

inspire

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST



MESA VIEW
REGIONAL HOSPITAL

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



"Distractions can be dangerous," says Internal Medicine Physician Joseph Jeppson, D.O. "If you or someone you love is suffering from chronic distractions, speak with your primary care provider." Need a provider? Call (702) 997-1541 or visit MesaViewAnytime.com.

Dr. Jeppson is an independent member of the medical staff at Mesa View Regional Hospital.

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



Can You Spot HEART DISEASE?

You likely know that chest pain is a sign of heart disease, but that telltale symptom isn't the only one that should be on your radar.

Warning signs of serious diseases can show up in places you'd least expect. For example, signs of impending heart disease, heart attack and stroke may cause noticeable changes in your:

- **breath** — Bad breath is one potential sign of gum disease, which may increase your risk of heart disease and stroke, according to the American Academy of Periodontology.
- **ears** — Having a diagonal crease on your ear lobe, known as Frank's sign, has previously been associated with a greater risk of heart and peripheral vascular disease. A recent study published in *The American Journal of Medicine* found that Frank's sign may also be a predictive warning of ischemic stroke.
- **eyes** — Plaque can cause blockages in all arteries that carry blood from your heart to your body, including the arteries that supply blood to your retina and optic nerve, according to the American Academy of Ophthalmology. Your eye doctor can spot changes associated with these blockages and other problems during your eye exam.
- **jaw** — Pain in your jaw is one of several surprising symptoms you may experience during a heart attack.
- **legs** — Swelling, pain or numbness in your ankles, feet and lower legs can point to heart-disease-associated poor circulation, according to the U.S. National Library of Medicine.
- **stomach** — Nausea with or without vomiting is another sometimes overlooked heart attack symptom.

In addition to these lesser-known symptoms, chest pain, back pain, fatigue, shortness of breath and breaking out in a cold sweat are associated with heart disease and heart attack.

Fast Fact

More than 45 percent of heart attacks are silent, which means they don't cause chest pain or other easily recognizable symptoms, according to a 2016 study published in *Circulation*.



Making lifestyle changes today helps protect your heart in the future. To find a primary care physician who can give you personalized advice about healthy living, visit MesaViewAnytime.com.




Mekdelawit
Aschenaki, M.D.

AN EXPERIENCED CARDIOLOGIST RIGHT HERE IN MESQUITE!

Mekdelawit Aschenaki, M.D., is not only an experienced Cardiologist, she is passionate about her patients and works with them to help manage their conditions. She treats each patient like she would a family member and believes that clear, ongoing communication is critical to encourage positive outcomes.


No stranger to Southern Nevada, Dr. Aschenaki lived in Las Vegas as a child and loves the Mesquite community. When she is not seeing patients or spending time with her family, she enjoys reading, running, riding horses and traveling.

Dr. Aschenaki is a member of the medical staff at Mesa View Regional Hospital.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



1

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



If you are concerned about diabetes and healthy eating, talk with your primary care provider. To schedule an appointment at your convenience, visit MesaViewAnytime.com.



Catherine King, FNP

CATHERINE KING, FNP, CERTIFIED DIABETES EDUCATOR

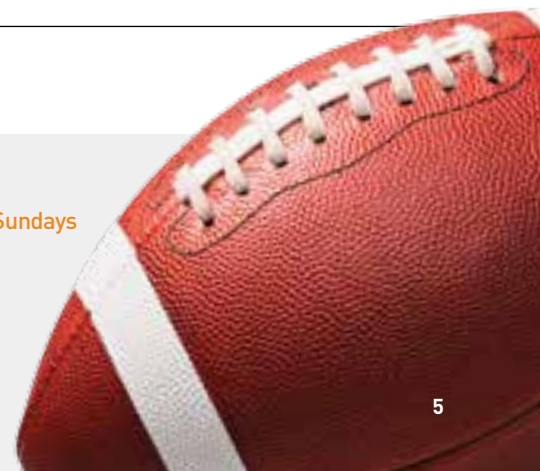
Aside from being a certified diabetes educator, King is also experienced with other chronic conditions, including congestive heart failure, lipid disorders and COPD.

She believes that to treat a condition or offer advice, a relationship must first be established with each patient and that listening is vital for her to understand the patient's condition. King is committed to working with each patient in managing their own health and formulating treatment plans that work best for the individual.

Catherine King, family nurse practitioner and independent member of the allied health staff at Mesa View Regional Hospital, treats patients of all ages.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.





Staying On Schedule Can Help Prevent Cancer!

Take advantage of screening and vaccinations to stop cervical cancer!

Rates of occurrence and death from cervical cancer have dropped by more than half during the past 30 years, according to the American Congress of Obstetricians and Gynecologists. The reason — a two-pronged preventive approach that includes screening for the disease and vaccinations against the virus that causes it.

A lot of work still needs to be done to defeat cervical cancer, however, and it starts with your annual well-woman exam. Here are three facts you need to know about cervical cancer and how to prevent it :

1. Cervical cancer has viral origins. Human papilloma virus (HPV) causes nearly all cases of cervical cancer.
2. Symptoms likely won't appear right away.
3. Prevention isn't just possible — it's probable, if you take action!

STAY ON SCHEDULE:

Having a pelvic examination, including a cervical cancer screening, is one of the most important steps you can take for your health. Your

doctor will know the best screening schedule for you based on your individual risk factors. As a general guideline the U.S. Preventive Services Task Force recommends:

- Females ages 21 to 30 have a Pap test every three years.
- Women ages 30 to 65 continue following the every three year schedule for Pap test, or if you prefer to go longer between screenings, you can have a combination Pap and HPV test every five years.
- Females age 65 and older, if at least two Pap tests in the past decade have shown no signs of cervical cancer, ask your provider if you need to continue screenings.

Your schedule may be busy, but your health should come first. Consider this, half of all new cervical cancers occur in women who have never been screened or have gone at least five years without a screening, according to the Centers of Disease Control and Prevention.



Encourage the women you love to take action against cervical cancer. Every vaccination and screening counts! Learn more about our Women's Health Services at MesaViewHospital.com.

OB-GYN CARE AT MESA VIEW REGIONAL HOSPITAL

It is never too late or too early to be your healthiest self. Starting with quality prenatal care and continuing through each season of a woman's life, a woman deserves attentive and compassionate care. Our goal is to provide this level of care to each patient we serve.

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

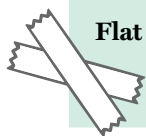


Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks



Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



"You may have questions about drinking a daily soda and your heart," says Cardiologist Mekdelawit Aschenaki, M.D. "a 22-year study found men who drink a 12-ounce soda daily have a 20 percent increased risk of heart attack." Concerned? Talk with your primary care provider. Schedule at your convenience at MesaViewAnytime.com.

Dr. Aschenaki is an independent member of the medical staff at Mesa View Regional Hospital.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

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Caring, experienced, and right here in Mesquite.

If you need surgery, you can turn to Jerry Guanciale, D.O., for a wide range of procedures. A board-certified general surgeon, Dr. Guanciale brings you the benefit of 25 years of experience. His services include general, gastrointestinal and breast surgery as well as colonoscopies and endoscopic procedures. He is committed to treating each patient with the care and compassion he would show his own family.

**To schedule an appointment, call 702-346-1700
or visit MesaViewMedical.com.**

Jerry Guanciale, D.O.
Board-Certified General Surgeon



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