

# HealthConnection

BROUGHT TO YOU BY EVANSTON REGIONAL HOSPITAL



**Community  
Benefit Report**  
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# Healthbriefs

## › Multivitamins may lessen cancer risk

Ever wonder if that multivitamin you take every morning is actually having a health benefit? Well, for men, it may lower the risk of cancer, according to a new study published in *The Journal of the American Medical Association*. The study tracked more than 14,000 male doctors, all at least 50 years old, who were randomly assigned to take either a multivitamin or a placebo each day. After about 11 years, researchers found an 8 percent reduction in total cancers among men who took the multivitamins. However, the study found no impact on rates of prostate cancer, the most common type of cancer among the men in the study.

While the connection between multivitamins and cancer risk is still unclear, scientists hypothesize that multivitamins may help because they mimic the content of fruits and vegetables, which have been linked with cancer reduction. Multivitamins are beneficial in preventing vitamin and mineral deficiencies.

## › What's the beef?

A juicy, pan-fried steak can sure hit the spot. But that delicious piece of red meat may actually increase your risk of prostate cancer by up to 40 percent. A new study examined the data of nearly 2,000 men involved in a prostate cancer study and asked them questions about the types of meat and poultry they ate, how they cooked it and how well done they liked their meat. The results showed that men who ate more than 1.5 servings of pan-fried meat per week increased their risk of advanced prostate cancer by 30 percent, and those who ate more than 2.5 servings per week increased the risk by 40 percent.

Researchers think that the increased risk results from cancer-causing chemicals that are formed when sugars and amino acids are cooked at higher temperatures for longer periods of time. To lower your cancer risk, limit the amount of fat you consume from animal sources, and instead eat plenty of fruits and vegetables and foods such as whole grains and beans.



## › Secondhand smoke affects more than your lungs

If you misplaced your keys this morning, don't be so quick to blame your age. In addition to affecting your lungs, new research suggests that secondhand smoke may contribute to memory lapses, too. When comparing the memory function of a group of smokers to two groups of nonsmokers, scientists found that smokers performed the worst on memory tests, forgetting 30 percent more than nonsmokers who weren't exposed to secondhand smoke. Interestingly, one group of nonsmokers—people who had been regularly exposed to secondhand smoke for an average of more than four years—forgot almost 20 percent more in the memory tests than the nonsmokers who weren't exposed to secondhand smoke.

Avoiding secondhand smoke can have numerous benefits because smoking is also linked to other serious conditions, such as lung cancer. For some, memory loss may be unavoidable, but keeping your mind active may help strengthen your memory. Change up your routine and challenge your mind with new situations. Exercise, such as walking, and games, such as puzzles, are a great way to work out your mind.





# The game plan: Avoid sports injuries

➤ While physical activity is key to overall health, doing too much too quickly—or without proper training or equipment—can take a toll on your health in the form of an injury. But fear not: You can help prevent sports injuries by taking a few simple precautions.

## Gain without pain

Middle-aged athletes are particularly vulnerable to injury. Why? With age comes a loss of agility and resilience, especially if it's been a while since you've been active. While you can certainly gain strength, flexibility and balance through exercise, slow and steady is the name of the game. To help prevent injury, follow these do's and don'ts:

- **Don't try to pack a week's worth of activity into a weekend.** Aim to maintain a moderate level of activity throughout the week.
- **Do warm up before exercise,** even before less vigorous activities like golf. Cool down after vigorous activities to

bring your heart rate down gradually.

- **Do use proper form** to reduce your risk of overuse injuries like tendinitis and stress fractures.
- **Do use appropriate safety gear.** Depending on the sport, this may mean knee or wrist pads or a helmet. Make sure your equipment is the correct size, fits well and is in good repair.
- **Do accept your body's limits.** You may not be able to perform at the same level you did 10 or 20 years ago. Modify activities as necessary.
- **Don't increase your exercise level too quickly.** Build up gradually, especially if you've been inactive.
- **Do cross-train.** Not only does striving for a total body workout of cardiovascular, strength training and flexibility exercises promote overall fitness, it also reduces injury risk.
- **Do stay hydrated.** Drink water before, during and after your workout—aim for about a cup of fluid every 20 minutes while exercising. ●



## Injury symptoms

Never try to “play through” pain. Exercising after an injury may worsen the injury. Sports injuries can be classified into two types: acute and chronic. Acute injuries, such as sprained ankles or fractures, occur suddenly. Symptoms may include:

- a bone or joint that's visibly out of place
  - extreme leg or arm weakness
  - inability to move a joint or place weight on a leg, knee, ankle or foot
  - sudden, severe pain
  - tenderness or swelling
- Chronic injuries, such as tendinitis or stress fractures, occur over time due to repeated use or overuse. Symptoms may include:
- a dull ache at rest
  - pain when you play or exercise
  - swelling



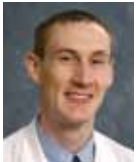
## Worried about an injury?

Call your doctor if you experience any of the symptoms listed above.

# ERH takes care of you

## 2012 Community Benefit Report

### 2012 new medical staff members



**DANIEL BROADBENT, M.D.**  
Family Practice



**TADGE KANJO, M.D.**  
General Surgery



**CAROL KAVANAUGH, D.O.**  
Internal Medicine



**JASON LEVITRE, D.P.M., FACFAS**  
Podiatry



**ERIC SWENSEN, D.O.**  
Family Practice



### Be in the know

For more information about services provided at ERH, visit [www.EvanstonRegionalHospital.com](http://www.EvanstonRegionalHospital.com) and choose "Our Services."

While you're at our website, you can also locate a specialist at ERH by choosing "Meet Our Physicians."

*Drs. MacFarlane and Soth are independent members of the medical staff at Evanston Regional Hospital.*

Every year, Evanston Regional Hospital (ERH) treats thousands of people from southwest Wyoming, including those traveling Interstate 80. We're committed to providing quality medical services and expanding those services to as many people as we can. Last year was full of significant accomplishments and investments that positively impacted quality of life for our friends and neighbors.

#### Providing quality care

ER patient visits	8,547
Inpatient visits	999
Surgeries	2,068
Outpatient visits	25,658
Births	298

#### Financial benefits\*

Payroll (225 employees)	\$11,000,000
Capital investments	\$1,233,000
Property and sales tax	\$111,042

• Since 2009, ERH has invested \$8,376,000 in the hospital in technology and renovations.

#### Caring for our community\*

Charity and uncompensated care	\$3,670,000
Community donations	\$80,000

- › Donations and community sponsorships
- › Healthy Woman and Senior Circle programs and Women's Conference
- › Operation of Evanston Dialysis

#### Awards and recognitions

Commitment to Quality Award by Mountain-Pacific Quality Health Foundation  
Top Performer on Key Quality Measures – Surgical Care by The Joint Commission  
(only hospital in Wyoming to receive this national award)

#### Expanded services and updated facilities

HVAC upgrade  
Meaningful Use Project  
New digital mammography unit  
New ultrasound unit

#### Medical staff additions

Daniel Broadbent, M.D., family practice  
Tadge Kanjo, M.D., general surgery  
Carol Kavanaugh, D.O., internal medicine  
Jason LeVitre, D.P.M., FACFAS, podiatry  
Barbara MacFarlane, M.D., hospitalist  
Layhong Soth, M.D., hospitalist  
Eric Swensen, D.O., family practice



100 percent of ERH's medical staff is board certified; nationally only 80–85 percent of doctors are board certified

\*Dollar amounts are approximate.



# Heel pain

## What you need to know about painful soles

BY JASON LEVITRE, D.P.M., FACFAS, BOARD-CERTIFIED PODIATRIC SURGEON  
EVANSTON FOOT & ANKLE

➤ Heel pain is becoming an increasingly common complaint among patients. More than 30 percent of the patients I see in my office complain of heel pain. What initially seems like a bruise quickly becomes debilitating pain, keeping patients from pursuing their regular activities.

### What causes heel pain?

Heel pain can develop for a number of reasons. Most often, it begins with a common condition called “plantar fasciitis”—an inflammation of the band of tissue on the bottom of the foot that becomes overstretched in the heel area. Plantar fasciitis commonly affects people with high arches, but people with extremely low arches can also develop the condition. In either case, the problem is usually aggravated by poorly fitted shoes and increased activity or standing in one place more than usual. Other factors may include an increase in weight, age and rheumatologic conditions. If pain continues over a long period of time, a painful calcium deposit, called a heel spur, may also develop.

Symptoms generally include a sharp, stabbing pain localized to the bottom of the heel and sometimes in the arch of the foot. It’s usually most painful during the first several steps after resting in bed or in a chair. It also tends to become more painful as the day progresses. Many people turn to over-the-counter anti-inflammatory medications, which may help with the pain but don’t heal the actual problem. For treatment, you’ll need to visit a foot specialist.

### Getting back on your feet

To achieve healing and pain relief, treatment of plantar fasciitis takes a threefold approach: anti-inflammatory therapy, foot

“supportive” therapy and physical therapy. The severity of the pain, how often it returns and how long it lasts will dictate how much therapy is needed.

If conservative treatment fails to heal a patient’s plantar fasciitis, minimally invasive procedures can help eliminate the pain. One new innovative procedure is called the “F.A.S.T.” procedure, or the “focused aspiration of scar tissue” technique. This minimally invasive ultrasound-driven technique eliminates scar tissue associated with plantar fasciitis. It’s becoming increasingly popular due to its quick recovery.

Another minimally invasive technique used at Evanston Foot & Ankle is endoscopic plantar fasciotomy, which uses a small arthroscope to visualize problem tissue areas and eliminate the tension causing plantar fascial strain. It’s also a proven technique with successful results.

Our goal is to restore each patient to his or her valuable quality of life. ●



**Don't suffer with pain**

To learn more about heel pain or to make an appointment with Dr. LeVitre, call **(307) 783-8258**. His office is located at So. Hwy. 150, Building 1565, Suite C, in Evanston.

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





## HealthWise QUIZ

How much do you know about allergies and asthma?

> TAKE THIS QUIZ TO FIND OUT.

# Heart palpitations: Causes and treatments

If you've ever felt your heart pounding in your throat during a tough workout, you know what heart palpitations feel like. In fact, most of us have felt heart palpitations at one time or another—the heart flutters, pounds, races or seems to skip a beat. While episodes of irregular heartbeat are common and often harmless, they can sometimes signal a more serious condition.

Heart palpitations can have a variety of everyday causes, including:

- asthma, cold and cough medications that contain stimulants
- caffeine
- fever
- hormone changes during menstruation, pregnancy or menopause
- nicotine
- strenuous exercise
- stress or anxiety

Sometimes heart palpitations are a symptom of another condition, such as hyperthyroidism, an overactive thyroid gland, or arrhythmia, an abnormal heart rhythm.

### The beat goes on

If your doctor determines that your palpitations result from another medical issue, treatment will focus on managing the underlying condition. If your doctor has ruled out other conditions, the best way to prevent heart palpitations is to avoid your triggers. Try these strategies:

- > **Avoid stimulants.** Limit caffeine intake and talk with your doctor before taking any over-the-counter medicine or supplements. Your doctor may suggest changing your current medication if a drug you take regularly is found to be the source of the palpitations.
- > **Reduce stress and anxiety.** Try exercising more, talking with a friend or practicing relaxation techniques like meditation.
- > **Don't smoke.** If you currently smoke, talk with your doctor about getting help to quit. ●

### When do I need a doctor?

If you've never experienced palpitations before, see your doctor to put your mind at ease. If your palpitations are infrequent and last only a few seconds, evaluation usually isn't necessary. If you have a history of heart disease or have frequent palpitations, talk to your doctor. Call your doctor right away if you have:

- > more than six extra heartbeats per minute or they come in groups of three or more

- > risk factors for heart disease, such as high cholesterol, diabetes or high blood pressure
- > new or different heart palpitations
- > a pulse more than 100 beats per minute at rest

Seek emergency medical help if heart palpitations are accompanied by:

- > chest discomfort or pain
- > fainting or severe dizziness
- > severe shortness of breath

1 All of the following are common allergens except:

- a. pollen
- b. dust
- c. wood
- d. food

2 Anaphylaxis is:

- a. an allergy to latex
- b. a serious, life-threatening allergic reaction
- c. a type of asthma
- d. a minor allergic reaction that doesn't require treatment

3 Which of the following is a type of asthma?

- a. exercise-induced asthma
- b. allergic asthma
- c. occupational asthma
- d. all of the above

4 Symptoms of an asthma attack may include:

- a. wheezing, shortness of breath and chest pain or tightness
- b. sudden numbness, especially on one side of the body
- c. memory loss and difficulty learning new information
- d. a bright red rash that covers most of the body

5 Asthma medications may include:

- a. inhaled corticosteroids ("control" medicine)
- b. short-acting beta-agonists ("rescue" medicine)
- c. both a and b
- d. none of the above

Answers: 1. c, 2. b, 3. d, 4. a, 5. c



# Women: Screenings for you

➤ Your best weapon in the fight against disease? Early detection. Generally, the earlier a condition is caught, the more effective the treatment and the more likely you'll be to ward off any complications.

Numerous medical organizations have developed screening recommendations, and opinions vary on the timing and frequency of these screenings. Because of your personal or family medical history, your doctor may recommend a different schedule than the one below. As always, talk with your doctor about the screening schedule that's right for you. ●

Test	What it does	When to get it	Recommendations from ...
<b>Blood pressure screening</b>	Measures the force of blood against artery walls	➤ Age 18+, at least every 2 years	Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure
<b>Bone mineral density test</b>	Screens for osteoporosis (weak, brittle bones)	➤ Age 65+, at least once	National Osteoporosis Foundation
<b>Clinical breast exam</b>	Physical exam for breast lumps or irregularities	➤ Age 20–39, every 3 years ➤ Age 40+, yearly	American Cancer Society
<b>Colon cancer screening</b>	Tests for colon cancer	➤ Beginning at age 50, women should follow one of two schedules: ① <b>Tests that find polyps and cancer:</b> flexible sigmoidoscopy every 5 years, colonoscopy every 10 years, double-contrast barium enema every 5 years or CT colonography (virtual colonoscopy) every 5 years ② <b>Tests that mainly detect cancer:</b> fecal occult blood test every year or fecal immunochemical test every year	American Cancer Society
<b>Diabetes screening</b>	Tests for high blood sugar	➤ Age 45+, every 3 years	American Diabetes Association
<b>Eye exam</b>	Tests vision and eye health	➤ Age 18–60, every 2 years ➤ Age 61+, yearly	American Optometric Association
<b>Fasting lipoprotein profile</b>	Tests cholesterol levels, a measure of heart health	➤ Age 20+, every 5 years	National Cholesterol Education Program Expert Panel
<b>Mammogram</b>	Tests for breast cancer	➤ Age 40+, yearly	American Cancer Society
<b>Pap test</b>	Tests for cervical cancer	➤ Age 21–29, every 3 years ➤ Age 30–65, Pap test plus HPV test every 5 years	American Cancer Society

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70ERH

# Digital mammo option comes to ERH

➤ Evanston Regional Hospital (ERH) is now providing digital mammography and making the experience more comfortable with a new breast cushion that dramatically eases the discomfort many women feel when they get a mammogram.

This new digital unit incorporates revolutionary imaging technology that provides incredibly sharp images. "The discomfort many women feel during mammography compression is known to be a reason why many don't get regular screenings," says John Olson, M.D., a board-certified radiologist at ERH. In addition to compression, the cold surfaces and hard edges of the mammography device make the experience uncomfortable for some patients. "The breast cushion answers these complaints by providing a soft, warm cushion for the breast during mammography. Because women are more relaxed during the exam, it makes it even easier for our mammography technologists to get the best possible image."

## Additional benefits

Digital mammography offers a number of other practical advantages and patient conveniences. Because there is no waiting for film to be developed, it can significantly reduce the time patients spend in the breast center, as well as reduce the need for repeat exams due to under- or

overexposure. Digital images are stored and transferred electronically, eliminating the dependency on one set of original films.

Breast cancer is the second-leading cause of cancer death among women, exceeded only by lung cancer. Statistics indicate that 1 in 8 women will develop breast cancer sometime in her life. The stage at which breast cancer is detected influences a woman's survival. If detected early, the five-year survival rate is 97 percent. ●

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



➤ ERH's new digital mammography technology provides a more positive experience for women.



## Get screened today!

ERH is committed to the fight against breast cancer. If you have questions about this important breast health procedure, call Katie Naylor at **(307) 783-8275**. To schedule an appointment, call **(307) 783-8196**.