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# Giving the gift of health

December's arrival on the calendar usually means people are giving thought to Christmas gifts for friends and loved ones. Or a little further out, they're pondering on that yearly ritual of New Year's resolutions.

In this issue, we thought it'd be helpful to provide some ideas to stimulate those ideas.

Staff writer Melinda Williams shares information about a topic most people want to avoid – cancer screenings.

No one enjoys going through them, but we've all heard of examples, sometimes close to home, of what can happen if we don't follow through on getting such procedures done.

Having that piece of mind or knowledge of what to do next can truly can be a priceless gift for the person having the

procedure done and for



BY  
**TOM  
BUSSELBERG**  
EDITOR

Tom enjoys long walks and is starting to re-enjoy the treadmill and working out with weights again. He has a passion for history, geography, and loves to read and write.

their loved ones.

Louise Shaw explores the gift that keeping oneself physically and mentally active can bring – no matter what the age.

Her article goes beyond the value of crossword puzzles to stimulate the brain. It explores options available all around us, particularly for the older ones among us, including me.

Jennifer Wardell, meanwhile, looks at healthy eating gifts that go well beyond munching on carrots endlessly.

The gift certificates she suggests aren't those seen regularly in the chain

restaurant commercials.

They're for alternative, but tasty options, from a sugar free bakery to vegan fare that tastes every bit as good as the meat variety.

A life-changing gift can come in the form of paying for a class registration at a facility such as the South Davis Recreation Center.

My interview with retiring MountainStar Hospital CEO John Hanshaw takes a bit of a more indirect approach to the gift of health.

In talking to him, perhaps the gift provided by MountainStar, represented locally by Lakeview Hospital, would come in a variety of forms.

The hospital has seen physical upgrades, over the years, including expansion of the emergency department, clinics, and other services that directly impact patients.

Another "gift" the hospital can provide is in caring professionals who seek to make a patient's stay as comfortable as possible, whether it be for a few hours or over an extended period.

No one likes to think about going to the hospital. But I think Lakeview is a community hospital of which we can be proud. Personally, I am very grateful for the care I receive, particularly from one of its associated clinic physicians and staff, on an ongoing basis.

I hope you enjoy this issue. And most of all, Happy Holidays, and yes, have a Merry Christmas!

*tbusselberg@davisclipper.com*



**ON COVER:** Kristina Struthwolf skates her way health.

*Davis Wellness Photo*

## Davis Wellness

*Our mission is to promote ideas and education about health, happiness and well-being to help our friends and neighbors in Davis County live longer, more-fulfilling lives.*

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## Skin & Beauty



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Give the gift of  
**health**

this **Christmas**



BY **JENNIFFER  
WARDELL**  
ASSOCIATE EDITOR

**I**nstead of chocolate or Amazon gift cards, think about giving your friends and family the gift of a

healthier new year.

While most people don't worry about their New Year's resolutions until the Thanksgiving leftovers and Christmas candy have been eaten, the right Christmas gift can encourage anyone looking to eat better or get in shape. From fruit of the month clubs to exercise classes, here are some ways to celebrate both the season and your loved ones' health.

#### **Nutritious, low-fat cookbooks**

Choosing to eat home-cooked food rather than takeout or pre-made meals can dramatically decrease the amount of processed fat and salt a person eats. When you take the extra step of cooking low-fat meals, the health benefits can be immense.

Layton publisher Gibbs-Smith offers a handful of healthy cookbook options that are available for sale on either their website ([gibbs-smith.com](http://gibbs-smith.com)) or [Amazon.com](http://Amazon.com). The "Whole Foods Diet Cookbook" focuses on nutritious meals rather than

focusing specifically on calorie-counting, while "The Homesteader's Kitchen" focuses on fresh fruits and vegetables. Both books have a four-star rating on Amazon.

Though it's been discontinued on the Gibbs-Smith website, the company also published "The Golden Door Cooks Light and Easy," which has a five-star rating on Amazon. The book offers healthier, lower-fat alternatives to classic French dishes, as well as fat-cutting tips that can be used with any recipe.

#### **Healthy eating gift cards**

One of the reasons that so many of us are drawn to fast food is the convenience. Gift cards or gift certificates to places that offer healthier eating options can help remove some of that temptation.

Though no "healthy" restaurant has really gotten a foothold in Davis County, places such as Jamba Juice and Café Zupas have Davis County locations, a wider variety of



■ See "GIFT" p. 18



# A Healthy Breakfast and a Healthy Weight

If you think skipping breakfast will help you maintain a healthy weight, you might want to think again. In fact, MyPlate recommendations include starting the day with a good breakfast:

## Start with breakfast

Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

By choosing a balanced breakfast, you can get off to the right start, and fill in the gaps in



■ See "BREAKFAST" p. 6

# Skillet Eggs and Polenta

Serve this morning meal with an 8-ounce glass of fat free milk and a slice of whole grain toast to start right with a serving of veggies, whole grain, protein and milk all before noon.

Makes 4 servings.

## Ingredients

- 1 cup sliced mushrooms
- 1 cup red bell pepper, cut into strips
- 1 cup zucchini, halved lengthwise and sliced into half-moons
- 1 jar (32 ounces) marinara sauce
- 2 1/2 cups lowfat or fat free milk
- Salt
- 1/2 cup finely ground polenta or cornmeal
- 2 teaspoons olive oil, divided
- 4 eggs
- Chopped fresh basil (optional)

## Directions

Spray large nonstick skillet over medium-high. Add mushrooms, bell pepper, and zucchini, and saute until vegetables soften slightly, about 3 minutes. Add marinara and simmer to heat through. Reduce heat to low and keep warm.

Bring milk and salt to a boil in medium saucepan over medium-high. Slowly whisk in polenta, stirring constantly to prevent lumps from forming. Cook until thickened, about 5 minutes. Remove from heat, cover, and keep warm.

Heat oil in large nonstick skillet over medium-high. Carefully crack eggs into pan and cook until whites are set and yolks are cooked to desired doneness, 4 to 6 minutes.

To serve, divide polenta among 4 shallow serving bowls; top with marinara and an egg. Sprinkle with chopped basil if desired.

# Health & Wellness Providers



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**wellness**



# Breakfast

Continued from p. 5

food groups likely to be missing in your diet. Milk is a perfect breakfast complement, yet more than 8 out of 10 Americans still fall short of the recommended milk servings each day.

Milk is packed with nine essential nutrients, including eight grams of high-quality protein. Along with building muscle and keeping bones strong, protein at breakfast can help you feel full and satisfied so you won't feel hungry by mid-morning, which will help you stick to their weight manage-



ment plan.

Studies show milk drinkers and breakfast eaters have more nutritious diets and tend to be leaner than non-milk drinkers and breakfast skippers. And to cut fat and calories, opt for fat free or low fat milk - they deliver the same nutrient-rich

punch for fewer calories and less fat.

For more breakfast tips and recipes, visit <http://thebreakfast-project.com/>. Also, follow the Milk Mustache Campaign on

Facebook at <https://www.facebook.com/MilkMustache>, and Twitter @MilkMustache.

*Family Features*

# Ho, Ho, Holiday Treats

Nothing says home for the holidays like the smell of treats baking in the oven and a crowded kitchen filled with loved ones. Whether making decades-old family favorites or starting new holiday baking traditions, you can create homemade holiday goodies in a (ginger) snap.

"The holidays are a time when families are in the kitchen at record rates to bake cookies, build gingerbread houses and create a wide variety of sweet treats," says Nancy Siler, vice president of consumer affairs at Wilton. "The good news is, even if you only have 30 minutes to spare during this hectic time, you can make amazing desserts for gatherings or gifting."

Try these easy treat ideas from Wilton to spread holiday cheer:

• **Holiday Helpers:** Invite family and friends for a cookie decorating day to help prepare

gifts for upcoming events. You provide the sparkling sugars and sprinkles, peppermint twisted sticks and red and green icing ... everyone else provides the creativity.

• **Miracle on Your Street:** Crunched for time with a party to attend? Pick up ready-to-eat cookies and artfully dip them in red and green candy melts candy for an elegant upgrade.

• **Instant Snowman:** Coat peanut butter sandwich cookies in white candy melts candy to create instant snowmen. Decorate with hats, scarves and, of course, carrot noses.

• **It's a Wrap:** Turn your homemade treats into gourmet gifts. Stock up on holiday-themed gift bags and boxes, colorful tissue paper, ribbons and tags to transform goodies into extra special gifts.

*Family Features*

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# Colon Cancer

Colon Cancer Screening has been extensively discussed and covered in the past.

It is well established to start general colon cancer screening at age 50 for the average risk individual. Those with a family history of colon cancer should start screening at age 40, or 10 years before the onset of the index-relative's colon cancer.

But what needs to be done after the first screening colonoscopy? How often should patients be screened? What should your doctor recommend?

The published guidelines for colonoscopy surveillance as outlined in "Consensus Update by the US Multi-Society Task Force on Colorectal Cancer" help to answer those questions. These guidelines do not apply to the high risk patients with a personal or family history of colon cancer, or other genetic syndromes (such as FAP or HNPCC).

A few simple rules apply for surveillance colonoscopies (3-5-10 year rule):

- If no polyps are found on the initial exam, then a 10-year follow-up is appropriate.
- If small (<10 mm) rectal or sigmoid colonic hyperplastic polyps are found on the initial exam, then a 10 year follow-up is appropriate.
- If 1-2 small (<10 mm) tubular adenomas are found on the initial exam, then a 5-10 year follow-up is appropriate.
- If 3 or more tubular adenomas are noted on the initial exam, if a tubular adenoma is larger than 10mm, or if a villous component is noted on histology, then a

■ See "COLON" p. 8



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**WHEN TO FOLLOW UP AFTER A POSITIVE FINDING**



# Colon

Continued from p. 7

3 year follow-up is appropriate.

- If more than 10 adenomas are noted on the initial exam, then a less than 3 year follow-up may be advised.

- If an adenoma with high-grade dysplasia was noted on the initial exam and complete excision has been accomplished, then a 3 year

follow-up is appropriate.

The newly described so-called serrated polyps are followed according to these discussed principles.

A patient may wonder whether more frequent colonoscopies may be

of value (and offer better protection), as polyps may have been missed. The current guidelines factor in this important question and that lesions may indeed be missed at a baseline colonoscopy.

Studies have shown that the risk of having an advanced adenoma on the first initial screening colonoscopy is estimated at 4-10 percent. The risk of having an advanced adenoma within 5 years after a negative screening colonoscopy is low, at 1.3-2.4 percent.

This evidence supports the 10-year interval recommendation after a negative screening colonoscopy for average-risk individuals, as long as the baseline colonoscopy was complete, thorough and with a good bowel preparation. Evidence suggests

that size (>10 mm), histology (tubular adenoma, sessile serrated polyp, villous histology, high-grade dysplasia) and location (proximal to the sigmoid colon) are risk factors that might be associated with a higher risk of colon cancer.

If patients have no adenomas or only a low-risk lesion at the baseline study and then no adenomas noted at the first follow-up surveillance colonos-

copy (second overall procedure), then these individuals appear to have a very low risk (2.8- 4.9 percent) of having an advanced adenoma at the second surveillance examination (third procedure) 3-5 years later. It is recommended that patients with a negative

or low risk baseline study and a negative study at the first surveillance interval study can have their next surveillance examination at 10 years.

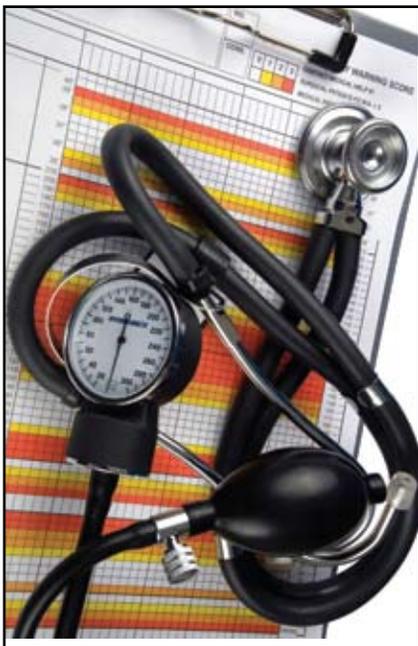
Yet patients with high-risk lesions at any examination appear to remain at high risk and should have shorter follow-up intervals for surveillance (ie 3-5 years).

Check with your physician to determine at what age it is no longer recommended for you to receive a colon cancer screening.

Source:

<http://utahgastroblog.com/2013/05/18/colonoscopy-surveillance/>

Michael Sossenheimer, M.D., Ph.D., FACP, FACG, FASGE, AGAF



# 2014

## GUIDELINES FOR COLORECTAL CANCER SCREENING

	PATIENT DESCRIPTION	EVALUATION INDICATED
<b>LOW RISK</b>	Age 50 - no risk factors *African Americans - age 45 - no risk factors	Colonoscopy beginning at age 50 Colonoscopy beginning at age 45
<b>HIGH RISK</b>	Family history of colon cancer or polyps	Colonoscopy beginning at age 40 (or at 10 years younger than the age the relative was diagnosed)
	Blood in stool or iron deficiency anemia	Colonoscopy now
	Ulcerative Colitis or Crohn's Disease	Colonoscopy every 1-3 years after 8 years of the disease
	Personal history of colon cancer or polyps	Regular screening colonoscopy as determined by your physician*
<b>OTHER</b>	<b>INDIVIDUALIZED APPROACH</b> other GI symptoms, abdominal pain, narrow stools, constipation, or diarrhea, "gas" or distention.	

\*Call Utah Gastroenterology at 801-944-3199 or discuss with your primary care physician.

# Happy Holidays

from all of us at

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# Give holiday gift of cancer screening

Looking for a different Christmas gift this year?

How about the gift of life — your life — given to family and friends?

Getting screened for cancer is one way of ensuring good health and prolonging life to have more time to spend with family and friends.

“There are different ways to share that gift,” said Lori Maness, outreach coordinator for the Huntsman Cancer Institute.

“Take the example of someone who is nagged all the time to get a colonoscopy. They keep putting it off and putting it off. That person may want to have a colonoscopy and not tell the loved one who’s been nagging,” Maness said. “Then on Christmas, they can share that they’ve had the colonoscopy as their gift.”

Or families who send out newsletters to other family members may want to share that they’ve had a cancer screening done. “Tell them, ‘Hey, I did this and it’s not really that bad.’ It may lead to a family member’s life being saved,” Maness said.

The notification to a loved one could also come in a note wrapped and put under the tree or as an ornament on the tree.

Such a note may say something like, “I’ve done this for

you and for us,” Maness said.

Cancer screenings are important to prevent cancers such as removing precancerous colon polyps, or in identifying cancers while they’re still in their early stages and easier to treat, Maness said.

In Utah, there are about 8,000 cancer cases diagnosed yearly; 1,900 of those diagnosed will die, according to information from the Utah State Health Department’s Cancer Control Program.

More men have cancer than women, “because they have this thing called a prostate,” Maness said. Also, men still generally are the ones who are likely to work in a toxic environment, with hazardous materials, and men are more likely to smoke than women, she said.

Utah is always among the top 10 states in rates of melanoma, Maness said, because of our altitude and because Utahns have always enjoyed outdoor activities whether it’s hiking or swimming or just lying in the sun in the summer or skiing in the winter.

But basil cell carcinoma is the most prevalent cancer, Maness said.

Both can be detected through screening.

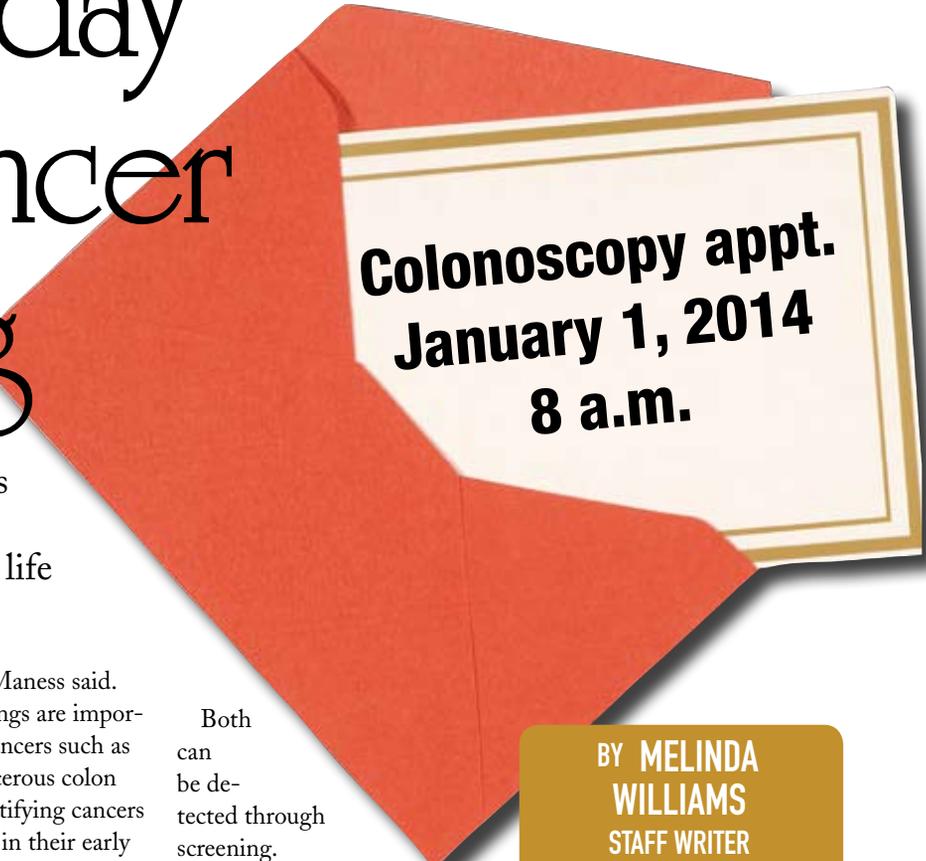
Cancer screening becomes more important as a person ages. Most people can cite a case of cancer being found in a child or young adult, but “Above 50 (years of age) cancer becomes more common and it becomes more important to have screenings,” Maness said.

The Utah Cancer Control Program advises women to have a mammography every two years beginning at age 50, through age 74.

They should also get regular cervical cancer screenings (Pap tests) every three years beginning at age 21. At age 40, women can have a Pap test every five years. By age 65, a woman should ask her doctor if she needs one.

Some doctors say men should have a prostate cancer screening exam at age 50. The frequency of those tests will depend on a man’s prostate-specific antigen (PSA) level.

Both men and women



**Colonoscopy appt.  
January 1, 2014  
8 a.m.**

BY MELINDA  
WILLIAMS  
STAFF WRITER

should have colorectal tests beginning at age 50 through age 75. There are several screening tests available. Your doctor should be able to tell you which is best for you.

According to the Memorial Sloan Kettering Cancer Center’s website, for those with no history of skin cancer in their families, no studies have been done to test the effectiveness of routine testing for melanoma.

Periodic self-skin examinations are key to diagnosing skin cancer at its earliest stages, the center said. Most cases of basil cell carcinoma and squamous cell carcinoma first appear as changes in the skin that should be examined by a doctor who may perform a biopsy.

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# Research Rundown

By Nala Rogers, Science and Wellness Correspondent

## Fountain of youth may be right under your bathroom sink

Bleach can heal skin damage caused by radiation and aging, according to new research. Elderly mice bathed in a dilute solution of the common household cleaner grew thicker, stronger skin that resembled the skin of young mice. Bleach baths also protected the skin of mice exposed to radiation therapy, a cancer treatment that can cause painful rashes. If it works the same way in humans, bleach could provide a safe, inexpensive treatment for conditions such as radiation dermatitis, wounds, and pressure ulcers, and it might even help skin look younger.

Bleach has been used to treat skin rashes before, but why it helped remained a mystery. Some doctors chalked up the benefits to bleach's antimicrobial properties, but the new study suggests a different mechanism: oxidation of signalling molecules that cause inflammation.

The concentration used in the study, 0.005 percent hypochlorite, has no known serious side effects, according to study author Thomas Leung. However, stronger concentrations can irritate skin, and Leung recommends consulting with a doctor before beginning any self-treatments. He is now planning clinical trials, first to test the effects of bleach on human rashes and sores, and then potentially to see how it works as a beauty treatment.

The results were published Nov. 15 in "The Journal of Clinical Investigation."



## Feeding seniors could save on using tax dollars

Most states could save money in the long run by investing more in programs that deliver meals to the elderly, according to a new study. Meal programs reduce the number of low-income seniors in costly nursing homes by helping them live independently. According to the study, if the U.S. had included 1 percent more seniors in meal programs in 2009, nearly 2,000 more Medicaid recipients would have been able to live at home, and 26 of the lower 48 states would have saved money as a result.

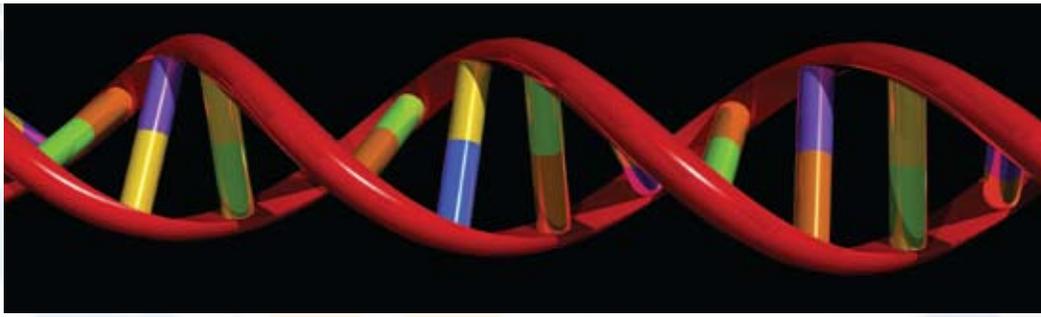
To reach these estimates, the researchers examined the number of seniors using meal programs and nursing homes and how much

these services cost across the country. They also looked at how many Medicaid patients living in nursing homes were "low care," meaning that they might have been able to live independently if their meals were delivered. The results varied widely from state to state. Pennsylvania would have saved about \$6 million in 2009 by feeding an extra 1 percent of its seniors, while a similar policy change would have cost Florida \$11.5 million. Utah would have seen modest savings of around \$13,000.

The researchers used a simple, across-the-board meal program expansion for their model, but they advocate a more customized approach. They believe states could see greater savings by taking the local population into account and making sure meals reach the seniors who need them most.

The results were published in the October issue of "Health Affairs."





## Mighty mice gain extra healing powers from embryonic gene

By tweaking one gene, Boston researchers have made huge, hairy mice with extra healing powers. The *lin28a* gene is normally only active in embryos, but the researchers created a version that produces protein throughout a mouse's life. Mice with activated *Lin28a* were better at growing hair, healing ear punches, and regrowing the tips of toes clipped off shortly after birth. According to Hao Zhu, one of the study's authors, the research points to new mechanisms of tissue repair and suggests that drugs developed for other purposes could help people heal wounds.

*Lin28a* is most famous for its role in creating "induced pluripotent stem cells," adult cells that behave like the cells of embryos. This is the first time the gene has been stimulated in living

animals, and its activity apparently extends embryonic healing powers into later life. It does this in part by boosting activity in mitochondria, where cells produce power. This suggests that increasing mitochondrial efficiency, which is known to decline with aging, could improve tissue repair and healing, according to first author Ng Shyh-Chang.

There are already drugs that target these processes, but in the past they have been used for other conditions such as diabetes and cancer. "This opens up a new set of diseases and medical problems for these drugs and mechanisms to be tested on," Zhu said.

The study was published Nov. 7 in the journal "Cell."

## Testosterone therapy may increase risk of stroke, heart attack and death

Testosterone therapy may increase the risk of stroke, heart attack and death in patients with heart-related conditions, according to a new study. The researchers looked at medical records from 8,709 men who underwent

coronary angiography, a common imaging procedure for people with heart problems. All patients included in the study were also diagnosed with low testosterone, and some were prescribed testosterone therapy. The men who were prescribed testosterone tended to be

slightly younger and had fewer conditions such as heart failure, cerebrovascular disease and high blood pressure. Three years later, even though they started out healthier, the men taking testosterone had 29 percent more heart attacks, strokes, and

death from any cause.

Testosterone therapy is on the rise, with yearly prescriptions jumping nearly fivefold from 2000 to 2011. Past research has shown a variety of health benefits from the therapy, but the study's

authors say much remains unknown about the risks.

In a recent clinical trial of testosterone therapy in men with high rates of cardiovascular disease, the men taking testosterone had so many

health problems that the trial was halted prematurely. The new results further raise concerns about testosterone's safety.

The study was published Nov. 6 in the "Journal of the American Medical Association."



## Meditate to save your brain

Meditation may protect parts of the brain that atrophy in Alzheimer's and other forms of dementia, according to a new pilot study. Participants with mild cognitive impairment, a condition that often leads to dementia, went through a meditation and yoga program called "Mindfulness Based Stress Reduction." After eight weeks, MRI scans of the patients' brains showed significant increases in connectivity between areas such as the cingulate cortex and the hippocampus. Patients who did not go through the program had no change in connectivity. As expected, both groups' hippocampi shrank during the study, but the atrophy was worse in patients who did not meditate.

While the study suggests that meditation may slow mental decline, it was too small to detect changes in cognitive function. More research is needed to see how meditation and brain structure relate to peoples' experience of cognition and dementia.

The study appeared online Oct. 10 in "Neuroscience Letters."



# PLAN

## NOW FOR HEALTHIER, HAPPIER HOLIDAYS



BY HANNAH  
PORTER, PA-C

Hannah Porter has been with Wade Family Medicine since October of 2011. She received her Masters in Physical Assistant studies at Midwestern University, graduating at the top of her class.

Here are some ways to make exercise and a healthy diet a reality this holiday season:

### • Give up New Year's Resolutions

Sadly, only about 8 percent of people stick to their New Year's resolutions, and 25 percent don't even make it a week.

Most of us can blame unrealistic or nonspecific goals, and the binge/deprivation phenomenon. That is, we tend to "let it all go" in December—knowing that we'll be deprived starting Jan.

1. Come New Year's, our initial willpower gets easily exhausted just trying to make up for lost ground. Frustrating, indeed!

Whatever the goal, most people are far more successful when they focus on small changes and start today.

### • The "21-day habit" Myth

A 2010 European study found that it can actually take anywhere from 18 to 254 days for a behavior to

become a habit.

So forget the time expectations. Consider the popular Alcoholics Anonymous mantra: "Just for Today." Overwhelmed thinking about exercising for a whole month? Just go exercise today!

Here are a few basic changes we can make this holiday season, starting now.

#### • Smarter snacking

##### — Moderation, not deprivation

When it comes to holiday treats, think: "small portions" and "special occasions." Serve yourself a small slice of Grandma's pie at the party. But don't take leftovers home.

##### — Walk away

From the food table, that is. Be careful not to hang out next to the goodies, mindlessly munching as you catch up with your long-lost cousin. Grab a plate and sit down across the room.

##### — Replace, don't just remove

Snacking is often about what's quick and



■ See "PLAN" p. 13





## Plan

**Continued from p. 12**

easy. So it is essential to prepare healthy options. Have fruits and veggies washed and sliced, or set out a bowl of mixed nuts. Even some crackers are okay (whole-grain, low-fat).

And those neighbors' treat plates? Keep them off the counter, out of sight. Or pick a favorite, and throw the rest out.

### • Realistic exercise

#### – Find the time, somewhere

Shoot for 30 minutes a day, but anything helps. If first thing in the morning (ideal) doesn't work, try one of these:

- Set up a bike or treadmill in front of the TV.
- Use your lunch break at work. The "gym" can be the parking lot, hallways, or stairs.
- Run (or walk) errands...

literally! Bundle up and leave the car behind.

- Make it yours

Knees hurt? Swim or bike. Can't afford the gym? Go outside. Too cold? Grab some exercise videos or walk at the mall.

### • Something to shoot for

Find a springtime 5K or bike race to give your winter exercise meaning and focus. And sign the whole family up! Exercising together is more fun and helps you feel accountable.

Choose a few small changes and start today—and enjoy a healthier, happier holiday season!

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# Keeping your brain healthy, knowing when to seek help



Keeping a healthy mind is every bit as vital as maintaining a healthy body, and some of the same actions can help make it happen.

Exercise and a healthy diet are not only important for keeping in shape physically, but mentally as well, according to Kate Nederostek, director of programs at the Alzheimer's Association's Utah Chapter.

Though nothing provides a 100 percent guarantee that it will prevent Alzheimer's or dementia, the same things that reduce the risk of heart attack, stroke and diabetes are believed to help strengthen brain cells and nerves.

"There's definitely a connection between your heart health and brain health," said Nederostek. "Those at higher risk for heart attack, stroke and diabetes are at a higher risk for Alzheimer's."

Staying physically active

**BY LOUISE R. SHAW**  
CLIPPER STAFF WRITER

maintains good blood flow to the brain and encourages new brain cells, said Nederostek.

She also recommends adopting a low-fat, low-cholesterol diet, one rich in dark vegetables and fruits, which contain antioxidants that protect brain cells.

The third step for keeping mental acuity is to remain socially active.

"What's great about social

activity is that not only does it make physical and mental activities more enjoyable, but it can also reduce stress levels which then helps to maintain healthy connections among brain cells," she said.

Finally, being involved in mentally stimulating activities strengthens brain cells and connections, and may create new nerve cells.

"Stay as mentally active as possible," said Nederostek.

Doing crossword puzzles is one of the more common ways to keep mentally active, but Nederostek also recommends reading books, taking classes, learning a language, or studying about places you're planning to visit or new cooking techniques.

Some worry that forgetting where they left their keys is a sign that they're getting dementia in one of its many forms.

But being forgetful or losing keys once in a while is a typical sign of aging, according to Laura Kierstead, a family service counselor with the Utah Alzheimer's Association, who staffs the Davis County Alzheimer's office.

Dementia, she said, is an umbrella term for all types of cognitive impairment severe enough to interfere with daily life. Alzheimer's is the most common form, and is the cause for impairment 70 to 75 percent of the time.

If we forget or lose something such as keys, but can retrace our steps and find them, it is a typical sign of aging, she said.

If we forget what to do with the keys once we have them, it could be something more severe.

When someone who has had a hobby knitting sweaters and

■ See "HEALTHY" p. 20



# Stuff Their Stockings with Budget Friendly Beauty Gifts

Stuffing stockings is a fun and memorable holiday tradition. This year, celebrate by filling stockings with budget friendly beauty gifts that friends and loved ones will truly adore.

## Here are a few gift giving ideas:

- Scent: Embrace the magic of the winter season with Softsoap's limited edition body washes, in Wintermint Snowfall and Sparkling Berry Bubbly. The festive scents celebrate the spirit of the season while the moisture-rich formula will leave their skin feeling soft and smooth all winter long.
- Nails: Everyone wants to add a little glitter and glam during the holidays. Give the women in your life a little sparkle with fun festive nail polishes in colors of red, gold and silver.
- Lips: Women like lip balms that moisturize and shine at the same time. Tuck a few tubes of flavored lip balms into their stocking. Fun flavors include berry,

gingerbread, champagne or citrus.

- Rejuvenation: Create a themed stocking overflowing with special spa gifts. Tuck in herbal tea bags, dark chocolate truffles, a pretty bath loofah and a coordinating bottle of moisturizing Softsoap body wash, available in seasonal holiday fragrances and packaging. For more fragrances, go to [www.softsoap.com](http://www.softsoap.com).
- Hair: Head accessories are all the rage, so include at least one in each stocking. Black or red velvet are both traditional choices. Or, go a little more exciting with leopard prints, neon colors or rhinestones. Both types are fun for all ages.

Source: Softsoap



Photo courtesy of Getty Images

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# Lakeview, MountainStar: . . .

## Not bigger, just better

BY TOM  
BUSSELBERG  
MANAGING EDITOR

Over the past eight years, the retiring president of MountainStar Healthcare has been trying to put proof to the ad slogan, “Not Bigger, Just Better.”

Bountiful’s Lakeview Hospital falls under the MountainStar banner, and John Hanshaw’s regional direction, as well.

“With regard to Lakeview, the best thing we ever did was put in a very talented management team. Rand Kerr, he and the whole team there are talented.

“I think what the community is witnessing in Bountiful, and all the improvements, is due to the people at the hospital,” Hanshaw said.

All MountainStar does is provide the capital and system backing, then it’s the staff that makes good things happen, the Tucson, Ariz.-native said.

In spite of what people

might’ve thought about Lakeview in the past, Hanshaw said “I think by and large all of that has changed. It’s a different place now.

“The reputation is one thing. But it’s the objective measurements, ways to see how a hospital performs” that really matters, he said.

Citing the performance measure commendations Lakeview has received, Hanshaw called it “one of the top performers in the country for a hospital its size.”

Its recognition as a top hospital is based on measurements that are all public domain, documents that can be

viewed and scrutinized by anyone, he said.

“It’s a top performer” when it comes to such measurements as rates of medical complications, infections and mortality rates; items that are uniformly measured.

He pointed to several changes that have taken place at or around Lakeview as a means to improve healthcare access and quality, including:

- A continuum of care that includes associated clinics that were either previously independent or non-existent. Those

include the Mountain West Surgical Center at Renaissance Town Center; Utah Gastroenterology and Cope Family Medicine.

“What we’re doing with healthcare is to try to make it

■ See “BETTER” p. 17



**LAKEVIEW HOSPITAL staff were praised by John Hanshaw, retiring CEO of MountainStar, the Bountiful hospital’s parent company.**

Courtesy Photo



# Better

Continued from p. 16

less fragmented, so it works better for the patient," Hanshaw said.

That includes avoiding duplication, putting assets together, making it more like a system, he explained.

Competition in healthcare is a good thing, Hanshaw said. While not mentioning Intermountain Healthcare by name, he said "we try to be good competitors for each other. Who can make care more accessible, more affordable, better clinically. We've tried to elevate the level of healthcare competition in the region."

Perhaps that competition has paid off.

He referred to Utah's recognition nationally as a place with "a very high level of

healthcare at one of the lowest costs."

As for Lakeview and MountainStar, "we've been busy, improving ourselves: not just growing for the number of dots on a map, but improving the care. And if someone is doing better than us, how do we get there?"

At Lakeview, that has also meant making some physical changes to improve efficiency and meet care needs. Those include remodeling the emergency department and other facilities, "with more in the pipeline," he said.

After previous experience as CEO of St. Mark's Hospital and 37 years total in healthcare administration, Hanshaw is stepping back. He looks forward to some volunteering, and is building a home in Sandy.



# Happy Holidays

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# Little-Known Food Facts Revealed

## Fun tips to boost your culinary know-how

What can a camel teach you about grilled cheese? Camels like the Sahara desert because it is dry. Grilled cheese sandwiches also like a hot and dry environment - the pan. Put the butter or oil on the outside of the bread, not in the pan.

## Become a food adventurer

The best cooks, hosts and shoppers have a well-rounded approach to the culinary world, including a wealth of helpful tips at their foodie fingertips. To show others how to best navigate their kitchens and grocery stores to create the most delicious and freshest dishes, food adventurer Marcy Smothers wrote her unique, fun-filled book *SNACKS: Adventures in Food, Aisle by Aisle*. While taking the reader on a journey through each grocery store aisle, culinary insights are served in fun, small bites.

*Here are a few of Smothers' quirky, fun facts you can use in your own food adventures:*

### • Is your spinach a sunbather?

Do you always grab the bag in the back to get the freshest one? That's okay for salad greens, but not spinach. USDA research has shown that spinach packed in clear plastic



containers and continuously exposed to supermarket lights maintains photosynthesis. The best bet for nutrition is the bag basking in the front.

### • Why should you listen to your knives?

Not sure if it's time to sharpen your knife? Listen to it. Carefully ping the blade. If you hear a high-pitched tone, the blade is still sharp. If you hear a dull tone, it's time to sharpen the knife.

### • Should you blow dry your chicken?

The secret to a crispy chicken skin is start-

ing with dry skin. The skin of a chicken is fifty percent water. Use a blow dryer on the no heat setting to draw out the moisture, then roast in the oven.

The book also includes original recipes. Due to space, they cannot be reproduced here. However, there is one for Soupwiches, which combines the creaminess of tomato soup and grilled cheese in the same easy-to-enjoy sandwich. For more information, visit [www.snacksthebook.com](http://www.snacksthebook.com).

Source: *SNACKS: Adventures in Food, Aisle by Aisle*

## Gift

### Continued from p. 4

healthier eating options than many franchises, and gift cards. If you venture down to Salt Lake City, there are a variety of vegan restaurants with gift certificate options.

Desserts are more of a challenge, with many places offering gluten-free options that don't skimp on the sugar. One place that can help loved ones find a less sugary way to curb their sweet tooth is Sweet Nothings Bakery in Draper, which offers gift

certificates.

### Exercise classes

A hurdle that many people face when starting their exercise routines is finding the resolve to stick with it week after week. One way to help with that is to pay to register them in a fitness class at the local recreation center. That way, they know there will be a teacher expecting them at a set time every week (plus, the money has already been spent).

Registration for 2014 classes at the South Davis Recreation Center occurs in early December, with choices including Zumba,

Pilates, Yoga, Cycling and plenty more. For those looking for a little variety, there are also private skating lessons and swimming lessons for all ages and skill levels. For more information, visit [www.southdavisrecreation.com](http://www.southdavisrecreation.com).

Through Salt Lake County, the Central City Recreation Center in downtown Salt Lake City also has Yoga and Zumba, along with hula fitness, karate, and belly dancing classes. For more information, visit [www.slco.org/recreation/centralCity](http://www.slco.org/recreation/centralCity).

### Encouragement

The greatest healthy gift you can give doesn't cost a cent. Any plan to eat healthier or exercise more is always easier when the person isn't doing it alone, so offer your support to whatever friend or family member is trying to improve his or her life. If they want to start jogging, promise to be their running partner. If they want to swear off fast food restaurants, take the pledge with them. You'll be giving yourself the gift of a healthier new year right along with them.



# Deck Out Christmas Gifts with Crafty Decor

(Family Features) If crossing the final gift off your shopping list means your holiday giving has only just begun, these ideas for creating unique and personalized packaging may be just the ticket for some extra special flair under your tree this year.

Wrap up homemade goodies fresh from your kitchen, or other small treasures, in Cupcake Cups adorned with the festive prints found in Die Cuts With a View Christmas Memories Stack scrapbooking paper, sold exclusively at Jo-Ann Fabric and Craft Stores. A variety of prints will let you create colorful,

whimsical containers that can be saved and used again.

Even if your presents tend more toward store-bought than homemade, you can create from-the-heart gift boxes that convey how much you care.

For an extra-special touch, consider creating paper mache boxes to adorn with ribbon and festive flowers made from vibrant holly leaf cutouts and sparkling glass beads.

For more crafty holiday gift-giving ideas and inspiration, visit [www.joann.com](http://www.joann.com).



## Christmas Gift DÈcor Ideas

Skill level: No experience needed.  
Crafting time: 15-30 min./item

### Supplies and Tools:

Die Cuts With a View 12"x12," Christmas Memories Stack, Blue Moon red glass beads, Wilton lollipop sticks, Christmas-themed cups and/or boxes, 1 skein of red yarn, 1" white and burgundy grosgrain ribbon, 1" burgundy grosgrain ribbon, Holly leaf flower template (printable), Paper crafting adhesive glue or craft tape, Paper trimmer, Scissors. Pencil

### Cupcake Cups

1. Measure yarn amount needed to go around each cup or box, leaving a section on each end to tie bow. Repeat, cutting a yarn section for each cup.
2. Cut pennants assortment (triangles) from different prints in stack, repeating as necessary for desired number of cups.
3. Adhere pennants to center of each section of yarn.
4. Once the glue is dry and/or tape

is in place, tie the banner onto each cup and set aside momentarily.

5. Remove tag and icon stack from stack. Cut out desired tags (or make original tags), adhere them, one each, to top of a lollipop stick.
6. Place your gift into each cup, insert lollipop with tag at the top, and your gift is ready to give.

### Gift Box

1. Wrap ribbons or a strip of printed paper with yarn adhered on top around the middle of a box.
2. Using two prints in the stack, cut out an assortment of holly leaves (one color for the top set and another color for the bottom). Layer them together in a round flower shape, adhering leaves in place.
3. Add a red glass bead to the center of each flower.
4. Cut a tag from the tag and icon print in the stack. Hand print the recipient's name and adhere the tag to the side of the flower.
5. Repeat as needed for more boxes.

Source: Jo-Ann Fabric and Craft Stores

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# Kitchen Gifts

## FOR EVERY BUDGET

It is that time of year again when everyone needs help finding the perfect holiday gift. Whether you need a gift for a foodie friend or a family member who likes to cook, these awesome ideas are sure to please. Even better, the list features several different price ranges so there truly is something for everyone on your list.

### Cookin' It, Livin' It, Lovin' It

Need a cool gift for someone who loves to cook? Celebrity chef Guy Fieri had this red hot 10-piece nonstick aluminum cookware set created to his demanding specifications. Priced at \$129.99, it comes with two fry pans, three sauce pans, a stock pot and four tempered glass lids. Each flaming red pan has a long-lasting, nonstick finish for healthy cooking, excellent release of foods and easy clean-up. They're also oven-safe up to 350 degrees F and safe for gas, electric and ceramic stove tops.



[www.target.com](http://www.target.com)

### Cook With Sizzle



For the food lover on your list who appreciates style and performance, look no further than the Savora culinary gadget collection. With sleek lines, arresting curves and a palette of alluring colors, these kitchen gadgets will impress the most discerning of food lovers. The collection includes a garlic press (\$29.99), rotary grater (\$29.99), can opener (\$29.99), oil mister (\$24.99), ice cream scoop (\$14.99) and peeler (\$9.99). Each is available in eight striking colors.



[www.savorastyle.com](http://www.savorastyle.com)

## Healthy

Continued from p. 14

scarves forgets how to knit, or an engineer forgets how to figure math, it is not a normal part of aging, said Kierstead, and may indicate a physical impairment that can't be turned around.

There are 10 warning signs that might help determine the seriousness of these lapses.

They include difficulty completing familiar tasks, confusion with time or place, trouble understanding visual images or problems speaking or writing.

The Alzheimers Association often receives calls from concerned family members after the holidays, said Nederostek.

"A lot of times we see people during the holidays we haven't been around for a while," she said. "The more stressful time can make it

harder for individuals to hide some of these warning signs and families might start to notice a change."

Early detection is important, said Nederostek, as there may be some cognitive medicines or treatments available.

It also allows time to find resources and plan ahead for the future.

"At other times, it's something else that's easily treated," she said. "The sooner you know, the better."

A number of centers in Davis County offer care-giver support group meetings once a month, including the North Davis Senior Activity Center in Clearfield, Autumn Glow in Kaysville and Golden Years, as well as Orchard Cove and Heritage Place in Bountiful.

More information is available at [alz.org/utah](http://alz.org/utah) or by calling 1-800-272-3900.

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