

# *inspire*

YOUR HEALTH, YOUR LIFE

## ECOTHERAPY: Walk Away From Your Worries

HEALTH TIPS FOR  
**NAILS, SKIN AND SUN**

**SHAKING SODIUM  
OUT OF YOUR DIET**



**MESA VIEW**  
REGIONAL HOSPITAL

# IF YOUR **Nails** COULD TALK

It's normal to clip the occasional hangnail or catch your fingertip in a door. However, you should keep an eye out for the following nail symptoms that could point to more serious medical conditions:

- **Darkened cuticles and colored streaks** that develop on nails are called Hutchinson's nail sign. They can indicate that you have melanoma, the most aggressive form of skin cancer.
- **Splinter hemorrhages** are red streaks in the nail bed and may signal an infected heart valve, especially if you haven't injured your nail recently.
- Heart conditions and lung diseases can cause **clubbing of the fingernails**. Clubbing symptoms include softening of the nail beds, bulging fingertips and increased nail curvature.
- **Brittle nails** and nails that split away from the skin can be signs of an underactive or overactive thyroid. They can also signal the development of psoriasis, a skin disease that causes redness and irritation.

If your nails exhibit any of these signs or if they don't look normal to you, don't hesitate to contact your medical provider.

*Source: National Library of Medicine*

## Know Your **ABCDEs**

Detecting skin cancer doesn't require a complicated screening or exam. One of the best ways to detect melanoma early is by checking your skin once a month for one or more of these features:

- **ASYMMETRY** — The mole or birthmark has mismatched parts.
- **BORDER** — The edges of the spot are blurred, notched, jagged or irregular.
- **COLOR** — The color changes throughout the mole and may contain shades of brown, black, and — less frequently — white, red, pink or blue.
- **DIAMETER** — The mole or birthmark is wider than a quarter of an inch.
- **EVOLVING** — The color, size or shape of the spot changes over time.

Use both a full-length mirror and a hand-held mirror to check your entire body, including areas that are difficult to see. Ask your doctor about any concerning developments.

*Source: American Cancer Society*

## Sun PROTECTION



Protect your eyes and skin from sun damage all year round by:

**applying sunscreen** with an sun protection factor (SPF) of 30 or greater to all exposed skin areas

**wearing sunglasses** that block 99 percent or more of the sun's ultraviolet (UV) rays



**dressing in clothes that cover more of your skin**, especially if their labels display a UV protection factor (UPF) of 30 or higher

**choosing hats** with brims that are at least three inches wide



*Source: Skin Cancer Foundation*



# DEEP DIVE INTO WOUND CARE

Some of the basic principles of wound healing have been known since 2000 B.C.

If you lived in ancient Egypt, chances are good any wounds you experienced would be painted green. In addition to the color representing life, green paint contained copper, which killed bacteria in the wound and fought infection. Fortunately, wound care therapies have grown by leaps and bounds in the intervening years.

## HEALING WITH OXYGEN

While the concept of wound healing was introduced more than 4,000 years ago, modern wound care treatments weren't developed until the 20th century. Perhaps one of the most important advances is hyperbaric oxygen therapy.

The first time hyperbaric oxygen therapy was used in the United States, it wasn't to heal wounds — it was to treat the flu. It lit a spark in the minds of physicians, however, and a few decades later the U.S. Navy used it to treat its divers suffering from

decompression sickness. Hyperbaric oxygen therapy is good for slow-healing wounds because it is typically done in a pressurized chamber or room, which allows the blood to carry more oxygen.

## OTHER THERAPIES

Modern wound care treatments benefit a wide range of people, including those with pressure or radiation sores, slow-healing surgical wounds, foot ulcers, or other nonhealing wounds, such as those due to diabetes. In addition to hyperbaric oxygen therapy, other wound care treatments include:

- artificial skin grafts
- compression stockings to improve blood flow
- debridement, which removes dead skin and tissue
- negative pressure therapy
- ultrasound waves

Your doctor can determine the best treatment method for your wound.



## HYPERBARIC OXYGEN THERAPY IN MESQUITE!



Joseph Jeppson, D.O.,  
Medical Director  
at Mesa View  
Wound Center

Mesa View offers Mesquite's only hyperbaric oxygen treatment facility.

"Hyperbaric oxygen therapy offers many benefits," says Joseph Jeppson, D.O., internal medicine physician and Medical Director at Mesa View Wound Center.

"Some wounds require extraordinary treatment measures to heal. Research shows that healing is accelerated by the use of hyperbarics combined with appropriate wound care."

Hyperbaric oxygen therapy is the use of 100 percent oxygen in an environment that is pressurized. The release of oxygen throughout the body promotes angiogenesis and a chronic wound gets the nutrient- and oxygen-rich blood it needs to begin healing.

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



If you or someone you know is suffering from a sore or wound that won't heal, ask your doctor about the Wound Care and Hyperbaric Center at Mesa View, or contact us directly by calling (702) 903-3192.

## Fast Fact

One interesting — and effective — early wound care treatment was honey. Used by both the ancient Egyptians and Indians thousands of years ago, honey has antibacterial properties and is still part of some wound care treatments today.



# OUTDOOR Rx

Whether you prefer exercising outdoors, meditating in a natural setting or simply working in your garden, ecotherapy — healing time spent in the natural world — offers something for everyone.

In the 1980s, Harvard University biologist Edward O. Wilson, PhD, presented a concept called “biophilia” in which he argued that humans have an innate love of and connection to nature. Today, scientific research shows that connection has numerous positive effects on our health.

A slightly unconventional practice called ecotherapy is becoming more commonly used as part of mental health treatment in the United States. Used to treat many conditions, including depression and anxiety, ecotherapy works to address a wide variety of stressors through outdoor activities including adventure therapy, meditating in nature, working in gardens and on farms, playing with animals and getting involved in conservation activities.

## CALL OF THE WILD

Have you ever been sitting at your desk at work and noticed you felt completely unable to focus? Next time that happens, try taking a walk outside. Even a brief period spent experiencing the sights and sounds of plants and animals improves your ability to concentrate and renews your reserves of patience.

This phenomenon of directed attention fatigue is similar to attention deficit/hyperactivity disorder (ADHD), present in both children and adults. While spending time in natural environments benefits

everyone, researchers believe people with ADHD may especially see results.

## LEAVE YOUR TROUBLES OUTSIDE

Approximately 85 percent of Americans don’t have access to forests, according to the New York State Department of Environmental Conservation, but everyone can reap the benefits of being in nature. Spending time in a park or garden, or strolling down a sidewalk lined with trees, provides some of the same benefits as walking through a traditional forest — inner calm and feelings of well-being.

About 350 million people suffer from depression worldwide. Treatment options for most are psychotherapy, medication or a combination of both. Ecotherapy is a treatment option that most people can access at little to no cost.

Researchers at the University of Essex found a walk in a park improved feelings of depression in about three-fourths of participants, and 90 percent felt a higher level of esteem.

Ready to take a walk for better health? Talk with your doctor about the potential benefit of getting outside and enjoying green spaces.



## MORE MELATONIN

When you were younger, did your parents ever send you outside to run around and exhaust yourself? Apparently, they were on the right track. This approach works for adults, too, but it isn't just the exercise that makes you sleep better at night.

Experiencing natural light and its fluctuations prompts your body to produce melatonin, a hormone that helps your body maintain a healthy sleep cycle. Adequate sleep is important — not only for feeling rested but also for things like concentration, proper judgment and memory.

When your body produces enough melatonin, you're more likely to sleep deeply through the night. A good night's sleep allows your brain to process the things you learned and did that day, consolidating memories and allowing you to retain new information.

## TAKE A FOREST BATH

Don't worry — you don't need a swimsuit or towel for this adventure. Forest bathing, also known as shinrin-yoku, is a Japanese healing method that refers to the act of simply spending time in the forest. It's not hiking or adventuring with any real destination in mind. You aren't trying to get somewhere. You're there to absorb the experience of being in nature.

The concept of shinrin-yoku is an important part of preventive healthcare in Japan and South Korea today and is supported by extensive research.

Known benefits include:

- better mood
- better sleep
- higher energy levels
- improved healing after surgery or illness
- lower blood pressure
- lower stress levels

Whether forest therapy is offered near you or not, you can practice shinrin-yoku on your own. Find a park or hiking trail nearby, ideally where you can be covered by a tree canopy, and set aside some time to meander and be present in the greenery that surrounds you.





# FUEL FOR TWO

## Fast Fact

Adjusting your diet is just one step in your preconception journey. Maximizing your health by losing weight, quitting smoking and working with your doctor to control existing medical conditions also helps ensure good health for you and your precious cargo.

Making pregnancy-safe changes to your diet before you are expecting helps ensure your baby is protected from potentially harmful chemicals and receives the best possible nutrition from day one.

Your baby achieves important developmental milestones, including formation of the neural tube that goes on to form the brain and spinal cord, during the first four to eight weeks of pregnancy — many times, before you even realize you're pregnant. The foods you eat or avoid during this time play vital roles in aiding proper growth and development, which is why providers recommend adjusting your diet as soon as you start thinking about becoming pregnant.

Use these do's and don'ts to guide your healthy eating habits before and after pregnancy:

- ✓ **Do take 400 to 800 micrograms of folic acid every day.** Supplementing your diet with folic acid before and during pregnancy helps prevent certain birth defects, including neural tube defects, according to the March of Dimes.
- ✗ **Don't drink alcohol.** Everything you eat or drink is passed onto your baby, and the Centers for Disease Control and Prevention notes that no known level of alcohol is safe for baby during pregnancy.
- ✓ **Do limit your caffeine consumption.** Every day, aim for no more than 200mg — about one tall latte, one 12-ounce cup of coffee or two 12-ounce colas.
- ✗ **Don't treat pregnancy as a license to overeat.** You'll only need about 300 extra calories per day during the second and third trimesters to support your growing baby.
- ✓ **Do talk with your provider about other healthy eating tips, such as foods to avoid.** For example, pregnant women shouldn't eat raw foods, such as sushi.

## WELCOME DR. NAINANI TO MESQUITE!



Stephanie Nainani, M.D.

Passionate about women's health, Stephanie Nainani, M.D., OB-GYN, says it is never too late and never too early to be your healthiest self. She provides a full range of obstetric services, including prenatal care and delivery. With more than 10 years of experience in obstetric and gynecologic medicine, Dr. Nainani performs major and minor surgery, laparoscopic hysterectomy and other procedures, as well as minimally invasive gynecology.

Dr. Nainani is board-certified in Obstetrics and Gynecology and comes to Mesquite from the Las Vegas area.



Are you expecting? Dr. Nainani is accepting patients at Mesa View Medical Group, located at 1301 Bertha Howe Ave. Suite #1. Call (702) 602-6913 to schedule an appointment or visit [MesaViewMedical.com](http://MesaViewMedical.com).

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



# Sneaky

# SODIUM

Too much sodium can cause high blood pressure and put your heart at risk. Learn how sodium finds its way into your food and how you can avoid it.




## Ideal Intake



Adults should consume **fewer than 2,300mg** of sodium every day.



To **MAXIMIZE**  **HEALTH BENEFITS**, adults should limit their daily sodium intake to **1,500mg a day or less**.



▶ People need fewer than **500mg of sodium** a day for their bodies to function properly.



Source: American Heart Association

## So Much Sodium

▶ Average Americans consume **more than 3,400mg** of sodium daily.



# >75%

**MORE THAN 75 PERCENT** of consumed sodium comes from prepackaged, processed and restaurant food — not table salt.



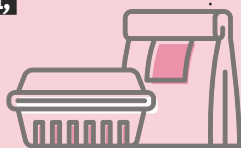
Many products — like chain pizza — contain **more sodium in the U.S.** than in other countries.




Source: Centers for Disease Control & Prevention

## See Ya, Sodium

Prepare fresh meals and **avoid prepackaged, processed and restaurant foods** to cut most sodium out of your diet.



 Check the **NUTRITION FACTS LABEL** for foods with 5 percent Daily Value of sodium or less and products marked “low sodium.”

Gradually **reduce your sodium intake** and

**use spices**

to help your taste buds adjust.



Source: U.S. Food and Drug Administration

**WANT TO READ MORE?**

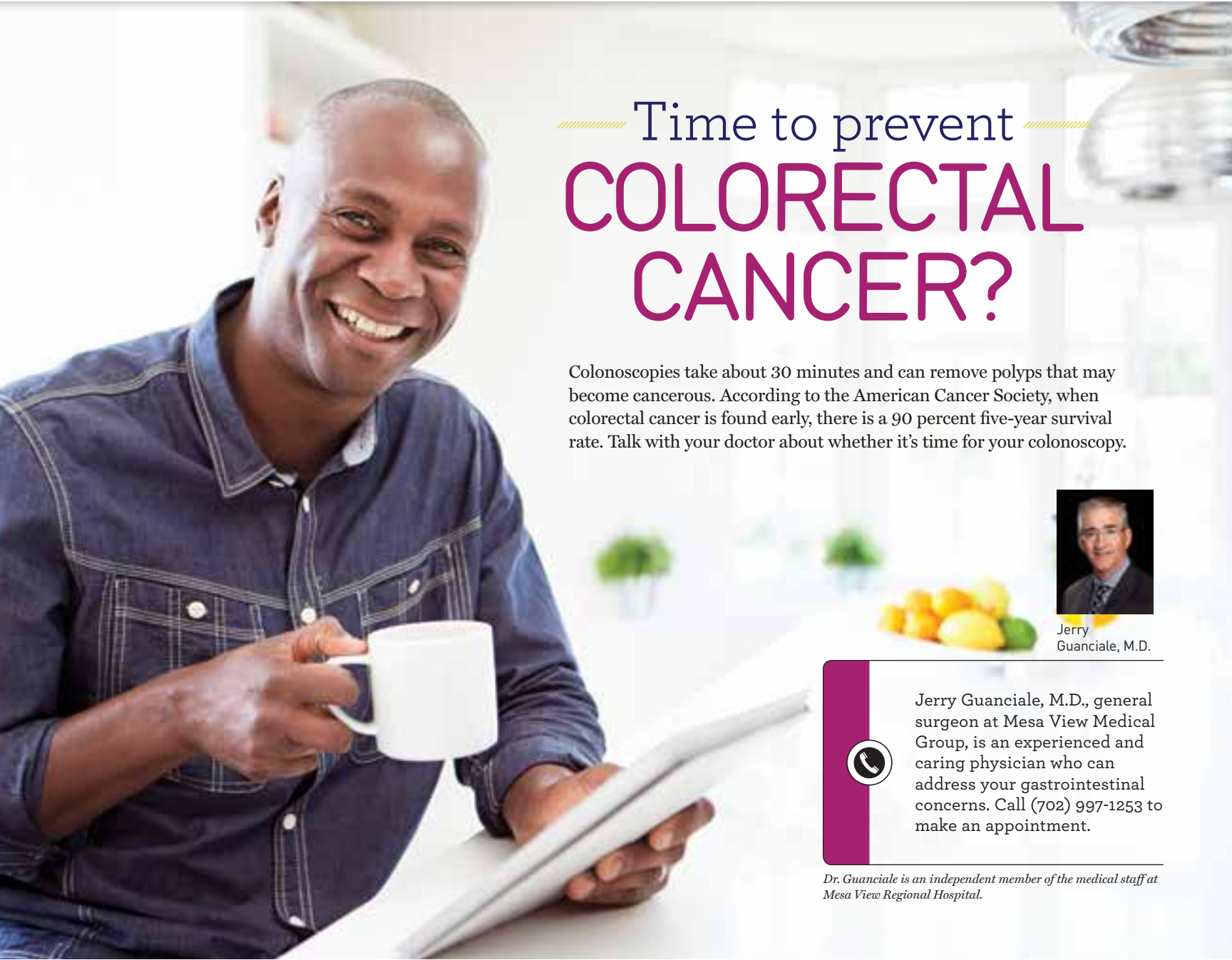
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# Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year survival rate. Talk with your doctor about whether it's time for your colonoscopy.



Jerry  
Guanciale, M.D.



Jerry Guanciale, M.D., general surgeon at Mesa View Medical Group, is an experienced and caring physician who can address your gastrointestinal concerns. Call (702) 997-1253 to make an appointment.

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