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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.

Their diagnostic imaging department boasts a low-dose radiation 80-slice CT scanner and a SPECT Nuclear Medicine machine. Their 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 their mammograms offer a breakthrough in early breast cancer detection with a second look that alerts their radiologist to high-risk lesions.

The hospital also has a 1.5 tesla MRI offering bigger, better, and faster scans. And they 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.

Their 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.

Their 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 a family practice and surgical clinic.

The Thermopolis clinic houses local physicians: Dr. Travis Bomengen, Dr. Jason

Weyer, Dr. Mattson Mathey, Dr. Hallie Bischoff, Dr. Megan Winger, Dr. Philip Gard, Dr. Elizabeth McKinzie.

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

Hot Springs Health also has family practice clinics in Shoshoni, Riverton and Worland.

Hot Springs Health also offers surgical clinics in Thermopolis where patients can find Dr. Jamieson, Dr. Miller and Dr. Butte, board-certified general surgeons.

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

Additional providers and options

Thermopolis has a lot more than a hospital and the clinics available to those work-

ing 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, offers quality service with up-to-date equipment.

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. Sarah Radabaugh, D.C. has Cloud Peak Chiropractic and Wellness and Jeffrey Myers, D.C., operates Myers Chiropractic.

Health care 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, Gottsche Rehab and Hot Springs Hotel have massage therapists available. There are also several

private individuals located in Hot Springs County who offer massage therapy.

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.



Managing your blood pressure

Treating high blood pressure, also known as hypertension, involves a combination of lifestyle modifications and, in some cases, medication. Lifestyle changes may include reducing sodium intake, maintaining a healthy weight, quitting smoking, limiting alcohol consumption and engaging in regular physical activity. Medications, such as diuretics, calcium channel blockers, and ACE inhibitors, may also be prescribed to help lower blood pressure.

Lifestyle modifications you can make on your own:

Sodium Reduction: Reducing sodium intake to less than 2,300 milligrams per day (ideally 1,500 mg for those with high blood pressure) can help lower blood pressure.

Diet: The Dietary Approaches to Stop Hypertension (DASH) diet emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while limiting sodium, saturated fat, and added sugars.

Physical activity: Regular aerobic exercise, such as brisk walking or running, can help lower blood pressure. Aim for at least 150 minutes of moderate-intensity activity per week, according to the Mayo Clinic.

Weight management: Losing weight, if overweight or obese, can significantly lower blood pressure.

Smoking cessation: Quitting smoking is crucial for managing high blood pressure, as smoking damages blood vessels and increases the risk of heart disease.

Alcohol moderation: Limiting alcohol consumption to no more than two drinks per day for men and one drink per day for women can help lower blood pressure.

Your doctor may suggest the use of medications to help manage your blood pressure such as:

Diuretics: These medications help the body eliminate excess fluid and sodium, reducing blood volume and pressure, notes the Cleveland Clinic.

ACE Inhibitors and ARBs: These medications block the action of hormones that narrow blood vessels.

Calcium channel blockers: These medications relax blood vessel muscles, allowing blood to flow more easily.

Beta-Blockers: These medications slow down the heart rate and reduce the force of each heart beat, lowering blood pressure.

Other things to consider when managing your blood pressure:

Stress management: Reducing stress levels through techniques like meditation, yoga, or spending time in nature can help lower blood pressure.

Regular monitoring: Regularly checking blood pressure and working with a healthcare provider to manage it is essential.

Follow-up: It's important to take medications as prescribed and attend follow-up appointments to monitor blood pressure and adjust treatment plans if needed.

Spring is here and so is allergy season

by Kelly Evans-Hullinger, MD

Spring is finally here, and for many of us that brings the joy of returning to outdoor activities, planning summer vacations, and... well, allergies. Depending on the allergen, people can suffer from allergies any time of year, but spring is a particularly common time in our part of the world to hear my patients complain of seasonal allergies.

Allergic rhinitis most commonly manifests as runny nose, congestion, and sneezing. Other symptoms can include cough from post-nasal drip or worsening asthma, hives, and itchy or watery eyes. Sometimes these symptoms can be hard to differentiate from a viral cold, but typically the symptoms are fairly classic and don't require any testing.

I often have patients inquire about allergy testing. We might refer to an allergy specialist for testing in patients with severe symptoms that aren't adequately improved with usual care.

Testing might include blood or skin patch testing depending on the situation or allergen in question. However, the vast majority of patients can be treated without specialized testing.

Initial recommended treatments for allergic rhinitis are available over-the-counter. Antihistamine medications can reduce many of the symptoms. I recommend using second generation medications such as loratadine, cetirizine, or fexofenadine, which act more specifically for the targeted symptoms. First generation antihistamines such as di-

phenhydramine or doxylamine are less specific and thus have more problems with adverse effects. Common side effects include dry mouth and drowsiness, but we can see those first generation antihistamines cause more severe adverse effects such as confusion.

Another very effective option is an over-the-counter nasal steroid spray, such as fluticasone or various others. Taken daily these will reduce congestion, mucous, and post nasal drip. They are quite safe for long term use and should not have systemic side effects. Additionally, these can be used along with an antihistamine.

Take care in the nasal spray aisle, however. Some other nasal sprays are vasoconstrictors, such as oxymetazoline, and while they will al-

leviate congestion, they should not be used more than three days consecutively. If so they can cause worsening congestion when the medication wears off, or a rebound effect.

In summary, allergies can be a real annoyance and truly make people feel rotten. Basic over-the-counter measures can be very helpful and are worth trying. If those aren't working, though, time to talk to your primary care provider about other options or the need for further testing.

Kelly Evans-Hullinger, MD. is part of The Prairie Doc® team of physicians and currently practices Internal Medicine at Avera Medical Group in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org.

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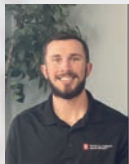
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Take a hike!

Break a sweat climbing Round Top 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 Round Top Trail to T Hill Trail.

Zoo Trail. A short and easy hike that gets people off the roads and sidewalks within the park.

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>.



Hot Springs County Public Health

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Trailhead

Drinking Water

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Picnic Shelter

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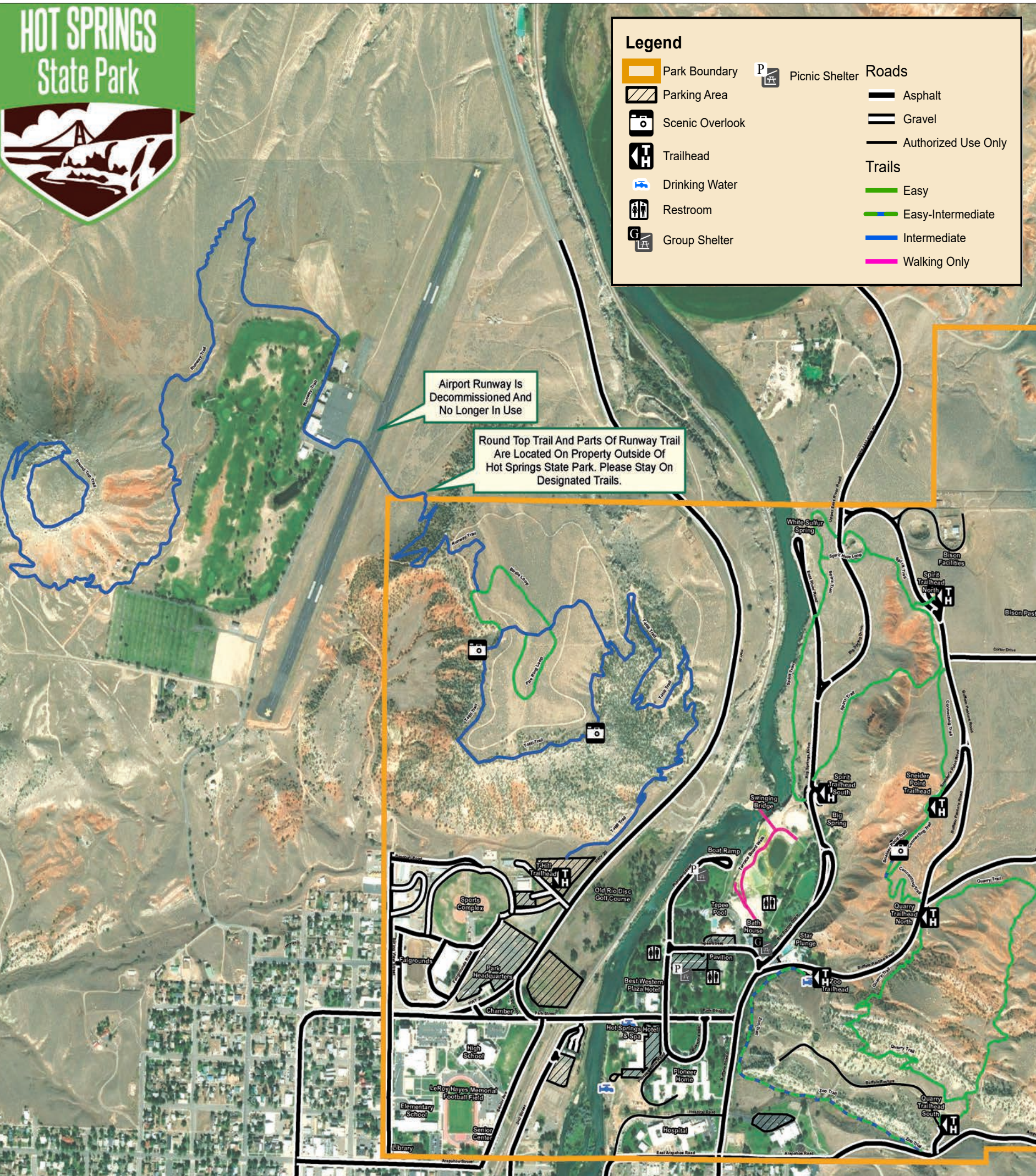
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Airport Runway Is Decommissioned And No Longer In Use

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



Physical therapy resources

RYTE Rehab provides variety of services

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 Children’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.

RYTE Rehabilitation can be reached at 864-3877 and is located at 800 Shoshoni St.



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Hot Springs County Community Needs Survey 2025

The Yellowstone Country Assistance Network (YCAN) is administering a survey to better understand the needs in Hot Springs County. Your feedback is confidential and will only be reported when combined with other answers.

We are offering one \$100 gift card to a lucky respondent.

Look for details at the end of the survey.



Please complete the survey by April 30th.



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“My surgery was wonderful from the whole get go, beginning with the people who helped manage my insurance. The ladies in pre-surgery, everybody was just wonderful. They were attentive and gave good explanations. This is a wonderful facility with great people working here. I'm very excited about it because I'm very active. I have a big dog that I walk every day; I swim and do Zumba, and I haven't been able to do these things. And then my hip got really bad, because it's being influenced by my back. Everyone is excited about this new TOPS device. It is cool. I'm 67, but I'm very active. I swam 3 days a week and my husband and I are golfers. I had to quit these things. I told Dr. Sielatycki that I'm happy to be his poster child for Wyoming. I want to do this procedure, and I want to get back to my life. I'm very excited.”

— Diane Monahan
Gillette, Wyoming



Nurse Tori Steed, Physician Assistant Bryan Tipton, Bill Monahan, Diane Monahan, and nurses Rachel Severinsen and Lindsey Loynning



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Aging and dehydration are intertwined

The human body is ever-changing. Though it's not often so easy to detect the changes the body goes through, such alterations may become more noticeable with age.

One age-related change that's easy to overlook is related to thirst. The Cleveland Clinic (CC) notes seniors typically do not feel as thirsty as they once did. That compels seniors to consume less fluids, which in turn makes them more vulnerable to dehydration.

Why is my risk for dehydration higher now than when I was younger? Seniors may ask this question, and body composition changes that correspond to age are often to blame.

According to the CC, seniors' bodies do not demand water in the same way they did when they were younger. So people tend to drink less water as they age. Some also suffer

from decreased kidney function that also compromises fluid levels in the body. These things mean many seniors have less water in their bodies than they used to, which increases their risk for dehydration.

The threat posed by dehydration is serious. In fact, dehydration is a common cause of hospitalization among adults age 65 and older. The Agency for Healthcare Research and Quality also notes that adults 65 and over have the highest hospital admission rates for dehydration of any group.

As noted, aging adults do not typically feel as thirsty as they did when they were younger. Thirst might actually be a sign of early dehydration. The following are some additional physical signs of dehydration:

- Fatigue and weakness
- Dizziness or a loss of coordi-

nation

- Dry mouth and/or a dry cough
- Headache
- Muscle cramps, which can be caused by a loss of electrolytes through sweating
- Chills or heat intolerance
- Flushed skin

These symptoms are notable in their own right, but some may make seniors vulnerable to additional issues. For instance, dizziness or a loss of coordination resulting from dehydration may make seniors more vulnerable to falls. Falls are a significant threat because they increase the likelihood of broken bones and other serious injuries, but a fall also can adversely affect mental health. A fall that causes injury may lead seniors to withdraw from certain activities, including recreational sports or other physical activities often performed

alongside fellow seniors. Withdrawing from such activities can lead to isolation and depression.

The good news is that hydrating is pretty easy, particularly when seniors are aware of their vulnerability to dehydration. Seniors are urged to consume sufficient fluids each day, even spicing up water with a fruit slice if necessary. In addition, seniors are urged to avoid caffeine, which can force more trips to the bathroom to urinate and thus lose fluid. Cucumbers, celery and, of course, watermelon also can be incorporated into seniors' diets each day, as these foods are high in water content.

Dehydration poses a serious threat to seniors' health. But that threat can be easily overcome when seniors make a concerted effort to stay hydrated each day.

How arthritis affects daily life and mobility

Arthritis is a broad category of joint and connective tissue disorders that impacts around one in five people in the United States. In fact, arthritis is a leading cause of disability for many people around the world. Arthritis becomes a greater concern as people age. That's particularly so with osteoarthritis, which is degenerative condition caused by repeated use and stress on joints.

Common symptoms of arthritis include joint pain, swelling, reduced mobility, and physical weakness. Such signs underscore how much arthritis can affect daily life. Symptoms may come and go, but it's not always easy living with arthritis, particularly rheumatoid arthritis. Also, in some people, rheumatoid arthritis can damage body systems beyond the joints, including the

skin, eyes, lungs, heart, and blood vessels, says the Mayo Clinic.

There is no cure for arthritis, so working on lifestyle changes can improve quality of life and help people manage day-to-day tasks more easily.

- Lose weight: Carrying around extra weight can put greater stress on joints, causing more pain and stiffness. Losing a little weight can help alleviate stress on hips and knees and facilitate mobility.

- Take medicine: Talk to your doctor about which medicines might be available to help manage daily symptoms. Certain prescriptions and over-the-counter options can help prevent flare-ups and may even reduce the risk of further problems.

- Find balance: Johns Hopkins Medicine suggests toggling between activity and rest to protect

joints and lessen symptoms. Take breaks when needed, and don't feel down on yourself if you can't exercise for as long or as intensely as you once did.

- Get regular activity: Certain exercises can help reduce joint pain and stiffness. Consult with a doctor about what you can do to keep joints flexible. Swimming, walking and low-impact aerobic exercise can promote flexibility.

- Talk to someone: Arthritis also can come with emotional symptoms that you may want to discuss with a mental health professional.

Arthritis affects millions of people's lives, but management of the condition can help. There is no cure for arthritis, so working on lifestyle changes can improve quality of life and help people manage day-to-day tasks more easily.

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



April
RN

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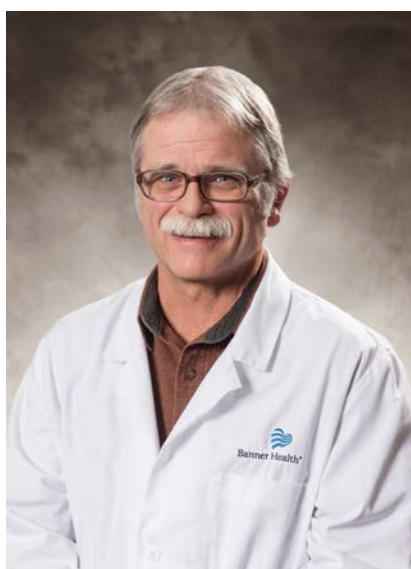
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Dr. Brandon Butte
General surgery

Surgical Services - Call 307-347-5810 to schedule