

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE

Eat to Win

SMART HABITS FOR
**MODERN
CONVENIENCES**

**CARBONATED
BEVERAGES:**
GOOD, BETTER, BEST

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



At Barstow Community Hospital, our board-certified orthopedic surgeons have the skilled hands to help heal yours. If you need to schedule with a provider, call (760) 790-4496.

TIME FOR A SMART SPEAKER?

Smart speakers let you access information, listen to music, make purchases and even control the lights and temperature in your home using voice commands. They're convenient, but are they safe?

Just like with any electronic device, hacking is a possibility. Safeguard your information with these do's and don'ts:



Do enable settings that require you to enter a PIN number or password before making purchases.



Don't connect your smart speaker to unsecured Wi-Fi networks.



Do take home security off-line. For example, Symantec warns against using smart speakers to control automated door locks.



TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



HITTING YOUR STRIDE

More than 70 percent of ankle sprains occur in people with previous sprains that were not properly rehabilitated, according to the American Medical Society for Sports Medicine.

TIPS FOR FOOTWEAR FOR RUNNERS

"Although running injuries are quite common, you can reduce your risk for injury by selecting the proper footwear," says T. Thomas Liu, M.D., Orthopedic Surgeon. Dr. Liu provides runners the following tips:

- When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes late in the day when your foot is the largest.
- Sixty percent* of a shoe's shock absorption is lost after 250 to 500 miles of use, so people who run up to 10 miles per week should consider replacing their shoes every 6 to 12 months.

Dr. Liu is an independent member of the medical staff at Barstow Community Hospital.

Addressing chronic ankle instability (CAI) can help you maintain an active, independent life.

If your doctor's office or local urgent care gave out punch cards for ankle sprains, how many punches would you have? CAI affects people of all ages and occurs when someone does not rehabilitate an ankle sprain properly or re-sprains their ankle within six months of the first injury.

You may have CAI if you:

- consistently feel like you need to wear an ankle brace or compression bandage
- don't feel comfortable walking on uneven ground
- experience recurring ankle sprains
- frequently roll your ankle or feel it give out
- have persistent ankle pain

AN OUNCE OF PREVENTION

When sprained ligaments heal in a stretched position, they're more likely to roll or be unstable in the future. Prevent further sprains and future instability by:

- doing exercises designed to strengthen the ankle like standing calf raises and heel walks
- following your doctor's instructions after an initial sprain
- wearing shoes with proper ankle support


THE RIGHT TREATMENT

CAI develops in 10 to 20 people out of every 100 people with ankle sprains, according to the U.S. National Library of Medicine. Treatment options vary depending on the severity of your joint instability. For most people, the first option is physical therapy to strengthen the ankle and wearing a brace to stabilize it. Your doctor may also direct you to take nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen.

If ligaments are still loose following physical therapy, your doctor may recommend surgery. Ankle surgery can either shorten and tighten ligaments or use a piece of tendon to function as an outer ligament. Rehabilitation provides better results at two to three weeks after surgery than it does six weeks after surgery, so talk to your doctor about starting physical therapy quickly.




Having persistent chronic ankle instability issues? Call (760) 790-4496 to schedule with an orthopedic surgeon in Barstow.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.

**1**

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



If you spend more time watching football and eating poorly this fall, consider joining Barstow Community Hospital's annual Lose to Win weight-loss challenge in 2019. For more information about this competition, call (760) 548-3539.

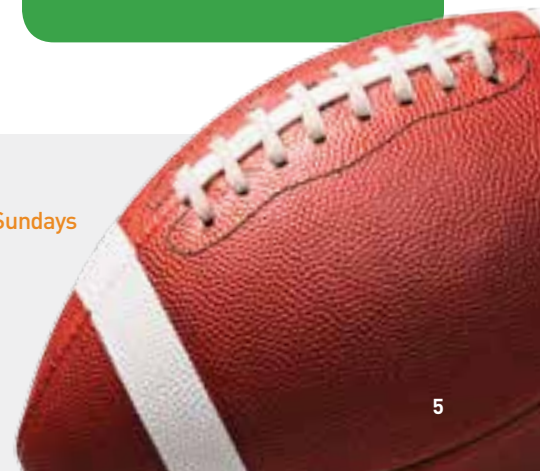
VICTORY OVER DEFEAT

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.



Tim's Angels



Tim Heiden is well-known in Barstow. He is a retired sergeant with the police department and serves on the board of Barstow Community College. He began his law enforcement career in the U.S. Marine Corps as a military police investigator, eventually serving in Quantico, Virginia.

After a sports-related knee injury resulted in surgery, Tim was medically discharged. Given his extensive service with the military police, it was natural for Tim to pursue a civilian career in law enforcement. He was accepted to the police academy in Barstow 1994.

As a Barstow police officer, Tim worked both as a detective and on special assignment. Like so many police officers, Tim experienced injuries in the line of duty. A back injury resulted in his retirement from the force, sooner than he had planned. After a life of very active service, Tim says he “was having a mentally difficult time with retirement.”

TWIST OF FATE

As luck would have it, the school district had other ideas for Tim. They contacted him about teaching a high school-level course in criminal justice. Things were going great,

and then Tim turned his ankle. The next morning, Tim’s wife took him to the ER at Barstow Community Hospital. He hobbled in with a walking stick.

“It was a very short wait. The nurses, X-ray technicians — all of the staff were fantastic,” Tim recalls.

After X-rays showed no broken bones, they splinted his ankle and told him to follow up with an orthopedic specialist who could treat any damaged tendons or ligaments.

CLOSE CALL

Tim and his wife were prepared to drive the hour to Loma Linda, California, to connect with an orthopedic specialist there. Then Licensed Vocational Nurse Sharon Kolwyck, LVN, and Nurse Practitioner Paula Fortin, R.N., N.P., told the couple about Talaat Maximous, M.D., Orthopedic Surgeon, in Barstow.

“Dr. Maximous and his Medical Assistant Amber Roesch are pretty amazing,” Tim explains. “They arranged for pre-approval of an MRI by my insurance, so I was scanned right away at Barstow Community Hospital. The MRI showed some tendon and ligament damage, and Dr. Maximous explained

everything and gave me hope I’d be OK if I did what he said.”

HEAD OF THE CLASS

By his second appointment, Tim hadn’t walked for nearly a month. Dr. Maximous recognized he was anxious to get back to work.

“I have 150 kids to teach,” Tim explains. “He told me I could have a cortisone shot. After the shot, Dr. Maximous asked me to stand — and I didn’t fall!”

Fitted with a walking boot, Tim was on his feet and able to resume teaching. Now that he’s back in his classroom, Tim says, “I call the ER staff at Barstow Community Hospital, Dr. Maximous and Amber my angels!”



When you have an emergency, turn to the emergency room at Barstow Community Hospital with confidence. For our current average ER wait time, visit BarstowHospital.com.

Dr. Maximous is an independent member of the medical staff at Barstow Community Hospital. Paula Fortin, nurse practitioner and member of the allied health staff at Barstow Community Hospital, treats patients of all ages.

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

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices

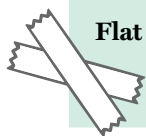


Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks



Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.

FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



Concerned about the impact of your sugar intake on your heart health, Rabani Zaheer, M.D., Cardiologist, reminds you to have your blood sugar levels tested regularly. If you need to schedule with a provider, call (760) 790-4496.

Dr. Zaheer is a member of the medical staff at Barstow Community Hospital.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

WANT TO READ MORE?

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

Barstow Community 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 BarstowHospital.com. Attention: If you do not speak English, language assistance services, free of charge, are available to you. Call (760) 256-1761.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (760) 256-1761.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。
請致電 (760) 256-1761。

VOLUME 10 • ISSUE 3 | *Want More?* Visit BarstowHospital.com/signup to sign up for our eNewsletter! | BarstowHospital.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.



Time to prevent COLORECTAL CANCER?

Colonoscopies take about 30 minutes and can remove polyps that may become cancerous. According to the American Cancer Society, when colorectal cancer is found early, there is a 90 percent five-year survival rate. Talk with your doctor about whether it's time for your colonoscopy.



If you need a colonoscopy, you may be referred to Barstow's only gastroenterologist, Neera Grover, M.D. To schedule with a provider in Barstow, call (760)790-4496.

Dr. Grover is an independent member of the medical staff at Barstow Community Hospital.