

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

ECOTHERAPY:

Walk Away From
Your Worries

HEALTH TIPS FOR
NAILS, SKIN AND SUN

SHAKING SODIUM
OUT OF YOUR DIET

 **EVANSTON**
REGIONAL HOSPITAL

IF YOUR *Nails* COULD TALK

It's normal to clip the occasional hangnail or catch your fingertip in a door. However, you should keep an eye out for the following nail symptoms that could point to more serious medical conditions:

- **Darkened cuticles and colored streaks** that develop on nails are called Hutchinson's nail sign. They can indicate that you have melanoma, the most aggressive form of skin cancer.
- **Splinter hemorrhages** are red streaks in the nail bed and may signal an infected heart valve, especially if you haven't injured your nail recently.
- Heart conditions and lung diseases can cause **clubbing of the fingernails**. Clubbing symptoms include softening of the nail beds, bulging fingertips and increased nail curvature.
- **Brittle nails** and nails that split away from the skin can be signs of an underactive or overactive thyroid. They can also signal the development of psoriasis, a skin disease that causes redness and irritation.

If your nails exhibit any of these signs or if they don't look normal to you, don't hesitate to contact your medical provider.

Source: National Library of Medicine

Know Your ABCDEs

Detecting skin cancer doesn't require a complicated screening or exam. One of the best ways to detect melanoma early is by checking your skin once a month for one or more of these features:

- **ASYMMETRY** — The mole or birthmark has mismatched parts.
 - **BORDER** — The edges of the spot are blurred, notched, jagged or irregular.
 - **COLOR** — The color changes throughout the mole and may contain shades of brown, black, and — less frequently — white, red, pink or blue.
 - **DIAMETER** — The mole or birthmark is wider than a quarter of an inch.
 - **EVOLVING** — The color, size or shape of the spot changes over time.
- Use both a full-length mirror and a hand-held mirror to check your entire body, including areas that are difficult to see. Ask your doctor about any concerning developments.

Source: American Cancer Society



Need a primary care physician? You can be in control and schedule an appointment online at EvanstonAnytime.com.

Sun PROTECTION



Protect your eyes and skin from sun damage all year round by:

applying sunscreen with an sun protection factor (SPF) of 30 or greater to all exposed skin areas

wearing sunglasses that block 99 percent or more of the sun's ultraviolet (UV) rays



dressing in clothes that cover more of your skin, especially if their labels display a UV protection factor (UPF) of 30 or higher

choosing hats with brims that are at least three inches wide



Source: Skin Cancer Foundation

Fast Fact

Stress, drinking a cup of coffee and pre-appointment jitters can cause temporary spikes in your blood pressure, according to Berkeley Wellness. If your reading seems higher than usual at your appointment, talk with your provider.

MEET EVANSTON'S CARDIOLOGIST



Clyde Sullivan, M.D.

The heart beats about 2.5 billion times over the average lifetime, according to the American Heart Association. Help ensure the beat goes on by talking to a cardiologist about your high blood pressure.

Evanston now has a dedicated board-certified Cardiologist: Clyde Sullivan, M.D. Dr. Sullivan can work with you to help manage your high blood pressure to prevent or manage potential heart conditions.

Learn more at www.UintaMedicalGroup.com/heart.

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



Dealing with high blood pressure? Visit EvanstonAnytime.com to make an appointment with Evanston's board-certified Cardiologist Clyde Sullivan, M.D.

In BLOOD PRESSURE Limbo?

Nearly 50 percent of Americans have high blood pressure, according to new guidelines from the American Heart Association (AHA) and American College of Cardiology (ACC). Find out what your numbers mean now.

High blood pressure puts you at risk for a host of health problems, including heart disease and stroke. To help people get their blood pressure under control before major problems occur, the AHA/ACC guidelines lowered the threshold for what's considered "high" and warrants management. Here's what now defines normal, elevated and high blood pressure.

NORMAL BLOOD PRESSURE

a systolic (pressure during a heart contraction) blood pressure lower than 120 mmHg over a diastolic (pressure between beats) blood pressure lower than 80 mmHg

ELEVATED BLOOD PRESSURE

a systolic blood pressure of 120–129 mmHg over a diastolic blood pressure less than 80 mmHg

STAGE I HIGH BLOOD PRESSURE

a systolic reading of 130 to 139 mmHg or a diastolic reading of 80 to 89 mmHg

STAGE II HIGH BLOOD PRESSURE

a systolic reading greater than or equal to 140 mmHg or a diastolic reading greater than or equal to 90 mmHg

If you have elevated or high blood pressure, your doctor may recommend more frequent screenings and will likely talk with you about lifestyle changes that help naturally lower blood pressure. These changes may include quitting smoking, losing weight, watching your sodium and alcohol intake, and exercising daily.

OUTDOOR RX

Whether you prefer exercising outdoors, meditating in a natural setting or simply working in your garden, ecotherapy — healing time spent in the natural world — offers something for everyone.

In the 1980s, Harvard University biologist Edward O. Wilson, PhD, presented a concept called “biophilia” in which he argued that humans have an innate love of and connection to nature. Today, scientific research shows that connection has numerous positive effects on our health.

A slightly unconventional practice called ecotherapy is becoming more commonly used as part of mental health treatment in the United States. Used to treat many conditions, including depression and anxiety, ecotherapy works to address a wide variety of stressors through outdoor activities including adventure therapy, meditating in nature, working in gardens and on farms, playing with animals and getting involved in conservation activities.

CALL OF THE WILD

Have you ever been sitting at your desk at work and noticed you felt completely unable to focus? Next time that happens, try taking a walk outside. Even a brief period spent experiencing the sights and sounds of plants and animals improves your ability to concentrate and renews your reserves of patience.

This phenomenon of directed attention fatigue is similar to attention deficit/hyperactivity disorder (ADHD), present in both children and adults. While spending time

in natural environments benefits everyone, researchers believe people with ADHD may especially see results.

LEAVE YOUR TROUBLES OUTSIDE

Approximately 85 percent of Americans don’t have access to forests, according to the New York State Department of Environmental Conservation, but everyone can reap the benefits of being in nature. Spending time in a park or garden, or strolling down a sidewalk lined with trees, provides some of the same benefits as walking through a traditional forest — inner calm and feelings of well-being.

About 350 million people suffer from depression worldwide. Treatment options for most are psychotherapy, medication or a combination of both. Ecotherapy is a treatment option that most people can access at little to no cost.

Researchers at the University of Essex found a walk in a park improved feelings of depression in about three-fourths of participants, and 90 percent felt a higher level of esteem.

Ready to take a walk for better health? Talk with your doctor about the potential benefit of getting outside and enjoying green spaces.



Need a primary care physician? You can be in control and schedule an appointment online at EvanstonAnytime.com.



MORE MELATONIN

When you were younger, did your parents ever send you outside to run around and exhaust yourself? Apparently, they were on the right track. This approach works for adults, too, but it isn't just the exercise that makes you sleep better at night.

Experiencing natural light and its fluctuations prompts your body to produce melatonin, a hormone that helps your body maintain a healthy sleep cycle. Adequate sleep is important — not only for feeling rested but also for things like concentration, proper judgment and memory.

When your body produces enough melatonin, you're more likely to sleep deeply through the night. A good night's sleep allows your brain to process the things you learned and did that day, consolidating memories and allowing you to retain new information.

TAKE A FOREST BATH

Don't worry — you don't need a swimsuit or towel for this adventure. Forest bathing, also known as shinrin-yoku, is a Japanese healing method that refers to the act of simply spending time in the forest. It's not hiking or adventuring with any real destination in mind. You aren't trying to get somewhere. You're there to absorb the experience of being in nature.

The concept of shinrin-yoku is an important part of preventive healthcare in Japan and South Korea today and is supported by extensive research.

Known benefits include:

- better mood
- better sleep
- higher energy levels
- improved healing after surgery or illness
- lower blood pressure
- lower stress levels

Whether forest therapy is offered near you or not, you can practice shinrin-yoku on your own. Find a park or hiking trail nearby, ideally where you can be covered by a tree canopy, and set aside some time to meander and be present in the greenery that surrounds you.

ROBOTIC-ASSISTED TOTAL KNEE REPLACEMENT AT EVANSTON REGIONAL HOSPITAL

What does it mean for you?



Micah
Pullins, D.O.

According to the Centers for Disease Control and Prevention, osteoarthritis, commonly known as “wear-and-tear-arthritis,” affects over 30 million adults in the U.S. With advanced osteoarthritis in the knee, walking becomes painful and typically requires a total knee replacement. In January 2018, Evanston Regional Hospital announced it now offers an advanced robotic-assisted treatment option for total knee replacement. We sat down with Orthopedic Surgeon Micah Pullins, D.O., to discuss the new technology.

Q: WHAT IS ROBOTIC-ASSISTED TOTAL KNEE REPLACEMENT?

During a knee replacement, we replace the arthritic parts of the joint with an implant of highly polished metal and plastic. The robotic-assisted procedure utilizes advanced software and instrumentation to tailor each procedure to the patient's unique anatomy in order to optimize implant fit and alignment. It allows me, as the surgeon, to perform “virtual” surgery on a digital model before any bone is cut. I also use a robotic-cutting guide (like a GPS) to make the planned bone resections, helping to improve accuracy and precision.

Q: DOES THE ROBOT CONTROL ANY PART OF THE SURGERY?

As the surgeon, I maintain control and decision-making regarding the total knee replacement. The technology is a tool to help improve accuracy based on the patient's unique anatomy. This, in turn, can lead to improved function, as well as faster recovery.

Q: WHAT IS THE DIFFERENCE BETWEEN TRADITIONAL KNEE REPLACEMENT AND ROBOTIC-ASSISTED KNEE REPLACEMENT?

The robotic-assisted knee replacement allows for a less-invasive surgical technique, which may promote a quicker recovery compared to conventional knee replacement surgery.

Q: WHY SHOULD I STAY LOCAL FOR MY TOTAL KNEE REPLACEMENT SURGERY?

After joint replacement and recovery, patients are back to doing the activities they want to do — everything from hiking and hunting to downhill snow skiing and gardening. By staying local for your joint replacement surgery, you benefit from the individualized care at Evanston Regional Hospital. You receive personal attention from nursing, dietary staff and me following your surgery. I can be reached 24 hours a day to address your questions. And most importantly, staying local allows your family and friends to be here to support you and assist you after the surgery.



Step into the future of total knee replacement without leaving Wyoming. Get back to the activities you enjoy and call today to schedule an appointment with Dr. Pullins at (855) 464-6684.

Dr. Pullins is a member 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.



Sneaky SODIUM

Too much sodium can cause high blood pressure and put your heart at risk. Learn how sodium finds its way into your food and how you can avoid it.

Ideal Intake



Adults should consume **fewer than 2,300mg** of sodium every day.



To **MAXIMIZE** **HEALTH BENEFITS**, adults should limit their daily sodium intake to **1,500mg a day or less**.



People need fewer than **500mg of sodium** a day for their bodies to function properly.



Source: American Heart Association

So Much Sodium

Average Americans consume **more than 3,400mg** of sodium daily.



>75%

MORE THAN 75 PERCENT of consumed sodium comes from prepackaged, processed and restaurant food — not table salt.



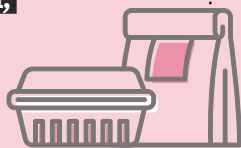
Many products — like chain pizza — contain **more sodium in the U.S.** than in other countries.



Source: Centers for Disease Control & Prevention

See Ya, Sodium

Prepare fresh meals and **avoid prepackaged, processed and restaurant foods** to cut most sodium out of your diet.



Check the **NUTRITION FACTS LABEL** for foods with 5 percent Daily Value of sodium or less and products marked “low sodium.”

Gradually **reduce your sodium intake** and

use spices

to help your taste buds adjust.



Source: U.S. Food and Drug Administration



What is your heart's age? Take our Heart Risk Assessment to find out. It only takes five minutes. Visit EvanstonHeart.com/event.

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

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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.



Does everything you eat cause pain? It could be your gallbladder.

Pain in the upper right or upper middle of your stomach after eating is often caused by a gallbladder condition such as gallstones. 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. And if gallbladder surgery is needed, we use a minimally invasive technique that requires only tiny incisions.

Same-day consultations are often available.

Call 307-783-8398



Ian Kendrick, M.D.
Board-Certified
General Surgeon



Gregory Yasuda, M.D., FACS
Board-Certified
General Surgeon

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Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.

Drs. Kendrick and Yasuda are members of the medical staff at Evanston Regional Hospital.