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Wyoming Medical Center

CENTERED AROUND WHAT MATTERS MOST

For Your Health

FALL 2008



The Good Life

You have the
power to prevent
type 2 diabetes

PAGE 6

From the CEO's Desk

HELLO NEIGHBOR!

Welcome to the first issue of our brandnew health magazine. We are excited to be able to provide this publication for our community. Inside these pages you will find a wealth of information dedicated to your physical, mental and social well-being.

As the area's only full-service, acute care hospital, we feel it is our responsibility not only to provide a caring, healing environment, but also to arm you with the knowledge and tools you need to keep you and your family on the road to wellness.

Today's technology has given us access to so much information that we can get bombarded with conflicting messages. We hope this will help sort out the confusion.

Wyoming Medical Center is committed to your health and it doesn't stop at our doors. We know you will find some valuable tips, maybe even try some new recipes, and learn how you can take charge of your health. When you have finished reading *For Your Health*, pass on the knowledge and share this magazine with your family and friends. At Wyoming Medical Center, we are centered around what matters most—you, your loved ones and your health.

Sincerely,

Vickie Diamond
CEO, Wyoming Medical Center



Vickie Diamond, CEO

A Shot in the Arm

It's that time of the year again when flu shots make the news and are offered at hospitals, your family doctor's office and maybe even at your workplace. But is the vaccination right for you? The Centers for Disease Control recommends it especially for:

- ◆ Children ages 6 months to 5 years
- ◆ Pregnant women
- ◆ People age 50 and older
- ◆ Those who live with or care for a person at high risk of flu

As for the rest? Your call. Anyone who wants to reduce the chances of coming down with the flu can get vaccinated, the CDC advises.

A Good Night's Rest

Scientists are thinking a lot about sleep. Not because they need more, but because you do. Research shows a strong relationship between sleep quality and physical and mental health.

Poor sleep can worsen diabetes, high blood

pressure, depression and other chronic conditions, says Mark McGinley, M.D., of the Sleep Lab at Wyoming Medical Center. Poor health, in turn, disrupts healthy sleep patterns.

One particularly sleepy group is teenagers. Typically portrayed as heavy sleepers, today's teens are instead suffering from sleep deprivation. Only one in five kids age 11 to 17 is actually getting the nine hours of shut-eye they need, reports a National Sleep Foundation's

2006 sleep poll. Younger children need even more—about 10 to 14 hours a night. For adults, a good night's sleep averages between seven and eight hours.

How to get your ZZZZZs:

It's a good idea to take sleep problems seriously. If you're chronically tired, you may need to seek the help of a professional. Remedies as simple as lifestyle changes, or as complex as sleep evaluations, can help you sleep better.



SWEET DREAMS Call the
Sleep Lab at Wyoming Medical Center
to learn more about sleep evaluations:
800-822-7201, ext. 2833.



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Shrinking Your Wardrobe

What you need to know about obesity

THE BATTLE OF THE BULGE has been underway for decades in American homes. Despite their best efforts, an estimated 66 percent of U.S. adults are overweight or obese.

The road to wellness is filled with roadblocks, bumps, and turns, but the first step to a healthier and slimmer you is knowledge. Babak Pazooki, M.D., and Deb Miller, nurse practitioner, both of the Weight Management Program at Wyoming Medical Center, sort it all out.

What is the difference between being overweight and being obese?

Dr. Pazooki: Both terms mean a person's weight is more than what is healthy for his or her height. In adults, obesity is determined through body mass index (BMI). An adult who's BMI is between 25 and 29.9 is considered overweight; above 30 is considered obese.

How is BMI calculated?

Miller: Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. You can plug those numbers into an online calculator (nlhbisupport.com/bmi) to get your BMI and to determine your risk.

How can extra weight affect a person's health?

Dr. Pazooki: Carrying around extra pounds can really be a burden on your body. It can increase the risk of developing heart disease, high blood pressure, high cholesterol, type 2 diabetes, sleep



apnea, breathing problems, depression and a myriad of orthopedic problems, just to name a few.

What is your best advice for losing weight?

Miller: There is no secret or magic pill, but the best advice is to eat less and move more. Obviously that is easier said than done. It requires a lifestyle change that includes eating right, getting mental support and the right kind of exercise. Healthy weight loss takes time. Aim for no more than two pounds a week. If you are one of those people who just "hate exercise," find an activity that you enjoy. Bike ride with your kids or take a nature walk. You can also break up your exercise into smaller chunks of time—15 minutes in the morning and 15 minutes in the afternoon.

When should someone consider weight loss surgery?

Dr. Pazooki: Physical requirements say you should be more than 100 pounds overweight or have a BMI greater than 40 (or greater than 35 if there are health complications as a result of being overweight). You should keep in mind this surgery should only be considered when all other options have been exhausted. Weight loss surgery also takes commitment from the patient—a lifelong lifestyle change to include more healthful eating and exercising more. ■

Call Us The Weight Management Program at Wyoming Medical Center offers a comprehensive program from food plans, exercise plans and even counseling. Find out more by calling **307-577-2158**.

Scrambled Egg Burritos

Whether for a tasty breakfast to kick off your day or a satisfying meal for after work, these burritos deliver protein, complex carbohydrates and loads of vitamins and minerals. They're sure to win fans for their taste—and for the simplicity and little time required to make them.



Ingredients

- 4 9-inch whole-wheat flour tortillas
- 4 large eggs
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 1 teaspoon extra-virgin olive oil
- 14-ounce can chopped green chiles
- 1/2 cup grated Cheddar or Pepper Jack cheese
- 2 cups salsa
- 1/4 cup reduced-fat sour cream

Directions

Preheat oven to 350°F. Wrap tortillas in foil and heat in the oven for 5 to 10 minutes. Blend eggs, salt and pepper in a medium bowl with a fork. Heat oil in a 10-inch nonstick

skillet over medium-low heat. Add chiles and cook, stirring, for 1 minute. Add eggs and cook, stirring slowly with a wooden spoon or heat-proof rubber spatula, until soft, fluffy curds form, 1 1/2 to 2 1/2 minutes.

To serve, divide eggs evenly among the tortillas. Sprinkle each with about 2 tablespoons cheese and roll up. Serve with salsa and sour cream.

Nutritional Information

Makes 4 servings; per serving: 328 calories, 5 g fat, 35 g carbohydrate, 18 g protein.

Source/Photo: The American Diabetes Association Cookbook from the Countryman Press/W.W. Norton & Company Inc.

Diet Dos

Often, it's preparation (or lack of it) that causes us to make poor food choices. Here are ideas for next time a poor food choice stares you in the face.

WHEN YOU WANT THIS	REACH FOR THIS	SAVE	GAIN
 <p>low-fat flavored yogurt</p>	nonfat plain yogurt with applesauce or blueberries	20 grams of simple sugars and resulting sugar crash	consistent blood sugar levels; vitamins and minerals from real fruit
 <p>a can of tomato soup</p>	homemade soup from cooked tomatoes (2/3 c) and onion (1 sliced), skim milk (1/2 c), garlic (1 clove), whole-wheat flour (1 tsp), butter (1 tsp), basil and oregano to taste—all pureed	500 mg or more sodium found in most processed soups, artificial flavorings and preservatives	vitamins, minerals and antioxidants in natural food
 <p>a bagel sandwich with cream cheese and turkey</p>	a turkey sandwich on whole wheat bread with low-fat mayo topped with tomatoes, cucumber slices and sprouts	100 calories and 10 grams of fat	betacarotene and vitamins C and E from the vegetables; consistent blood sugar from whole grains

THE LOWDOWN ON FOOD For tips on making good food choices, go to the American Heart Association website at americanheart.org and type “make healthy food choices” into the search box.

Bean Palooza



Did you know that many types of legumes (such as black, pinto and kidney beans and lentils) have more antioxidants than other foods, even some fruits? Packed with complex carbohydrates, protein, fiber, antioxidants, vitamins, phytochemicals (that help prevent cancer) and minerals, beans offer a serious nutritional boost. Here are three ways to eat more of them:

- 1 Include them in salads and soups.
- 2 Enjoy a beans and rice (preferably wild or brown rice) night every week.
- 3 Make healthy yet delicious burritos with whole grain tortillas, beans, rice, avocado, spinach, bell peppers and salsa.



The Lowdown on Lower Back Pain

Take these steps to heal your back

YOU'VE PROBABLY EXPERIENCED IT ... maybe while sitting at your desk at work, while riding in the car or during physical activity. What is it? Low back pain— is one of the most common reasons for a visit to the doctor's office, but mild cases can often be treated with the right self-care.

"Your spine is made up of a complex structure of bones, muscles, nerves, discs and other tissues. Many of these structures can be the source of pain," says Joe Sramek, M.D., and a neurosurgeon.

Low back pain affects 80 percent of the population at some point in their lives and can be triggered by heavy lifting, trauma, or can occur without an inciting event. Back pain can be caused by inflamed muscles, bulging or herniated disks, arthritic conditions of the joints, spinal stenosis or narrowing of the spinal canal.

As with most common health problems, lifestyle choices can increase your chances of suffering from low back pain. Being overweight, being inactive, and smoking can all contribute, as can simply using poor posture. These you can control.

Sramek has put together tips to help alleviate back pain without medical intervention.

Walk this Way

These steps may help relieve pain and speed your recovery.

1. Take a pain reliever for starters, if your health allows. Good choices are over-the-counter pain relievers, such as like aspirin, acetaminophen, or ibuprofen to help reduce pain and inflammation.

2. Apply an ice pack to the area a few times a day for 20 to 30 minutes during



Diagnosis and Treatment

Many times, minor low back pain will resolve itself in a few days to a week with the right self-care. You usually need immediate medical care only if you've had an injury such as a car accident or a fall, or if you have a fever along with the back pain.

Once at the doctor, chronic pain may be evaluated by your doctor through a physical exam, X-rays, CT scans or MRIs. But unless you've been treating serious back pain unsuccessfully for longer than a month, these costly procedures generally aren't recommended.

the first two or three days. Then, switch to a heating pad or warm bath to help relax the muscles.

3. Stay active. "Your first instinct may be to lie in bed until the pain goes away, but that can actually make the pain worse," says Sramek says. "Make sure you maintain some level of activity if your pain allows for this."

Gentle exercise and stretching have been shown to speed up recovery from back strains. Ask your doctor to recommend appropriate exercises.

4. Sleep right. The best way to sleep to reduce back pain is on your side with knees bent and a pillow between them.

Get medical attention if:

You have any of these red flags, which can warrant an urgent medical evaluation. "If you have loss of motor or bowel and bladder function, fever or

chills, pain not relieved by rest, or a history of cancer, you should seek medical attention," Dr. Sramek says.

Gentle exercise and stretching have been shown to speed up recovery from back strains. Ask your doctor to recommend appropriate exercises. The best way to sleep to reduce back pain is on your side with knees bent and a pillow between them.

If the pain lasts for more than xxx weeks, a visit to your doctor. ■

Call Us To learn more about back pain, pain management, and treatment, call Wyoming Neuroscience and Spine Institute at **877-894-2225**.



Take Charge

**You have the power to prevent
type 2 diabetes—and it's not as
tough as you might think**

PEOPLE CAN LIVE LONG, HEALTHY LIVES WITH DIABETES. But, if given the chance, wouldn't you rather live without a chronic condition, especially one with the potential to cause complications such as heart disease or blindness?

Fortunately, the millions of people who are at risk for type 2 diabetes can avoid the condition altogether by taking preventive measures.

"Even if you have risk factors, don't think that diabetes is inevitable," says Glenn Cunningham, M.D., an endocrinologist and a member of the Endocrine Society.



Weigh the Risks

A healthy lifestyle is good for everyone. But it's even more important for people with one or more of these risk factors for developing type 2 diabetes:

- Having a family history of diabetes
- Being overweight
- Getting older
- Lack of physical activity
- Having high blood pressure or high cholesterol
- Being of African American, Hispanic, Native American or Asian American/Pacific Islander descent
- Having gestational diabetes (during pregnancy)
- Low testosterone levels (in men)
- Having metabolic syndrome, a cluster of metabolic risk factors including abdominal obesity, high blood pressure and low HDL ("good") cholesterol

It's Up to You

According to a major study by the Diabetes Prevention Program completed a few years ago, a healthy lifestyle is more effective than medication in preventing or delaying the onset of type 2 diabetes in people at risk.

Even more encouraging was the study's finding that just a 7 percent reduction in weight, combined with 30 minutes of exercise five days a week, could lower the risk of developing diabetes by about 58 percent. For someone who weighs 200 pounds, a 7 percent reduction in weight is 14 pounds.

"I like to calculate my patients' body mass index [BMI] for them and then calculate what it would be if they lost even 5 percent of their body weight," Cunningham says. "Then they can see that losing just that amount of weight could put them into a healthier BMI category."

BMI is a measurement of estimated

body fat based on height and weight. It helps provide a guideline for a healthy weight for moderately active people (not athletes) and, according to the Centers for Disease Control, can help predict risk of problems associated with being overweight.

Be Honest, Make Changes

Your regular doctor visit for screenings is where you should discuss your weight and take an honest look at whether it is a concern. If you need to drop several pounds, accountability is critical, Cunningham says. He recommends a weight-loss plan that includes weekly monitoring and ongoing support—even if it's just a friend you weigh in with every week. Also, aim for achievable goals, like losing one half to one pound per week.

The smartest approach to weight loss is to follow a balanced diet that contains less than 30 percent fat. Replace unhealthy choices, such as fried foods, with more fruits and vegetables, and stick to whole grains and lean meats. Watch your portion sizes, too: A serving of meat is the size of a deck of cards, and a serving of pasta is the size of a tennis ball.

Simply making small changes to your

eating habits can help you lose weight, too. For example, saying "no" to sugary soda and fruit juice could cut 100 to 200 calories from your daily diet—enough to add up to a significant weight loss over a year.

Keep Moving

Eating a healthy, sensible diet goes hand-in-hand with exercise—and the more regular the exercise, the better.

"There's evidence to support the idea that exercising daily, or nearly every day, can help improve blood glucose control better than exercising less regularly," Cunningham says.

Most experts recommend exercising at least 30 minutes a day most days of the week, and even more if you're trying to lose weight. But it doesn't all have to be done at once: 10 minutes here, 15 minutes there—it adds up. In fact, it doesn't even have to feel like exercise. Changes in your daily pattern, such as using the stairs or getting off the bus 10 blocks early, can make a difference.

Most important, always remember that you can prevent diabetes. "We want people to feel empowered," Sheehan says, "knowing that they can take charge of their own health." ■



Healthy Measures Body mass index (BMI) is a measure of body fat in adults based on height and weight. Make sure your BMI is in a healthy range with this online calculator: nhlbisupport.com/bmi. Find out your risk for diabetes with this quiz from the American Diabetes Association: diabetes.org/risk-test.jsp.

An Inside Look

Screening for Heart Disease

YOU DON'T HAVE TO BE CAUGHT OFF GUARD BY A HEART ATTACK.

"Several tests are available to help diagnose heart disease. For your convenience, many of them may be available in a clinic setting," says John Pickrell, M.D., cardiologist.

The choice of which (and how many) tests to perform depends on several things: a patient's risk factors, history of heart problems, current symptoms and the doctor's interpretation of these factors.

Next time your doctor orders a test, you'll know the ins and outs with this handy guide.

These tests can be done in a specialty clinic or the hospital.

◆ **EKG:** An electrocardiogram is the measurement of the electrical activity of the heart. Can indicate the presence of arrhythmias (an abnormal rhythm of the heart), damage to the heart caused by lack of oxygen to the heart muscle or myocardial infarction (heart attack), and problems with valves.

◆ **Echocardiogram:** Sound waves produce images of the heart and allows your doctor to see your heart in motion. Can help identify various abnormalities in the heart muscle and valves.

◆ **Exercise stress test:** Combines echocardiogram with walking on a treadmill or pedaling a bike, or medica-

tion that shows the effect of exercise on the heart. Used to diagnose the narrowing of the coronary arteries.

◆ **Computed tomography (CT) scan:** Uses X-rays and computers to obtain horizontal and vertical cross-sectional views of internal body structures.

◆ **Nuclear imaging tests:** Radioactive elements (radiation) are injected into the body and are picked up by a gamma ray camera. Important for comparing blood flow to the heart to make sure certain parts of the heart are getting enough oxygen.

More Advanced

These can be performed only in the hospital.

◆ **Chest X-ray:** Produces an image of the chest. Heart abnormalities, including fluid around the heart (pericardial effusion), an enlarged heart, heart failure, or abnormal anatomy of the heart can be revealed on the films.

◆ **Magnetic resonance imaging (MRI):** Uses radio waves, magnetic fields, and computer software to create highly detailed cross-sectional images of the body's structures.

◆ **Transesophageal echocardiogram**



Knowledge is Power If you would like information on when and if you are a candidate for any of these screenings, please contact the Heart Center of Wyoming **800-822-7201, ext. 2445.**

(TEE): A miniature ultrasound camera is passed down the throat to look at the back of the heart, providing high-quality, moving images.

◆ **Cardiac catheterization ("cath" or coronary angiography):** Involves the insertion of a catheter into an artery in the leg or arm to access the arteries in the heart. Dye is injected through the catheter to create X-ray images of the heart's blood vessels. ■

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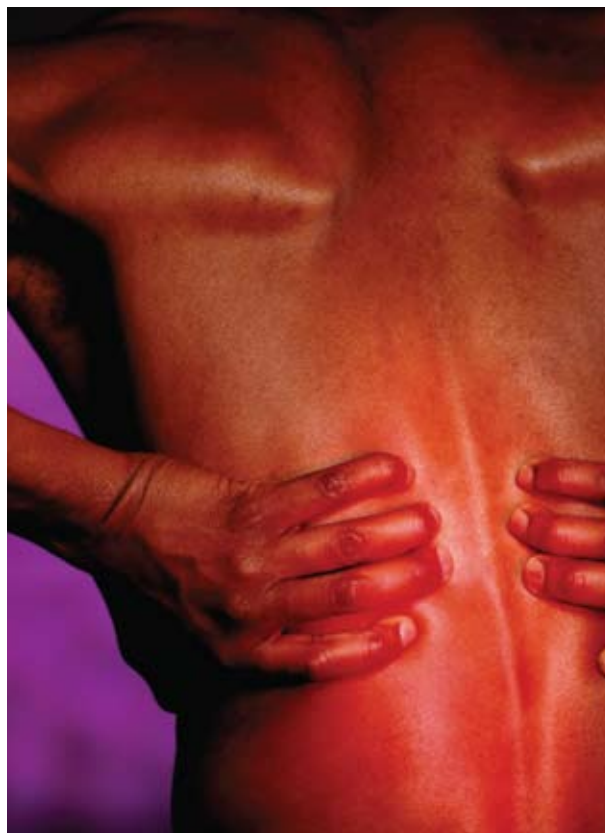
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Gentle exercise and stretching have been shown to speed up recovery from back strains. Ask your doctor to recommend appropriate exercises.

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