



## Happy and healthy

### HOW FLU SHOTS CAN HELP PROTECT THOSE IN YOUR FAMILY

**N**OT ALL SEASONS are worth celebrating. Take flu season. Well, you'd probably rather leave it.

Just don't ignore it. "Getting a flu shot every year is a good way to help protect yourself and your family," says Susan Terry, M.D., medical director of University of Utah Health Care's 10 Community Clinics.

There are many types of flu viruses. Each year, the flu vaccine is developed to protect against the viruses that are most likely to cause illness that year.

Even if you get sick with a different flu virus, the vaccine can make your illness milder. Flu symptoms may include fever, headache, dry cough, sore throat, runny or stuffy nose, and muscle aches.


Health authorities recommend vaccination even more strongly for those at most risk for serious

complications from the flu— young children, pregnant women, people with chronic health problems, and people 65 and older.

"Those who are in close contact with high-risk people should also be vaccinated," Dr. Terry adds.

### STAYING-WELL STRATEGIES

You can help keep the flu and other illnesses away with some simple preventive actions. Try to:

- Avoid close contact with people who are ill, if possible.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth.
- Get enough sleep. Exercise. Drink plenty of fluids, and eat healthy. 

## Novel H1N1 flu

### WHAT YOU NEED TO KNOW

**T**HE SPRING OUTBREAK of a new influenza virus called novel H1N1 has many people wondering whether they are at risk and what they can do to protect their health.

Here are answers from the Centers for Disease Control and Prevention (CDC) and the World Health Organization to some of the most pressing questions.

**Q: What is novel H1N1?**

**A:** It's a new virus that has never before circulated among people, and it's not related to any previous or current human seasonal flu viruses.

**Q: How is novel H1N1 spread?**

**A:** Health officials believe novel H1N1 flu probably spreads in much the same way as seasonal flu.

**Q: What are the symptoms?**

**A:** Novel H1N1 flu generally causes symptoms similar to those of seasonal flu, such as fever, coughing, runny or stuffy nose, sore throat, and body aches. It may also trigger nausea, vomiting and diarrhea. These symptoms can range from minor to severe.

**Q: How can I protect myself?**

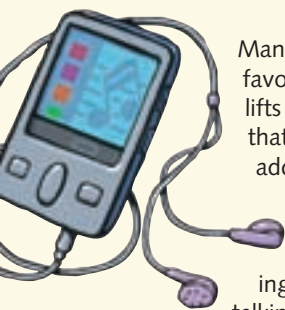
**A:** See the staying-well strategies at left. Scientists are currently working on a vaccine. Check the CDC website for updates at [www.cdc.gov](http://www.cdc.gov).

**Q: Can novel H1N1 flu be treated?**

**A:** Yes. Two prescription medicines may help. If you get sick, the medicines can make the illness milder and help you

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## EVERY LITTLE THING



Many of us have a favorite song that lifts our spirits, but that song may have additional health benefits too. **MUSIC THERAPY**—which can include listening to, creating and talking about music—

has been shown to lower heart rate and reduce blood pressure.

—American Cancer Society

**BAM! BODY AND MIND** is a website designed for kids ages 9 to 13. Kids can go to [www.bam.gov](http://www.bam.gov) to learn how to make healthy lifestyle choices using quizzes, games and other interactive tools.

—Centers for Disease Control and Prevention

Olive oil is a healthier alternative to many other fats, but it is still high in calories. When **COOKING**, choose extra virgin olive oil, which is low in acid and more flavorful than other varieties, so you can use less for a tasty, healthful result.

—American Dietetic Association



University of Utah Health Care can help you take charge of your nutrition. Call **801-213-8874** to request that a free *Smart Nutrition* booklet be sent to your home.

## Start today to reduce your risk of stroke

There's no doubt, the devastation of a stroke can be life-altering. What's also true is that you can reduce your risk of having a stroke by making some healthy alterations to your daily life.

A healthy lifestyle plays a big role in decreasing your chances of having a stroke, according to the American Stroke Association (ASA).

There are several lifestyle changes you can make that will help keep your heart and blood vessels healthy.

**Healthy habits for life.** To help prevent stroke, the ASA says you can:

- Improve your eating habits. Eat plenty of fruits, vegetables and whole grains, and avoid foods that are high in fat, cholesterol and sodium.
- Begin to increase your level of physical activity. Start slowly and build up to at least 30 minutes of moderate physical activity most days of the week.
- Quit smoking—or better yet, never start. If you do smoke, ask your doctor for help to quit.



■ Maintain a healthy weight. If your body mass index (BMI)—a measure of body fat based on your height and weight—is 25 or greater, you are considered overweight. A healthy diet and regular exercise can help you shed some pounds. To find your BMI, go to [www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi).

■ Have your blood pressure checked on a regular basis. Take any medicines your doctor prescribes to control it.

### Be alert: 5 signs of stroke

Recognizing the signs of a stroke can save a life. The quicker medical help arrives, the better the chances of recovery. If any of these stroke symptoms occur suddenly, call 911 immediately:

1. **Walk:** Is the person's balance off?
2. **Talk:** Is speech slurred or the face droopy?
3. **Reach:** Is one side weak or numb?
4. **See:** Is vision lost, partially or completely?
5. **Feel:** Does the person have a severe headache?

Source: The Stroke Collaborative

## Meet our new physician at Centerville

The Centerville Health Center continues to expand to better meet the needs of you and your family. We're pleased to introduce our new physician.

**Christopher Rich, M.D.**, specializes in the care of patients with kidney diseases, including chronic kidney disease, glomerular disease, diabetic kidney disease and kidney stones. He also specializes in the care of difficult-to-treat hypertension. In addition to seeing patients at the Centerville Health Center, Dr. Rich is an instructor in the Division of Nephrology and Hypertension at the University of Utah School of Medicine., and serves as the medical director of the University's Lakeside Dialysis Center in Bountiful.



**Christopher Rich, M.D.,**  
nephrology



# Checking up on kids

REGULAR DOCTOR VISITS ARE PART OF A HEALTHY CHILDHOOD

Your child, of course, will have his or her health and development checked. And you can use each visit to learn more about keeping your child healthy.

## THE DOCTOR'S ROLE

According to the American Academy of Pediatrics, your child's doctor can get a good picture of your child's overall progress when he or she sees your child regularly. And if there is a problem, spotting it early often means it's easier to treat.

You can expect your child to be weighed and measured at each visit. The doctor will listen to the child's heart and lungs, feel his or her abdomen, and examine other areas of the body.

"The doctor can also make sure your child gets recommended screenings and that immunizations are up to date," Dr. Anisman says.

Older children may be comfortable going to their appointments without you; these visits can be a good opportunity for the doctor to discuss issues that commonly affect adolescents.

## MAKE THE MOST OF VISITS

As a parent, you can use these

## Growing up healthy: Right on schedule

The American Academy of Pediatrics recommends the following general schedule for well-child checkups:

- Before your baby leaves the hospital.
- Within 3 to 5 days of birth.
- Within 48 to 72 hours after discharge from the hospital.
- By 1 month.
- At 2, 4, 6, 9 and 12 months.
- At 15, 18, 24 and 30 months.
- Yearly visits from 3 through 21 years.


**D**URING YOUR child's first year, the doctor might have seemed like an honorary member of the family.

All those checkups meant you were seeing each other quite frequently. But well-child checkups aren't just for babies. Kids of all ages can benefit from regular visits to the doctor's office.

"Even if your child is healthy, regular checkups are important," says David Anisman, M.D., family medicine physician at the Center-ville Health Center. "They allow your doctor to monitor your child's health."

checkups to ask any questions you have.

You might want to keep a notebook to jot down questions as you think of them. And don't hesitate to ask for details during your child's checkup.

Are you curious about a test? Wondering what a vaccination is for? Just ask. If the doctor is short on time, maybe a nurse or medical assistant can take a few minutes to answer your questions. 



**David Anisman, M.D.**

## Tips for calling your child's doctor

**Cough. It's your toddler.**

Cough, cough. It feels like a fever too. You decide to give your doctor's office a call.

When you get the doctor on the phone, you'll want to make the most of that time.

So before you call, the American Academy of Pediatrics (AAP) suggests that you:

- Take your child's temperature.
- Have your child's immunization records and list of medications at hand.
- Have your pharmacy's telephone number ready.

When your doctor gets on the line, have your child near the phone so you can answer questions

regarding his or her condition more quickly.

Some pediatricians offer special phone-in times for general questions, according to the AAP. Check with your doctor's office about what you should do about calling after hours. Of course, call right away if you think your child is seriously ill.

## TUESDAY–FRIDAY EVENTS

EVERYTHING IS FREE!



Join us Tuesday through Friday for informative lectures by health care experts, complimentary screenings and fun family activities. See key on reverse side for locations.

For maps and more information:

- Visit [healthcare.utah.edu/bewellutah](http://healthcare.utah.edu/bewellutah).
- Call 801-587-6485.

## SATURDAY FAIR



Join us Saturday, Sept. 12, for a family fair from 10 a.m. to 4:30 p.m. on the lawns immediately north of the Jon M. Huntsman Center (basketball arena) on the University of Utah campus. Enjoy fun, healthy activities for the whole family, including a Kids' Corner, University of Utah athletics, entertainment and more!

### TUESDAY, SEPT. 8

**7 Domains of Women's Health** **9**  
Discover how to experience a state of complete physical, mental and social well-being. 6 to 8 p.m.

**Westridge Health Fair** **23**  
3 to 6 p.m.  
■ **Peripheral Artery Screenings:** Find out if you are at risk for cardiovascular disease. The ABI test is quick and painless.  
■ **Spine & Sun Safety for Kids:** Kids will learn about trampoline and spine safety from a rehab professional.  
■ **Vision Screenings:** By the Moran Eye Center.  
■ **Medicare Q & A:** Medicare representatives will answer your questions. 9 a.m. to noon

### WEDNESDAY, SEPT. 9

**Walk the Golden Mile** **1**  
Walk with Salt Lake County Mayor Peter Corroon. 9 a.m.

**Redwood Health Fair** **15**  
5 to 7 p.m.  
■ **Ask-a-doc:** Get your medical questions answered.  
■ **Healthy Games for Kids:** A fun evening of games that promote a healthy lifestyle. Enter to win a free bicycle.  
■ **Farmers Market**  
■ **Vision Screenings:** By the Moran Eye Center.  
■ **Stroke Prevention Screenings:** Find out if you are at risk for cardiovascular disease. The carotid ultrasound screening and ABI test are quick and painless.

■ **Kids and TV:** Join KUED to learn fun teaching moments for children from PBS. Book included.  
■ **Medicare Q & A:** Medicare representatives will answer your questions. 10 a.m. to noon

**Memory & Aging Open House** **7**  
Tour the Brain Health Learning Center and learn about aging, memory disorders and research. 10 a.m. to noon

**South Jordan Health Fair** **18**  
■ **Ask-a-doc:** Have a medical question? Ask David Owen, M.D., or Hena Kundra, M.D. 7 to 8 p.m.  
■ **Deciphering Chest Pain by Gender:** Learn the symptoms of a heart attack in men and women. 5:30 p.m.

■ **Kids and Nutrition:** Join KUED to learn fun ways to encourage your child to eat fruits and vegetables. Book included. 7 p.m.  
■ **Cholesterol Screenings** 4 to 8 p.m.

**Fire Safety for Kids** **19**  
Meet local firefighters and hop aboard their fire truck. 4 to 6 p.m.

**Huntsman Cancer Institute Open House** **6**  
5 to 7 p.m.  
■ **Resistance Training and Core Strengthening:** Patrick Troumbley, C.S.C.S. 5 p.m.  
■ **Identifying Skin Cancer:** Glen Bowen, M.D. 5:30 p.m.  
■ **Film: "Really Achieving Your Childhood Dreams":** By Dr. Randy Pausch. 5:30 p.m.

■ **Facing the Future: Living With the Effects of Large Skin Cancer:** Paul Tanner, anaplastology. 6 p.m.

**Keeping Life Going With Chronic Pain** **12**  
5 to 7 p.m.  
■ **Understanding Shingles** 5 p.m.  
■ **Prescription Drug Abuse in Utah** 5:30 p.m.  
■ **How to Talk to Your Doctor About Pain** 6 p.m.  
■ **Confidence in Pain Self-management** 6:30 p.m.

**New Treatments for Depression** **22**  
Michael Lowry, M.D. 7 p.m.

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## WEDNESDAY, SEPT. 9

### Seminario en Como Prevenir la Diabetes **5**

Taught in Spanish. Learn how to prevent diabetes. 5:30 to 7 p.m.

### Glucose Screenings **5**

**Vision Screenings** By the Moran Eye Center. 3:30 to 5:30 p.m.

### Options in Childbirth **2**

**Pediatric and Adolescent Gynecology** Susie Rose, M.D. 12:30 to 1:30 p.m.

### Pregnancy Loss/Success **8**

**Stroke Prevention Screenings** Find out if you are at risk for cardiovascular disease. The carotid ultrasound screening and ABI test are quick and painless. 10 a.m. to 1 p.m.

### Senior Health Fair **20**

**Ask-a-doc:** Have a medical question? Ask

Ali Salari, D.O.; Timothy Gibbons, O.D.; and Anneli Bowen, M.D.

**Glucose and blood pressure checks**  
**Skin cancer checks**  
**Glaucoma screenings:** By the Moran Eye Center.  
**Eyeglass adjustments and cleanings**  
**Medication consultations:** Bring a list of your current medications and learn ways to save money on your prescriptions.  
**Medicare Part D answers**

### Vision Screenings **10**

**Women and Sleep Disorders** Britta Schaefer, M.P.A.S., PA-C. 6 to 7 p.m.

## THURSDAY, SEPT. 10

### Bike With the Mayor **22**

**Voices of Hope: Suicide is Not an Option** KUED documentary and discussion with Douglas Gray, M.D. 7 p.m.

### 3 Generation Hike **13**

Hike with former Mayor Ted Wilson, County Council Member Jenny Wilson and her sons. 4:30 p.m.

### Balance and Health Screenings **19**

Learn fun ways to improve your balance from rehab professionals. 4:30 to 6:30 p.m.

### Bicycle Safety Fair **5**

Bring your bike and ride the obstacle course. Learn if your helmet fits properly and how to maintain a safe bike. Giveaways. Enter to win a free helmet. 3:30 to 6 p.m.

### Medicare Q & A **5**

Medicare representatives will answer your questions. 10 a.m. to noon

### Women's Health Program **21**

**Cervical, Uterine and Ovarian Cancer: Detection and Prevention:** Mark Dodson, M.D.  
**Incontinence, Prolapse and Other Pelvic Floor Disorders:** Yvonne Hsu, M.D.  
**Should You Use Bioidentical Hormones?:** Ahmad Hammoud, M.D., and Utah Center of Reproductive Medicine.

### Redstone Health Fair **14**

**Ask-a-doc:** 20-minute health talks.  
**Acupuncture:** Erin Scales, M.D. 5 p.m.

### Controlling Your Cholesterol: Mary Parsons, M.D. **5:20 p.m.**

**Dry Eye Disease:** Colleen Schubach, O.D. 5:40 p.m.

**Family Planning Choices:** Tina Fought, C.N.M. 6 p.m.

**Keeping Your Joints and Muscles Healthy:** Wayne Stokes, M.D. 6:20 p.m.

**Taking Care of Your Spine:** Kenneth Yonemura, M.D. 6:40 p.m.

**Skin Cancer Prevention:** Sancy Leachman, M.D. 7 p.m.

**Breast Imaging: What, When, Why:** Nicole Roy, M.D. 7:20 p.m.

**Blood pressure screenings**

**Fitness assessment**

**For the Kids**

Hop aboard a fire truck. Meet a Utah Highway Patrol officer. Learn about safety from the Summit Co. Sheriff's Department. Germ station and coloring contest.

**Sleep Disorders and Sleep Hygiene** Thi-ly Hayes, RPSGT, and Christina Moffitt, RPSGT. 7 p.m.

**Emergency Preparedness** **4**

Learn how to develop a family disaster plan and disaster kit. 6:30 to 7:30 p.m.

## FRIDAY, SEPT. 11

### Centerville Health Fair **3**

6 to 7:30 p.m.  
**Ask-a-doc:** Get your medical questions answered.

**Hula Hoop Contest:** With Centerville City Mayor Ron Russell.

**Fire Safety for Kids:** Meet South Davis firefighters and hop aboard their fire truck.

**Car Crash Simulator Ride:** With the Utah Highway Patrol.

**Helmet Safety Demo:** Enter to win a free helmet.

**Germ Station and Coloring Contest**

**Outdoor Movie:** "Hook" 7:30 p.m.

### Osteoporosis: Are You at Risk? **11**

Patty Trela, P.T. 4 to 4:30 p.m.

### Shoulder and Elbow Arthritis **11**

Robert Z. Tashjian, M.D. 5 to 5:30 p.m.

### Conditioning for Winter Sports **11**

Stuart E. Willick, M.D. 6 to 6:30 p.m.

### Disability Sports and Activities for Wellness **16**

Learn about adapted equipment and activities for people with disabilities. Includes balance, massage/yoga, spinning and tennis. 5 to 7 p.m.

## LOCATION KEY

- 1** A. Ray Olpin University Union Building, 200 S. Central Campus Drive
- 2** Anderson-Foothill Library, 1135 S. 2100 E.
- 3** Centerville Health Center, 26 S. Main St.,
- 4** Clinical Neurosciences Center, 175 N. Medical Dr. E. (Auditorium, first floor)
- 5** Greenwood Health Center, 7495 S. State St., Midvale

- 6** Huntsman Cancer Institute, 2000 Circle of Hope (First floor)
- 7** Imaging and Neurosciences Center, 729 Arapeen Drive (Research Park)
- 8** Madsen Health Center, 555 S. Foothill Blvd.
- 9** Moran Eye Center, 65 Mario Capecchi Dr. (Auditorium)

- 10** Moran Eye Center at Davis, 1492 W. Antelope Dr., Layton
- 11** Orthopaedic Center, 590 Wakara Way (Research Park)
- 12** Pain Management Center, 546 Chipeta Way (Research Park)
- 13** Red Butte Gardens, 300 Wakara Way (Research Park)
- 14** Redstone Health Center, 1743 W. Redstone

- Center Dr., Park City
- 15** Redwood Health Center, 1525 W. 2100 S.
- 16** Rehabilitation Center at University Hospital, 50 N. Medical Dr.
- 17** Sleep Wake Center, 375 Chipeta Way
- 18** South Jordan Health Center, 1091 W. South Jordan Parkway
- 19** Sugar House Health Center, 1138 E. Wilmington Ave. (2200 S.)

- 20** Tooele Co. Senior Center (presented by Stansbury Health Center), 59 E. Vine St., Tooele
- 21** University Guest House, 110 S. Fort Douglas Blvd.
- 22** University Neuropsychiatric Institute (UNI), 501 Chipeta Way (Research Park)
- 23** Westridge Health Center, 3730 W. 4700 S., West Valley City

## Centerville Health Center

26 S. Main St.  
Centerville, UT 84014

Health Center: 801-213-8874

M–F: 8:30 a.m. to 5:30 p.m.

Pharmacy: 801-693-7950

M–F: 8:30 a.m. to 5:30 p.m.

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- Podiatry
- Reproductive Endocrinology and Infertility
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Sam Hickcox  
Center Manager

Information in LIFE & HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Centerville Health Center  
26 S. Main St.  
Centerville, UT 84014

CLIP AND SAVE

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## Seek help for bladder problems

**B**LADDER CONTROL ISSUES can seem rather personal. They're also a very common concern.


More than 15 million Americans, primarily women, deal with incontinence of some kind, according to the American Urological Association (AUA).

The good news: People with incontinence don't need to just live with it. There are a wide variety of treatments—including fluid

management, bladder training, medications and pelvic exercises—to help relieve symptoms.

For people whose symptoms don't improve with these methods, surgical treatments or implanted devices are available.

**Start the discussion.** Bringing up a bladder issue may feel a bit awkward. But keep in mind, incontinence is an issue that doctors discuss and treat routinely.

"Don't be afraid to talk to your doctor if you are leaking urine," says Tomas L. Griebing, M.D., speaking for the AUA. "Incontinence usually can be cured or at least improved so that bladder control problems do not have to interfere with a healthy, productive and active lifestyle." 

## Novel H1N1 flu

—Continued from front page  
recover more quickly. The drugs work best if started within two days of symptoms.

**Q: What should I do if I get sick?**

**A:** More than likely, you'll recover without needing medical care.

However, contact your doctor if your symptoms are severe or if you're in the group considered at high risk for flu complications.

That group includes people 65

and older, children younger than 5 years old, pregnant women, people of any age who have a chronic medical condition, and people with compromised immune systems.

Also, stay home except to get medical care, and avoid contact with other people to help keep from spreading the virus. You may be contagious for up to seven days after you get sick. Children may be contagious for even longer than that.

For the latest information, visit [www.cdc.gov/h1n1](http://www.cdc.gov/h1n1). 



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