

total FITNESSTM winter 2008



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Intermountain Medical Center Designed with Patients in Mind

The Center for Health Design recently found more than 600 studies linking hospital design to clinical outcomes. Studies found a hospital's design can affect everything from staff effectiveness to patient safety, as well as overall quality and cost.

For example, it matters how much natural light patients can get, whether their sleep is interrupted—by pagers going off or loud intercom announcements—and whether nurses

and doctors are tired from extra walking because of an inefficient floor plan.

Based on its findings, the Center for Health Design made some recommendations—principles that Intermountain Medical Center has taken to heart, according to Administrator David Grauer.

Recommendations from the Center for Health Design include more single-bed rooms, reduced noise levels, improved ventilation,

access to natural and full-spectrum lighting, views of nature or other positive distractions, systems to help people find their way around, and specially designed units and nurses' stations to reduce staff walking and fatigue.

TO LEARN MORE ABOUT THE HEALING DESIGN AT INTERMOUNTAIN MEDICAL CENTER, TURN TO PAGE 2.



HEALING DESIGN AT INTERMOUNTAIN MEDICAL CENTER

A hospital is much more than bricks and concrete or paint on the walls. Yet those very things—a building’s shape and color—can affect a patient’s healing experience.

Even before a doctor or nurse starts to help you at Intermountain Medical Center, the buildings and the campus help begin the healing process.

THE IMPORTANCE OF ENVIRONMENT

A hospital can be what healthcare expert Robin Orr called a “healing environment in healthcare.” He’s talking about a place where patients and families aren’t only welcome, but encouraged to participate in and make decisions about their care. It’s a place where the human spirit and qualities of healing are an integral part of the social and physical environment—where healing is as important as curing.

At Intermountain Medical Center, architects, designers, landscapers, and builders have teamed up with healthcare providers to create just that.

“Healthcare is really about those two things: promoting health and providing care,” said David Grauer, Intermountain

Medical Center administrator. “Intermountain Medical Center was designed to facilitate both, from the stone of our floors and the flowers outside to the state-of-the-art technology our clinicians are using to treat patients. All of it matters.”

A MATTER OF CONVENIENCE

Intermountain Medical Center’s design focuses on patient comfort and convenience.

“First and foremost, a facility should be easy to get in and out of,” said Steve Dibble, Intermountain Healthcare’s director of facility development and construction. “We felt that was the first thing we could do to improve the patient experience.”

Each building has a distinct entrance, which allows patients more direct access to the clinicians and facilities that treat their conditions. “We created all these separate front doors so that patients can pull up in their car and be relatively close to where they’re going, instead of fighting their way through a big building,” said Dibble.

SOOTHING GROUNDS

Nature, light, colors, textures, and views of the mountains add peace to the hospital environment. Throughout the



100-acre campus, visitors will find all kinds of subtle healing touches.

Linking the buildings are walking paths, gardens, water features, and other landscaping to offer respite and shelter. There are four gardens where patients and their loved ones can experience the peace of being outdoors. Two major water features—one near the entrance to the main patient tower and one in the healing garden at the Jon and Karen Huntsman Cancer Center—provide opportunities for rest and reflection. And there's a 1.5-mile walking path along Little Cottonwood Creek, which runs through the campus.

WELCOMING INTERIOR

While the exterior is clean and precise, designed to convey Intermountain Medical Center's position on the scientific and technological cutting edge, the interior "projects a softer look, a friendlier look, a warmer feel," Dibble said. "There was a period when everything was 'hospital' green. We wanted something different—something peaceful."

Windows are specially designed to

spread sunlight—casting warmth on walls and floors made with natural stone tile, native to Utah. Each patient room has a mountain view of either the Wasatch or Oquirrh Mountains.

In addition, the rooms are private and contain a sofa bed so that loved ones can spend time together. The rooms are decorated in warm tones, with wood clothing wardrobes and comfortable decor.

"Each building has its own color and texture palette and its own unique amenities," Dibble said. At the Carolyn Barnes Gardner Women and Newborn Center, for example, the decor centers on lush greens and light maple wood. The Jon and Karen Huntsman Cancer Center opens from its entryway to towering cathedral ceilings and streaming daylight. In the J.L. Sorenson Heart and Lung Center, a meditation room is decorated, accessorized, and lit to enhance calm and introspection.

"It's great to be one of the nation's leading medical and research facilities," Grauer said. "That's important to us. But fundamentally what we're about is being a place where people come to heal."



COLDS AND FLU WHEN TO SEE YOUR DOCTOR

Here it comes again—the dreaded cold and flu season. Chances are you've been dealing with these common viruses throughout your life. So why should you deal with them any differently now that you're older?

Older adults and those with chronic illnesses are at greater risk for the flu. And once you have a cold or the flu, there's a greater chance it could develop into something worse. If you have a chronic illness such as emphysema or diabetes, the flu can be very serious.

For these reasons, it's important to recognize flu-related symptoms and know when it's time to see your doctor. That way, you can help prevent your cold or flu from turning into a more serious illness.

Call your doctor if you experience any of these symptoms:

- Chest pain from coughing
- A high fever
- Difficulty breathing or sharp pain when breathing
- A severe cough that produces yellow, green, or bloody secretions

A severe cough with a high fever could be a sign of pneumonia. Call your doctor right away if you have any of these symptoms or if any symptoms last longer than usual for a common cold or the flu. The earlier you catch problems, the more easily they can be treated.



RESOLUTION FOR THE NEW YEAR

Get up-to-date on preventive screenings



Maybe you've resolved to explore new places or spend more time with your family in the coming year. Health screenings can help you stay healthy and fully enjoy these activities. Screening tests help doctors detect problems early, when they can be treated more easily. Below are some important screenings you should include as part of a healthy lifestyle.

BLOOD PRESSURE TESTING

Your blood pressure is usually checked each time you visit your doctor, but you should never go more than two years without having it measured. Tell your doctor if you have a personal or family history of high blood pressure, stroke, heart or kidney disease, or diabetes.

CHOLESTEROL TESTING

You should have your cholesterol checked every five years. If you are overweight or have diabetes, high blood pressure, or a family history of heart disease, your doctor may want to check your cholesterol more often.

CLINICAL BREAST EXAMS AND MAMMOGRAMS (WOMEN)

Beginning at age 19, women should receive a clinical breast exam every one to three years (every one or two years for women ages 40 to 50). They should also do monthly breast self-exams at home. If you are a woman age 50 or older, you can have a mammogram less often as long as past results have been normal. If you're at high risk for breast cancer, talk with your doctor about when to start having mammograms.

PAP TESTS AND PELVIC EXAMS (WOMEN)

If you are a woman age 21 or older or who has been sexually active for three years, you should receive an annual Pap test and pelvic examination. Tell your doctor if you have a family history of cervical cancer. After age 30, check with your doctor regarding the recommended frequency of exams.

PROSTATE EXAMS (MEN)

Men ages 50 to 65 should talk with their doctor about the risks and benefits of screening for prostate cancer. A digital rectal exam can detect prostate enlargement or prostate cancer. The prostate-specific antigen test screens for prostate cancer. If you are older than age 40 or have a first-degree relative with prostate cancer, ask your doctor what he or she recommends.

SIGMOIDOSCOPY, COLONOSCOPY, AND STOOL EXAMS FOR BLOOD

If you are age 50 or older, you should have a stool exam to check for blood every year. You should also have a sigmoidoscopy every five years or a colonoscopy every ten years. The sigmoidoscopy and colonoscopy tests check the lower section of the large bowel for abnormalities.

Talk with your doctor about regular exercise, diet, accident prevention, alcohol, medications, immunizations, and quitting smoking. For more information about your preventive care benefits, refer to your member materials.

*"Keeping your body healthy is an expression of gratitude to the whole cosmos—the trees, the clouds, everything."
—Thich Nhat Hanh*

HEALTHY LIFESTYLE COUNSELING

Your risk for many illnesses increases with age—making regular screening tests especially important as you get older. If you have specific questions about preventive screening recommendations, we can help. Please call SelectHealth's Preventive Care Hotline at **800-374-4949** or **801-442-6492** (Salt Lake area).

Travel Safely This Winter

Every winter, severe storms, accidents, and unmanageable road conditions leave motorists stranded. In freezing temperatures without proper supplies, the wait can be miserable—even deadly. So it pays to be prepared.

FIRST AID FOR THE JOURNEY

Armed with a traveler's first aid kit, you can manage most minor injuries and illnesses on the spot. Pack a tote bag with the following helpful items:

- A supply of all your medicines
- Spare eyeglasses or contact lenses
- Antihistamines and decongestants
- Stomach medicine
- Over-the-counter pain-reliever tablets
- Bandages, first aid tape, elastic wrap, and gauze
- Antiseptic wipes and antibiotic ointment
- Thermometer, tweezers, and scissors
- Rubber gloves

If you get stranded in your car, stay inside unless help is visible. Clear away snow from the exhaust pipe to prevent carbon monoxide buildup. For warmth, turn on your car engine for about ten minutes every hour and run the heater. Wrap up in a blanket or put on extra clothes. To increase your visibility, raise your car hood or tie a cloth to your antenna.

WEATHERING THE STORM

Before driving in snowy conditions, "winterize" your car. Make sure the entire vehicle—especially brakes, battery, and wipers—is in good working order. Keep the gas tank near full to prevent ice buildup. Before you travel, check the radio, TV, or Internet for road conditions and storm advisories. Give somebody your route and expected arrival time.

Along with your first aid kit, keep these emergency supplies in your car:

- Cell phone, flashlight, and extra batteries
- A three-day supply of food and water and a can opener
- Windshield scraper, paper towels, jumper cables, and snow chains
- Blankets and warm clothes
- Nonclumping cat litter or sand for tire traction
- Tool kit
- Bright-colored flag



The Doctor *is in*

THE POWERS AND PERILS OF ANTIBIOTICS

When you don't feel well from the symptoms of a cold or the flu, it's natural to want relief. But antibiotics usually aren't the answer. Antibiotics are important drugs that are used to fight bacterial infections. They don't fight viral infections.

Viruses cause many of the illnesses that get passed around every winter, including colds, influenza (the flu), most coughs, and sore throats. The best way to treat a viral infection is to get plenty of rest, drink a lot of fluids, and let the illness run its course. You can also ease symptoms with over-the-counter drugs.

Taking antibiotics when you don't need them can strengthen illness-causing bacteria. The bacteria will then be resistant to antibiotics when you do need them.

Bacterial infections are the cause of strep throat, some sinus infections, and urinary tract infections. If your doctor prescribes an antibiotic for a bacterial infection, it is important to take the medicine exactly as directed. Don't stop taking the drug early, even if you start to feel better.

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JUST THE WAY YOU ARE

Helping Your Daughter Love Her Body

If you have a preteen or teenage daughter, you may have noticed she seems overly concerned with her appearance—especially her weight. She’s not alone. An obsession with thinness has become an unhealthy trend in maturing young girls.

Our culture is partly to blame. Thin body images dominate TV, movies, magazines, and advertising. Girls who compare their body to media images can end up believing they’re overweight and unattractive.

As a parent, there are steps you can take to help counter unrealistic media images and your child’s self-criticism. Keep the following tips in mind.

BE A HEALTHY ROLE MODEL. Girls learn and repeat the actions of their parents. So if you worry constantly about your weight, your daughter will, too. Rather than dieting, let your kids see you eat healthy foods in moderation. Make time to exercise—especially as a family. This can help establish lasting good habits.

TUNE IN TO BODY SIGNALS. Never force a child to eat everything on his or her plate. Avoid labeling foods as good or bad, which can make “forbidden” foods more desirable. Instead, offer a range of healthy foods to choose from. Teach your daughter that food is fuel for the body and that a healthy diet will keep her performing and feeling her best.

RECOGNIZE BEAUTY IN ALL FORMS. It’s important to compliment your daughter on more than her appearance. Focus on her intelligence, skills, capabilities, and goals. Reassure her you love her no matter what her size or shape. Avoid commenting on other people’s bodies, especially their weight. Teach your daughter to value what’s inside a person, not appearance.

“Life is short, and it’s up to you to make it sweet.”
—Sadie Delany

When Food Becomes the Enemy

It’s vital to recognize and treat an eating disorder quickly. The sooner a girl gets help, the easier the problem is to resolve. Contact a pediatrician for more information. Don’t wait to call if you’re concerned your daughter may have signs of one of the following eating disorders:

Anorexia. Girls with anorexia eat very little and tightly manage food they do eat by counting calories and weighing portions. They often deny feeling hungry and avoid eating in front of others. Girls with anorexia often lose up to 20 percent of their normal weight, which causes them to stop menstruating.

Bulimia. Girls with bulimia eat huge amounts of food in a few hours. Then they secretly “purge” the food from their body by taking laxatives or vomiting. A girl with bulimia often goes to the bathroom immediately after meals. Girls with bulimia may be of average or above-average weight.

It's Your Move

If you're like most Americans, your New Year's resolutions may include goals to lose weight. But even ambitions that start strong can dwindle well before spring. If you haven't achieved your ideal weight, you're not alone—at least 66 percent of adults in the U.S. are overweight or obese.

Exercise. Just the mention of it makes many of us burrow deeper into the couch. But exercising regularly could save your life. Only exercise delivers all the following life-enhancing health benefits, for which no drug, diet, or multivitamin can substitute.

CARDIOVASCULAR PROTECTION.

Regular exercise helps the heart pump blood more efficiently to deliver essential oxygen and nutrients to the

body. Exercise also helps normalize blood pressure and increases HDL, or “good,” cholesterol.

MORE EFFICIENT LUNGS AND STRONGER BONES AND MUSCLES.

Deep breathing during aerobic exercise increases the efficiency and capacity of your lungs. Strength training, such as lifting weights, and weight-bearing exercise, such as walking, develop muscle and reduce age-related bone loss. Stronger muscles and bones also improve your balance, coordination, and overall strength.

IMPROVED METABOLISM. Regular exercise helps people control their weight. The more intense the exercise, the more calories you burn. In addition, strength training builds muscle, which burns more calories than fat.

ENHANCED EMOTIONAL WELL-BEING. In response to physical activity, the brain increases the production of endorphins, chemicals in the brain that improve mood and reduce pain. Studies show that exercise also fights depression.

DISEASE PREVENTION. Regular exercise helps the body's immune system, which can mean fewer colds and other minor illnesses. Losing extra weight helps cut your risk for diabetes, coronary artery disease, and mobility problems. Exercise also helps both prevent and control type 2 diabetes.

A LONGER LIFE. A study of men from the Harvard School of Public Health showed that regular physical activity increases life expectancy.

The truth is, most people who keep a healthy body weight earn it. They work on their health every day by eating a healthy diet, making time for exercise, and scheduling preventive screenings. Nature rewards them kindly with high energy, reduced stress, and additional years of life.



“Always bear in mind that your own resolution to succeed is more important than any one thing.”
—Abraham Lincoln

VISIT INTERMOUNTAIN'S ONLINE WEIGHT MANAGEMENT CENTER

Find more information related to weight loss and maintenance at Intermountain's Online Weight Management Center. Get free tools that include *The Weigh to Health*® booklet and Habit Tracker. We're here to help you with portion control, determining your ideal weight, being active, and setting goals.

Access the online Weight Management Center at www.selecthealth.org/weightmanagement. Or for more information, call Member Services at **801-442-5038** (Salt Lake area) or **800-538-5038**.



NOW
you're cookin'



Winter Crisp

SERVES SIX; ONE SMALL PIECE PER SERVING

INGREDIENTS

For filling:

- 1/2 cup sugar
- 3 tbsp. all-purpose flour
- 1 tsp. lemon peel, grated
- 3/4 tsp. lemon juice
- 5 cups sliced apples, unpeeled
- 1 cup cranberries

For topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole wheat flour
- 2 tsp. ground cinnamon
- 1 tbsp. soft margarine, melted

DIRECTIONS

- Prepare filling by combining sugar, flour, and lemon peel in medium bowl. Mix well. Add lemon juice, apples, and cranberries. Stir to mix. Spoon into six-cup baking dish.
- Prepare topping by combining oats, brown sugar, flour, and cinnamon in small bowl. Add melted margarine. Stir.
- Sprinkle topping over filling. Bake in 375 F oven for approximately 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature. Top with fat-free whipped topping, if desired.

PER SERVING

- Calories 252
- Total fat 2 g
- Saturated fat less than 1 g
- Cholesterol 0 mg
- Sodium 29 mg
- Fiber 5 g
- Protein 3 g
- Carbohydrates 58 g
- Potassium 221 mg

Only one tablespoon of margarine is used to make the crumb topping of this cholesterol-free, tart, and tangy dessert.

Source: National Heart, Lung, and Blood Institute

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