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For past issues, visit
[selecthealth.org/
totalfitness](http://selecthealth.org/totalfitness).

Free Heart Screenings at Health Fair

Get on track to better heart health by attending the Healthy Heart Fair. This free event is sponsored by Intermountain Heart Institute, one of the premier heart treatment centers in the nation.

LEARN ABOUT YOUR HEART

The Healthy Heart Fair will be held Saturday, February 11 from 9:00 a.m. to 1:00 p.m. at Intermountain Medical

Center (Doty Education Center) at 5300 South and State Street in Murray.

No registration is necessary. Participants can learn about common heart problems, diet, medication, insurance benefits, and more to enhance their heart health.

FREE SCREENINGS

The fair will include presentations and activities, as well as free screenings, such as

an EKG, cholesterol tests, glucose checks, blood pressure tests, and body fat testing. A Life Flight helicopter and emergency vehicles from Murray City Fire and Police departments will also be on display.

Workshops and a Q&A with heart experts will be held hourly. Information about Medicare coverage will be provided and light refreshments will be served.

KEEP YOUR KIDS SAFE AND HEALTHY



Winter is here, and with it comes a barrage of coughs, colds, and illnesses to keep you and your child under the weather. How do you know the difference between common wintertime illnesses? When do you call the doctor? And how do you treat a sick child? Intermountain Riverton Hospital pediatrician Michelle Hofmann, MD, has helpful information on the four most common wintertime illnesses she sees, and the best ways to prevent, recognize, and treat them.

ASTHMA SYMPTOMS. During the winter, children with asthma may find it more difficult than usual to breathe. Chilly temperatures and low air pressure are prime conditions for Utah's infamous temperature inversions. For children and adults with asthma, avoiding exertion outdoors during these periods of poor air quality can help avoid an attack. Other common wintertime triggers of asthma include common cold viruses and cold air.

Asthma is characterized by wheezing or noisy breathing, coughing, a tight feeling in the chest, or trouble breathing. "The key to keeping your child's asthma under control is to avoid those things that trigger an asthma attack and be on a preventive medication like an inhaled steroid," said Dr. Hofmann. "And while it is hard to prevent catching the common cold, one of the most important things parents can do at home is to improve the indoor air quality. Things like dust, tobacco smoke, pet dander, mold, and even mice and other pests are common triggers of asthma symptoms."

PNEUMONIA. Pneumonia is usually caused by a virus. It can also be caused by bacteria or, more rarely, by other germs or some chemicals. When a child gets bacterial pneumonia, it often happens after a normal cold. The cold may lessen some of the body's natural defenses and allow bacteria into the lungs. "Anytime your child has a significant fever with a cough, you should bring him or her in," said Dr. Hofmann. "Pneumonia can usually be treated without hospitalization, but it's important to get your child checked to make sure things are not more serious."

BRONCHIOLITIS. Respiratory Syncytial Virus (RSV) is the most common virus that causes bronchiolitis, but other viruses can cause bronchiolitis as well. It generally affects only children younger than age two. Bronchiolitis occurs when an infection gets to the smallest part of the lungs—called the bronchioles—causing swelling and mucus production. Older children and adults will generally cough out mucus. But a baby's cough isn't strong enough, and that can cause mucus to become lodged in the lungs and throat, making it difficult for the baby to breathe and feed. Riverton Hospital has a bronchiolitis clinic where parents can have a child's mucus suctioned with a small catheter. This allows the child to breathe and feed easier while the virus runs its course. Your doctor can provide you with a prescription to this clinic.

CROUP. Croup is an infection of the upper airway and is unlike asthma, pneumonia, and bronchiolitis, which are all lower respiratory diseases. Croup can affect the voice box, vocal cords, and windpipe. The illness usually begins two to



THIS WINTER

three days after being exposed to a virus and is characterized by a “barky” cough (which sounds like a dog or seal bark), noisy breathing, and occasionally heavy movement of the chest when breathing. Humidity and cool air are the most important treatments for croup. If the outside air is cool, wrap your child in blankets or warm clothes and take him or her outside.

“Cool, damp air loosens mucus and decreases swelling in the windpipe in much the same way that ice decreases swelling if you sprain your ankle” said Dr. Hofmann. Parents can also use a cool-mist humidifier in a child’s room or hold the child in a steamy bathroom with a hot shower running for ten minutes.

STAYING WELL

Hand washing for at least 30 seconds is the key to preventing and transmitting viruses and some bacteria—for both adults and children. Encourage your kids to sing the ABCs while scrubbing to help ensure they wash long enough, use hand sanitizer, avoid sharing cups and linens, and frequently sanitize toys that younger children share.



WHEN SHOULD I SEEK MEDICAL ATTENTION FOR MY CHILD?



Dr. Hofmann suggests taking your child to a doctor if you see signs of troubled breathing. Seek immediate medical care if your child has any of these symptoms:

- Breathing faster than normal, especially at rest
- Using extra muscles to breathe (belly moving in and out rapidly, chest retracting more deeply)
- Flaring of the nostrils during each breath
- Gasping for breath
- Turning bluish around the lips, indicating a lack of oxygen

NEED HELP FINDING A DOCTOR FOR YOUR CHILD? Visit our Find A Doctor page at selecthealth.org/findadoctor.

WHAT DOES PREVENTIVE CARE MEAN?

The goal of preventive care, such as regular checkups and screenings, is to help you avoid illness and to detect problems when they are most treatable. Many preventive services are now available at no cost to you. Examples of preventive services include the following:

- Examinations and/or screenings (for example, a mammogram, colon and prostate cancer screening, etc.)
- Flu and pneumonia vaccinations
- Screening laboratory and X-ray tests (such as Pap smears or cholesterol tests)
- Routine immunizations

Checkups may include tests performed by your doctor to manage a known condition, such as treating high blood pressure to prevent a heart attack or a stroke. Services performed to maintain a known condition are not usually considered preventive. Your regular copay, coinsurance, or deductible will apply to these additional services.

SelectHealth has always been committed to covering preventive services. However, not every preventive service is appropriate every year, and recommended screening guidelines may vary. Discuss your specific health needs with your doctor. If you would like to learn more about preventive care, visit selecthealth.org/stayhealthy/proactivecare.



PREVENTIVE CARE MAY NOT BE COVERED AT 100 PERCENT AND CERTAIN LIMITATIONS MAY APPLY.

If you have questions, call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** weekdays, from 7:00 a.m. to 8:00 p.m., and Saturdays, from 9:00 a.m. to 2:00 p.m.

Build Your Family Health Tree Online

There's one important thing most Americans neglect when it comes to their health: compiling a family health history.

Diseases can run in families, including conditions like heart disease, some cancers, diabetes, hemophilia, and rare genetic disorders. Knowing a family's medical history can help a doctor determine a patient's risk for disease and create an individualized approach to prevention, testing, and treatment.

While 96 percent of Americans know that it's important to have a family health history, only one-third have actually compiled one, according to the U.S. Surgeon General.

HOW IT WORKS

That's why the Clinical Genetics Institute at Intermountain LDS Hospital has created "Our Family Health," a simple, online tool that allows you to compile and store your personal health history, as well as information about your children, parents, grandparents and more. The program is completely customizable, private, and secure.

Log in to *My Health* from selecthealth.org. You'll find a link to "Our Family Health" on the left. Follow

the instructions to quickly and easily begin building your family tree.

And if you're a genealogy fan, you can import GEDCOM files with one mouse click. The program asks for information about race, diseases, and age of diagnosis—important information for a doctor to have to determine risk for some diseases.

"Our Family Health" also contains a resource directory that will give you reliable and reputable information on diseases and conditions that run in your family.

VISIT SELECTHEALTH.ORG and start your family health history today. It could keep you healthier!



Preparing for Baby with INTERMOUNTAIN MOMS

Pregnancy is an exciting time for expectant parents, and now expecting mothers have two new resources to help them get ready for their new arrival. Intermountain Moms has recently launched a Facebook page and a mobile phone app.

The Intermountain Moms Facebook page connects women like you to a community of doctors and mothers. Visitors who “like Intermountain Moms” will find an open forum to ask questions about pregnancy and child care. They can also browse through a library of videos and connect with healthcare providers and facilities. Users can also ask experts questions and get video and text responses.

Both the Facebook page and mobile app allow you to create a baby announcement to send to friends and family through Facebook, Twitter, or e-mail. The announcement creator allows you to take a photo, pick a design from over 100 options, and share your announcement.



SEE FOR YOURSELF You can find the Facebook page and app at [facebook.com/intermountainmoms](https://www.facebook.com/intermountainmoms). Download the iPhone or Droid apps by searching for “Intermountain

Baby Announcer” in the Apple App Store or in the Droid Marketplace.

Get the free mobile app at <http://gettag.mobi>.

The Doctor *is in*

HOW TO USE ANTIBIOTICS CORRECTLY



*Stephen Barlow, M.D.
Chief Medical Officer
SelectHealth*

Antibiotics are important drugs that are used to fight bacterial infections and help save lives.

However, it’s important to understand that antibiotics can only kill bacteria germs. They don’t fight viral infections, including

colds, influenza, most coughs and sore throats, cases of acute bronchitis, and some ear infections. The best way to treat a viral infection is to get plenty of rest, drink lots of fluids, and let the illness run its course. You can ease symptoms with over-the-counter drugs, such as pain relievers, cough medicines, and decongestants.

Bacterial infections are the cause of strep throat, some sinus infections, most ear infections, and urinary tract infections. If your doctor prescribes an antibiotic for a bacterial infection, it is important to take the medicine exactly as prescribed. Don’t stop taking the drug early if you start to feel better—you need to take the full course of antibiotics to completely kill the bacterial infection.

TAKING UNNECESSARY ANTIBIOTICS CAN BE HARMFUL

Disease experts say that overusing antibiotics can actually jeopardize your safety. Bacteria are tough survivors, and they often adapt their structure to become hardier. This allows them to become resistant to the drugs we use to kill them. Researchers are concerned that if people continue to use antibiotics when they are not needed, there will be more strains of “super bug” bacteria that are resistant to all antibiotics. This means people will stay sicker for longer and may even die of illnesses that were once treatable.

DO YOUR PART

Using antibiotics wisely is everyone’s responsibility. It’s easy to do your part by not asking your doctor for antibiotics when you don’t need them and by taking antibiotics as directed when you do need them.

Committed to Your Community

We believe in taking an active role in improving the communities where we live and work. Listed below are some of the major local and statewide initiatives we have supported this year to help make Utah a better place to live.

STEP EXPRESS

This free program helps fourth-grade students work toward a healthier lifestyle through lesson plans, physical activities, and an eight-week fitness challenge. Students learn about proper nutrition and track minutes of exercise using a passport and convert the minutes to miles. Grants are given to the three schools with the highest average miles per student. To learn more, visit stepexpress.org.

TOUR DE CURE

Our team of 260 cyclists raised more than \$110,000 to benefit diabetes research and prevention as part of the American Diabetes Association's annual Tour de Cure event. The SelectHealth team is one of the top fundraisers in the nation. To join Team SelectHealth for 2012, visit http://main.diabetes.org/site/TR/TourdeCure/UtahArea?pg=entry&fr_id=8080.

FARMERS MARKET

We offered free health screenings to more than 3,000 individuals and distributed nearly 10,000 free reusable shopping bags at the Salt Lake City Farmer's Market.

ST. GEORGE MARATHON

We administered hundreds of free health screenings at the Wellness Expo for the St. George Marathon.

UTAH SUMMER GAMES

We were proud to be a Gold Medal sponsor of the Utah Summer Games. This annual event in Cedar City provides aspiring athletes of all ages and skill levels an Olympic-style experience in 50 different sports, including archery, fencing, water polo, karate, and even bass fishing.

Do You Have a Favorite Cause?

We are seeking applications for the Select 25 Awards, which will honor 25 winners with \$2,500 to further their causes. We want to recognize individuals, organizations, causes, or programs that best promote healthy living or serve special populations in their communities throughout Utah.

We encourage readers to submit applications for their favorite cause! Submissions for the Select 25 Awards will be accepted at select25.org.

Select
25

MENTAL EXERCISES HELP FIGHT MEMORY LOSS

Everyone's been through it: You know that you've met that woman, but you can't recall her name. Or maybe you can't remember where you parked your car. By learning some mental tricks, you may be able to make these lapses a distant memory.

Not surprisingly, people are more likely to remember emotional events. You're also more likely to recall events that you pay a lot of attention to or that relate to something you already know. Try these strategies to improve your memory:

- "Store" facts around a familiar room. For example, if you want to remember to pick up some milk at the grocery store, picture a milk carton sitting on your kitchen table.
- Connect the name of someone you just met to a famous person or a friend. For Ben, think Benjamin Franklin.

- Give important information your full attention. Make notes or lists to help you recall facts.
- Make up rhymes or sentences.



GOOD HEALTH IMPROVES MEMORY RECALL

The following healthy choices also can positively affect memory:

- **Eat breakfast.** Children who skipped breakfast had slower memory recall than those who ate a morning meal. One reason may be low blood sugar levels.
- **Manage stress.** Stress causes the body to release cortisol, a hormone that may inhibit memory.
- **Keep your mind active with challenging activities.** Read the newspaper, play games, or learn a foreign language.



DASH TO HEALTH WITH A DISEASE-FIGHTING DIET

Suppose medical scientists discovered a way to significantly lower your risk for heart disease, stroke, and kidney failure—without pills, surgery, or fancy gimmicks. Believe it or not, they have. It's called the DASH diet or Dietary Approaches to Stop Hypertension. This diet can help you lower your blood pressure and may help prevent high blood pressure in healthy adults.

WHO CAN BENEFIT FROM DASH?

The ideal blood pressure for adults is less than 120/80. A person is considered to have hypertension if the top number—or systolic pressure—is 140 or higher, or the bottom number—diastolic pressure—is 90 or greater.



GETTING MORE FRUITS AND VEGETABLES

Eight to ten servings of fruits and vegetables are recommended for the DASH diet. Here are some tips to help increase your daily fruit and veggie intake:

- Add sliced bananas or berries to your morning cereal.
- Heat frozen blueberries or strawberries in the microwave for a toaster waffle topping.
- Add a little curry or cinnamon to canned fruits and heat.
- Add shredded carrots to your sandwich.
- Top low-fat frozen yogurt with sliced peaches or berries.
- Add green bell pepper or zucchini to spaghetti sauce.



CUTTING BACK ON MEAT, FISH, AND POULTRY

The DASH diet limits meat, fish, and poultry to six one-ounce servings a day or less. To cut back, begin thinking of meat as only one part of a meal rather than as the main course.

DAIRY PRODUCTS ARE IMPORTANT, TOO

DASH calls for two to three daily servings of low- or nonfat dairy foods, such as yogurt, milk, and cheese. You can add dairy products to your diet by eating low-fat yogurt or cottage cheese as a snack and drinking skim or low-fat milk with meals.

The DASH diet also recommends that people eat four to five servings of nuts, seeds, and beans each week. Examples of one serving include one-third cup of nuts, two tablespoons of seeds, half a cup of cooked beans, or two tablespoons of peanut butter.

OTHER LIFESTYLE HABITS

For the DASH diet to successfully control or prevent hypertension, you should also limit salt intake, avoid smoking, keep your weight at a healthy level, exercise 30 minutes almost every day, and drink alcohol only in moderation.



MEMBER SERVICES

801-442-5038 (Salt Lake area) or 800-538-5038

NOW
you're cookin'

Butternut Squash and Ginger Soup

SERVES 6

INGREDIENTS

- 1 tsp mild olive oil
- 1½ cups onion, chopped
- 3 cloves garlic, crushed
- 2 tsp fresh ginger, chopped
- 1½ lbs (6 cups) raw butternut or other winter squash, peeled
- ½ lb (1 cup) new potatoes, peeled and chopped
- 1 cup unsweetened 100 percent apple juice
- 3 cups water
- ½ cup skim milk
- ½ tsp salt

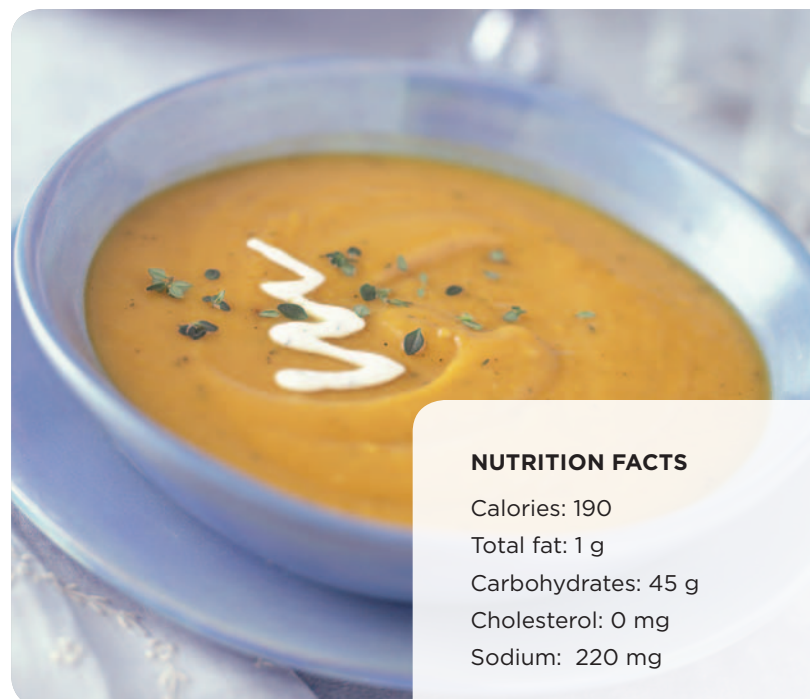
Garnish

- 2 tbsp parsley, chopped

DIRECTIONS

1. Heat the oil in a high-sided skillet or large saucepan on medium high. Sauté the onions for three minutes or until tender.
2. Add the garlic and ginger and cook one minute longer. Add the squash, potatoes, 100 percent apple juice, and water.

3. Bring to a boil. Reduce the heat and simmer 35 to 40 minutes or until very soft. Purée in a blender or processor, in batches, until smooth.
4. Pour back into the pan and stir in the milk and salt. Reheat and serve topped with parsley.

**NUTRITION FACTS**

Calories: 190
Total fat: 1 g
Carbohydrates: 45 g
Cholesterol: 0 mg
Sodium: 220 mg