

inspire

YOUR HEALTH, YOUR LIFE

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GOT **SLEEP?**
COFFEE AND
YOUR HEALTH

Better Health in
15 MINUTES

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MESA VIEW
REGIONAL HOSPITAL

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Spring Cleaning and



ASTHMA

If you or a loved one suffer from asthma, clearing dust from your home may seem like a good idea. But what you clean your home with can make all the difference.

Many cleaning supplies contain chemicals, including volatile organic compounds (VOCs), that can aggravate asthma and other respiratory illnesses. VOCs can be found in chlorine bleach, detergent, rug and upholstery cleaners, and furniture and floor polish.

How can you clean your home and keep your lungs safe? The American Lung Association recommends using baking soda for scrubbing and a mix of vinegar and water to clean glass and other surfaces. Looking for organic cleaning products? The Environmental Working Group offers a "Guide to Healthy Cleaning" at ewg.org/guides/cleaners.

BREWING Health Benefits



Good news for coffee lovers — regular consumption of coffee may provide significant health benefits, including:

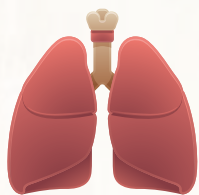
- **Decreased risk of depression.** A study by the National Institutes of Health found those who drink four or more cups of coffee daily are 10 percent less likely to be depressed.
- **Delayed Alzheimer's disease onset.** Researchers from the University of South Florida and the University of Miami found that people older than 65 who consumed higher levels of caffeine develop Alzheimer's disease two to four years later than those with lower caffeine intake.
- **Reduced risk of cancer.** According to the Harvard School of Public Health, coffee drinkers are less likely to develop liver, breast, colon and rectal cancers.

4

TOP REASONS

People Visit the ER

WHEN YOU FEEL SOMETHING IS WRONG WITH YOUR BODY, IT'S TIME TO GO TO THE EMERGENCY ROOM (ER). LEARN WHAT DRIVES MORE THAN 131 MILLION AMERICANS TO VISIT THE ER EVERY YEAR.



More than
1.6 MILLION

infants and adults older than age 45 are admitted to the ER due to **respiratory conditions**, including bronchitis, pneumonia and asthma.

More than
2.2 MILLION
adults older than age 45 visit the ER for **nonspecific chest pain**.



Ear infections and fever

are two of the most common reasons patients younger than age 18 go to the ER, accounting for almost

10 PERCENT
of all visits.



4.5 MILLION
adults younger than age 85 seek care from the ER for **abdominal and stomach pain**.

READY TO GO

During a medical emergency, remembering to take everything you need to the emergency room (ER) can be difficult. Keep the following essential information on hand:

- **List of medications.** For every person in your family, have a written record of daily medications, including prescriptions, over-the-counter drugs, and any vitamins or supplements. Make sure the dosage and directions are included.
- **Preexisting illnesses and allergies.** The medical staff needs to know if you or a loved one has diabetes, high blood pressure or any other chronic illnesses that could complicate treatment, as well as any food or drug allergies that could cause life-threatening reactions.
- **Your doctor's phone number and address.** If you need follow-up care, having this information handy will make communication between the ER and your doctor's office easier.

The care you need — when you need it. Visit MesaViewHospital.com and select “Services” and then “Emergency Department” to learn about our 30-Minutes-or-Less ER Service Pledge.

* Source of all statistics: Agency for Healthcare Research and Quality

15 Minutes of HEALTH

BUSY, BUSY, BUSY. THAT SEEMS TO BE AMERICA'S MANTRA. WITH OUR CONSTANT RACE AGAINST THE CLOCK, HOW CAN ANYONE FIND TIME FOR HEALTH? TRY THESE IDEAS TO BOOST YOUR PHYSICAL AND MENTAL WELL-BEING IN 15 MINUTES OR LESS.



AT HOME

EAT

HAVE BREAKFAST OUTDOORS.

We all know eating a well-balanced breakfast is crucial to your health, but why outside? A 2014 study by researchers at Northwestern University found that people who are exposed to bright morning sunlight have lower body mass indexes (BMIs) than those who aren't. Researchers believe morning light exposure keeps your metabolism in sync, helping you burn more fat throughout the day.

PLAY

TOUCH YOUR TOES.

Stretching increases blood flow to your whole body, helping you feel more awake and alert. Staying loose also helps counteract your physical response to stressors so you can remain relaxed and pain-free as the day wears on. To get the most benefit, follow the American College of Sports Medicine's guidelines for static stretching: Hold each stretch for between 15 and 30 seconds, repeating three to five times on both sides of the body.

RELAX

MIND YOUR Xs AND Os.

Giving your spouse a hug and a kiss when you get home from work isn't just good for your marriage. It's also great for your physical and mental health. Affectionate physical contact lowers blood pressure and heart rate and releases feel-good hormones that kill stress and negative feelings. Showing affection to any loved one can have the same effect, so give a bear hug to your kids, your friends — even your neighbors.

FACE FIRST

YOU MAY HAVE YOUR DAD'S EYES, YOUR MOM'S SMILE AND YOUR GREAT UNCLE BERNIE'S NOSE, BUT HOW YOU TAKE CARE OF YOUR FEATURES IS ALL YOU. TRY THESE TIPS TO KEEP YOUR FACE HAPPY AND HEALTHY:



The American Optometric Association recommends turning your eyes away from your screen every 20 minutes and focusing on objects farther away for 20 seconds. This reduces your risk for eyestrain and computer vision syndrome.



Nosebleeds become more common after age 50. To prevent them, the American Academy of Otolaryngology – Head and Neck Surgery recommends swabbing the lining of your nose three times a day with petroleum jelly.



Regular flossing helps prevent gum disease, which — according to the American Dental Association (ADA) — is associated with a lower risk of cardiovascular disease. Yet only half of Americans floss every day, according to the ADA. To help you remember, keep your floss on your nightstand rather than in your medicine cabinet.

AT WORK

STOCK YOUR SNACK STASH.

It's hard to resist that box of doughnuts in the conference room, especially when it's 3 p.m. and your stomach is growling. Keep healthy snacks in your desk drawer to satisfy your urge to indulge. Your snack stash can include unsalted mixed nuts, granola bars, or peanut butter and whole-wheat crackers. To avoid weight gain, keep your snacking to 150 calories or less in the morning and afternoon.

TAKE A STAND.

Researchers at the Lawrence Berkeley National Laboratory found that moderate-intensity walking reduced people's risk for hypertension, high cholesterol and diabetes nearly as much as vigorous running did. Getting up from your desk, stretching and walking around for 10 minutes is one of the easiest things you can do to prevent long-term health problems.

JUST BREATHE.

One of our first physiological responses to stress is shallow breathing. You may not even notice yourself doing it, which is why it's important to perform breathing checks throughout your workday. Remind yourself to take deep, slow breaths, inhaling through your nose and exhaling through your mouth.

AT PLAY

TAKE A SALAD DETOUR.

When dining out, order a healthy salad as your side and pause midway through your main meal to eat it — taking care to eat as slowly as possible. According to the Academy of Nutrition and Dietetics, it takes about 20 minutes for your stomach to tell your brain it's full. Stopping halfway through dinner to crunch on your greens will give your brain more time to catch up. After your salad, you may just decide to save the second half of that burger for a takeout box.

DON'T PARK IT AT THE PARK.

When you take your kids or grandkids to the playground, don't let them have all the fun. If allowed, swing, climb and slide along with them, or go for a brisk stroll around the perimeter of the park while they play. For people who weigh around 150 pounds, every 15 minutes of vigorous walking burns approximately 115 calories. The more you weigh, the more you'll burn.

LAUGH OUT LOUD.

Listen to a podcast of your favorite comedian when you're walking or driving. Aside from reducing stress, research shows that laughing can temporarily increase antibodies in the mucous lining the nose and respiratory passages. More antibodies mean a stronger immune system, which can help protect you from seasonal illness.



The Mystery of **MENOPAUSE**

HOT FLASHES AND FLUCTUATIONS IN MOOD CAN SIGNAL THE BEGINNING OF THE END OF YOUR MENSTRUAL CYCLES, ALSO KNOWN AS MENOPAUSE.

Menopause is defined as one year without a period. The hormone estrogen is released during menstruation. Fluctuations in this hormone during perimenopause (when a woman's body begins transitioning to menopause) and menopause can cause many women to experience a variety of symptoms, including:

- abnormal bleeding or spotting between periods
- hot flashes
- moodiness, including feeling tired, sad or angry
- night sweats
- sleep disturbances
- urinary tract infections or incontinence
- weight gain in the abdominal or hip area

Menopause differs for every woman. Some women experience it in their 30s, while others aren't affected until their 60s. The best indication of when a woman will enter menopause is the age the woman's mother went through menopause.

The intensity of symptoms can also vary. Some women may experience no symptoms while others have multiple symptoms. If symptoms keep you from the activities you enjoy, schedule an appointment with your doctor to discuss treatment options, including hormone replacement therapy.

OTHER CONSIDERATIONS

In addition to uncomfortable symptoms, a decrease in estrogen also leads to an increased risk of osteoporosis, a condition affecting bone strength and density. The National Institutes of Health recommends all women undergo dual-energy X-ray absorptiometry (DEXA) screenings beginning at age 65 or at age 60 for those at high risk. DEXA screenings are covered at no cost under many insurance plans for women older than age 60. Check with your insurer for specifics.

CHANGE IT UP

Here's how to cope with menopause's most pesky symptoms.

- **Deflate hot flashes before they start.** Certain things may trigger a hot flash, such as alcohol, caffeine, spicy foods, and changes in the weather or restrictive clothing. Jot down when you have hot flashes and if any of these stressors were involved, then modify your diet or activities to stay cool.
- **Manage moodiness with a timeout.** Feeling teary or irritated? Take five minutes to regroup by taking a quick walk or calling a close friend.
- **Stick to your sleep schedule.** Having a set bedtime will help you drift off to dreamland. Dress in light, cool layers to keep from getting overheated.
- **Talk with your doctor about hormones.** Some women benefit greatly from hormone therapy as they transition through menopause. Discuss whether this option is right for you.

We provide care designed to meet the unique health needs of women of all ages. To learn more, visit MesaViewHospital.com and select "Services" and then "Women's Health."

THE SECRET TO A Good Night's Sleep

DEEP, RESTORATIVE SLEEP DOESN'T HAVE TO BE ELUSIVE.

We're a nation of toss-and-turners. According to the National Sleep Foundation (NSF), more than half of American adults say they have trouble falling asleep or frequently wake during the night several nights a week. Even those whose sleep is peaceful aren't getting enough of it. A 2013 Gallup poll found that 40 percent of Americans slept an average of six hours or fewer each night, less than the seven to eight hours recommended by the NSF.

If you're restless and easily awoken at night, or frequently wake up in the morning feeling groggy, you may have poor sleep habits. Think back on your previous seven nights of sleep — or start a sleep diary for the coming week — and use this checklist to identify any sleep improvements you can make:

- ☐ I slept at least seven hours most nights.
- ☐ I consistently went to bed and woke up at the same times.
- ☐ I went to bed when I started feeling sleepy but before I was overly sleepy.
- ☐ I stopped looking at screens (TV, phone, computer, tablet) at least an hour before bed.
- ☐ I performed my usual sleep "cues" (brushing teeth, putting on pajamas, light reading, etc.) each night.
- ☐ I stopped drinking caffeine after lunch and alcohol after dinner.
- ☐ I exercised for at least 30 minutes each day.
- ☐ I didn't have any stressful or negative emotional interactions before bed.
- ☐ I didn't snack before bed.



4 in 10

AMERICANS DON'T GET ENOUGH SLEEP.

1/3

OF PEOPLE BLAME BEDROOM TEMPERATURE FOR NOT GETTING A GOOD NIGHT'S SLEEP.



Did You Know?

SEVENTY

According to the Centers for Disease Control and Prevention, there are more than 70 known sleep disorders.

Wired Awake

PERCENT OF ADULTS WHO SOMETIMES LEAVE ELECTRONICS ON AT NIGHT IN THEIR BEDROOM:



TELEVISION

34%



COMPUTER

10%



SMARTPHONE OR TABLET

28%



MP3 OR OTHER MUSIC PLAYER

21%

* Source: 2014 Sleep in America Poll, Gallup



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Operation PATIENT PREPARATION

WHAT YOU DO BEFORE HEADING TO THE HOSPITAL SETS THE STAGE FOR A SUCCESSFUL SURGERY.

You have met with your surgeon, completed the necessary preoperative imaging and even taken care of some of the paperwork for your hospital stay, but you still have some tasks to perform before your procedure:

- **Get moving.** Performing preoperative exercises can smooth recovery from certain surgeries. Check with your doctor first to ensure the activity is OK.
- **Pack a bag.** Include comfortable clothes, toiletries, books or magazines, and a list of the medications you take.
- **Prepare for your return.** Arrange your home furnishings to accommodate assistive walking devices and minimize falls. Ask family and friends to help you with chores and errands after surgery.
- **Read up.** Carefully review the packet of information your surgeon gave you and follow the instructions exactly.
- **Watch what you eat.** Proper nutrition can help you recover your strength after surgery. Your surgeon might ask you to follow a special preoperative diet.

After you finish your to-do list, you can start on another — the list of fun things you plan to do when your recovery is complete.

We offer general and specialized surgical procedures, including some on a same-day and outpatient basis. To learn more, visit MesaViewHospital.com and select “Services” and then “Surgical Services.”

FIND YOUR PREOPERATIVE PEACE

Anxiety is common before surgery, but nervousness shouldn't stand in the way of preparing for a procedure that might improve your quality of life.

To calm your butterflies, think about what you do to manage other stressful situations in life and incorporate those actions into your preparation for surgery. If music soothes you, listen to your favorite album on the way to the hospital. If you use yoga to settle your nerves on the eve of important work presentations, break out the yoga mat in the days leading up to your procedure.

You might also find comfort in knowledge. Learning as much as you can about the surgery demystifies the process and helps you know what to expect. Review the information your surgeon gives you and ask him or her to recommend credible online sources that will allow you to explore the topic further.

