

# Health Connection

FROM MOUNTAIN WEST MEDICAL CENTER

Quality heart care,  
close to home

Meet our  
interim CEO

A faster,  
gentler surgery



Boost your  
bone health

Reclaim  
your energy



**MOUNTAIN WEST**  
*Medical Center*

[www.mountainwestmc.com](http://www.mountainwestmc.com)

# Minimally invasive surgery

## Less pain, faster recovery

**M**inimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

### HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient's surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn't suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

### MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.

- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn't exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you'll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

## Other minimally invasive procedures

**E**ndoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It's also been used to correct benign heart arrhythmias.



## WAITING TO INHALE

# Breathing problems you shouldn't ignore

**T**ake a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

### When cough drops don't do the trick

**A** chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors



# Quality heart care, close to home

Over the course of an average human life of 80 years, the heart will beat about three billion times and pump enough blood—about one million barrels—through the body to fill three supertankers. With such staggering statistics in mind, the importance of a healthy heart can't be overemphasized. If you're a Tooele County resident and your primary physician recommends a heart evaluation, trust Robert J. Garr, D.O., FACC, cardiologist at Oquirrh Cardiology.

Recruited by Mountain West Medical Center (MWMC), Dr. Garr is the area's first full-time, board-certified

cardiologist to open a practice here. At Oquirrh Cardiology, area patients receive a broad range of cardiology services.

## WHAT IS CARDIOLOGY?

Cardiology is a medical specialty that focuses on heart health. Cardiologists diagnose and treat heart injuries and diseases. Cardiac surgeons perform heart surgeries and rely on cardiologists to identify and diagnose problems before surgery is performed.

The study of cardiology dates back to the late 17th century when Raymond de Vieussens, a French anatomy



professor, described the structure of the heart's chambers and vessels. Today, cardiologists diagnose and treat a wide variety of heart problems while keeping updated on medical conditions such as high blood pressure, high cholesterol, diabetes and obesity.

You typically first see a cardiologist by physician referral. This usually occurs after the physician detects something abnormal with your heart or you complain about chest pain, heart palpitations, shortness of breath or have a family history of heart disease.

#### COMPREHENSIVE SERVICES

Dr. Garr provides the following key services at his office or at MWMC:

- Heart catheterizations, which measure blood pressure within the heart and how much oxygen is in the blood. A thin plastic tube (catheter) is inserted into an artery or vein in the arm or leg. From there, it's advanced to the heart's chambers or the coronary arteries.

Catheters also inject dye (contrast material) into the arteries. Catheterization is also used to examine or treat congenital heart defects in infants and children.

- Angiography, which diagnoses conditions affecting the arteries and veins, including inflammatory diseases. This test uses X-ray images of blood vessels after injecting dye into the bloodstream.
- Echocardiograms, in which a technician uses an ultrasound to see the heart's structure and function and any possible defects or inconsistencies. A simple, painless diagnostic procedure, echocardiograms use the same machine that's used to view a baby in the mother's womb.
- Electrocardiograms (EKGs or ECGs), which detect and record the heart's electrical activity. This test can locate the source of heart problems, such as heart attack, lack of blood flow through the heart and irregular heartbeat.
- Stress testing, which evaluates arterial blood flow to the heart during physical exercise, compared to blood flow while at rest. As an exercise test, the results can also

reflect overall physical fitness. These tests don't assess emotional stress.

- Holter monitoring, which records EKG data and later analyzes it for arrhythmias and other abnormalities. The instrument is worn 24 hours to 72 hours at a time.
- Pacemaker evaluation, which checks patients who wear a pacemaker with a built-in defibrillator to make sure it's operating properly. Patients should have it checked every three months, or every six months if they don't have a defibrillator.

For all your heart needs, trust MWMC to provide advanced services, a compassionate team and a comfortable environment.

## We're here for your heart



**ROBERT J. GARR, D.O., FACC**  
Cardiology

Oquirrh Cardiology  
196 E. 2000 N., Suite 106  
Tooele  
(435) 843-3643

In 1991, Robert J. Garr, D.O., FACC, graduated from Ricks

College in Rexburg, Idaho, with a degree in pre-medicine, and from Idaho State University in Pocatello, Idaho, in 1994, with a biochemistry degree. Four years later, he graduated as a doctor of osteopathic medicine from Western University in Pomona, Calif. In 2004, he completed an internal medicine residency and cardiology fellowship at Wilford Hall Medical Center in San Antonio, Texas.

As part of his medical training, Dr. Garr completed a three-year U.S. Air Force commitment at Scott Air Force Base in O'Fallon, Ill., where he served as chief of cardiology and chief of intensive care. He was also a principal physician on an Air Force Critical Care Transport Team flying critically wounded troops from Iraq to U.S. bases.

Call Dr. Garr for an evaluation. Oquirrh Cardiology opened last August in MWMC's Medical Office Building behind the hospital and offers convenient parking.

## HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

**Lack of sleep may put you at a higher risk for:**

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

**Which of the following changes in your sleep routine may be a result of an underlying heart problem?**

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

**Restoring your body with sleep has been shown to:**

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

**Women diagnosed with obstructive sleep apnea often experience these symptoms:**

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

**The most common treatment for sleep apnea is:**

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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



## WOMEN: Is a heart attack in your future?

**A** heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

### LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

### GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.





Denten Park  
Interim Chief  
Executive Officer

## Dear friends and neighbors,

**A**fter five years as chief executive officer (CEO) of Mountain West Medical Center (MWMC), Chuck Davis has been reassigned to one of our sister hospitals in Jennersville, Pa., as CEO. Please join me in wishing Chuck and his family the best as he pursues this new career opportunity.

In this issue of *Health Connection*, discussion centers on minimally invasive surgery, breathing problems you shouldn't ignore, heart attacks, cardiology services in Tooele County and tips to boost your bone health. I hope you find these articles timely and informative.

Warmest regards,

Denten Park  
Interim Chief Executive Officer  
Mountain West Medical Center

### A TEAM DEDICATED TO YOU

I've been extremely impressed with the commitment of our staff and physicians to the community and the quality of healthcare they provide. As I've come to know these dedicated caregivers, a quote from Margaret Mead comes to mind: "Never believe that a few caring people can't change the world. For indeed that's all who ever have." I believe the MWMC staff and affiliated physicians have truly magnified this caring and professional attitude.



### Fast fact

**W**hile it's best to get vaccinated in the fall, a flu shot in January can still keep you healthy, especially during flu's peak in February. Flu season can even last until May. Talk to your healthcare provider today.

[www.mountainwestmc.com](http://www.mountainwestmc.com)

70MWM



Mountain West Medical Center  
2055 North Main  
Tooele, UT 84074

PRSR7 STD  
U.S. POSTAGE  
PAID  
Lebanon Junction, KY  
Permit 19

WINTER 2008

# Health Connection

*Health Connection* is published as a community service of Mountain West Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your healthcare provider.

Copyright © 2008 Mountain West Medical Center