

# *inspire*

YOUR HEALTH, YOUR LIFE

PLAY IT  
**SAFE**  
in the  
Game of Life

CHECK YOUR HEALTH —  
IT'S NEVER TOO LATE

**YOUR LUNGS:**  
AN INSIDE LOOK



**MESA VIEW**  
REGIONAL HOSPITAL

# BETTER LATE THAN NEVER!

## VAPING: Lost in a Haze

You may have heard about people turning to vaping to help them stop smoking. Does it work? Is it safe?

Like cigarettes, e-cigarettes contain nicotine and other chemicals. So, while someone with a nicotine addiction might find relief in vaping, they won't put an end to their addiction. Others who have never smoked can become addicted to nicotine through e-cigarettes. In fact, research published in *Pediatrics* has found that teenagers who vape are more likely to smoke traditional cigarettes.

E-cigarettes themselves are not terribly safe, since they're unregulated. There's no way of being sure what chemicals they contain; poisons such as formaldehyde and antifreeze have been found in e-cigarettes. Even e-cigarettes marketed as "nicotine-free" have been found to contain nicotine, which is known to be harmful to cognitive development in adolescents. And because e-cigarettes are often flavored like fruit or candy, they're particularly attractive to younger age groups.

When it comes to vaping, the best advice is: Don't! And be sure your children and teenagers are well-informed so they can make sound decisions about e-cigarettes.



Ask your primary care provider if you would benefit from these screenings. If you need a provider, or for more information, call (702) 602-6913 or visit [www.MesaViewMedical.com](http://www.MesaViewMedical.com).

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

SCREENING OR VACCINATION	BENEFITS TO YOU
<b>Cervical cancer (Pap smear)</b>	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
<b>Mammogram</b>	Can reduce number of breast cancer deaths in women ages 40–74
<b>Colorectal cancer</b>	Can often detect and remove polyps before they become colon cancer
<b>Tetanus</b>	Can prevent tetanus, a disease that requires immediate medical attention
<b>Hepatitis A</b>	Can prevent hepatitis A, a disease that may cause liver problems and death
<b>Pneumococcal</b>	Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually

*\*Screening and immunization data from the Centers for Disease Control and Prevention*

## LOVE and Your Health

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



# DANGERS OF DEHYDRATION

It may seem minor, but dehydration can be serious.

Though considered by many to be a warm-weather concern, dehydration can happen any time of the year. Occurring when less fluid is taken in than is lost or used by the body, dehydration can cause a variety of symptoms ranging from a dry mouth and sunken eyes in children to dark-colored urine, dizziness and confusion in adults.

## COLD CAUSES

Anything that causes an individual to lose fluid can lead to dehydration. Though it may not be as noticeable in the winter, working outdoors still causes you to sweat. And while you suspect you need to drink less because it's not hot outside, not drinking adequate fluids can cause you to experience dehydration.

Additionally, being in the middle of cold, flu and stomach bug season can increase your risk for dehydration as well. Some of the most common causes of cold-weather dehydration are related to these illnesses and the associated symptoms of vomiting, diarrhea and fever — each can cause your body to lose fluid at an increased rate.

## TIME FOR THE ER?

In cases of mild dehydration, home treatment is usually sufficient. The main aspect of dehydration recovery is drinking plenty of fluids, such as water or sports drinks that replenish electrolytes, and eating fruits and vegetables, which have a high water content. You'll also want to rest in a comfortable environment until you are well hydrated.

Dehydration, however, can sometimes require emergency medical attention. Head to the ER anytime dehydration leads to rapid heartbeat or breathing, confusion, dizziness, lack of sweat production, shock, or loss of consciousness. There, emergency medicine personnel will intravenously replenish your body's fluid stores.

## ALWAYS A DOCTOR IN THE HOUSE!



Jarrold Johnson, D.O.

The emergency room (ER) at Mesa View Regional Hospital is staffed with a doctor 24 hours a day, seven days a week.

As part of the team of physicians in the emergency department, Jarrod Johnson, D.O., has provided emergency care for patients at Mesa View Regional Hospital for 14 years.

"It is good to know that you can count on being seen by a doctor when you come to our ER," Dr. Johnson says.

The ER specialists at Mesa View Regional Hospital know how to handle emergencies. Even if health concerns turn out to be nothing serious, don't take chances with your health. If your body says something is wrong, let us make the call.

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

*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*

## Call the Doc

Anytime someone experiences diarrhea for 24 hours, call a family practice physician to ensure it does not lead to severe dehydration.



Don't take chances with your health. If you think you are having a medical emergency, dial 911!

# SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

## *Burn Notice*

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



**First-degree burns** damage the top layer of skin, causing redness, swelling and pain.



**Second-degree burns** damage the outer skin and the dermis, the underlying skin layer.



**Third-degree burns** destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.



## ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



## COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



## WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

## *True or False?*

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

## STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.

To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at [GHSA.org/State-Laws](http://GHSA.org/State-Laws).

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



## WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



## COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

## TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



### SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

## COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

## What's the Difference?

**Heart attack** occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

**Stroke** occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



The emergency room at Mesa View Regional Hospital is staffed 24/7 with experienced physicians. If you think you are having a medical emergency, don't take chances. Call 911 and let our professional team evaluate you!

*We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.*

## PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- a list of allergies
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a record of all medical conditions, diagnoses and any recent test or imaging results
- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



# Get Your Guy TO THE DOCTOR!

If a man in your life won't get to the doctor, don't give up.

There are countless important things to do every day, and getting to the doctor is one of them. Unfortunately, many men disagree and go years without a single visit to the doctor unless there is an immediate health problem that needs remedying.

Why should men see the doctor regularly, and what screenings should they undergo as they age?

## WHY IT'S HELPFUL

Talking with a stranger isn't easy. Talking with a stranger about the most intimate aspects of your health is even harder. But when men refuse to visit a physician year after year, that's what they will be forced to do when facing a health issue too big to ignore.

Seeing a doctor regularly is also a great way for men to be proactive about their health.

With annual or semi-annual visits, men can learn about specific steps they can take to prevent potential health problems for which they might be at risk.

## SCREEN TIME

There are certain screenings that help doctors detect diseases early, when they are in their most treatable forms. Screenings every man should undergo include:

- blood pressure (once every three to five years and then annually age 40 and older)
- blood sugar (once every three years after age 45)
- bone density (as your physician recommends after age 50)
- cholesterol (based on medical history and risk factors, at least every five years for adults age 20 and older)

- colon cancer (colonoscopy every 10 years starting at age 45)
- lung cancer (for smokers or former smokers)

New guidelines for prostate cancer screening in 2018 by the U.S. Preventive Services Task Force recommend men ages 55 to 69 have the discussion with their doctor about screening to determine if it's right for them.



Ask your primary care provider if you are a candidate for a screening colonoscopy. If you do not have a provider, you can call Mesa View Medical Group for information or to schedule an appointment at (702) 346-0800.

## PREVENTION IS PRICELESS



Jerry Guanciale, D.O.

With over 20 years of experience providing colonoscopy screening, Jerry Guanciale, D.O., is the General Surgeon for Mesa View Regional Hospital.

"In my opinion, there is no greater protection against colon cancer than a preventive screening colonoscopy," Dr. Guanciale says.

Dr. Guanciale is experienced, caring and right here in Mesquite!

Call (702) 346-1700 to schedule an appointment with Dr. Guanciale.

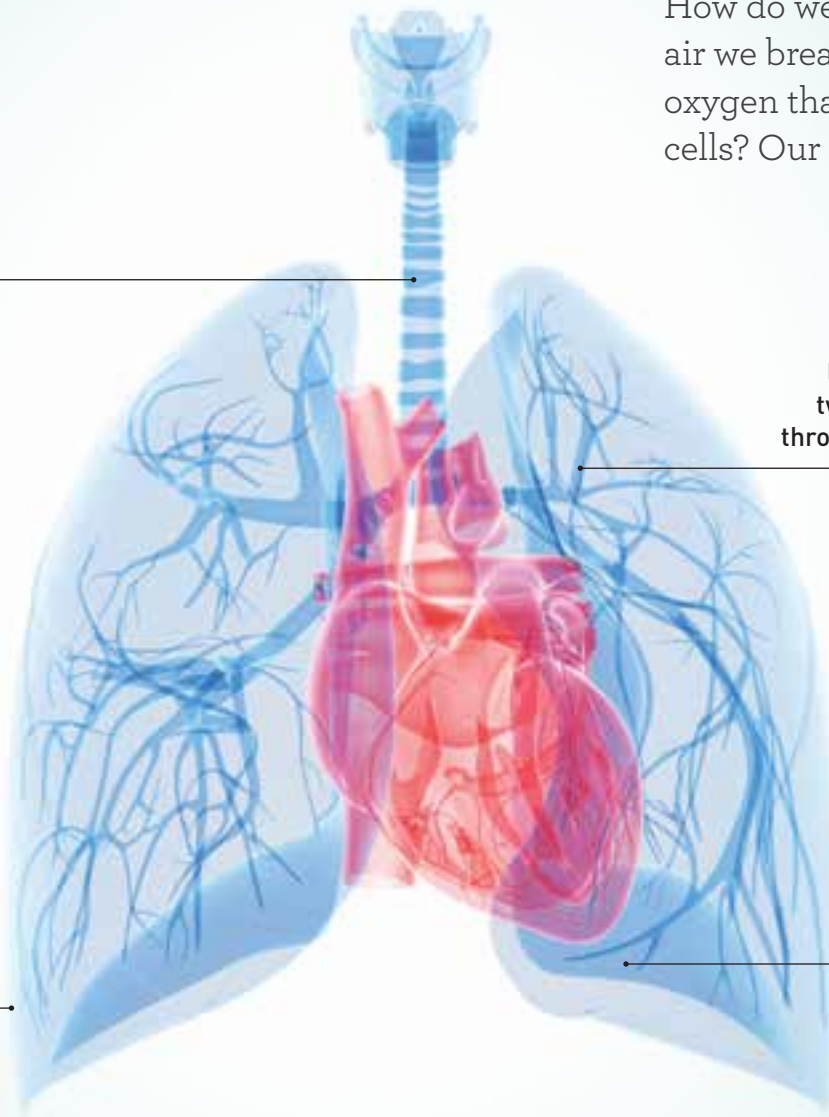
*Dr. Guanciale is a member of the medical staff at Mesa View Regional Hospital.*



## INCREASE THE ODDS

As many as one in five men go to the doctor because of the constant encouragement of a loved one.

# TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

**1.** Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

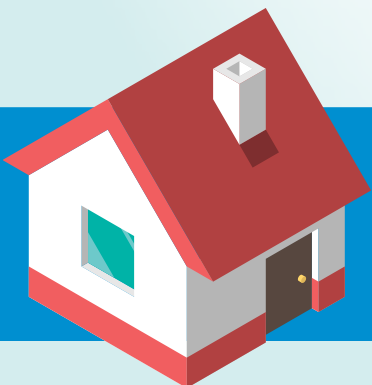
**3.**

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

**2.**

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

**4.**



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That’s as big as the floor space of a small house!



If you have any concerns about your lungs, ask your provider if you would benefit from a Pulmonary Function Test. Call (702) 602-6913 for more information.

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Mesa View Regional Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at [MesaViewHospital.com](http://MesaViewHospital.com). Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (702) 346-8040 (TTY: (800) 326-6868).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (702) 346-8040 (TTY: (800) 326-6868).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa (702) 346-8040 (TTY: (800) 326-6868).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# WHO KNOWS YOU **BEST?**

The one who's seen you at your worst. Count on your primary care provider to be your coach and guide as you continue on your lifelong journey to optimal health.



The providers at Mesa View Medical Group are welcoming patients of all ages! Call (702) 602-6913 for more information or to schedule an appointment.