

Healthcare & Wellness

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information,
inspiration
and resources to
support
your fitness goals.



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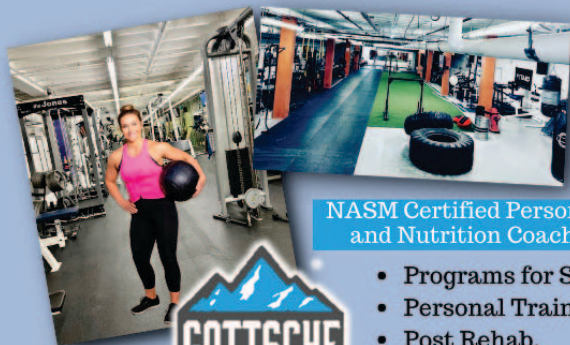
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State-of-the-art healthcare and so much more right here in HSC

Hot Springs Health (HSH) provides access to state-of-the-art healthcare designed around you and your family - services normally found in much larger towns.

The diagnostic imaging department boasts a low-dose radiation 80-slice CT scanner and a SPECT Nuclear Medicine machine. The Tomo Synthesis digital mammography camera offers state-of-the-art accessories that offer more comfort during compression.

In addition, Computer Aided Diagnosis (CAD) capabilities along with Genius AITM included with mammograms offers a breakthrough in early breast cancer detection with a second look that alerts radiologists to high risk lesions.

The hospital also has a 1.5 tesla MRI offering bigger, better, and faster scans. And a high-resolution ultra-sound that provides 2D, 3D and 4D images.

HSH also offers cardiac rehab, chemotherapy administration, wound care and laboratory services which also offers affordable "Labwell" services without appointments every Tuesday, 7-10 a.m.

HSH provides emergency room care, OB, acute and skilled nursing care.

The specialty clinic wing allows HSH to offer multiple specialty clinics. The new colonnade has five exam rooms, and a procedure room. This extra space allows for more specialists to visit Hot Springs Health than ever before.

Offering specialty clinics allows patients to see their specialist locally rather than having to travel out of town – a convenience, especially in the tricky winter months in Wyoming. HSH provides cardiology, orthopedics, Gastroenterology, Ear Nose Throat (ENT), oncology, pain clinic, hematology, dermatology, and ophthalmology (including cataracts) care provided by visiting specialists.

Hot Springs Health also has five family practice clinics and two surgical clinics.

Across the street from the hospital is Hot Springs Health Thermopolis, housing local physicians: Dr. Travis Bomengen, Dr. Jason Weyer, Dr. Mattson Mathey, Dr. Hallie Bischoff, Dr. Megan Olson, and newest physician Dr. Kellan Klubben. Other providers include: PA-C's, Col-

leen Hanson and Beth Keller, DNP, FNP, Bill Mitchell, PA-C, and Linsey Brooks, FNP-C.

In Worland, providers include: Dr. Stephen Asay, Keristyn Carrell, FNP-C, and Jeremiah Cannon, FNP. Physicians from Hot Springs

Hot Springs Health (HSH) provides access to state-of-the-art healthcare designed around you and your family - services normally found in much larger towns.

Hot Springs Health Surgery Clinic provides a variety of surgical options for our communities.

Dr. Jamieson also sees patients in Riverton once a month at the Riverton Clinic.

Thermopolis has a lot more than a hospital available to those working on or improving their health.

We have three health club options in town for working out, Gottsche gym, The 307 Pit and the gym at Hot Springs Hotel.

Our local optometrist is Dana McDermott, O.D., who owns Thermopolis EyeCare.

Two dentists are available at Paintbrush Dental – Dr. Leif Polson and Dr. Will Robinson. The duo can handle anything from family dentistry to wisdom tooth extractions under sedation, as well as implants and hospital procedures.

Chiropractic services are at your disposal with two practices in the county. Jeffrey Myers, D.C., operates Myers Chiropractic, and Sarah Radabaugh, D.C. has Cloud Peak Chiropractic and Wellness.

Health in the home is available through Community Home Health Services, which can help you recover from surgery or illness in the comfort of your home by providing visiting nurses, CNAs, and therapy services. They cover Hot Springs and Washakie counties.

If you are looking for a massage, Kevin Myers is available as well as massage therapists at Gottsche Rehab and Hot Springs Hotel.

Counseling and mental health services are available in Hot Springs County at Well Spring Counseling Service, Wisdom Tree Consultation and Counseling Services and Kathy Smith Neurobiofeedback. TLC Counseling provides faith-based mental health and substance abuse counseling and DUI education.

Hot Springs County Senior Center serves delicious meals and provides a full schedule of activities.

We are home to the Wyoming Pioneer Home, an assisted living facility where rent is based on income that includes meals, activities, nursing services and more.

Thermopolis Rehabilitation and Wellness is a skilled nursing and rehabilitation center.



Health rotate in Worland to provide complete coverage.

Hot Springs Health in Basin providers are Dr. Stephen Asay and Kristi Bonnel-Phillips, PA-C.

Hot Springs Health also has clinics in Shoshoni and Riverton. Beth Keller, DNP, FNP, and Bill Mitchell, PA-C, see patients Monday and Friday in Shoshoni. Providers in Riverton include Dr. Travis Bomengen, Dr. Mattson Mathey, Tara Blumenshine, CNM, FNP, and Dr. Megan Olson. Together, the clinics in Riverton and Shoshoni offer Fremont County Quality care.

Within their family practice clinics in Worland and Thermopolis, patients can find the of-

Long-term solutions to protect joints

Periodic aches and pains can affect anyone. Individuals who are physically active and even those who live largely sedentary lifestyles may experience pain from time to time. In fact, many professional and amateur athletes experience relatively minor, short-term injuries at one point or another, and rest is often the best remedy to overcome such obstacles.

Though minor tweaks may be somewhat normal, long-term issues like persistent joint pain should not be written off as par for the course. It can be tempting to write joint pain off as a concern only serious athletes need to worry about. Terms like “tennis elbow” and “runner’s knee” can give less physically active individuals a false impression of joint pain and what causes it. But the Mayo Clinic notes that lack of exercise can contribute to pain and stiffness in the joints. That’s because exercise strengthens the muscles and tissues that surround the joints. That added strength puts less stress on the joints.

In recognition of the threat posed by chronic joint pain, the Arthritis Foundation® recommends indi-

viduals take various steps to protect their joints over the long haul.

- Focus less on fashion in regard to footwear. High heels may be the epitome of glamorous footwear, but women who routinely wear high heels will pay a steep price. The AF notes that heels put added stress on the knees and increase risk for osteoporosis, and experts indicate that three-inch heels are seven times more stressful on feet than one-inch heels. But women aren’t the only ones whose footwear fashion sense could be hurting their joints. Men also must pay attention to what they’re putting on their feet. For example, sandals without a back strap force toes to overgrip the edge of the sandal, putting needless strain on each foot and potentially causing issues with the toes.

- Alternate between sitting and standing throughout the day. Joint stiffness and strain can develop when individuals spend lengthy periods of time sitting or standing. The AF recommends taking a break to stand up or sit down every 30 minutes. Professionals who sit at a desk all day may want to switch to height-ad-

justable desks that make it easy for them to transition from sitting to standing and still get their work done.

- Maintain a healthy weight. Being overweight causes a ripple effect that impacts the entire body, including the joints. The AF notes that researchers have determined that losing 11 pounds can reduce risk for osteoarthritis of the knee by 50 percent. On the flip side, each extra pound an individual carries puts four times the stress on his or her knees. Exercising to lose weight can provide the added benefit of preventing joint stiffness.

- Opt for low-impact activities. Low-impact activities like cycling and swimming are easier on the joints than fitness classes that involve high-intensity dancing and kickboxing. In addition, when choosing between a treadmill and elliptical machine, the Mayo Clinic notes that ellipticals are generally considered low-impact machines that are less stressful on the knees, hips and back than running on a treadmill or even outdoors.

Various strategies can help individuals maintain healthy, pain-free joints over the long haul.

Safe ways to promote long-term weight loss

People have many options when they seek to lose weight. Fad diets may promise quick results, but highly restrictive eating plans or marathon workout sessions can be dangerous. Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people’s overall health in serious jeopardy. Thankfully, there are many safe ways people can lose weight.

The first step in safe weight loss is to visit a doctor and let him or her know your plans. The doctor can help determine if a specific eating plan or exercise routine is safe based on your current health. Certain medications can affect metabolism and even contribute to weight gain, so a discussion with the doctor can help ensure people aren’t putting their health in jeopardy when their goal is to get healthy.

It’s also vital that people trying to lose weight do not believe everything they read online. Research published in The American Journal of Public Health in October 2014 found that most people who search the internet for tips on how to lose weight come across false or misleading information on weight loss, particularly in regard to how quickly they can shed some pounds. The Centers for Disease Control and Prevention advises the safest amount of weight to lose per week is between one and two pounds. People who lose more per week, particularly on fad diets or programs, oftentimes are much more likely to regain weight later on than people who took more measured approaches to losing weight. In addition, the Academy of Nutrition and Dietetics notes it is better to lose weight gradually because if a person sheds pounds too fast, he or she can lose muscle, bone and water instead of fat. The calories in, calories out concept is

something to keep in mind when attempting to lose weight. But metabolism and other factors, including body composition and physical activity levels, also are factors. How well one’s body turns calories into fuel also needs to be considered. The best ways to experiment are to start slowly.

- Calculate the average daily calories consumed in a day using a tracker. This can be a digital app on a phone or simply writing down calories on a piece of paper. Track over a few days and see, on average, how many calories you’ve been consuming.

- Notice extra calories. Many diets can be derailed by eating extra calories that you don’t realize you’re consuming. That cookie a coworker insists you eat or the leftover mac-and-cheese from your toddler’s plate can be sources of extra calories. Be mindful of what’s being consumed, including sweetened beverages.

- Explore the science. According to the Scotland-based health service NHS Inform, one pound of fat contains 3,500 calories on average. Cutting calorie intake by 500 calories per day should see you lose 1 pound per week. The same goes in the other direction. Eating 500 more calories per day for a year can result in gaining close to 50 pounds. Small changes really add up.

- Eat filling foods. Choose low-calorie, high quality foods, like vegetables, whole grains and lean proteins. Meals that provide satiety can help eliminate between-meals snacks that can derail your weight loss efforts.

- Seek support as a way to create accountability. Share weight loss plans with a friend or relative who can help monitor your progress and keep you on track.

- Incorporate strength training. Good Housekeeping says the more lean muscle

you have, the faster you can slim down. Start slowly with strength training, using free weights or body weights. Aim for strength workouts three to four times per week and alternate with calorie-blasting cardio.

Explore safer ways to lose weight, includ-

ing taking a gradual approach that promotes long-term weight loss.

Taking shortcuts or risks in the hopes of losing weight can lead to various health issues and ultimately put people’s overall health in serious jeopardy.

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The effects of chronic stress on overall health

Stress poses a significant public health problem. Though work is often cited as a primary cause of stress, in 2022 socioeconomic issues contributed to a spike in stress levels, which serves as proof that there's no shortage of potential stressors.

According to the Stress in America Survey 2022 from the American Psychological Association, 81 percent of respondents indicated they were stressed out due to issues affecting the supply chain. Inflation proved even more troubling, as 87 percent of participants in the survey indicated they were stressed out by the rising cost in living. That's especially noteworthy, as it marked a nearly 30 percent increase from the year prior.

Stress is more than an inconvenience. Though the APA notes the human body is well-equipped to handle stress in small doses, chronic stress poses an entirely different problem, affecting various parts of the body.

Musculoskeletal system

The APA reports that muscle tension is almost a reflex reaction to stress. However, muscle tension

for long periods of time can trigger a host of problems, including tension-type headache and migraine headaches, which are each associated with chronic muscle tension in the shoulders, neck and head. The APA notes that work-related stress in particular has been linked to musculoskeletal pain in the lower back and upper extremities.

Respiratory system

Stress can present problems affecting the respiratory system as well. Shortness of breath and rapid breathing can occur when a person is feeling stress. Though the APA acknowledges this is often not a problem for people without respiratory disease, the group notes it can exacerbate breathing problems for people with preexisting respiratory conditions, including asthma and COPD.

Cardiovascular system

Chronic stress can contribute to long-term problems affecting the heart and blood vessels, which the APA notes are the two elements of the cardiovascular system that work together to provide nourishment and oxygen to the body's organs. Chronic

stress has many hallmarks, including a consistent and ongoing spike in heart rate. As a result, long-term ongoing stress increases a person's risk for an assortment of cardiovascular problems, including hypertension, heart attack and stroke.

Gastrointestinal system

The APA notes that hundreds of millions of neurons in the gut are in constant communication with the brain. This is why feelings of nervousness or anxiety often produce the sensation of butterflies in the stomach. When a person is dealing with chronic stress, that can affect communication between the gut and brain, potentially leading to pain, bloating and other discomfort in the gut.

Stress is a public health problem that affects people from all walks of life. Individuals feeling excess levels of stress are urged to speak to their physicians and visit apa.org for more information.

The APA notes the human body is well-equipped to handle stress in small doses, but chronic stress poses an entirely different problem.



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D E N T A L

Take a hike!

Break a sweat climbing Roundtop or simply stroll along the Bighorn River

With all the stressors life brings, everyone can use a little escape. Getting outside is one of the best things you can do for yourself. There is a vast amount of research on the advantages the outdoors can bring to your physical and mental well-being, as well as to your connection with your community.

For those looking to stay active, there are several great places around Thermopolis for walking and hiking. Hikers should be aware there are bison roaming in some areas. Do not approach them.

You can find everything from easy walking paths along the riverside to more advanced trails that will give you a good work out.

Riverside Walk. This popular stroll winds from the Swinging Bridge over the Rainbow Terraces to a walkway along the Bighorn River that leads to the Broadway Street Bridge.

From there, continue south along the walkway to a “cul-de-sac” near the Wyoming Dinosaur Center in East Thermopolis or head into downtown.

Spirit Trail. This 1.3-mile nature trail follows the Bighorn River past the extinct hot springs at the north edge of Hot Springs State Park. The route is marked by signs and starts just north of the Big Spring across a cattle guard.

Round Top Trail. Hike Round Top Mountain for sprawling views of Thermopolis, Wind River Canyon, the Owl Creek Mountains, the Big Horn Mountains and the Big Horn Basin badlands.

Round Top is one of the geographical features that defines Thermopolis. The family of the late Lewis Freudenthal donated a significant portion of Round Top to the county, which has established a park there in his name. A memorial plaque at the base of the south slope marks the beginning of the trail.

To get to the parking area, go up Airport Hill and take the first road to the left. Continue past the cemetery, and take the well-graveled road to the right. It's a challenge!

T Hill. T Hill in Hot Springs State Park is popular with both hikers and bikers.

It is just north of the fairgrounds at the north entrance to town. A trailhead is located off Highway 20 near the armory building. Hikers are encouraged to wear good shoes and bring water.

Runway Trail. This newly finished trail connects Roundtop Trail to T Hill Trail.

Zoo Trail. A short and easy hike that gets people off the roads and sidewalks within the park. The trailhead is located behind the Star Plunge Pool and is an out and back trail. Eventually it will connect with the existing Quarry Trail.

Quarry Trail. This one-mile loop trail begins and ends at Smoky Row Cemetery, located in the Buffalo Pasture. The trail provides a short but challenging hike, and is also considered an advanced mountain biker's trail.

The list of benefits to our health from spending time outdoors includes improving your mood, helping to reach fitness goals, enhancing productivity, boost your immune function, reducing stress, improving focus and lowering blood pressure.

The map to the right shows the Hot Springs State Park trails. You can download and view the map at <https://wyoparks.wyo.gov/index.php/places-to-go/hot-springs>.

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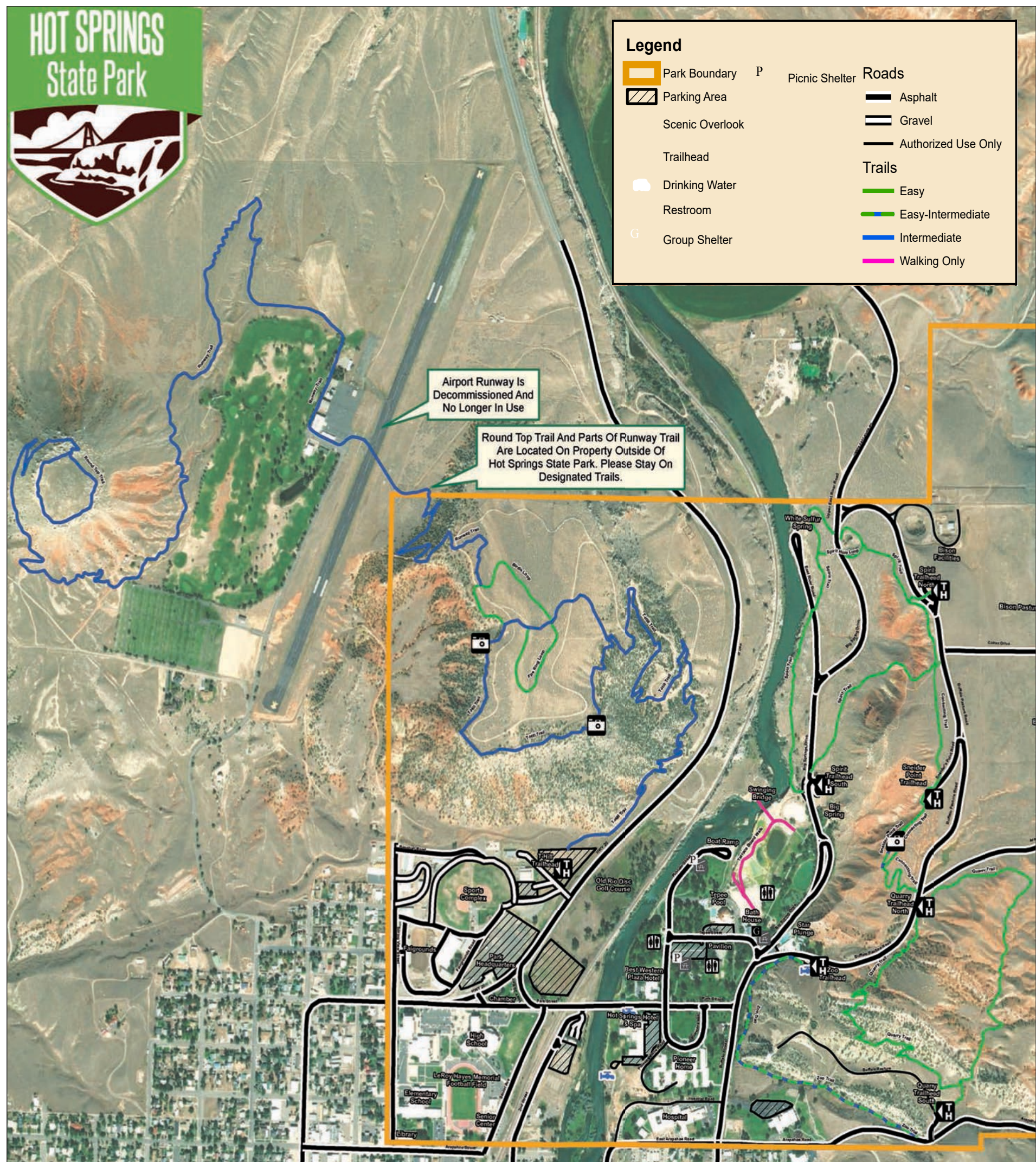


Legend

	Park Boundary	P	Picnic Shelter	Roads
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	Trailhead			 Authorized Use Only
				Trails
	Drinking Water			 Easy
	Restroom			 Easy-Intermediate
G	Group Shelter			 Intermediate
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Airport Runway Is Decommissioned And No Longer In Use

Round Top Trail And Parts Of Runway Trail Are Located On Property Outside Of Hot Springs State Park. Please Stay On Designated Trails.



RYTE Rehab physical therapy provider

Dr. Ryan Williams and Dr. Tess Williams of RYTE Rehabilitation provide a variety of physical therapy resources for patients in Hot Springs County.

Dr. Ryan has 18 years of serving the community with basically every aspect of orthopedic care, including dry needling. He also serves the school district with his care. Dr. Tess provides the early intervention services through the Chil-

dren's Resource Center as well as specializes in women's pelvic health issues and is a lymphedema therapist, a disease in the lymph system that can occur after surgery or cancer treatment.

RYTE rehab patients can have a doctor's referral or the patient can directly contact them for an evaluation. They take most insurances as well.

Dr. Ryan's services include working

with patients in orthopedics such as joint replacements, knee, hip, or back pain, and post-surgical pain.

Dr. Tess said one of her patients gave a review of their pelvic health care, where she said, "I completely felt comfortable from the first treatment on and they took great care of me."

RYTE Rehabilitation can be reached at 864-3877 and is located at 110 N. 5th St.



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If you're suffering with pain you have no greater wish than to be rid of it. Physical therapy can help alleviate the effects of fractures, arthritis and any number of pain related medical conditions through the use of exercise, electrical stimulation, ultrasound, traction or deep tissue massage.

Many patients find physical therapy increases their range of motion, improves their balance, coordination and motor function as well as helping with muscle performance, all through a physician recommended series of visits.

Your physical therapist will work through your doctor to create an individualized pro-

gram for your recovery that may consist of a few weeks of visits to long-term care.

In Hot Springs County, one resource is Gottsche Rehabilitation and Wellness Center.

At Gottsche there are several trained professionals on staff that are accustomed to working with patients of all ages. Gottsche provides physical therapy, occupational therapy and psychological therapy. They have on staff therapist specialists, LSVT BIG for Parkinsons, certified wound care, strength and performance, dry needling, pelvic health, strength and conditioning.

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Sleep is fuel for your brain

Why is sleep so important? Sleep for the brain is like gas for a car. When the tank is full, we get where we need to be. But as time goes on, the gauge falls lower and lower until the gas is gone and the car stops. Without the fuel it needs, the car is useless. Our brains operate in a similar way. The only difference is the brain's fuel is sleep. Without proper sleep, our minds begin to slow, unable to operate at their full potential. This happens until the mind becomes so deprived of the rest it needs, it breaks down. And without the commander-in-chief acting accordingly, the rest of the body pays the price.

Poor sleep is associated with weight gain, depression, worse mood, decreased energy, poor attention, and decreased ability to handle stress. Also, most of your gains from exercise occur during sleep when your body is recovering and rebuilding from a hard workout. This also allows you physically and mentally be able to go out there and do the hard workouts.

But won't I gain weight if I sleep more? No. When do you weigh the least? First thing in the morning. Why? Because you've been fasting for hours, but your body is still burning calories (basal metabolic rate). Just from this standpoint alone you can lose weight by sleeping more. Also, when you are sleep deprived your pleasure centers are activated and you seek out 'reward' type foods.

In a study, people who were sleep deprived ate more while awake and ate more the next day as well. Not only are your pleasure centers activated, but your willpower is down as well.

Well, how much sleep do people need? The av-

erage is 7-9 hours—less as you get older. There is a way to test yourself to see what your optimal sleep time is. To do this you'll need a few days where you can sleep at home. First, sleep with no alarm clock for 2 nights. These nights are to catch up on bad sleep and fatigue. Next, to see how much sleep you really need, go to bed at a reasonable time (not late) and without using an alarm, note the time that you wake up and that duration will be the typical amount of sleep you need.

How can I sleep better? Here are 10 simple steps to better sleep:

- Set up a time to go to sleep. The earlier the better. Remember tomorrow starts today (or tonight)!
- Get up early. It will help tire you out so you can go to bed.
- Don't take naps. Remember what we all used to do when our little kids started to doze off in the afternoon? We'd wake them up! If they napped they'd never go to sleep that night and thus keep us up! We need to treat ourselves the same way.
- Get exercise. Do as much as you can. Tire yourself out. You'll sleep deeper as well.
- Sleep in a cool room. This sounds counter-intuitive, but the optimal temperature for good sleep is 65-68 F! They actually sell cooling mats and air blowers to cool you down while sleeping because of this fact. If you get a fan or air blower it should be a mutual decision between you and your spouse.
- Off load your racing mind. David Allen, an efficiency expert recommends that you leverage whatever organizational system you have to jot down

notes (pen and pad) or type notes into your device so that you don't try and remember things that will not only keep you awake, but lead to other work related thoughts that will also keep you awake. De-stress, off load, let your system (manual or computerized) remember things for you.

•Bright lights during the day, dark at night. Darkness helps produce melatonin. Even a night light will affect your sleep.

•Avoid blue lights from electronic devices. These drop melatonin. The bed should only really be for sleep, not news, TV, or social media.

•Avoid social media or the news before bedtime. Both are highly likely to make you mad and less able to calm down and sleep. A recent study on teens mood showed that social media hurt girls in 2 main ways—bullying and interruption of sleep! Social media did not have a big impact on young boys.

•Don't drink caffeinated drinks. Sure, coffee or energy drinks may give you a boost first thing in the morning, but they are all accompanied by a drop in energy a few hours later and can affect the quality of your sleep at night. If you must drink caffeine, make sure you don't drink any caffeine after noon. It takes close to 12 hours for your body to metabolize and remove caffeine from your system. So that mid-afternoon iced tea will affect your ability to fall asleep at 11 pm. As well, even if you're one of those people who can fall asleep fine even after drinking caffeine, studies have found that caffeine affects your ability to fall into the REM stage of sleep so even if you sleep through the night, you're not getting quality sleep.

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Help keeping seasonal allergies in check

There is much to look forward to when spring arrives. Daily hours of sunlight increase while temperatures continue to climb. Blooming flowers and leaves budding on trees also add some awe-inspiring color back into the landscape. Even though there's much to enjoy about spring, one side effect of so much foliage in bloom is the return of seasonal spring allergies.

Many people find they cannot enjoy the sunshine and balmy temperatures of spring because of seasonal allergies. Hayfever, or allergic rhinitis, is a common spring allergy. The American College of Allergy, Asthma & Immunology indicates allergies are the sixth leading cause of chronic illness in the United States. More than 50 million Americans suffer from allergies each year. The Aerobiology Research Laboratories says allergens in the air across Canada have been rising in many cities over the last 15 years.

While there is no cure for seasonal allergies, there are steps individuals can take to live with them more comfortably.

- Stay indoors on dry, windy days. It's better to go outside after it rains, which clears

pollen from the air.

- The ACAAI urges individuals to modify indoor environments to keep allergens out. An HEPA filter in HVAC systems can better trap spores.

- Consider vacations near the ocean or other bodies of water, as pollen counts tend to be lower in these areas.

- Delegate lawn mowing and other tasks that involve stirring up allergens to someone else. If you must do gardening and landscaping, wear a face mask to filter out some allergens.

- Close windows or doors when pollen counts are especially high.

- Wash hair and clothes when coming indoors to rinse out allergens that would transfer to pillowcases or furniture.

- Speak to an allergist who can recommend medications or other treatments that can improve seasonal allergies. Corticosteroids reduce inflammation and antihistamines can help reduce sneezing or itchy eyes.

Seasonal allergies are a potential pitfall of the spring season. However, there are remedies that can help alleviate the suffering.



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