

total FITNESS™

summer 2008



inside

EARLY DETECTION SAVED MY LIFE

Crista Johnson, breast cancer survivor, shares what she wants all women to know.....2

HOW TO ENJOY YOUR SUMMER ON A BUDGET

With a little creativity, you can have an action-packed season at a low cost.....4

TIPS FOR MOMS-TO-BE

What you should know if you're having a baby or thinking about it.....6

UNDERSTAND AND IMPROVE YOUR CHOLESTEROL NUMBERS

What is cholesterol, and how does it impact your body?.....7

Intermountain Introduces the New McKay-Dee Stewart Rehab Center

Stewart Rehab Center at Intermountain McKay-Dee Hospital Center recently opened the doors to a brand-new state-of-the-art facility, made possible by a generous \$2 million donation from the Mary Elizabeth Dee Shaw Foundation.

The new center is equipped with the latest rehabilitation equipment to better serve patients. It offers physical and occupational therapy, speech therapy, wound services, and much more to patients of all ages. "Our facility is

unique in the wide range of services we offer. We can help any patient with their rehab needs," said Greg Blackburn, director of Rehab Services.

"We've partnered with Primary Children's Rehab of Ogden to provide pediatric services closer to home. We've added new equipment to our neurological department and sports gyms that enables us to provide top-of-the-line care."

The center has even branched out from traditional therapy methods. "With the addition of a Pilates and yoga gym, as well as a return-to-sport room that helps get athletes back into their sport, we're helping bridge the gap from therapy or rehab back to an active lifestyle," Blackburn added.

FOR INFORMATION ABOUT NEW CLASSES NOW AVAILABLE AT THE REHAB CENTER, TURN TO PAGE 3.

*Crista Johnson,
breast cancer survivor*

EARLY DETECTION

saved my life

At just age 30, Crista Johnson, a mother of two, was diagnosed with breast cancer. Now she wants women to know two important things: (1) You don't have to have a family history of breast cancer to get it, and (2) early detection can save your life.

"I found the lump near my underarm while in the shower. I had a really bad feeling, and I knew I had to have it checked out," said Johnson.

She called her OB/GYN, expressed her fears, and got an appointment for the next day. Her doctor scheduled a mammogram immediately after seeing her.

"It all happened fairly quickly," she said. Her results came back, and she was referred to a specialist for a biopsy. "After the biopsy, he explained my situation. He told me my best option for survival would be a mastectomy and chemotherapy." Within a few weeks, Johnson had the surgery and began her rigorous chemotherapy regimen.

"I was healthy. I ate right and exercised. I never thought I would end up with cancer. I truly believe that had I not felt that lump, I wouldn't be here today," she said.

"Breast cancer is the most common cancer diagnosis women face, but the good news is the number of deaths from the disease is decreasing, largely due to early detection. Mammograms can detect cancer one to three years before a lump can be felt," said Catherine Babcock, M.D., of Intermountain Healthcare®.

Johnson feels she was lucky to discover the cancer so early. Prompt diagnosis and treatment are crucial in giving breast cancer patients a chance to live a long, happy, and healthy life.



DID YOU KNOW?

Here are some statistics about breast cancer from the American Cancer Society:

- Sixty-eight percent of Utah women older than age 40 reported having a mammogram in the past two years.
- The estimated number of new breast cancer diagnoses in Utah in 2008 is 920.
- The estimated number of deaths caused by breast cancer in Utah annually is 240.
- In 90 percent of breast cancer diagnoses, there is no family history of the cancer.

New Horizons in Women's Imaging

Intermountain McKay-Dee Hospital Women's Imaging Center has upgraded its equipment to the Hologic® Digital Mammography System. The new system provides a detailed and precise image for a more accurate breast screening, in addition to instant image acquisition. These advances create a shorter, more comfortable exam, and the images are

stored electronically so that they can be transferred or recalled quickly.

A recent study of nearly 43,000 women found the digital mammogram was more accurate for more than half of those who underwent screening, especially younger women and those who had dense breast tissue.

While digital mammography provides the highest quality images,

Dr. Babcock warns mammography is just one tool used in diagnosing breast cancer. Women also need to know their breasts and be aware of physical changes.

With the digital mammography system, McKay-Dee Hospital is one step closer to helping patients win the fight against breast cancer. Call **801-387-4600** for more information.

New Fitness Classes Available to the Community at the Rehab Center

The new McKay-Dee Stewart Rehab Center is excited to share its facilities and services by offering classes and programs to the community.

PILATES AND YOGA

Pilates and yoga classes require a minimum of five participants and a maximum of ten. Walk-ins are accepted on a first-come, first-served basis.

PILATES. Pilates is a series of low-impact exercise movements designed to improve core muscle strength and flexibility. Pilates may improve posture, balance, and coordination. It has also been shown to help resolve muscle imbalance.

The Stewart Rehab Center offers a Pilates studio with the latest equipment, including two reformers, a trapeze table, a ladder barrel, and a spine corrector.

Pilates classes are held on Mondays and Wednesdays from 6:00 a.m. to 7:00 a.m. and from 7:00 p.m. to 8:00 p.m.

YOGA. Yoga tones muscles; increases flexibility; and enhances balance, posture, coordination, and agility. It may also alleviate pain as it relaxes the body and mind and reduces stress and anxiety.

Yoga classes are held on Tuesdays from 7:00 p.m. to 8:00 p.m. There is also a special class for older adults on Tuesday mornings from 9:00 a.m. to 10:00 a.m.

PEDAL POWER

Cycling requires proper technique and bike setup to increase efficiency, maximize power output, and prevent injury. Our programs are designed for road and mountain bikers of all levels.

BIKE FIT. For \$80, Bike Fit uses CompuTrainer™, a computer program that tests the efficiency of your bike setup and performance. It provides a personal analysis that can help you do the following to improve your cycling:

- Make adjustments on your own bike to achieve the appropriate position.
- Enhance your pedal efficiency and technique.
- Recognize any flexibility and alignment deficits and how they affect your cycling position and potential for injuries.

COMPUTRAINER TRAINING. Once you have completed Bike Fit, you can take CompuTrainer training for \$30 per hour. You can ride on your own with CompuTrainer feedback to help you continue to improve performance.

MORE INFORMATION

The new McKay-Dee Stewart Rehab Center is located at 3903 Harrison Blvd., Suite 400, in Ogden. The facility is open Monday through Thursday from 7:00 a.m. to 7:00 p.m., and on Fridays from 7:00 a.m. to 5:30 p.m. Call **801-387-2080** for more information.

Select 25

In commemoration of our 25th anniversary, SelectHealth is awarding the following *Select 25* who are making a difference in their communities with \$2,500 to further their causes:

- Birthright of Ogden, Ogden
- We Like to Move It, Move It, Brigham City
- Hill Field Elementary, Clearfield
- New Reflection House, Tooele
- Maliheh Free Clinic, Salt Lake City
- Adopt-A-Native Elder Program, Salt Lake City
- Arcadia Elementary, Salt Lake City
- Sandy Elementary, Salt Lake City
- Making Strides With Kids, Salt Lake City
- Youth "Healthy Weight" Program, Salt Lake City
- Mommy and Me Aerobics, Provo
- VIP Special Needs Sports League, Mapleton
- Get Out and Play!, Santaquin
- Bike Helmet Project, Panguitch
- Panguitch Bantam Baseball, Panguitch
- Don't Sit—Get Fit, East Carbon City
- Community Walks, Price
- Youth Garden Project, Moab
- Dixie State College Dental Outreach, St. George
- Operation School Bell, St. George
- LaVerkin City Sports Program, LaVerkin
- Dixie Care and Share, St. George
- CDLF Mount Pleasant Head Start, Mount Pleasant
- Nutritional Classes for Youth at Risk, Manti
- Fairview Parks, Recreation, and Trails, Fairview

The winning individuals or programs were honored during a *Select 25* luncheon on May 27 in Salt Lake City. Read more about the great things these groups are doing by visiting www.selecthealth.org/select25.





How to Enjoy Your Summer on a Budget

Don't let a fixed budget turn you into a fixture around the house this summer. Many wonderful memories may cost you little or nothing at all. Check out free cultural events such as street fairs, outdoor concerts, movies, and plays. Here are some other ideas for free or low-cost summertime activities:

- **EXPLORE YOUR LOCAL FARMERS' MARKET.** Sample a colorful, fragrant, tasty array of fresh fruits and veggies.
- **POP IN TO NEIGHBORHOOD SHOPS.** Art galleries are often open to the public, while craft stores may offer demonstrations.
- **GO TO THE PARK.** Consider bringing puzzle books or games.
- **TAKE A WALKING TOUR.** Check out city landmarks or hike to a scenic overlook. Bring along a journal or sketchbook to record your impressions.
- **SIGN UP FOR A FREE OR LOW-COST CLASS.** Your library or community center may offer classes that interest you. If you've always wanted to know how to speak Spanish, play the guitar, or cook, now's the time to learn!
- **PLAY SPORTS.** Grab a friend and play catch. Visit your public swimming pool, bike path, or basketball or tennis court a few days a week.
- **JOIN A BOOK CLUB.** Check notices at the library or local bookstores.

You don't need to spend a lot of money to enjoy the warm-weather months. So get out and enjoy the not-so-lazy days of summer!

For a Dose of Convenience and Savings, Visit www.selecthealth.org

Have you taken advantage of all the time and money-saving services available to you just for being a SelectHealth member?

To find healthy discounts such as 15 percent off gym membership fees, \$50 off a pair of eyeglasses, or 10 percent off a LASIK vision correction treatment, visit www.selecthealth.org/discounts.

To manage your prescriptions online, visit *MyHealth* at www.selecthealth.org/myhealth and click on "Pharmacy Tools." Once you're connected to your pharmacy benefit information, you can find potential lower-cost alternatives for drugs you already take and much more.

What Makes Healthcare Costly?

According to Jerry Edgington, vice president of Sales and Marketing at SelectHealth, the growing cost of healthcare may be attributed to several factors.



*Jerry Edgington,
Vice President of
Sales and Marketing*

INCREASED USE.

The demand for medical services continues to rise, including advanced lifesaving technology, such as organ transplantation and biomedical drugs. Also, the aging population increases chronic illnesses and medication use.

UNHEALTHY BEHAVIORS. Smoking, drug use, and obesity are preventable health risks that translate into higher incidence of disease. Experts estimate that as much as 40 percent of healthcare dollars go toward treating lifestyle-related disease.

COST SHIFTING. Care provided to the uninsured and those who can't pay for services, along with insufficient Medicare and Medicaid reimbursement rates, shift medical costs to those in the market who do pay.

Edgington concludes the high cost of healthcare is a complex problem. To fix it, we need to take steps to address multiple contributing factors, such as promoting healthy habits and improving access to services. Our communities have many needs, and our nation's superior healthcare system should be able to meet them.

PLAY IT COOL BY THE POOL

have fun, but stay safe

Whether you're enjoying a pool party, getaway to Lake Powell, or vacation on the beach, summer is a wonderful season to spend time by the water. Here are some safety tips to keep in mind:

NEVER SWIM ALONE

Swim only in supervised areas and always have a buddy. Don't leave a child alone for even a moment. Drowning is the second leading cause of unintentional death among children ages one to 14 in the U.S., taking more than 40 young lives in five years in Utah.*

USE APPROPRIATE FLOTATION

Wear a life jacket. Consider taking swimming lessons if you're not a strong swimmer.

KEEP COOL

Remember to stay hydrated on hot days by drinking plenty of water, and step inside for a break. Spending at least two hours a day in air conditioning reduces the risk for heat-related illness.



PROTECT YOURSELF FROM THE SUN

Wear sunscreen with an SPF of 30 or more. Apply it 30 minutes ahead of time and reapply often. Wear a wide-brimmed hat and sunglasses.

KEEP THE WATER CLEAN

It's important to keep the water you share clean. Last summer's outbreak of cryptosporidium created serious problems with many of Utah's public pools. While health officials are gearing up with public education and even pool mandates, the best way to prevent waterborne illness is through practicing good hygiene.

The Centers for Disease Control and Prevention offers the following five suggestions to help you stay safe:

- Don't swim when you have diarrhea and for two weeks after.
- Don't swallow the pool water.
- Take a shower before swimming and wash your hands after using the toilet or changing diapers.
- Take kids on bathroom breaks and check diapers often.
- Don't change diapers at the poolside; do it in a bathroom.

* According to the National Center for Health Statistics and the Utah Department of Health



The Doctor *is in*

LOOSEN THE GRIP ON ANXIETY

Feelings of fear, worry, and uncertainty are normal responses to stress. But they can also spiral out of control into anxiety disorders and, if left untreated, disrupt your life.

Anxiety is the most common type of emotional disorder in the U.S. Learning the signs, how to cope with them, and seeking treatment if needed can help keep anxiety from getting the best of you. Here are some signs to watch out for:

- Constant, overblown worry and tension
- Sudden attacks of terror accompanied by physical symptoms, such as a pounding heart, sweating, faintness, nausea, or chest pain
- Panicky feelings along with a sense of doom
- Self-consciousness in social situations that seems excessive
- Intense fear of something that poses little real danger



Stephen L. Barlow, M.D.

For mild, short-term anxiety, simple steps can help calm your nerves and reduce stress. Try relaxing with deep breathing, confining your worries, staying active, or—the most difficult—facing your fears. If your anxiety is still hard to control or interferes with your daily activities, talk with your doctor about treatment options.

Call SelectHealth's Behavioral Health AdvocatesSM for support at **801-442-1989** (Salt Lake area) or **800-876-1989**.

Stephen L. Barlow, M.D.
Vice President and Chief Medical Officer,
SelectHealth

MOMS-TO-BE,

*start protecting
your baby now*



If a baby is in your future—even if you're just thinking about getting pregnant—there's a lot you can do now to help achieve a worry-free pregnancy and deliver a healthy newborn. Are you on the right track? Find out by going through the checklists below.

PREPARING YOUR BODY

If you're trying to get pregnant or will start trying soon, it's time to get your health in order. Check off the steps you're taking to help prepare for a healthy pregnancy:

- I've talked with my doctor about getting pregnant, and we've reviewed my medical history and current health.
- I'm maintaining a healthy weight.
- I eat nutritious foods, exercise regularly, and get enough sleep.
- I've updated my vaccines.
- I take a multivitamin that contains 400 micrograms (mcg) of folic acid every day.

CHOOSING WISELY WHILE PREGNANT

When you're pregnant, everything that affects your body affects your baby. Making careful, healthy choices for nine months may not be easy, but your baby is worth the effort.

If you're pregnant now, check off the doctor-recommended steps you're following:

- I see my doctor regularly.
- I take 400 mcg of folic acid daily.
- I don't smoke or drink alcohol.

- I only use medications that my doctor has approved, including herbal supplements.
- I get about 30 minutes of gentle exercise daily, as my doctor suggests.
- My meals include plenty of fruits, vegetables, grains, lean protein, and foods rich in calcium.
- I take time to relax.

A HEALTHY START FROM SELECTHEALTH

Working with your doctor is the best way to give your baby the best possible start and yourself peace of mind. With our SelectHealth Healthy Beginnings® program, we help you do just that.

Healthy Beginnings provides access to a registered nurse or high-risk perinatal nurse care manager, should you need one. The nurse will answer questions, offer emotional support, and give referrals to community resources. Each enrollee will also receive a kit full of educational materials. Those who sign up by their sixteenth week of pregnancy will receive a cash incentive upon completion. Participation involves just three telephone interviews throughout your pregnancy to make sure you're on a healthy track.

There is no extra cost for this program. To enroll, call **801-442-5052** (Salt Lake area) or **866-442-5052**. You can also access many pregnancy planning resources by logging in at www.selecthealth.org/myhealth.

Women's Health Rights

Did you know that SelectHealth, in accordance with the Women's Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services? This includes all stages of reconstruction and surgery to achieve symmetry between breasts, prostheses, and treatment for complications resulting from a mastectomy, including lymphedema. Call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038** for more information.

Understand and Improve Your Cholesterol Numbers

What exactly is cholesterol, and how does it impact your body? What do all those numbers mean? If you have these questions, you're not alone. We've provided some helpful answers below.

THE CHOLESTEROL BASICS

Cholesterol is a fatty substance in your blood. It travels in particles known as lipoproteins. "Lipo," as a prefix, means fat or fatty. When your doctor checks your cholesterol, he or she tests your blood for the three main types:

- **HIGH-DENSITY LIPOPROTEIN (HDL): THE "GOOD."** HDL helps remove cholesterol from the body and clear arteries.
- **LOW-DENSITY LIPOPROTEIN (LDL): THE "BAD."** LDL causes cholesterol buildup and blockage in the arteries. A higher level increases your risk for heart attack or stroke.
- **TRIGLYCERIDES: ANOTHER BAD FAT.** A high triglyceride level often accompanies other heart disease risk factors.

Your total cholesterol is a blend of the above components. A higher total cholesterol level means a greater risk for heart disease. Luckily, lifestyle changes such as getting active and improving your diet can help manage your cholesterol.

EATING TO LOWER CHOLESTEROL

Including these foods in your diet may help lower cholesterol:


- **FISH.** The omega-3 fatty acids found in many fish can help protect your heart. Moderate amounts of salmon and tuna are good choices.
- **OATMEAL.** Cooked oatmeal and cold cereals made with oat bran or oatmeal can help lower your bad cholesterol.
- **NUTS.** Walnuts, almonds, and other nuts are good sources of monounsaturated fats, which may help lower cholesterol.
- **FORTIFIED FOODS.** Drink orange juice or use margarine fortified with sterols or stanols. These substances found in plants may help lower a bad cholesterol level.
- **FRUITS AND VEGETABLES.** Reach for fresh fruits and veggies when you're hungry to keep your cholesterol in check and improve your overall health.



Keep Tabs on Cholesterol

Bring this chart with the four most common cholesterol measurements to your next doctor's visit and use it to track your results. Ask if the typical target levels, included below, are ideal for you. Target levels can vary, so update the chart as necessary.

Type of Cholesterol	Target Levels	My Test Results
Total cholesterol	Lower than 200 mg/dl	
Low-density lipoprotein (LDL)	Lower than 100 mg/dl	
High-density lipoprotein (HDL)	40 mg/dl or higher in men 50 mg/dl or higher in women	
Triglycerides	Lower than 150 mg/dl	



QUESTIONS?
Log in at www.selecthealth.org/myhealth to access the WebMD® cholesterol condition center. You can take a cholesterol assessment and receive the latest news and tips for lowering your cholesterol.



NOW
you're cookin'

Vegetable Pasta Salad

SERVES FOUR; 1 ¼ CUPS PER SERVING



PER SERVING

Calories 114

Total fat 2 g

Saturated fat 1 g

Sodium 344 mg

Fiber 3 g

INGREDIENTS

- 1 cup cooked orzo pasta
- 1 cup lightly steamed asparagus, cut the same size as the pasta
- ½ cup chopped carrots
- ½ cup sliced green onions
- ½ cup chopped yellow summer squash
- 1 cup chopped fresh spinach
- 1 cup small cherry tomatoes
- ¼ cup low-fat vinaigrette salad dressing
- 2 tsp. grated Parmesan cheese
- ¼ tsp. salt

DIRECTIONS

- Combine the pasta, asparagus, carrots, green onions, squash, spinach, tomatoes, dressing, cheese, and salt in a large bowl.
- Toss to coat with the dressing and Parmesan cheese.
- Serve with grilled chicken or fish at a barbecue or picnic.

Source: National Cancer Institute, National Institutes of Health

Total Fitness is presented by SelectHealth, Inc., 4646 West Lake Park Blvd., P.O. Box 30192, Salt Lake City, UT 84130-0192. All rights reserved. *Total Fitness* and its graphic representation are trademarks. Reproduction without permission is strictly prohibited. No material in this issue may be reproduced without written permissions. The publishers do not assume responsibility for unsolicited editorial material. SelectHealth is the trademark of SelectHealth, Inc. *Total Fitness* is an information newsletter for the members of a SelectHealth plan.

The information provided in this newsletter is intended to be used as a general guideline and should not replace the advice of your doctor. Always consult your doctor for individualized care. **The information contained in this newsletter does not guarantee benefits. If you have any questions about your benefits or need to confirm your benefits, call Member Services at 801-442-5038 (Salt Lake area) or 800-538-5038.**

5285MC



4646 West Lake Park Boulevard
P.O. Box 30192
Salt Lake City, UT 84130-0192

Nonprofit Org.
U.S. Postage
PAID
SelectHealth



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

UNR