

# HealthConnection

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# Healthbriefs

## > Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



### Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

## > Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



## > Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



# Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

## Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

➤ **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.

➤ **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.


➤ **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.

➤ **Relax.** Read a book or soak in a nice, warm bath before going to sleep.

➤ **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.

➤ **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.

➤ **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



## A message FROM OUR CEO

### DEAR FRIENDS,

**GEORGE WINN**  
Chief Executive Officer

On behalf of our board of trustees, medical staff and employees, I'm pleased to share with you that Evanston Regional Hospital (ERH) has

been named one of the nation's Top Performers on Key Quality Measures by The Joint Commission for 2011.

This recognition is based on data reported to The Joint Commission about evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care, children's asthma, stroke and venous thromboembolism, as well as inpatient psychiatric services.

Out of the more than 3,400 eligible accredited hospitals reporting accountability measure data to The Joint Commission, we're one of just 620 hospitals to earn this distinction for 2011. ERH was recognized for achieving these thresholds for surgical care. In fact, in the state of Wyoming, ERH is the only hospital to have received this recognition.

This honor is a direct reflection of the medical staff and employees at ERH. It's our privilege to serve local residents with quality healthcare, close to home. We also greatly appreciate your support, and I hope you'll let me know whenever ERH might be of service to you.

Sincerely,

## George Winn

*Chief Executive Officer  
Evanston Regional Hospital*

## MEET OUR NEW SURGEON

The experienced and dedicated doctors at Evanston Regional Hospital can help keep you and you family healthy.



**Tadge Kanjo, M.D., FACS**  
General Surgeon

**Arrowhead Surgical Clinic**  
196 Arrowhead Drive, Suite 6  
Evanston, WY 82930  
(307) 783-8398

Evanston Regional Hospital (ERH) is pleased to announce the appointment of general surgeon Tadge Kanjo, M.D., FACS. His main office, Arrowhead Surgical Clinic, is located in the Uinta Medical Plaza. Although Dr. Kanjo practices the full spectrum of general surgery, his specialties include surgical oncology and practical application of minimally invasive surgery. Before joining ERH, Dr. Kanjo worked as the medical director of the Heartland Bariatric Center as well as a general and trauma surgeon at Heartland Regional Medical Center in Missouri. Dr. Kanjo is a fellow of the American College of Surgeons and is board certified by the American Board of Surgery. He belongs to the American Society of Gastrointestinal Endoscopic Surgeons and the Society of Laparoendoscopic Surgeons. He received his medical degree from Rush Medical College in Chicago and completed his general surgery residency at the University of Wisconsin in Madison. He's married to Linda and has three children. They live in Evanston.

Please join us in welcoming Dr. Kanjo as a member of the medical staff at ERH; he's a wonderful addition to our pledge of bringing quality healthcare close to home.

Contact Dr. Kanjo's office staff to schedule consultation appointments or for any other referral inquiries at **(307) 783-8398.**

For a list of doctors by specialty, visit us at [www.EvanstonRegionalHospital.com](http://www.EvanstonRegionalHospital.com).

# Meet Tadge Kanjo, M.D., FACS

A general surgeon who understands you

Because he's been a patient himself, Tadge Kanjo, M.D., FACS, a board-certified general surgeon, understands his patients. In 2010, while skiing in Park City, Utah, Dr. Kanjo injured his back and required four separate operations to repair it. Due to this experience, he has an empathic, compassionate perspective of his own patients.

"I'm acutely aware of the anxiety and uncertainty that one can experience when seeking medical care. My primary goal is to not only provide the best possible care but also do everything I can to make my patients comfortable and answer all of their questions," says Dr. Kanjo.

## Making decisions together

Dr. Kanjo says his main goal and philosophy is to involve patients in their healthcare as much as possible. "To determine the right course of treatment, it's critical that I listen closely to my patients and then, using my expertise, interpret the information I have available to make a diagnosis. I then explain my thoughts in an easy-to-understand manner so we can make the best decision together."

## Laparoscopic experience

With 10 years of general surgery experience, Dr. Kanjo's main area of expertise is in laparoscopic surgery, which he has performed since 1998. He has experience in:

- breast, skin and soft tissue surgery
- endocrine system surgery
- head and neck surgery
- organ transplantation
- pediatric surgery
- vascular surgery

He also has experience in:

- abdominal surgery



Tadge Kanjo, M.D., FACS, a general surgeon, specializes in laparoscopic surgery.

- alimentary (digestive) tract surgery
- cancer surgery
- colonoscopies
- critical care surgery
- surgical oncology
- trauma and burns ●

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

**Call today  
for an  
appointment**

Dr. Kanjo is accepting patients. His office is located at the Arrowhead Surgical Clinic, 196 Arrowhead Drive, Suite 6. To make an appointment, call **(307) 783-8398.**

## HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.



## Coping with stroke

> You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

> **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

> **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

> **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

1 According to the FDA (U.S. Food and Drug Administration), splitting pills:

- a. is safe for all medications
- b. can affect the way a medication is absorbed
- c. should never be done unless the pills are approved for splitting and you have your doctor's OK
- d. both b and c

2 Which tip is not recommended for storing medication?

- a. Store it in a cool, dry place.
- b. Keep it in the original container.
- c. Keep the cotton plug in the bottle.
- d. none of the above

3 When talking with your doctor, you should let him or her know you take:

- a. vitamins
- b. over-the-counter medicines
- c. herbal supplements
- d. all of the above

4 Which of the following drugs can interact with St. John's wort?

- a. blood thinners
- b. antidepressants
- c. pain medications (narcotics)
- d. all of the above

5 When ordering medication online, you should only purchase from a website that:

- a. has an FDA seal of approval
- b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
- c. is based in Canada
- d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)

# Just desserts

## Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

➤ **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.

➤ **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.

➤ **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:**

Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal.

Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



## 'V' is for vitamin

### Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A, leading researchers

to hypothesize that those pills may not be a good match for today's childhood diets.

#### What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



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WINTER 2013



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70ERH

# Stay healthy, **live better**

Join Senior Circle today!



The Senior Circle program at Evanston Regional Hospital offers adults ages 50 and better fun ways to stay connected and live healthy, fulfilling lives. Senior Circle encourages an active lifestyle for older adults. Monthly, our Senior Circle chapter offers a variety of health and wellness events, exercise classes and day trips. We welcome you to join us and enjoy valuable members-only local and national benefits.

### Local member benefits

Members receive these local benefits:

- complimentary private room upgrade during your stay when staffing and availability permit
- free monthly activities
- exercise classes
- holiday parties
- day and overnight travel opportunities
- free notary public service
- free copying and faxing of important papers
- a subscription to our quarterly newsletter

### National member benefits

Members also receive these national benefits:

- a subscription to Senior Circle's national publication
- a toll-free member services line
- a national travel program
- a pharmacy discount card
- an emergency-response discount with ADT
- Beltone Hearing and EyeMed Vision care plans ●



### Join the inner circle!

To start benefiting from Senior Circle, visit [www.EvanstonRegionalHospital.com](http://www.EvanstonRegionalHospital.com) or call (307) 783-8137.

# Just for **YOU**

Healthy Woman offers free quarterly events



We know women have busy schedules and it's not always easy to keep up with friends and family, let alone health information and community programs. So how can women keep up?

Evanston Regional Hospital's Healthy Woman program is designed to provide women with information and resources to make the best possible healthcare decisions for themselves and their family. Membership is free! When you sign up you will receive invitations to free events and some of the latest health information. ●



### Join today!

If you're not a Healthy Woman member yet, join today. Membership is free and the benefits can last a lifetime. Go to [www.EvanstonRegionalHospital.com/HealthyWoman](http://www.EvanstonRegionalHospital.com/HealthyWoman) or call (307) 783-8137.

**HEALTHY WOMAN**  
AN EVANSTON REGIONAL HOSPITAL RESOURCE