

WINTER 2006

PREMIERE ISSUE!

# Health Connection

FROM MOUNTAIN WEST MEDICAL CENTER

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new doctors**

**An inside view**  
New scanner gives  
doctors a closer look

**Controlling  
diabetes with  
your fork**

**Boost your  
brainpower with  
exercise**

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your best option?**



**MOUNTAIN WEST**  
*Medical Center*



# Nimble body, nimble mind

## Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

## HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

## DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

**W**ith good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

#### **SEEK EMERGENCY TREATMENT ...**

##### **In cases of trauma:**

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

# When the ER is your best option

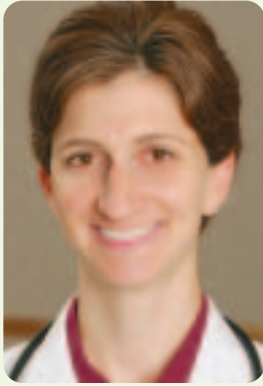
## Medical conditions that require emergency care

#### **Any time these symptoms are present:**

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

## MEET OUR NEW DOCTORS

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



**MELISSA AUGUSTYN, M.D.**

**(435) 843-3678**

Tooele County's first woman obstetrician-gynecologist will tell you that her inspiration to become a doctor didn't come from watching medical shows on TV as a child, but from her parents. From them, Melissa Augustyn, M.D.,

learned the value of serving others, which led her to become more involved in health-related community service projects and eventually to become a doctor. Dr. Augustyn opened Mountain West Obstetrics and Gynecology Clinic last August. She has a biology degree from Cornell University and a medical degree from State University of New York at Buffalo School of Medicine. She completed her four-year residency at University Hospitals of Cleveland.

"Going into medicine always felt right," says Dr. Augustyn. "I can't imagine doing anything else. I love delivering babies and helping women improve their lives."



**PETER VENTURA, M.D.**

**(435) 833-9600**

Tooele County's first full-time ear, nose and throat specialist is proof that being open to new possibilities in life can have many wonderful returns.

Peter Ventura, M.D., attended the University of Utah in the 1970s, where he initially planned to study fine art casting. "I took biology at the U and did well in it. I found that I really enjoyed the sciences," says Dr. Ventura.

During his residency at the University of Miami's Jackson Memorial Hospital, he discovered that he enjoyed specializing in ear, nose and throat medicine. He was at the Southeast's top allergy treatment hospital, and his residency mentors were some of the nation's most respected pediatric otolaryngologist (ENT) physicians.



**HEIDI McMILLAN, M.D.**

**(435) 882-1288**

For Heidi McMillan, M.D., serving local children with compassionate, quality health-care gives her the opportunity to fulfill a childhood goal—to help others. "I learned from my mother, a head nurse in intensive care, that a career that involves helping others is very rewarding and, in fact, a privilege," says Dr. McMillan, who opened Stansbury Pediatrics for Kids at 210 Millpond in Stansbury Park last October.

While working with disadvantaged children in Washington, D.C., as a Georgetown University student, she developed a passion for working with children and for fulfilling a community need. "I entered pediatrics to care for children and their families and to help increase accessibility to healthcare," she says.

Brought to Tooele County by Mountain West Medical Center, Dr. McMillan completed her medical training and residency at Penn State College of Medicine and Penn State Children's Hospital.



**JAY SPECTOR, M.D.**

**(435) 833-0229**

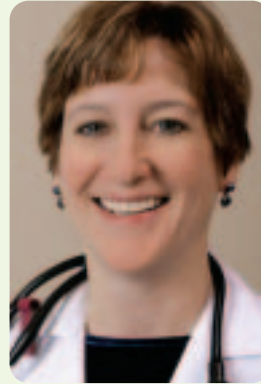
Although Jay Spector, M.D., has practiced family medicine for more than 25 years, his passion and energy for giving patients his best rivals any physician fresh out of residency. Dr. Spector, board certified in family medicine, is dedicat-

ed to making a difference in his patients' lives. He wants to inspire them to take an active role in their own health.

Dr. Spector says the advantage of family medicine is the opportunity to serve patients from birth through adulthood. "I don't have to refer them to another physician because of an age change, and I get to really know them and become part of their lives," he says.

Dr. Spector practiced family medicine in Tooele County from 1981 through 1990 before joining a large medical network in Salt Lake Valley. "I came back to Tooele because I wanted a private practice where I could do more things and provide better quality healthcare on my own terms," he says.

Born and raised in Gary, Ind., Dr. Spector graduated with a medical degree from Indiana University's School of Medicine in 1978. He moved to Tooele County in 1981 after completing a family practice residency at the University of Louisville's School of Medicine.



**GAIL STRINDBERG, M.D.**

**(435) 228-0061**

When Gail Strindberg, M.D., was 4 years old, she was on her way to becoming a professional musician. Her father had her reading sheet music and playing the piano long before she heard of the alphabet.

"Ever since I was a little kid, I wanted to be a doctor," says Dr. Strindberg. The experience of watching doctors and nurses bring her father back to health from a serious injury inspired her to practice medicine.

She began her pre-med studies at Hunter College, City University of New York. By 1992, she earned her medical degree from Columbia University's College of Physicians and Surgeons. Next came eight years of residencies in general and thoracic surgery at the University of Vermont and the University of Pittsburgh. She is board certified in both general and thoracic surgery.

Dr. Strindberg opened Oquirrh Surgical Services at 196 E. 2000 N. in Tooele last October. "I moved here in August, and I love it," she says. "At Mountain West and in the community where I live, I feel right at home and in the right place for me. I really enjoy working with my patients and showing them and others that their hospital provides exceptional healthcare."

## HEALTHWISE QUIZ

### How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
  - Asthma can develop at any age.
  - Approximately 4,000 Americans die from asthma each year.
  - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
  - chronic sinusitis
  - obesity
  - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
  - 5 million
  - 10 million
  - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
  - home appliances that use natural gas as fuel
  - corticosteroid medications
  - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
  - Have him or her breathe into a paper bag.
  - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
  - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

# Conspiracy theory

How 5 risk factors join forces against your health

**W**hen it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

### WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



## MATCH GAME

# Finding the right doctor for you and your family

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

**D**ifferent stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

## Food for thought

### Eating right can help you control diabetes

**I**f you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage.

Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.

#### WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

#### WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products.

Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

# An inside view

## New scanner gives doctors a closer look

**M**ountain West Medical Center now offers a leading-edge, 16-slice computed tomography (CT) scanner. This equipment will result in shorter and more definitive exams for patients.

A CT scan produces a cross-sectional image of the human body, which when reviewed by highly trained physicians, enables them to rule out or confirm the presence of certain diseases and, in some cases, evaluate the extent of the patient's injury or trauma.

The new CT scanner features advanced technology that produces split-second, high-quality images and allows doctors to see anatomical detail in a fraction of the time needed for other tests.

"We can use the extensive image information we get from the new CT scanner to generate very detailed 3-D images," says Paul

Auxier, ancillary services director at Mountain West Medical Center. These images can be quickly shared with referring physicians and surgeons for diagnosis, presurgical planning, treatment, evaluation and follow-up care.

The new CT scanner allows Mountain West Medical

Center physicians to more effectively detect and treat a range of life-threatening illnesses, including heart disease, cancer, stroke and lung disease. Furthermore, the possibility of discovering disease in an early stage, when more treatment options may be available, helps physicians make a more accurate diagnosis and recommendations for appropriate treatment.



### Learn more!

**W**e're pleased to offer this important improvement in healthcare to our patients. For an appointment, call (435) 843-3630.

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# Health Connection

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