

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

WELCOME
WELLNESS

Tips for Your Home

OPEN. SAFE. READY.
COMMUNITY & HEALTH

STEPS TO KEEP
FEET HEALTHY

 **EVANSTON**
REGIONAL HOSPITAL

Community & Care

IN THE TIME OF COVID-19

In this issue of our community magazine, I'd like to emphasize the word **community**. These are unprecedented times, and although we may be in uncharted waters, I'm inspired by the sense of community this experience has fostered in us all.

HEALTHCARE HEROES

First, I'd like to express my sincere pride in our employees and medical staff for their efforts in recent months. These medical professionals have truly answered the call to care for the sick and comfort alarmed families as the pandemic has evolved. They are true heroes, who stepped up to serve on the front lines of the COVID-19 response. I applaud and thank them for their dedication.

OUR AWESOME COMMUNITY

I would also like to recognize our community. The outpouring of support you showed our team was overwhelming. Whether providing comforting meals for staff, making masks, sending cards and prayers to team members, or just staying home to protect our community — we are so grateful for everyone doing their part and pulling together during this crisis.

RESTRUCTURED FOR THE FUTURE

As you've heard by now, our parent organization also did its part to help ensure we could continue providing services for you and your family by restructuring its debt. This was good news for our hospital and our employees. It allows us to continue providing patient care. As a current or former patient, you may have received a legal

notice by mail. We regret any confusion that this required notification may have caused. The restructuring is concluded, and we are ready to serve you now and into the future.

A NEW WORLD FOR CARE

But rest assured, our Emergency Room is open, safe and ready to provide care for emergencies like heart attacks, strokes and broken bones. We always urge you to dial 911 in an emergency situation and don't delay going to the ER. We've established safety measures, such as separate care areas, new cleaning procedures and protective equipment guidelines to align with guidance from the Centers for Disease Control and Prevention. And finally, we remind you that in-person appointments are available again at physician offices. You can rest easy knowing these physician offices have adopted additional precautions to help keep you safe when you come in for your appointment. Of course, virtual visits are still available via our telehealth options. Just call your physician's office or visit EvanstonAnytime.com to book an appointment.

Thank you for caring for us, as much as we care for you. It is our privilege to serve you.

Sincerely,

Cheri Willard

Chief Executive Officer
Evanston Regional Hospital



AN EQUAL OPPORTUNITY EMERGENCY

Otherwise known as a “brain attack,” a stroke can affect men and women of any age.

When the word stroke comes to mind, you may think of a medical emergency that occurs later in life. However, this cerebrovascular event, which occurs when the flow of blood to the brain is blocked, can happen to seemingly healthy individuals in the prime of life. The consequence can be brain damage, long-term disability or even death, as we witnessed when a relatively young Hollywood actor succumbed to a stroke during the last year.

TAKING ACTION

The first step to protect yourself from the consequences of stroke is to understand the risk factors. These include diabetes, family history, heart disease, high blood pressure, obesity and smoking. African Americans are also at greater risk for stroke. If you have any of these risk factors, take extra care to reduce your likelihood for experiencing a stroke. Specifically, try to:

- choose foods that are low in saturated fat and sugar

- exercise regularly
- keep blood pressure and cholesterol under control
- maintain a healthy weight
- manage stress
- stop smoking

You may also speak with your healthcare provider about whether medications may be needed to manage your risk factors.

RECOGNIZING STROKE

Even if you and your loved ones are following guidelines for a healthy lifestyle, you are still at risk for stroke. If you suspect that a stroke is occurring, think through the FAST checklist. Stroke may cause:

- Face drooping
- Arm weakness
- Slurred speech

If you notice any of these symptoms:

- Time to call 911

The faster a medical professional treats stroke, the more positive the outcomes will be.

TIME IS PRECIOUS WHEN STROKES STRIKE

The delivery of critical nutrients and oxygen to your brain is interrupted during a stroke. As a result, the tissue begins to die, and irreversible damage can happen quickly. Having a stroke is scary enough without worrying about a delay in care while driving to Utah. This is why calling 911 is essential.

Once the ambulance arrives, the EMS team can get to work quickly, administering life-saving treatments while you are transported to Evanston Regional Hospital. The sooner, you receive a clot-busting medication called tPA, the better, as it works to restore the flow of blood to the brain, preserving the maximum amount of tissue, increasing the chances of survival and lowering the likelihood of disability. In addition, Evanston Regional Hospital is an affiliate of University of Utah Health, which gives our patients access to TeleStroke care. The ER physician and nurses work together as a team with the neurologists and experts at University of Utah Health to develop a treatment plan. In fact, University of Utah Health named ERH a Door-to-Needle Champion for our fast stroke care.



Learn more about stroke care and Evanston Regional Hospital's affiliation with University of Utah Health at EvanstonRegionalHospital.com. Healing begins here.



MAKE YOUR HOME A

Wellness Retreat

In times of crisis or this new normal, having a home that makes you feel calm and inspired is critical to mental and physical well-being. Take time to turn your living space into a retreat by transforming ordinary rooms into functional areas where wellness will thrive.

COOK UP A HEALTHY KITCHEN

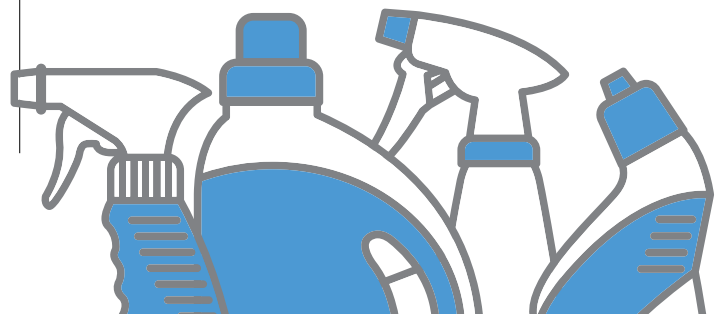
When you are preparing delicious and healthy meals, you want the preparation and final products to be as safe as possible. Your kitchen is a routine stop on that path to wellness, so keep the following tips in mind as you outfit the room where your family meals are made and enjoyed.

FILTER YOUR WATER.

Keeping water that tastes crisp and clean is a refreshing way to encourage yourself to stay hydrated. Further purifying your water may be beneficial if you have a weakened immune system or another health condition, according to the Environmental Protection Agency. To ensure that your water is as pure as possible, invest in a water filtration system designed to remove contaminants.

CONSIDER YOUR CLEANING SUPPLIES.

EPA-approved disinfectants are effective choices to clean household surfaces and prevent the spread of germs and viruses, such as the flu or COVID-19, according to the Centers for Disease Control and Prevention. Wear disposable gloves while cleaning. Focus on high-touch areas, including tables, doorknobs, light switches, handles, keyboards, remotes and touch screens. For the list, visit [epa.gov](https://www.epa.gov), search for SARS-CoV-2 and choose "List N."



SET THE STAGE FOR LUXURIOUS REST

Your bedroom can make or break your ability to rest. Everything from lighting to temperature to the thread count of your sheets plays a critical role. As you design your dream space, the National Sleep Foundation recommends you:



CHOOSE DIMMABLE LAMPS. Lowering the lights before bed will signal to your brain that it is time to rest. Covering your windows with blackout curtains or shades can also block out early morning light or the glow of street lamps.



INDULGE YOUR SENSE OF SMELL. An essential oil diffuser or eye pillow filled with lavender may help you relax. This scent may also enhance mood and reduce blood pressure and heart rate.



PAMPER YOURSELF WITH COZY BEDDING. Take time to try out different blankets, mattresses and pillows to find the right fit.

MAKE ROOM FOR MEDITATION AND MOTION

Taking care of your body and mind through stress-reducing activities is essential to heart health, according to the American Heart Association (AHA). Practicing meditation may reduce blood pressure and the risk of heart disease, while exercise may help you manage everything from blood sugar to cholesterol to weight. Encourage your family to spend time on practices by dedicating a corner or a whole room. Keep things simple, outfitting the area with a few key items:

Exercise ball — Develop your core and your balance with an oversized ball. Simply sitting on the ball helps develop your proprioception, or the awareness of where your body is in space and time, while also strengthening your abdomen, back and pelvis. Additionally, the ball is a great tool to strengthen your arms and legs.

Yoga mat — Available in a wide price range, a mat is the perfect place to practice poses that will enhance your strength, balance and flexibility while also boosting your concentration and focus. Your mat can double as a spot to sit on for your morning meditation routines, which may include deep breathing exercises, gratitude affirmations and mindfulness practices.

Resistance bands — Get your two days per week of strength training recommended by the AHA without touching heavy weights or machinery. Resistance bands are easy to store and offer a variety of options to tone your muscles and improve your metabolic rate.



GO FOR GLASS. Clear, sturdy mason jars are a chic alternative to plastic that can make a healthy statement in your kitchen. These storage containers may be used to display fresh flowers on your table, serve fresh orange juice in the morning or store guacamole and colorful fruit salad.



A primary care provider (PCP) can help you develop a wellness plan for a healthier life. To schedule a telehealth visit with a PCP, visit [EvanstonAnytime.com](https://www.EvanstonAnytime.com).

People are healthier when they see a primary care doctor for their routine care.

There is no substitute for building a relationship with a primary care provider you trust. It gives you someone to speak with when you have questions or aren't feeling well. Going to your annual physical will give you a baseline to track over time and make sure you are getting the screenings you need to stay healthy. New telehealth appointment options give you the added convenience of speaking with a provider from your own home.

Evanston — Christa Barker, FNP-C; Richard Capener, D.O., D.C.; Richard England, M.D.; Karrie Knopf, PA-C; Carol Kavanaugh, D.O.

Mountain View — Steve Babcock, D.O.; Sara Hunt, FNP

Lyman — Lauri Morgan, DNP-C

Diamondville — Kathy Bella, FNP-C

Easily schedule appointments online at [EvanstonAnytime.com](https://www.EvanstonAnytime.com).

Drs. Babcock, Capener, England and Kavanaugh are members of the medical staff at Evanston Regional Hospital. Christa Barker, Kathy Bella, Sara Hunt, Karrie Knopf and Lauri Morgan are members of the allied health staff at Evanston Regional Hospital.



Q



A

Meet Chad D. Brady,
DPM, FACFAS

Patients who meet Dr. Brady for the first time are struck by his comprehensive knowledge of the foot and ankle and his helpful demeanor. Learn more about Dr. Brady and his approach to get you back on your feet.



WHAT DOES A PODIATRIST (FOOT AND ANKLE SURGEON) DO?

A. Simply put, I fix broken, deformed or painful feet and ankles. These range from more simple things like heel pain and ingrown toenails to complex conditions like arthritis and ankle fractures. I love seeing patients get back on their feet after having their mobility limited. I enjoy taking the time to get to know my patients and treating them as if they were members of my own family.



WHAT ADVICE DO YOU GIVE YOUR PATIENTS?

A. Everyone should wear good shoe gear and stretch. Orthotics, good stable shoes and proper fit will protect your feet and ankles, and help you avoid injury. Staying limber by stretching will reduce the strain on your feet in general.



WHAT BROUGHT YOU TO EVANSTON?

A. My wife and I have wanted to relocate to this area for several years now. Evanston felt right. We love to go camping, hunting and fishing as a family. I enjoy riding ATVs in the mountains and doing long-range shooting. I am excited to bring big-city specialty hospital care to a smaller community and to give patients added expertise and convenience.



WHY ARE THE FOOT AND ANKLE SO INTERESTING?

A. They are so complex! The biomechanics of how these 26 bones, 33 joints, and 107 ligaments and tendons hold all our body weight and move on multiple planes is fascinating. There are a lot of things that create problems in the foot and ankle, from deformities to injuries, pain, a person's gait and more. I enjoy the challenge and making it better for my patients so they are pain-free.



YOU UNIQUELY SPECIALIZE IN TOTAL ANKLE REPLACEMENTS. WHAT ARE THE BENEFITS OF TOTAL ANKLE REPLACEMENTS?

A. When someone has advanced ankle arthritis, every step is painful. In the past, our solution for patients would be to fuse the ankle bones together. Now, the technology has advanced to a point where we can totally replace the ankle joint. A total ankle replacement is a very complex surgery that few surgeons perform, but I have seen a lot of success for patients in giving them back their mobility and range of motion while eliminating pain. For the right candidates, total ankle replacement gives my patients a greater quality of life.



Want to get back on your feet? Schedule an appointment with Dr. Brady at EvanstonAnytime.com or by calling (307) 789-WELL (9355).

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment. Dr. Brady is a member of the medical staff at Evanston Regional Hospital.

STEP UP FOR YOUR FEET

You depend on your feet, so take steps to keep them healthy.

PRESCRIPTION FOR RELIEF

Here's what you can do at home to treat three common foot conditions.

CORN.

Soften this tough area of skin by soaking in warm water and applying lotion.

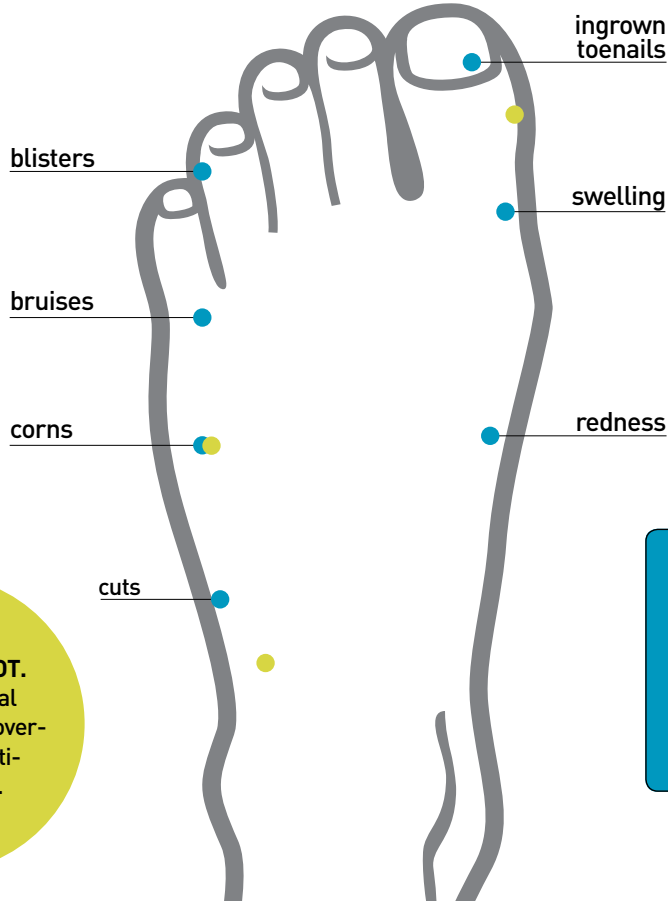
ATHLETE'S FOOT.

Treat this fungal infection with an over-the-counter anti-fungal cream.

FOOT SCAN

It's important to check the condition of your feet regularly, especially if you have diabetes.

Scan your feet from toes to heel for:



BUNION.

Wear shoes that give your toes plenty of wiggle room, apply ice a few times daily and cushion the bony bump on your outer big toe with bunion pads.

Speak with Evanston podiatrist Chad D. Brady, DPM, FACFAS, about keeping your feet healthy. Schedule appointments online at EvanstonAnytime.com.

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

FIND THE RIGHT FIT FOR FITNESS

Here's how to choose footwear to suit your preferred form of exercise.

CYCLING. You want a close but comfortable fit with padding for the ball of the foot.



HIKING. Look for plenty of tread and stability all around, especially for the ankle.



RUNNING. The less arch you have, the more cushioning and stability you'll want for your mid-foot.



WALKING. Prioritize shock absorption and arch support.



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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.

When should you go to the Emergency Room? *When you have an emergency.*

It's not a trick question. Emergencies don't wait. And you shouldn't wait to seek care if an emergency strikes you or your family.

Chest pain, burns, cuts that won't stop bleeding, potential broken bones, trouble breathing, dizziness or loss of consciousness are all signs that you need help. Immediately. Delaying care in an emergency can lead to worse outcomes and potentially serious complications later. So don't delay seeking help.

By instituting specific protocols that meet or exceed CDC guidelines, we can say that we are open and ready to care for you in an environment specifically designed to keep you safe.

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For more information go to EvanstonRegionalHospital.com/ER

