

Summer 2023

LIVE HEALTHY

Wellness for your life



Summer SKIN CANCER Prevention

Tasha Harris, Radiation Oncology Director,
hiking in the Wind River Range.



Memorial
Hospital

OF SWEETWATER COUNTY

Treating Sleep Apnea | Keeping Your Kids Active | Migraines vs. Headaches



Finally, it's here. After the long winter we had, and then that one week of spring, summer is finally here. The thought of summer always conjures up such wonderful memories for me. So many delightful things, such good feelings and I can't help but smile as I anticipate what fun and new adventures this summer will bring.

Summer reminds me of long days, warm nights, picnics, barbecues, sitting on the porch, driving with the windows down, long walks, beautiful blue skies, and lovely sunsets.

As I sit and think about the vibe summer gives me, so many words come to mind to describe it that I can't help but want to share my thoughts with you.

A friend of mine recently introduced me to the world of poetry. Poetry is simply a type of literature or artistic writing that attempts to stir a reader's imagination or emotions that is arranged for its meaning, sound, and rhythm. I was immediately interested in it and I was fascinated by how many different styles of poetry existed. Each type has its own distinct style and its own rhythm, and each is unique in its own way.

Some types of poetry include acrostic, where the first letter of each line spells out the topic of the poem. Cinquain is a five lined poem that conveys a certain mood or emotion. A sensory poem describes its topic using each of the five senses.

As I experimented with the different styles and types of poetry, and heavily concentrated on the subject that I was writing about, I found the whole experience to be comforting and peaceful. Taking the time to sit down and let my mind wander until I found the precise words and the right rhythm allowed me to take a deep breath and relax a little. Our lives are so busy and hectic that sometimes we forget to take some time for ourselves and enjoy the sights and sounds of the beauty that is all around us.

Since summer evokes so many different feelings for me, I thought I would write you all a sensory poem about it and describe what summer is to me.

When I think of summer, I think of...

The fragrant scent of all of the beautiful flowers that drifts through the air on a warm evening

The glorious sight of a Wyoming sunset with its spectacular pink, purple and orange hues

The sweet, yet tart and refreshing taste of an ice-cold glass of lemonade

The unforgettable sound of the crack of the baseball bat as the ball hits it and heads for the fence

The feel of the cool, crisp grass as you lay in it watching the clouds drift by on a quiet afternoon

Ah, summer. Such a wonderful season.

As Ric Ocasek, from The Cars, sings in the song Magic,

Summer, it turns me upside down

Summer, summer, summer

It's like a merry-go-round

I'm not sure what kind of poetry that is, but I like it.

I hope you all enjoy this issue, it offers a lot of tips and ideas for a safe and fun summer. Enjoy our articles and I wish you all a wonderful, peaceful, fun, and safe summer.

Irene Richardson

Chief Executive Officer at Memorial Hospital of Sweetwater County

SAVE YOUR SKIN THIS SUMMER

SKIN CANCER IS THE MOST COMMON CANCER IN AMERICA. DO YOU KNOW HOW TO PREVENT OR RECOGNIZE IT?



Joshua Binks, MD

DR. JOSHUA BINKS has dealt with a lot of skin cancer. Fortunately, it's treatable and curable when caught early.

"Sun exposure is a major risk factor for skin cancer," he said, "and we're at a higher risk of skin cancer in Wyoming because of our elevation and thinner atmosphere."



Tasha Harris, MS, CMD

Despite those factors, Dr. Binks doesn't suggest avoiding the sun. He just wants you to stay safe.

THE SKINNY ON SKIN PROTECTION

As with many diseases, the best treatment

for skin cancer is prevention. Protect your skin with the following tips:

- Apply sunscreen anytime you go outside (even if it's cloudy)
- Avoid tanning beds, as they can lead to skin cancer
- If possible, hang out indoors from 10 a.m. to 4 p.m., when the sun's rays are most dangerous
- Keep in the shade as much as possible
- Remember that even a "base tan" indicates skin injury
- Wear a wide-brimmed hat, sunglasses, and long-sleeve shirt

SPOT THE SPOTS

Despite your greatest efforts to protect yourself, you can still develop skin cancer. Spotting it early opens the door to more treatment options.

To detect skin cancer in its earliest stages, keep an eye on how your skin looks. Every month, examine every inch of your body. Use a mirror to inspect hard-to-see areas. Take note of your moles, freckles, and spots. If any of them change, talk to your doctor.

The most dangerous skin cancer is melanoma. This type of cancer can give moles or spots one or more of the following characteristics:

- **Asymmetry** — two sides of the spot are not identical
- **Border** — the outside is not the same all the way around
- **Color** — there are various shades or colors present
- **Diameter** — melanomas are usually the size of a pencil eraser or larger
- **Evolving** — the mole or spot changes in color, size, or shape

TAKING ACTION

When you notice a suspicious area, visit your primary care provider or dermatologist. A biopsy determines if it is skin cancer. Surgery in a dermatologist's office can remove and cure many skin cancers. Larger or more aggressive cancers may require radiation therapy. All of these treatments are available at Memorial Hospital of Sweetwater County.

"It's easy for people to overlook their own health problems," said Tasha Harris, Radiation Oncology Director at MHSC. "If a loved one has a suspicious spot, help them out. Encourage them to get it checked out and treated."

TALK WITH YOUR PRIMARY CARE PROVIDER ABOUT WORRISOME SPOTS OR CALL FAMILY MEDICINE CLINICS AT 307-212-7708 FOR AN APPOINTMENT.

SUNSCREEN TIPS

For maximum benefit from your sunscreen, choose a full-spectrum, waterproof option with SPF of 30 or higher. Apply it liberally 15 to 30 minutes before going outside. Then reapply at least every two hours.



Better Sleep, Better Days

SLEEP APNEA DOES MORE THAN ROB YOU OF SLEEP, IT AFFECTS EVERY WAKING MOMENT.

ANYONE CAN DEVELOP sleep apnea. It causes you to stop breathing for brief periods as you sleep. When this happens, you might suddenly gasp for air, over and over. Snoring is also common.

During the day, symptoms include:

- Depression
- Excessive sleepiness
- General moodiness or irritability
- Memory or learning problems
- Morning headaches
- Trouble concentrating



Crystal Hamblin, MSN, RN, RRT

FIXING YOUR SLEEP

Sleep apnea is often associated with serious health problems, including cardiovascular disease. If you think you might have it, find out by having a sleep study at Memorial Hospital of Sweetwater County. Standard treatment is continuous positive airway pressure (CPAP) therapy.

This provides a constant flow of oxygen to keep your airway open, helping you breathe better while sleeping.

Though life-changing or -saving, CPAP can take some adjustment. But better sleep, lower blood pressure, and more are worth it.

“CPAP therapy takes a while to get used to,” said Crystal Hamblin, MSN, RN, RRT – Director of Cardiopulmonary Services. “Wear it for 15 minutes here and there to get used to it. If it’s still uncomfortable, you can get a replacement mask.”

COUNTING SHEEP NOT WORKING FOR YOU? CALL 307-352-8390 FOR INFORMATION ABOUT GETTING REFERRED TO THE SLEEP CENTER.

Are Your Teen’s Mood Swings Normal or Cause for Concern?

THE TEEN YEARS COME WITH CHANGES THAT CAN CAUSE STRONG FEELINGS AND FREQUENT MOOD SWINGS.

THIS IS NORMAL. However, certain mood or behavior changes may point to depression, a serious health condition that needs treatment.

WHEN MOOD SWINGS ARE MORE THAN A TEENAGE ROLLER COASTER

Depression is more than sadness, dramatic feelings, or occasional mood swings. It may cause:

- A loss of interest in favorite activities
- Aches, pains, or digestive issues for no known reason
- Anger, hopelessness, or sadness lasting for several days or weeks
- Changes in eating or sleeping habits
- Difficulty with concentration or memory
- Lack of desire to spend time with family or friends, or a sudden change in friend groups
- Low energy or motivation
- Thoughts of death, self-harm, or suicide

RISK FACTORS FOR DEPRESSION

Any teen can develop depression, but some have a higher risk, including those who:

- Are dealing with a lot of stress at home or school
- Experience bullying
- Had a recent, significant loss, such as a death in the family or at school
- Have a family member with depression
- Have a history of abuse or other trauma

SCREENING AND TREATMENT

Even if you don’t notice any signs, every teen should be screened for mental health concerns during their annual check-up. If signs of depression pop up between appointments, call to schedule an extra visit. Depression can be successfully treated with medication, talk therapy, or a combination.

IF YOU’RE WORRIED ABOUT YOUR TEEN, LET US HELP. CALL OUR PEDIATRIC TEAM AT 307-212-7717.



Make Hydration a Habit

DURING SOUTHWEST WYOMING'S HOT, DRY SUMMER, GETTING ENOUGH WATER IS MORE IMPORTANT THAN EVER.

YOU LOSE WATER when you sweat, but that's not the only way it leaves your body. Water loss also occurs when you breathe or eliminate waste. Your body depends on you to replenish lost water.

From cells to organs, every part of your body needs water to function. Water allows you to maintain a safe body temperature, helps joints move smoothly, and aids the immune system in fighting germs. Losing too much water without replacing it can lead to dehydration, a potentially life-threatening condition.

WATER WAYS

How much water should you drink each day to stay hydrated? The answer isn't as straightforward as the traditional recommendation of six to eight, 8-ounce glasses of water, although it's a useful target, according to the American Academy of Family Physicians. Some people may need more or less water each day, depending on activity level and other factors.

Staying hydrated is easier said than done, especially with a busy schedule. Things you can do to help make drinking enough fluids feel like second nature include:

- Add cucumber, strawberries, or lemon to make water more appealing.
- Drink water at regular intervals even when you're not thirsty.
- Eat plenty of fruits and vegetables, most of which contain water.
- Set reminders on your phone to prompt you to drink water throughout the day.
- Take a water bottle with you whenever you leave home.

Most importantly, learn to recognize the signs of dehydration, including dry mouth or skin, headache, infrequent urination, dark-colored urine, and thirst. Sip water or a sports drink if you feel dehydrated. Seek medical attention right away for loss of consciousness, confusion, high fever, or rapid pulse or breathing, which may be signs of severe dehydration.

NEED A PRIMARY CARE PROVIDER? SCHEDULE AN APPOINTMENT AT FAMILY & OCCUPATIONAL MEDICINE CLINICS OF SWEETWATER MEMORIAL BY CALLING 307-212-7708.



REAP THE REWARDS OF ARTHRITIS-FRIENDLY GARDENING

If you have arthritis, gardening can boost your mood and provide beneficial physical activity. You may need to make adjustments, however, to enjoy the full benefits of cultivating a green thumb and avoid aggravating joint pain. Here are some changes you can make to get the most out of gardening this summer:

- **Choose easy-to-tend plants.** Fill your garden with plants that don't require intensive maintenance. Ask the staff at your local garden center for recommendations.
- **Get off the ground.** Bending to garden on the ground can be hard on arthritic joints. Instead, place your seeds or plant starts in a raised bed or pot that you can easily reach from a sitting position.
- **Go long.** Use long-handled tools that allow you to prune, water, or shovel without stooping.
- **Let large joints take the lead.** Rely on large joints to bear weight. For example, the Arthritis Foundation recommends lifting tools with the palm of your hands, forearms, or elbows instead of your fingers.



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Creative Ways to Get Kids Moving This Summer

TRY THESE ACTIVITIES TO MAKE SUMMER FITNESS FUN WITH FRIENDLY CHALLENGES, CREATIVE EXPERIMENTS, AND FAVORITE TUNES.



1. OBSTACLE COURSE CHALLENGE

Build an indoor or outdoor obstacle course with found items. See who makes it through the fastest.

2. WATER BALLOON BATTING PRACTICE

Take turns pitching and hitting water balloons. Experiment with the amount of water in the balloons.

3. NATURE SCAVENGER HUNT

Explore the backyard or park with a tote bag and a list of things to find. Work together or see who finds the most.

4. FAMILY DANCE PARTY

Rain or shine, learn the latest dance moves from your kids or teach them dances from your youth.

5. BEDTIME STRETCHES

Practice slow stretches and yoga poses to quiet the mind while building flexibility and strength.

CALL OUR PEDIATRICS TEAM AT 307-212-7717 TO LEARN MORE ABOUT YOUR CHILD'S EXERCISE NEEDS.

10 HEALTHY SNACKS FOR KIDS

Healthy eating is a family affair. Help your children build healthy bodies and minds by focusing on healthy choices rather than the scale. Join your kids in choosing a diet rich in veggies, fruit, lean protein, and whole grains.

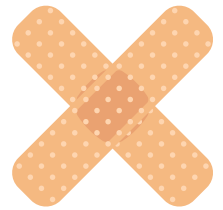
Here are ten healthy snack foods to mix and match.

1. Air-popped popcorn
2. Fresh fruit
3. Fresh veggies
4. Dried fruit without added sugar
5. Hummus
6. No sugar, no salt added nut or seed butter
7. Low-fat cheese
8. Low-fat, unsweetened yogurt
9. Whole wheat English muffins or tortillas
10. Water-packed tuna



Your Child and the HPV Vaccine

IF YOU ARE THE PARENT OF A PRETEEN, IT'S IMPORTANT TO UNDERSTAND WHAT HPV IS AND THE RISKS IT CAN POSE.



Julianne Forrester, FNP-C

THE HUMAN PAPILOMAVIRUS (HPV) is the most common sexually transmitted infection. While it usually goes away without causing major health problems, in some cases, it can lead to serious conditions, including certain cancers.

These cancers can develop years, even decades later. The HPV vaccine can help prevent the virus that causes these diseases.

"HPV is so common that nearly all people will get some form of it during their lifetime. Certain forms last longer and can potentially cause cancers later in life," said Julianne

Forrester, FNP-C, family nurse practitioner at Memorial Hospital of Sweetwater County. "The HPV vaccine is safe and can prevent over 90% of cancers caused by HPV."

WHEN SHOULD YOUR CHILD BE VACCINATED?

The CDC recommends that all children get the HPV vaccine. The first dose is usually given between the ages of 11 and 12 but can be given as early as age 9. The second dose should follow 6–12 months later. If the first dose is given between the ages of 15 and 26, three doses are recommended.

IF YOU HAVE QUESTIONS ABOUT THE HPV VACCINE, CALL THE PEDIATRIC CLINIC AT 307-212-7717 OR THE FAMILY MEDICINE CLINIC AT 307-212-7708.

Get Smart About the Heart

WHILE THE RISK of heart disease increases as people age, younger adults are developing the disease more often. This is because of an increase in conditions that lead to heart disease, such as diabetes, high blood pressure, high cholesterol, and obesity.

BEAT HEART DISEASE AT YOUR AGE

In your 20s, establish a primary care provider and have regular wellness exams to start keeping tabs on your blood pressure, blood sugar, cholesterol, and more.

In your 30s, keep up with your wellness exams and ramp up your risk prevention, especially if you have a family history of heart disease. Learn how to manage stress, and if you have kids, include them in your heart-healthy lifestyle.

In your 40s, avoid weight gain and ask for a fasting blood glucose test by 45 if you haven't had one already.

In your 50s, follow a treatment plan if you've been diagnosed with any heart-related condition.

In your 60s, your risk for heart disease increases even more, so watch your test results carefully and live a heart-healthy lifestyle.

At every age:

- Don't smoke, and avoid secondhand smoke.
- Eat a heart-healthy diet. Avoid foods high in sodium, saturated and trans fats, and added sugar.
- Get regular physical activity. Fit in 150 minutes of aerobic activity per week (walking, dancing, kickboxing, etc.).

NO MATTER HOW OLD YOU ARE, SCHEDULE YOUR ANNUAL WELLNESS EXAM WITH A PRIMARY CARE PROVIDER. CALL 307-212-7708 TO REQUEST AN APPOINTMENT.



Is It a Migraine?

HERE'S WHAT YOU NEED TO KNOW ABOUT HEADACHES.



Prachi Pawar, MD

WHILE MOST PEOPLE experience occasional headaches, recurring headaches can negatively affect your life. Around 10% of people have migraine headaches, a type of severe headache. Women are three times more likely to be affected.

"Migraines usually last between 4 to 72 hours and cause severe pain, nausea, and light sensitivity," said Dr. Prachi Pawar, Neurologist, Memorial Hospital of Sweetwater County.

MIGRAINE PREVENTION

Some migraine patients may find preventative lifestyle changes help, such as:

- Avoiding alcohol
- Eating a healthy diet
- Exercising regularly
- Getting enough sleep
- Limiting or avoiding caffeine
- Staying hydrated

Other treatment options could include acupuncture, cognitive behavioral therapy, relaxation training, or yoga.

TALK TO A DOCTOR ABOUT YOUR HEADACHES

If you have experienced severe headaches for more than eight days per month for three months, it's time to talk to your doctor.

"If a patient is experiencing regular headaches, it is important to talk to the doctor to determine if it is a primary headache such as a migraine or secondary headache caused by something else, such as a tumor or hypertension," Dr. Pawar said.

Options for patients with migraines include medication, Botox injections, and medication infusions for migraine onset.

"I treat patients for all kinds of headaches, not just migraines," Dr. Pawar said. "Don't let them detract from your life."

ARE YOUR HEADACHES TAKING YOU AWAY FROM YOUR DAILY LIFE? CALL OUR NEUROLOGY CLINIC AT 307-212-7570.





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.



Walking in to Health

MEMORIAL HOSPITAL'S WALK-IN CLINIC is available for you and your family when you need urgent medical attention.

WHAT IS THE WALK-IN CLINIC?

Walk-In Clinics are true to their name! You don't need an appointment, so anytime you have an unexpected medical condition, you can walk right in. Our Walk-In Clinic provides convenient medical care for common health issues, such as the flu, strep throat, earaches, etc.

We're also available for common annual immunizations, such as the flu shot, and work-related illness or injuries.

WHEN TO WALK IN TO THE CLINIC

Not sure if your health concern is walk-in worthy? Here are a few examples of what our urgent health care providers can treat:

- Congestive heart failure exacerbations
- Constipation
- Dehydration
- Diabetic issues
- Diarrhea
- Ear pain
- Falls
- Fever
- Illnesses, such as flu and colds
- Injuries, such as minor cuts and burns
- Muscle sprains and strains
- Nausea and vomiting
- Sore throat
- Urinary tract infections

If you or your family is experiencing an emergency medical issue, call 9-1-1 or go to the nearest Emergency Department.

THE MEMORIAL HOSPITAL OF SWEETWATER COUNTY WALK-IN CLINIC IS OPEN MONDAY THROUGH SATURDAY FROM 7:00 AM TO 7:00 PM AT 3000 COLLEGE DRIVE.

THERE'S AN APP FOR THAT

Our app, **HealthLife**, is the Memorial Hospital of Sweetwater County patient portal that you can use easily from your phone. In our app, you can message your health care provider, schedule and manage appointments, and access your medical information, such as laboratory results, immunizations, medications, and other relevant health documents.

DOWNLOAD HEALTHLIFE FROM THE APPLE STORE OR GOOGLE PLAY.



FOLLOW US FOR HOSPITAL HAPPENINGS



Have you seen the Memorial Hospital of Sweetwater County Facebook page? It's a great place to keep up with upcoming events and hospital announcements!

Our followers stay up to date on classes and courses taking place at the hospital, such as CPR, childbirth classes, etc. We also post:

- Award announcements
- Healthy tips
- Hospital updates, such as new employees, equipment, and technology
- Job openings
- Links to blog posts
- Upcoming events, such as blood drives, health fairs, support groups, and more

FIND US AT FACEBOOK.COM/MHSCHEALTHCARE.