

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST

 **EVANSTON**
REGIONAL HOSPITAL

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



Chronic joint pain doesn't have to be the boss of you. Get more out of life by seeing a physical therapist. Call (855) 981-8382 to schedule a diagnostic assessment today.

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.





PROSTATE PROACTIVITY

Gentlemen, don't let prostate cancer sneak up on you. Talk with your doctor about screening.

While prostate cancer is responsible for the second highest number of cancer deaths among men in the United States, according to the American Cancer Society (ACS), finding prostate cancer early through screenings and biopsies can make it easier to treat.

SCREENING METHODS

If warranted, screening may include an prostate-specific antigen (PSA) test. PSA tests examine your blood for elevated levels of PSA. Though prostate cancer can increase PSA levels, other factors, such as medications or infections, can cause these levels to rise as well.

If you have the test and your PSA is elevated, a biopsy may be recommended to confirm the presence of prostate cancer. In many cases, prostate cancer does not require immediate treatment if it's slow growing.

DOCTOR DISCUSSION

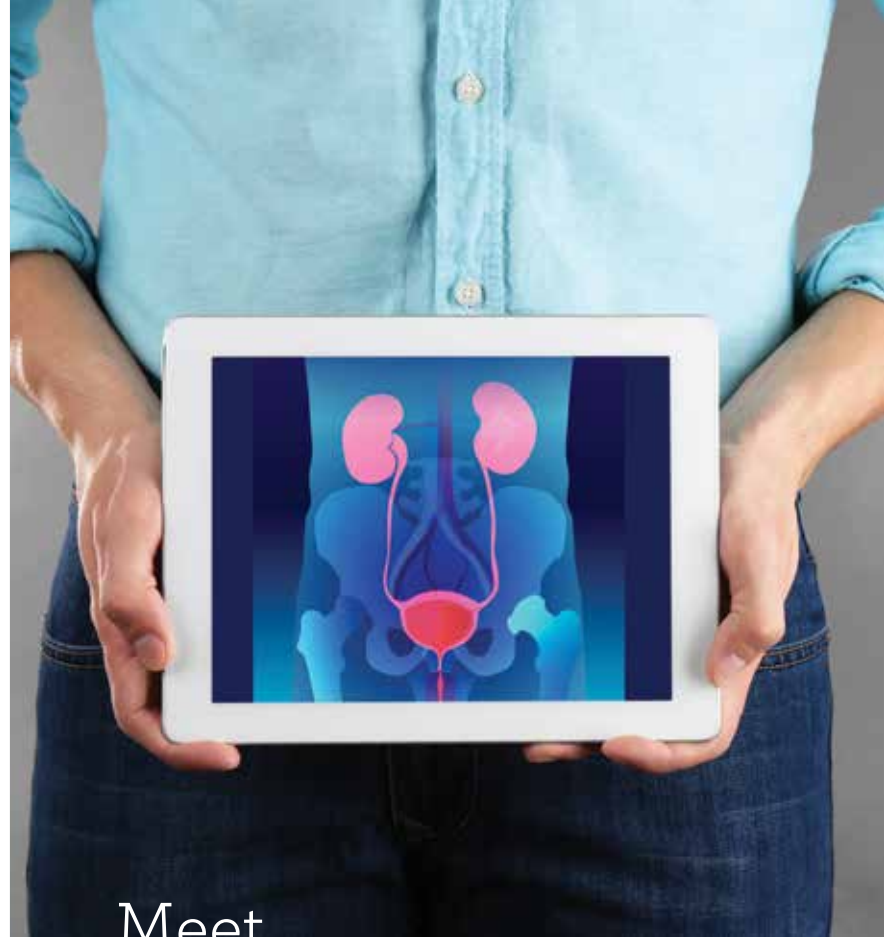
Talk with your primary care provider (PCP) about your individual prostate cancer screening recommendation. He or she will take into account your personal and family medical history with the disease.

Typically, the ACS recommends that men begin talking with their PCP about prostate screenings at age 50. Men with higher risk factors — such as those with African-American heritage and/or a family history of prostate cancer — should start the discussion in their forties.



Evanston has two urologists who treat prostate cancer and other prostate issues. Visit www.UintaMedicalGroup.com/urology to learn more about G. Blake Johnson, M.D., or Justin Parkinson, M.D.

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



Meet Evanston's Urologists

Urologists specialize in the urinary tract, including the prostate, bladder and kidneys.



G. Blake Johnson, M.D.
board-certified
Urologist

“One of the things I've learned as a physician is how important it is to listen to the patient. Developing a relationship helps me better understand your concerns and needs and then to take care of that problem.

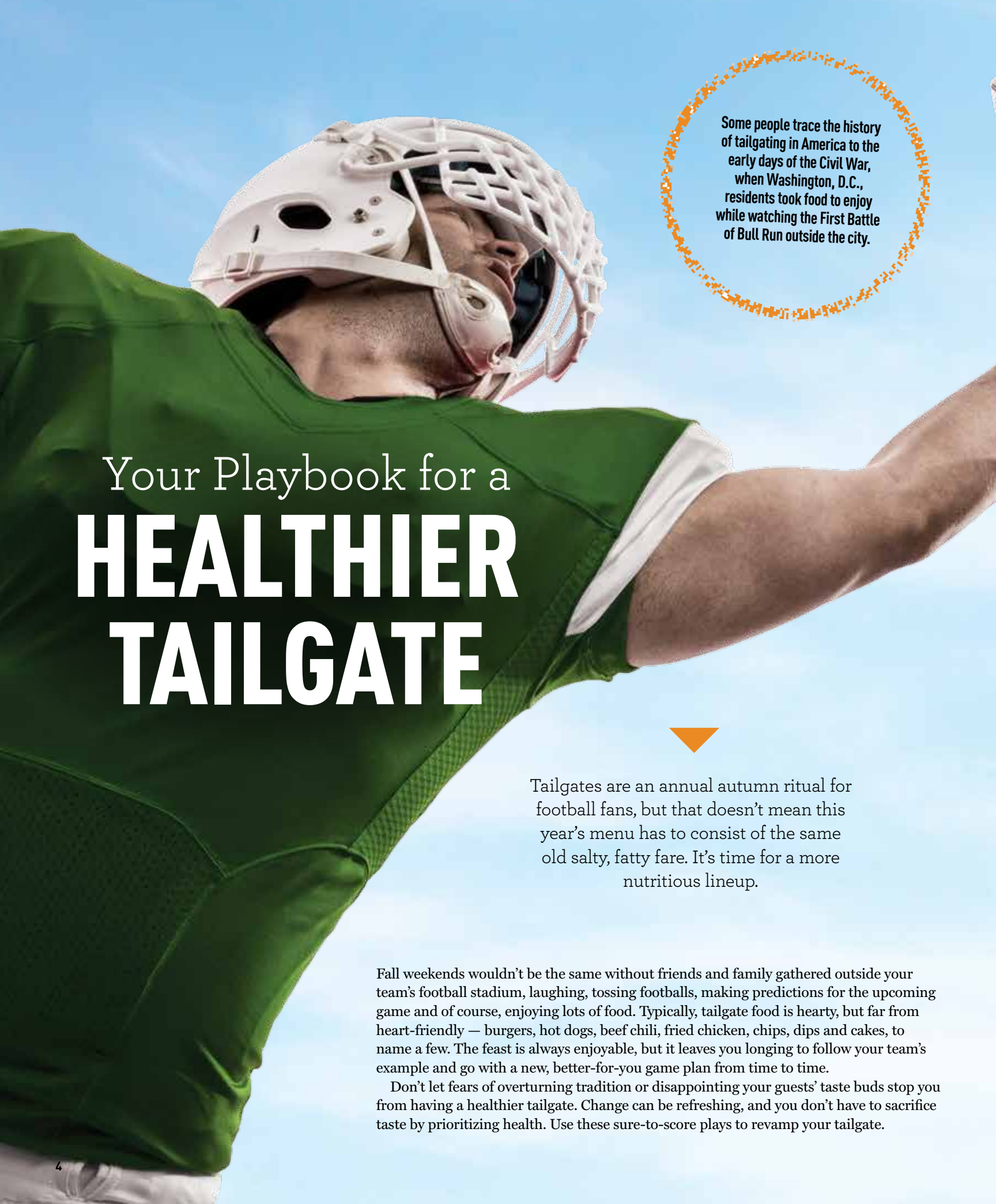
My No. 1 piece of advice is that if you think there is something wrong, you should get it checked out. Unfortunately, sometimes we see patients who have ignored a problem for a while and that gives it time to become a much bigger problem.”



Justin Parkinson, M.D.
board-certified
Urologist


“My favorite part of my job is the ability to establish relationships with my patients. Using a little bit of humor in the office can oftentimes break the ice and help someone understand that I am here to help.

I believe in fully informing patients about what's happening with them. I am an interactive member of a team, and you as the patient are the main part of that team.”



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



1

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



Does everything you eat cause pain? It could be your gallbladder. Call (855) 736-4526 to schedule an appointment today with board-certified General Surgeons Dr. Kendrick or Dr. Yasuda.

DOES EVERYTHING YOU EAT CAUSE PAIN?



Ian Kendrick, M.D.



Greg Yasuda, M.D., FACS

Pain in the upper right or upper middle of your stomach after eating is often caused by a gallbladder condition, such as gallstones. Fatty foods especially aggravate gallbladder disease. If you're suffering from this or symptoms, including nausea, vomiting, fever, yellowing of the skin and eyes, or

bloating, don't wait to get help. We'll provide a careful diagnosis.

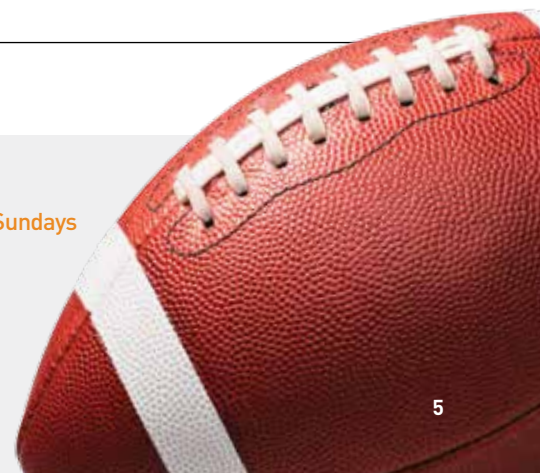
If gallbladder surgery is needed, we may be able to use minimally invasive techniques that require only tiny incisions.

Ian Kendrick, M.D., and Greg Yasuda, M.D., FACS, are board-certified general surgeons. Learn more about them at www.UintaMedicalGroup.com/surgery.

Drs. Kendrick and Yasuda are members of the medical staff at Evanston Regional Hospital. Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.





6 Facts

about

RICHARD L. ENGLAND, M.D.

Dr. England is a new family medicine physician in Evanston.
Here are six things to know about Dr. England:

1. I am a board-certified Family Physician. Your primary care doctor should be your medical home. I am the doctor you visit for medical needs, including wellness visits, sore throats and your first stop to ask about health questions or concerns.
2. I completed a fellowship in Sports Medicine and am certified as a Strength and Conditioning Specialist. This means that in addition to managing your primary healthcare needs, I can also give joint injections, evaluate and diagnose your musculoskeletal health with ultrasound, and develop a customized exercise routine for you.
3. My goal is to figure out the best way to help my patients — whether that is helping them manage their high blood pressure, diagnose their flu or help them design an achievable exercise routine.
4. I came to Evanston because practicing medicine in a rural community means I get to know my patients better. I want to see my patients outside of the clinic at our kids' soccer games, in church or at the hardware store.
5. I wanted to be a physician because I find the human body and what it is capable of fascinating. I also like talking with and getting know people from all walks of life.
6. I am married to an amazing woman, and we have three young boys. We love traveling together and having fun. I grew up in Salt Lake and am an avid Utah Jazz fan.



Dr. England's office is in the newly remodeled Uinta Medical Group in Evanston. He is now accepting new patients of all ages. Call (855) 481-6843 for a same-day appointment, or schedule an appointment online at EvanstonAnytime.com

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

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks

Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water

Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



Schedule an appointment with your primary care provider at EvanstonAnytime.com to talk about your health. It just takes 90 seconds.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

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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.

It's time to schedule your mammogram!

1 in 8 American women will develop breast cancer. So no more excuses. Getting a mammogram takes less time than ever before, new designs make them less painful and most insurance plans will cover them. Women ages 40 to 44 can elect to have a mammogram. Women ages 45 to 54 should have an annual mammogram. Women 55+ can continue with an annual mammogram or switch to every other year. No matter your age, talk to your doctor if you notice a change in your breasts.

Mammograms save lives. That's a fact.

So give us a call and schedule your appointment today. And if you do have a new excuse for not getting a mammogram, let us know - we bet we'll have an answer disproving it.

Call 307-783-8196 to schedule your screening mammogram today!



**No more
excuses.**

