

WINTER 2023

LIVE HEALTHY

Wellness for your life

STAYING
SAFE
in the
Snow

Dr. Tony Pedri and his daughter, Bennett, snowshoeing in Southwest Wyoming.



**Memorial
Hospital**
OF SWEETWATER COUNTY

Fresh Produce for a Healthy Season | PCP or OB-GYN? | Avoid Winter Joint Pain



HAPPY NEW YEAR!

I can't believe it is 2023 already. I hope that you are excited for new adventures and the wonderful things that await you this year. As we move forward, it is always good to reflect on the past and ensure we learn from it, cherish the good memories, but also make new memories.

Over the weekend, a memory from several years ago popped up on my phone. It was a video, and I watched it intently. I quickly remembered every minute of that day perfectly. It took me back to that time of my life. I eagerly started looking at other videos and photos and before I knew it, I had lost myself reminiscing about the years past.

Memories play a vital role in our lives because we are constantly creating them. They reflect our past but also offer a gateway to our future. They are special moments that make up the story of our lives.

Memories remind us that we cannot look to the future without reflecting and learning from the past.

I'm so proud of our hospital and the way we have learned, changed and grown over the years to provide the best healthcare we can to our patients and community.

This year marks the sixth year that I have had the privilege to serve our community as the CEO of Memorial Hospital of Sweetwater County, and it is my 38th year anniversary that I have had the pleasure of working at the hospital. I am truly proud to be part of the team at Memorial Hospital, and, more importantly, to be able to serve the community in this way. It has been so fulfilling for me and I look forward to the future as my amazing team continues to provide healthcare for our community.

2023 will also mark the 130th anniversary of our hospital's presence in Sweetwater County and we are honored to be our community's leader in healthcare. Since 1893, our hospital has adapted, evolved, grown and flourished. Every year we continue to find new ways to serve the healthcare needs of Sweetwater County by providing excellent, high quality and compassionate care to our patients and families in Southwest Wyoming.

As I think about the memories I have cherished over the years at the hospital, I am reminded of the people that I have had the pleasure of working with over the years and those I continue to work with. I smile when I think of all the memories I have created with them.

As healthcare evolves, we look forward to the future and will continue to find ways to meet the needs of our patients and community as we grow and flourish for the next 130 years.

So, join me! Take the time to create new memories that will make you, your friends and your family smile. We are so lucky to have them pop up on our phones. Happy New Year everyone!

Irene Richardson

Chief Executive Officer at Memorial Hospital of Sweetwater County

STAYING SAFE in the Snow

OUTDOOR ACTIVITIES CAN QUICKLY TURN SOUTH IN SLIPPERY CONDITIONS. HERE'S HOW TO REDUCE YOUR RISK — AND WHAT TO DO WHEN ACCIDENTS HAPPEN.



Dr. Tony Pedri, MD

WINTER IS HERE, and in Southwest Wyoming, that means one thing — lots of time outdoors in the snow. But along with the fun activities (and the shoveling) comes the risk of getting hurt.

"In our area, shoveling snow, sledding, and skiing are the main activities that lead to injury," said Orthopedic Surgeon Dr. Tony Pedri. "It gets very icy, and when snow blows over the top of the ice, slips and falls can lead to broken bones."



Deborah DeFauw, PT,
MPT, CLT

BE PREPARED

While you can't always prevent icy mishaps, there are things you can do to

lower your chances of getting injured.

- **Dress for the weather.** "Weather conditions can change quite quickly in the winter," said Deborah DeFauw, Rehabilitation Services Director for MHSC. "Wear several layers of lightweight and water-resistant clothing to keep you warm and dry."
- **Use the appropriate safety gear.** Depending on your activity, you may need a helmet, goggles, gloves, and shoes with ankle support. "Be sure your gear fits properly and is in good condition," DeFauw said.
- **Always have a buddy with you.** Don't perform winter sports and activities by yourself.
- **Keep an eye on conditions.** Stay aware of your surroundings and watch for icy and slushy areas. "When shoveling snow, be aware of what's underneath the snow," Pedri said. "Always use proper footwear, which is supportive boots with good tread."
- **Warm up and start slow.** "Simple stretches, such as touching your toes and doing circles with your ankles and wrists, can help loosen up your muscles and help you avoid sprains and strains," DeFauw said. If you're not used to doing an activity, begin slowly.
- **Don't overdo it.** Listen to your body and rest when you



need to. "Many injuries occur at the end of the day when you and your muscles are tired," DeFauw said.

WHEN ACCIDENTS HAPPEN

It's important to know what to do when injuries do occur. For mild strains, sprains, and bruises, DeFauw recommends the RICE method:

Rest: Stop the activity and rest the injured area.

Ice: Apply an ice pack wrapped in a towel for up to 20 minutes at a time, three to four times a day, for the first 72 hours.

Compression: Wrap the injured area in an elastic bandage.

Elevation: Raise the area above heart level to reduce swelling.

However, seek medical care if you have any of the following symptoms:

- An inability to move or put weight on the affected area
- Severe pain
- Severe swelling
- Feeling nauseous or dizzy

IF AN INJURY HAS CAUSED AN ACHE THAT WON'T GO AWAY, CALL THE ORTHOPEDIC & SPORTS MEDICINE CLINIC AT 307-352-8545.



PLANNING AHEAD AND TAKING THE RIGHT PRECAUTIONS CAN KEEP YOU HAVING FUN FOR THE DAY AND THE SEASON."

—DEBORAH DEFAUW, REHABILITATION SERVICES DIRECTOR AT MEMORIAL HOSPITAL OF SWEETWATER COUNTY

Fresh Produce for a Healthy Season

CHOOSE WINTER FRUITS AND VEGETABLES TO ADD COLOR AND FLAVOR TO YOUR HOLIDAY TABLE AND FEWER CALORIES TO YOUR MEALS.

BUYING SEASONAL PRODUCE means fresher food on your plate and often more money in your wallet.

Look for these tasty options:

- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Cranberries
- Parsnips
- Persimmons
- Sweet potatoes
- Winter squash, such as acorn, butternut, delicata, or spaghetti squash

SPAGHETTI SQUASH WITH TOMATOES AND HERBS

Makes four servings

INGREDIENTS:

- | | |
|---|--|
| 1 medium spaghetti squash | 1 tablespoon basil, chopped |
| 2 cloves garlic, minced | 1/8 teaspoon dried oregano |
| 2 teaspoons olive oil | 2–3 tablespoons grated Parmesan cheese |
| 1 can low-sodium, diced tomatoes, drained | |

DIRECTIONS:

1. Pierce a few holes in the squash with a large knife.
2. Microwave on high for 7–10 minutes until the skin gives easily under pressure and the inside is tender.
3. Let cool for 10 minutes, then halve lengthwise or crosswise.
4. Scoop out seeds and fibers and discard.
5. Use a fork to scrape out the squash flesh. It will naturally separate into noodle-like strands.
6. While waiting for the squash to cool, sauté minced garlic in the olive oil until it's softened and fragrant.
7. Add the tomatoes, basil, and oregano to the garlic and simmer for 10–15 minutes.
8. Spoon the garlic-tomato mixture on top of squash strands.
9. Top with grated Parmesan and serve.

NUTRITION INFORMATION (PER SERVING):

Calories: 120	Protein: 3g
Total Fat: 3.5g	Carbohydrates: 20g
Saturated Fat: 1g	Cholesterol: 0mg
% of Calories from Fat: 26%	Dietary Fiber: 4g
% Calories from Saturated Fat: 7.5%	Sodium: 90mg

FIND A MEMORIAL HOSPITAL OF SWEETWATER COUNTY DIETITIAN AT SWEETWATERMEMORIAL.COM TO LEARN MORE.

Recipe courtesy of Produce for Better Health Foundation, www.fruitsandveggies.org.



Don't Let Joint Pain Steal Your Winter Fun

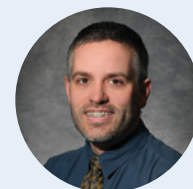
IT'S THE WINTER season when Jack Frost comes to nip at your joints. Don't let the cold weather freeze your fun this season.



Shawn Rockey, PA-C

PREVENT THE PAIN

"Strong joints are healthy joints," said Shawn Rockey, board-certified Physician Assistant at the Internal Medicine Clinic. "Nearly everyone should be doing resistance



Dr. Israel M. Stewart, DO

training one to two times per week, if not more."

To reduce joint pain, you can also:

- Apply topical medicines that help relieve joint pain.
- Avoid foods that can increase inflammation, such as added sugars and foods high in carbohydrates.
- Eat anti-inflammatory foods, such as ginger, curcumin, and olive oil.
- Use over-the-counter medications, such as nonsteroidal anti-inflammatory pain relievers, as long as you check with your primary care provider first.
- Wear warm clothes when you go outside.

"Don't ignore joint pain if you have it," said Dr. Israel M. Stewart, with the Internal Medicine Clinic. "It's better to receive treatment earlier rather than later, especially for autoimmune conditions, such as arthritis."

DO YOU SUFFER FROM JOINT PAIN? CALL THE INTERNAL MEDICINE CLINIC AT 307-212-7570 TO SCHEDULE AN APPOINTMENT.

PCP or OB-GYN?

THE TEAM AT OBSTETRICS & WOMEN'S HEALTH CLINIC PROVIDES A MULTIDISCIPLINARY APPROACH FOR ALL YOUR WOMEN'S HEALTH NEEDS.

PRIMARY CARE PROVIDER (PCP) OR OBSTETRICIAN-GYNECOLOGIST

(OB-GYN) — what's the difference? A PCP takes care of your general health and wellness, and an OB-GYN specializes in issues specific to women's health.

WHEN TO SEE AN OB-GYN

"Women should see an OB-GYN for all their reproductive needs," said Emily James, FNP-BC, Family Medicine Nurse Practitioner at Obstetrics & Women's Health Clinic. "This can begin as early as age 13, but women should definitely have their first OB-GYN visit by age 21. Care should continue throughout life to address needs as they arise."

An OB-GYN can assist with:

- Birth control
- Breast and cervical cancer prevention
- Childbirth
- Family planning
- Infertility
- Menopause
- Pregnancy care and pre-pregnancy planning
- Questions about sexuality
- Sexually transmitted infections
- Surgery

"Most PCPs are well-versed in basic reproductive care, but women should see an OB-GYN for problems associated with the female reproductive system," James said. "Many things we manage in the OB-GYN office are often viewed as difficult or embarrassing. It is reassuring to have a professional with specialized training care for these issues."

OUR MULTIDISCIPLINARY APPROACH

Our Obstetrics & Women's Health Clinic is made up of OB-GYNs, Certified Nurse Midwives, and Obstetrics-Certified Registered Nurses. Our team works together to provide the best possible patient care.

"I am able to cover a lot of low-risk visits, so the physicians have more time to take care of high-risk or surgical patients," said Starla Leete, Certified Nurse Midwife. "In turn, the physicians are always there if I need advice or if I need them to assist with a patient. We work great together, and there's never a time where I feel like I don't have the backup I need."



Dr. Jeffery Wheeler, MD



Dr. Samer Kattan, MD



Starla Leete, CNM



Emily James, FNP-BC

WELL-WOMAN EXAMS VS. ANNUAL PHYSICALS

WELL-WOMAN EXAM

A well-woman exam is a specialized visit at your OB-GYN's office. During this appointment, your provider may perform or discuss:

- Screenings for breast and cervical cancers
- A pelvic exam
- Reproductive health concerns, including contraception, menstrual irregularities, and pre-pregnancy counseling
- Your lifestyle and personal history

During your well-woman visit, you can also ask about pelvic pain, sexually transmitted infections, and infertility assessments.

ANNUAL PHYSICALS

Primary care providers often cover a wider range of preventive services in these annual visits, including:

- Blood pressure, cholesterol, and blood sugar tests
- Counseling for diet and exercise
- Physical exams
- Screenings for nonreproductive cancers, such as colorectal and lung cancers
- Assessments of your personal and family health history

Your primary care provider can perform a pelvic exam and refer you to your women's health provider if necessary.

TO MAKE AN APPOINTMENT AT THE OBSTETRICS & WOMEN'S HEALTH CLINIC, CALL 307-352-8383.

Keep an Eye on Prostate Cancer



Dr. Cody R. Christensen, DO

PROSTATE CANCER IS one of the most common cancers in men, and one that can be life-threatening. While prostate cancer doesn't cause early warning signs, regular screening can help detect the disease before it has spread.

"Prostate cancer can typically be treated with high cure rates if it is confined to the prostate," said Dr. Cody R. Christensen, with the Urology Clinic. "Once it spreads, however, treating and curing prostate cancer becomes much more challenging. With early detection and treatment, we can see better outcomes."

Your risk for prostate cancer increases with age, especially after you turn 50, when prostate cancer screenings are generally recommended. Screening involves a blood test or physical exam. Talk to your primary care provider about which test is right for you.



Tell High Blood Pressure TO TAKE A HIKE

HIGH BLOOD PRESSURE is often called a "silent killer" because it has no symptoms and can increase your risk for heart disease, heart attack, and stroke.

You are at a greater risk for high blood pressure as you get older and if you have diabetes, are obese, are pregnant, or have a family history of the condition. The only way to know you have high blood pressure is through regular blood pressure screenings.

If you have high blood pressure, help keep it under control by:

- Eating a heart-healthy diet rich in fruits, vegetables, lean sources of protein, and low-fat or fat-free dairy
- Getting at least 150 minutes of exercise per week
- Limiting your intake of salt, sugar, and alcohol
- Managing stress
- Not smoking

If you have high blood pressure, you may need to take medication to help manage it. Your doctor may also recommend checking your blood pressure regularly with an at-home monitor.

LOW-COST HEALTH AND WELLNESS SCREENINGS ARE OFFERED EVERY TUESDAY AND WEDNESDAY AT OUR OUTPATIENT LAB. VISIT [SWEETWATERMEMORIAL.COM/SERVICES/LABORATORY](https://www.sweetwatermemorial.com/services/laboratory) TO LEARN MORE.

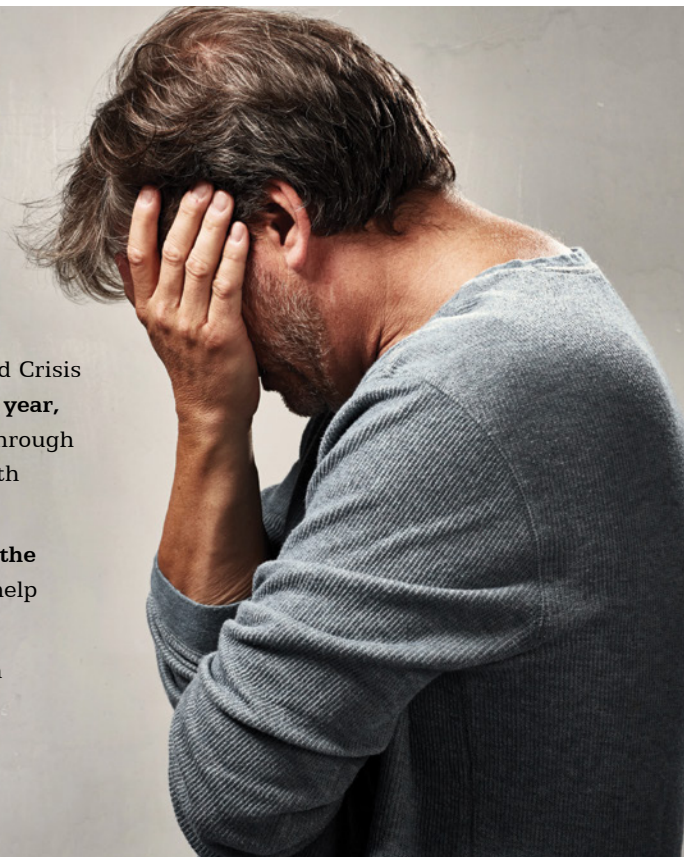
988 — A New Number to Call for Support

WINTER CAN BE an emotionally challenging time. Days are short, and post-holiday loneliness can make those short days even harder. If you need some extra support, there's a new number to call — 988.

When you **call, chat or text 988**, you'll get connected with a Suicide and Crisis Lifeline counselor. Counselors are available **24 hours a day, 365 days a year**, and specially trained to listen and provide support when you're going through a tough time. If needed, they can help connect you to local mental health resources, as well.

Service members and veterans can also call 988, then press 1 to reach the Veteran Crisis Line, which is staffed by responders uniquely trained to help current and former military service personnel.

The Suicide and Crisis Lifeline (formerly the National Suicide Prevention Lifeline) started in 2005 and has received more than 23 million calls.





Learning TO COPE



Tamara S. Walker, CPNP-PC, PMHNP-BC, PMHS-C

OUR PEDIATRIC CLINIC LAUNCHED COPE (CREATING OPPORTUNITIES FOR PERSONAL EMPOWERMENT) TO HELP PATIENTS AGES 8 TO 21 ADDRESS MENTAL HEALTH CHALLENGES HEAD ON.

EVEN BEFORE THE COVID-19 pandemic, children, teenagers, and young adults were experiencing mental health issues at higher levels than in previous decades. COPE aims to help children and young adults reframe their thoughts so they can enter adolescence and adulthood with healthy resilience.

COPE participants attend seven one-on-one counseling sessions focused on cognitive behavioral therapy (CBT), which helps patients recognize how negative, unhelpful thoughts and behaviors contribute to mental health issues.

"CBT shows patients just how powerful their thinking is and teaches them how to use their thoughts in a way that could benefit them," said Tamara S. Walker, CPNP-PC, PMHNP-BC, PMHS-C, a dual-certified Nurse Practitioner in pediatrics and mental health at the Pediatric Clinic of Sweetwater Memorial. "CBT is the first-line treatment for mild-moderate anxiety and depression in the pediatric population."

VALUABLE LIFE SKILLS

Walker has seen many patients' mental and emotional well-being dramatically improve.

"Anybody can benefit from building coping skills," she said. "As we have learned more about mental health, we know that just as in physical health, there are things that we can do regularly to keep us healthy and really prepare a person to navigate the ups and downs in life."

TO LEARN MORE ABOUT COPE OR TO SIGN UP, CALL 307-212-7717.

Is It Time for a Checkup?

DON'T FORGET TO KEEP UP WITH YOUR CHILD'S ANNUAL WELLNESS VISITS.

BETWEEN CLASSES, HOMEWORK, extracurricular activities, and chores, it can be hard to keep up with your child's schedule. But no matter how busy your family is, you need to make time for an annual well-child visit every year.

WHY WELLNESS VISITS MATTER

You might think your child only needs to see a pediatric provider when they are sick, but annual checkups are essential for good health. During these visits, your provider will:

- Check to see how your child is developing
- Perform basic screenings for vision, hearing, blood pressure, dental health, spinal health, and other common pediatric health concerns
- Talk to you about nutrition and child safety, as well as answer any questions you may have

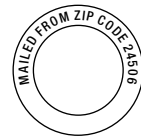
KEEPING UP WITH IMMUNIZATIONS

Annual wellness visits are also the easiest way to make sure your kids are up to date on any needed vaccines, which can prevent serious diseases such as:

- Chickenpox
- COVID-19
- Diphtheria
- Flu
- Hepatitis A and B
- Human papillomavirus (HPV)
- Measles
- Meningitis
- Mumps
- Polio
- Tetanus
- Whooping cough (pertussis)

Your child's primary care provider will have records of past vaccines to ensure all vaccines are provided at the right time.

CALL 307-212-7717 TO SCHEDULE A WELLNESS VISIT FOR YOUR CHILD WITH ONE OF OUR PEDIATRIC PROVIDERS.



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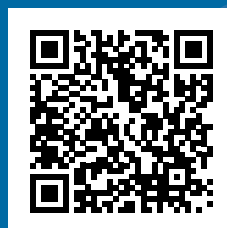
KEEP UP WITH HOSPITAL HAPPENINGS

FOLLOW MHSC ON
FACEBOOK FOR THE
LATEST NEWS.

Want the scoop on the newest doctors at Memorial Hospital of Sweetwater County? Do you want to find out about CPR classes, support groups, or other hospital events? Are you interested in tips that could help you improve your health? If you answered yes to any of these questions, our prescription is simple: Find us on Facebook at **Facebook.com/MHSCHEALTHCARE**.

If social media's not your thing, don't worry. Check out our website at **sweetwatermemorial.com**

FOLLOW OUR BLOG "LIVE HEALTHY."



WE TREAT YOUR ENTIRE FAMILY

OUR FAMILY MEDICINE CLINIC MAKES IT EASY

DID YOU KNOW our Family & Occupational Medicine Clinic offers comprehensive primary care for the whole family, from babies to seniors and every age in between?

Our clinic has appointments for:

- Annual wellness exams
- Immunizations
- Management of chronic illnesses, such as diabetes and heart disease
- Osteopathic manipulative treatment
- Pediatric checkups
- Physical exams for work, school and summer camp
- Screening tests
- Treatment for minor illnesses and injuries

If you're looking for a one-stop shop for your family's medical care, it's easy to see a provider at Family & Occupational Medicine Clinic.

MAKE AN APPOINTMENT FOR ANYONE IN YOUR FAMILY BY CALLING 307-212-7708.