

# Health Connection

FROM MOUNTAIN WEST MEDICAL CENTER

Diabetes care  
in the years  
ahead

Cancer  
specialists,  
close to home

Special care  
for on-the-job  
injuries

**Good day, sunshine!**  
Greet the day with an SPF

**10 play-safe tips  
for your kids**



**MOUNTAIN WEST**  
*Medical Center*

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

### THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

### SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

**“When outside, apply sunscreen liberally every 90 minutes.”**



# Bouncing back from joint pain

**W**ith all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

## WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

## GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



## Do you need joint replacement surgery?

**Y**our overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?



internal medicine, diabetes and nutrition. Eileen DeLeeuw, a certified diabetes educator and registered dietitian, continues to direct the Diabetes Self-Management Education program.

Dr. Burr has an impressive background as a physician and educator. He was an assistant professor of medicine at Tufts University School of Medicine in Boston, Mass., assistant clinical professor of medicine at the University of California in San Francisco, assistant clinical professor of medicine at the University of Illinois College of Medicine and faculty member of nutrition sciences at the University of Illinois.

“Nearly two-thirds of the people with diabetes in our country haven’t received any education about the disease or about how to manage it. That’s the first diabetes-related statistic we hope to change,” says DeLeeuw, referring to the diabetes education program.

“Self management doesn’t mean carrying the whole load yourself, ignoring your doctor’s advice or skipping doctor appointments when you think things are going well,”

says Dr. Burr. “Rather it’s knowing when to see your doctor, what information to pass along and, definitely, knowing how to respond to inappropriate blood sugar levels and learning how to prevent their occurrence.”

Diabetes Self-Management Education classes are offered free at the Mountain West Medical Center Education classroom.

# Diabetes care in the years ahead

Sometimes being ranked among the leaders in Utah is cause for concern rather than celebration. That’s true for Tooele County’s ranking for diabetes cases in our population. Compared to the statewide average of 3.7 percent, our reported incidence of 4.7 percent puts us near the top in Utah. Furthermore, nearly 40 percent of all hospitalizations in Tooele are related to diabetes, compared to a statewide average of 34 percent. Statisticians suggest these numbers probably underestimate diabetes in our population by as much as 40 percent.

## HOW WE’RE HELPING

Mountain West Medical Center is addressing this problem in a number of ways, including the recent addition of Robert E. Burr, M.D., to our medical staff. Dr. Burr, an endocrinologist, brings a wealth of knowledge and education in endocrinology,



Robert E. Burr, M.D.  
Endocrinology

## Learn more!

**F**or more information about diabetes, our program or to register for the class, call Eileen DeLeeuw at (435) 882-4163. To make an appointment with Dr. Burr, call (866) 726-6566.

# Special care for on-the-job injuries

**M**ountain West Medical Center is committed to the health of working people. After more than three years of preparation and conversations with local employers, Mountain West Medical Center is delighted to announce the opening of the Worx Occupational Health Clinic.

“This clinic represents the culmination of a lot of effort,” says Chuck Davis, chief executive officer at Mountain West. “We wanted to do this right, so we took our time and really listened to the needs and frustrations of employers in Tooele.” A Business Advisory Council, with representatives from local community employers, met regularly to review and approve proposed Worx program elements, identify problems and direct new development.

The clinic staff is led by Clinical Director Bryan Ditty, PA-C. Ditty is a familiar face around the hospital, where he worked for several years as a registered nurse in the emergency department. He graduated with honors from the University of Utah’s physician assistant program, one of the country’s top programs. “This clinic has been such an addition to the community,” says Ditty. “Too many injured workers had to travel into Salt Lake City for care that’s now being taken care of quickly and cost-effectively, right here in our clinic.”

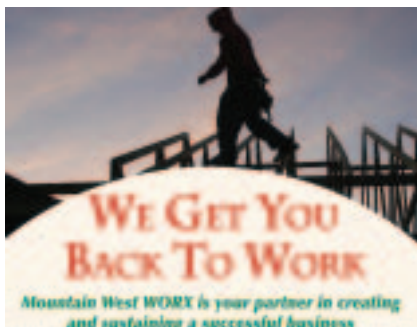
The clinic complies with a very competitive fee schedule dictated by the Utah Division of Labor, bringing most Worx fees down to a level consistent with free-standing clinics.

Communication is a consistent frustration for local employers, who need to stay informed about care and about an injured worker’s ability to safely return to work. To that end, the clinic recently hired Stacey Frame, a certified medical assistant, as its care coordinator.



“My role is basically to make sure that our customers stay in the information loop. Managing workers’ compensation claims is a high-hassle industry for everyone involved—employers, payers and injured workers,” says Frame. “We want to reduce the pain of the process as much as possible by ensuring that all these parties know what’s going on and have an advocate in the clinic to help them out.”

After just four months of operation, the clinic is now working with nearly 60 employers on a regular basis and has met or exceeded all volume and revenue targets. “While we’re delighted with the progress to date,” says Davis, “we anticipate that growth will really pick up over the next few months as we continue to communicate our successful outcomes to the employer community.”



**Learn more!**

**F**or more information about the Worx Occupational Health Program, call Bryan Ditty, PA-C, at (435) 843-3689.

## HEALTHWISE QUIZ

### How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
  - a. hyperactivity
  - b. obsession
  - c. impulsivity
  - d. inattention
- 2 ADHD is thought to be caused by:
  - a. poor parenting
  - b. a genetic disorder
  - c. rheumatic fever
  - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
  - a. Tourette's syndrome
  - b. learning disabilities
  - c. bipolar disorder
  - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
  - a. 1 and 2 years
  - b. 4 and 6 years
  - c. 9 and 12 years
  - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
  - a. have shown symptoms of ADHD in childhood
  - b. have suffered from a serious illness as a child
  - c. have trouble holding down a job
  - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



## STROKE SMARTS

### How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, 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, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

#### RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

# Outward bound

## 10 play-safe tips for your kids



**W**hat's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step

away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



## Fire up the grill!

### But read these food-safety tips first

**F**or many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

### Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F

# Complete cancer care, close to home



Utah Cancer Specialists has opened an office in the Mountain West Medical Center at 196 East 2000 North. Nitin Chandramouli, M.D., a physician partner with the group, will be caring for patients in Tooele County.

Dr. Chandramouli is board certified in internal medicine, medical oncology and hematology. He earned his medical degree from the University of Iowa in 1996, where he also completed an internship and residency in internal medicine. This was followed by a fellowship in hematology/oncology at the University of Utah, Huntsman Cancer Institute. During his fellowship, he served as chief fellow for two years. Dr. Chandramouli is a member of the American Society of Clinical Oncology, American Society of Hematology and the American College of Physicians.

Utah Cancer Specialists is the state's largest community-based specialty practice dedicated to the diagnosis, treatment and management of all forms of cancer and blood related diseases. Therapies and treatments include chemotherapy, radiation therapy, biological therapy/immunotherapy, hormonal therapy and other related treatments and clinical trials.



Nitin Chandramouli, M.D.  
Internal Medicine

Make an appointment today!

To schedule an appointment, call (435) 843-3678.

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# Health Connection

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