

SUMMER 2006

# Health Connection

FROM MOUNTAIN WEST MEDICAL CENTER

Hospitalists put  
your care first

Meet our  
newest doctor



## Easing the sneezing

Surviving cold and flu season

## Number crunching

Managing high cholesterol

## Bad breaks

First aid for broken bones



**MOUNTAIN WEST**  
*Medical Center*

# You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

**Fibroadenoma:** a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

**Fibrocystic breast changes:** solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

**Cyst:** a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

**Lipoma:** a soft and slow-growing painless lump that moves freely.

**Intraductal papilloma:** a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

**Mammary duct ectasia:** a thick, sticky, gray to green discharge from the nipple.

**Mastitis:** a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

**Traumatic fat necrosis:** painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

## WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

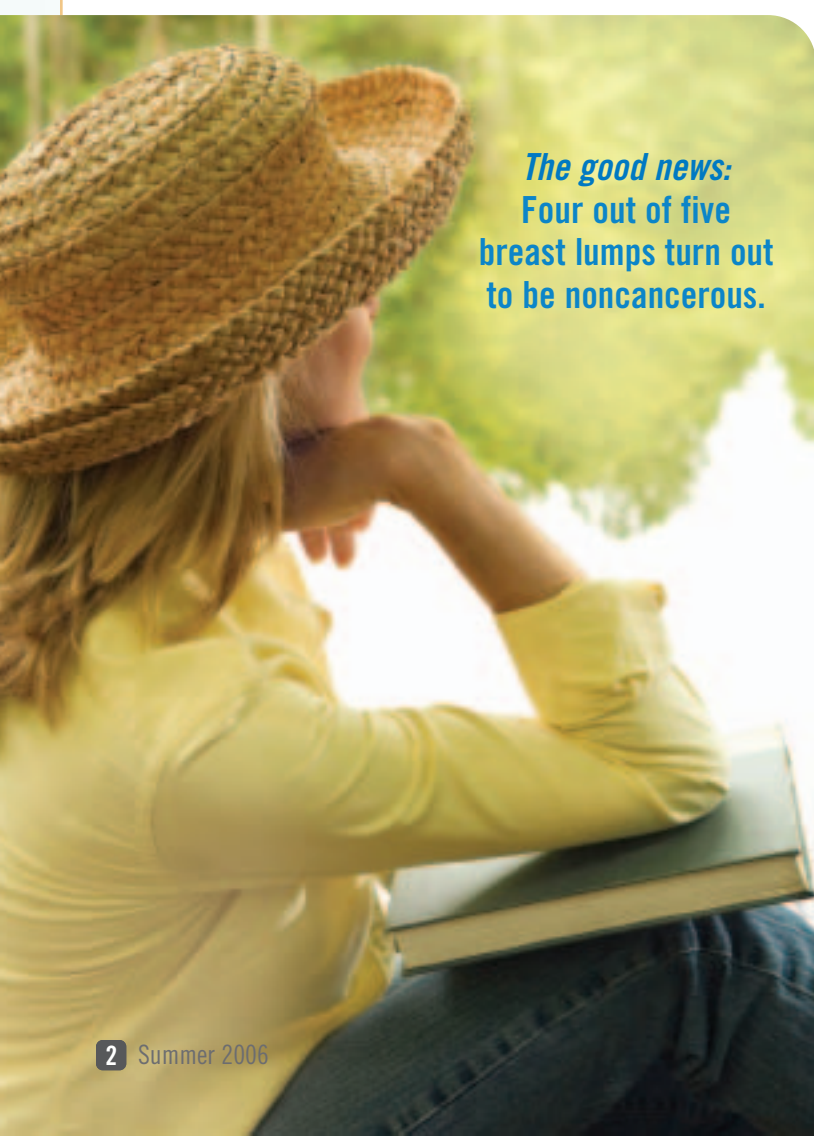
**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**Ultrasound** examination can determine whether the lump is a fluid-filled cyst or a solid mass.

**Fine-needle aspiration** is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

**Stereotactic biopsy** removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

**Surgical biopsy** usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



*The good news:*  
Four out of five  
breast lumps turn out  
to be noncancerous.



## IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

# Easing the sneezing

## Surviving cold and flu season

**A**utumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

## Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection



## PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Mountain West Medical Center can help keep your family healthy. We'd like to introduce one of them to you.



**An Dinh, M.D.**  
**Family Physician**  
**(435) 843-3647**

**A**n Dinh, M.D., a board-certified family physician at the new Stansbury Springs Health Center in Stansbury Park, truly knows the meaning of human kindness and the value of serving those in need.

When his family lost everything more than 30 years ago, it was the generosity of others that made the difference. The year was 1975 and Dr. Dinh was just a toddler when he, his parents and siblings, were airlifted out of Saigon as the city fell to communist North Vietnam. Since Dr. Dinh's father was a linguist for the U.S. military, the family had to flee or face an uncertain fate.

The Dinh family left everything behind: land, home and personal possessions. After reaching the United States, they were brought to Salt Lake City.

The Lynn Wilson family, of Lynn Wilson burrito fame, welcomed the refugees into the family and became their sponsors. Dr. Dinh's father spoke fluent English and initially worked for the Church of Jesus Christ of Latter-day Saints as a translator. This was the Dinh family's first step toward building a new life in the United States. The experience left an indelible impression on them and became the inspiration behind a young man's choice to become a physician.

"I decided to go into medicine because I love helping people," says Dr. Dinh. "Even though I studied in Chicago and New York and could have practiced there, I returned to Utah because I wanted to give something back to a place that took special care of my family."

After graduating from West High School in 1990, he earned a degree at the University of Chicago in three years. After a two-year break, he began his medical studies at New York College of Medicine and then became chief resident of family medicine at the University of Utah's School of Medicine from 1999 to 2002.

Then Dr. Dinh began his practice at the University of Utah's Stansbury Park Clinic. This past February, Mountain West Medical Center recruited him and now he practices in the new Stansbury Springs Health Center at 210 Millpond.

"I chose family medicine because it allows me to treat the entire family, from newborns to the elderly," says the 32 year old. "To serve patients here in Tooele is a real blessing to me. It's like serving family and friends."

In his spare time, Dr. Dinh enjoys mountain biking, snowboarding, painting and filmmaking.

## Dear friends and neighbors,

**W**e hope you enjoy this edition of *Health Connection*, our quarterly newsletter. We want to keep you informed about the many positive changes taking place here at Mountain West Medical Center, including new medical care and treatments, new physicians joining our staff, new technology and related news and events regarding issues and concerns that may affect your health.

In this edition, we introduce one of our newest physicians. We've also attempted to address several diverse topics that we believe are of importance to the population we serve. These topics include:

- Diagnosing breast cancer
- Getting you and your family through cold and flu season
- Managing high cholesterol
- Alzheimer's disease
- First aid for broken bones
- How hospitalists put your care first

In our ongoing commitment to continue providing quality healthcare to the people we serve, we have (within the past year) added several new services that had been unavailable in Tooele County, including oncology, neurology, endocrinology and 24/7 hospitalists. In the coming months, we'll continue to look at new physician-related services and work diligently to assure that we're meeting the medical needs of the residents and guests of Tooele County.

We encourage you to visit our Web site at [www.mountainwestmc.com](http://www.mountainwestmc.com), which features numerous educational and interactive components, including Discovery Health, which offers a medical library on various diseases and conditions, an anatomy explorer, a body mass calculator, explanations of various procedures and tests, nutrition information and more. This new service is just one more way we're striving to provide quality care ... close to home.

Regards,

CHUCK DAVIS  
Chief Executive Officer  
Mountain West Medical Center



Chuck Davis  
Chief Executive Officer

## HEALTHWISE QUIZ

### How much do you know about Alzheimer's disease?

Take this quiz to find out.

**1** Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

**2** British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

**3** All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

**4** Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

**5** Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

## NUMBER CRUNCHING

# Managing high cholesterol



**T**he bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

## Leveling off your numbers

**A**im for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol      less than 200 mg/dL

HDL cholesterol      greater than 50 mg/dL

LDL cholesterol      less than 100 mg/dL

Triglycerides      less than 150 mg/dL

# Bad breaks

## First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

### In case of emergency ... We're here for you

**T**here's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

**In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.**



# The whole-grain truth

## Think outside the breadbox to include more healthy foods in your diet

**G**rains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

### HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on unbuttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

# Dedicated to your health

## Hospitalists put your care first

**M**ountain West Medical Center (MWMC) has retained a group of physicians, known as hospitalists, who specialize in caring for patients in the hospital on a full-time basis. Dr. Hom, Dr. Salud, Dr. Hammad, Dr. Chakravarthy, Dr. Berjaoui and Dr. Reddy bring their expertise and training in internal medicine to their hospitalist practice at MWMC.

### ATTENTION TO DETAIL

Hospitalists serve as an extension of the primary care provider and attend to a patient's every need during a hospital stay—they order tests, prescribe medications and monitor results. During each step of the process, the hospitalist communicates with the patient's primary care physician to ensure the patient receives the proper care. Communication is ongoing, direct and delivered in whatever manner the primary care physician chooses. Because they communicate so methodically with the referring physician, hospitalists provide sound patient



consultation, promptly answer patient inquiries and serve as a present, calming influence for those hospitalized and their families.

### ONE PRIORITY

As hospitalists, these physicians don't have outpatient medical practices—they're dedicated solely to the acute-care needs of patients in our hospital. These hospital-based physicians provide distinct advantages in terms of quality of care and react in real time throughout the day to clinical data and changes in patients' medical status.

### SMOOTH TRANSITION

Our hospitalist program gives referring physicians the assurance that their patients are receiving quality care during an inpatient hospital stay. When patients leave the hospital, they have a smooth transition back to their primary physician's office practice.

While this service is available to all physicians on our medical staff, participation and the extent of service are completely voluntary.

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# Health Connection

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