

YOUR *gateway* TO HEALTH
YOUR HEALTH, YOUR LIFE

TASTE OR
TOSS IT
BEHIND THE
BEST-BY DATE

IS IT A COLD,
THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**



**GATEWAY REGIONAL
MEDICAL CENTER**

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Gateway Regional Medical Center have easy ways for you to drop off old medicine.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



Need a prescription refilled? If you are already a patient at Gateway Medical Group, you can request a refill by going to your Patient Portal at GatewayMedicalGroup.net.

Band Together for Strong Hips



If you've had hip replacement surgery, always check with your physician before doing any type of hip exercises.

Using a resistance band can help you increase your strength and build lean muscle.

Don't let hip pain limit your life. Exercises to strengthen the hip flexor muscles — the group of muscles at the top of the thighs that help with lower body movement — are key to increasing flexibility, improving range of motion and maintaining mobility. Release hip flexor muscle tension by doing several repetitions of these gentle stretches throughout the day.

EXERCISE 1:

Begin by sitting in a chair with your legs to the front. Place the resistance band around both legs, just above the knees. While keeping your feet flat on the floor, slowly spread your knees apart and then bring them slowly back together.

EXERCISE 2:

Stand behind a chair with your left hand resting lightly on the top for balance. Place the resistance band around both legs, just above the knees. Keep your hand on the chair and your left foot flat on the floor. Straighten your right leg and extend it behind you until it's off the floor. Hold the pose for five seconds, and then repeat on the right side.

EXERCISE 3:

Place the resistance band around both legs, just above the knees. Stand with your feet hip-width apart, and then slide your right leg to the side until you feel resistance in the band. Shift your weight to your right leg, then slide your left leg over until your feet are hip-width apart again. Repeat the exercise on the left side.



Severe hip pain can make everyday activities difficult. Surgery isn't the only solution. Call the orthopedic surgeons of Illinois SW Orthopedics at (618) 288-4388 to discuss your options.

Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment and before starting any new exercise regimens.



GATEWAY REGIONAL MEDICAL CENTER EARNS BLUE DISTINCTION® CENTER DESIGNATION FOR QUALITY IN KNEE AND HIP REPLACEMENT SURGERIES

Blue Cross and Blue Shield of Illinois (BCBSIL) has selected Gateway Regional Medical Center as a Blue Distinction Center for Knee and Hip Replacement, part of the Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated healthcare facilities shown to deliver improved patient safety and better health outcomes, based on objective measures that were developed by Blue Cross and Blue Shield companies with input from the medical community.

"Gateway Regional Medical Center is committed to providing a leading knee and hip replacement program for our community," says Bob Moore, CEO of Gateway Regional Medical Center. "We are proud of our team and the program they've developed for our patients."

"Blue Cross and Blue Shield of Illinois is proud to offer this important recognition," says Derek Robinson, M.D., MBA, FACEP, CHCQM, Chief Medical Officer of BCBSIL. "It's one of the ways we're partnering with members, employers, providers and communities to help achieve their health goals."

Blue
Distinction®
Center

Knee & Hip Replacement

The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



RESOURCES TO QUIT SMOKING

- The American Lung Association's Freedom From Smoking program has been around for decades and helped over 1 million people quit tobacco use. Classes and support groups are available online and across the country, along with a telephone hotline.
- The National Cancer Institute has two free smartphone apps, QuitGuide and quitSTART, that can help you assess your tobacco use habits and provide needed distractions to counter cravings.
- There are numerous other apps, some free and some paid, that can help you track how much or how little you are smoking, if you aren't quitting cold turkey. Some apps even tally up the amount of money you're saving with every tobacco product you don't use.
- Your state health department has trained counselors available. Call 1-800-QUIT-NOW.

HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



Concerned about your risk for lung cancer? Speak with your Gateway Medical Group provider about a low-dose CT. Go to GatewayAnytime.com to schedule your appointment today!

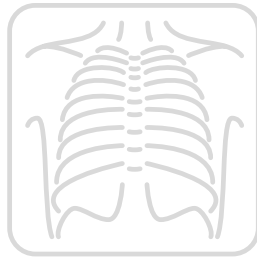
Q & A

IMAGE OF HEALTH

At some point in your healthcare journey, you'll need imaging, such as a mammogram, CT scan or an MRI. Learn more about how these tests help physicians guide treatment and manage your health.

Q. WHO WOULD BENEFIT FROM LOW-DOSE CT LUNG CANCER SCREENING?

A. A low-dose CT scan, or LDCT, lung cancer screening is recommended for people 55 to 80 years old who are heavy smokers (averaging a pack a day or more) or who have quit smoking within the past 15 years. A LDCT offers more precision than a typical chest X-ray but with a similarly low dose of radiation. It is useful for heavy smokers and their physicians, as lung cancer is much more treatable when it is caught early.

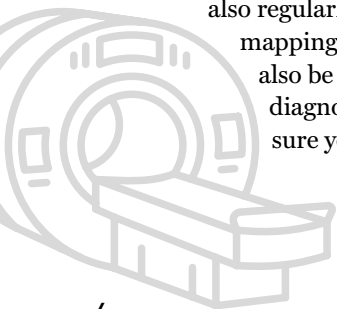


Q. WHAT DOES AN MRI SHOW?

A. An MRI uses a large magnet and radio waves to show detailed pictures of the body's interior. It does not produce radiation, so it's a safe test for pregnant women. However, the magnets may make it unsafe for people with certain implants. An MRI might be a better choice than a CT scan to see the detail in a tendon tear, herniated disk or soft tissue damage.

Q. WHEN MIGHT A PHYSICIAN ORDER A CT SCAN?

A. A CT scan can help diagnose everything from a ligament injury to a gastrointestinal problem to a tumor. CT scans are also regularly ordered prior to surgery for specific mapping of blood vessels and tissue. They may also be required for follow-ups after a cancer diagnosis or another type of surgery to make sure you are healing correctly.



Q. HOW DO SCREENING MAMMOGRAMS KEEP TABS ON BREAST CANCER?

A. Screening mammograms use a low-dose X-ray to look for possible abnormalities in breast tissue that could be cancerous. These are the types of annual mammograms recommended for most women starting at age 45. A diagnostic mammogram uses a higher level of radiation to get more specific imaging of a part of the breast that was concerning in the first screening.

SIMPLE+PRICE PRE-PAY PRICING FOR AFFORDABLE CARE

Pre-pay pricing at Gateway Regional Medical Center offers patients upfront affordable bundled prices.

Examples include:

- Chest X-Ray as low as \$81
- Head CT Scan as low as \$344
- MRI Scan as low as \$365
- Mammography as low as \$257

Is it time for your annual mammogram? Visit GatewayRegional.net or call (618) 876-2255 to schedule and learn about pre-pricing options for imaging tests.



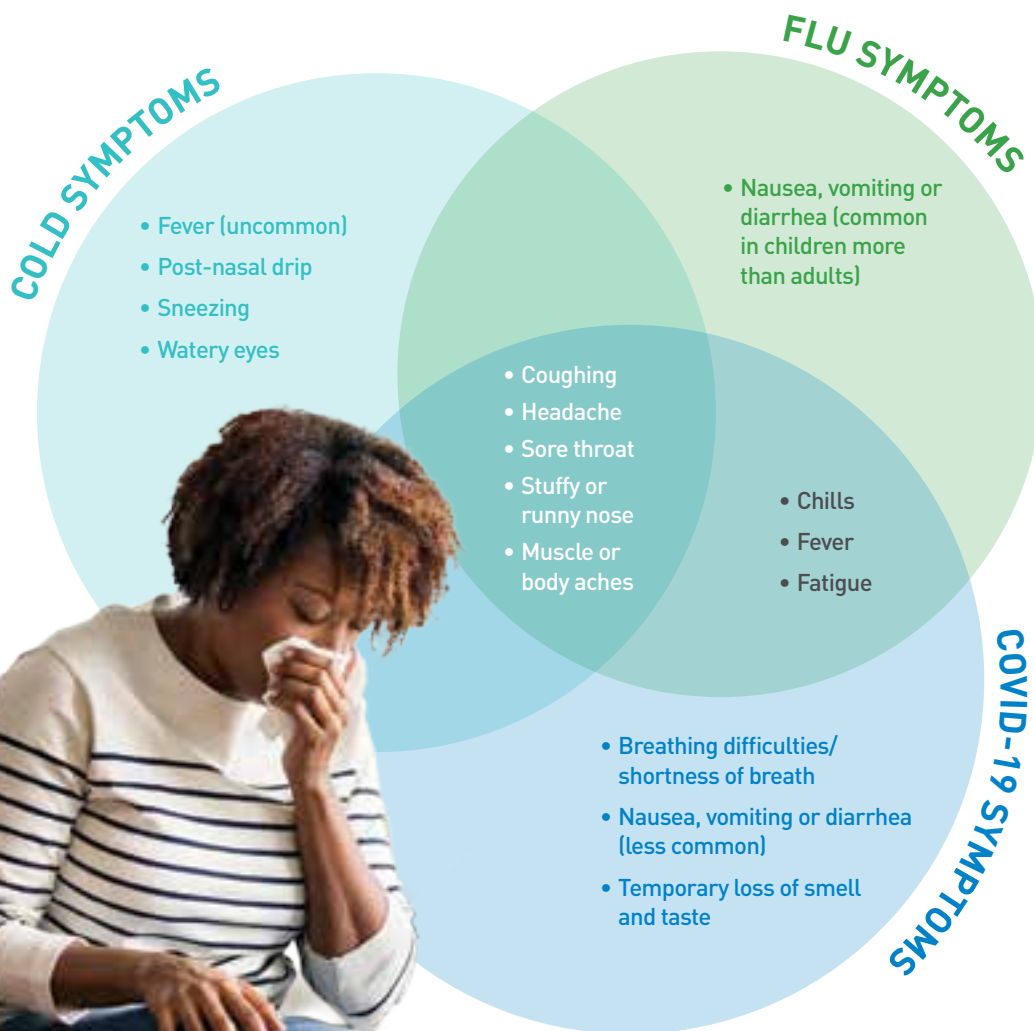
COLD vs. FLU vs. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S
Cold: 2-3 days						
Flu: 1-4 days						
COVID-19: 2-14 days						

COLD VS. FLU VS. COVID-19 SYMPTOMS*



WHEN AM I CONTAGIOUS?

COLD:
From 1-7 days after symptoms

FLU:
From 1 day before to 7 days after symptoms; most contagious 3-4 days after

COVID-19:
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



If you're concerned about your symptoms, call to make an appointment with one of our Gateway Medical Group providers at (618) 798-3587 or go to [GatewayAnytime.com](https://www.gatewayanytime.com).

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

*Per the CDC, these are not all-encompassing lists, and some people may experience other symptoms.
Sources: CDC, U.S. National Library of Medicine

WANT TO READ MORE?

Visit GatewayRegional.net/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (618) 798-3000 (TTY: (800) 526-0844).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer (618) 798-3000 (TTY: (800) 526-0844).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

INTRODUCING SIMPLE + PRICE

HEALTHCARE PRICING MADE EASY.

Healthcare pricing can be confusing. We heard your concerns and created a new option for you. To simplify things, we now offer a pre-pay pricing plan called **SIMPLE+PRICE**. No insurance involved. No confusion. No surprises. Just an up front price for some of the most common imaging and lab tests offered. Simple.

So if you need an X-Ray, Ultrasound, CT, MRI or lab test, just call us and get a **SIMPLE+PRICE** quote. This single price, paid up front, includes hospital and Radiologist reading charges.

You can pay over the phone or in person by stopping by the hospital's Central Scheduling/Registration Office during regular business hours. If your procedure takes place after hours or on the weekend, our registration department can process the payment. We accept credit cards, cash and some personal checks. When you take advantage of **SIMPLE+PRICE**, you'll get a receipt for your payment in full prior to the procedure or test. It's as simple as that.

**CALL 618-798-3100 for
a SIMPLE+PRICE Quote.**



**GATEWAY REGIONAL
MEDICAL CENTER**

SIMPLE + PRICE MENU:

- + Chest X-Ray
as Low as **\$81**
- + Mammogram
as Low as **\$257**
- + Head CT Scan
as Low as **\$344**
- + Lower Back MRI Scan
as Low as **\$382**
- + Many other services.
Call and ask.

***SIMPLE+PRICE** may not be used in conjunction with insurance. It also does not include further testing that may be ordered by your physician. All payments must be made prior to testing or procedure.