

# LIVE HEALTHY

Wellness for your life

**STAYING  
ACTIVE  
as a  
Family**



JACK HARMON PARTICIPATING IN ADAPTIVE SLED HOCKEY. PHOTO TAKEN BY IAN CADENA.



**Memorial  
Hospital**  
OF SWEETWATER COUNTY



On behalf of our Memorial Hospital of Sweetwater County family, I would like to wish you and yours a very Happy New Year, and I hope your 2024 is filled with peace, prosperity, health, and fortune.

Welcoming in a new year always makes me feel a little nostalgic as I reflect on the past year — all the wonderful memories, things that were accomplished and things that still need to be accomplished, all the fun times — it makes me think of what is possible in the year ahead. The new year is a blank slate, unwritten pages, and unimaginable opportunities. I am excited and hopeful as we anticipate all the prospects a new beginning brings.

Traditionally, the song “Auld Lang Syne” is sung while bidding farewell to the past year and ringing in the new year. The song’s title may be translated as “long, long ago,” “days gone by,” or “times long past.”

This song is particularly meaningful this year because we just celebrated our 130th year of having the privilege to provide healthcare to our patients and community. We began serving our patients and community in 1893, or in other words: long, long ago.

Healthcare in the late 1800s was markedly different than it is today. As the 19th century ended, advancements in biology, chemistry, and related medical sciences meant that many of the diseases, including tuberculosis, yellow fever, diphtheria, cholera, and others, were practically eliminated with the development of diagnostic tests and treatments.

Over the last 130 years, healthcare has evolved and thrived. Great strides have been made. We are very proud of the services we provide in Sweetwater County and beyond. We implemented a new electronic health record that allows patients to access their healthcare records and get their results within hours. We boast state-of-the-art equipment that is always well maintained, and we are always striving to bring new equipment and services to our hospital to serve the needs of our patients. We are proud and excited that the da Vinci Robotic Surgical System along with the Mako Smart Robotics is allowing us to bring robotic-assisted surgery to our patients and community.

We also continue to serve the full healthcare needs of our patients and community by offering a wide range of services, including inpatient acute care and intensive care, emergency medicine, medical imaging, laboratory services, a full-service cancer center, dialysis center, family medicine, occupational medicine, internal medicine, pediatrics, obstetrics and gynecology, urology, general surgery, orthopedic surgery, otolaryngology, pulmonology, nephrology, neurology, and much more.

In addition to these services, we constantly strive to improve health, wellness, and access to care here at Memorial Hospital of Sweetwater County. Our Walk-In Clinic is available six days a week, which allows ease of access to dedicated and compassionate primary care providers. The Patient Financial Navigation team is available to assist our patients with financial assistance, explanation of benefits, assistance with applying for Medicare and Medicaid, and many more services. To help our community stay well, we offer health fairs, cancer screenings, sports physicals, and patient education throughout the year. We also have a Patient and Family Advisory Council, which consists of members of the community who are dedicated to helping us promote health, wellness, and the advancement of healthcare here at Memorial Hospital of Sweetwater County.

We are grateful and honored to serve and advance the healthcare needs of our patients and community, and we look forward to providing excellent, high-quality, affordable healthcare in Sweetwater County for the next 130 years.

Happy New Year!

*Irene Richardson*

**Chief Executive Officer at Memorial Hospital of Sweetwater County**

# Building an Active Family



WANT YOUR FAMILY HEALTHY AND HAPPY? TAKE STEPS TO KEEP THEM ACTIVE.



Emily James, FNP-BC

**HEALTHY HABITS** don't happen by accident. They're learned at an early age, as children watch and mirror their family members. So, if you want your kids to become healthy adults,

get active together today.

"When families are active together, children are more likely to maintain good habits throughout life," said Emily James, FNP-BC at the Obstetrics & Women's Health Clinic. "It also improves bonds between family members, boosts self-esteem, and builds resilience and problem-solving skills."

Get moving to share these benefits with your family.

## HOW MUCH IS ENOUGH?

Currently, the American Academy of Pediatrics recommends the following:

- Children ages 3 to 5 should exercise approximately 15 minutes every hour while awake. That comes to approximately 180 minutes of daily physical activity.
- Children ages 6 to 17 need an hour of daily exercise. Three days should include vigorous exercise that strengthens bones and muscles.

- Adults should aim for at least 150 minutes of moderate-intensity exercise every week.

If keeping track of your activity is intimidating, James offers a word of encouragement.

"The goal is to prioritize physical activity in daily life," James said. "If you're consistent with it, you don't have to measure it."

## FINDING A PHYSICAL FIT

To make physical activity part of your family's rhythm, be intentional. Try out Southwest Wyoming's rec centers, climbing facilities, and more for family-friendly ways to get active. Great activities to try include:

- Bike riding
- Climbing
- Golf
- Ice skating
- Racquetball
- Swimming
- Walking

For more exercise, walk or bike to nearby destinations, play corn hole, dance, and sign your children up for community sports programs. Keep your children moving by taking them to the store with you and helping with chores inside and around the house.

"Start early on good habits and think outside of the box for children who resist getting off the couch," James said. "Be open-minded and most of all have fun. Staying active shouldn't be a chore!"

EMILY JAMES ENCOURAGES HER FAMILY TO STAY ACTIVE. HER SON JACK HARMON AND DAUGHTER JAYLEIGH GROVE ENJOY ADAPTIVE SLED HOCKEY AND A VARIETY OF OTHER ACTIVITIES.

## DIY HACKS FOR BUSY MOMS

Moms often juggle work, activities, food, childcare, and more. Trying to keep the whole family active may be overwhelming.

If motherly duties stress you out, try some life hacks.

"Order groceries online, ask family members for help, and create a family calendar to stay organized," said Emily James FNP-BC at the Obstetrics & Women's Health Clinic. "Above all, give yourself grace. Strive for happiness and consistency over perfection."



# Boost Your Heart Health

TRY THESE 10 SIMPLE STEPS TO KEEP YOUR HEART IN TIP-TOP SHAPE.

**HEART DISEASE IS** the leading cause of death in the U.S. for both men and women, but making a few simple lifestyle changes can lower your risk.



## 1. QUIT SMOKING

Tobacco use greatly increases your risk of heart disease.



## 2. LIMIT ALCOHOL

The CDC recommends no more than one drink daily for women or two daily for men.

## 3. START EXERCISING

Even a daily 10-minute walk can boost heart health.



## 4. EAT MORE VEGETABLES

Try just adding one serving of fresh vegetables to every dinner.

## 5. GET ENOUGH SLEEP

Too little sleep is bad for your heart.

## 6. MANAGE STRESS

Deep breathing, meditation, therapy — it can all improve your heart health and your mental health.

## 7. SKIP THE SUGAR

Too much added sugar (often found in desserts and soda or other sweet drinks) can cause weight gain and put stress on your heart.



## 8. CHANGE YOUR DIET

Limit sodium, eat more whole grains, cut back on red meat, and cook with olive oil instead of butter.

## 9. KNOW YOUR FAMILY HISTORY

If your parents had heart disease, you're at a higher risk.

## 10. TALK TO YOUR DOCTOR

Screenings for cholesterol and blood pressure can help you know your risk for heart disease and manage it.

**LOW-COST HEALTH SCREENINGS ARE OFFERED EVERY TUESDAY AND WEDNESDAY IN THE MEMORIAL HOSPITAL OF SWEETWATER COUNTY LAB. CALL 307-352-8360 FOR MORE INFORMATION.**



# You Can Manage DIABETES

TAKE CONTROL OF YOUR HEALTH WITH HELP FROM MHSC.

**ALMOST 10% OF** Wyoming adults have diabetes and 1 in 3 adults are at high risk of developing it. Diabetes is a serious chronic medical condition, but it is also highly treatable.

"You do need to make changes to your lifestyle to best manage your diabetes, but you don't have to give up everything," said Shauna Erramouspe, MS, RDN, LD, Clinical Dietitian at Memorial Hospital of Sweetwater County.

## LEARNING TO MAKE CHANGES

Adjusting to a diabetes-friendly lifestyle can be challenging. That's why MHSC offers a Diabetes Self-Management Education Support (DSMES) Program in partnership with Sweetwater County Community Nursing Services. The program includes three one-on-one meetings:

- One to assess your personalized medical needs to treat diabetes
- One to discuss meal planning, carbohydrate intake, daily nutritional needs, and to help plan an exercise and fitness routine
- A follow-up call after a month to check in and provide additional support

"We've found this program can really help people learn how to manage their diabetes," Erramouspe said. "We've seen people lower their A1C levels from 9 to 6 in that short timeframe."

The DSMES Program is covered by most insurances and is appropriate for adults and some older teens with Type 2 diabetes.

**IF YOU OR A LOVED ONE HAS DIABETES, MHSC CAN HELP. CALL 307-352-8528 TO LEARN MORE.**

# RED ALERT: You Can Prevent Heart Disease



THE POWER TO PREVENT HEART DISEASE LIES (MOSTLY) WITH YOU.

**WHEN IT COMES** to improving heart health, Wyomingites have work to do. More than 78% of state residents smoke, don't exercise, or have an unhealthy body mass index, according to data from the Wyoming Behavioral Risk Factor Surveillance System. The good news: Those are heart disease risk factors you can change.

Most cases of heart disease are preventable. You can't do anything about getting older or having a family history of the disease — factors that increase your own risk for heart problems. Fortunately, however, many other heart disease risk factors are modifiable, which means there's a lot you can do to help protect your heart.

## TAKE HEALTHY CHANGES TO HEART

Preventing heart disease takes a partner — your primary care provider (PCP). They can help you manage conditions that increase your heart disease risk, such as diabetes, high blood pressure, and unhealthy cholesterol levels.

In addition to seeing your PCP at least once every year, you can make heart-healthy changes to your lifestyle, including:

- **Eat for heart health.** You can help your heart by eating fruits, vegetables, whole grains, and lean sources of protein, and limiting foods high in sugar, sodium, and saturated and trans fats.
- **Get a handle on stress.** Too much stress can increase your blood pressure and lead you to make unhealthy choices, such as eating junk food.
- **Move it.** Exercising at moderate intensity for at least 30 minutes most days of the week helps your heart function well. Physical activity and a heart-healthy diet can help you get to and maintain a healthy weight, another way to reduce your heart disease risk.

- **Prioritize sleep.** You need seven to nine hours nightly.
- **Send an unhealthy habit up in smoke.** Quitting smoking benefits your heart in many ways, including reducing your heart attack risk.

Establishing healthy habits doesn't happen overnight, but the effort is worth it to help ensure you can count on your heart for years to come.

**NEED A PROVIDER TO HELP YOU PREVENT OR MANAGE HEART DISEASE? FIND ONE TODAY BY VISITING [SWEETWATERMEMORIAL.COM/PROVIDERS](https://www.sweetwatermemorial.com/providers).**

## HAVING A SAD WINTER?

If winter triggers symptoms of depression, such as less energy, loss of interest in activities you enjoy, irritability, or feelings of sadness or hopelessness, you may be experiencing seasonal affective disorder (SAD). That can threaten your heart health.

A type of depression that's more common in women, SAD most often occurs in the fall and winter, when it can lead to oversleeping and overeating, according to the National Institute of Mental Health. Over time, depression can contribute to heart disease.

If you notice symptoms of SAD this winter, tell your primary care provider. They can recommend a treatment, such as taking antidepressants, using light therapy, or talking with a behavioral health professional.



# Why Am I SICK?

HOW TO KNOW IF YOUR SYMPTOMS ARE CAUSED BY A VIRAL OR BACTERIAL INFECTION.



Katherine Moczulski, APRN

**YOU WANT RELIEF FAST** when you have a fever, aches and pains, or a runny nose. However, a prescription isn't always necessary. In fact, using antibiotics at the wrong time can bother your stomach or make the medicine ineffective next time.

"Our bodies are amazing," said Katherine Moczulski, APRN at the Walk-In Clinic. "They fight off many infections without any medication help."

## VIRUS OR BACTERIA

The common cold, flu, and COVID-19 are all caused by viruses. If you have a viral infection, symptoms will likely resolve in a few days. In the meantime, expect the following:

- Low-grade fever (no higher than 100.3 F)
- Mild discomfort
- Nasal congestion

Many bacterial infections also go away on their own. Some of the most common bacterial infections Moczulski sees are sinus infections, ear infections, and strep throat. General symptoms for these include:

- Fever of 102 F or higher
- Fever that lasts a week or longer
- Pain in the infected area

## TREATING THE PROBLEM

Because most infections resolve on their own, you can care for many of them at home. Talk to your pharmacist to

find over-the-counter medications that can reduce pain, congestion, and other symptoms.

Consult your provider if you experience a high-grade fever, severe body aches, or extreme sickness for longer than 24 hours. Depending on your infection, you may benefit from one of the following:

- **Antibiotics.** When a bacterial infection doesn't resolve on its own, antibiotics can help. To ensure a complete cure, take the proper amount of medication the prescribed number of times.
- **Antivirals.** These new medications can help you overcome viral infections, such as COVID-19 and the flu. Start antivirals within a few days of your first symptom.

"You don't always need to rush to your provider for an upper respiratory infection," Moczulski said, "but when appropriate, antibiotics and antiviral medications help your body do its thing."

## WHERE TO TURN

If you experience a minor viral or bacterial infection, don't go to the emergency department. Call your primary care provider. Not able to get an appointment that day? Visit the Walk-In Clinic.

There, you can get accurate diagnosis and treatment for common viral and bacterial infections and get on with life.

**VISIT THE WALK-IN CLINIC AT 3000 COLLEGE DRIVE, ROCK SPRINGS, WYOMING, MONDAY THROUGH SATURDAY, 7 A.M. TO 7 P.M.**



# Take Comfort in Healthy Choices

COMFORT FOODS MAKE YOU FEEL GOOD, BUT THEY'RE NOT ALWAYS GOOD FOR YOU. YOU CAN CHANGE THAT.

**DURING WINTER, COMFORT FOODS** take center stage. Everyone has their own favorite comfort food, but for many people, these foods are warm, rich, and filling — just the thing to nourish body and spirit when the temperature outside is frigid. Many comfort foods, however, are also packed with sodium and unhealthy fats.

You can make your favorite comfort foods better for you without sacrificing what makes them special. From choosing healthier versions of key ingredients to adding more vegetables, some simple changes can help comfort foods work for your health, not against it.

## FOOD FOR THOUGHT

To take comfort foods to a healthier level, you can:

- Bake with whole-wheat flour instead of white flour.
- Choose turkey or chicken instead of red meat.
- Flavor your foods with herbs and spices instead of salt, when possible.
- Load soups, stews, and casseroles with vegetables as an easy way to get more of them in your diet.
- Pick whole-grain pasta instead of white pasta, or use zucchini slices as a pasta substitute.
- Prepare soups using low-sodium broth or stock.
- Reduce fat in casseroles by using Greek yogurt instead of sour cream.
- Select brown rice instead of white.

Finally, resist the temptation to buy a ready-to-eat version of your favorite comfort food from the frozen foods section. When you make your food from scratch, you control the ingredients — and the nutrition level.

## STARRING 'ROLE

A hearty casserole may be the quintessential comfort food. This cheesy casserole with your choice of vegetables is perfect for cold winter days.

### INGREDIENTS

- 1½ cups rice
- 3½ cups water
- 1 onion (medium, chopped)
- 1 can cream of mushroom, or chicken, or celery or cheese soup (10.75-ounce, condensed, reduced sodium)
- 1½ cups 1% milk
- 7½ cups broccoli or cauliflower or mixed vegetables (frozen, chopped)
- ½ pound cheese (grated or sliced)
- 3 tablespoons butter

### DIRECTIONS

1. Preheat oven to 350 F. Grease a 12x9x2-inch casserole dish.
2. Stir rice, salt, and 3 cups of water together in a saucepan and bring to a boil.
3. Cover the pan and let simmer for 15 minutes. Set aside to cool for 15 minutes.
4. Sauté onions in butter to soften.
5. Mix soup, milk, rice, onions, and ½ cup of water in saucepan. Slowly pour into the casserole dish.
6. Spread thawed vegetables evenly over the rice mixture.
7. Spread cheese evenly on top. Bake for 25 to 30 minutes.

### NUTRITION INFORMATION

Total calories: 251	Added sugars: 0g
Total fat: 10g	Protein: 12g
Saturated fat: 5g	Vitamin D: 1mcg
Cholesterol: 22mg	Calcium: 237mcg
Sodium: 268mg	Iron: 2mg
Carbohydrates: 30g	Potassium: 381mg
Dietary fiber: 4g	Serves 12
Total sugars: 4g	

Recipe courtesy of Quick and Healthy Meals: Tips and Tools for Planning Meals for Your Family, Ohio State University Cooperative Extension, Cuyahoga County, via U.S. Department of Agriculture MyPlate





1200 College Drive  
Rock Springs, WY 82901



PRSR STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 425



Scan to sign up  
for our monthly  
newsletter!



This is a  
recyclable product.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# How Was Your Visit?

MEMORIAL HOSPITAL OF SWEETWATER COUNTY  
IS ALWAYS LOOKING TO IMPROVE YOUR EXPERIENCE.

**THE MEMORIAL HOSPITAL OF SWEETWATER COUNTY**  
team strives to enhance your health and quality of life.  
You can help us get better, too.

We use patient surveys to grow, learn, and take action to  
improve your experience at our hospital and clinics.

## WHEN TO EXPECT A SURVEY

If you've been a patient at MHSC, be on the lookout for a  
survey from our vendor, Press Ganey. We use Press Ganey for  
the surveys so patients can provide timely feedback about  
their experience.

Your survey might arrive via email, mail, or text. If you've had  
multiple appointments recently, you may get more than one.

## WE'RE ALL EARS

We encourage you to submit honest opinions about your visit  
and the care you received at MHSC. Completing surveys  
every time you receive one helps us further enhance the  
high-quality care and service you expect and deserve.

Surveys offer useful comments and feedback that help us  
address concerns and improve comfort, safety, and overall  
care. When you complete your survey, you can:

- Give a compliment to your care team
- Offer an idea or suggestion to improve care
- Share a complaint about your experience
- Recognize someone who went above and beyond



As your community's trusted healthcare leader, we're here for  
you and truly value your feedback and responses.

**DIDN'T RECEIVE A SURVEY OR HAVE ADDITIONAL FEEDBACK  
TO SHARE? PLEASE CONTACT CINDY NELSON AT 307-352-8412  
OR VISIT SWEETWATERMEMORIAL.COM/PATIENTS-VISITORS/  
GIVE-US-FEEDBACK.**