

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

Plan Fit Family **ADVENTURES**

NUTRITION:
WHAT TO PACK

ACT FAST
IN AN
EMERGENCY

 **EVANSTON**
REGIONAL HOSPITAL

How are we doing?

Send us your thoughts
for a chance to
win an Apple Watch!

Details on Page 2.



Healthy Eating TO GO

According to the American Heart Association, about 70 percent of America's diet is composed of restaurant and commercially processed foods. Eating these high-sodium foods increases your risk for heart disease and stroke.

Try these brown bag lunches for a healthier meal:

- **Salads** are easy to make to order. Pack dry and wet ingredients separately and combine just before you eat.
- **Sliced leftover turkey or grilled chicken** in sandwiches and wraps helps you avoid the additives found in most lunch meats.
- **Snacks**, such as beef jerky, unsalted almonds or air-popped popcorn, are healthy options for your next afternoon craving.
- **Water** and other no-calorie beverages, such as fruit-infused water, unsweetened tea or club soda, keep you hydrated.

BLOCK OUT



Put exercise on your busy schedule. The American Heart Association notes that walking 30 minutes a day is good for your heart. If burning calories is your concern, see how 30 minutes of each activity stacks up, if you weigh 125, 155 or 185 pounds.

	Walking: 3.5 mph	120	149	178
	Aerobics, low impact	165	205	244
	Dancing: fast, ballet, the twist	180	225	266
	Stationary bike: moderate	210	260	311
	Playing basketball	240	298	355
	Rowing, stationary: vigorous	255	316	377
	Elliptical trainer	270	335	400
	Swimming laps: vigorous	300	372	444
	Running: 8-minute mile	375	465	555

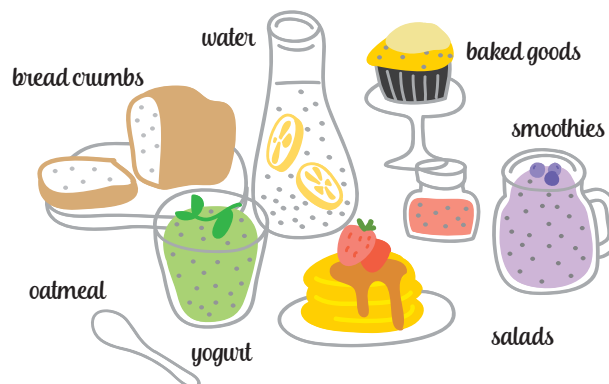
Source: Harvard Health Publications

30 MINUTES



Ch-Ch-Ch- Chia Seeds

Chia seeds contain essential fatty acids and are high in iron, calcium and magnesium. Chia seeds expand and form a gel when combined with liquid and can help you feel full longer. Add this excellent source of insoluble fiber to:




Tell Us How We're Doing

Visit
**4healthier.me/
feedback**
to complete a
brief survey.

**All participants
will be entered
in a drawing to
win an Apple
Watch Sport.**

You must be 18 years
or older to enter.



Brush up on guidelines for breast cancer screening so you know what you need and when.

A Breast Health Refresher

FAST FACT

When breast cancer is found before it spreads to lymph nodes and organs outside the breast, the five-year survival rate is 98.9 percent, according to the National Cancer Institute.

FEMALE OB-GYN COMES TO EVANSTON



Robin Thompson, M.D.

Evanston has a new OB-GYN. Robin Thompson, M.D., specializes in women's health, pregnancy and birth.

You can turn to her to discuss when to be screened for breast cancer or when to get Pap tests to check for cervical cancer. Most insurance plans also now cover an annual well-woman exam to discuss your overall health.



Eric C. Hansen, M.D.

Dr. Thompson previously practiced in Rawlins, Wyoming. She has been providing obstetrics coverage at Evanston Regional Hospital for the last year and enjoyed it so much she wanted to call Evanston home.

She will partner with Eric C. Hansen, M.D. Together, they will provide comprehensive women's healthcare.

Drs. Hansen and Thompson are now accepting new patients. To learn more, visit www.UintaMedicalGroup.com/women.

Drs. Hansen and Thompson are members of the medical staff at Evanston Regional Hospital.

Mammograms are the first line of defense against breast cancer, the most common cancer affecting women. These tests — X-rays of the breast that allow physicians to look for tumors within breast tissue — help find cancer when it's more easily treatable.

YOUR SCREENING TIMELINE

The American Cancer Society (ACS) updated its guidelines for breast cancer screening in 2015. The ACS no longer recommends clinical breast exams or monthly breast self-exams and now suggests this timetable for mammography screening in women with an average breast cancer risk:

- **When you are age 40 through 44**, you can choose to have an annual mammogram. Speak with your physician about the benefits and any potential risks to see if screening is right for you.
- **When you are age 45 to 55**, you should have a mammogram every year.
- **When you are 55 or older**, you can switch to biennial mammograms or, if you prefer, continue having annual screenings.

Women who have a higher-than-average risk of breast cancer may need earlier, more frequent or additional screenings. Criteria that may place you in a higher-risk category include:

- carrying a genetic mutation, such as a BRCA mutation, or having a first-degree relative with a BRCA mutation
- having radiation therapy to the chest area during your preteen, teen or young-adult years

In these cases, physicians may recommend a mammogram and breast magnetic resonance imaging (MRI) every year. Talk with your doctor about your individual screening needs and any preventive strategies that may minimize your risk.



Evanston Regional Hospital offers soft-touch digital mammograms. Call (855) 518-9432 to schedule your screening mammogram today. Evening appointments are often available.

The Family That

Plays Together

...stays healthy together.

This year, choose vacations (or staycations) that strengthen family bonds through shared exercise.

STAY-AT-HOME FUN

If DIY is more your family's style, start with a walk at a local park or around your neighborhood, or consider bowling or picking up a cheap badminton or croquet set and learning to play. Frisbee, freeze tag, foam blaster-battles and playground climbing are other newbie sports. Don't be too picky about rules if small children are involved; instead, help everyone participate and have fun.

Is your family more into books or computer games than sweat? A spark of imagination may be just the thing to get you moving. Set a timer for an hour and turn the playground into a zombie apocalypse with kids against adults, or take a backyard journey to an alien planet. Crafty family members can even make costumes or a prop or two for your adventures.

If you're planning a vacation this year, consider incorporating exercise into your itinerary. Schedule family hikes at a state park. Include destinations with swimming or wading, sure to cheer up water-loving youngsters.

To take it to the next level, choosing adventures that require you to build strength and skill. Examples include:

ADVENTURE AL FRESCO

CAVING

In addition to a sturdy hike to access most wild caves, you may need to crawl, climb or shimmy to get around in a cave. For a first trip, play it safe by joining up with your local National Speleological Society chapter, and be sure to consult a professional or serious amateur about the right equipment to bring.



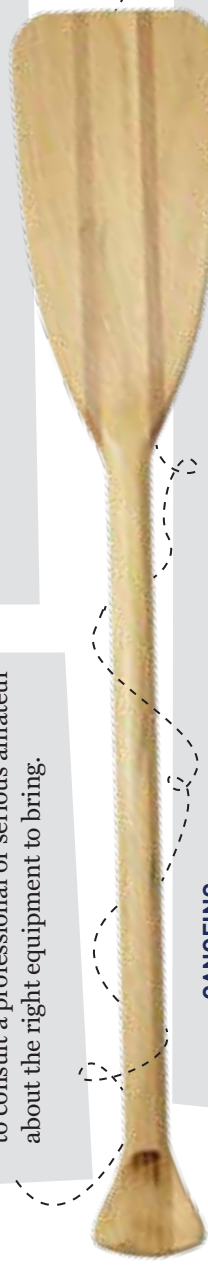
ROCK CLIMBING

This is another outdoor sport where you'll want to start with an expert guide. Rock climbing, like caving, will work your entire body. Ease youngsters into this activity by starting in a climbing gym. Find a class that fits your family's ability level and move on from there.



CANOEING

If you and your family are comfortable around water, consider making your trips down waterways instead of forest paths. Small children can enjoy the ride while adults and older children share the paddling. Every member of your group should always wear a life jacket — no exceptions.



EXPLORE THE

INDOORS

You don't have to be an outdoor enthusiast to get moving; for example, you can easily spend a morning or even a whole day walking while savoring your favorite indoor interest or hobby. Museums make great indoor exercise destinations; for deeper immersion (and more walking) consider an enthusiasts' convention. Here's a quick selection:

MUSEUM OF POP CULTURE
Seattle, WA

EXPLORATORIUM
San Francisco, CA

COMIC-CON INTERNATIONAL
San Diego, CA

HISTORIC MARKET SQUARE
San Antonio, TX

GEN CON 50
Indianapolis, IN

GRACELAND
Memphis, TN

CENTER OF SCIENCE AND INDUSTRY
Columbus, OH

CENTER FOR PUPPETRY ARTS
Atlanta, GA

COLONIAL WILLIAMSBURG
Williamsburg, VA

GETTYSBURG NATIONAL MILITARY PARK
Gettysburg, PA

ESCAPE VELOCITY
Washington, D.C.

LEGEND

SCIENCE FANTASY & SCI-FI HISTORY CELEBRITIES

START A SPORT

Maybe you want to regularly play a sport together. Here are a few family favorites recommended for all ages and ability levels:

- badminton
- bowling
- kickball
- taekwondo
- pickleball — a trending racket sport inspired by tennis, badminton and table tennis

No matter what kind of activity your family enjoys, you'll find that exercise seems less laborious and more joyful when performed with those you love.

48%

OF AMERICANS AGE 6 AND OLDER PARTICIPATE IN OUTDOOR SPORTS AT LEAST ONCE A WEEK, ACCORDING TO THE 2017 PHYSICAL ACTIVITY COUNCIL REPORT.

Are you **YOUNG** ♥ at Heart?

Your age and your
“heart age” aren’t
necessarily the same.



Depending on lifestyle and genetics, your heart can be the same age or younger than you ... which is good news ... *or*, your heart can be older than you, which means a higher risk for cardiovascular disease (CVD). A disease of the heart and blood vessels, CVD can cause heart attack, stroke, heart failure and peripheral vascular disease (poor blood circulation in the legs). In the United States, one out of every three deaths is caused by CVD, according to the American Heart Association.

TAKE A FREE HEART ASSESSMENT

Visit EvanstonHeart.com/event to take a free heart risk assessment. It only takes five minutes, but it can help you learn your risks and learn how to stay healthy or get healthy. This heart risk assessment:

- compares your actual age to your heart’s biological age
- estimates your risk of developing cardiovascular disease
- prioritizes your most harmful cardiovascular risk factors

You can print off the results to take to your physician to discuss your heart health.



Clyde
Sullivan, M.D.

“Does heart disease run in your family? You are more likely to develop heart disease if a relative has had CVD,” says Clyde Sullivan, M.D., Cardiologist at Uinta Medical Group. “Heredity, race, increasing age, high blood pressure and obesity are all factors that can put you at a greater risk for heart disease. While some factors can’t be controlled, there are things that you can do to keep your heart healthy.”



Meet with a board-certified cardiologist in Evanston to discuss your heart health. Clyde Sullivan, M.D., Cardiologist at Uinta Medical Group, is now accepting patients. Call (855) 464-6684 to make an appointment today.

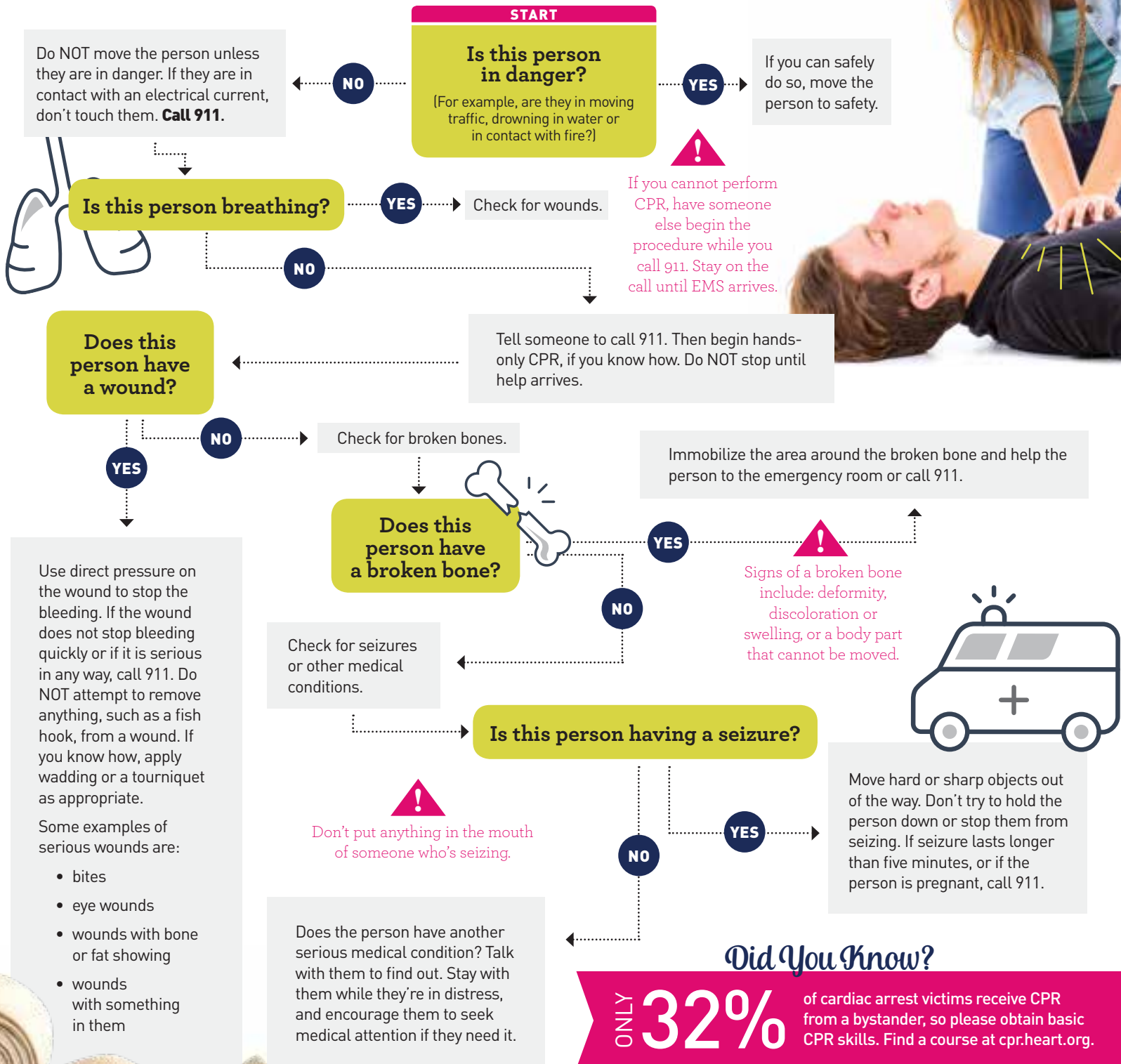
Dr. Sullivan is a member of the medical staff at Evanston Regional Hospital.

With a healthy heart, the beat goes on.

EMERGENCY!

(Now What?)

When you see someone in distress, what do you do? Follow this decision tree to find out.



WANT TO READ MORE?

Visit EvanstonRegionalHospital.com/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (307) 789-3636 (TTY: (800) 877-9965).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (307) 789-3636 (TTY: (800) 877-9965)。

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

Specialized urological care is now available. Right here in Evanston.

Are you waking up several times a night to go to the bathroom? It might be a good time to see a urologist. Uinta Medical Group will treat the cause of your urological problem, not just the symptoms.

Uinta Medical Group provides care for:

- Prostate cancer
- Incontinence/bladder control problems
- Bladder cancer
- Kidney stones
- Erectile dysfunction
- Overactive bladder
- Urinary tract infections
- Hypogonadism (low testosterone)

Procedures include:

- No-scalpel vasectomy
- Minimally invasive treatments for prostate disorders, urinary and voiding dysfunction and kidney cancer

You can be treated and recover right here at home. Medicare and most insurance plans welcome. **To schedule an appointment, call 307-789-9355.**

Drs. Johnson and Parkinson are members of the medical staff at Evanston Regional Hospital.



Justin Parkinson, M.D.
Board-Certified Urologist



G. Blake Johnson, M.D.
Board-Certified Urologist

Uinta

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