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Better healthcare starts here

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.**



Just for YOU

Healthy Woman offers free quarterly events



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.MountainWestMC.com/HealthyWoman.

HEALTHY WOMAN
A MOUNTAIN WEST MEDICAL CENTER RESOURCE



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?

Mountain West'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. ●

Family-centered care

for your bundle of joy

tiny toes
A TIP-TOP OB CLUB



Prepare for baby

Join us for a tour of Mountain West Women's Center. To schedule a tour, or for a doctor referral, call (435) 843-2810.



The talented Ob/Gyn doctors on the medical staff at Mountain West Medical Center have delivered thousands of little ones into the world. These doctors entrust their patients to our hospital because of the dedicated and compassionate staff who care for new moms and babies in our warm, welcoming environment. And when you have your baby here, you'll enjoy special comforts that include:

- complimentary special meal for new parents
- flat screen TV
- free prenatal classes
- private, spacious rooms
- pullout couch for dad
- soft ambient lighting
- and more to make families feel at home

We're here to care for you and your baby. ●



PHYSICIAN SPOTLIGHT

The experienced medical staff members at Mountain West Medical Center can help keep your family healthy.



**MOUNTAIN WEST
MEDICAL CENTER**
Better healthcare starts here



Samara Lazernick, M.D.
Obstetrician and Gynecologist

All Seasons Women's Center
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For Samara Lazernick, M.D., balance is key to providing compassionate and quality healthcare to every patient she sees.

"I've been known to write a prescription for exercise, or schedule a fun activity for a stressed-out patient," says Dr. Lazernick, who joined the staff at All Seasons Women's Center last August.

"There's not a 'one size fits all' way to treat patients. I treat each one individually and help them lead as healthy a life as possible," she adds.

"One of my most vivid memories of childhood was just before

my sixth grade graduation," says Dr. Lazernick. "The teacher went around the classroom and had us tell her what we wanted to be when we grew up. I said I wanted to be a teacher or a doctor."

At school, her aptitude for science and math grew—especially in chemistry. In fact, she graduated cum laude from Old Dominion University with a degree in chemistry in 2001. Dr. Lazernick then spent the next three years doing plastic materials research for a chemical company.

But she felt something was missing, and decided to follow her life's calling. She went back to college and graduated with a medical doctorate from Eastern Virginia Medical School in 2008. She finished a four-year Ob/Gyn residency at Medical College of Virginia at Virginia Commonwealth University in June 2012.

Dr. Lazernick chose Mountain West because of "the excellent co-workers and staff at the facility. The new Women's Center is beautiful, and my family and I were looking for a place to settle and grow roots. Tooele is a great place to raise a family."



Megan Shutts-Karjola, M.D.
Obstetrician and Gynecologist

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It took only the delivery of one baby years ago to convince Megan Shutts-Karjola, M.D., that she had found her home in healthcare.

"The first delivery I ever performed, I could feel the family dynamic change in the room immediately," she says. "A husband and wife turned into a family. Their lives were forever transformed, and I'm honored to be part of such an intimate and personal experience."

Dr. Shutts-Karjola is a new board-certified Ob/Gyn at Mountain West Medical Center. She joined the staff at Mountain West Obstetrics and Gynecology last September.

Born and raised in New York state near Lake Ontario,

Dr. Shutts-Karjola decided to become a doctor when she was five years old. "My pediatrician always made me feel like the most special person, and I decided that I wanted to be like him," she says.

Dr. Shutts-Karjola graduated from St. Lawrence University in Canton, N.Y., with a degree in biology in 1997. She graduated from medical school at Uniformed Services University of the Health Sciences in Bethesda, Md., in 2001. She completed a four-year Ob/Gyn residency at Keesler Medical Center, Keesler Air Force Base, in Biloxi, Miss.

She believes that education is imperative to provide good care to her patients and says patients often find themselves in her office and don't know why. "It happens a lot where patients are confused about the disease process or management options. I try to put them at ease by explaining why we do the evaluations we do, what they entail and potential management options," she says.

The doctor says she and her husband decided to move to Tooele County because they were looking for a small community "with values that mirrored ours to raise our three young sons. We fell in love with the people and area when we visited, and knew immediately we wanted to settle here."

Drs. Lazernick and Shutts-Karjola are members of the medical staff at Mountain West Medical Center.

Find the right doctor for you

For a list of doctors by specialty, visit us at www.MountainWestMC.com.

HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.

- 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)



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. ●

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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Care for the whole family

About family medicine doctors

Your family doctor is an important part of your healthcare team. Created in 1969 to encourage medical students to enter "general practice," the family medicine specialty focuses on providing comprehensive medical care for the entire family. This specialty incorporates knowledge, skill and process and encompasses all ages, men and women, all body systems, acute and chronic diseases and preventive care. While knowledge and skill are shared with other medical specialties, family medicine is distinguished by the long-term patient-physician relationship. ●



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PHYSICIAN SPOTLIGHT



Mark Jorgensen, M.D.
Family Medicine

Oquirrh Family Practice • 230 S. Main, Tooele
(435) 882-2692 • Fluent in Spanish

Mark Jorgensen, M.D., is one of Tooele County's newest family doctors, but for Dr. Jorgensen, he already feels right at home.

"I was born in Moses Lake, Wash., and grew up on a farm," says Dr. Jorgensen. His practice opened this fall at Oquirrh Family Practice in Tooele.

Dr. Jorgensen decided to become a doctor during a mission for the Church of Jesus Christ of Latter-day Saints.

"While serving a mission in Guatemala, I was involved in a bicycle accident that resulted in severe facial fractures. I was in a rural hospital and given only ibuprofen for pain as they started suturing my wounds—I began shaking uncontrollably from pain. They reassessed the situation and gave me better pain control. I was put in the back of a truck and driven to the capital city of Guatemala, where I spent a week in the hospital and was then sent home."

Back in the United States, he had surgery to realign the broken bones in his face. "I had thought about going into medicine before, but my experience in Guatemala solidified my desire to go into medicine and give back to those areas," he says.

Since graduating from medical school, he has gone to Honduras to treat people similar to those he came to know in Guatemala.

Dr. Jorgensen earned a degree in management information systems from Brigham Young University in 2001. He completed his premedical education in 2004 at the University of Arkansas and earned his medical degree from the University of Arkansas College of Medicine in 2009. He finished a three-year residency at Jefferson Regional Medical Center, Pine Bluff, Ariz., this summer.

Dr. Jorgensen looks at the "whole patient." He asserts that diet, sleep and exercise are vital to mental and physical health. Medications don't solve everything, and says he chose to come to Tooele because he wanted to be part of a team that truly cares about others.

Dr. Jorgensen is a member of the medical staff at Mountain West Medical Center.

Need an appointment?

To schedule an appointment with Dr. Jorgensen, call (435) 882-2692.