

# HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

You Say You Want a  
**RESOLUTION?**



**MATTERS OF  
THE HEART**

**CELEBRATE  
HEALTH  
YEAR-ROUND**

 **EVANSTON**  
REGIONAL HOSPITAL



## A Heart-healthy Valentine

Do you typically celebrate Valentine's Day with boxed chocolates and roses? Consider swapping those traditional treats for two things that are good for your heart.

**Dark chocolate**, which is generally lower in sugar than milk chocolate, is high in flavonoids. These compounds in dark chocolate may reduce your risk for heart disease, according to the American Heart Association (AHA). Before you indulge, check the fat and calories in that dark chocolate heart. Consume in moderation — a little taste of dark chocolate goes a long way.

Flavonoids aren't just in your favorite Valentine's Day treats though. Look for these potentially beneficial substances in food sources, too, such as onions, apples, almonds and sweet potatoes.

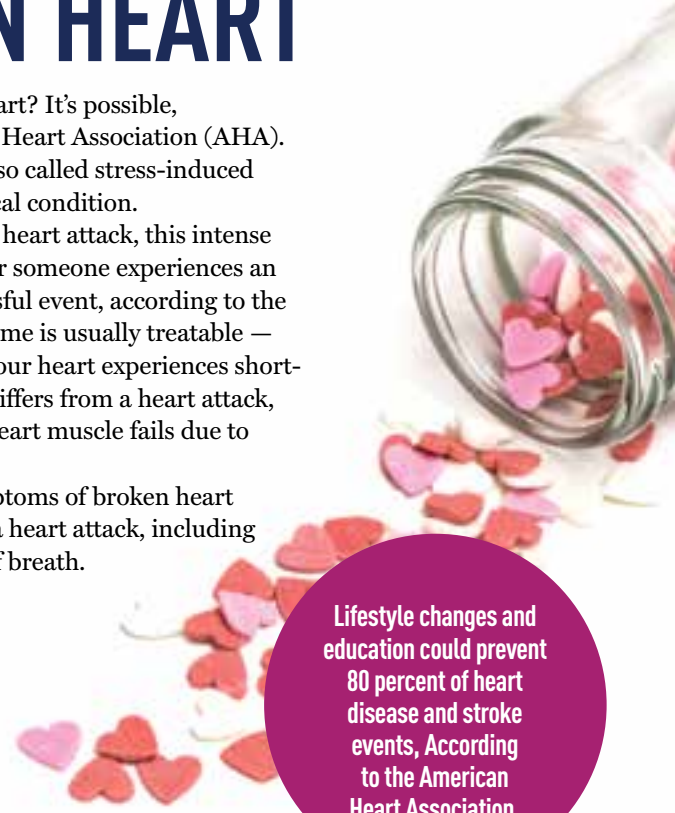
Drinking polyphenol-rich **red wine**, in moderation, may also have benefits for the heart. These antioxidants keep blood vessels flexible. Again, the key word is *moderation*. If you drink alcoholic beverages, according to the AHA, keep your limit to no more than two drinks daily for men and one daily for women.

## The Risks of a BROKEN HEART

Can you die of a broken heart? It's possible, according to the American Heart Association (AHA). Broken heart syndrome, also called stress-induced cardiomyopathy, is a medical condition.

Often misdiagnosed as a heart attack, this intense chest pain can happen after someone experiences an extreme, emotionally stressful event, according to the AHA. However, the syndrome is usually treatable — during this event, part of your heart experiences short-term muscle failure. This differs from a heart attack, which happens when the heart muscle fails due to blockages in the arteries.

Common signs and symptoms of broken heart syndrome mirror those of a heart attack, including chest pain and shortness of breath.



Lifestyle changes and education could prevent 80 percent of heart disease and stroke events, According to the American Heart Association.



## MAMMOGRAMS May Help Detect Heart Disease

Your routine mammogram may provide more information than just your breast health. The American College of Cardiology reports finding that mammography may be helpful in identifying your risk for heart disease by identifying breast arterial calcification. The presence of these calcifications is a risk factor for coronary arterial calcifications, which are an early sign of heart disease.



# Feel Good From the FEET UP

Fixing falling arches  
and painful bunions can  
improve your day-to-day life.

## FAST FACT

According to the American Academy of Orthopaedic Surgeons, adolescent bunions — usually due to shoes that fit too tight — are most common in girls ages 10 to 15. Adult bunions can occur in men and women ages 20 and older.

## TURN TO A FOOT SPECIALIST



Jesse E. Riley, DPM, board-certified Podiatrist

As foot and ankle specialists, podiatrists provide a wide range of nonsurgical and surgical solutions for foot and ankle pain.

"Our feet are very complex

structures," says Jesse E. Riley, DPM, a board-certified Podiatrist based in Evanston. "Each foot has 26 bones, 33 joints, and more than 100 ligaments and tendons. It is an area we take advantage of until it's giving us problems."

"It's the best feeling in the world when a patient tells you it feels like they have a whole new foot or ankle after treatment or surgery," Dr. Riley continues. "They've been living with pain for so long but then can get back to living life without pain every step of the way."

When you experience chronic foot pain, it can be difficult to perform everyday tasks. Fallen arches and bunions affect the alignment and function of the rest of your body, sometimes leading to fatigue, arthritis, knee pain and back pain.

### YOUR ARCH ENEMY

Fallen arches or flat feet that develop in adulthood typically occur when the tendon that primarily supports the arch of your foot is injured or weakened. As this tendon's strength diminishes, the arch slowly becomes lower.

According to Harvard Medical School, as many as 25 percent of adults have flexible flat feet — fallen arches only when standing. Many live with fallen arches without developing symptoms. However, fallen arches can cause foot aches and pains, shin splits and pain in the hips, knees and lower back.

Those age 40 or older most likely develop fallen arches due to tendon problems. Obesity, diabetes and high blood pressure can also increase your risk. Playing high-impact sports, such as basketball, tennis and soccer, increases the chances of developing fallen arches as well.

### STICKING OUT LIKE A SORE FOOT

A bunion forms due to a deformity in the two bones that make up the largest joint in the big toe: one bone shifts to the inside of the foot, and the other bones shift towards the other toes. The joint becomes enlarged and inflamed, forming a bunion, whose name comes from the Greek word for turnip.

Some people are more likely to develop bunions due to their foot shape. Wearing improperly fitted shoes and having an inflammatory condition, such as rheumatoid arthritis, increases your risk for bunions.



Is foot or ankle pain holding you back? Call (307) 313-4013 today to schedule an appointment with Jesse E. Riley, DPM, board-certified Podiatrist in Evanston.

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

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

# Resolutions

FOR A

# Better YOU

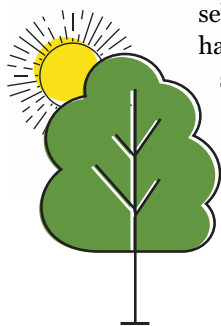


Do you have difficulty keeping your New Year's resolutions? They might be too lofty — or too vague. This new year, resolve to make better, simpler resolutions. Here are a few ideas to get you started.

## ✓ MENTAL HEALTH

**Resolution:** Take a 10-minute walk every day.

According to the Anxiety and Depression Association of America, as little as five minutes of daily aerobic activity can boost mood, improve sleep, increase self-esteem and release tension. It doesn't have to be intense activity, either. Studies suggest a 10-minute, brisk walk can be as beneficial for your mental health as a 45-minute workout. Walk on your lunch break, around the park while your kids are playing or before your morning shower.



## ✓ DIGESTIVE HEALTH

**Resolution:** Swap your afternoon pick-me-up with kombucha.

Whether it's a candy bar or a caramel macchiato, satisfying that 3 o'clock craving can wreak havoc on your stomach. Foods rich in sugar and fat can cause excess gas, bloating and heartburn. The solution? Grab a bottle of kombucha, instead. Sweet and tangy, this popular fermented-tea beverage can curb your sweet tooth while actually improving your digestive health. Kombucha is full of probiotics that help build up healthy intestinal bacteria to balance gut flora, which is great for GI health as well as your immune system.



## FAST FACT

Researchers have found that kombucha has a higher antioxidant content than unfermented teas. More study is needed to determine whether antioxidants in kombucha kill free radicals in the body that can damage cells and cause cancer.

## RAMS

### RETHINK YOUR RESOLVE

Before you settle on a resolution, make sure it passes the RAMS test. A good resolution should be:

- **Reasonable** — You don't need to run a marathon. Start by improving your 5K pace.
- **Actionable** — "Be more active" is a praiseworthy goal, but what steps will you take to get there? Choose active verbs like "eat" and "walk" over passive ones like "be."
- **Measurable** — Attach a number to your goal so you can track your progress. Instead of "volunteer more," resolve to volunteer for three hours, twice a month.
- **Sustainable** — Set a short-term goal, but keep the long term in mind. Make sure the healthy changes you've made are simple enough that you can keep them going in 2019 and beyond.



## MUSCLE & JOINT HEALTH

**Resolution:** Stand up and stretch every 30 minutes at work.

Do you sit at a desk all day? Chances are you've experienced some of its effects — low back pain, sore wrists, a stiff neck or achy knees, to name a few. Over time, extended periods of sitting can damage your nerves, tendons and ligaments. Taking regular breaks from sitting can relieve immediate discomfort and help minimize long-term effects. Walk around the office or do some simple stretches, such as lifting your arms over your head or doing lunges. Set a recurring alarm on your phone or desktop calendar to remind you.



## HEART HEALTH

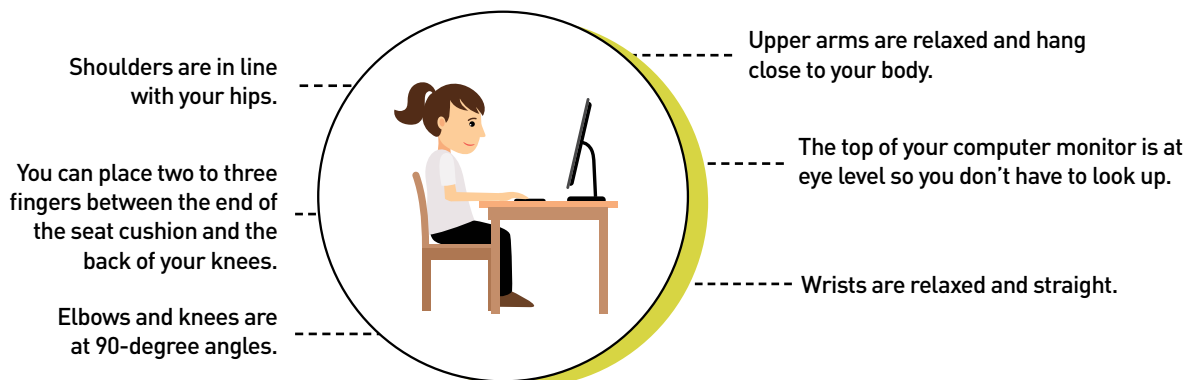
**Resolution:** Limit yourself to one sugary drink per week.

Soda, sweetened iced tea and sports drinks are laden with sugar that can cause excess weight gain, a major risk factor for heart disease. A 2014 study found that consuming too much added sugar may increase your risk of dying from heart disease, even if you aren't overweight. Diet and zero-calorie sodas aren't any better. In a 2015 study published in the *Journal of the American Geriatrics Society*, older adults who drank diet soda daily for nearly a decade experienced almost triple the increase in waist size compared to those who never drank it.



## BACK PAIN IS SO LAST YEAR

Feeling fidgety at work? Constantly shifting in your chair to relieve aches and discomfort may be a sign your workstation is less than ergonomic. Rearrange your workspace for the new year and put a stop to poor posture. For a more ergonomic setup, make sure that:



## MAKE IT STICK

For long-term success, turn your resolution into a habit. One study found that successfully forming a habit can take up to 254 days. If you start on Jan. 1, it could be September before your lifestyle change becomes automatic.

Many of us fail to keep resolutions. Not because it becomes too difficult, but because they fail to become habitual, and we forget to do them. To avoid this, take advantage of what behavioral psychologists call contextual cues. A contextual cue is a specific situation, a time and place you encounter every day that you learn to associate with a given action or behavior. For example, if you place an apple by your car keys every night, you'll begin associating your morning commute with eating an apple. If you do it enough, it will become strange not to eat an apple on your way to work. By tapping into the power of contextual cues, you can keep your New Year's resolution and continue to build on it throughout the year.



# Healthy Kids MOVE

Evanston Pediatrician Bird Gilmartin, M.D., shares some fun ways for kids to stay active during the winter months.



Bird Gilmartin, M.D., board-certified Pediatrician

"Physical activity can and should be fun," says Bird Gilmartin, M.D., board-certified Pediatrician in Evanston. "Adopting healthy habits

at a young age can help keep kids fit and healthy into adulthood. As a pediatrician, I am here to help children be the healthiest they can be. I care for each child I see and their success."

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

When the weather is cold, our kids and grandkids are tempted to stay inside and play video games. Don't let our long winters keep your kids from getting at least one hour of physical activity every day.

## WELCOME WINTER

Take your kids ice-skating at the Bear River Greenway Ice Ponds or sledding at the Bear River State Park. Bubbles don't have to be for summer. Blow bubbles outside and watch them freeze. Or, paint the snow with diluted food coloring in water bottles.

## BUILD SOMETHING

Use those blankets for something more than just snuggling on the couch. Use them (and the couch cushions) to build a fort, or you can build an obstacle course. Align dining room chairs to create a tunnel, leap frog from pillow to pillow and roll towels along the floor for a balance beam.

## GET MOVING

Play the flying tissue paper game. Throw tissue paper in the air. Then, using only your breath, see how long your team can keep it afloat. Make a playlist with your kid's favorite songs and have a dance party! Or, crumple up newspaper to make "snowballs" for an epic indoor snowball fight.



Super kids deserve super care. Visit [www.UintaMedicalGroup.com/Kids](http://www.UintaMedicalGroup.com/Kids) to learn more about board-certified Pediatrician Bird Gilmartin, M.D.



# A Healthier Holiday Calendar

Holidays aren't known for promoting healthy habits. In fact, it's hard to find one that isn't associated with large quantities of rich food or sweets. In 2018, give your holiday traditions a fresh start with these tweaks.

## EASTER

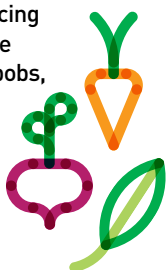
**TRADITION:** In addition to the religious celebration, Easter (April 1) is often celebrated with candy-filled baskets and a large meal.

**TRY:** Filling baskets with toys instead of candy. Add active events, such as a running egg hunt or an egg toss competition.

## INDEPENDENCE DAY

**TRADITION:** Grilling hot dogs and hamburgers.

**TRY:** Introducing veggies to the grill with kabobs, for example.



## HALLOWEEN

**TRADITION:** An estimated, 41.1 million children and teenagers went trick-or-treating in 2015 🍬.

**TRY:** Visiting neighborhoods where houses are a little more spread out. This will increase the number of steps you take while decreasing the total candy amount received.

♥ National Retail Federation

🍬 U.S. Census Bureau, 2015 Population Estimates

📦 Pew Research Center

January



February



March



April



May



June



July



August



September



October



November



December



## VALENTINE'S DAY

**TRADITION:** Americans spend \$1.7 billion on candy ♥ every Valentine's day.

**TRY:** Exchanging the box of chocolates for dark chocolate-covered strawberries.



## CHRISTMAS

**TRADITION:** 86 percent of Americans buy gifts for others at Christmas time 📦.

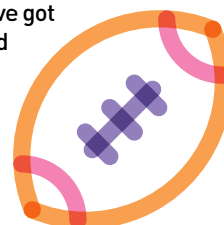
**TRY:** Giving the gift of health. Purchase a gym membership, fitness watch or yoga mat for the ones you love.



## THANKSGIVING

**TRADITION:** Eating a large meal and watching football.

**TRY:** Playing a game of football while you've got plenty of family and friends around to participate.



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Nate Kartchner, M.D.\*

Residency-Trained in Emergency Medicine • New Emergency Department Physician

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- The **30-Minute ER Pledge** means we will work diligently to have you initially seen by a medical professional within 30 minutes of your arrival.
- As an **American College of Cardiology Accredited Chest Pain Center**, we have achieved a higher level of expertise when caring for patients who arrive with heart attack symptoms.

All this, plus specialists in **Orthopedics** and **General Surgery**, means we are at our best when you need us most.

Current Average ER Wait Time  
[EvanstonRegionalHospital.com](http://EvanstonRegionalHospital.com)

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Specialists are Employed and Independent Members of the Medical Staff at Evanston Regional Hospital.  
\*Independent Member of the Medical Staff at Evanston Regional Hospital.