

Health CONNECTIONS

YOUR HEALTH, YOUR LIFE

WELCOME
WELLNESS

Tips for Your Home

OPEN. SAFE. READY.
COMMUNITY & CARE

STEPS TO KEEP
FEET HEALTHY

Community & Care

IN THE TIME OF COVID-19

In this issue of our community magazine, I'd like to emphasize the word **community**. These are unprecedented times, and although we may be in uncharted waters, I'm inspired by the sense of community this experience has fostered in us all.

HEALTHCARE HEROES

First, I'd like to express my sincere pride in our employees and medical staff for their efforts in recent months. These medical professionals have truly answered the call to care for the sick and comfort alarmed families as the pandemic has evolved. They are true heroes, who stepped up to serve on the front lines of the COVID-19 response. I applaud and thank them for their dedication.

OUR AWESOME COMMUNITY

I would also like to recognize our community. The outpouring of support you showed our team was overwhelming. Whether providing comforting meals for staff, making masks, sending cards and prayers to team members, or just staying home to protect our community — we are so grateful for everyone doing their part and pulling together during this crisis.

RESTRUCTURED FOR THE FUTURE

As you've heard by now, our parent organization also did its part to help ensure we could continue providing services for you and your family by restructuring its debt. This was good news for our hospital and our employees. It allows us to continue providing patient care. As a current or former patient, you may have received a legal notice by

mail. We regret any confusion that this required notification may have caused. The restructuring is concluded, and we are ready to serve you now and into the future.

A NEW WORLD FOR CARE

But rest assured, our Emergency Room is open, safe and ready to provide care for emergencies like heart attacks, strokes and broken bones. We always urge you to dial 911 in an emergency situation and don't delay going to the ER. We've established safety measures, such as separate care areas, new cleaning procedures and protective equipment guidelines to align with guidance from the Centers for Disease Control and Prevention.

And finally, we remind you that in-person appointments are available again at physician offices. You can rest easy knowing these physician offices have adopted additional precautions to help keep you safe when you come in for your appointment. Of course, virtual visits may still be available via their telehealth options. Just call your physician's office to book an appointment.

Thank you for caring for us, as much as we care for you. It is our privilege to serve you.

Sincerely,

J. Kolbe Sheridan

Chief Executive Officer
Barstow Community Hospital

A Closer Look at CALCIUM SCORING

Understanding your risk for heart disease, heart attack and stroke can help you prevent a future medical emergency.

When fatty, calcium-containing deposits known as plaque build up in your arteries (a process known as atherosclerosis), it can cause the walls of your blood vessels to thicken and the channels through which your blood flows to narrow.

When this buildup takes place in the arteries that supply blood to the heart (the coronary arteries), it can result in heart disease and — if the artery is blocked altogether — a heart attack. If a complete blockage occurs in an artery that supplies blood to the brain, it results in a stroke.

Calcium scoring is a noninvasive test that helps measure the buildup of this plaque by using a CT scan of the heart to highlight the presence of calcium. Your results, which come in the form of a score ranging from 0 to over 400, can then be used by your primary care provider (PCP) or cardiologist to help determine your relative risk for heart disease, heart attack and stroke.

REDUCING YOUR RISK

If your test reveals extensive calcium buildup in your coronary arteries, your PCP or cardiologist will work with you to develop a plan of action aimed at reducing your risk for heart disease. For starters, he or she will likely suggest making a few heart-healthy lifestyle modifications, including:

- eating a heart-healthy diet
- exercising more
- losing excess weight
- managing your stress
- quitting smoking
- watching your alcohol intake

Depending on your results, your provider may also recommend taking a cholesterol-lowering medication.

IS IT A HEART ATTACK?

The most common sign of a heart attack in both men and women is chest pain or discomfort that either endures for longer than a few minutes or comes in waves, according to Rabani Zaheer, M.D., Cardiologist at Barstow Community Hospital. Dr. Zaheer also warns that many people — particularly women — also experience the following less well-known heart attack symptoms:

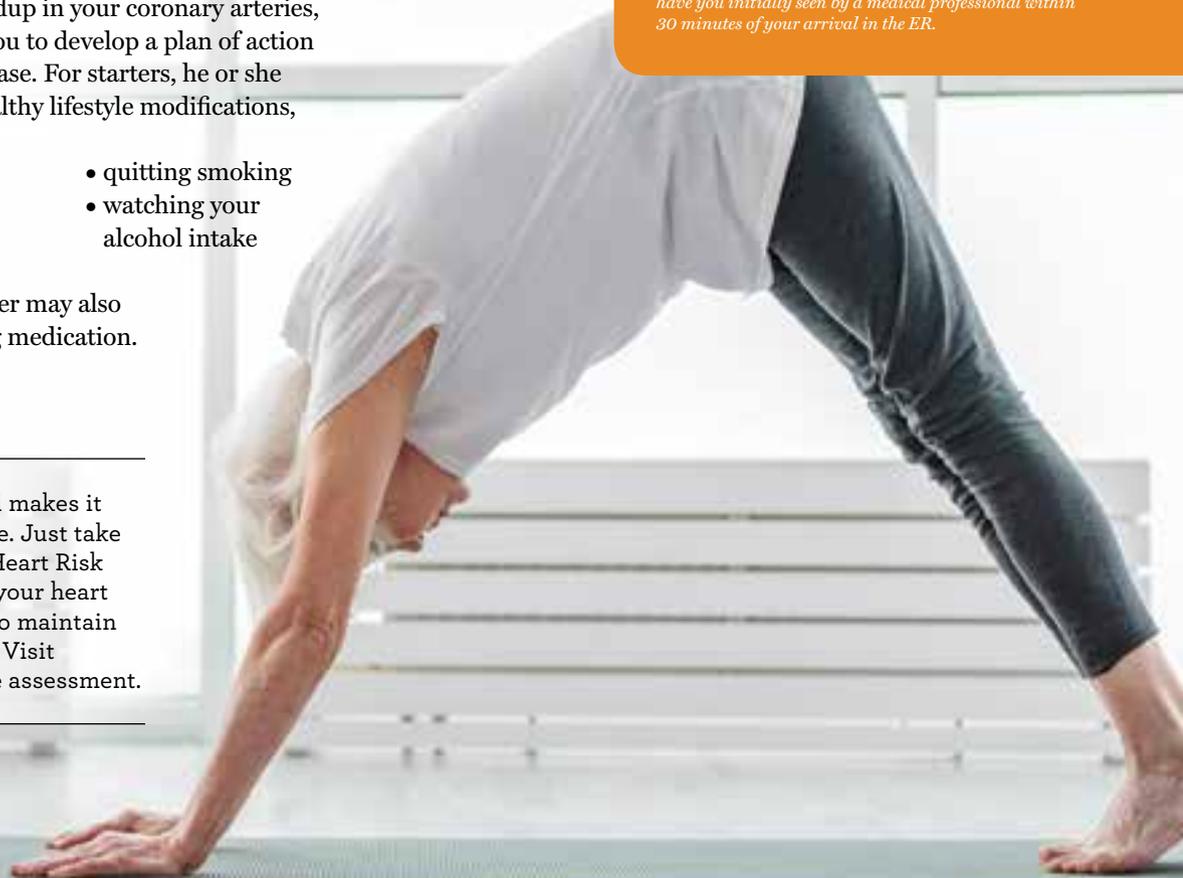
- cold sweats
- lightheadedness
- nausea
- pain or discomfort in the back, jaw, neck and or stomach
- shortness of breath

“If you suspect you or a loved one is having a heart attack, do not hesitate to call 911 immediately,” Dr. Zaheer says. “The emergency medical services personnel can administer vital medicines and treatments en route to the emergency room and ensure our staff is ready to care for you as soon as possible after you arrive. In the ER, a heart attack can be diagnosed and treated, saving time and heart muscle.”

Dr. Zaheer is an independent member of the medical staff at Barstow Community Hospital. We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.



Barstow Community Hospital makes it easy to find out your heart age. Just take our free, five-minute, online Heart Risk Assessment. It will calculate your heart age and offer advice on how to maintain or improve your heart health. Visit BarstowHeart.com to take the assessment.





MAKE YOUR HOME A

Wellness Retreat

In times of crisis or this new normal, having a home that makes you feel calm and inspired is critical to mental and physical well-being. Take time to turn your living space into a retreat by transforming ordinary rooms into functional areas where wellness will thrive.

COOK UP A HEALTHY KITCHEN

When you are preparing delicious and healthy meals, you want the preparation and final products to be as safe as possible. Your kitchen is a routine stop on that path to wellness, so keep the following tips in mind as you outfit the room where your family meals are made and enjoyed.

FILTER YOUR WATER.

Keeping water that tastes crisp and clean is a refreshing way to encourage yourself to stay hydrated. Further purifying your water may be beneficial if you have a weakened immune system or another health condition, according to the Environmental Protection Agency. To ensure that your water is as pure as possible, invest in a water filtration system designed to remove contaminants.

CONSIDER YOUR CLEANING SUPPLIES.

EPA-approved disinfectants are effective choices to clean household surfaces and prevent the spread of germs and viruses, such as the flu or COVID-19, according to the Centers for Disease Control and Prevention. Wear disposable gloves while cleaning. Focus on high-touch areas, including tables, doorknobs, light switches, handles, keyboards, remotes and touch screens. For the list, visit [epa.gov](https://www.epa.gov), search for SARS-CoV-2 and choose “List N.”



SET THE STAGE FOR LUXURIOUS REST

Your bedroom can make or break your ability to rest. Everything from lighting to temperature to the thread count of your sheets plays a critical role. As you design your dream space, the National Sleep Foundation recommends you:



CHOOSE DIMMABLE LAMPS. Lowering the lights before bed will signal to your brain that it is time to rest. Covering your windows with blackout curtains or shades can also block out early morning light or the glow of street lamps.



INDULGE YOUR SENSE OF SMELL. An essential oil diffuser or eye pillow filled with lavender may help you relax. This scent may also enhance mood and reduce blood pressure and heart rate.



PAMPER YOURSELF WITH COZY BEDDING. Take time to try out different blankets, mattresses and pillows to find the right fit.

MAKE ROOM FOR MEDITATION AND MOTION

Taking care of your body and mind through stress-reducing activities is essential to heart health, according to the American Heart Association (AHA). Practicing meditation may reduce blood pressure and the risk of heart disease, while exercise may help you manage everything from blood sugar to cholesterol to weight. Encourage your family to spend time on practices by dedicating a corner or a whole room. Keep things simple, outfitting the area with a few key items:

Exercise ball — Develop your core and your balance with an oversized ball. Simply sitting on the ball helps develop your proprioception, or the awareness of where your body is in space and time, while also strengthening your abdomen, back and pelvis. Additionally, the ball is a great tool to strengthen your arms and legs.

Yoga mat — Available in a wide price range, a mat is the perfect place to practice poses that will enhance your strength, balance and flexibility while also boosting your concentration and focus. Your mat can double as a spot to sit on for your morning meditation routines, which may include deep breathing exercises, gratitude affirmations and mindfulness practices.

Resistance bands — Get your two days per week of strength training recommended by the AHA without touching heavy weights or machinery. Resistance bands are easy to store and offer a variety of options to tone your muscles and improve your metabolic rate.



GO FOR GLASS. Clear, sturdy mason jars are a chic alternative to plastic that can make a healthy statement in your kitchen. These storage containers may be used to display fresh flowers on your table, serve fresh orange juice in the morning or store guacamole and colorful fruit salad.



A primary care physician (PCP) can help you develop a wellness plan for a healthier life. To find a PCP, visit BarstowHospital.com or call (760) 405-8110.

Where the Germs Are

Your home is your sanctuary — but it may not always be the cleanest place to be. For example, surfaces in your bathroom and kitchen that are frequently damp and/or warm may also be home to bacteria, such as salmonella and E.coli, which may indicate the presence of fecal contamination, according to NSF International. Other common areas where this type of bacteria may be found include:

- bathroom faucet handles
- kitchen sinks
- counter tops
- toothbrush holders
- cutting boards

To clean these surfaces effectively, begin with soap and water to wipe down and remove grime from surfaces. Follow up with a sanitizing spray or cloths to kill lingering germs.

Choose sanitizers that are not in concentrated form and never spray them near children. If you elect to use a cleaner containing bleach, make sure the cleaner is not concentrated and never mix it with ammonia — a blend that can create a poisonous gas, according to the American Academy of Pediatrics (AAP). Further, the AAP recommends storing all cleaners, sanitizers and disinfectants in containers with clear labeling in a secure place to protect children and pets.



Q



A

William
McCarron III, DPM,
FACFAS

By the time they reach age 50, most people in the United States will have walked about 75,000 miles, according to the American Podiatric Medical Association (APMA). A podiatrist can help keep your feet and ankles healthy every step of the way. William McCarron III, DPM, FACFAS, explains when — and why — visiting a podiatrist can benefit you.

Q. | WHAT DOES A PODIATRIST DO?

A. Podiatrists are doctors who specialize in conditions related to the foot and ankle. The feet are hardworking and intricate parts of our bodies: Each foot has 26 bones, 33 joints, and over 100 ligaments, muscles and tendons. For this reason, foot health concerns can become rather complicated. Podiatrists are able to treat simple issues, such as ingrown toenails or athlete’s foot, as well as more complex conditions, such as arthritis or diabetes-related complications.

Q. | WHAT KIND OF TREATMENTS CAN PODIATRISTS OFFER?

A. I can make lifestyle recommendations to help manage your symptoms, such as increasing your physical activity, elevating your legs, or finding shoes and socks that fit properly. Some patients may benefit from shoe inserts, while others may require injections to alleviate pain. In some cases, surgery on the foot or ankle is necessary.



Q. | WHAT ARE SOME COMMON CONDITIONS PODIATRISTS TREAT?

A. Common foot health issues include ankle sprains, heel pain and fallen arches. Calluses and corns are also frequent foot concerns. Bunions, which occur when the bone of the big toe is misaligned, are common. Some adults develop plantar fasciitis — an overuse injury caused by inflammation of the tendon connecting your heel bone to your toes.

Arthritis of the ankle or toes is a common condition for older adults, as well as foot deformities that may result from arthritis.

Q. | WHAT ARE SOME SIGNS SOMEONE SHOULD VISIT A PODIATRIST?

A. Don’t ignore leg pain or fatigue while walking and don’t ignore foot pain that disrupts your sleep. Either of those symptoms may be a sign of peripheral artery disease, which can increase your risk of death from heart attack or stroke, according to the APMA.

If patients have diabetes, I tell them to alert me if a cut or sore on their foot is not healing. Diabetes can limit the amount of blood flow to the feet, which can make them more prone to infection.



Questions about your feet? Visit BarstowHospital.com or call (760) 405-8110 to find a local podiatrist.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment. Dr. McCarron is an independent member of the medical staff at Barstow Community Hospital.

STEP UP FOR YOUR FEET

You depend on your feet, so take steps to keep them healthy.

PRESCRIPTION FOR RELIEF

Here's what you can do at home to treat three common foot conditions.



CORN.

Soften this tough area of skin by soaking in warm water and applying lotion.

ATHLETE'S FOOT.

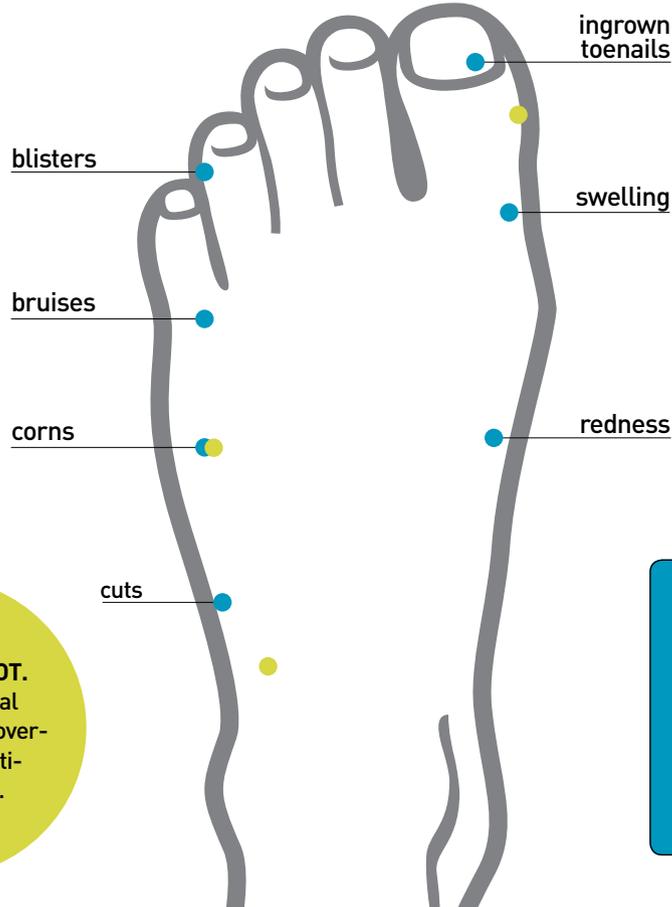
Treat this fungal infection with an over-the-counter anti-fungal cream.



FOOT SCAN

It's important to check the condition of your feet regularly, especially if you have diabetes.

Scan your feet from toes to heel for:



BUNION.

Wear shoes that give your toes plenty of wiggle room, apply ice a few times daily and cushion the bony bump on your outer big toe with bunion pads.



Visit BarstowHospital.com or call (760) 405-8110 to find a local podiatrist.

FIND THE RIGHT FIT FOR FITNESS

Here's how to choose footwear to suit your preferred form of exercise.

CYCLING. You want a close but comfortable fit with padding for the ball of the foot.



HIKING. Look for plenty of tread and stability all around, especially for the ankle.

RUNNING. The less arch you have, the more cushioning and stability you'll want for your mid-foot.



WALKING. Prioritize shock absorption and arch support.



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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.



When should you go to the Emergency Room? When you have an emergency.

It's not a trick question. Emergencies don't wait. And you shouldn't wait to seek care if an emergency strikes you or your family.

Chest pain, burns, cuts that won't stop bleeding, potential broken bones, trouble breathing, dizziness or loss of consciousness are all signs that you need help. Immediately. Delaying care in an emergency can lead to worse outcomes and potentially serious complications later. So don't delay seeking help.

By instituting specific protocols that meet or exceed CDC guidelines, we can say that we are open and ready to care for you in an environment specifically designed to keep you safe.



BARSTOW COMMUNITY HOSPITAL

For more information go to BarstowHospital.com/ER

