally as well as physically productive.
- 5 **Clean the house.** You'll have to do more than load the dishwasher to get your heart pumping, but a vigorous cleaning that takes two to three hours may be just what the doctor ordered.
- 6 **Ride your bike.** It's quicker than walking, cheaper than driving and it burns calories.
- 7 **Break activity down into small time increments.** If you don't have the time or energy for 30 minutes of continuous exercise, spread it out. Start with 10 minutes of activity, then do it again and again—for a total of 30 minutes.
- 8 **Vary your activities.** Boredom is one of the biggest commitment killers, so find several activities you enjoy and pick and choose depending on the weather and your mood.



Banish caregiver burnout



If you're caring for someone who depends on you, you need to be healthy and energetic. Yet the sheer amount of time and thought involved in providing care may mean you've put yourself at the bottom of your priority list—making you ripe for stress and burnout. Try these steps to protect your health:

1 Get regular medical checkups. Tell your doctor about your caregiving commitment—he or she may suggest resources to make your life easier.

2 Get plenty of rest. Sleep deprivation contributes to depression. Have a family member pinch-hit (or hire a respite worker) so you can get to bed at a reasonable hour or sneak in a nap.

3 Eat a nutritious diet. A poor diet can lead to malnutrition and fatigue. Regular, well-balanced meals boost energy. Ask family members to help with shopping and meal preparation.

4 Get regular exercise. Moderate exercise combats stress, increases energy and provides a mental-health break.

5 Manage stress. Meditate or learn relaxation techniques. Share your feelings with friends and family members. Ask your doctor for advice or referral to a counselor.

6 Ask for help. Don't try to be a superhero! Ask family

members to help pick up prescriptions, do laundry or drive to doctors' appointments. Ask your doctor about local resources like transportation to medical checkups, home-delivered meals, respite care or adult day-care services.

7 Schedule time for yourself. Schedule time to enjoy your hobbies. Spend time with friends. Try a change of scenery—take a short drive or see a play or concert.

8 Be realistic and flexible. Accept that your loved one's illness may change from week to week. Be flexible as you plan for the future. Acknowledge the many good things you've done and don't be hard on yourself for not being able to do everything on your own.

Real-world strategies to control your weight



Visit the diet and nutrition section of any bookstore and you'll be amazed by the number of books offering the latest miracle diet. Low carb, no carb, high protein, low calorie—but do any work?

Fad diets tend to be tough to stick with. Even worse, people often feel deprived and pile unwanted pounds back on once they're off the diets.

The best way to take off fat is slowly and steadily. That means a weight loss of no more than one to two

pounds a week. Many fad diets drastically reduce your food intake and put your body into "starvation" mode, slowing your metabolism to conserve calories. That's the

exact opposite of what you want. Similarly, restricting certain foods—such as carbohydrates—can lead to cravings that will derail your efforts.

THE TRIED AND TRUE

The following are real-life tips to help you look and feel your best:

- **Rebalance your diet.** If your diet is heavy on foods like crackers, bagels, white rice, low-fiber cereal and pasta, substitute them with whole grains like brown rice, multi-grain breads and pasta enriched with soy. To feel satisfied longer, combine carbs with protein.

- **Count calories.** Simply put, to lose weight you have to ingest fewer calories than you expend.

- **Spread out meals.** Eating small amounts throughout the day boosts your metabolism. Aim for three equal-sized meals, plus nutritious snacks in between.

- **Ditch self-denial.** Instead of avoiding any one food group, make wise choices. Whole-wheat crackers with peanut butter are a smarter snack than a bag of chips.

- **Emphasize weight training.** Add strength training to your exercise program. Resistance exercises build muscle, which burns more calories by increasing your metabolism.

Paramedics to the rescue



Historically, MWMC EMTs have provided competent prehospital care within their practice and have shown loyalty and proficiency in caring for citizens of Tooele County. Many ambulance calls don't require the expertise of paramedic rescue and will continue to benefit from EMT response. Tooele County emergency services dispatch service (911) will determine the level of emergency and then mobilize the paramedic or EMT units as appropriate.

COMPREHENSIVE EMS SYSTEM

This new service complements existing emergency medical services (EMS) and expands the MWMC philosophy of providing "Big City Medicine Care"

Paramedic Rescue Service has arrived in Tooele County, along with better response times and greater expertise for treating life-threatening emergencies. The new service offers patients a higher level of prehospital emergency treatment than traditional emergency medical technician (EMT) care. Paramedics and EMTs respond to emergencies and then EMTs transport patients to Mountain West Medical Center (MWMC). Paramedics are trained and certified to provide a wide range of care, including more complicated emergency medical procedures and the administration of life-saving medications.

to citizens and guests of Tooele County. Staffed and on alert 24/7 to respond to an emergency, the new Paramedic Rescue Unit is the final tier in a comprehensive, multifunctional EMS system. The new unit is MWMC's latest effort to provide quality care.

The ambulance service is owned and operated by MWMC and is staffed with approximately 45 EMT-Basics, 40 EMT-Intermediates and now 12 EMT-Paramedics. As part of our ongoing effort, additional paramedics and EMT-Intermediates will be hired as soon as possible to staff a second paramedic rescue team based outside of Tooele City.

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