

# *inspire*

YOUR HEALTH, YOUR LIFE

TASTE OR TOSS IT  
BEHIND THE  
BEST-BY DATE

IS IT A COLD, THE FLU  
OR COVID-19?

DO IT FOR THEM  
**Motivation to  
Quit Smoking**



**MESA VIEW**  
REGIONAL HOSPITAL

# CHECK THAT DATE!

When is the last time you checked your household inventory?

## KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn’t bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



## VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



## MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn’t mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren’t using. In order to do so safely, many police stations, health departments and hospitals, including Mesa View Regional Hospital have easy ways for you to drop off old medicine.



Need to safely dispose of old prescription medications? Call Mesa View Regional Hospital at (702) 346-8040 for more information about free prescription disposal kits and take-back days!



# Eat HEALTHY for Your Heart

Whether you're worried about your heart health or want to make sure you won't have to be, every day is a good day to start eating a heart-smart diet.

Healthy eating and regular exercise are habits people at any age can adopt to prevent cardiovascular disease, according to the American Heart Association (AHA). That's not to say you can't ever have the occasional fried chicken sandwich, but you have to balance out your unhealthy splurges. Here's what the AHA recommends.

- **Don't eat more calories than you need.** Depending on your size, activity level and whether you're trying to lose weight, your daily caloric intake might need to be higher or lower than the average 2,000 calorie basis for nutrition facts labels. Determine how many calories you should be eating and then stay within that limit most days.
- **Do eat whole foods.** Your diet should revolve around fruits and vegetables, lean protein like fish, whole grains, low-fat dairy, nuts, and legumes. Limit intake of fats and oils to heart-healthy options, such as olive oil or avocados.
- **Skip foods high in salt and added sugars.** To curtail high blood pressure, try to limit sodium to less than 2,300mg per day, although 1,500mg per day does a better job. Added sugars, including high-fructose corn syrup, should be limited to 100 calories or six teaspoons for women and 150 calories or nine teaspoons of for men per day.
- **Limit alcohol use.** Although there have been varying studies to determine whether a daily glass of wine is good for your heart, the verdict is still out. The AHA recommends sticking to no more than one drink a day, whether it's wine or beer or whiskey, for a woman and two for a man.

## MESA VIEW WELCOMES CARDIOLOGY PROVIDERS TO ITS MEDICAL STAFF


Cardiology services recently expanded in Mesquite as Mesa View Regional Hospital welcomes cardiology specialists to its medical staff. Revere Health's Heart of Dixie Cardiology recently opened a new location in our community, offering a more comprehensive range of cardiovascular services than ever before in Mesquite. Providers with that group are now independent members of the hospital's medical staff.

Cardiology services now provided in Mesquite include: carotid ultrasound, pacemakers, echocardiography, abdominal aortic ultrasound, stress echocardiography, Holter monitoring, vascular ultrasound, venous ablation, sclerotherapy, microphlebectomy and exercise treadmill stress test.

"We are excited about the new cardiology services being offered to members of our community," says Ned Hill, CEO for Mesa View Regional Hospital. "These providers are offering comprehensive cardiovascular services right here in Mesquite and are conveniently located next to the hospital."



Are you in need of cardiovascular care? Heart of Dixie Cardiology has expanded its services right here in Mesquite and can be reached at (702) 333-9026. It is located next to the hospital at 1301 Bertha Howe Ave., Suite #6, Mesquite, NV 89027.



The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

# QUIT

## *For the Greater Good*

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

### **READY TO QUIT YET?**

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



## YOU CAN DO THIS — DON'T DELAY, STOP TODAY!

For people who have become oppressed by the habit of smoking, there are few choices in life that can provide the level of immediate benefit as the decision to stop smoking today — now. Start saving money — saving time — improving health and strengthening the mind!

The average smokers spends approximately \$8,000 annually just on the cigarettes themselves. Smokers also spend, on average, more than three hours per day participating in the habit. This is typically time that is spent away from work or hobbies, so it is basically wasted or destructive time.

So where can people get direction, information and support to make this happen? Family, friends, faith groups and healthcare professionals are some of the options for a support structure. If you or someone you love wants to make this life-improving decision, take advantage of resources that are already available, such as those mentioned in the article on this page.

### HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Need support quitting smoking or want to know more about prescription options? To make an appointment with a primary care provider at Mesa View Medical Group, visit [MesaViewAnytime.com](http://MesaViewAnytime.com) or call (702) 346-0800.



# THE AGE OF Activity

As you age, one of the keys to maintaining health is to keep moving.

Few things benefit as many aspects of your physical and emotional health as exercise. Physical activity can help you do the things that matter most to you, such as traveling or playing games with your grandchildren, and maintain the independence you cherish. It can help you sleep better, move more easily, avoid falls, and reduce your risk for or recover faster from certain health problems, such as heart attack or stroke.

Many people say exercise makes them feel good. That's because one of its emotional benefits is improved mood. Physical activity also reduces your risk for depression and may help your brain function more effectively, according to the National Institute on Aging.

## GET READY TO MOVE

Older adults should participate in 30 minutes of moderate-intensity aerobic activity five days per week and weight-training activities two days per week, according to the Centers for Disease Control and Prevention. Need inspiration? Consider this plan for an active week:

- **Sunday** — Take a brisk walk on your favorite trail.
- **Monday** — Dance with your grandchildren in-person or by using a video conference application.
- **Tuesday** — If you've never done yoga, find a beginner's video for older adults online and give this ancient practice a try.
- **Wednesday** — Do wall push-ups while watching your favorite show.
- **Thursday** — Rediscover a childhood favorite by going for a bike ride.
- **Friday** — Weed, prune or spread mulch in your garden.
- **Saturday** — Do stationary lunges while listening to an audiobook or podcast.

Don't delay — call today! Are you considering an exercise program? It is always wise to make an appointment with your primary care provider (PCP) before you begin. If you do not have a PCP, you can reach Mesa View Medical Group and schedule by visiting [MesaViewMedical.com](https://www.MesaViewMedical.com) or calling (702) 346-0800.



A good pair of shoes is an essential piece of exercise equipment. Be sure your athletic shoes are a fit for your activity of choice, are in good condition, have nonskid soles and provide adequate arch support.

## MOVE IT, DO IT, MAKE IT HAPPEN!

More than ever before, with all of the recent sheltering at home and limiting of social interaction from the COVID-19 pandemic, making time to keep your body moving is critically important.

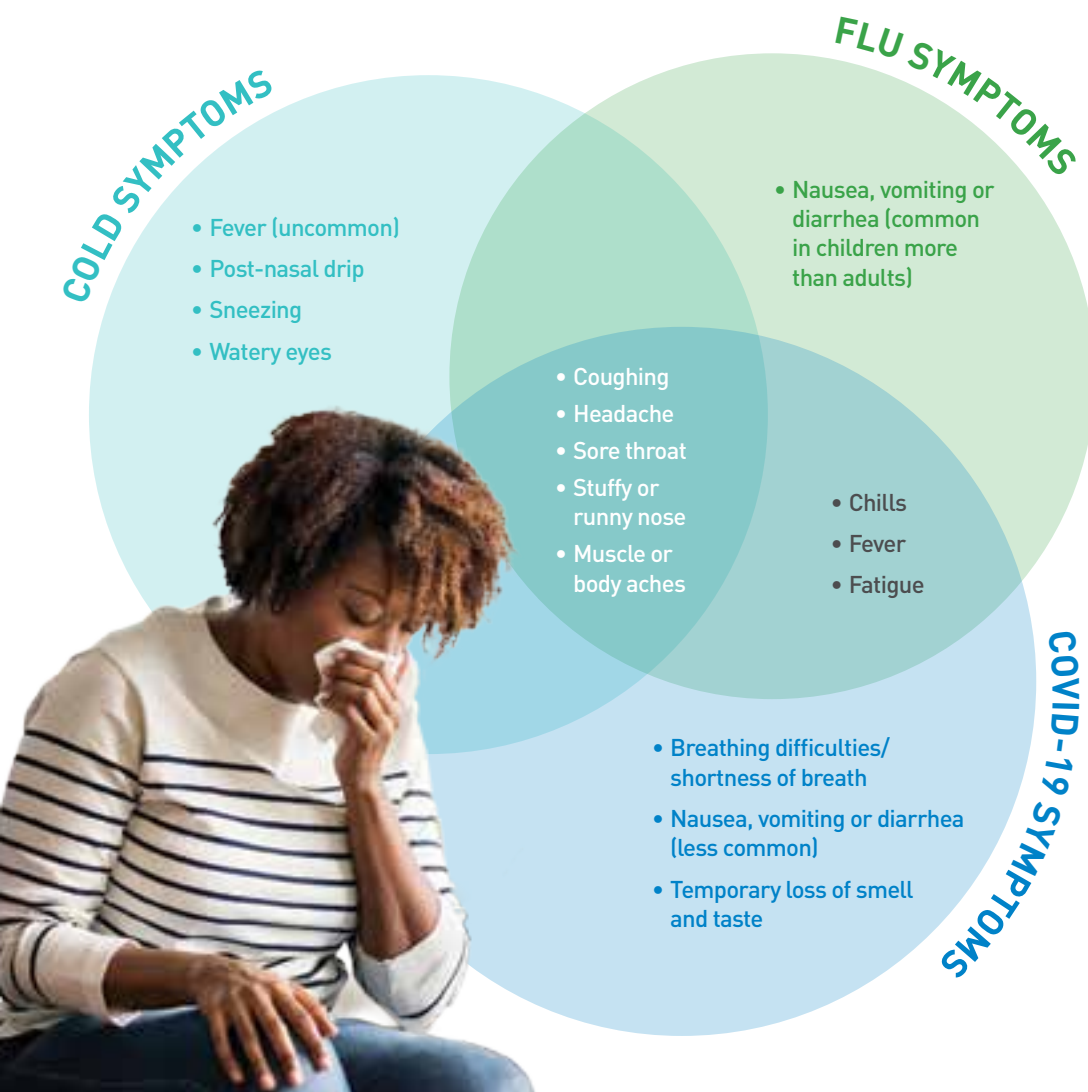
Depending on your physical fitness level and your age, it can be just as important to consult with your primary care provider before you begin a program for two main reasons. First, checking with your provider will give you direction on any limitations that you should be aware of to keep your body safe from harm. Secondly, it will provide you with a baseline of metrics to compare yourself with as you progress.

*If you do not have a primary care provider, you can visit [MesaViewAnytime.com](https://www.MesaViewAnytime.com) to select one and schedule an appointment as a new patient.*

# COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

## COLD VS. FLU VS. COVID-19 SYMPTOMS\*



## HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S

Cold: 2–3 days

Flu: 1–4 days

COVID-19: 2–14 days

## WHEN AM I CONTAGIOUS?

### COLD:

From 1–7 days after symptoms

### FLU:

From 1 day before to 7 days after symptoms; most contagious 3–4 days after

### COVID-19:

From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



Concerned about your symptoms? Walk-ins and same-day appointments are often available at Mesa View Medical Group! Visit [MesaViewAnytime.com](https://www.mesaviewanytime.com) to schedule an appointment or call (702) 346-0800 for guidance!

## HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

## Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.



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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.

## Could your discomfort be caused by a hernia?

If you experience a heavy feeling in your abdomen when you bend, pain when you lift heavy objects, or a lump that enlarges when you strain and disappears when you lie down, it could be a hernia. Some hernias with few symptoms may just need monitoring by your primary care physician. Those with more serious symptoms may need treatment. At Mesa View Medical Group, we provide surgical repair for all types of hernias. So don't wait.

**Same-day consultations are often available.  
Call 702-346-1700.**

Soon O. Kim, M.D.  
*Board-Certified  
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Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.