

For Your HEALTH

Committed to the Health & Well-Being of El Dorado County

WINTER 2020

Depression in the Elderly Can be Avoided



MARSHALL
MEDICAL CENTER

It's about you

- ▶▶ Help for Addictions
- ▶▶ Vaping: Is it Safe?
- ▶▶ Winter Wellness: Take Care of You

SPECIAL AD SECTION

Help for Addictions



ABOUT MARSHALL MEDICAL CENTER

Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 125 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 300 physicians and a team of over 1,600 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

For Your HEALTH is

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It is intended to provide information about health in general as well as healthcare services and resources available in El Dorado County. Information 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 healthcare provider.

To reach the editor of For Your Health, contact Brittany Garcia at 530-626-2816 or bgarcia@marshallmedical.org

In the year since Marshall Clinically Assisted Recovery and Education Services (CARES) opened, the clinic has treated more than 600 patients with addictions. In addition to comprehensive medication assisted treatment with a physician, patients also receive group and one-on-one counseling, case management and behavioral health services based on a personalized care plan.

Marshall Medical Center is dedicated to helping people overcome addictions to opioids, benzodiazepines, alcohol and nicotine among others. This year, CARES is expanding its reach to the town of Georgetown at Marshall's Divide Wellness Center. Rural areas like Georgetown see opiate use disorder instances at eight times the national rate.

CARES is continually recognized on a national level as providing top notch care and treatment to patients with opioid addiction using Suboxone® (buprenorphine and naloxone). And with a patient retention rate of more than 90%, they're not only getting patients off opioids, but helping to keep them off long term. Patients can begin care by calling the clinic directly to make an appointment, or, if they're in crisis, through the Emergency Department for immediate care and a next-day appointment at the clinic.

To make an appointment, call CARES at 530-621-7965 or visit www.marshallmedical.org/cares.

SPECIAL AD SECTION



For more information about Marshall Medical Center, visit www.marshallmedical.org or follow us on Facebook/[marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), twitter.com/MarshallMedical, on YouTube, LinkedIn and on Instagram

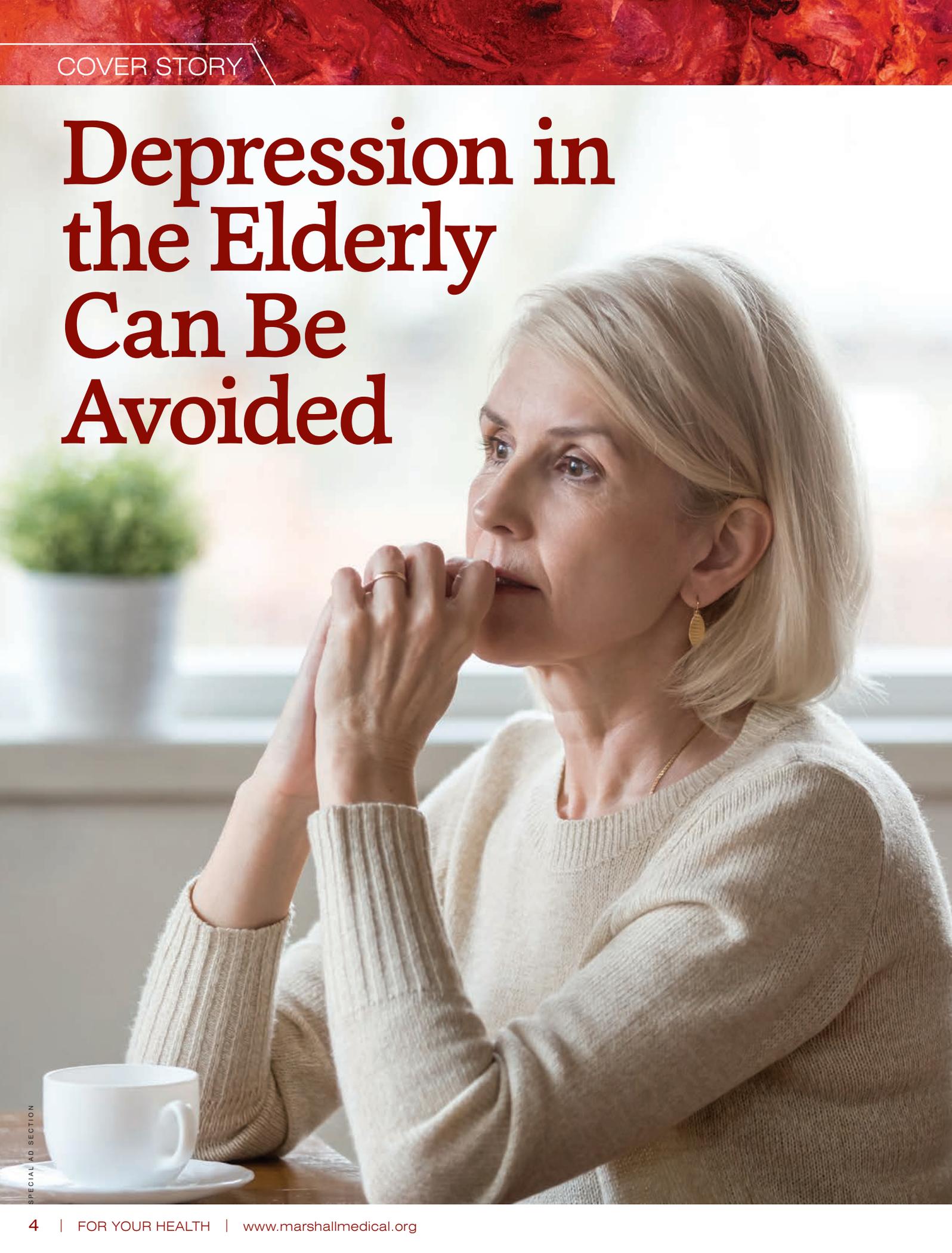
Winter Wellness: Resolve to Take Care of You



With the New Year comes resolutions and this year you're going to stick to them. If you're committed to starting 2020 on the right foot, here are some tips on how to reach your wellness goals.

- 1 Make your resolutions now. There's no need to wait until January 1 to start building healthy habits. In fact, it'll help you get on track faster come the new year.
- 2 Make your resolutions attainable. Progress is made in baby steps, not giant leaps. If your ultimate goal is to lose 40 pounds, start small by resolving to lose 10 pounds by April 1.
- 3 Sprinkle in a fun resolution or two. Make a point of scheduling some girls' nights or coffee dates with friends. Plan a family vacation to go somewhere you've never been but always dreamed of visiting.
- 4 Focus on what you can do, not what you can't. Instead of telling yourself you can't have potato chips and soda, try to think about all the fruits and vegetables you can eat in abundance.
- 5 Make appointments in advance. Take an hour or two to make phone calls to set up all your preventive health appointments for the year. These may include an annual physical, well women's exam, mammogram, colonoscopy, eye exam, and teeth cleaning. If you plan on making big changes to your diet, make an appointment with a registered dietician at Marshall Medical Center's Diabetes and Nutrition Education Department by calling (530) 672-7021.
- 6 Set (and keep) your sleep goal. No matter what your resolution, getting enough sleep will help you achieve it. Try to go to bed 30 minutes earlier once January 1 comes around. The dishes in the sink or that last load of laundry can wait until tomorrow.
- 7 Plan some cheat days. Drastically changing your diet is hard. If it wasn't, we'd all be our ideal weight and clothing size. Seeing light at the end of the tunnel for a piece of cheesecake on Sundays or a mid-week bowl of ice cream will help you stick to your plan the rest of the week.

Depression in the Elderly Can Be Avoided



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s we age, we come to accept certain medical conditions and symptoms as normal parts of aging. Depression, however, shouldn't be one of them. If you're age 65 or older and you've started feeling symptoms of depression including

persistent sadness, excessive worry, changes in weight and/or appetite, difficulty sleeping or concentrating, or withdrawal from social activities, you may want to make an appointment with a psychiatrist to address the root cause and work on a solution.

Maisha Correia, MD, of Marshall Psychiatry provides some helpful insight into this issue. "Depression can start at a young age or can start at age 85. It can happen at any time," she says. "In a setting where there are a lot of stressors, seniors have often found themselves in a more desperate situation where depression can manifest."

"When we see older patients with depression, it's usually brought on as a secondary condition to a chronic medical condition," she says. For example, when you are already experiencing severe congestive heart failure and COPD and your ability to interact with the world in the same way you used to be able to changes, that's where symptoms of depression start to appear. Some conditions that can trigger or worsen depression include:

- Cancer
- Parkinson's disease
- Stroke
- Heart disease
- Lupus
- Diabetes
- Dementia including Alzheimer's
- Multiple Sclerosis
- Mobility issues

Another common scenario is the loss of a spouse. In each of these situations, regular appointments with a psychiatrist can help build coping mechanisms to help improve a patient's state of mind.



Dr. Correia and most other psychiatrists are hesitant to treat depression in this population with medication, due to the fact that patients are likely to already be taking a host of other medications and the risk of interaction is high. "When we do try a medication, we start with a very small dose and gradually increase slowly to carefully monitor any drug interaction signs," says Dr. Correia

"Instead," says Dr. Correia, "I'm more likely to recommend patients stay engaged with their community and stay active physically and mentally, using their social skills." Not only are these activities likely to decrease the symptoms of depression, but will also slow the onset of dementia and other neurological conditions we see as people age.

Here in the foothills, we're lucky to live in a beautiful setting with many ways to get outdoors and get those endorphins pumping. Try activities such as:

- Biking
- Hiking
- Walking
- Card games
- Volunteering
- Camping
- Fishing
- Swimming

Depression affects older people differently than younger people. It's important for the elderly to see a psychiatrist that specializes in depression in seniors.



If you or a family member need psychiatric care, call Marshall Psychiatry at 530-626-2844 to make an appointment.

Vaping: Is it safe?



It's a fact; vaping has become a popular alternative to cigarette smoking, especially with younger people. Its appeal is broad: vaping doesn't carry the tar and other cancer-causing chemicals that cigarettes contain, the vapor can be odorless and it comes in flavors that appeal to adolescents.

But as vaping has become more and more popular, we're seeing stories in the news that lead us to believe it's perhaps not as safe as we originally thought.

This summer, the CDC was alerted to several cases of a mysterious, severe lung illness tied to e-cigarette use and vaping. As of October, there have been a reported 1,479 lung injury cases from 49 states, with 33 deaths, due to vaping products. THC was present in most of these cases, particularly from off-market or illegal vaping products. However, the deadly culprit was found to be vitamin E acetate, which leaves a sticky residue in the lungs, similar to honey. This mimics the symptoms of pneumonia, causing serious respiratory illness and sometimes death. According to Nurse Practitioner Karen Greenhaw of Marshall Family Medicine, "The use of THC alone has far reaching negative effects on the young and developing brain, as does any substance containing nicotine."

Symptoms of vaping illnesses include abdominal discomfort, coughing, fever and shortness of breath. "These symptoms are consistent with bacterial pneumonia or viral infections and are usually manageable," says Greenhaw. Standard treatments including antibiotics and oxygen support don't always stop the symptoms and some teens have experienced respiratory failure and been put on ventilators. "Anyone experiencing chest pain or difficulty breathing after vaping should seek immediate medical attention," she said.

"At the end of the day," says Karen, "it can be dangerous to deliberately put any chemical into your body for recreational purposes. If you have any questions, talk to your physician."

Frequently Asked Questions

WHAT IS VAPING?

Vaping is the act of inhaling a vaporized liquid from an electronic device.

WHAT ARE THE DIFFERENT VAPE PRODUCTS?

Popular terms for vaping devices include e-cigarettes, smokeless cigarettes, vaporizers, vape, vape pens, vapor pens, mods, tanks, cigalikes, e-hookah and hookah pens. These vary widely in size, shape, and design. Some are as small as computer flash drives or highlighters, while some are bulkier and box like.

WHAT IS IN VAPE JUICE OR E-LIQUID?

Vape juice most commonly contains three ingredients: propylene glycol and/or glycerin, chemicals for flavoring and nicotine.

The pods for the most popular brand contain nicotine 100 percent of the time. The amount of nicotine in one pod has the same amount of nicotine in an entire pack of cigarettes. Some vape pods can also contain THC, the chemical in marijuana that makes you "high." Vaping doesn't give off the telltale smell of smoking marijuana or cigarettes.

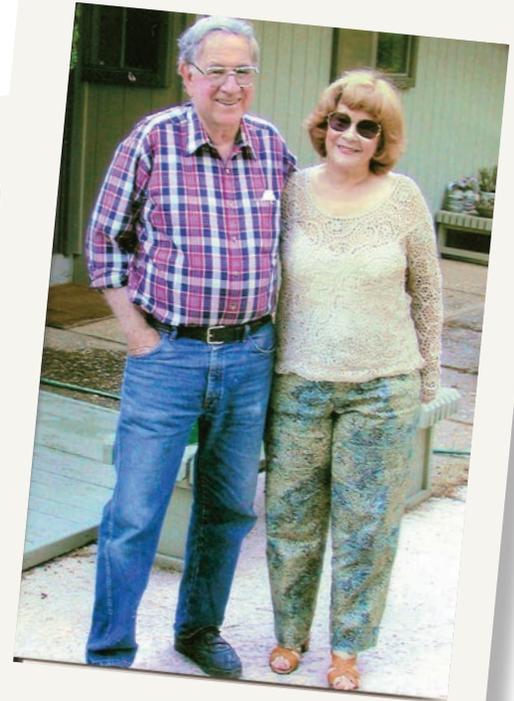
A Generous Gift to Marshall

Arlene and Richard Wilkinson loved Placerville—so much so that they made it a point to put their time and resources back into the community. They also planned to leave half of their estate to the Marshall Foundation for Community Health to augment services at Marshall Hospital.

Their story began in the summer of 1950, when they met while attending UC Berkeley. They married later that summer and moved to Fresno to complete their respective degrees—Arlene in education and Richard in engineering and industrial arts. They eventually made their way home to Placerville where, in addition to teaching, Richard managed a pear ranch and developed land in the area. Involved with the development of the River Park complex and the Gold Trail subdivision, they also donated 131 acres to the American River Conservancy as part of their love of nature.

Richard is remembered as loving life and his family, while Arlene is described as “kind, gracious and polite, with perfect manners,” by Derrell Roberts, CPA, executor of their estate. “The amazing thing about Arlene,” says Roberts, “is she was one of those graceful ladies always immaculate in her appearance. Not out of a sense of pride, but of wanting to be proper. She was always dressed properly with her makeup done and every hair in place. She was also generous, almost to a fault.”

Arlene chose Marshall as the recipient of the bulk of her part of the estate. She and Richard did not have any children of their own, although they had several nieces and nephews. Arlene wanted to give back to this community and knew that the Marshall Foundation has a proven track record of handling its funding very well. She and Richard had both been hospitalized at Marshall



throughout their years and always had positive experiences there.

Sadly, the community lost Richard to cancer in 2009, and Arlene to dementia in 2017. Their legacy will live on through their generous gift of more than \$1 million to Marshall.

LEAVE A LEGACY

You too can leave a legacy for others. If you would like to support Marshall Medical Center through giving to the Marshall Foundation for Community Health, there are several gift arrangements from which to choose.

Whether you would like to put your donation to work today or benefit the hospital after your lifetime, you can find a charitable plan that meets your needs now and into the future.

Want to learn more about including a gift to Marshall Foundation for Community Health in your future plans? Contact Executive Director Jamie Johnson at jjohnson1@marshallmedical.org or 530-642-9984. No matter the size, your gift makes a difference. Visit www.marshallfound.org

Get more with MyChart

Marshall Medical Center offers a secure electronic health record to help patients better understand and manage their care. Marshall's MyChart provides you with immediate access to your medical records, such as appointment summaries, lab results and upcoming appointment reminders. You can even pay your bill through the web site or the new Marshall MyChart mobile app.

Recently, the MyChart patient portal was upgraded with the following features:

Mobile Bill Pay - One of the exciting new features is the ability to make payments from a mobile device. You can choose to pay the full balance, or a portion of your bill this way. Save your credit or debit information to your account for easy payments in the future. Once you login, select the "Billing" icon and follow the instructions.

Request Proxy Access - For parents or caregivers who may need retrieve to another's chart, MyChart allows proxy access online. Once you log in to MyChart, go to Profile, then Access Settings. From there you'll see "My Family's Records" and you can follow the prompts to request proxy access.

Self Sign-Up - There's no longer a need to contact a clinic to request an activation code in order to sign up for MyChart. Visit mychart.marshallmedical.org/mychart/ and validate your identity. Once verified, you can move forward setting up your account.

QR Codes to Download the MyChart App - Now available on the After Visit Summary (AVS) sheets, patients can scan QR codes to more easily download the Marshall mobile MyChart app for either Android or Apple devices.

Download the app or visit mychart.marshallmedical.org to get started today.



When it comes to surgery, less is more.



Smaller incisions.
Less pain.
Less scarring.
Less hospitalization.

Marshall Medical Center offers robotic assisted surgery using the da Vinci Surgical System. Less invasive surgery means faster healing and recovery. If you're facing surgery, talk to your physician about the availability of da Vinci surgery for your condition.



WOMEN'S HEALTH

- Hysterectomy
- Fibroid Tumors
- Adhesions
- Endometriosis

Marshall OB/GYN
530-344-5470

GENERAL SURGERY

- Colon Surgery
 - Hernia Surgery
 - Anti Reflux/GERD
 - Gallbladder Surgery
- Marshall General Surgery
530-626-3682

UROLOGY

- Prostate Cancer
 - Kidney Disease
 - Cyst Removal
 - Bladder Surgery
 - Ureteral Implantation
- Marshall Urology
530-676-6131

marshallmedical.org/daVinciSurgery