

For Your HEALTH

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

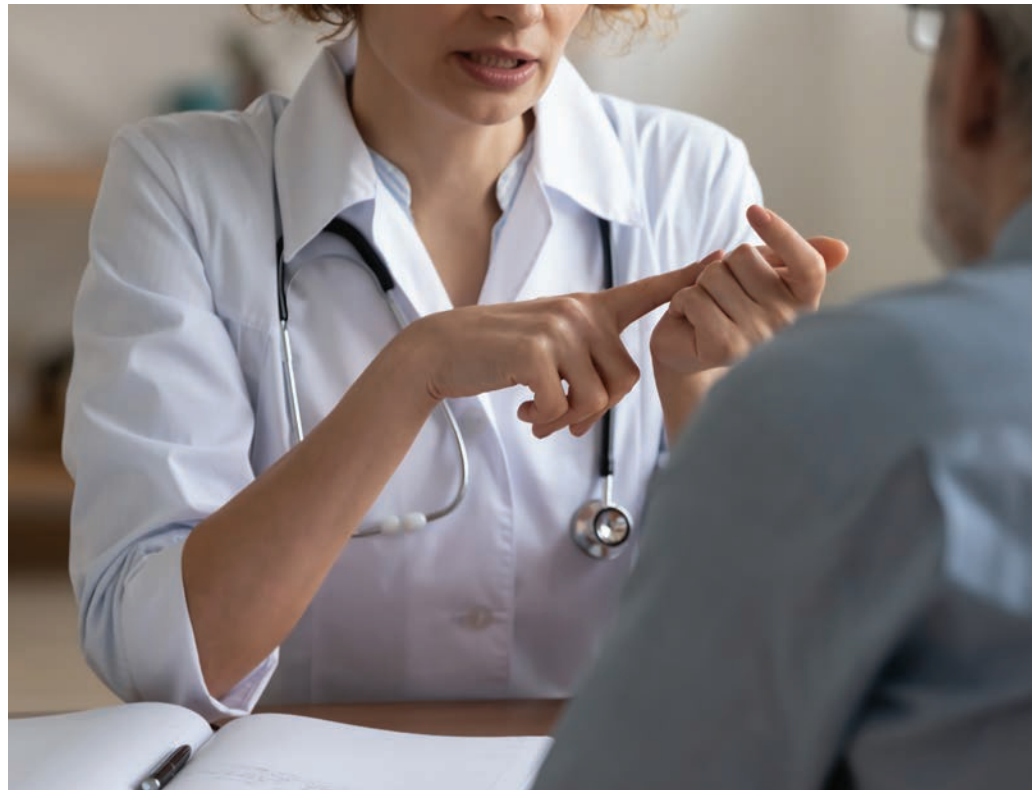
FALL 2022

Are you
just sore?
Or is it
serious?

Five Things You May Hear at the Doctor's Office That Could Save Your Life

Routine medical appointments help doctors detect potential health issues early, when they can be reversed or are more easily treatable. The following can be lifesaving if heard early enough.

1. "Your cholesterol is high." The risk of having high cholesterol can start as early as your twenties and increases with age. Too much LDL, or "bad" cholesterol in the blood causes plaque build-up in the artery walls. This puts you at higher risk for heart attack, stroke, and peripheral artery disease. With an early diagnosis you can begin to get levels back into a healthy range before it gets worse.
2. "You may have heart disease." Ever wonder what your doctor hears when he or she listens to your heart with a stethoscope? This is one way to find an irregular heartbeat, heart murmur, or other symptoms you wouldn't notice on your own. Getting your heart checked regularly allows your doctor to monitor your heart and identify issues before they become fatal.
3. "Your blood sugar is high." About one-third of Americans with diabetes don't know they have it. Uncontrolled diabetes can lead to heart disease, stroke, kidney disease, blindness, nerve damage, and erectile dysfunction. Getting diagnosed is the first step to controlling diabetes and avoiding health complications. Your doctor can recommend changes to



your diet and exercise and may prescribe medication.

4. "You may have prostate cancer." Prostate cancer is one of the most common cancers in American men. One in eight men will be diagnosed with prostate cancer during their lifetime, according to the American Cancer Society. During routine exams, a doctor can check the prostate for possible abnormalities. Survival rates for prostate cancer are higher for patients who begin treatment early.
5. "You're at high risk for COVID-19 complications." Some health

conditions increase your risk of becoming severely ill from COVID-19, including obesity, diabetes, heart conditions, and chronic lung problems. Your doctor can tell you if you're at high risk of serious illness from COVID-19. This can empower you to take more precautions against the virus so you're less likely to get sick.

Make an appointment for a checkup with your doctor today to take control of your health. For more information about Marshall Medical providers, visit www.marshallmedical.org/find-a-doctor.

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 111 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 220 licensed providers and a team of over 1,400 employees providing quality healthcare services to the residents of El Dorado County.

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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 Lourdes Edralin at 530-626-2675 or ledralin@marshallmedical.org

What You Need to Know About High Blood Pressure



When you think of people who have high blood pressure, do you think of older adults? People who don't take care of their health? Or people with high stress? While this might be true, the fact is this health condition has no symptoms and patients can be young and seemingly healthy.

What happens if you have high blood pressure?

High blood pressure, or hypertension, occurs when the force of blood pushing against the walls of your blood vessels as your heart pumps and rests between heartbeats is consistently higher than it should be. This can lead to serious health risks, such as heart disease, heart attack, stroke, and kidney disease.

How do you know if you have high blood pressure?

The only way to know for sure is to measure it. "Since high blood pressure can cause serious health problems over time and since there are no obvious signs that you have the condition, it's important to have your blood pressure checked by your doctor on a regular basis," explains Scott

Vasconcellos, MD, of Marshall Cardiology. It is recommended that people age 40 and older get their blood pressure checked once a year. If you are age 18 to 39 and are not at an increased risk for high blood pressure, you can get your blood pressure checked every three to five years.

What causes high blood pressure?

There are a number of factors that can contribute to high blood pressure. Some health conditions, such as obesity and diabetes, make you more prone to the condition. Unhealthy lifestyle habits, such as not exercising enough, eating too much sodium, smoking, drinking too much alcohol, and not managing stress, may also increase your risk. African Americans are more at risk of developing high blood pressure (and developing it at a younger age). You may also be more prone to the condition due to a genetics. Blood pressure also tends to rise as you get older.

If you have questions or concerns, contact your doctor. For more information about Marshall Medical providers, visit www.marshallmedical.org/find-a-doctor.



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Are You Sore? Or Is It Serious?

We've all heard it before. "No pain, no gain." But how do you know if you're sore from a tough workout or if you've injured yourself?

When exercising, a certain level of physical discomfort is to be expected. Brandon Beamer, MD, of Marshall Orthopedics & Sports Medicine in El Dorado Hills has provided some things to think about:

Delayed Onset Muscle Soreness

You've likely experienced delayed onset muscle soreness (DOMS) after trying a new exercise or adding more weight to your lifting routine. Typically, muscles begin to ache and tense a day or two later and can be eased with ice, massage, stretching, and over-the-counter pain and anti-inflammatory medications. DOMS is normal and will



improve within three- to five- days. You can continue with your daily activities and even keep working out.

Minor Injuries

Unlike with DOMS, you'll notice minor injuries as a result of exercise or playing sports immediately to within a few hours. Symptoms include pain, tenderness, swelling, bruising or stiffness and can be treated at home. Dr. Beamer recommends the acronym RICE for these minor injuries:

Rest – To avoid further injury, it's best to rest the injured area for two to three days

Ice – Apply an ice pack to swollen or painful areas for five- to 15-minutes at a time for the first three days, avoiding direct skin contact with the ice.

Compression – Soothe twisted or sprained ankles, knees, and other joints by tightly wrapping a long cloth bandage around the joint, while still allowing for blood flow.

Elevation – Keeping the affected area raised above your heart as much as possible will reduce pain, swelling, and throbbing.

When to See an Orthopedist

“You should see an orthopedist if you experience symptoms in the joint like clicking or popping, new onset swelling, limited range of motion, or a sudden change in motion or strength of the joint or if your minor injuries do not improve within the span of a few days to a week,” says Dr. Beamer.

Don't let an injury sideline your efforts. Remember that regular physical activity actually helps reduce joint stiffness and improves mobility. It also strengthens muscles around the joints, preventing future injuries. But if you have a concern, see your doctor right away.

Call Marshall Orthopedics at 916-805-2320 to make an appointment today.

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Your Year-End Giving Checklist



The end of the year is a time of reflection and anticipation. But it's also a time to plan for important charitable considerations ahead of the last day of December.

IRA Distribution

- If you are 59½ or older, you can take a distribution from your IRA and then make a gift to a charity without penalty. If you itemize your deductions, you can take a charitable deduction for the amount.
- If you are 70½ or older, you can give any amount up to \$100,000 from your IRA directly. You will not pay income taxes on the transfer. If you are 72 or older, you can use this transfer to satisfy your required minimum distribution.

To do: The charity must receive your gift by Dec. 31 for your donation to qualify this year. If you have check-writing privileges on your IRA, please account for time in the mail stream.

Appreciated Stock

- You may enjoy two tax benefits with a gift of appreciated stock: Avoid paying taxes on the appreciated value and qualify for an income tax charitable deduction based on today's market value when you itemize.

To do: Complete all transfers by Dec. 31. This includes electronic transfer, hand-delivery of the securities or mailed stock and stock power (mailed separately for security).

Reminders:

Check these off your to-do list to end the year on an organized note.

- Ensure that your will or trust is up to date and includes appropriate designations and charitable intentions.
- Assess your retirement plan beneficiaries to ensure you've considered your loved ones and favorite causes.
- If you have a life insurance policy that is no longer a significant piece of your estate plan, consider making Marshall Foundation for Community Health the beneficiary.

As the end of the year approaches, Marshall Foundation for Community Health is here to help ensure you receive the maximum tax benefit for your donation. For free resources, contact Jamie Johnson, Executive Director, at 530-642-9984, e-mail info@marshallfound.org, or visit marshallfound.org.

Donor Advised Fund

- Contribute to a donor advised fund and enjoy a tax savings on that amount when you itemize.

To do: Complete the contribution by Dec. 31. You do not have to designate the funds this calendar year to receive the tax benefits.

Why Do I Still Have to Wear a Mask in Healthcare Facilities?

Just about everywhere you go these days, indoor mask mandates for public spaces have been dropped. In many communities, mask wearing is optional in stores, restaurants, schools, and even on public transportation. So why is it still a requirement that you wear a mask in healthcare facilities?

Since the beginning of the pandemic, the Centers for Disease Control and Prevention (CDC) has set the recommendations for mask wearing in hospitals and healthcare facilities. The CDC continues to recommend that everyone—including providers, staff, patients, and visitors—wear a mask while in the building. This masking recommendation applies regardless of vaccination status.

Why are masks still required in healthcare facilities but not in other places?

Wearing a mask in a hospital or healthcare facility helps:

- **Protect you.** While medical staff does their best to reduce risk, you are more likely to come into contact with a COVID-positive person in a hospital or clinic. Wearing a mask helps protect you from becoming infected with COVID-19 if others are sick.
- **Protect others.** The other patients and visitors may be more at risk of developing serious complications if they get COVID-19. Wearing a mask makes it less likely



you'll spread the virus if you have it, especially if you aren't feeling or showing symptoms.

- **Avoid staffing shortages.** At the height of the pandemic, it wasn't the number of beds that limited hospitals' abilities to take on more patients, it was the number of staff to care for the patients in those beds. When staff members get COVID-19 and need to stay home, it can be difficult for facilities to provide the level of care needed. Mask wearing makes it less likely this will happen.



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Welcome New Providers to Marshall Medical Center

For a complete list of healthcare providers, visit marshallmedical.org/find-a-doctor

Chelsea Brekke, PA-C
Orthopedics & Sports Medicine
916-805-2320

Chelsea attended San Diego State University where she earned a bachelor's degree in kinesiology and the University of the Pacific, where she earned a master's degree in physician assistant studies.

Wai Kan (Karen) Chiu, MD, PhD
Gastroenterology
530-672-7040

Dr. Chiu attended UC Berkeley, earning her undergraduate degree in molecular and cell biology before going on to achieve her medical degree and PhD from the University of Pittsburgh.

Rachelle D'Angelo, FNP-C, MSN
Marshall Family Medicine – Cameron Park
530-672-7000

Rachelle received a bachelor's degree in psychology from the University of Maryland, College Park and a second degree in nursing from Johns Hopkins. She earned her master's degree in nursing from Georgetown University.

Gordon Thomas Fahey, MD
General Surgery
530-626-3682

Dr. Fahey earned his bachelor's degree from Georgia Institute of Technology, medical degree from the Medical College of Georgia and residency from UCSF. He is board certified in surgery and is a fellow of the American College of Surgeons. Dr. Fahey specializes in minimally invasive robotic-assisted surgery.

Delandy McConnell, DO
General Surgery
530-626-3682

Dr. McConnell earned a bachelor's degree in biochemistry from UCLA and a doctorate from Lake Erie College of Osteopathic Medicine.

Heather Overman, MD
Marshall Pediatrics
530-626-1144

Dr. Overman graduated from UC Davis with a bachelor's degree in neurobiology, physiology, and behavior. She also received her medical degree and completed her pediatrics residency at UC Davis.

Sarah Snyder, FNP
Marshall Family Medicine – Cameron Park
530-672-7000

Sarah earned a bachelor's degree in nursing from Point Loma Nazarene University and a master's degree in nursing from Frontier Nursing University.

Nathan Woolsey, MD
General Surgery
530-626-3682

Dr. Woolsey earned his bachelor's degree in biology from Pepperdine University and went on to earn his medical degree from Michigan State University.

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