

# BARTON'S Health AND Life

SUMMER 2017

Your Guide to Wellness

Friendship and Support for  
**Kids with Diabetes**

How Healthy Are **Fruity,  
Fizzy Waters?**

Five Facts to Know  
**About Skin Cancer**

**Is Hip Pain**  
Keeping You Down?

INSIDE:

*5 Ways to  
Get Happier*



  
**Barton**  
Health

# GET HAPPIER: 5 Ways to Retrain Your Brain

by Kim Kilgore, LCSW

## A Note from the CEO

No matter how much or how little you are able to give back to others, there are positive benefits for you and our community.



Research shows giving to others activates the reward and pleasure area of our brain, providing a boost of happiness. Studies also report that those who donate to charitable causes or volunteer their time experience countless benefits, including lower depression rates and stress levels, increased self-esteem, and overall happiness and sense of purpose.

I would like to extend my gratitude to the volunteers we work with through our Skilled Nursing Facility, Hospice, Foundation, and Auxiliary. I'd especially like to thank the members of our Barton Auxiliary. Throughout the Auxiliary's history, they have made invaluable contributions to Barton Health, donating time to support programs and equipment that contribute to patient-centered care and a healthy community. We cannot serve our community without the dedication shown by these volunteers.

Clint Purvance, MD  
President and Chief Executive Officer  
Barton Health

Would you like to increase your happiness, intelligence, and productivity? Psychologists study this question, and they've developed evidence-based practices that allow our brains to achieve greater success and increase our well-being.

**M**y favorite researcher on happiness is positive psychologist Shawn Achor. He's found that we can rewire our brains in as few as 21 days to be happier, smarter, and more productive. The key is practicing these five activities:

- 1. Gratitude:** Write down three things you're grateful for each day. This practice trains our brains to seek out and remember the positives in our lives versus the negatives.
- 2. Journaling:** Write about one positive experience you have each day. This allows our brains to relive that experience, increasing our dopamine levels instantly.
- 3. Exercise:** Having a regular exercise routine teaches your brain that your behaviors matter.
- 4. Meditation:** This practice trains your brain to focus on one task at a time, allowing you to be more efficient and successful.
- 5. Random acts of kindness:** Performing these acts turns on the pleasure and reward center of your brain.

When we practice these exercises, our brains produce more dopamine, the "happy chemical," which reduces depression and activates the learning centers in our brain. This makes us faster and more efficient at processing information.

Achor's research demonstrates that our brains are more successful when they are in a positive state. This may seem obvious, but it's common for us to repeatedly think about our mistakes and the negatives within our lives, within others, and within the larger world. If we do this excessively, it can lead to depression, stress, and avoidance of solving problems.

But by practicing these five exercises, we can undo this negative thinking process. We can increase our overall happiness levels and stimulate positive growth within our brains.

## HELP FOR MENTAL HEALTH ISSUES

Kim Kilgore, LCSW, is a licensed medical social worker at Barton Community Health Center. She provides counseling services for patients experiencing mild to moderate mental health issues. You can learn more about this subject from Shawn Achor's TED Talk, "The Happiness Advantage," available on YouTube.



# Camp Buck Provides Fun and Support for Kids with Diabetes

by Tania Pilkinton, Barton Foundation

Kelsey Buckley is a vibrant, active freshman at South Tahoe High School. She loves to dance and is a competitive alpine skier and BMX racer. Because Kelsey seems like a typical healthy teenager, many are surprised to learn she has diabetes. "I don't let diabetes stop me from doing what I love," explains Kelsey.

## A Place to Belong

Kelsey was diagnosed with type 1 diabetes before her second birthday. Type 1 diabetes occurs when the body is unable to make enough insulin, the hormone that helps process sugar. Treatment requires daily blood testing to monitor and regulate insulin. For Kelsey, it also means wearing an insulin pump and monitoring her blood sugar 24 hours a day.

Kelsey remembers feeling "different" as early as preschool. "I was the only one in my preschool who had to go to two lunches," she says. "Then, in elementary school, I had to visit the nurse several times a day."

But when Kelsey was 7, her parents discovered Camp Buck. For one week each summer, young campers with diabetes enter a world where their condition is the norm. There's no need to explain blood



Kayaking is one of many outdoor activities at Camp Buck.

At Camp Buck, says Kelsey Buckley, "you know you aren't alone."

sugar testing, finger pricks, insulin injections, ketones, or carb counting because everyone already understands. The camp is designed to help children develop relationships with those facing a similar health journey, improve social skills, and promote confidence and a feeling of being in control.

"Unless you have diabetes, you have no idea what it's like," says Kelsey. Her time at Camp Buck connected her with others who get it. "You know you aren't alone. There's always someone you can talk to."

## Support to Follow Her Passions

Camp Buck has helped Kelsey build confidence, giving her determination and support to keep doing what she loves, despite having diabetes. It isn't always easy. Kelsey can't wear her insulin pump when dancing or riding a BMX bike. Adrenaline

and stress both affect her blood sugar, which, in turn, affects her performance. "Staying on top of my blood sugar levels is a challenge," she says.

Meeting others at Camp Buck who understand what she's going through has helped Kelsey manage these daily hurdles. She's formed special friendships with people who are there for her when she needs to talk with someone who truly understands.

Camp Buck has also helped Kelsey learn how to manage her diabetes. A team of physicians, nurses, and dietitians provides daily workshops to educate the campers.

Kelsey's mother, Pallas Buckley, appreciates everything the camp has done for Kelsey. "It's nice to be able to send her off to camp and know that she's in a safe place where she can gain new perspectives," she says.

## Barton Foundation Sponsors Campers

Camp scholarships are available from the Barton Foundation. If you know a child in the South Tahoe region living with diabetes who would like to attend Camp Buck, call the Barton Foundation at **530.543.5882**. You can also support the Barton Foundation's quest to improve the health of everyone in our community by calling the number above or donating online at [bartonhealth.org/foundation](http://bartonhealth.org/foundation).

## LEARN MORE ABOUT THIS SUMMER'S CAMP

Children with diabetes are welcome to join other campers (ages 7 to 14) and counselors-in-training (ages 15 to 17) at Camp Buck from July 30 to August 5. Camp Buck takes place at Grizzly Creek Ranch in Portola, California, and is hosted by the California and Nevada Diabetes Associations. Learn more at [diabetesnv.org/event/camp-buck-2017](http://diabetesnv.org/event/camp-buck-2017).

# Fruity, Fizzy Waters Are Trendy—But Are They All That Healthy?

by Lynn Norton, RD

Sweetened, fizzy, fruity, flavored sparkling waters have been popping up on many grocery store shelves. It's not hard to see why: these trendy drinks may be lower in calories than regular sodas, and they're more flavorful than plain water. As a result, many people enjoy them as healthier alternatives to quench their thirst.

**B**ut sweetened sparkling waters may not be as good for you as you think. Yes, they're still better than sugary sodas, but they also have some drawbacks compared with plain water.

It's true that some brands boast only a few ingredients. This doesn't mean that flavored seltzer is the same as water, however. Fruity carbonated waters often include tart flavorings, such as citric and phosphoric acids, and sometimes artificial or natural sugars. Acidic beverages can

wear down tooth enamel, contributing to cavities.

In addition, the more phosphorus you consume, the more calcium you need. A delicate balance of calcium and phosphorus maintains proper bone density and prevents osteoporosis. Too much phosphorus can also exacerbate kidney disease. So be sure to check the labels on flavored seltzers before you buy them.

Unsweetened mineral water, bottled at the source, contains natural effervescence

and is a safe way to put a little fizz in your day. Lower-calorie and sugar-free carbonated waters are still a better choice than sugary sodas. If you do choose carbonated beverages, drink them along with a glass of water or with ice. This helps balance the acidity and increases your intake of good ol' water!

**LYNN NORTON, RD**, is a registered dietitian at Barton Health. Make an appointment with a doctor's referral by calling **530.543.5824**.



## 5 Facts You May Not Know About Skin Cancer

by Janet Goodall, FNP

Your skin has many important jobs, such as protecting your body, helping to maintain your temperature, and generating vitamin D. Yet sometimes your skin doesn't get the care and protection it needs.

While some sun exposure helps the body make vitamin D and improves your mood, more than a small amount can damage skin cells and lead to skin cancer. Consider these lesser known facts about skin cancer:

**1. It can happen at any age.** Skin cancer rates have increased by 250 percent among American children and young adults in the last 40 years. Young adults, particularly young women, are more likely to get skin cancer than any other cancer.

**2. You may notice symptoms.** Monitor your skin for large, uneven, discolored sores that grow rapidly or do not heal. Watch for swelling, spreading color, and a change in the surface texture.

**3. Your health history matters.** Research shows that a history of skin cancer, a weak immune system, radiation therapy, and HPV can increase your risk. Precancerous lesions, sunburns, and delicate skin are also risk factors.

**4. Any tanning is dangerous.** Both artificial tanning and recreational suntanning deliver UVA and UVB radiation, which can damage cell DNA and lead to cancer. **Living at high elevation and spending a lot of time outside also increase your risk.**



**Sleeves, sun hats, and sunglasses can all protect you from the sun's rays.**

**5. You can still enjoy the sun.** Go outside early in the morning or in the evening, when the sun's rays are less intense. Any time of day, wear protective clothing, a hat, sunglasses, and a "broad spectrum" sunscreen, SPF 30 or higher, that protects against UVA and UVB rays.

**JANET GOODALL, FNP**, sees patients at Barton Health. To learn about Barton Oncology's cancer services, visit **[bartonhealth.org/oncology](http://bartonhealth.org/oncology)**.

# Daily Habits to REDUCE CHRONIC PAIN

by Sherellen Gerhart, MD

More than 100 million Americans are living with chronic pain. That's more than the number of Americans affected by cancer, heart disease, and diabetes combined. A person with chronic pain is three to four times more likely to be dealing with depression as well.

**C**hronic pain can last for weeks, months—even years. Sometimes chronic pain is caused by an injury, infection, or ongoing condition like arthritis or cancer. Not managing chronic pain can lead to deepening depression, poor sleep, agitation, and loss of concentration.

Keep in mind, if you are living with chronic pain, you can find relief. There are many solutions available that can help you live a happier, healthier life—despite your pain. For starters, try these strategies:

**1. Get out of bed.** Although it may be tempting to go on bed rest while you're in pain, staying active daily will help keep your body—and mind—in better shape. Avoid movements that make pain worse, but try low-impact activities that minimize the risk for further injury. Your doctor can suggest the safest activities for you.

**2. Relax.** Certain relaxation techniques, such as meditation or breathing exercises, are proven to be helpful in managing chronic pain. Plus, going to your own “happy place” can distract you from any physical pain. The American Chronic Pain Association ([theacpa.org](http://theacpa.org)) offers a relaxation guide, or try downloading a guided imagery app to your smartphone.

### 3. Take the right medication.

Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and acetaminophen, can be purchased over the counter and relieve muscular and bone pain. But some people, especially older adults with certain diagnoses, cannot take NSAIDs because of specific risks. Be sure to get guidance from your health care provider as to appropriate dosing and use.

Antidepressants may help control pain as well as any emotional toll you may be experiencing. Muscle relaxants, another prescribed option, are often used to reduce pain caused by muscle spasms. Talk with your doctor about the best fit for you.

**4. Try yoga.** Yoga can be key in preventing or even reversing the mental effects of chronic pain. Depression or anxiety caused by chronic pain can lead to loss in brain tissue, which can then lead to memory impairment and emotional problems. Research shows that regular yoga practice has the opposite effect on the brain—a major reason to roll out your mat.

**5. Feed your body good food.** Certain foods can fight inflammation, make your bones stronger, and therefore help alleviate your pain. The best foods for arthritic pain, for example, include fish, soy, and olive oil because they contain anti-inflammatory properties like omega-3 fatty acids. Plus, a healthy diet can help lift your spirits.

In addition to these strategies, be sure to talk with your doctor about self-care solutions that are tailored to your own chronic pain.

### Yoga can help manage chronic pain.



### HELP AND HOPE FOR CHRONIC PAIN

Sherellen Gerhart, MD, is a physician board certified in internal medicine, palliative and hospice medicine, and geriatric medicine. She oversees Barton Palliative Care and provides support, consultation, and education for patients and their families. If you or a loved one is living with chronic pain, contact Barton Palliative Care at **530.600.1960**. Or visit [bartonhealth.org/palliativecare](http://bartonhealth.org/palliativecare) to learn about our services and watch a video featuring Dr. Gerhart.

# Training Top Athletes: Sports Performance Training Designed for Dream Chasers

Barton Health proudly sponsors some of the area's top athletes: Daron Rahlves, Marco Sullivan, Travis Ganong, Lila Lapanja, and now Ty Tremaine, world champion EnduroCross rider from Gardnerville, Nevada.

**E**nduroCross is a hybrid motorcycle competition combining supercross, trials, and enduro racing. Forty competitors blast around an indoor track, maneuvering hundreds of pounds of motorized madness, all vying for the top spot on the podium.

As a child, Ty emulated his father's passion for dirt biking: riding by age 3, racing by 4, and professionally endorsed by the RPM KTM Racing Team at 17. In 2013, at age 19, he became the youngest EnduroCross racer to qualify for and compete in the X Games. By 2016, Ty had claimed three AMA EnduroCross titles, including the AMA National 23 and under Pro EnduroCross Championship. This year, he took first in the ISDE qualifiers.

Pure passion, skill, and speed were fueling his professional career. But his optimal stamina and strength had yet to be developed.

## Expert Help to Up His Game

Fellow EnduroCross rider and Barton physical therapy assistant Angie Hagenah recognized Ty's racing potential, but she noticed he suffered from fatigue and "arm pump." Arm pump is caused by poor posture induced thoracic outlet syndrome. Not surprisingly, it is prevalent in EnduroCross because of the hand and arm use needed to rein in such a rowdy ride. So Angie and Ty began working together at Barton's Sports Performance Lab to help Ty improve.

"We began by using state-of-the-art sports performance methods, including a wingate test to assess his anaerobic power

and a VO2 max test to identify his aerobic training zones as well as peak oxygen use," explains Angie. "Based on the results, I designed a training program to optimize Ty's posture and performance. When we re-tested Ty after four months, he saw significant improvement in his fitness."

Ty credits his recent EnduroCross success to this new training program.

"EnduroCross racing is among the most intense, physically demanding sports. You are wrestling with a motorcycle while racing at your maximum heart rate for 15 minutes. It takes endurance, strength, and stamina," Ty says. "I was quick on the bike, but I could feel that my arm strength was lacking. It wasn't until I started working with Angie on my sports performance training that I closed in on the competition."

## Going to the Next Level

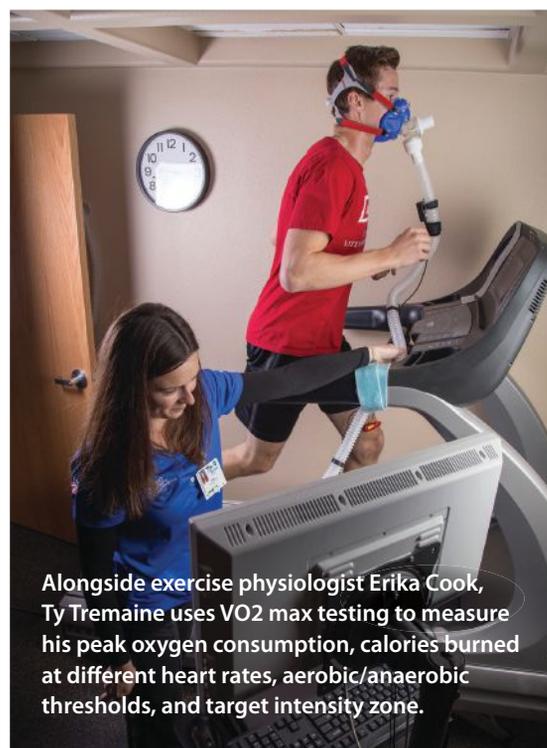
Now, for the first time in his riding career, Ty is competing in the highly coveted Grand National Cross Country off-road racing series.

"Going from 15-minute races in an arena to three-hour cross-country riding will be a test of my

endurance," Ty says. "This is where my training and the work Angie and I have done at Barton's Sports Performance Lab will be put to the ultimate test."

In August, Ty will return home to the West Coast to compete in the EnduroCross All West Series to try to claim the national title.

"Being part of an athlete's success story makes me extremely happy," Angie says. "An athlete like Ty is out there chasing his dreams, and it makes me proud to know we gave him the tools for ultimate success in his EnduroCross career."



Alongside exercise physiologist Erika Cook, Ty Tremaine uses VO2 max testing to measure his peak oxygen consumption, calories burned at different heart rates, aerobic/anaerobic thresholds, and target intensity zone.

Photo credit: Booth Photography

## SERVING ATHLETES OF ALL SKILLS

For more on Barton's Sports Performance Lab, visit [bartonhealth.org/rehab](http://bartonhealth.org/rehab). Look for the Sports Performance Lab expanding into the Robert Maloff Center of Excellence, coming in winter 2017/2018. Want to see EnduroCross in action? You can watch Ty Tremaine race this season on CBS Sports or [racertv.com](http://racertv.com).

# Is Hip Pain KEEPING YOU DOWN?

by Robert E. Rupp, MD

When medications and other treatments don't help your hip pain, you may have hip arthritis. Surgery to replace the hip joint may be the answer. An orthopedic surgeon who has experience with hip arthritis will understand your frustration with the pain and be able to help you get back to living your daily life.

## What is hip arthritis?

Hip arthritis is an inflammation of the hip joint. Your hip is a ball in a socket. When you move your hip, the ball turns in the socket. When the natural cushion between the ball and socket wears away, you are left with bone on bone. As the bones move together, the pain begins. Your body cannot repair bone-on-bone pain or replace the lost cushion between the bones.

## How do I know if I have hip arthritis?

Common symptoms include:

- Swelling
- Pain
- Stiffness
- Inability to get up, walk, or climb stairs without pain

Hip arthritis can cause permanent hip joint changes. Severe hip arthritis pain can become steady and not go away. You may not be able to continue your daily activities.

## What can I do for my hip arthritis?

If you think you have hip arthritis, you should see an orthopedic doctor to discuss your



treatment options. Your doctor may recommend hip replacement surgery to lessen your pain and help you get back to normal daily living.

## What is hip replacement surgery?

The procedure is called anterior hip replacement. The orthopedic surgeon will remove your worn-out hip joint and replace it with a new joint made of metal and plastic.

Anterior hip replacement surgery is different from the original hip replacement procedure. It offers many advantages:

- It is minimally invasive. The incision is smaller, and thinner needles are used during the surgery.
- The surgeon will not cut any muscles.

- The surgery is performed from the front of the body, not the backside of the hip. This approach better protects the hip joint.
- Your stay in the hospital will be shorter.
- You will have less pain after the surgery.
- You will feel more balanced when you stand up.
- You will have fewer restrictions after surgery, and you'll begin walking sooner.

You may be hesitant about having hip surgery. Take time to have a discussion with an orthopedic surgeon who can address your concerns. There are options to help you manage hip arthritis pain.



### KNOW YOUR TREATMENT OPTIONS FOR HIP PAIN

Robert E. Rupp, MD, is an orthopedic surgeon at Tahoe Orthopedics & Sports Medicine. He specializes in advanced techniques for shoulder, knee, and hip pain. For a consultation, call **775.589.8950**. Or find out more about treatment options by visiting [bartonhealth.org](http://bartonhealth.org).

**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**

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## BARTON HEALTH'S Financial Assistance Program

We understand that unpaid medical bills can be burdensome and applying for assistance can be confusing. Our Eligibility Patient Advocacy Liaison Services help uninsured patients apply for and receive medical assistance from MediCal, Medicaid, and other financial programs. For more information, please call **530.543.5930** or visit **bartonhealth.org/financial**.

## Camp Sunrise

*June 23 to 25 at NV 4H Camp in  
Stateline, Nevada*

Camp Sunrise is designed for children ages 7 to 14 who have experienced the death of a family member. Children receive grief education and support through a variety of fun-filled activities and programs at no cost to the participants.

Entry to the camp is subject to an interview with the camp director. To sign up for this summer's camp, please call the Barton Hospice office at **530.543.5581** and request an application. Residents of South Lake Tahoe, Minden, Gardnerville, and Carson Valley/City areas may apply. The deadline for submitting an application is May 22.

## Put Your Health First with Barton's Wellness Lectures

### What Is the Difference Between Mental Health and Mental Illness? ~ May 10

Saul Zelan, MD, Barton Psychiatry

### 9 Tests Men Should Never Ignore ~ June 7

Steven Brooks, MD, Barton Family Medicine

### Nutrition to Fuel Your Fitness ~ July 5

Lynn Norton, MS, RD, Lead Dietitian, Barton Hospital

### Heart Health and the Heat ~ August 2

David Young, MD, Barton Cardiology

### Know the Signs of Suicide ~ September 6

Alisa Merino, Suicide Prevention Network

### LECTURE LOCATION:

**Lake Tahoe Community College, Board Room**

One College Drive, South Lake Tahoe, CA

Lectures take place from 6 to 7 p.m. Topics and dates are subject to change. For questions, call **530.543.5537** or visit **bartonhealth.org/lecture**. Attend four or more lectures in 2017 and be entered to win a \$150 gift certificate to a South Lake Tahoe business of your choice.

## Golf for a Good Cause

*June 23 at Lake Tahoe Golf Course*

Join the Barton Foundation for the 23rd annual golf tournament. Proceeds benefit the Foundation's Community Health Endowment, supporting the future health and wellness of our community and funding critical needs at Barton Health. Register your foursome by June 5. Call **530.543.5784** or visit **bartonhealth.org/golf**.

