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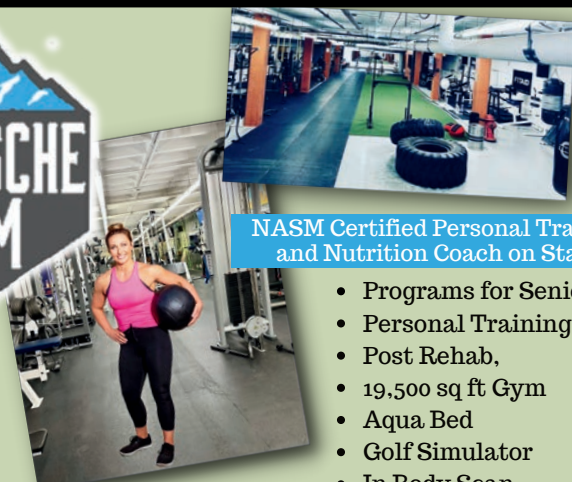
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State-of-the-art healthcare and so much more right here in HSC

For a small community, Thermopolis is fortunate to have a variety of health related providers available without having to travel out of town.

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.

Our diagnostic imaging department boasts a low-dose radiation 80-slice CT scanner and a SPECT Nuclear Medicine machine. Our digital tomosynthesis 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 our mammograms offer a breakthrough in early breast cancer detection with a second look that alerts our radiologist to high-risk lesions. The hospital also has a 1.5 tesla MRI offering bigger, better, and faster scans. And we have high-resolution ultra-sound that provides 2D and 3D images.

HSH also offers cardiac rehab, chemotherapy/biotherapy administration, IV infusion therapy, blood transfusions, wound care, and laboratory Services. Our lab options also include our self-directed "Labwell" services without a referral Tuesday through Thursday from 7-9 a.m.

HSH provides emergency room care, OB, acute and skilled nursing care. Hot Springs Health's Swing Bed program is available to qualified patients who may need a little extra care prior to returning home – even if you were hospitalized at another facility.

Our specialty clinic wing allows HSH to offer a variety of services to our community. 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 orthopedics, neck and spine, Ear Nose Throat (ENT), oncology, hematology, pain management, dermatology, and ophthalmology (including cataracts) care provided by visiting specialists.

Hot Springs Health also has four family practice clinics and three surgical clinics.

Across the street from the hospital is the Hot Springs Health Thermopolis clinic that includes our family practice and surgical clinic. The Ther-

mopolis clinic houses local physicians: Dr. Travis Bomengen, Dr. Jason Weyer, Dr. Mattson Mathey, Dr. Hallie Bischoff, Dr. Megan Olson, 3rd year resident Dr. Philip Gard, and starting in August 2024, 2nd year resident Dr. Elizabeth



McKinzie. Other providers include: Beth Keller, DNP, FNP, and Linsey Brooks, WHNP-BC, FNP-C and Colleen Hanson, PA-C.

At our Worland Family Practice clinic, our providers include: Dr. Stephen Asay, Dr. Jason Weyer, Dr. Hallie Bischoff, Dr. Philip Gard, Keristyn Carrell, FNP-C, and Jeremiah Cannon, FNP-C.

Hot Springs Health also has family practice clinics in Shoshoni and Riverton. Providers in Shoshoni include: Beth Keller, DNP, FNP, and Dr. Mattson Mathey. Our providers in Riverton include Dr. Travis Bomengen, Dr. Mattson Mathey, and Dr. Megan Olson. Together our clinics in Riverton and Shoshoni offer Fremont

County Quality care.

Hot Springs Health also offers surgical clinics in Thermopolis, Worland, and Riverton, where patients can find the offices of Dr. Nicole Jamieson, our board-certified general surgeon.

Hot Springs Health Surgery Clinics provide a variety of surgical options for our communities.

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.

Alleviate everyday aches and pains

Lower back pain is common. Various strategies can reduce aches and pains.

Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

- **Get moving.** Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other

areas of the body and support joints.

- **Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a "neutral" position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

- **Exercise more often.** Certain pains arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same activity again and again, your muscles will start to get used to it and soreness will be reduced. Don't give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physi-

cal activity.

- **Get tested.** Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and medications you need.

- **Increase stretching and movement exercises.** Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

Tips to enjoy healthy exposure to the sun

Spring and summer are times of the year when the great outdoor beckons more strongly than it does in fall and winter. Temperate climates and abundant sunshine encourage people to leave their homes and bask in the warm rays of the sun.

Spending time outdoors is good for mental health and it's a natural way for people to get adequate vitamin D, also known as the sunshine vitamin. The National Institutes of Health say exposure to sunshine for five to 30 minutes a day, most days a week is optimal to make vitamin D. A large percentage of the population is deficient in vitamin D. The NIH says there are many studies correlating vitamin

D insufficiency with increased risk of numerous chronic conditions, including hypertension, diabetes, myocardial infarctions, and brittle bones. However, sun exposure to make vitamin D needs to occur without sunscreen for maximum impact. That begs the question of just how safe it may be to spend time outdoors without sun protection, and what are the risks of doing so? Also, do the risks of vitamin D deficiency outrank those involving sun exposure and cancer causation? It's a conundrum, to be sure.

The good news is that most people can safely enjoy the sun and obtain vitamin D. Here are some tips and safety precautions.

- **Keep in mind that the sun's rays** are strongest between 10 am and 4 pm. Therefore, if you must spend time in the sun, do so outside of this time period.

- **Promptly apply sunscreen.** After a short period of unprotected sunshine of no more than 30 minutes, put on sunblock right away. Also, reapply as indicated on the packaging depending on activity. Harvard Health says that sunscreen cannot block all UV rays, and even usage of sunblock will not staunch all vitamin D production.

- **The National Cancer Institute** suggests using an SPF of at least 15, but some doctors recommend SPF 30.

- **Ultraviolet radiation** is the number one cause of skin cancer. Utilize wide-brimmed hats, sunscreen and protective clothing to prevent cumulative sun exposure, which can lead

to basal cell and squamous cell skin cancers.

- **Keep in mind that episodes** of severe sunburns, usually before age 18, can raise the risk of developing melanoma. Children should be just as mindful of sun exposure as adults.

- **It is challenging to define what "too much sun"** actually is, says the European Code Against Cancer. Strength of the sun (UV index), skin type and the strength of sunscreen all merit consideration. A person with very fair skin exposed to an ultraviolet index of 6, which is easily reached at noon in summer, can suffer sunburn in as little as 10 to 15 minutes.

It's a fine line to balance healthy sun exposure to obtain vitamin D and avoiding sun damage to the skin. But it's best that people walk that tightrope with sun safety in mind.



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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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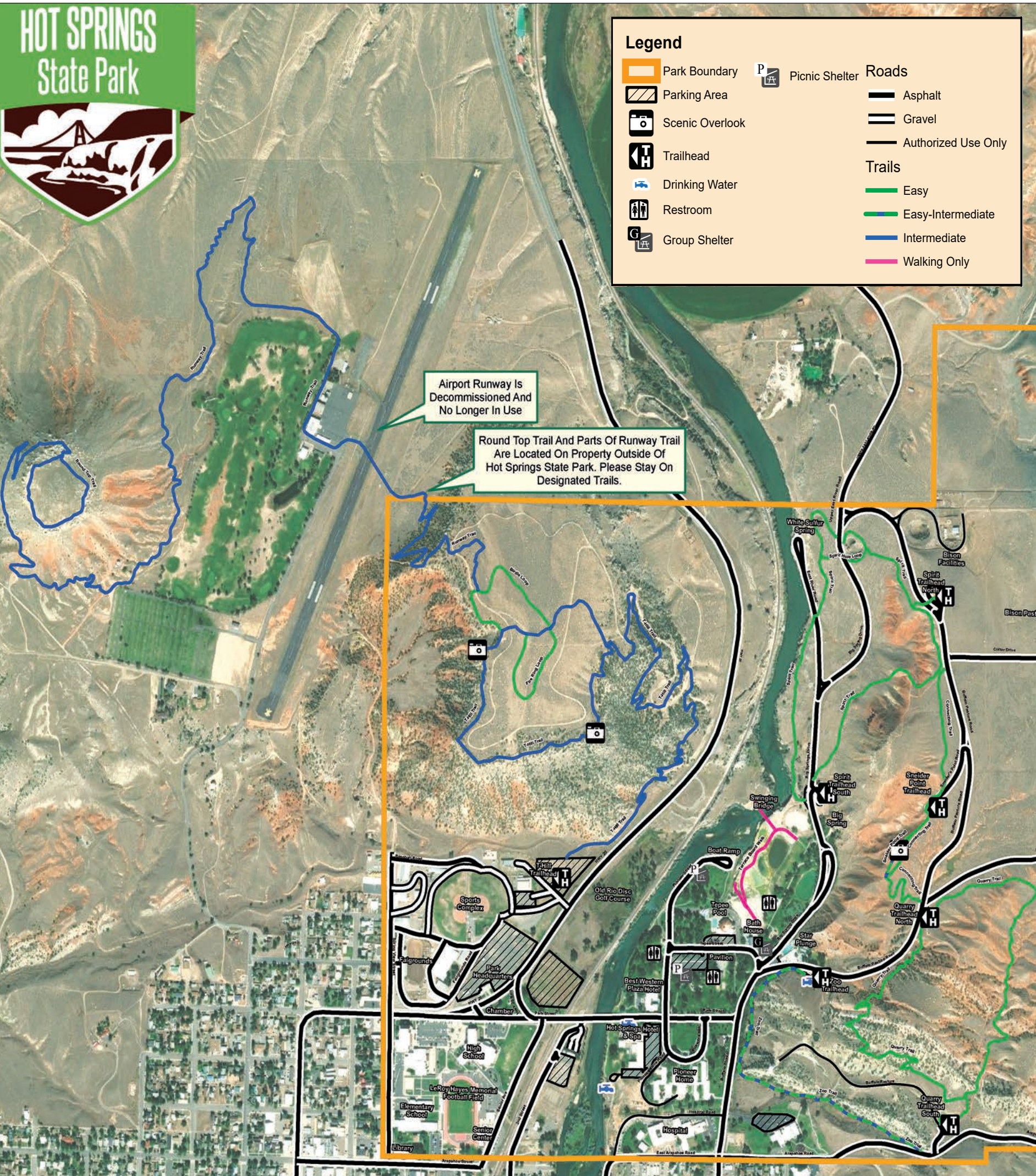


Legend

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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 19 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 800 Shoshoni St.



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Gottsche provides physical therapy

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.

Gottsche can be reached at (800) 743-0736 and is located at 148 E. Arapahoe St.

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Best shoes for babies

by Sarah Radabaugh, D.C.

What shoes are best for babies and children? Buying shoes can be confusing for a new parent!

Let's start with babies. Babies actually need as much barefoot time as possible, because they get lots of neurologic input from the bottoms of their feet. As babies start to walk, they will need shoes for going outside.

The ones that I liked best for my kids when they were starting to walk was a very simple moccasin with a thin leather sole. Those are the best first shoe for babies – as thin as possible. When we move on from baby shoes, I continue to recommend as little of a sole as possible until they're over 3. Look for a thin, flexible shoe that you can easily bend in half.

Parents often think that their baby or toddler looks flat-footed. Babies and toddlers actually have a fat pad where the arch is in an adult foot, making them look flat-footed, but this is actually normal.

Kids develop an arch in the foot around 3 years of age. As kids get

older, they do need shoes with arch support. I like to see school-aged kids in supportive tennis shoes with arch support most of the time. Some popular shoes these days, like Converse and Hey Dudes, don't have any arch support and aren't good to wear all day.

What about sandals? First, avoid flip-flops. Flip-flops make the foot work to just keep the shoe on, and we don't want kids' feet to work harder than they have to. Look for sandals with a strap behind the heel. I like sandals with covered toes for little ones because they saved my kids from stubbing their toes many times. Again, barefoot time is great for kids of all ages!

Foot pain in children can be very common. Bring them in for a chiropractic evaluation if they're having foot pain, because it's often something easy for us to help with.

If you see flat-footedness in kids past age three, do bring them in for a checkup as well because we can often change the progression of that if we catch it early.

Dr. Radabaugh is a chiropractor at Cloud Peak Chiropractic & Wellness in Thermopolis & Wor-

land, specializing in chiropractic care for infants, children, and pregnant women.



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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 average

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.

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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Out-Patient and In-Patient Services:

OTHER SERVICES

Pain Clinic • IV Infusion Therapy • Wound Care • Cardiac Rehab • Blood and Blood Product Transfusions • Obstetrics • Chemotherapy/Biotherapy • Cardiopulmonary Services • Labwell Self Directed Blood Draws • Cardiac Stress Tests • Visiting Specialty Clinics • Swing bed

RADIOLOGY

80 Slice/CT Flouro • 1.5 Tesla In-House MRI • 3D Ultrasound, Echocardiogram • Digital X-Ray • Nuclear Medicine • 2D/3D w/Tomosynthesis Digital Mamo • C-Arm Fluoroscopy Digital • Digital Portable X-Ray

Orthopedics



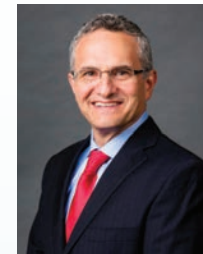
Dr. Fournier, MD
Premier Bone and Joint Centers

General Surgery



Dr. Jamieson, DO
General Surgeon

Eye Surgery

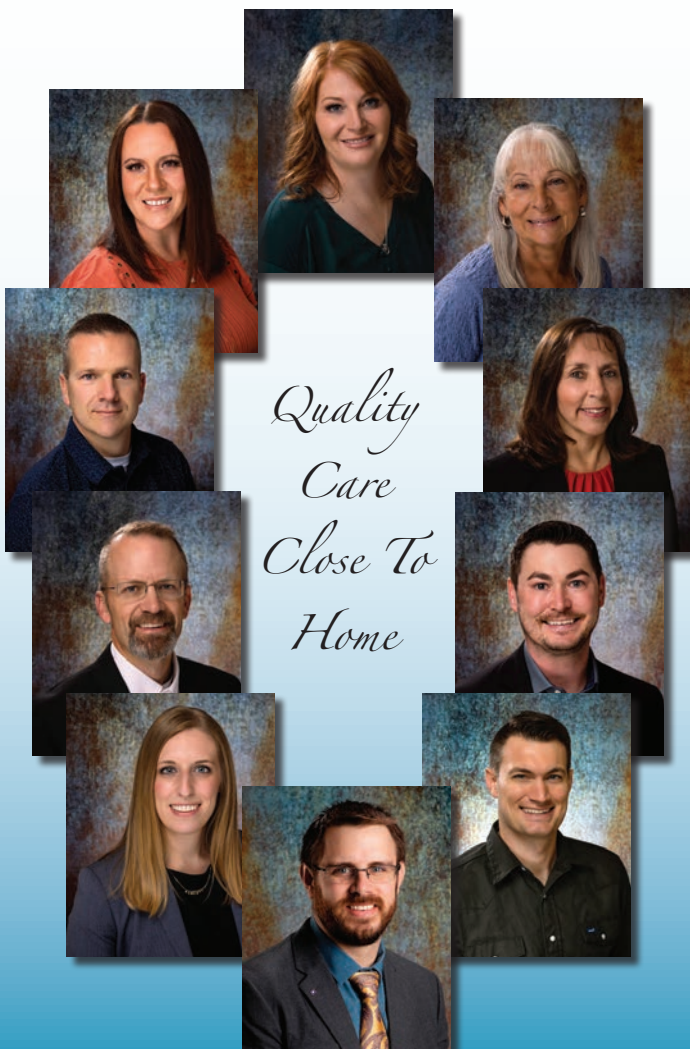


Dr. LaGreca
Ophthalmology

Pain Management



Mary Phillips, NP-C
Pain Specialist, *HPM*TM



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