

HEALTH CONNECTIONS

YOUR HEALTH, YOUR LIFE

**CONCERNING
SYMPTOMS?
CONFIDE IN
YOUR DOCTOR**

**TIME TO GET
HELP FOR
YOUR HERNIA**

**THE GREAT
OUTDOORS:
A Safer Escape**

 **EVANSTON**
REGIONAL HOSPITAL



A TIMELY INTERVENTION

When rancher Ronald Stuart arrived in the emergency room at Evanston Regional Hospital concerned he had a “stomach bug,” the doctors and nurses recognized his cardiac distress and saved his life.

Ronald had been feeling off for several days, but he downplayed his nausea and sore shoulder. His wife knew better. She told him he wouldn’t get dinner until he went to the ER.

The team at Evanston Regional Hospital recognized Ronald’s symptoms were due to a major cardiac event.

“The next thing I knew, people were hooking me up to tubes,” Ronald says.

When Ronald started to panic, the doctor looked him in the eye and assured him that he was in good hands.

She kept her word. The ER team initiated his cardiac treatment, following the latest evidence-based medicine guidelines. Then he was airlifted to the University of Utah Health. Surgeons there placed stents to open his blocked blood vessels and repaired his aorta. Now, Ronald feels better than ever and is back to work on his ranch, running cattle and training rope horses.

Ronald is grateful the staff in Evanston understood how serious his condition was, even when he didn’t.

“I believe we’re our own best doctors, but if you’re not feeling well, get checked out,” Ronald says. “Without my wife’s insistence and Evanston Regional Hospital, my story would not have had a happy ending.”



Don’t dismiss unusual pains or discomfort. Doing so may endanger your life. Remember, if you’re experiencing an emergency, call 9-1-1 and get to the ER as soon as possible. As an Accredited Chest Pain Center, Evanston Regional’s team of Emergency specialists are trained to diagnose and treat emergencies, giving you peace of mind.

HEART ATTACK: TIME IS MUSCLE

When you have a heart attack, or myocardial infarction, blood stops flowing to your heart. Every second means more heart muscle dies, starved of oxygen and nutrients. The speed with which you get to the emergency room can make the difference between death, disability and full recovery.

NOT LIKE THE MOVIES

You’ve seen Hollywood’s version: a guy grabs his left arm, grimaces and falls to the floor. Many heart attacks don’t look like that, however, especially for women, who are more likely to feel pain in their jaws, backs, necks or throats. Women might also have heartburn, nausea, cold sweats, fatigue, lightheadedness or difficulty breathing. Some women even have “silent” heart attacks, or cardiac episodes with no symptoms. You know your body. If something feels off, call 9-1-1.

LIFESAVING CARDIAC CARE

Minutes matter when having a heart attack. As an Accredited Chest Pain Center, Evanston Regional Hospital has achieved a higher level of expertise when caring for patients who arrive with heart attack symptoms. Evanston Regional Hospital is an affiliate of University of Utah Health.

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

HANDLING BEE STINGS AND OTHER EMERGENCIES

Prepare for the worst and know when you should head to the ER.

As the weather warms, there are more opportunities to head outside. But enjoying the great outdoors presents health risks, such as bees working to collect pollen and snakes coming out from their winter burrows. Whether your outdoor plans involve long hikes or just time in the backyard, you need to know what to do if faced with an emergency bite or sting.

MOST STINGS ARE MINOR

If you're stung by a bee, remove the stinger by flicking or scraping off the stinger, rather than pinching the area. Bees leave a venom pouch which contracts for about 20 to 30 seconds. When you pinch the stinger area, it injects the venom, whereas quickly flicking or scraping off the stinger limits the amount of venom that can enter the body. An ice pack can help reduce swelling.

WHAT ABOUT ANAPHYLAXIS?

Anaphylaxis is a severe allergic reaction that can be life-threatening. In some people, this

reaction is caused by ingesting certain foods like peanuts, being exposed to latex, taking certain medications or being stung by an insect.

If you or a family member has severe allergies to foods, insects or other materials, it's important to carry an epinephrine injector at all times. If an insect sting happens, go to an emergency room immediately if you experience or witness the following symptoms of anaphylaxis:

- difficulty breathing
- dizziness
- hives
- nausea or stomach cramps
- swelling of the face, throat or tongue

SNAKE VENOM CAN KILL

Snakes really don't like to bite people, contrary to public opinion. If you see one and back away, it's unlikely to chase you. But if you are bitten, immediately go to an emergency room or call 9-1-1.

Do not try to trap the snake, tourniquet the limb or suck the venom out, like you see in the movies. Keep the bite below the heart, if feasible, until medical help arrives. And watch out for your pets, too — their smaller size makes snake bites more dangerous.

When does an allergic reaction merit a trip to the ER? Generally, if two or more body systems (skin, digestive, respiratory or cardiovascular system) are affected, call 9-1-1 or go to the ER. An example? A slight throat tightness (respiratory system) **with** a rapid heartbeat (cardiovascular system). Check average ER Wait Times at EvanstonRegionalHospital.com.



READY FOR YOU IN AN EMERGENCY



Daryl McLaren, M.D.

"Time is of the essence in emergency medicine," says Daryl McLaren, M.D., Emergency Medicine Medical Director at Evanston Regional Hospital. "And we want to assure the public that we are open and ready to provide care safely and efficiently at Evanston Regional Hospital."

The 30-Minute ER Pledge at Evanston Regional means we work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER. And because you are already in a hospital setting, you know you're in the right place if you need additional care.

But it's more than just knowledge and skill that sets physicians apart in the ER at Evanston Regional. It's their approach to care.

"In the ER, it is easy for patients to feel lost when they don't understand what is happening to themselves or a loved one," Dr. McLaren says. "I emphasize sitting down at the bedside to explain patient results and answer questions."

Meet the Emergency Department Physicians at EvanstonRegionalHospital.com/ER.

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

Happy (Safe) Camping!



HOW TO GET HELP

When you are camping or hiking, chances are you won't have quick access to care in an emergency. Here's how to communicate when you're outdoors:

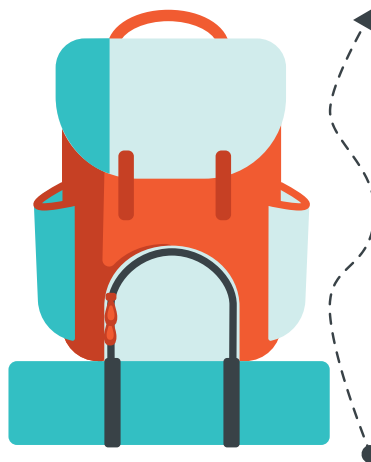
- **Use a cellphone** — but don't rely on it. Sure, you can make a quick call for help, but cellphones don't always have reception, and you might run out of battery. If you can find cell service, call 9-1-1 and give the operator your location to the best of your ability and describe your emergency. Keeping your phone in airplane mode while hiking or camping will help preserve battery life last as long as possible.
- **Contact the park ranger.** Put the park ranger's number in your phone before setting out. He or she may be your quickest resource for emergency medical assistance while other medical staff are on their way.
- **Try a satellite communicator.** These devices are an extra expense but handy if you plan to be in the backcountry where cell service is unreliable. They use satellite signal and can send an SOS if you need it.

Keep these safety tips in mind before embarking on your next adventure.

Camping is a long-standing favorite American pastime, but its popularity has skyrocketed during the pandemic. State parks have seen record numbers of visitors flocking to nature for a much-needed change of scenery. If you're planning a camping trip, follow these preparation steps on your next getaway.

HIT THE TRAILS

Safety is key while enjoying an afternoon hike around the park. Choose to hike with a buddy or a small group of people. Not only does this give you companionship on your hike, but there's added safety in numbers. Before you head out on your trek, let a trusted third party know where you will be hiking and when you will return. This person can call for help in case of an emergency or if you haven't returned by an appointed time. You should also check the weather and set out only if conditions are safe. Bring a flashlight and basic safety essentials, such as a whistle, first-aid kit, analog compass and fire starter.





AVOID INJURIES

Nothing puts a damper on outdoor fun quite like an injury or feeling sick. Here's how to avoid and treat common camping ailments:

AVOID

TREAT

	BURNS	CUTS AND SCRAPES	DEHYDRATION
AVOID	<ul style="list-style-type: none"> • cooking over a campfire with long, loose sleeves • building a fire when forest fire danger is high • getting closer than 3 feet to a burning fire • using gasoline, kerosene or other accelerants to start a fire 	<ul style="list-style-type: none"> • leaving knives and sharp objects out • using a pocket knife recklessly to cut sticks or other objects • walking without watching for uneven terrain, fallen trees, branches or loose rocks 	<ul style="list-style-type: none"> • drinking caffeine and alcohol when it's very hot outside • exercising in the hottest part of the day • waiting until you are thirsty to drink water
TREAT	<p>If your clothes catch fire, follow the "stop, drop and roll" protocol. Soothe minor burns with cool, clean water, and cover them with a dry bandage. If a burn is large, severe and the affected person appears to be in shock, seek emergency medical attention.</p>	<p>Wash any dirt off your hands with soap and water before treating a wound. Stop bleeding by holding gauze to the wound and gently applying pressure for a few minutes. Clean any debris out of the cut with water. Apply an antibiotic ointment to prevent infection. Get emergency help if the wound is large and deep or is severely bleeding. Call your doctor if the cut was caused by a rusty object or still has debris stuck inside.</p>	<p>Mild dehydration will make you feel very thirsty, tired or dizzy. If this happens, simply replenish your fluids quickly. If dehydration is severe, you may need to seek medical attention. Signs of severe dehydration include confusion, fainting, rapid heartbeat and shock.</p>

The American Burn Association states embers cause 70 percent of campfire burns.



PITCH IT SAFELY

Ready to set up your site? As you settle in, don't forget to:


- **Build campfires at least 15 feet away.** Make sure an open fire is a good distance from your tent and other flammable objects.
- **Critter-proof your site.** Keep your area clean and free of trash. Never leave food, coolers, garbage or kitchen utensils out in the open, where they might attract bears and other creatures.
- **Inspect for hazards.** Check for any ant mounds, patches of poison ivy, shards of glass or flooding zones.
- **Plan an early setup.** Pitching a tent and scouring for firewood in the dark is inefficient and could be unsafe. Plan to arrive at your site with plenty of daylight to set up camp.

DINNER IS SERVED

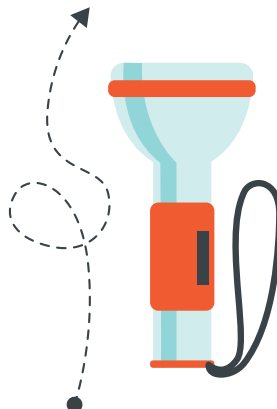
When cooking in the outdoors, take care to avoid food poisoning, which can cause nausea, an upset stomach, vomiting, diarrhea, fever and potentially long-term side effects.

Keep foods out of the danger zone — the temperature range between 40 and 140 degrees Fahrenheit that gives bacteria prime opportunity to grow. To prevent this, don't leave perishable foods unrefrigerated for more than two hours—one hour if the temperature is over 90 F. Keep perishable foods safely packed in a cooler with enough ice to maintain 40 F or below. Also, bring along a meat thermometer to make sure meat you cook has reached a safe internal temperature. Before handling foods, don't forget to wash your hands with soap and water — hand sanitizer is ineffective for visibly dirty hands, according to the Centers for Disease Control and Prevention. While a sink may not be readily available, staying clean helps prevent spreading bacteria during your outdoor picnic or barbecue.





Telehealth visits allow you to see your provider from wherever you have an internet connection. Want to talk with your provider from your hike or in your backyard? Visit EvanstonAnytime.com to schedule a telehealth visit with a primary care provider.





Heart to Doc TALK

It's important to speak openly with your healthcare provider each visit so he or she can fully address your health concerns.

You already know that getting an annual checkup with your primary care provider (PCP) is important for your health. But what good is a checkup if you don't talk about all of your health concerns with your provider? Even if you think your concern is minor, your provider needs all the information in order to offer proper care or guidance.

SHARE WITH YOUR DOCTOR

If you've had any chronic issues since your last visit, you should mention them, no matter how embarrassing. For example, gastrointestinal problems could be a sign of something serious, as could a spot on your back that won't stop itching.

You also need to be honest with your provider about your eating habits and how much you exercise. If you drink alcohol, use drugs or smoke, your doctor needs to know how much and how often, and the same goes for your sex life. Make sure your PCP has an accurate list of your medications and their

dosages — write down a list beforehand if you don't think you'll remember.

If you've had a major life change in the past year, like a divorce or death in the family, you should also share this with your doctor. Your mental health can affect your physical health, and vice versa.

ASK YOUR DOCTOR

PCPs are used to treating all kinds of patients and conditions, so there really is no such thing as a dumb question. Don't be afraid to ask anything that you want to know or to follow up with questions about a diagnosis or medication that you don't fully understand.

If you have questions about your health or symptoms you're experiencing in the weeks before your appointment, write them down so you won't forget to ask. Make sure to note if the symptoms are constant or if they come and go, and whether they're affecting your daily activities.

COMPLETE CARE

Your health is important. Have you thought about what you need to achieve optimal health? Our Family Medicine and Pediatrics providers were voted BEST in Evanston for Customer Service in the *Uinta County Herald* and are here to help you achieve your health goals. If you see a healthcare provider only when you are sick, you are missing out. Annual physicals are important to track your overall health and help you build a relationship with your primary care provider. Establishing with a doctor's office gives you access to complete care. Meet our providers at UintaMedicalGroup.com. Many have short videos you can watch to get to know them better, too.

Looking for a doctor? Conveniently schedule appointments online at EvanstonAnytime.com or call for same-day appointment availability.



Whatever medical condition is on your mind, primary care providers at Uinta Medical Group, Bridger Valley Medical Group and Fossil Butte Medical Group can help. Don't have a regular provider? Visit EvanstonAnytime.com to find one and schedule an appointment online.

Are You at Risk for **HERNIA?**

A hernia does not go away on its own. Here's how to know if this painfully common condition is in your future.

Hernias can occur in the groin, upper thigh, upper stomach or belly button. They can be passed on genetically, but they can also occur as the result of an accident, chronic condition or pregnancy.

A hernia is the result of pressure combined with a small tear in connective tissue or muscle. With strain, pressure pushes fatty tissue or an organ — often the intestines — through the torn muscle, resulting in a hernia.

Wondering what you can do to protect against hernia and what increases your risk?

PROTECT YOURSELF

As with many medical conditions, prevention is the best treatment for nongenetic hernias. Lowering your hernia risk starts with a healthy lifestyle. Eat a well-rounded diet, including fiber-rich foods, and stay hydrated. Work to reach and maintain a healthy weight.

If you smoke or use tobacco, stop. Find a cessation technique you like and go for it. Additionally, practice proper lifting technique, don't push hard when on the toilet and keep your other health issues under control.

RISKY BEHAVIORS

While some hernias are present at birth, many are brought on later in life.

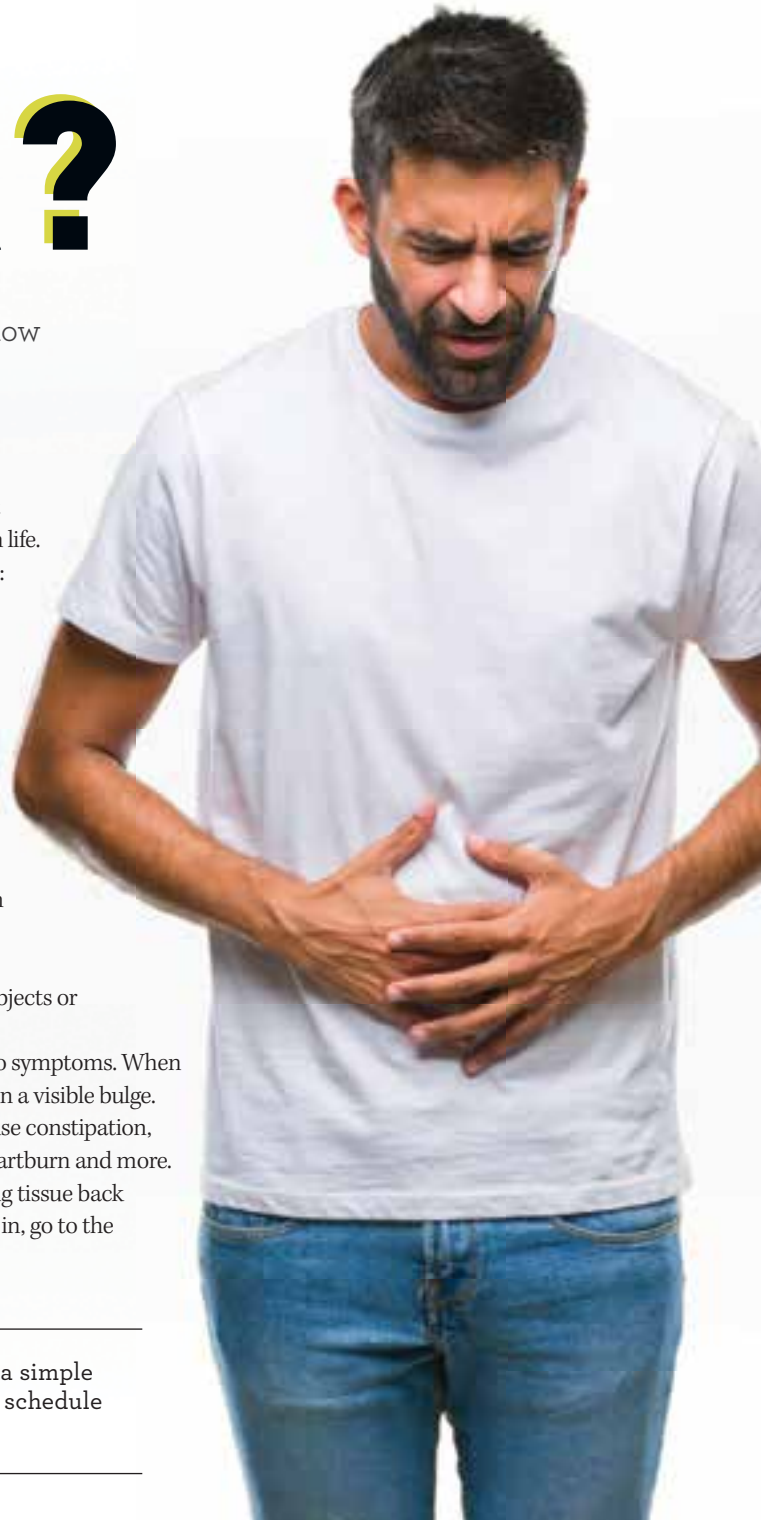
Common causes of hernia include:

- being overweight or obese
- chronic coughing
- lack of fiber in diet that leads to constipation
- other medical conditions, such as cystic fibrosis or enlarged prostate
- pregnancy-based weight gain
- previous surgeries in the groin or abdominal area
- smoking cigarettes
- straining while lifting heavy objects or using the restroom

Initially, hernias may result in no symptoms. When symptoms do arise, the first is often a visible bulge.

As time passes, the hernia can cause constipation, sharp pains, swallowing issues, heartburn and more.

When you can't push the bulging tissue back into place or severe symptoms set in, go to the emergency room.



Worried you have a hernia? Hernias can often be diagnosed with a simple office visit. Visit EvanstonAnytime.com or call (307) 789-9355 to schedule a consultation with General Surgeon Ian Kendrick, M.D., FACS.



Ian Kendrick, M.D., FACS

SURGICAL SUCCESS

Ian Kendrick, M.D., FACS, is a board-certified General Surgeon in Evanston who specializes in hernia repair.

"Women and men of all ages can develop hernias," Dr. Kendrick says. "Surgery is the only treatment to actually get to the root of the problem and cure a hernia. Hernia surgery is often relatively low risk. For many patients, the procedure can be performed laparoscopically, which typically means you recover faster and get back to your life sooner. During a hernia repair, the protruding organ or tissue is returned to its intended position. In some cases, I use a surgical mesh to reinforce the area and prevent future hernias."

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

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

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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.

STAND STRONG

The knees are your body's strongest joints, but the strain they endure makes them prone to pain. Joint replacement surgery can restore knee function, relieve chronic joint pain and allow you to be more active.



Don't let chronic joint pain limit your life. Evanston Regional Hospital is the only hospital in the region with advanced robotic-assisted technology for knee and hip replacement surgery. Talk with Evanston Orthopedic Surgeon Micah Pullins, D.O., about solutions for your knee pain. Visit EvanstonAnytime.com or call (307) 783-8435 to schedule an appointment.

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

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