PUT RADON ON YOUR RADAR

Just because you can’t see or smell radon doesn’t mean it can’t hurt you. This colorless, odorless gas ranks second only to smoking when it comes to lung cancer deaths. It causes between 15,000 and 21,000 deaths in the U.S. every year, according to the Environmental Protection Agency (EPA). Radon is also nearly 100 times more deadly than carbon monoxide.

What Is Radon?
Radon is a cancer-causing radioactive gas. It comes from the natural (radioactive) breakdown of uranium in soil, rock, and water, and is released into the air we breathe. According to RadonAtTahoe.com, “Radon is produced by the normal decay of uranium, an element that is found in nearly all soils, but higher concentrations are found in the decomposed granite soils of the Sierra Nevadas.” Radon is found all over the U.S. in buildings, homes, offices, and schools, too.

Why Is Radon a Risk to Human Health?
Radon gas decays into radioactive particles that become trapped in your lungs when you breathe, which may lead to lung tissue damage and, eventually, lung cancer. Not everyone who is exposed to elevated radon levels will develop lung cancer, and the amount of time between exposure and onset of disease may be years. Smoking, combined with radon exposure, poses an especially serious health risk. The chance of getting lung cancer from radon depends on:
- How much radon is in your home
- The amount of time you spend in your home
- Whether you are a smoker or have ever smoked

How Does Radon Get into Homes?
Radon comes from the natural decay of uranium found in nearly all soils. Typically, radon moves up through the ground to the air above and into homes through cracks and other holes in the foundation. Your home traps radon, where it can build up to dangerous levels. Homes of any age can have radon.

Testing for Radon
Testing for radon is inexpensive, easy, and the only way to know whether you and your family are at risk for exposure. The EPA and the Surgeon General recommend testing all homes for radon. The EPA also recommends that schools be tested. Residents of Douglas County can receive a free test kit by visiting radonnv.com. Residents of California can purchase kits by visiting cdph.ca.gov.

Fixing a Radon Problem
There are simple ways to fix a radon problem that are not too costly. Even very high levels of radon can be reduced to acceptable levels. Refer to these resources for more information, including a list of contractors and directions on how to order a test kit:
- California: cdph.ca.gov (click “Health Information,” then “Environmental Health,” then “Radon”)
- Nevada: radonnv.com
- Lake Tahoe: RadonAtTahoe.com

Barton Health’s 2012 Community Health Needs Assessment showed a higher level of lung cancer in the South Lake Tahoe area than the California state average. To view complete survey results, visit bartonhealth.org/communityhealth or scan this QR code with your smartphone. To lower your risk of developing lung cancer, get your home tested for radon, do not smoke, and see your doctor on a regular basis. For a list of Barton physicians, visit bartonhealth.org/physicians.
Barton Health collected public health data in spring 2012 through its Community Health Needs Assessment (CHNA) to help identify major health gaps throughout the South Lake Tahoe community. By surveying 400 area residents, conducting focus groups, and collecting data, the top three areas of health improvement were found to be: substance abuse, access to health care services, and mental health and mental disorders.

“The areas of substance abuse and mental health are being addressed through health grants and partnerships with individuals and groups in the community,” says Debbie McCarthy, R.N., M.S.N., outpatient clinical director, Barton Community Health Center. “With health care reform in full gear, Barton has made access to services its number one priority.”

According to healthcare.gov, beginning in 2014, as part of the Affordable Care Act, all insurance plans must cover essential health benefits within at least 10 categories: ambulatory and emergency services; hospitalization; maternity and newborn care; mental health and substance use disorders, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services and devices; laboratory; preventive and wellness services; chronic disease management; and pediatrics, including oral and vision care.

“More patients will have access to affordable health insurance. It’s predicted that Medi-Cal, California’s Medicaid program, will expand by 40 percent, which will mean an increase in patient volume at the Community Health Center,” McCarthy says. “That’s why we renovated and expanded the Barton Community Clinic, now called Barton Community Health Center. The new name better describes the facility’s new role of providing a medical home to the South Lake Tahoe community.”

Originating at nearly 4,400 square feet, 11 patient exam rooms and one entrance, the Community Health Center (formerly known as Barton Community Clinic) now stands at nearly 7,400 square feet with 18 exam rooms, as well as two procedure rooms.

“We became highly aware of the need of expanding the facility on several fronts. … We had already seen an increase in patient visits, and we knew that in the future, more people would take advantage of their new insurance options with care reform,” McCarthy adds. “Additionally, the results of the assessment in 2012 just reinforced the need for additional access to medical care.

“This facility will provide all the same family practice services as we did before, but with more of a preventive approach,” McCarthy says.

Barton Community Health Center primarily serves the uninsured and underserved in the South Lake Tahoe region. It is as an option for those who have private insurance, Medi-Cal or Medicare. Individuals who do not have coverage may utilize Barton’s sliding scale billing option, which is measured by income and number of family members. The health center’s services include physical examinations, diagnosis and treatment of acute health problems, labor and X-rays, obstetrics and gynecological care, well-child checkups, specialty services, and other necessary treatments.
Running offers several advantages. It burns more calories per minute than walking. It helps prevent osteoporosis. It’s a powerful stress reducer. Running has even been shown to reduce the risk for heart disease, diabetes, and depression. If you’re already active and want to try this vigorous exercise, here’s how to get started:

**Find the Right Shoe for You**
The type of running shoe you need depends on your foot type. A general rule is if you have a high arch, get a neutral shoe; a medium arch, get a neutral to stability shoe; and low arch, get a stability shoe. Be sure to go to a shoe store and ask to be sized. **Don’t hesitate to try on different shoes to determine which gives you the best all-around fit.** If you have used a particular running shoe for several years and it has worked for you … don’t change it, but replace the shoe every 300 to 400 miles. Be on the lookout for compression lines along the sides of a shoe’s sole. This is a good indicator that it’s time for a new pair.

**Maintain Your Form**
Running with proper form is very important and your body will thank you down the road. Be sure to hold your head up in a natural and comfortable position. **Don’t be afraid to look ahead at the view and terrain.** This will help you build and maintain a strong posture, while creating a more efficient run. Keep your entire upper body relaxed. Keep your shoulders low and loose, unclench your fists, relax your fingers, and try to keep your elbows at a 90-degree angle. Maintain your torso in its natural position; by doing this, your hips will follow. Efficient distance running requires a slight knee lift, a quick leg rotation, and a short stride with your foot landing under your body.

**Step Comfortably**
Try running barefoot before you hit the pavement. Where your foot lands—usually between your heel and midfoot—is where you will find your sweet spot, or natural step. **Land on your sweet spot, roll forward, and push off with force. Then try it with shoes.**

**Explore Your Terrain**
Every runner has his or her own preference of running surface. Research shows no significant injury difference caused by running on various surfaces. In fact, it is recommended that runners experience various surfaces. This provides the body an opportunity to challenge itself through slight changes in muscle activity, which can help reduce risk for injury.

**Master Those Hills**
When running hills, shorten your stride while maintaining your flat-running-surface cadence (foot strikes per minute), lean into the hill without bending at the waist, and use your arms to help **boost your locomotion up the hill.** If you start to feel out of breath, think about gearing down, and slow your cadence. On long, grinding hills, look for a goal object, such as a rock, tree, or sign, and break the hill down into smaller segments. These little victories can...
Protect Your Sporty Child from Concussion

No matter what sport your child plays, you can help protect him or her from serious brain injury.

What Is a Concussion?
A concussion is a type of traumatic brain injury, caused by a bump, blow, or jolt to the head or even a blow to the body that causes the head to move rapidly back and forth. Concussions can change the way the brain works and what seems to be a mild blow to the head can be serious.

Recognition and proper response to concussions when they first occur can help prevent further injury or even death. It’s important that everyone learns the signs and symptoms and implements an "Action Plan" if a concussion occurs.

Recognize a Concussion
Be sure to watch for any change in your child’s behavior, thinking, or physical functioning. Some signs and symptoms of a concussion may include:

- Headache or pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or "seeing stars"
- Ringing in the ears
- Nausea or vomiting
- Slurred speech
- Fatigue

Some symptoms of concussions may be immediate or delayed in onset by hours or days after injury: difficulty with memory and concentration; irritability and other personality changes; light and noise sensitivity; disturbance during sleep; and psychological problems and depression.

Check Out Our Great Wellness Lectures!
Attend four of Barton’s wellness lectures by November to be entered into a drawing for an iPad (value not to exceed $500). Questions? Call 530-543-5537. Visit bartonhealth.org/lecture for the most up-to-date lecture information.

All wellness lectures run from 6 to 7 p.m.

Back Pain: Prevention and Treatment
September 19 at Lake Tahoe Community College
Michael Fry, M.D.

Women’s Health: Understanding Your Options
October 2 at Kahle Community Center
John Missanelli, D.O., and Chris Kozlowski, P.T.

Shoulder Injury Treatment Options
October 16 at Kahle Community Center
Kyle Swanson, M.D.

Knee Injury Awareness and Treatment Series
November 6 at Lake Tahoe Community College
Terrence Orr, M.D.

November 13 at Sierra Nevada College
Robert Rupp, M.D.

November 20 at Holiday Inn Express
Kyle Swanson, M.D.

LECTURE LOCATIONS:
Kahle Community Center
295 Kingsbury Grade, Stateline, NV
Lake Tahoe Community College (Boardroom)
1 College Drive, South Lake Tahoe, CA
Sierra Nevada College, Tahoe Center for Environmental Sciences Building
999 Tahoe Blvd., Incline Village, NV
Holiday Inn Express
1659 Nevada 88, Minden, NV

Get Educated

Help motivate you and take your mind off thinking, "Where’s the top of this thing?"

Beat the Heat
September can bring warm weather in some areas of the West. Training outdoors can be challenging and, in extreme conditions, even dangerous. Be sure to:

- Choose the right clothes. Wear temperature-appropriate gear—avoid dark colors and find clothing made of wick-performance materials.
- Wear a hat to shade your face and head and, if possible, choose a running route that has shade. A wet bandana also works well to keep the head and neck cool.
- Stay hydrated before, during, and after your run with water and an electrolyte drink.

Runner’s Program
At Barton Rehabilitation & Sports Medicine, we offer a comprehensive running program and a customized orthotics assessment. For details, make sure to visit bartonhealth.org/run.

“Coach Alan” running the 50K Burton Creek Trail Run in June.

Get Educated

For more information on signs and symptoms of a concussion, as well as our Concussion "Action Plan," visit LakeTahoeSportsMed.com and download our educational Sports Concussion brochure for athletes, parents, and coaches.

Fast Fact
Most concussions occur without loss of consciousness.

Most concussions occur without loss of consciousness.
Arthritis affects approximately 50 million to 65 million Americans and those numbers will almost double by 2030. Most people associate hips and knees with arthritis pain, but the shoulder is also commonly affected. Osteoarthritis is the most common type of arthritis. It is simply the breakdown or loss of cartilage over time. Without cartilage, the joint doesn’t move as well, causing inflammation and pain.

Signs and Symptoms
There are many factors involved in the development of shoulder osteoarthritis. These include trauma to the shoulder, repetitive high-demand use, genetics, and age. Most patients have been active throughout their lives and have sustained injuries to the affected shoulder.

Symptoms usually start to present themselves after the age of 50. Many patients with shoulder arthritis have pain and stiffness. A majority of the time, the stiffness occurs in the morning and motion will improve throughout the day. Pain is usually a dull ache in the back or front of the shoulder. Sometimes there is catching or popping associated with motion. Pain is sometimes worse at night, especially when first lying down. Patients also notice loss of strength and function of the shoulder.

X-rays are usually adequate in diagnosing shoulder arthritis. They reveal loss of the normal joint space or osteophytes (bone spurs). Sometimes magnetic resonance imaging (MRI) is performed to determine the status of the rotator cuff or other soft-tissue structures.

Treatment Options
Nonsurgical treatment is usually tried first. Anti-inflammatories are good at relieving pain by decreasing the inflammation within the shoulder joint. Sometimes a cortisone shot is given. Cortisone is a steroid that acts locally in the joint to decrease the inflammation. Cortisone shots should be given every four to six months.

Physical therapy is important for maintaining and improving shoulder motion as well as strength and function. Many of the exercises done in therapy can easily be done at home with a well-designed home exercise program.

The goal of surgical treatment is to reduce pain. If the arthritis is mild, a simple shoulder arthroscopy may be performed. Removal of bone spurs and loose bodies can be done arthroscopically, and the downtime is usually minimal. However, if the arthritis is severe, then shoulder replacement may be necessary. For this procedure, the arthritic joint is replaced with metal and plastic components similar to hip and knee replacements. There have been some major advances in shoulder replacement surgery over the past decade, leading to better outcomes. Shoulder replacement surgery is technically demanding. If you’re suffering from shoulder pain, it’s a good idea to talk with an orthopedic specialist to discuss your options.

Connect with Us

Make an appointment with one of our sports medicine specialists by calling Tahoe Orthopedics and Sports Medicine at 775-589-8950 or 530-541-3100 for our South Lake Tahoe offices, 775-783-3065 for our Carson City office, or 775-580-7600 for our Incline Village office.
What’s the Deal with Health Care Exchanges?

Ready to change your health care coverage? If so, the time to do it is rapidly approaching.

Open enrollment for the Health Insurance Marketplace, often called the health insurance exchange, starts October 1, 2013. The Marketplace is designed to help you find health coverage that fits your budget and meets your needs. Coverage starts January 1, 2014.

What’s in It for Me?
When you use the Health Insurance Marketplace, you’ll fill out an application and find out what your monthly premiums will be for various levels of insurance coverage. You’ll also find out whether you qualify for subsidized lower out-of-pocket costs.

In addition, the Marketplace will tell you whether you qualify for the expanded free or low-cost coverage available through Medicaid (Medi-Cal in California) or the Children’s Health Insurance Program.

How Is It Different from Before?
Insurance plans in the Marketplace are offered by private companies, and they all cover the same core set of benefits, called essential health benefits. These essential health benefits include at least the following items and services:
- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health and substance use disorder services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services

No plan can turn you away or charge you more because you have an illness or medical condition. And plans can’t charge women more than men.

How Do I Find My Exchange?
If you live in California, visit California’s Health Insurance Marketplace, called Covered California, at CoveredCA.com. Nevada residents can visit Nevada’s Marketplace at NevadaHealthLink.com.

Yeah, But Will It Really Help Me?
The Marketplace simplifies your search for health coverage by gathering the options available in your area in one place. With one application, you can compare plans based on price, benefits, quality, and other features important to you—before you make a choice. You can also get help online or by phone.

We Can Help You

Remember, enrollment starts October 1, 2013. Visit bartonhealth.org/reform for access to local health care reform information, future educational events, website links, and the latest news affecting area residents.

Autumn Vegetable Pasta

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>small yellow onions</td>
<td>2 cups</td>
</tr>
<tr>
<td>chopped fresh ripe tomatoes</td>
<td>2 cups</td>
</tr>
<tr>
<td>thinly sliced yellow and green squash</td>
<td>2 cups</td>
</tr>
<tr>
<td>cut, fresh green beans</td>
<td>1½ cups</td>
</tr>
<tr>
<td>water</td>
<td>¾ cup</td>
</tr>
<tr>
<td>minced fresh parsley</td>
<td>2 tbsp.</td>
</tr>
<tr>
<td>garlic, minced</td>
<td>1 clove</td>
</tr>
<tr>
<td>chill powder</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>salt</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>tomato paste</td>
<td>1 can (6 oz.)</td>
</tr>
<tr>
<td>uncooked pasta of your choice</td>
<td>1 lb.</td>
</tr>
<tr>
<td>grated Parmesan cheese</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauces over drained, hot spaghetti and sprinkle Parmesan cheese over top.

**PER SERVING** Serves nine; serving size is 1 cup spaghetti and ¼ cup sauce with vegetables.

Each serving provides: Calories 279, Total fat 3 g, Saturated fat 1 g, Cholesterol 4 mg, Sodium 173 mg

SOURCE: National Heart, Lung, and Blood Institute/National Institutes of Health
Celebrate the Holidays with Barton

The Festival of Trees and Lights has become the event of the holiday season at Lake Tahoe! Join us December 5 through 8 to admire designer trees, wreaths, and decor; attend one or all of our signature events; watch local entertainment; and visit Santa Claus. Our black-tie celebration, The Gala, will be held on Saturday, December 7, at MontBleu Resort Casino & Spa Convention Center, Stateline, Nevada. It will include a live auction of the designer trees.

This year, Barton Health is celebrating its golden anniversary, and we hope that you will join us as we commemorate 50 years of caring for the South Lake Tahoe community and beyond. The Barton Foundation has elected to donate all monies raised at the festival, including The Gala, to Barton Cardiology—a comprehensive cardiac care service geared toward prevention, diagnosis, intervention or referral, and rehabilitation. For more information, please visit festivaloftreeslaketahoe.org.

Enjoy a Cocktail, Support Barton Cardiology

The Barton Foundation’s annual Signature Cocktail Contest will take place Thursday, September 12, from 5:30 to 8 p.m. at Riva Grill in South Lake Tahoe, California. The contest is the official kickoff of the annual Festival of Trees and Lights, to be held at MontBleu Resort Casino & Spa from December 5 through 8.

All proceeds from the Cocktail Contest and the 2013 Festival will help fund the expansion of Barton Cardiology—a comprehensive cardiac care service geared toward prevention, diagnosis, intervention or referral, and rehabilitation of heart disease. Visit festivaloftreeslaketahoe.org/cocktailcontest to purchase tickets and find out more information about this year’s festival!

CHEESE BALLS on Sale Soon

Barton Memorial Hospital Auxiliary’s famous secret recipe cheese balls will be available soon. Each cheese ball is $8 and all sales benefit Barton Memorial Hospital.

Cheese balls can be purchased at:

**Auxiliary Holiday Faire**
(John Grace Hall, St. Theresa’s Church) Sunday, November 3
9 a.m. to 3 p.m.

**Barton Memorial Hospital’s Snowflake Lobby**
Wednesday, November 6
10 a.m. to 1 p.m.

Festival of Trees and Lights
(visit festivaloftreeslaketahoe.org)
MontBleu Resort Casino & Spa
December 5 through 8

Carson Valley Medical Center,
Front Lobby

Wednesday, November 13
10 a.m. to noon

For more information, call Pearl Parks at 530-573-1416 or Linda Coffman at 530-577-0328.