



Get Heart Healthy

HEART DISEASE IS OUR #1 HEALTH PROBLEM

Heart disease is the leading cause of death for men and women of all races and ethnicities in the United States. Thankfully, there are several tips you can use to help keep your heart healthy.

CHOOSE HEALTHY FOOD & DRINKS

Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.

- Eating foods high in fiber and low in saturated fats, trans fat, and cholesterol can help prevent high cholesterol. Limiting salt (sodium) can lower your blood pressure. Limiting sugar can lower your blood sugar level to prevent or help control diabetes.
- Do not drink too much alcohol, which can raise your blood pressure. Men should have no more than 2 drinks per day, and women no more than 1 drink per day.

KEEP A HEALTHY WEIGHT

People with excess body fat, especially in the waist area, are more likely to develop heart disease even if they have no other risk factor. Being overweight or obese increases the risk for heart disease by putting extra stress on the heart and blood vessels.

GET REGULAR PHYSICAL ACTIVITY

Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. Adults should aim for 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week. Children and adolescents should get 1 hour of physical activity every day.

DON'T SMOKE

Smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

CHECK YOUR CHOLESTEROL

Cholesterol in your blood can build up in the walls of your arteries. The arteries become narrowed, and blood flow to the heart

muscle is slowed or blocked. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. Your health care team should test your blood levels for cholesterol at least once every 4 to 6 years.

If you have already been diagnosed with high cholesterol or have a family history of the condition, you may need to have your cholesterol checked more often. Talk with your health care team about this simple blood test. If you have high cholesterol, medicines and lifestyle changes can help reduce your risk for heart disease.

HIGH BLOOD PRESSURE

High blood pressure causes the heart to work harder than normal. High blood pressure usually has no symptoms, so have it checked on a regular basis.

If you have been diagnosed with high blood pressure, also called hypertension, your health care team will measure your blood pressure more often to make sure you have the condition under control. Talk with your doctor about how often you should check your blood pressure.

If you have high blood pressure, your health care team might recommend some changes in your lifestyle, such as lowering the sodium in your diet. Your doctor may also prescribe medicine to help lower your blood pressure.

DIABETES

If you have diabetes, monitor your blood sugar levels carefully. Talk with your health care team about treatment options. Your doctor may recommend certain lifestyle changes to help keep your blood sugar under control. These actions will help reduce your risk for heart disease.

LOW-COST HEALTH AND WELLNESS SCREENINGS

Memorial Hospital of Sweetwater County offers low-cost Health and Wellness Screenings every Tuesday and Wednesday in our lab. Walk in or call for an appointment at **(307) 352-8360**. Check out sweetwatermemorial.com for more information.



Emergency Guide: Know Where to Go

When an emergency strikes, make sure you know where to go for care. This checklist is a quick guide for common emergencies. If the situation is life threatening, call 911 or go to the emergency room.

PRIMARY OR WALK-IN CARE	VIRTUAL CARE	EMERGENCY ROOM	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Abdominal pain If pain is severe, go to the ER.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Allergic reaction that causes difficulty swallowing (or call 911)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Animal or insect bites
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Asthma attack (mild)
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Asthma attack (severe) (or call 911)
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Broken bone If skin is punctured, go to the ER or call 911.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Burns If severe, go to the ER.
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Chest pain (severe) (or call 911)
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Concussion If loss of consciousness, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Coughs
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Diarrhea, Nausea, Vomiting If vomiting blood, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Dizziness If you are over the age of 65, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Eye irritation or redness For penetrating or foreign body, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Fever If very young infant or adult has fever of 105-plus degrees, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Headache If severe, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Minor wounds/laceration If uncontrolled bleeding, go to the ER.
CALL 911			Numbness in arm or leg, difficulty speaking, face drooping
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Pregnant + minor symptoms If you have bleeding or abdominal pain, go to the ER.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Rashes
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Seizure (without an epilepsy diagnosis)
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Sinus pain
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Shortness of breath If severe, go to the ER or call 911.
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Sore Throat If child, go to urgent care.
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sprained ankle
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Urinary tract/bladder infections

MARCH IS HEALTH FAIR MONTH

Are you taking care of you? Join us in March for Health Fair Month. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. We can help you maintain a healthy lifestyle by doing annual blood draws, preventative screenings, and learning how to promote wellness. Feel good about yourself and take care of your health.

Our low-cost Health & Wellness Screenings are a good way to stay healthy and are offered every Tuesday and Wednesday in our Outpatient Lab. For more information or to schedule an appointment, call 307-352-8360.



Low-Cost Health & Wellness Screenings

Our low-cost screenings can help you and your doctor keep you healthy. Fasting for 10-12 hours for blood draws is recommended.



Preventative Services & Screenings

Learn about preventative services, screenings and when you need to schedule them.



Wellness

Learn about additional services and tools to keep yourself and your family healthy.

HEALTH & WELLNESS SCREENINGS EVERY TUESDAY & WEDNESDAY AT THE OUTPATIENT LAB

Convenient Healthcare

Illness and injury happen at inconvenient times, but the Sweetwater Walk-In Clinic is here to help.

Our staff can help you get on the mend after catching that stomach bug or a cold on a Saturday morning or needing to get stitched up from a home improvement project you have been working on after work.

The Sweetwater Walk-In Clinic providers are **Brian Barton, PA-C**, and **Kati Moczulski, FNP-C**, who provide care for a wide range of health issues including lacerations, headaches, dehydration, nausea, vomiting, diarrhea, constipation, heart burn, general abdominal pain, muscle pain, body aches, ear pain, fevers and much more. They also provide well-child exams, general physical exams, and sports physicals.

The Walk-In Clinic is here for your convenience and can be significantly less expensive than the emergency room, making it ideal for non-life-threatening illnesses and injuries. On average, patients are cared for and on their way home (or back to school or work) in less time.

The Sweetwater Walk-In Clinic is open from 7 a.m. to 7 p.m., Monday through Saturday, at 3000 College Drive.



Brian Barton, PA-C



Kati Moczulski, FNP-C



Cerner **YOUR ELECTRONIC MEDICAL RECORD**

Memorial Hospital of Sweetwater County will be implementing a new electronic medical record that will make your healthcare visits easier and streamline information for all our providers starting February 28, 2022.

Help us by doing the following:

1 CHECK-IN

- Arrive at least 20 minutes prior to your appointment
- Bring a copy of your insurance and driver's license

2 APPOINTMENT

- Bring in all medications to appointments starting **April 18**
- Nursing staff will go over all your health history. Please be patient as we confirm all your information and enter it into the new system.

3 PATIENT PORTAL

- Starting February 28 you can access your patient portal at sweetwatermemorial.com
- Your patient portal will have information about appointments, billing, and your complete health record.
- Our Registration Clerks will also help you get signed up for the new portal. We are here to help.

**Our staff is here to help you!
Please help us by being patient
and feel free to ask questions.**

We are here for you.

SWEETWATERMEMORIAL.COM



Stay Informed:

AFTER HOURS SCHEDULING

3D Mammography offers after hours appointments. Call 307-362-6472 to schedule your more comfortable mammogram.

LOW-COST HEALTH AND WELLNESS SCREENINGS

Memorial Hospital of Sweetwater County offers low-cost Health and Wellness Screenings every Tuesday and Wednesday in our lab. Walk in or call for an appointment: (307) 352-8360.

SWEETWATER WALK-IN CLINIC

7 am - 7 pm Monday - Saturday
3000 College Drive
Rock Springs, WY 82901
(307) 212-7555

Call or check out our website for more information.

307-362-3711

sweetwatermemorial.com



1200 COLLEGE DRIVE
ROCK SPRINGS, WY 82901

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Easy Ways to Move More Every Day

It can feel overwhelming when you're trying to make time for exercise. Here are easy tips to move more.

1. TAKE THE STAIRS INSTEAD OF THE ELEVATOR.

This increases your heart rate, helps with balance, and improves lower-extremity strength. If you're feeling saucy and have a few minutes, you can even do some heel raises off the edge of a step for calf strength or take the stairs two at a time.

2. INCORPORATE WALKING MEETINGS.

If you work from home or have transitioned to virtual conference calls, schedule a walk during one call per day. If you don't need to be staring at a screen looking at spreadsheets, plug in your headphones, slip your phone in your pocket, and solve the world's problems on a walk. It's a great way to mix up your daily routine.

And if you work in an office, take your one-on-one meetings to go. Walking together enhances team bonding, and you may even come up with better ideas.

3. LUNGE IT UP.

When you're shopping, try walking lunges down the supermarket aisles while holding onto the cart. The cart offers a good balance point, and you can get about 10-20 lunges in a single pass, depending on how long your supermarket's aisles are. It's surprisingly fun!



4. PARK FAR AWAY.

While we need to be safe and alert to our surroundings, if you're in a safe and well-lit area, consider parking farther from the entrance of wherever you're going. Adding in a few minutes of walking time here and there adds up over time and can increase your daily step count!

5. VOLUNTEER FOR AN ANIMAL SHELTER.

Our local shelter and other adoption agencies are always looking for volunteers to help. Take the family to the shelter and volunteer to take a few dogs for a walk.

6. DANCE WHILE YOU DO IT.

You can do this while cooking dinner, folding laundry, or vacuuming.

7. EXERCISE OR STRETCH DURING TV TIME.

Walk on the treadmill, use a stationary bike, stretch on the floor, use weights for upper- and full-body strengthening, or do Pilates during your TV time. If you watch a 30-minute show and move the entire time, that's 30 minutes of exercise you didn't have before! You can even limit it to when the commercials come on if that feels like a good place to start.



GET SOCIAL WITH US: Get up-to-date news from our hospital by following us on Facebook.