

YOUR *gateway* TO HEALTH  
YOUR HEALTH, YOUR LIFE

TIRED OF  
ROUGHING IT?

*Winter Skin  
Solutions*



**GATEWAY REGIONAL  
MEDICAL CENTER**

**WHY 7,500 STEPS  
IS ENOUGH**

**COLD & FLU SEASON:  
DON'T PASS IT ON**

# New Year, *New You*

Follow these tips to kick your year off the healthy way.

## WALK YOUR WAY TO HEALTH

The prescription for a longer life may be as simple as taking fewer than 10,000 steps each day, according to a study published by *JAMA Internal Medicine*. Older women who comprised the study enjoyed a significant reduction in mortality — about 40% at 4,400 daily steps — but the health benefits of walking topped out at 7,500 steps, not 10,000.

One of the best things about walking is that it is easy to incorporate into your regular

routine, whether you choose to park far away from your office, take the stairs instead of the elevator or add a 30-minute walking workout before breakfast or after dinner.

When you walk, remember to:

- Choose shoes that are comfortable with proper support.
- Do not walk in icy conditions.
- Maintain good posture with your spine as straight as possible.
- Warm up and stretch before a long walk.

## SCHEDULE YOUR YEARLY CHECKUP

Don't wait until you are ill or injured to see a healthcare provider. Make prevention a priority with a visit to your primary care provider (PCP). Establishing a relationship with a PCP through annual visits allows you to access preventive care, disease management and guidance to promote overall health. PCPs can also administer vaccinations and screenings, diagnose common medical conditions and provide treatment when necessary.

According to Healthy People 2020, patients with a usual PCP enjoy:

- greater likelihood of receiving appropriate care

- heightened patient-provider communication
- increased level of trust in the provider
- lower mortality from all causes

Your provider is your partner in health care, so select one who you feel comfortable discussing your symptoms and your health goals.



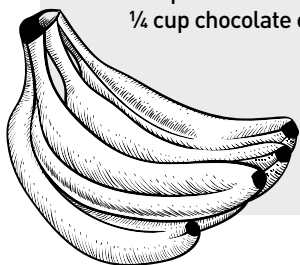
Visit [GatewayAnytime.com](http://GatewayAnytime.com) or call (618) 243-0953 to schedule an appointment with a primary care provider.

## Grab-and-Go Breakfast Cookies

These one-bowl cookies are a fantastic option when you need a quick and healthy start to your day.

### INGREDIENTS

3 large overripe bananas, mashed  
½ cup all natural peanut butter  
2 cups rolled oats  
¼ cup chocolate chips



### DIRECTIONS

1. Preheat oven to 350 F. Line a large cookie sheet with parchment paper.
2. Combine bananas and peanut butter. Stir in oats and chocolate chips.
3. Wetting hands to help prevent sticking, divide batter into eight sections and shape into balls. Flatten into cookie shapes.
4. Bake the cookies for 10 to 12 minutes.
5. Move to a wire rack to cool completely. Refrigerate cookies to store for up to five days.

### NUTRITION

Serving: 1 cookie  
Calories: 103  
Carbohydrates: 19g  
Protein: 6.5g  
Fat: 6g  
Fiber: 6g  
Sugar: 1g



If neck or back pain are keeping you from life's great moments, take our free online assessment by visiting [GatewayRegional.net](http://GatewayRegional.net) and clicking "Take the Assessment" under "Remember When This Was Easy?"

# We'll Watch YOUR BACK

Imaging tests can help providers diagnose several different spinal conditions.



## X-RAY

An X-ray, also called a radiograph, is often used to diagnose broken or dislocated bones. They are the fastest way for your doctor to see any abnormalities or problems in your bones or joints, including arthritis, spinal deformities or changes with age.



## CT SCAN

CT stands for computed tomography. It is similar to X-ray technology in that it uses radiation to take multiple pictures inside the body. CT images are generally more detailed than conventional X-rays, and radiologists often use them to diagnose musculoskeletal disorders. A CT scan is like a 3D X-ray.



## DEXA SCAN

A bone densitometry or DEXA or DXA scan, is another type of X-ray. It uses very small amounts of radiation to help measure bone mineral density and bone loss. Providers can use it to test for osteoporosis or other conditions that can cause bone loss. DEXA scans can also measure the risk of fractures.



## MRI SCAN

MRIs are different from X-rays because they do not use radiation. Instead, an MRI — magnetic resonance imaging — uses magnetic fields and radio waves to produce detailed pictures of the inside of your body. MRIs are useful in visualizing function and areas that may be obstructed by bone in other imaging tests.



Don't wait in pain. Call (618) 248-4314 to schedule an appointment with Jonathan Workman, D.O., Orthopedic Surgeon and member of the medical staff at Gateway Regional Medical Center. No referral is needed.



Jonathan Workman, D.O.

## MINIMALLY INVASIVE SPINE SURGERY

If your back pain lasts longer than three months, the U.S. National Library of Medicine states

it is considered chronic back pain. Chronic back pain may be a sign of an underlying health concern, such as osteoporosis or a herniated disc. To diagnose your condition and provide the right treatment, your provider may recommend imaging tests to look at your spine.

Reducing the risk of damaging the muscles surrounding the spine, minimally invasive spine surgery is usually recommended for degenerative or herniated discs, spinal deformities, or other conditions that have not responded to other forms of treatment. Many facilities now use minimally invasive spine surgery, which can be quicker, safer, and requires less recovery time than open spine surgery, according to the American Association of Neurological Surgeons.

*Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.*



Give healthy skin a hand. Always carry nongreasy hand cream with you to apply after every time you wash your hands.

# Taking Care of WINTER SKI

## DIY SKIN CREAM

Get back to basics with a skin salve you can whip up at home. Made from just three ingredients, this cream restores moisture without anything extra that might cause skin irritation.

Combine equal parts organic cocoa butter and unrefined shea butter and add half the amount of coconut oil. Melt on the stove or in the microwave, whisking to combine.

Allow the mixture to cool to room temperature. When ready, whip with a whisk, stick blender or food processor. The resulting texture will be smooth and creamy, and the color will turn from yellowy green to white. Store in clean glass jars with lids.



Oh, the weather outside is frightful, and if you aren't careful, it can damage your skin. Resolve your winter skin woes with these tips.

Your skin is your body's largest organ and its first line of defense, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Healthy skin helps regulate body temperature, keeps infection-causing microbes out and prevents dehydration.

When skin loses too much oil and water, it can become dry. Your skin might be in trouble if you experience:

- cracks that may or may not bleed
- flaking or peeling
- itching
- rough texture
- tightness, especially after washing

Not just a winter woe, dry skin can affect people of all ages at any time of year. Learn how to manage three common skin concerns.

# 1.



### CHAPPED LIPS

Keep your lips moisturized with American Academy of Dermatology-recommended lip products that contain:

- castor seed oil
- hemp seed oil
- petrolatum
- shea butter

Other types of lip products can be irritating — avoid products with flavors, fragrance, eucalyptus or menthol. Also, don't lick your lips. The saliva evaporating on your lips can cause them to become drier. Use a thick ointment, such as petroleum jelly (the common name for petrolatum), if your lips are especially cracked.

# 2.



### ELEPHANT ELBOWS

If your elbows (or knees, or anywhere on your skin) feel tight, dry and flaky, there are several remedies you can try.

- Choose fragrance-free detergents, skin care products and soaps to limit potential skin irritation.
- Close the bathroom door and take a short 5- to 10-minute bath or shower using warm water and a gentle cleanser.
- Moisturize your skin with a cream or ointment immediately after you bathe or shower — lotions are less effective and often contain skin-irritating ingredients. Look for products that contain jojoba oil, olive oil or shea butter.

- Use a humidifier to restore moisture to the air in your home and provide relief from the dry air inside and out.
- Wear gloves when you wash dishes, go outdoors or can come in contact with chemicals or other substances.

# 3.



### CRACKED HEELS

Dry skin can happen anywhere on your body, but cracked heels can be especially painful. Cracked skin on your heels is more likely if you wear open-back shoes, stand for long periods — especially on hard floors — or are obese. Protect feet with well-fitted shoes and padded socks, and use cream or ointment on heels when they are clean and dry to lock in moisture.

## HELLO, Hydration

Hydration helps every part of your body. Drinking enough water allows your body to absorb nutrients, get rid of waste and cushion your joints. If you are not sure that you are consuming enough water, check your skin's elasticity by pinching a small amount so its tented up and hold for a few seconds. If your skin springs back quickly, you are well hydrated; if it doesn't, try these tips:

- **Choose water.** At home or when eating out, water is the top beverage choice for hydration that can also save you money.
- **Hydrate with your plate.** Your water intake also comes from the foods that you eat. Fruits and vegetables, such as celery, cucumbers, and tomatoes, soups, oatmeal and smoothies can all contribute to your hydration goal.
- **Sip through the day.** The American Academy of Family Physicians recommends drinking six to eight cups of water a day but acknowledges that everyone has different needs. People who are on certain medications or have particular health conditions may need less water. Speak with your primary care provider about your appropriate daily hydration goal.



Dry skin can be harmless, but it can also lead to other health concerns. Get ahead of it before it's too late. Visit [GatewayAnytime.com](http://GatewayAnytime.com) to self-schedule your next appointment.

### WINTER SUNBURN

Sunburn is always a risk to your skin. During the winter, even on overcast days, the sun's ultraviolet rays can go through the clouds. Snow can also reflect the sun's rays. Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher. If you are concerned about the chemicals in sunscreen irritating your dry skin, choose a mineral sunscreen made with zinc oxide or titanium dioxide. The AAD recommends these types of sunscreens for those with sensitive skin. Applying sunscreen will also help slow the signs of aging, as sun damage can cause wrinkles and age spots. Apply sunscreen 30 minutes before going outside and reapply every two hours.

### CONSULT THE EXPERTS

If dry, flaky skin continues despite at-home remedies, it might be a sign of something more serious. Speak with your primary care provider (PCP) if:

- Pain and itching from dry skin is keeping you awake.
- Scratching has caused open sores or cuts.
- You feel itching without a visible cause.



Q



A

According to the American Academy of Otolaryngology-Head and Neck Surgery Foundation, nearly half of patients seeing a primary care provider have issues that can be treated by an ear, nose and throat doctor, or ENT. Barry Rosenblum, M.D., ENT at Gateway Medical Group shares what your ENT can do for you.

## BARRY ROSENBLUM, M.D., OTOLARYNGOLOGIST

### Q. WHAT DOES AN ENT DO?

As an ENT, I am able to treat most conditions that affect the ears, nose and throat, such as tonsillitis, earache and sinus infections. Some ENTs will pursue additional expertise in areas such as thyroid issues and sleep disorders, and others may provide surgical options to correct ear, nose or throat problems. To become an ENT specialist, doctors need to complete five to eight more years of post-graduate work after they complete medical school, because they provide medical and surgical treatment.

### Q. WHAT ADVANCED TREATMENTS DO ENTs OFFER?

ENTs perform surgery to remove tumors, enlarged thyroid gland, tonsils and adenoids. They can repair a cleft palate or a deviated septum as well. According to the American Academy of Otolaryngology-Head and Neck Surgery Foundation, about 80 percent of people have a deviated septum, meaning the bone and cartilage that separates their nostrils is off-center. Signs of this are difficulty breathing, mouth breathing or noisy breathing during sleep, and sinus infections. When symptoms are severe, it may require surgery.

### Q. WHAT ARE SOME CONCERNS ENTs ADDRESS?

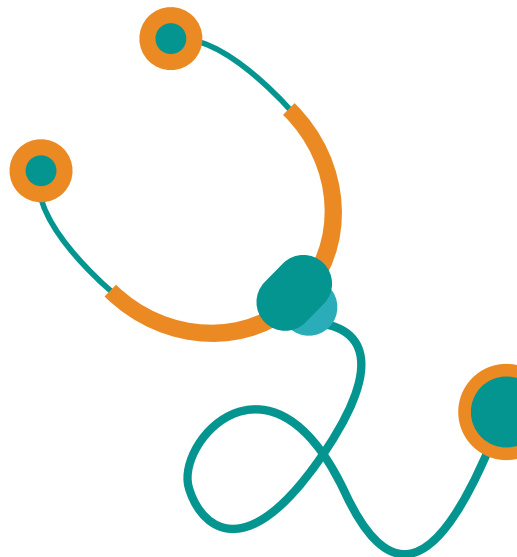
ENTs can help patients restore function to their ears, nose and throat through medication and surgery. Examples include:

- children — ear infections, head and neck birth defects, asthma and allergy
- ears — ear infections, hearing loss and ringing in the ears
- nose — deviated septum, sinusitis and nasal obstruction
- throat — hoarseness, sore throat, vocal cord disorders and throat tumors
- sleep — disordered breathing, airway obstruction and sleep apnea

### Q. MY COLD WON'T GO AWAY. SHOULD I SEE AN ENT?

For the common cold, symptoms can improve through at-home treatments, such as nasal irrigation or taking over-the-counter medication to relieve pain. If you have nasal blockage and drainages that worsen or stay with you more than 10 days, it may be sinusitis — infection or inflammation of the sinuses. Seeing an ENT will help you determine the correct treatment to get well.

- **Acute sinusitis** is usually caused by a virus and will not benefit from taking antibiotics, unless the cause is bacterial. Treatment of symptoms includes ibuprofen or acetaminophen for pain and steroid nasal sprays and salt water irrigation in the nose to relieve blockage.
- **Chronic sinusitis** — symptoms last at least 12 weeks. Although the cause is often unknown, treating chronic sinusitis with steroid nasal sprays and salt water irrigation in the nose can help control inflammation.



When ear infections, or nose and throat problems keep coming back, you may need to see an ENT. Call (618) 202-4922 to schedule an appointment with board-certified ENT Barry Rosenblum, M.D.

*Dr. Rosenblum is a member of the medical staff at Gateway Regional Medical Center.*



# SICK

## *Etiquette*

Mind your manners — and your health — with these tips.

### 1. Practice Self Care

Every year, get vaccinated against the flu and stay up to date with your immunization schedule. Your primary care doctor can help.

Boost your immune system by:

- drinking alcohol in moderation or not at all
- eating a healthy diet with plenty of vegetables and fruit
- getting 150 minutes of moderate aerobic physical activity every week
- not smoking
- sleeping seven to nine hours every night

### 2. Keep Your Germs to Yourself

While a slight cough or runny nose may not be enough to skip work or school, make sure you stay home if you:

- are unable to perform your studies or work tasks
- have a fever over 100 F
- have diarrhea or vomit multiple times
- show other symptoms of the flu, such as headache, congestion, dry cough, fatigue and muscle aches

Wait 24 hours after your symptoms subside to return to work or school — you may still be contagious before then.

### 3. Do Unto Others ...

When you sneeze or cough, cover your mouth and nose with a tissue and throw it away. If you don't have a tissue, cover your face with the bend of your arm.

Whether you are sick or not, wash your hands for 20 seconds with soap and water:

- after sneezing, coughing or blowing your nose
- after touching or petting an animal
- after using the toilet
- before AND after caring for a wound
- before preparing or eating food

If you have a fever or your winter cold just won't go away, visit [GatewayAnytime.com](http://GatewayAnytime.com) to schedule an appointment with a primary care provider.



### WANT TO READ MORE?

Visit [GatewayRegional.net/signup](http://GatewayRegional.net/signup) to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 798-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 798-3000 (TTY: (800) 526-0844).

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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.



## Getting an X-ray, MRI, Mammogram, or CT?

### Talk to us first about Pre-Pay Pricing!

Healthcare pricing can be confusing, and if you don't have insurance, it can be daunting. We're helping simplify things by offering Pre-Pay Pricing for imaging services – a plan designed for those who don't have insurance.

### How does it work?

If you need an imaging service – like an X-ray, CT, mammogram or MRI – call 618-798-3100 *before* you receive that service. We can provide a quote for the bundled cost associated with that service if you **pre-pay the total**.

#### Some Pre-Pay Pricing Examples:

- Chest X-ray as Low as \$70
- Abdominal CT Scan as Low as \$300
- Lower Back MRI Scan as Low as \$500

**Pre-Pay Pricing can be a less expensive solution.  
Call 618-798-3100 for Pre-Pay Pricing.**



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[GatewayRegional.net/PrePay](http://GatewayRegional.net/PrePay)

*Pre-Pay quotes include hospital and Radiologist reading charges. Patients must pay prior to the procedure to be eligible for Pre-Pay Pricing. Otherwise, patients are liable for costs not covered by insurance or the full price of the service. The registration department can process payments for procedures after hours. Credit cards, cash and some personal checks accepted.*