

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

TIRED OF
ROUGHING IT?

*Winter Skin
Solutions*

WHY 7,500 STEPS
IS ENOUGH

COLD & FLU
SEASON:
DON'T PASS IT ON

 EVANSTON
REGIONAL HOSPITAL

New Year, *New You*

Follow these tips to kick your year off the healthy way.

WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.

SATURDAY CLINIC IN EVANSTON

Wake up sick on the weekend? Too busy to get to the doctor for your checkup during the week? No worries. Now you can see a family medicine provider Saturday mornings at Uinta Medical Group.

Walk-ins are welcome. You can also call (307) 789-WELL (9355) to schedule an appointment.

Uinta Medical Group: Family Medicine is located at 196 Arrowhead Drive, Suite 1.

Saturday office hours are 8 a.m. to noon.

SCHEDULE YOUR YEARLY CHECKUP

Don't wait until you are ill or injured to see a primary care provider (PCP). Establishing a relationship with a PCP through annual visits allows you to access preventive care, disease management and guidance to promote overall health. PCPs can also administer vaccinations and screenings, diagnose common medical conditions and provide treatment when necessary.



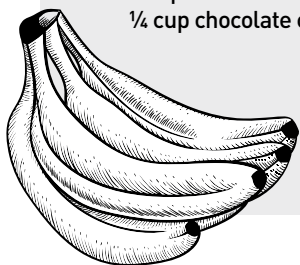
Looking for a primary care provider? To find one and schedule an appointment online, visit EvanstonAnytime.com.

Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

INGREDIENTS

3 large overripe bananas, mashed
½ cup all natural peanut butter
2 cups rolled oats
¼ cup chocolate chips



DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

NUTRITION

Serving: 1 cookie
Calories: 103
Carbohydrates: 19g
Protein: 6.5g
Fat: 6g
Fiber: 6g
Sugar: 1g



Put Your FOOT DOWN

With plantar fasciitis, standing and walking can be painful. Learn what's behind this aggravating heel condition.



If you've been experiencing pain in your heel when you get out of bed or stand after a long period of sitting, plantar fasciitis may be the cause. Morning pain and discomfort after sitting are common with plantar fasciitis — inflammation of the band of tissue (plantar fascia) that runs from the heel to the ball of the foot. One in 10 Americans will develop plantar fasciitis, according to the American Physical Therapy Association.

Plantar fasciitis can make exercise difficult and disrupt your daily routine at work and home. Symptoms include:

- discomfort in the heel, arch or both
- pain with protracted standing, after weight-bearing exercise, when climbing stairs, when barefoot or when wearing flat, nonsupportive shoes
- swelling of the heel

REDUCE YOUR RISK

Certain plantar fasciitis risk factors are unchangeable — flat feet and the plantar fascia's natural loss of elasticity with age are two examples — but others are within your control. If you are overweight or obese, shedding excess pounds and maintaining a healthy weight can help prevent plantar fasciitis, as can managing diabetes. If you spend a lot of time on your feet at work or as part of a favorite activity — especially on hard surfaces — incorporate sitting breaks, if possible.

Don't wait to seek help if suspected plantar fasciitis is starting to affect your life. See your primary care doctor or a podiatrist, who can determine whether you have plantar fasciitis and, if so, recommend treatments that can help you put your best (feeling) foot forward again.

Here's a reason to go slow this spring when the temperatures start to rise and you're tempted to jump back into running: Swiftly ramping up activity is a risk factor for plantar fasciitis. Go with a gradual, steady buildup instead.

MEET DR. BRADY



Chad D. Brady, DPM, FACFAS

"Most people will experience heel pain due to plantar fasciitis at some point in their life," says Foot & Ankle specialist Chad D. Brady, DPM FACFAS. "It is the most common foot ailment that I see, and 98% of patients that suffer from plantar fasciitis can be treated without surgery. There are three things that really are necessary to bring the success rate to that level.

1. A cortisone shot to cure the inflammation.
2. Over-the-counter foot orthotics/arch supports.
3. Calf stretching several times a day. I strongly advise seeking treatment soon after you start having heel pain to save money and time in pain."

Dr. Brady and his family recently moved to Evanston. He was the first surgeon in New Mexico to successfully perform a total ankle replacement. He looks forward to bringing big city care to our community.

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



Put your best foot forward and schedule an appointment with Chad D. Brady, DPM, FACFAS, at EvanstonAnytime.com



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

Taking Care of WINTER SKI

DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

1.

CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- petrolatum
- hemp seed oil
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.



2.

ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.



3.

CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

**HELLO, Hydration**

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so it's tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



To schedule an appointment with your primary care provider or to find a new one, visit EvanstonAnytime.com.

WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.



RICHARD CAPENER, D.O., D.C.

Meet Dr. Capener, a Family Medicine
Physician in Evanston.

5 THINGS TO KNOW

1. I began my career as a chiropractor, but quickly felt like I could help people more with a medical degree. So I went back to school to become a family medicine physician. I enjoy building relationships with my patients and taking the time to listen to their health concerns and goals.
2. The most common issues I treat (besides colds, the flu and sore throats) are back pain, diabetes, high blood pressure and cholesterol, depression, and anxiety.
3. I also specialize in manipulative therapy (adjustments), kinesiotaping and acupuncture. I like to start with these techniques to give your body a chance to heal before going the more invasive route. Catching issues before they become problematic is also key.
4. I married into a local Evanston family (the Clunys), and we are so excited to be in Wyoming and close to family. I grew up in Perry, Utah, and I am the seventh of eight children.
5. My wife, Sara, and I have five children. I love spending time with my family and supporting our kids in their activities, as well as, running, soccer, snowboarding and all things outdoors.

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

SICK

Etiquette

Mind your manners — and your health — with these tips.

1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food

If you have a fever high than 100 F, experience difficulty breathing or chest pain, or your cold worsens, you should make an appointment with a provider. Call (307) 789-WELL (9355) for same-day appointments or visit EvanstonAnytime.com for next-day appointments and beyond.



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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.

Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year relative survival rate. Talk with your doctor about whether it's time for your colonoscopy.



Speak with board-certified General Surgeon Ian Kendrick, M.D., FACS, or Greg Yasuda, M.D., FACS, about screening for colon cancer today. Schedule appointments online at EvanstonAnytime.com.

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