

inspire

YOUR HEALTH, YOUR LIFE

TIRED OF
ROUGHING IT?

*Winter Skin
Solutions*

**WHY 7,500 STEPS
IS ENOUGH**

**COLD & FLU
SEASON:
DON'T PASS IT ON**



MESA VIEW
REGIONAL HOSPITAL

New Year, *New You*

Follow these tips to kick your year off the healthy way.

WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.



Eri Gibb, D.O.



Rita Seck, D.O.



Kurt (Colt) Sawyer, FNP



April Peterson, FNP



Janel Hillstrom, FNP



Rodney Briggs, PA-C

CARING FOR MORE PATIENTS

Six new primary care providers have begun serving the community over the past year, which has made scheduling appointments easier than ever for patients.

Eri Gibb, D.O.; Rita Seck, D.O.; Kurt (Colt) Sawyer, FNP; April Peterson, FNP; Janel Hillstrom, FNP; and Rodney Briggs, PA-C; have joined Mesa View Medical Group. Each of these providers see patients of all ages at Mesa View Medical Group, 1301 Bertha Howe Ave., Ste. #1.



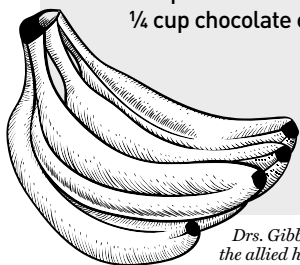
Visit MesaViewAnytime.com or call (702) 997-1541 to schedule an appointment. Same and next-day appointments available.

Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

INGREDIENTS

3 large overripe bananas, mashed
½ cup all natural peanut butter
2 cups rolled oats
¼ cup chocolate chips



DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

NUTRITION

Serving: 1 cookie
Calories: 103
Carbohydrates: 19g
Protein: 6.5g
Fat: 6g
Fiber: 6g
Sugar: 1g



Drs. Gibb and Seck are members of the medical staff at Mesa View Regional Hospital. Kurt (Colt) Sawyer, family nurse practitioner and member of the allied health staff at Mesa View Regional Hospital, treats patients of all ages. April Peterson, nurse practitioner and member of the allied health staff at Mesa View Regional Hospital, treats patients of all ages. Janel Hillstrom, nurse practitioner and member of the allied health staff at Mesa View Regional Hospital, treats patients of all ages. Rodney Briggs, certified physician assistant and member of the allied health staff at Mesa View Regional Hospital, treats patients of all ages.



Winter EMERGENCIES

Medical emergencies do not take a holiday break during the season of soirées and icicles. Know what sends people to the emergency room (ER) this time of year and how you can avoid needing the ER.

CARDIOVASCULAR EVENTS

Heart attack and stroke are prevalent conditions during the winter months. Recognizing symptoms and acting fast before they cause irreversible damage is key.

Warning signs of a heart attack include:

- chest pain, pressure or squeezing that is ongoing for several minutes or goes away and returns
- cold sweat
- lightheadedness
- nausea
- pain in the arms, neck, jaw or stomach
- shortness of breath
- vomiting

If you are experiencing a stroke, you or a loved one may notice:

- face drooping
- arm weakness
- slurred speech

In either event, do not hesitate to call 911.

Timely emergency care can save heart muscle, brain tissue and possibly a life.



SLIPS AND FALLS

When the weather is icy and wet, losing your footing is easy to do. Falling is a key reason that people land in the ER. However, you can take steps to reduce your risk of getting up close and personal with the pavement.

A strong body is your greatest asset to minimize the likelihood of losing your balance, and it is never too late to set a solid foundation. Work on your balance with simple exercises such as tai chi and yoga. Also, make sure that your vision is clear. If your sight is blurry, make an appointment with an eye doctor to test your vision and get the necessary prescription for glasses or contact lenses.

Additionally, when you are in high-risk areas for falling, such as cracked sidewalks, ladders and stairs, take care to:

- Lift your feet completely as you take steps.
- Look where you are going.
- Use a cane or hang on to a railing, if you are having difficulty with your balance.
- Wear shoes with substantial tread to keep from slipping.



PHYSICIANS READY 24/7

Don't second-guess your health. When the pain in your chest could be last night's dinner — or a heart attack — we know what to do. The emergency room (ER) physicians at Mesa View Regional Hospital know how to handle emergencies.

When experiencing the symptoms of a heart attack, time is critical. Knowing the symptoms of a heart attack is important. Knowing what to do about them could save your life! If you feel you may be experiencing symptoms of a heart attack, call 911 immediately for emergency help and to get you to the nearest ER for treatment.



For more information about the symptoms of a heart attack or the ER at Mesa View Regional Hospital, visit MesaViewHospital.com

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



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

Taking Care of WINTER SKI

DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

1.

CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- petrolatum
- hemp seed oil
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.



2.

ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.



3.

CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

**HELLO, Hydration**

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so it's tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



To schedule an appointment with your primary care provider or to find a new one, visit MesaViewAnytime.com.

WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.



SOON O. KIM, M.D., JOINS THE TEAM

Dr. Kim is a general surgeon and is certified by the American Board of Surgery.



Soon O.
Kim, M.D.

Mesa View Regional Hospital recently welcomed Dr. Kim to the medical community in Mesquite.

She and her husband relocated from New Mexico where she served as a surgeon for many years.

“Moving to Nevada is like coming home for both my husband and myself,” Dr. Kim says. “We are excited about making Mesquite our forever home.”

Dr. Kim earned her medical degree from the University of Illinois College of Medicine and completed her surgical residency at the University of Texas Medical Branch at Galveston.

In her 27 years as a surgeon, Dr. Kim has had experience with a range of surgical procedures, including colonoscopy, appendectomy, hernia repair, and gastrointestinal, gallbladder and endoscopic surgery. She prefers the laparoscopic method of surgery when appropriate, as this approach is less invasive and more likely to have a cosmetically positive result for patients.

Soon O. Kim, M.D., General Surgeon at Mesa View Regional Hospital, believes in treating her patients with respect, honesty and dignity.

“My practice philosophy is to under promise and over deliver,” she says. “I believe in keeping myself physically fit by maintaining a healthy lifestyle, so I can be a role model for the people I serve and the community.”

Dr. Kim has practiced medicine in Texas, Illinois and New Hampshire, as well as Abu-Dhabi, in the United Arab Emirates, where she served as a Specialist Surgeon, and Nevada where she spent eight years as Chief of Surgery at Humboldt General Hospital in Winnemucca.

Are you experiencing pain when you eat or unusual abdominal issues? It could be your gallbladder or a hernia. To learn more about surgery at Mesa View Regional Hospital, visit MesaViewHospital.com and search “Surgical Services.”



Dr. Kim welcomes patients of all ages. Call (702) 930-8326 to schedule an appointment. Her office is located at 1301 Bertha Howe Ave., Suite #8, in Mesquite.

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

SICK

Etiquette

Mind your manners — and your health — with these tips.

1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food

Have a fever higher than 100 F, experience difficulty breathing or chest pain, or your cold has worsened? Visit MesaViewAnytime.com or call (702) 997-1541 to schedule an appointment.



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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).

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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.

Do you have pain every time you eat? It could be your gallbladder.

Pain in the upper right or upper middle of your stomach after eating is often caused by a gallbladder condition such as gallstones. If you're suffering from this or symptoms including nausea, vomiting, fever, yellowing of the skin and eyes or bloating, don't wait to get help. We'll provide a careful diagnosis. And if gallbladder surgery is needed, we use a minimally invasive technique that requires only tiny incisions.

Same-day consultations are often available.
Call 702-919-7366.

Soon O. Kim, M.D.
*Board-Certified
General Surgeon*



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Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.