

HEALTHY *Life*

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


VISTA
HEALTH SYSTEM

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.



Talk to your primary care physician for help with quitting. Schedule an appointment today at VistaAnytime.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
Cervical cancer (Pap smear)	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
Mammogram	Can reduce number of breast cancer deaths in women ages 40–74
Colorectal cancer	Can often detect and remove polyps before they become colon cancer
Tetanus	Can prevent tetanus, a disease that requires immediate medical attention
Hepatitis A	Can prevent hepatitis A, a disease that may cause liver problems and death
Pneumococcal	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.



GERMS

AND WHERE TO FIND THEM

The first rule of warfare is to know your enemy's position.

You always wash your hands after visiting the restroom, a playground or a shopping mall. But have you ever thought about sanitizing your smartphone? The following bacterial breeding grounds are also often overlooked:



- **Airplanes** accommodate millions of travelers — and their germs — every year. Think twice before you reach for the overhead air vent or pick up that complimentary magazine. Always pack your carry-on with a travel-size bottle of hand sanitizer.



- **Gym equipment** harbors more than a handful of harmful bacteria. In a recent laboratory study by equipment review website FitRated, researchers found more than one million colony-forming units per square inch of gym equipment, the worst offenders being treadmills and exercise bikes. Make sure your gym bag is equipped with a pack of disinfectant wipes so you can wipe down equipment before and after use.



- **Phones** and other hand-held electronics store more than data. Researchers at the University of Arizona have found that mobile phones carry 10 times more bacteria than a toilet seat. However, the problem isn't your phone — it's using other people's gadgets that can spread illness. Avoid borrowing your friend's phone unless absolutely necessary.



If you haven't gotten a flu shot yet, it's not too late. Schedule your flu shot with a Vista primary care provider at VistaAnytime.com or call (847) 599-1142.



Better Nutrition, EVERY DAY

Is your annual New Year's resolution to eat healthier? Don't bite off more than you can chew. Work your way to success one day at a time. Here are a few, small changes you can make today.

VEG OUT

Salad isn't the only way to get your daily serving of veggies. Toss a handful of leafy greens into your blender with frozen bananas, berries and chocolate chips for a delicious, do-it-yourself dessert smoothie.



SNACK SMARTER AT WORK

If you work in an office, you may be tempted by an endless array of break room goodies. A new study by the Centers for Disease Control and Prevention found that adults consume 1,300 calories per week from office food. Fight the urge by keeping healthy snack options, such as trail mix, Greek yogurt cups or sliced cucumbers and hummus, handy at work.



GIVE YOUR BREAKFAST A BOOST

Start your day off right with good fats. Add walnuts and flaxseeds to your bowl of cereal, or top your toast with avocado slices. Healthy fats will feed your brain and keep your family full until lunch.



Looking for a weight-loss program that fits your lifestyle? For more information about Vista's Weight Management Options, please call (847) 356-4745.

'Tis the Season FOR HEART ATTACK

Seasonal heart attacks are a real thing, and they're an annual threat to your health.

Did you know you may be more likely to suffer a heart attack when you need to bundle up? In fact, there is such an increase of heart attack occurrences during the colder months that the American Heart Association (AHA)'s journal *Circulation* published a study on the winter holiday season as a risk factor for cardiac and noncardiac death.

COMMON CARDIAC CULPRITS

When cold weather sets in, it can result in narrowed blood vessels and arteries, limiting blood flow and reducing oxygen to your heart. However, other heart attack causes are more under your control. These include:

- being constantly on the go
- exposure to wood smoke
- increased intake of unhealthy foods and alcohol
- stress connected to the holidays
(financial demands, busier schedules, etc.)

DIY PREVENTION

To reduce your holiday heart attack risk, limit stress. Remember — your house doesn't have to be the most decorated on the block, and tense moments at family gatherings aren't all your fault. When you feel stress piling up, find a quiet place and practice deep breathing exercises, or find a good book to read.

Along with reducing stress, do your best to maintain a healthy diet, drink only in moderation, exercise regularly, bundle up when outdoors, avoid wood smoke and keep a manageable schedule.



TURN THE BEAT AROUND

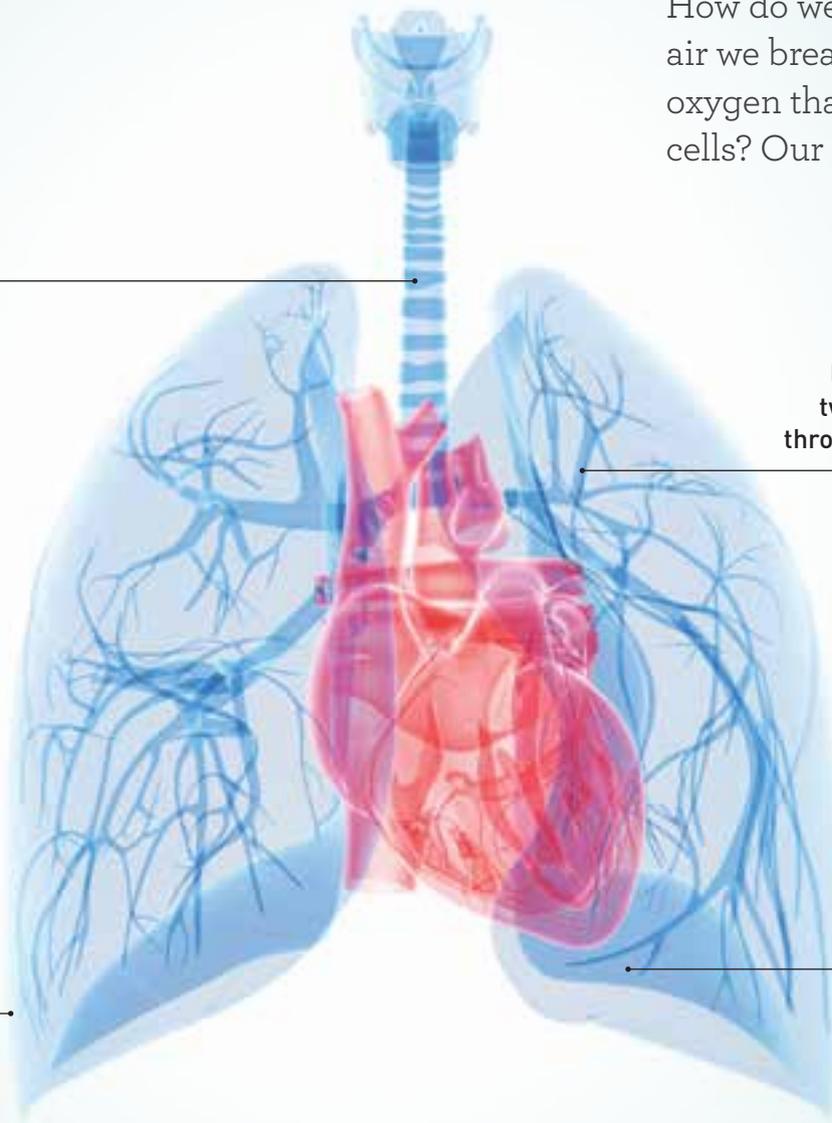
A condition that causes the heart to beat faster or slower, arrhythmia can cause shortness of breath, chest pain, a fluttering feeling in the chest or other troubling symptoms. Left untreated, the condition can be life-threatening.

Therefore, anytime you feel your heart beating erratically, slower or faster than usual, or in other atypical patterns, seek medical evaluation. Depending on your symptoms, your physician may recommend testing to monitor the electric impulses or rhythm of your heart or the size, structure and motion of your heart. With an appropriate diagnosis, treatment can begin and you can get back to life, one beat at a time.



In an emergency, know where to go. Vista Health System has two emergency rooms in Waukegan and Lindenhurst that are staffed 24/7/365. Visit VistaHealth.com/ER to learn more.

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.

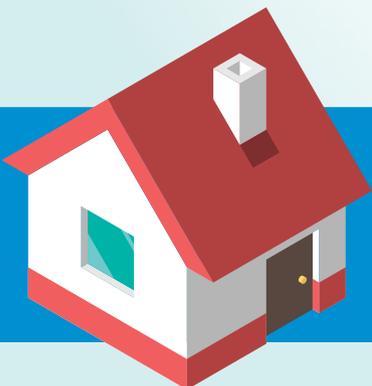
3.

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!



Pulmonary rehabilitation can help improve your quality of life. Ask your doctor if pulmonary rehab is right for you. Visit VistaHealth.com/pulmonaryrehab to learn more.

What can you do to lose weight when you've tried everything else?

SLIMMING DOWN for Better Health



While as many as half of patients regain 5 percent of total weight lost two years or more after surgery, most bariatric surgery patients keep the weight off, according to the American Society for Metabolic and Bariatric Surgery.

Over the years, it seems you've tried every diet out there, made significant lifestyle changes and gone to the gym for months at a time. Yet you still struggle to lose weight. Fortunately, there are other options.

With bariatric surgery, people who thought they had no hope of losing weight found themselves thinner, healthier and happier.

IS BARIATRIC SURGERY FOR YOU?

Having a desire to lose weight isn't enough to make you a candidate for bariatric surgery. To undergo bariatric surgery, you must:

- be more than 100 pounds higher or
- have a BMI of 35 or higher and at least one related chronic condition, such as Type 2 diabetes,
- obstructive sleep apnea or heart disease, and
- have documented weight-loss failure, despite healthy weight-loss methods.

EXPLORE THE OPTIONS

If you meet the criteria, there are a number of options. You and your surgeon will pick the procedure for you based on your lifestyle and medical history. Here are the three most common:

Gastric band — An adjustable band is placed around the top of the stomach, creating a small pouch that causes you to feel full without needing to eat much.

Gastric bypass — After sectioning off the top part of the stomach, the lower part of the small intestine is attached to this part of the stomach, allowing food to bypass much of the stomach and small intestine, preventing nutrients and most calories from being absorbed.

Gastric sleeve — The majority of the stomach is surgically removed, leaving a banana-shaped segment that greatly limits the food you can eat before feeling full.

BETTER HEALTH POST-SURGERY

In addition to helping patients lose weight, bariatric surgery has an array of benefits. From controlling diabetes better to improving fertility, as well as reducing joint pain, undergoing bariatric surgery can have an immediate and permanent impact on the rest of your life.

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

MIND-BODY CONNECTION

Because bariatric surgery is a tool that requires a lifelong commitment, losing weight is about more than just the surgery itself. To help every patient achieve an optimal outcome, potential surgical candidates must first be evaluated for mental fitness.

During this presurgery phase, patients are evaluated to determine whether they have the necessary mindset to help their surgeries be a success. Engaging in substance abuse, not controlling psychological conditions and showing a lack of follow-through are all red flags that can prevent a surgery from happening.

Once a candidate undergoes surgery, support is provided by the surgical team from that day forward to help patients reach optimal health and outcomes throughout life.



To learn more about Vista's weight-loss program and sign up for a free informational seminar, please call (847) 356-4745 or visit VistaHealth.com/weightloss.

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.



Especially if it's been awhile, make sure your guy sees a doctor soon. Visit VistaAnytime.com to schedule an appointment today.

DON'T WAIT, SCHEDULE AN APPOINTMENT TODAY



Rushim
Bains, M.D.

Vista Physician Group makes it easy to see a primary care doctor with online scheduling at VistaAnytime.com.

Rushim Bains, M.D., is board-certified in internal medicine and now seeing new patients in Lindenhurst and Zion.

"I believe that healthy living and a strong patient-physician relationship are key elements to achieving the best outcomes for my patients," Dr. Bains says.

Schedule an appointment today with Dr. Bains online at VistaAnytime.com or call (847) 245-4747.

Dr. Bains is a member of the medical staff at Vista Health System.



INCREASE THE ODDS

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



Skin Healing Basics

From skinned knees to cooking burns, learn the ABCs of care for minor cuts and scrapes.

SHOULD I USE A BANDAGE OR LET IT AIR OUT?

Bandages help keep cuts from getting dirty or reinjured. They're useful if your cut is in a place, such as your hand, that's easily irritated or exposed to germs. Otherwise, it's best to let minor lacerations air out. If you use a bandage, change it every day.

HOW LONG WILL IT TAKE TO HEAL?

Healing happens in three stages. First, blood exposed to the air will clot. This happens within the first few minutes. The clot forms a barrier to keep out bacteria. Next, blood cells begin repairing tissue, and the area around the wound may become swollen and tender. This stage takes up to five days. During the final stage, red blood cells form collagen to help grow new tissue. This usually takes three weeks.

WHAT DOES HYDROGEN PEROXIDE DO?

Hydrogen peroxide kills bacteria that can cause infection, but it can also slow down the healing process by harming healthy tissue. The best way to disinfect a minor wound is to clean the area with mild soap and water.



If you have a wound that's not healing properly, be sure to schedule an appointment with your doctor. Visit VistaAnytime.com to schedule an appointment today.



The Skinny on SCARS

With proper care, you can lessen the appearance of scars — or avoid them altogether. Scarring is a natural part of the healing process, and most scars fade over time. The good news is that you can take steps to minimize scarring both during and after the healing process. It's as easy as 1-2-3:

1.



Practice good healing hygiene by keeping cuts clean and protected.

2.



Once a wound is clean and dry, keep it from getting too dry by covering it with petroleum jelly. This will prevent unnecessary scabbing and may lead to less noticeable scars.

3.



After the cut has healed, apply sunscreen to the scar daily. According to the American Academy of Dermatology, sunscreen may help minimize the appearance of scars and help them fade faster. Topical creams containing vitamin E may also help.

Most “miracle cures” and expensive skin creams aren't tested or proven to help lessen the appearance of scars. If you have significant scarring, you may consider more advanced treatments such as dermabrasion, revision surgery or laser resurfacing. Always talk to your doctor before trying a new scar removal treatment.

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

Approximately 9–21 percent of women and 24–31 percent of men have sleep apnea, according to the American Sleep Apnea Association, and most don't know it. Get tested if you don't enjoy restorative sleep.



More Than SNORING

Could that annoying snoring indicate sleep apnea?

A condition that affects more than 22 million Americans, sleep apnea causes the sufferer to stop breathing for 10 or more seconds while sleeping. In severe cases, breathing starts and stops as many as 30 times per hour, and, if left untreated, can be fatal.

Fortunately, if you talk with your doctor, he or she can discuss your risk factors and detect sleep apnea, and you can get the treatment you need to sleep easy.

RISKY BUSINESS

While sleep apnea can affect anyone, it is more likely in those with the following risk factors:

- being an older male
- being obese
- having a family history of sleep apnea
- living with congestive heart failure or having a personal history of stroke
- smoking
- having nasal congestion from chronic allergies or anatomical abnormalities
- using sedating/tranquilizing medication or alcohol

SLEEPY SYMPTOMS

The best-known signs of sleep apnea are snoring and frequent gasping for air during sleep. These may have to be confirmed by your bed partner, but you may experience other symptoms that indicate sleep apnea.

Feeling constantly tired during the day and experiencing decreased motor skills, memory or attention span may all point toward sleep apnea. Someone with sleep apnea may even wake frequently to urinate during the night, experience headaches or dry mouth when waking and have a decreased sex drive.

Because sleep apnea can lead to increased blood pressure, heart failure and stroke, diagnosis and treatment is vital. With treatment options such as a CPAP (continuous positive airway pressure) device or surgical removal of tissue blocking the individual from breathing, sleep apnea can be addressed for lasting results.

If you or a loved one snore heavily, constantly struggle to stay awake during the daytime or experience other sleep apnea symptoms, talk with your doctor about undergoing a sleep study.

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

TOP SLEEP KILLERS

Sleep apnea isn't the only reason you aren't feeling well-rested every morning. Here are the other threats to your good sleep.

INSOMNIA — An inability to fall or stay asleep, insomnia is a complaint of one in three people, according to the American Academy of Sleep Medicine, and can be treated by instituting good sleep habits, treating any underlying causes and undergoing specialized therapy.

NARCOLEPSY — Causing excessive sleepiness or the sufferer to fall asleep at any time, narcolepsy is found in one in 2,000 Americans, according to the National Sleep Foundation. Treatment involves appropriate medication and lifestyle changes.

RESTLESS LEGS SYNDROME (RLS) — Found in 10 percent of the population, RLS causes an uncontrollable urge to move the legs. It is treated through medication and lifestyle changes.



Vista's two comprehensive sleep centers are nationally accredited by the American Academy of Sleep Medicine. Visit VistaHealth.com/sleep or call (847) 360-4124 to learn more.

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.

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.



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.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at 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.



With our 30-Minute ER Pledge, we work diligently to have you initially seen by a medical professional within 30 minutes of your arrival. For more, visit VistaHealth.com/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:

- copies of legal documents pertaining to your care, such as a Health Care Proxy
- names and phone numbers for all current doctors
- insurance information and identification card
- names and phone numbers of anyone else who may need to be contacted
- a list of allergies
- a record of all medical conditions, diagnoses, and any recent test or imaging results
- 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
- 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.



Vista Health System
1324 N. Sheridan Road
Waukegan, IL 60085

PRSR STD
U.S. POSTAGE
PAID
LYNCHBURG, VA
PERMIT NO. 500

WANT TO READ MORE?

Visit VistaHealth.com/signup to receive other health and wellness articles and register for our eNewsletter.

Vista Health System 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 VistaHealth.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (847) 360-3000 (TTY: (800) 526-0844).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (847) 360-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (847) 360-3000 (TTY: (800) 526-0844).

VOLUME 11 · ISSUE 1 | **Want More?** Visit VistaHealth.com/signup to sign up for our eNewsletter! | VistaHealth.com

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.



Schedule an appointment with your primary care physician on your time, day or night, online at VistaAnytime.com.