

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

Fuel Better:
**SUPERCHARGE
YOUR DIET**

Enter to win a
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SEE PAGE 2
FOR DETAILS.

IN THE SWIM
— SAFELY

SUMMER INSECTS
BUGGING YOU?

 **EVANSTON**
REGIONAL HOSPITAL

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Do you like what you're reading? Are there topics you'd like to read more about? We want to hear from you.

Visit 4healthier.me/feedback and complete a brief survey to be entered in a drawing to win a \$250 gift card from Amazon.

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Be a Water Watcher

According to the Centers for Disease Control and Prevention, drowning is the second leading cause of accidental death in children ages one to 14. Having a designated adult keep watch can help prevent a catastrophe when children are near a pool or spa.

A water watcher must:

- avoid distractions, such as poolside conversation or texting
- be able to call 911 and perform CPR in an emergency
- frequently scan the bottom of the pool
- know where all pool safety equipment is located
- watch children in or near the water at all times

Experience the difference with Board-Certified Pediatricians Alan Brown, M.D., and Bird Gilmartin, M.D. Make an appointment online at EvanstonAnytime.com.

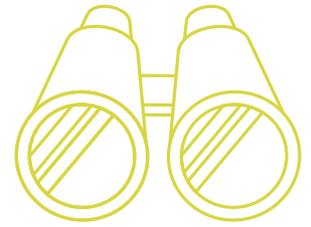
Drs. Brown and Gilmartin are members of the medical staff at Evanston Regional Hospital.

Allergic to Swimming?

There is no such thing as a chlorine allergy, according to the American College of Allergy, Asthma and Immunology. Yet, sensitivity to chlorine, however, is common in individuals with asthma and other allergies and can cause respiratory symptoms and/or issues with your skin, such as redness, inflammation or hives when you swim.

If chlorine is keeping you out of the water, try these tips:

- Avoid pools with strong or unpleasant odors. These can be signs of a poor pH balance or unsanitary bathers.
- Got allergies? Take an over-the-counter



antihistamine to manage symptoms.

- If you have a prescribed asthma inhaler, always keep it close by while swimming.
- Shower before and after swimming.
- Talk with your primary care provider about topical steroid ointment, if you frequently experience itchy skin or rashes from chlorine.

BRAIN BENEFITS OF

SWIMMING

Swimming is a great way to get in shape and beat the heat, but did you know this joint-friendly exercise can also improve your mental health?

- **Beat the blues.** According to a 2018 poll from the U.K., 43 percent of swimmers suffering from mental health problems said swimming made them feel happier in their day-to-day lives. Swimming can provide meditation-like benefits and trigger the release of endorphins — brain chemicals associated with pain inhibition and euphoria.
- **Improve your memory.** A study at the University of British Columbia found that regular aerobic exercise, such as swimming, increases the size of the hippocampus, the area of the brain involved in learning and verbal memory.
- **Make friends.** Socializing can help reduce stress and increase self-esteem in adults. As many gyms and local pools offer water aerobics classes, swimming can provide an excellent opportunity to mingle with peers.

INJURY AVOIDANCE

in Action

Now is the time to get back to your favorite outdoor activities. Especially if you took the winter off, take steps to avoid injury as your activity level heats up.

AMATEUR SPORTS

You spend the workweek looking forward to your weekend recreation league soccer or softball games. To avoid muscle strains and sprains, don't wait until Saturday and Sunday to get active. To be ready for game day, follow the Office of Disease Prevention and Health Promotion's guidelines and log at least 150 minutes of moderate aerobic exercise per week, as well as strength training and flexibility training on at least two days.

CYCLING

It is excellent aerobic exercise, yet cycling can be hard on the knees. Pain in the front, back or side of the joint is common. To prevent discomfort, make sure your bicycle is a good fit. That includes adjusting the saddle up or down and tweaking the cleat positioning to avoid placing too much stress on the knees or forcing them into awkward movements.

HIKING

Rocks, roots and uneven terrain make sprained ankles an ever-present threat on the trail. A pair of sturdy hiking boots can provide support, and trekking poles can lend stability.

RUNNING

Shin splints — pain on the front of the lower leg between the knee and ankle — are a common condition for runners, especially for those who are new to the sport or return to it after a long layoff. To avoid shin splints, gradually ramp up your running program over several weeks and give your legs a break by mixing in low-impact exercise, such as water aerobics or stationary cycling.



When accidents happen, you can turn to the fast, emergency care at Evanston Regional Hospital. Learn more at EvanstonRegionalHospital.com

Run and Replace

As the miles add up, your running shoes lose their shock absorption. The American Academy of Orthopaedic Surgeons recommends replacing them every nine to 12 months if you run 10 miles per week so your feet receive adequate protection from pounding the pavement.



Jesse E. Riley, DPM

DO'S AND DON'TS FOR SANDALS AND FLIP FLOPS

Foot and ankle specialist Jesse E. Riley, DPM, shares these do's and don'ts for summer footwear:

- Do select sandals or flip flops made of soft leather to reduce the risk of blisters.
- Don't wear sandals or flip flops while exercising, doing yard work or walking long distances.
- Do wear an insert with sandals if you need extra arch support.
- Do wear flip flops in moderation, as their lack of support, according to the American College of Foot and Ankle Surgeons, can lead to plantar fasciitis.

Put your best foot forward!
To schedule an appointment with Dr. Riley, visit EvanstonAnytime.com.

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

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.

SUPERCHARGED SALADS

When it comes to salads,
you *can* have it all.

ALL ABOUT THE BASE

Use vitamin- and mineral-rich cruciferous vegetables, such as arugula, shredded cabbage, collard greens or kale, as your salad base. Leaf lettuce and baby spinach are also good options.

EAT THE RAINBOW

Add some color and depth to your leafy start. This can be anything from roasted red peppers to canned artichokes to fresh carrots, mushrooms or cucumbers. For a burst of flavor and a hit of antioxidants, consider adding apples or berries to your salad.

MEAL IN A BOWL

To make your salad a full meal, add lean meat, beans or tuna. The combination of vegetables and protein will keep you full without adding empty calories.

DRESSED FOR SUCCESS

Wait to toss your salad until you're about to eat and use about 1 tablespoon of dressing per 2 cups of greens.

ABC Kale Salad With Homemade Vinaigrette

Tossing together this antioxidant-rich salad is as easy as apples, bacon and cherries.

INGREDIENTS

- ½ cup diced apple (such as Granny Smith)
- 6 strips of uncooked bacon
- ½ cup blueberries
- 1 cup cherries, pitted and halved
- ½ cup feta cheese, crumbled
- 6 cups baby kale or other greens
- ¼ pecans, chopped

HOMEMADE BALSAMIC VINEGAR DRESSING:

- ¼ cup balsamic vinegar
- ½ teaspoon dry basil
- 1 tablespoon Dijon mustard
- ½ tablespoon honey
- ⅓ cup olive oil
- Salt and pepper, as needed

DIRECTIONS

1. Heat a sauté pan on medium high and cook the bacon until crispy. Remove from the pan and drain on paper towels.
2. Make the dressing by combining vinegar, basil, Dijon mustard, honey, olive oil, salt and pepper. Whisk together until the vinegar and oil are no longer separated.
3. Add the baby kale, blueberries, cherries, pecans and apple into a large bowl. Crumble the bacon over the salad. Add the feta cheese.
4. Wait to add the dressing until you are ready to serve the salad. Toss the salad to coat.

NUTRITIONAL INFORMATION

Makes six servings

Serving Size: 1 cup	Fiber: 3g
Calories: 236	Cholesterol: 16mg
Total Fat: 18g	Sodium: 305mg
Carbohydrates: 15g	Sugar: 10g
Protein: 7g	



How to Build the Perfect Jar Salad

Follow these steps to make a picture-perfect jar salad that will stay fresh up to four days in your refrigerator.

- 1 DRESS IT DOWN.** At the bottom of your jar, add your favorite oil-based dressing or vinaigrette. Adding the dressing first will help keep the greens from wilting.
- 2 GIVE IT HEART.** Crisp, hearty vegetables like kale, cauliflower, bell peppers or broccoli go in next.
- 3 PACK A CRUNCH.** If you want to add quinoa, beans, nuts or seeds to your salad, now is the time.
- 4 SOFTEN IT UP.** Add softer veggies like olives, zucchini or mushrooms. You can also add some protein by tossing in cheese, turkey or chicken. More aromatic proteins, like eggs or fish, should wait until the day you're ready to eat.
- 5 GARNISH WITH GREENS.** The most tender greens, like romaine lettuce, baby spinach or arugula, go on the top.

Once you have prepared your jar salads, they will be ready to grab and go for a quick, easy lunch. Just shake the jar to disperse the dressing, unscrew the lid and dig in!



Speak with a doctor about your health goals. Schedule an appointment online at EvanstonAnytime.com.



DIET AND EXERCISE



Richard L. England, M.D.

Have you thought about speaking with your doctor about your weight and exercise goals? He or she can evaluate your physical condition before starting an exercise program and advise you on which exercise routines are safest as well as most likely to produce results.

Have you ever wished someone could make a customized exercise plan for you? Meet Richard L. England, M.D.

Dr. England is a Family Medicine Physician who is fellowship trained and certified in sports medicine and as a strength and conditioning specialist. Sometimes, all it takes is one conversation to get you on the road to better health.

To schedule an appointment online, visit EvanstonAnytime.com.

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



A Winning Team



An Affiliate Of



Evanston Regional Hospital teams up with The University of Utah.

Did you know? Evanston Regional Hospital is an affiliate of The University of Utah. You'll notice a difference in four important ways:

1. TELESTROKE CARE WITH THE UNIVERSITY OF UTAH

Minutes matter after you have had a stroke. Patients who come to the Emergency Room at Evanston Regional Hospital can connect to specialists at The University of Utah through telemedicine.

2. TELEICU WITH THE UNIVERSITY OF UTAH

When you are sick, you want the best care possible. Now, patients can stay at Evanston Regional Hospital, with the knowledge that The University of Utah physicians are part of their care. With teleICU, hospitalists and nurses in Evanston can communicate and consult directly with The University of Utah.

3. EVANSTON REGIONAL HOSPITAL NURSES TRAIN WITH THE UNIVERSITY OF UTAH

Inherent in their mission as a teaching hospital, The University of Utah shares their wealth of knowledge with partnering physicians and nurses. Evanston Regional Hospital physicians can remotely attend grand rounds. Many Evanston Regional Hospital nurses have trained at The University of Utah and participate in regular online training classes.

4. AIRMED IS BASED AT EVANSTON REGIONAL HOSPITAL

You'll see the AirMed helicopter stationed at Evanston Regional Hospital. AirMed provides medical air transportation throughout northern Utah and Wyoming. Having a helicopter based in Evanston four days a week, April to November, means patients can be transferred to The University of Utah. AirMed paramedics are also providing additional training to local EMS crews.



Tell us your story about the great care you've received at Evanston Regional Hospital. Visit [CareComment.com/Evanston](https://www.carecomment.com/Evanston).



STAY IN EVANSTON FOR QUALITY HEALTHCARE

Evanston Regional Hospital was recently ranked in the top 25 percent of all rural hospitals in the country for quality.* Increasing collaboration with The University of Utah benefits patients and helps them access the care they need without traveling to Utah.

Learn more at [EvanstonRegionalHospital.com](https://www.EvanstonRegionalHospital.com)

*Performance Leadership in Quality Award from The Chartis Center for Rural Health/ iVantage Health Analytics and the National Organization of State Offices of Rural Health in 2018

BUG SHOTS

Beat bug bites and their health risks this summer.

Mosquitoes, ticks and fleas are more than just pesky annoyances. Check out their rap sheets below.

MOSQUITO



- **AKA:** “Little Fly”
- **Health crimes:** Trafficking West Nile and Zika viruses and dengue fever
- **Known hideouts:** Everywhere except Iceland and Antarctica

TICK



- **AKA:** “Ick”
- **Health crimes:** Slinging Lyme disease, ehrlichiosis and anaplasmosis
- **Known hideouts:** Tall grass, shrubs, brush and wooded areas

FLEA



- **AKA:** “Wingless bloodsucker”
- **Health Crimes:** Possession of plague
- **Known hideouts:** Grass, shrubs, dogs, cats and humans

TICK TIPS:

- Clean all bites with soap and water or rubbing alcohol.
- Dispose of ticks by placing in alcohol or flushing down toilet.
- Remove ticks from family members and pets with tweezers ASAP.



OUTDOOR PROTECTION

- Apply EPA-approved insect repellent.
- Avoid high grass and leaf litter.
- Wear long sleeves and long pants.

HOME SECURITY

- Install screens on windows and repair holes in screens.
- Vacuum regularly to remove eggs, larvae and adult pests from floors.
- Wash sheets, blankets and pet bedding in hot water every 2 to 3 weeks.

Shower within **2 hours** of returning indoors.



CRIMINAL STATISTICS, 2004–2016*

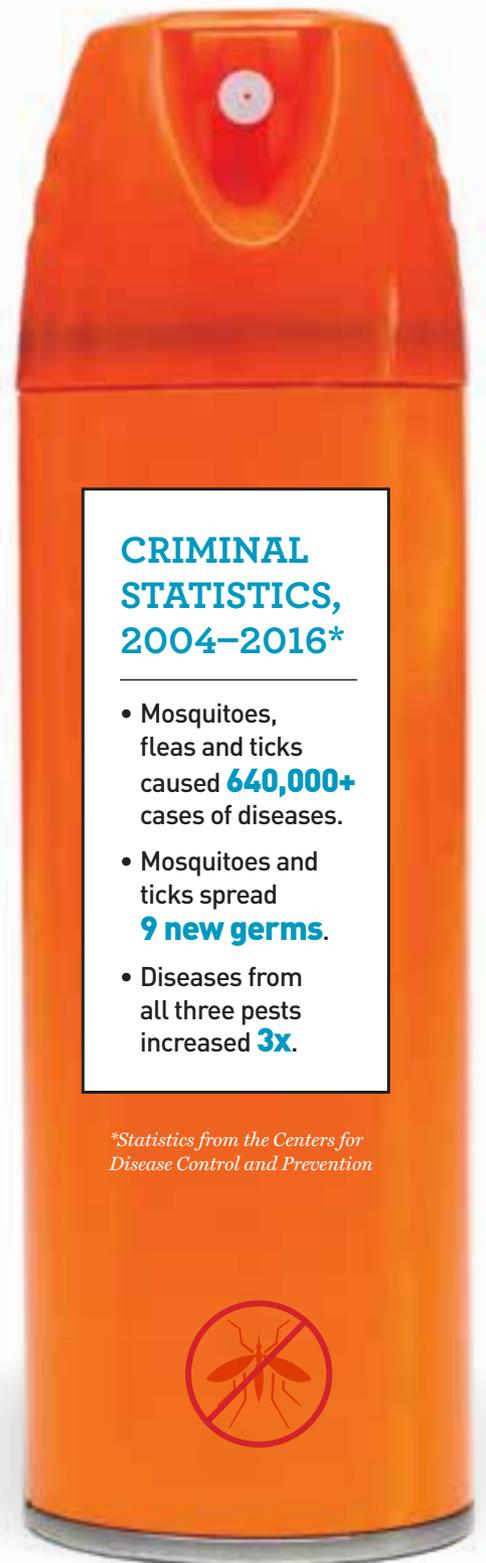
- Mosquitoes, fleas and ticks caused **640,000+** cases of diseases.
- Mosquitoes and ticks spread **9 new germs**.
- Diseases from all three pests increased **3x**.

**Statistics from the Centers for Disease Control and Prevention*



A serious bug bite could mean a trip to the emergency room. Count on fast, emergency care at Evanston Regional Hospital. Learn more at EvanstonRegionalHospital.com.

We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.



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Evanston, WY 82930

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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).

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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.

DON'T SHOULDER the Pain

Whether sharp or dull, shoulder pain can make everyday tasks difficult. If you feel shoulder pain constantly or just when performing certain movements, talk with your doctor about your symptoms, especially if they persist after a few days rest. Orthopedic specialists can diagnose the cause and chart your course to pain-free mobility.



Speak with Evanston Orthopedic Surgeon Micah Pullins, D.O., about getting your shoulder in gear. Make an appointment online at EvanstonAnytime.com.

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

