

BARTON'S Health AND Life

SPRING 2018

Your Guide to Wellness

INSIDE:
Introducing
the New Barton
Center for
Orthopedics
& Wellness!

Manage Stress
with Mindfulness

Learn How to
Banish Back Pain

Keep in Shape to
Hit the Slopes
This Spring



A Note from the CEO



With the opening of the Barton Center for Orthopedics & Wellness inside the Robert Maloff Center on the Barton Health campus, we are excited to usher in a new era of coordinated care combined with cutting-edge technology under one roof.

We are committed to helping you achieve your wellness and performance goals by treating the whole you, not just your injury or symptoms, through individualized plans and comprehensive care.

From world-class orthopedics to personalized rehabilitation, to getting you back to your best you, we're excited to be a part of your health journey. Stop by the Center for Orthopedics & Wellness this spring to experience Barton's newest chapter. Learn more about the Center at bartonhealth.org/center.

Clint Purvance, MD
President and Chief Executive Officer
Barton Health

KEEP IN SHAPE to Keep Hitting the Slopes

While warmer temps are on the horizon, the mountains are still receiving snow—which means spring skiing. After a great day on the slopes, we've all had those body aches that make you wonder: Why am I so stiff and sore? It mainly comes down to how well you've trained for your chosen sport and how well you're restoring your body to continue supporting your activities.

Maintaining Mobility Through Spring Ski Season

It's important to keep your muscles feeling good into spring ski season so you can enjoy numerous runs when Tahoe finds itself with fresh powder. Consider how you prepare for the day, along with how you recover and take care of your tissues after a long day on the slopes. If you find yourself feeling sore and tired from the day before, think about how you warmed up for that session and how that might affect the session you're about to embark on.

You can complete a quick warm-up routine by wearing ski or snowboard boots. Think about the actions you're

about to complete as you embark down the hill. Some squats, lateral lunges, ankle flexions (driving the knee over the toe in the boot), and upper body stretches could encompass a complete warm-up that will help your body cope with the stressors being placed on it.

An excellent tool we use at Barton Performance by ALTIS is a foam roller. You can use one before or after your sessions on the hill to help you prepare or recover. A quick 10- to 15-minute session of rolling the right muscles can go a long way toward keeping your body feeling good.

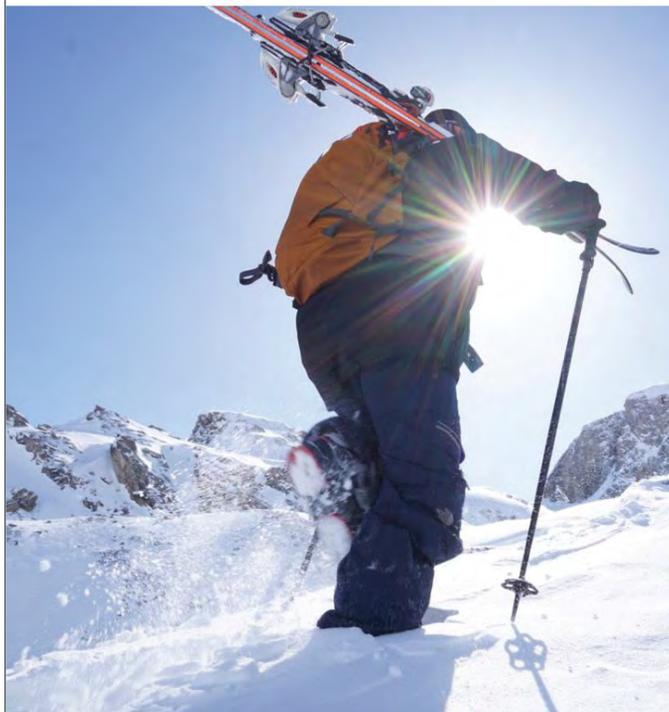
Slow and Steady Wins the Race

A final piece to consider is the intensity and density of the time you aim to spend on the slopes:

Intensity refers to the skill required to complete certain runs; for example, green and blue runs are for beginners and black runs are for those more experienced.

Density refers to the number of runs in a session and the number of sessions in a week or month you want to complete.

Of course, this can be hard to predict, given the whims of Mother Nature. However, it's important to keep in mind that a slow and steady increase in intensity and density as the season progresses will ensure your body is ready for the demands of the slopes—and reduce your risk for overuse injury.



FIND YOUR EXCELLENCE

Justin Danover is a performance coach at Barton Performance by ALTIS. If you're interested in meeting your athletic performance goals and finding your excellence, consider setting up an initial assessment. Learn more by calling **530.600.1976** or visiting bartonperformance.com.

Manage Stress with MINDFULNESS

by Amy Smith, FNP

"I'm so stressed out!"

Likely, someone has said this to you—or you've said it yourself.

These days the word "stress" has a negative connotation. But what if it isn't the actual stress that's harmful, but how it's perceived?

Your Reaction to Stress Matters

Research published in *Health Psychology* has shown that there's a higher risk for premature death in those who perceive stress as negative, including those with only a minimal amount of stress. However, study participants who experienced a high level of stress, but didn't perceive it as harmful, had a lower risk for premature death. These findings suggest that having a positive mindset about stress may help develop resilience.

Avoiding stress may seem like a rational strategy, but this often leads to feelings of discontent. When you seek a stress-free life, you may develop feelings of inadequacy, loneliness, and depression because being stress-free is an unrealistic goal.

Turn to Your Life Values

Generally, daily stressors are conflicts with our life values. Life values give us a foundation and sense of purpose. So in order to rethink your stress mindset, it helps to understand which values matter most to you. Take a look at the blue box at right:



Review the life values listed below. Choose a few that connect with you most.

Accountability	Integrity
Athleticism	Joy
Authenticity	Justice
Citizenship	Kindness
Commitment	Knowledge
Compassion	Leadership
Creativity	Loyalty
Curiosity	Movement
Environment	Relationships
Equality	Reliability
Family	Resourcefulness
Generosity	Strength
Healing	Success
Health	Teamwork
Honesty	Tradition
Honor	Trust
Humor	Vitality
Inclusivity	Wisdom
Independence	

Now take a few moments to reflect and write down why each of these values is important to you. How do you express this value in your everyday life? How do these values support you in being true to yourself? Recall a past experience in which you overcame a stressful event or task. What value or part of you made that possible? Research illustrates that reflecting on your values in moments of stress can help reframe a negative, reactive mindset to a positive, reflective response.

Becoming Mindful of Your Values

To develop daily mindfulness around your values, write them down on sticky notes and place them in visible areas, such as your home, car, and workstation. When you notice stressors in your life, looking at your sticky note will help you mindfully reframe your reaction. This can help you "rise to the challenge" and face stressful situations with reason, logic, compassion, and self-control.



CARE FOR BODY, MIND, AND SPIRIT

Amy Smith, FNP, is an integrative medicine practitioner. Her practice will be offered through the Barton Center for Orthopedics & Wellness when it opens in spring 2018. Visit bartonhealth.org/integrative to learn more. To make an appointment, call **530.539.6620**.

YOU, ONLY BETTER

2170


Robert Maloff Center
Barton Health

Center for Orthopedics & Wellness

Introducing the Barton Center for Orthopedics & Wellness

A healthy body and mind lead to a healthy life and spirit. The goal is to elevate health care in the Lake Tahoe region by supporting the active, mountain lifestyle for which our destination is known.

Care, Personalized: Our Commitment to You

Barton Health is committed to helping you achieve your health goals. Through a new integrative approach, Barton is guiding patients and clients to well-being by improving their physical and emotional health, helping them become the best version of themselves.

Part of this commitment is the state-of-the-art, 26,000-square-foot Barton Center for Orthopedics & Wellness. The Center will blend renowned orthopedics, rehabilitation, performance-based training programs, and overall wellness all under one roof. With coordinated care and education at its core, the Center is designed to enhance the health of the community through an innovative and proactive health care model. Patients will be guided through a personalized experience by care coordinators, clinicians, and health coaches, each dedicated to a journey of improved care—resulting in your best you.



WHO'S AT THE CENTER? YOU ARE.

Barton Health's new approach to care at the Barton Center for Orthopedics & Wellness coordinates treatments and integrates services to help individuals achieve their health goals.

READY TO MEET YOUR BEST YOU? Opening in spring 2018, the Barton Center for Orthopedics & Wellness will have care coordinators ready to schedule your health assessment. Visit BartonOrthopedicsandWellness.com to get started.

Putting the Patient at the Center

The Center for Orthopedics & Wellness' philosophy will help more of our community members lead the life they want.

The Barton Center for Orthopedics & Wellness is based on the philosophy of the continuum of care: emphasizing personalized care that puts the patient at the center. In this model, care providers coordinate treatments, communicating next steps and integrating services that proactively help individuals continue toward their health goals. Does Barton's continuum of care philosophy work? Just ask Lynda Killebrew.

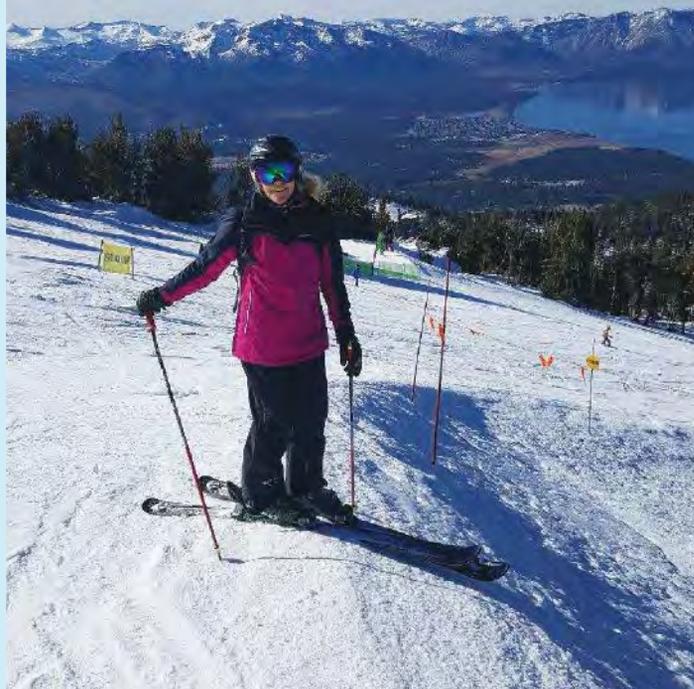
Race Administrator at Heavenly Mountain Resort, Lynda works hard and plays hard but wanted to get back to enjoying her active lifestyle. She had double knee replacement surgery in April 2017 after years of dealing with pain and knee braces. Her orthopedic surgeon, Stephen Bannar, MD, recommended Lynda follow through with post-surgery physical therapy through Barton Home Health. After progressing through physical therapy, she went on to Barton Performance by ALTIS, where she went through a personalized program to strengthen and rehabilitate her range of motion. Once she completed this month-long program, Barton Performance developed a movement plan for Lynda to continue her progress at home.

Three months after her surgery, Lynda was able to water ski on the Fourth of July. As winter approached, she geared up for ski season. "This is the best ski season I've had in over 10 years, because there's no more pain," she says. Lynda is excited to pursue her favorite activities and enjoy her active lifestyle.

This comprehensive approach to care, which supports patients living the life they deserve—not just providing baseline health—is available through the Barton Center for Orthopedics & Wellness, opening in spring 2018. Offering orthopedics, rehabilitation, sports performance, and wellness in one location elevates the delivery of this continuum of care.



Lynda Killebrew's story of double knee replacement surgery last April, to water skiing on the Fourth of July, to enjoying her best ski season highlights the continuum of care philosophy at the heart of the Barton Center for Orthopedics & Wellness.



HITTING THE SLOPES?

See page 2 for tips on keeping in shape to enjoy your skiing this spring and beyond.

The Tools You Need to Prevent Disease

Health care in the U.S. historically has been focused on treating the symptoms of sickness. The scientific accomplishments in this area are truly astonishing, but despite these advances, the American population as a whole isn't healthier. In fact, chronic diseases are on the rise.

To combat this in our own community, Barton Health will soon be offering the Complete Health Improvement Program (CHIP), a national program proven to improve health and wellness. CHIP is designed to help people reduce their risk for disease through better health habits and lifestyle changes.

Health and Life spoke with Gregory Bergner, MD, Barton Health Medical Director of Lifestyle and Wellness, to learn more about this program and who it can help.

Health and Life: Why is it so important to focus on chronic diseases?

Dr. Bergner: Chronic diseases rob us of function, reduce our quality of life, and usually result in premature death. Examples include heart disease, diabetes, hypertension, and obesity. These chronic diseases are now responsible for more than 75 percent of health care costs.

And physical diseases aren't the only conditions keeping us from reaching our full potential. Mental conditions such as stress, depression, or lacking a sense of purpose in life also take their toll.

Health and Life: So how do we reverse this sobering trend?

Dr. Bergner: There is hope in dealing with these health conditions. What many people don't realize is that these diseases are preventable, or can be slowed—and even

reversed—with simple, inexpensive changes in our lifestyles. Mounting scientific evidence backs this up.

Health and Life: How is Barton Health working to improve the health of our own population?

Dr. Bergner: Promoting wellness in our community is the foundation of the new Barton Center for Orthopedics & Wellness. We're excited to be offering innovative wellness programs based on four pillars of good health: Nutrition, Exercise, Stress Management, and Having a Sense of Purpose in Life. We're combining conventional medicine with evidence-based alternative therapies to

support a "whole-person approach" to better health.

CHIP is one example of how we're doing this. This nationally recognized program focuses on those four pillars. It's an intensive educational program with 18 sessions running over three months. Participants are guided through the stages of lifestyle change. They learn how to make positive changes—such as exercising more often—and then learn to maintain them. The group setting provides support to help people stick with their new health habits and build accountability. The goal is to lower cholesterol, reduce hypertension and blood sugar levels, and reduce excess weight.



READY FOR A CHANGE?

If you have reversible lifestyle-related conditions, ask your health care provider if CHIP might be a good choice for you. To learn more about CHIP or make an appointment, call Gregory Bergner, MD, Barton Health Medical Director of Lifestyle and Wellness, at **530.539.6620**.

LEARN HOW TO BANISH BACK PAIN

by Zachary Child, MD, Tahoe Orthopedics & Sports Medicine

Low back pain is one of the most common conditions that afflicts adults. In fact, experts estimate that 80 to 100 percent of adult Americans will have at least one severe episode of low back pain in their lives.

To some degree, back pain is a normal process of aging. Like gray hairs appearing on our head, our spine will age, and some discomfort will come along with it. However, it's important to understand the difference between common pain and something more serious—as well as what kinds of treatments can get you back on your feet.

Common Complaints

A low back ache or muscle spasm, brought about by heavy activity, by periods of immobility such as long drives, or upon waking in the morning, is typical of functional arthritic low back pain. Severe flare-ups can cause painful, rigid spasms and seemingly uncontrollable pain. The incidence of this type of back pain increases with age and if you have arthritis.

Treatments such as those outlined in the next section usually ease the pain within one to two weeks. But watch for red flags including:

- Fever or chills
- Pain that worsens at night or with rest
- Neurologic symptoms such as radiating arm or leg pain, bladder incontinence, or paralysis

If you have any of these symptoms, or if pain doesn't resolve in a few weeks, call your doctor.



Treatments to Try

Exercise. You may have heard that “motion is lotion” for bones and joints. Evidence shows that activities such as physical therapy and yoga help strengthen the back and spine.

Weight loss. Studies estimate that an extra pound of body weight loads the spine by 4 to 8 pounds. That means losing 10 pounds of excess weight might unload 40 to 80 pounds of pressure from your spine.

Heat and ice. Both are effective, so you can choose whichever works best for you.

Medication. Inflammation plays a large role in back pain. Nonsteroidal anti-inflammatory drugs such as ibuprofen and naproxen work by blocking the biochemical signals of pain

and inflammation. Corticosteroids are a more powerful anti-inflammatory medication but can cause more side effects. Other medications might include muscle relaxers or nerve stabilizers.

Chiropractic care and acupuncture.

These are widely accepted treatments that appear to benefit many people. It's wise to talk with your primary care provider before beginning this treatment. It may carry risk if you have a history of stroke or carotid artery stenosis.

If your back is acting up, know that you don't have to live with the pain. Talk with your doctor about treatment options that will get you back to your regular routine.



WE'VE GOT YOUR BACK

The new Center for Orthopedics & Wellness provides a holistic and team-based approach to treating spine disorders. A wide range of treatments are offered, from minimally invasive techniques to spinal deformity surgery. Dr. Child is a board certified orthopedic surgeon with Tahoe Orthopedics & Sports Medicine physician group, and he will be practicing at the Barton Center for

Orthopedics & Wellness when it opens. He is dual fellowship trained in spine surgery from the University of Washington/Harborview Medical Center and musculoskeletal oncology from Harvard Medical School/Massachusetts General Hospital. To learn more about expert treatment for your spine, call **530.543.5554** or visit laketahoesportsmed.com.

Health and Life is published as a community service for the friends and patrons of Barton Health, 2170 South Ave., South Lake Tahoe, CA 96150.

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530.541.3420

bartonhealth.org



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Health & Wellness Directory Now Available

Your medical and community resource guide is now updated and available. Whether you are looking for a specialty medical service or seeking support services in our community, Barton's Health & Wellness Directory is your one-stop guide to health and wellness resources.

The directory is available electronically at **bartonhealth.org/healthdirectory**. Or pick up your copy at Barton Memorial Hospital or any physician office.

save the date!

Attend a Free Wellness Lecture with Barton Health This Spring

Understanding Birthing Options April 12

Lake Tahoe Community College, 6-7 p.m.

Taking Care of Your Mental Health May 10

Lake Tahoe Community College, 6-7 p.m.

Men's Health with Dr. Steven Brooks June 13

Lake Tahoe Community College, 6-7 p.m.

Women's Cancer Support Group

*Last Tuesday of each month,
5:30-6:30 p.m.*

Offering a safe, confidential environment where women with cancer, or a history of cancer, can meet others and address their challenges. Locations vary. Call **530.600.1950** for location and meeting information.

