

Health & Healing

MRI: A clearer view

IF YOU HAVEN'T had an MRI before, you may be a little uneasy the first time your doctor suggests one. Will it hurt? Is it dangerous? Will it help?

Rest assured. This advanced imaging test is painless, noninvasive and safe. It's a powerful tool that can help your doctor evaluate many medical conditions.

What's an MRI?

MRI stands for magnetic resonance imaging. It provides detailed views of internal organs, soft tissues, bones and other structures.

Instead of x-rays, MRI uses a magnetic field, radio waves and a computer to create images that can be viewed in cross sections from a number of angles. MRI images are often more detailed than those from standard x-rays, computed tomography (CT) scans or ultrasound.

An MRI can help a doctor accurately evaluate organs like the brain, heart and liver; joints like the knee, shoulder and ankle; and even blood vessels and bile ducts.

Among other things, your doctor may also use an MRI to spot tumors or gauge



the extent of a sports-related injury.

How to prepare

Getting ready for an MRI is simple. "Unless you're told otherwise, eat and drink normally and take medications as prescribed," explains Nick Contrivo, RT(R)(CT)(MR)(ARRT), Medical Imaging Manager at Carson Valley Medical Center (CVMC).

Contrivo recommends that patients leave any unneeded accessories at

home. "We ask that patients remove his or her watch and jewelry, eyeglasses, hearing aids, and any medication patches or removable dental work."

The main precaution is to avoid bringing metallic objects into the examination area. You don't want anything interfering with—or being drawn to—the strong magnetic field.

Also, tell your doctor and technologist if you have any medical devices,

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Our family, taking care of your family

Meet two of your local healthcare providers, serving the residents and visitors of the Carson Valley:



Garrett Schwartz, MD

Specialty: Internal Medicine
Medical school: Tulane University School of Medicine, New Orleans, Louisiana

Board certifications: American Board of Internal Medicine

Dr. Schwartz has been practicing in the Carson Valley for 17 years. He currently sees patients at Job's Peak Internal Medicine and Family Practice and at CVMC Senior Care, both on Virginia Ranch Road in Gardnerville. Outside of his practice, Dr. Schwartz is active in coaching youth soccer.

➔ For appointment information, contact Job's Peak Internal Medicine and Family Practice at **775-782-1550** or CVMC Senior Care at **775-783-4823**.



Evan Rowley, PA-C

Specialty: Primary Care
Undergraduate: George Washington University

Medical school: MEDEX Northwest

University of Washington, Seattle, Washington
Board certifications: National Commission of Certification of Physician Assistants

Evan Rowley recently joined the CVMC healthcare team in September 2016. Prior to that, Rowley provided primary care and urgent care services to the rural communities throughout Mono County, California. A veteran of the United States Navy, Rowley has an extensive background in operational emergency medicine. Topaz Ranch Medical Clinic (TRMC) is located at 3919 Carter Drive in Wellington and is open Monday through Thursday, 8 a.m. to 5 p.m.

➔ For appointment information, contact **775-783-3096**.

CARSON VALLEY
MEDICAL CENTER
1107 U.S. Highway 395 N.
Gardnerville, NV 89410

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February is love-your-heart month

WE'RE SURROUNDED by hearts this month. Along with the paper and chocolate versions, there are the human ones: the beating hearts of more than 300 million Americans.

Unfortunately, we're also surrounded by heart disease. In the U.S., it's the leading cause of death for both men and women. But it can be prevented and controlled. Even in a short month's time, you can do a lot to take better care of your heart.

Week 1: Scrutinize labels. Unhealthy fats and cholesterol can clog arteries. Salt can raise blood pressure. Sugar can pack on pounds. To avoid these risks for heart disease, read nutrition labels when you're grocery shopping. Look for foods with unsaturated fats, omega-3 fatty acids, and low percentages of sodium and sugar.

Also, choose plenty of foods that come without nutrition labels: fresh fruits and vegetables. They are low in fat and sodium, and they contain fiber, which can help prevent high blood cholesterol.

Week 2: Get moving. Like all muscles, your heart needs exercise. This week—and every week—aim for at least 150 minutes of moderate-intensity aerobic activity, such as brisk walking. Share your heart-healthy habit with a loved one—invite him or her to join you on a walk.

Week 3: Know your numbers. If you don't know your blood pressure and cholesterol numbers, make an appointment this week with your doctor to have them checked. Or, look for our list of drop-in lab draw dates on page 4 for a quick, easy and affordable option to checking your numbers. Having high blood pressure or too much LDL cholesterol (the bad kind)—or not enough HDL cholesterol (the good kind)—in your blood can put you at risk for heart disease.

Being overweight also makes heart disease more likely. You probably know if you're carrying too many pounds. But if you aren't sure, it's another thing to discuss with your doctor.

He or she can advise you on lifestyle changes or medicines to help you achieve heart-healthy numbers in all three areas.

Week 4: Vow to quit. Smoking harms the heart as well as the lungs. So if you light up, it's important to ditch the habit for good. Smoking also hurts your family and friends, because exposure to secondhand smoke can trigger heart problems in them. So quitting is an act of love—not only for your heart but also for all the hearts that surround you.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute

Want to know your numbers? Learn your blood pressure and cholesterol numbers by coming to one of our Community Wellness Lab Draws. See page 4.

Always make the call first

What's the first thing to do if you think you're having a heart attack? If you said, "Take an aspirin," guess again.

According to the American Heart Association, you should:

Always call 911 before doing anything else. Don't make the mistake of thinking that your chest pain may go away if you just take an aspirin. Waiting to call 911 could be deadly.

The 911 operator may recommend that you take an aspirin as long as you don't have an aspirin allergy or a health condition that makes taking the drug too risky.

Additional source: U.S. Department of Health and Human Services



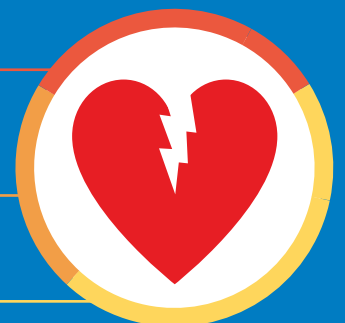
HEART ATTACK: Know the warning signs

If you see these in yourself or someone else, don't wait. Call 911.

Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Pain in the arms, shoulder, back, neck, jaw or stomach



Source: American Heart Association

HEALTH & HEALING is published as a community service for the friends and patrons of CARSON VALLEY MEDICAL CENTER, 1107 U.S. Highway 395 N., Gardnerville, NV 89410-5304, telephone 775-782-1500, website www.cvmhospital.org.

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NO ONE is a stranger to sadness. But normally, one can work through the sadness with support systems and coping strategies.

There is another kind of sadness that can persist for weeks, months or even years if left untreated: depression. And its symptoms can be so severe that it can make it difficult to work, concentrate, sleep or even eat.

Should depression ever affect you, here are four crucial things to know:

Depression is not a weakness. Depression is not a sign of a character flaw or weakness. Rather, it may be brought on by an imbalance of chemicals in the brain. That imbalance may be passed on by genes—as

the tendency to develop depression sometimes runs in families—emotional stress, or certain medicines or medical conditions.

Depression is highly treatable. And the sooner that treatment begins, the better. Early diagnosis and treatment can help keep your depression from lasting a long time, becoming more severe or recurring. Most important, treatment can lift your spirits and help you feel like yourself again.

Typically, that treatment involves talk therapy or medicines called antidepressants—or a combination of both.

You're not alone. In a given year, an estimated 15.7 million American adults find

themselves coping with depression. And while the condition is never a normal part of life, it can happen to anyone.

Know the signs. Don't let any misguided embarrassment keep you from getting the treatment you deserve. Tell your doctor right away if symptoms such as these persist for two weeks or longer:

- Feeling sad or empty.
- Feeling hopeless, irritable or anxious.
- Losing interest in things you once enjoyed.
- Not being able to sleep or eat, or sleeping or eating too much.

We can help. If you or a loved one is an older adult experiencing these symptoms or other symptoms that interfere with your everyday life, help is available. Carson Valley Medical Center's Vitality for Life program may be right for you. Through a combination of outpatient group therapy, individual counseling and wellness services, patients learn the tools they need to regain their sense of strength and emotional balance.

"Gone are the days of deep depression, anger, guilt and insecurity," says one graduate of the Vitality for Life program upon completing treatment. "I love who I am, I enjoy every day of my life."

→ Learn more by visiting www.cvmc-hospital.org/vitality or calling us at 775-782-1599.

TAKE 10

Short workouts really can work

"Not enough time." That's a common lament—especially when it comes to exercise. But with minor tweaks to your schedule, the benefits of exercise can be yours if you simply take it 10 minutes at a time.

Finding time. Adults need at least 150 minutes of moderate-intensity exercise every week. Weight loss, better sleep and lower risk for heart disease are all compelling reasons to be active. And as long as your weekly total is 150 minutes, exercising in 10-minute increments (that's only three times each weekday) is as effective as doing longer workouts.

Where can you find openings for three 10-minute activity breaks? Try looking here:

Morning. Time your commute on public transportation so you can get off early for a brisk walk. If you drive to work, stride through a park near your office before clocking in.

Noon. Spend the last 10 minutes of your lunch hour hiking up and down the stairs.

Evening. Repeat your morning routine, and boom! You've done your time for today.

Sources: American College of Sports Medicine; American Council on Exercise

MRI: A clearer view

—Continued from the cover implants or metallic shrapnel in your body. These items may distort images or even pose a risk to you if the magnet causes objects to shift position.

What to expect

The traditional MRI scanner looks like a long tube. You will lie on an exam table that slides into the tube, which contains the magnets. Some MRI units are open on all sides, which is often less stressful for people who are uncomfortable in enclosed spaces.

For some exams, the patient needs to be injected with a contrast material to make

images sharper. Very rarely, this material may cause an allergic reaction.

During the exam, you'll need to remain still, especially when images are being taken. You'll know that's happening by the sound of tapping or loud thumping from the MRI machine.

Throughout the exam, the technologist is in a separate room with the computer, where it is protected from the magnetic field. The operator can see, hear and talk to you during the test.

MRI scans can take anywhere from 15 minutes to an hour. A radiologist examines the images and reports to your doctor, who will go over the results with you.

Where can I get my MRI?

Fortunately, you don't have to travel far to get an MRI. State-of-the-art MRI technology is available right here in Gardnerville at Carson Valley Medical Center. "A recent upgrade to our MRI equipment at CVMC allows us to be a leader in imaging technology in our area," states Contrivo.

For patients, this translates to premium image quality, less wait and appointment time, and fewer callbacks.

If your doctor has ordered an MRI, consider Carson Valley Medical Center. The medical imaging department can be reached by calling 775-782-1533.

Source: Radiological Society of North America





MyChart®

Finding and accessing your medical record has never been easier

WE ARE IN the midst of the information age, and while in some cases that might seem like information overload, it has completely changed the way you can take charge of your health, for the better. MyChart® gives you interactive, online access to your medical information from any Carson Valley Medical Center, Barton Health or Renown Health provider or facility.

Here are just a few of the tools you can use online, 24/7, to take charge of your health with MyChart®.

Messaging: From requesting a prescription refill to getting medical advice, send your health-care provider or the customer service team a message any time of day.

Visits: View your past appointments with your providers,

as well as any hospital admission summaries, all when it's most convenient for you.

Medical record: From test results to immunization summaries, your medical record is accessible by the click of a mouse. You can even view your current prescriptions, upcoming appointments, and your personalized to-do list for your medical care.

Billing: With MyChart®, you can view your account summary, payment history, and payment progress, so that you can manage your payments any time of day, and from anywhere.

Health tips: In addition to giving you the freedom and flexibility to manage your healthcare on your own terms, MyChart® offers health tips and motivation to help you work toward your health goals.

➔ Sign up for MyChart® today by going to www.cvmchospital.org and clicking on the MyChart® link and then the "Request Access" button. For assistance or more information, contact 775-782-1544.

Classes and support groups

➔ Diabetes support group | First Wednesday of each month, 9:30 a.m. | Douglas County Senior Center

➔ Men Kicking Cancer | First Wednesday of each month, 5:30 p.m. | Carson Valley Medical Center Business Office

➔ Parkinson's Support Group | Third Wednesday of each month, 1 p.m. | Douglas County Community Center

➔ Weight Management Support Group | First Wednesday of each month, 5 p.m. | Carson Valley Medical Center

➔ Grief and Loss Support Group | Thursdays, 2:30 p.m. | Carson Valley Medical Center

For more information on support groups, upcoming classes and wellness activities, call 775-782-1637 or visit www.cvmchospital.org/events.

Community Wellness Lab Draws

Third Thursday of each month at the CVMC Lab
1107 Highway 395
Gardnerville, NV 89410
7 a.m. to 5 p.m.

➔ \$40 Wellness panel (includes comprehensive panel and lipid panel); requires 12-hour fast. Water and medications OK.

➔ \$25 complete blood count (CBC).

➔ \$30 prostate evaluation (PSA).

➔ \$35 thyroid evaluation (TSH).

Patients must be 18 years of age or older. No physician orders or appointments necessary. Insurances will not be billed for community wellness services. Cash, check, and credit or debit cards

are accepted.

Carson Valley's Community Wellness Lab Draws can be an affordable and convenient option to obtain your wellness panel. Visit www.cvmchospital.org/wellness for more information.

2017 dates

Jan. 19
Feb. 16
March 16
April 20
May 18
June 15
July 20
Aug. 17
Sept. 21
Oct. 19
Nov. 16
Dec. 21

Where to find us

TAKE A LOOK
www.cvmchospital.org

FOLLOW US
www.twitter.com/wellnessworkscv

LIKE US
www.facebook.com/cvmchospital



Nondiscrimination policy statement

Carson Valley Medical Center—Your Community Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race,

color, national origin, age, disability, or sex. Language assistance services, free of charge, are available to you. Please call 775-782-1500.

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