



Live Well Newsletter

Intermountain[®]
Cassia Regional Hospital

A REPORT ON CASSIA REGIONAL HOSPITAL'S MISSION TO HELP PEOPLE LIVE THE HEALTHIEST LIVES POSSIBLE™

FALL 2016 IN THIS EDITION

Preventative Health for Women

A list of what & when

By the Numbers

Breast Cancer: Why we
need to be aware

What if Breastfeeding isn't an option?

Alternatives for infant
nutrition

Mammograms

Schedule one today

Healthy Recipe

An after school snack:
Banana Berry Muffins

Alzheimer's Disease

The causes and what you
can do to help

Save The Date

Heart Healthy Eating Class
Childbirth Education
Free Cancer Support



PREVENTATIVE HEALTH FOR WOMEN

A List of What and When

It is necessary to be proactive about your health care if you want to stay healthy and avoid dangerous diseases. Sometimes these diseases are unavoidable but with early detection, they can be treated easier and your chances of a full recovery are higher. Sticking to a routine health care schedule will help you and your doctor see a clear picture of your health history over the years. Below is a timeline of routine, preventative exams for women:

Physical Exam

Between the ages of 19-21, a physical exam is suggested every year. From ages 22-49, physical exams should be done every 1-3 years, depending on risk factors. After age 50, a physical health screening should be performed every year. It is a good idea for women to get their thyroid, cholesterol and blood pressure tested at these check-ups to avoid any potentially dangerous conditions being left untreated.

Breast Exam

Starting at age 20, a clinical breast exam can be done in office to determine if there are any lumps or abnormalities. After the age of 40 however, a yearly mammogram is used to detect breast cancer and can be life saving if it is caught in the early stages.

Colorectal Exam

Beginning at age 50, the chances of colon cancer increases. A colonoscopy should be performed every 5-10 years to identify polyps. If polyps are found, a colonoscopy is needed every year following polyp removal to make sure they do not return. A digital rectal exam can also aid in the colon screening.

Women's Health Care Physicians on Staff at Cassia Regional Hospital

Obstetrics & Gynecology

Michael J Cannon, DO

Mark A Dowdle, MD

M Terry Jeppson, MD

Family Medicine with Obstetrics

Wayne H Blauer, MD

Bernard R Boehmer, MD

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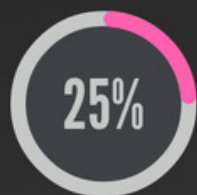
Alan S Nelson, DO

Wendell L Wells, MD

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Breast Cancer

Why we need to be aware



25% of new cases were diagnosed among women ages 55-64

40,250

the estimated amount of deaths in 2016 from breast cancer

Ways to Prevent Breast Cancer

Get regular screenings

Keep physically active

Have healthy eating habits



90% of people survive 5 years or more after being diagnosed

Women over the age of 40 should receive a mammogram

every year

There are over 2.5 MILLION breast cancer survivors alive in the US today

SOURCES: CANCER.GOV

PREVENTATIVE HEALTH --- continued

Gynecological Exam

Women should get a PAP smear every 3-5 years, which helps detect the early signs of cervical cancer. An HPV test and pelvic exam is essential in overall sexual and reproductive health. Various diseases and cancers can be caught early by visiting your gynecologist regularly.

Bone Density Test

Women are at greater risk in developing osteoporosis. A bone density mineral test can see if the bones are porous and at risk for fractures and breaks. This test should be done around the age of 65.

Staying on a regular health schedule with your physician will help you stay healthy long term, aiding in a longer, healthier life if you follow your doctor's advice. Your health is one of the most important investments you will make in your life. This takes time but it is worth it 100% in the end.

WHAT IF BREASTFEEDING ISN'T AN OPTION

As you think of bringing your sweet baby into the world, you want to give them the sun and the moon and do everything you can to make their life as happy and perfect as possible. When it comes to their nutrition, it is no different. You have probably heard the old adage "breast is best," but what if that is not an option? Upon giving birth or even adopting a baby, many women discover that breastfeeding is not a possibility for a great many reasons.

Alternatives for infant nutrition

At first, the realization that breast milk will not be your infant's primary nutritional source may come as a harsh let down. Others may feel guilty for being unable to provide the "best" nutrition option. While breast milk is an ideal choice, the alternative formulas on the market will help your baby grow just as strong and healthy. The advances science has made in the realm of infant formula are sure to give your baby everything it will need.

Breast Feeding Support. Board Certified Lactation Consultants are available to assist you with questions or concerns you may have. Please call our Birth Center at 677-6500 to find out more about a consultation, or classes that are available.

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BREASTFEEDING ISN'T AN OPTION --- *continued***A few facts about formula**

Here are some facts about formula that will help ease your mind:

- Research has shown that formula fed babies often grow faster. This could be attributed to the fact that formula has more protein than human breast milk.
- Formula fed babies have stronger bones. The average American is deficient in vitamin D, thus breast milk also lacks enough of this essential vitamin. Formula is fortified with the right amount of vitamin D to keep your baby's bones strong and healthy.
- Formula fed babies need to eat less often. Since formula is derived from cow's milk, this takes longer to digest than human breast milk. Babies stay full longer.
- All formulas contain the same basic ingredients. Brand shopping when choosing a formula can be overwhelming. Unless your infant is directed to be on a specific formula from your doctor, there is no need to stress about which brand to use.
- Formula feeding allows more family participation. While it is a special thing for baby to bond with mom while breastfeeding, formula feeding gives the advantage of allowing your baby to bond with dad, siblings and grandparents too.

Determining that breast milk is not a viable option does not need to be a disappointment. There are many huge advantages to formula feeding, so take these highlights on a positive note and simply enjoy the precious moments with your newborn.



*Look out for the
signs of breast cancer.*

BE SAFE. GET CHECKED


Intermountain
Cassia Regional Hospital
Healing for life®

**To schedule your mammogram
today, call 208.677.6515.**

AN AFTER SCHOOL SNACK: BANANA BERRY MUFFINS

KYLIE PETERSON, RDN, LD

**Ingredients**

1 c. mashed bananas
1 egg
1/2 c. water
1/2 c. olive oil or apple sauce
2 c. whole wheat flour
1 tsp baking soda
2 1/4 tsp baking powder
2 c fresh berries (I used Costco's frozen variety bag of berries)

Directions

Preheat oven to 350 degrees F. Grease 18 muffin cups.

Mix mashed bananas, egg, water, and oil in large bowl. Add flour, baking soda, and baking powder, mix until mostly smooth. Fold blueberries into batter. (optional: along with the blueberries, I chop up several bananas in addition to the 1 c. to fold in with the blueberries. This gives a burst of banana flavor)

Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15-20 min. Let cool in the muffin tin. Enjoy!!

ALZHEIMER'S DISEASE

According to the CDC, in 2013 5 million Americans had Alzheimer's disease. By 2050 they predict as many as 14 million Americans will have Alzheimer's. So what is Alzheimer's? What causes it? And, more importantly what can you do about it today?

What is Alzheimer's disease?

Alzheimer's disease is the most common form of dementia. It usually starts with memory problems involving recent events. Overtime it can progress to confusion, frustration, and inability to perform basic self-care tasks. This might start with problems noticed by loved ones like the inability to complete tasks, or trouble balancing a check book. It can progress to confusion, violent outbursts, and inability to preform basic tasks for self-care. Some patients may even develop personality changes in the later stages. Someone who was very kind and thoughtful may become aggressive, cruel, and hurtful. This can be especially difficult for caregivers.

All people have trouble with memory as we age. Normal memory loss involves difficulty recalling names, numbers, and dates. Alzheimer's disease is different. Usually patients retain distant memories, but can't recall who they ate dinner with yesterday, or recent important events.

What causes it?

Alzheimer's disease is an area of aggressive research



today. Science does not know exactly what causes it. When scientists look at brain tissue of people who died with Alzheimer's, they see collections of proteins called amyloid-beta and tau proteins. As opposed to the normal brain, in Alzheimer's, these bunch up together, fold incorrectly, and prohibit the cells from functioning properly. Causes may be genetic, environmental, or a combination of both. Current research is focusing on how to prevent or remove the build-up of these proteins.

What you can do about it today?

A doctor can help diagnose Alzheimer's disease, or distinguish it from other causes of dementia. They use a series of mental and neurologic tests. In some cases the doctor may order blood tests and imaging of the brain to rule out other causes. Current medications focus on treating symptoms of the disease. Some show the potential to slow the progression of the disease. There is still no cure. Current research in prevention of Alzheimer's

disease teaches us what we can do today to reduce our risk of developing Alzheimer's in the future:

1. Increase your formal education (the further you go in school, the less your risk)
2. Increase your physical activity
3. Improve your diet (Mediterranean diet is shown to be best)
4. Learn a new skill (cognitive training)
5. Moderate alcohol consumption
6. Social engagement

Read more at: [http://www.alzheimersanddementia.com/article/S1552-5260\(15\)00197-1/abstract](http://www.alzheimersanddementia.com/article/S1552-5260(15)00197-1/abstract)

If you would like to discuss this or other health questions with us, we are currently accepting new patients, and would love to care for you and your family.



STEWART NORTH, DO & DEVIN HIGGINS, DO
FAMILY MEDICINE
Cassia Regional Medical Center, 1501 Hiland Ave, Suite A
(208) 677-6091

SAVE THE DATE!

Heart Healthy Eating Class. Taught by registered dietitians, no charge. Please call 677-6035 to reserve your place in the class. November 3, 6:00 PM in the Boardroom at Cassia Regional Hospital.

Diabetes Prevention Program. Taught by registered dietitians, no charge. Please call 677-6035 to reserve your place in the class. November 8, 6:00 PM in the Boardroom at Cassia Regional Hospital.

Nutrition 101. Taught by registered dietitians, no charge. Please call 677-6035 to reserve your place in the class. November 9, 6:00 PM in the Boardroom at Cassia Regional Hospital.

Lights for Life, an Evening of Remembrance. Please join us in lighting the Lights for Life tree and enjoy an uplifting evening, a message of hope, comforting music and refreshments. Held Tuesday, November 15th, 7:00 PM in the Cassia Regional Hospital Front Lobby.

A Holiday Remembrance. Please join us in support of those families who have experienced an infant loss at our annual non-denominational religious service presented by the Birth Center. Please contact Sally Edgar or Linda Shiers at (208) 677-6500 with any questions. Held Wednesday, November 16, 7:00 PM, in the Cassia Regional Hospital Front Lobby.

Childbirth Education Classes. Taught by

registered nurses, each session lasts six weeks and covers a variety of pregnancy issues. Please sign up for the next session by registering at the hospital's main registration desk and paying \$50 for the whole series, which includes materials. Please call the Birth Center at 677-6500 for more information.

Free Cancer Support Group. Call to register for the next session. Held on Tuesdays at one at the hospital. Includes a light lunch. If you are living with cancer, you are not alone. Please call Martha Matthews, LSW at 677-6581 for more information.

First Aid/CPR/Heartsaver Classes. This class is offered monthly. For further information or to register, please call Education at 208-677-6437.