Beautiful in Your Skin Month – June 2022

Scleroderma

Scleroderma is a disease that causes the skin, in particular the face, to become hard and stiff. It can also affect other parts of the body, including internal organs. The disease can be chronic and may be life-threatening. There is no cure for scleroderma, but treatments can help manage symptoms.

HISTORY OF SCLERODERMA AWARENESS WEEK

Scleroderma Awareness Week is held each year in the United States from June 12th to 18th. The week is dedicated to raising awareness and funds for research, support, and education for scleroderma patients.

Scleroderma Awareness Week was established in 2003 to help people understand the symptoms and the impact of scleroderma. It is a week dedicated to raising awareness and support for those affected by the disease.

HISTORY OF BEAUTIFUL IN YOUR SKIN MONTH

Beautiful In Your Skin Month was created to encourage everyone to adopt healthy skin care habits. It is held each year in the month of June to highlight the importance of taking care of the skin.

Skin Cancer

Skin Cancer with TriHex Technology:

Our Sensus SRT-100 Vision Unit is the first SRT machine in the state of Montana. The state-of-the-art equipment is used to treat skin cancer patients with non-melanoma, non-Mela, non-surgical options for basal cell carcinoma or squamous cell carcinoma of the skin. Unlike other more invasive surgical procedures used for treating other cancers, SRT is designed to only penetrate up to 5mm below the surface of the skin, preserving the surrounding healthy tissues while effectively treating the malignant skin cancer cells.

Superficial Radiotherapy (SRT) is a proven non-surgical choice that goes no deeper than 5mm below the skin’s surface. It is ideal for people with multiple cancer sites requiring treatment. Avoid unsightly surgical scars, treatments last 45 seconds or less and are 98% effective.

Scleroderma Awareness Month

Scleroderma Awareness is observed each year in the month of June. Scleroderma is a disease characterized by skin hardening and tightening of the internal organs. It affects about three out of every 100,000 people each year, mostly middle-aged persons. Scleroderma Awareness week is held from June 12 to 18 each year.

Scleroderma is a disease that affects more than 30,000 people in the United States, but not enough people are aware of its debilitating and sometimes deadly nature.

TREATING SKIN CANCER WITH SURFACIAL RADIATION THERAPY

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GREEN BURIAL:
BACK TO OUR ROOTS

"Eventually, all things merge into one, and a river runs through it. The river was cut by the world's great flood and runs over rocks from the basement of time. On some of those rocks are timelapse sanddrops. Under the rocks are the words, and of the words are theirs." -- Norman Maclean, A River Runs Through It

We live in Montana. We hike, farm, bike, ranch, boat, fish. Camp. Like Norman Maclean wrote, we play a role in our ecosystem. We are part of Montana and Montana is part of us. My great grandfather homesteaded in the breaks of the Missouri River. When he died, he was buried on the land he homesteaded. He is part of Montana and Montana is part of him.

A growing number are choosing an eco-friendly, return-to-nature approach to death. They are stepping away from embalming chemicals and concrete burial vaults in favor of more environmentally friendly and cost-effective options. They are choosing what we might imagine as a "Cowboy Burial". We've all heard it said, "Just put me in a hole in the ground and call it good." Well, that's basically what we're talking about. Green Burial or Natural Burial is a simple process. There's no embalming, no concrete vaults, no lacquered or steel caskets. Rather, a body can be buried in an untreated wood or natural fiber casket or even just wrapped in a cotton or linen shroud, no casket required. Natural burial takes us back to our roots, a time when it was customary for us to become part of the earth once we'd died.

Natural burial options are becoming easier to find. Green cemeteries or hybrid cemeteries (A hybrid cemetery is defined as a conventional cemetery that offers the essential aspects of natural burial, either throughout the cemetery or in a designated section.) can be found in nearly every U.S. state, including Montana. Just 140 miles from Helena, in the Swan Valley, you can visit, and reserve a plot, at Natural Cemeteries, a non-profit, green burial option. If Green Burial appeals to you, you can learn more by visiting www.greenburialcouncil.org and by exploring what Montana has to offer. If Green Burial interests you, you can learn more by visiting www.greenburialcouncil.org and by exploring your own end-of-life plans.

Not only is green burial environmentally friendly and affordable, it allows us to have a more active share in fulfilling our loved one's final wishes. At green burial services, family and friends are often encouraged to join in and help with meaningful tasks like decorating a shrouded body or casket with flowers or helping to fill the grave by hand. Many are finding that these actions provide an emotional satisfaction that traditional funerals do not. One young widow who shared in filling her husband's grave, noted, "I was able to keep it together and not break down into tears until I was done. My great grandfather homesteaded in the breaks of the Missouri River. When he died, he was buried on the land he homesteaded. He is part of Montana and Montana is part of him."

Burial plots. Even these monuments blend into the surroundings as they're not your typical headstone. In other spots, trees have been planted as grave markers. Elk regularly roam the area, leaving their own mark here and there. It's beautiful, peaceful and so very green, a gorgeous little piece of Montana where people are choosing to be buried in a way that harmonizes with the land while preserving fish and wildlife habitat and corridors.

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We live in Montana. We hike, farm, bike, ranch, boat, fish. Camp. Like Norman Maclean wrote, we play a role in our ecosystem. We are part of Montana and Montana is part of us. My great grandfather homesteaded in the breaks of the Missouri River. When he died, he was buried on the land he homesteaded. He is part of Montana and Montana is part of him. A growing number are choosing an eco-friendly, return-to-nature approach to death. They are stepping away from embalming chemicals and concrete burial vaults in favor of more environmentally friendly and cost-effective options. They are choosing what we might imagine as a "Cowboy Burial". We've all heard it said, "Just put me in a hole in the ground and call it good." Well, that's basically what we're talking about. Green Burial or Natural Burial is a simple process. There's no embalming, no concrete vaults, no lacquered or steel caskets. Rather, a body can be buried in an untreated wood or natural fiber casket or even just wrapped in a cotton or linen shroud, no casket required. Natural burial takes us back to our roots, a time when it was customary for us to become part of the earth once we'd died.

Natural burial options are becoming easier to find. Green cemeteries or hybrid cemeteries (A hybrid cemetery is defined as a conventional cemetery that offers the essential aspects of natural burial, either throughout the cemetery or in a designated section.) can be found in nearly every U.S. state, including Montana. Just 140 miles from Helena, in the Swan Valley, you can visit, and reserve a plot, at Natural Cemeteries, a non-profit, green burial option. If Green Burial appeals to you, you can learn more by visiting www.greenburialcouncil.org and by exploring what Montana has to offer. If Green Burial interests you, you can learn more by visiting www.greenburialcouncil.org and by exploring your own end-of-life plans.

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We are so lucky to live in one of the country’s most beautiful, and recreational states! There are many ways to get out and get active right outside your backdoor, so there is no excuse to get caught inside during a glorious Montana summer day. Some of the most popular forms of summer recreation include hiking, swimming, canoeing, kayaking, rafting, biking, rock climbing, and fishing. These are all wonderful outdoor activities that get you moving, and provide a breathtaking view of the world around us. These activities have several added health benefits.

HIKING: Burns approximately 430-440 Calories per hour
Did you know that the number of calories burned during hiking is congruent with your weight? Even more reason to break out those hiking boots!

SWIMMING: Burns approximately 500 Calories per hour
Swimming can also be a great stretch for your muscles. If you practice keeping yourself straight in the water while you swim or float, it can actually help lengthen your spine, and lessen poor posture.

CANOEING, KAYAKING, & RAFTING: Burns approximately 300 Calories per hour
All three of these water centered activities can improve your upper body strength, as well as core strength from balancing evenly in your seat. These are also great activities for teamwork building and family bonding.

MOUNTAIN BIKING: Burns between 200-1400 calories per hour.
Approximately 680 calories are burned per hour during moderate cross-country single-track riding.

ROCK CLIMBING: Burns approximately 500-900 Calories per hour
Research suggests rock climbing can also build strength, power and bring aerobic and anaerobic fitness levels to new heights.

DISC GOLFING: Burns approximately 400-500 Calories per hour
Disc Golfing, otherwise known as Frisbee Golf, or folfing, is a great full body workout. Disc Golfing is a great activity to do with family, friends, or solitarily. Unlike traditional golfing, there are typically no carts used, so the full course is meant to be walked, and the courses in the area are in wooded areas.

FISHING: Burns approximately 200 Calories per hour
Fishing can also increase your full body and upper body strength; Promote greater relaxation which leads to lowered stress levels; Helps to boost the immune system; Helps to improve cardiovascular health, and improves your balance.

There are many ways to get out this summer and enjoy the amazing place we get to call home, so get up, get moving, and get involved!

Article by Alanna Bartosik, Lee Enterprises.

GET ACTIVE!
MONTANA SUMMERS
PureView Health Center is growing! With the opening of our new Downtown Helena Clinic, we offer you the convenience of choosing a location that works for you. It is important to us that you have easy access to the same services you have come to appreciate including:

- A pharmacy with affordable prescriptions
- Dental services
- Walk-in clinic appointments
- Behavioral health support

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According to the most recent CDC (Center for Disease Control) findings, there were 36,801 new diagnosed cases of HIV in 2019 alone, and an estimated 1,189,700 people in the US are HIV positive. June 27th, 2022 is National HIV Testing Day. Many clinics across the country set aside time on National HIV Testing Day each year to focus on providing a vital service to the population by holding testing events, and spreading information about where and how to get tested.

You might think, ‘I don’t know anyone with HIV’ or ‘oh, I couldn’t catch that, I haven’t had that many partners’. Testing is a good idea if you’ve had unprotected sex or if your partner tests positive for HIV; that’s true, but did you know that you could also contract HIV from shared needles used in piercings or tattoo?. It is also important to get tested at your first prenatal visit if you are pregnant to avoid unknowingly passing on the virus to your baby. Many doctors include regular STI testing in routine checkups, so ask your doctor about easy testing during your next visit. It is important to get tested regularly, because it can take approximately three months for your body to make enough antibodies to start fighting off the infection. Most HIV tests look for these antibodies in your blood or skin cells, so even if you get tested right after unprotected sex, and you are infected, you may not know until months later.

Fortunately, HIV testing has been made fast, easy, and painless, so you don’t have to wait days or weeks to get your results and a little peace of mind. You can go to the local Lewis and Clark Public Health Clinic and receive free rapid HIV testing that’s completely anonymous (by request)—this means that your results won’t go into your medical records and they won’t be sent to your insurance provider or health department; then you have complete privacy whatever your results may be. Rapid tests can be administered one of two ways; through a cheek/gum swab, or through a small blood sample by a prick on the finger. It can be intimidating to go into a doctor’s office for anything, and even more so when it’s for such a sensitive matter. If you are anxious to face the doctor’s office, or you’re just living a busy life, there are also at-home testing options. With the OraQuick In-Home HIV Test, you swipe your gums and test the sample yourself. You get results in 20 minutes. With the Home Access HIV-1 Test, you prick your finger to get a small amount of blood. You mail your blood sample to a lab, and get your results in about a week. Just like our local Public Health Clinic, at home testing is also anonymous, and can help you follow up for treatment if you test positive. Be sure to get a follow up test before receiving treatment when using at home tests.

Your body is your choice, and your responsibility. Make the choice to get tested today, and keep you and the ones you love safe. Article by Alanna Bartosik, Lee Enterprises.

Our New Clinic is Now Open

Come visit us at 630 N Last Chance Gulch #1100 Helena, MT 59601

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A Fresh Look at Health

406.457.0000 | PureViewHealthCenter.org
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SIX WAYS TO OBSERVE NATIONAL MEN’S HEALTH MONTH

By Mountain-Pacific Quality Health
June 15, 2022

June is National Men’s Health Month, a national observance used to raise awareness about preventable health problems and encourage early detection and treatment of diseases, including cancer, heart disease and depression. According to the Centers for Disease Control and Prevention (CDC), on average, men in the United States die five years earlier than women, and men are more likely to have heart disease, stroke and diabetes.

This month is all about encouraging men to take better care of themselves by eating right, exercising, protecting their mental health and working to prevent disease. Here are six simple ways for men to observe national Men’s Health Month and make physical and mental health a priority.

Continued on page 7…

Take the Steps, Change the Statistics

- Men in the U.S. die five years earlier than women.
- Prostate cancer affects one in nine men.
- Only three out of five men get annual physicals.
- Nearly one in ten men experience depression and anxiety.
- More than 60% of adult American men are overweight or obese.

Schedule a Checkup Today!
Do it for yourself and those who depend on you.

Views expressed do not necessarily reflect the official views or policy of the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS).

Maybe it’s time you had LASIK

Schedule your FREE initial Lasik screening!

Mark F. Ozog M.D.
1417 9th Street South #100 | Great Falls, MT 59405
1. Visit your doctor. Studies show men are less likely to visit a doctor, but staying on top of your health and wellness is key to living a long, healthy life. Make an appointment with your primary care physician (PCP). A PCP can help with screenings for prostate and colorectal cancer, diabetes, heart disease and blood pressure. Your doctor can also help monitor your weight and cholesterol levels and recommend lifestyle changes, medications or other treatments to help with any ailments. Make an appointment and take charge of your health and wellness today.

2. Watch what you eat. Men’s Health Month is a great opportunity to start eating healthier. Eating better can be as easy as swapping unhealthy foods for healthier options. Packaged and processed foods are often full of sugar, salt, unhealthy fats, artificial additives and calories. For example, instead of a bowl of ice cream for dessert, try a bowl of non-fat Greek yogurt topped with fresh fruit. Limit the junk and eat a wide variety of fresh fruits and veggies, whole grains, fiber-rich foods and lean proteins. Once you begin making changes consistently, they will eventually add up to regular health benefits.

3. Get moving. Heart disease is the leading cause of death among American men. Regular exercise is one of the best ways to prevent heart disease and improve or maintain your overall physical and mental health. It’s best to get 30 minutes of aerobic activity five days per week. Aerobic activity includes walking, jogging, swimming, basketball, tennis or biking—anything that raises your heart rate. It’s also important to get at least two sessions of muscle-strengthening activities like weightlifting or yoga each week to build and maintain muscle strength. Exercise goes a long way in improving both mental and physical health.

4. Break unhealthy habits. Most everyone has a habit they wish they could break, but certain habits can be extremely risky and negatively affect your health. Smoking is one of the worst things for your health. Smoking and secondhand smoke exposure can cause chronic obstructive pulmonary disease (COPD), emphysema, heart disease and other health conditions and can increase your risk for cancer. Other unhealthy habits include excessive alcohol consumption and recreational or habitual drug use. Excessive drinking can lead to liver disease, cirrhosis and dependence, so consume in moderation. Recreational drug use can lead to serious health consequences no matter how much you do drugs. If you need help quitting smoking, drinking or drugs, you are not alone. Your doctor can help develop a plan to quit and may recommend medication, therapy or other treatments.

5. Protect your skin. According to the American Academy of Dermatology, one in five Americans will get skin cancer, and men over the age of 50 are at an even higher risk. While skin cancer is by far the most common type of cancer, it is also one of the easiest to prevent. Protect yourself from the sun’s harmful rays by:

- Avoiding the sun during peak hours (from 10:00 AM to 4:00 PM).
- Wearing a hat and sunglasses.
- Applying SPF 30 or greater sunscreen to all exposed skin.

If you are concerned about your skin, see your doctor or dermatologist as soon as possible.

6. Mind your mental health. One key to a happy and healthy life is effectively managing stress and protecting your mental health. Many activities and healthy habits that are good for your body are also good for your mind. Get outside and play some golf, practice deep breathing and meditation, go for a walk, get a massage or take an extra-long nap. Self-care and stress management look different for everyone, but the idea is to do something each day that makes you happy.

If you or someone you know is in crisis or thinking about suicide, get help right away.

- Call the National Suicide Prevention Lifeline at 1-800-273-8255.
- Text (HELLO) to the Crisis Text Line at 741741. Both services are free and available 24 hours a day, seven days a week, and all calls are confidential.

Improving and maintaining your health will enable you to enjoy an active and robust lifestyle. Take charge of your health today and enjoy the benefits for many years to come!

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Healthy Living
Home cooked meals
Four-hole putting green
Wireless call system
24-hour staffing

...and so much more.
**ST. PETER’S COMMUNITY EDUCATION PROGRAMS**

Education and support can go a long way toward helping you achieve your health and wellness goals. St. Peter’s Health Community Education Programs include free and low-cost health classes available to everyone in the community. Learn more at sphealth.org/communityeducation.

**Healthy Aging**

**Stepping On: Fall Prevention**
A 7-week program proven to reduce falls and keep you independent and active. Intended for: people age 65+ and/or at risk of falling; provider referral not required.
Cost: FREE

**Arthritis Movement**
An exercise class that meets twice a week to help you reduce pain and stiffness, maintain/improve mobility, and improve muscle strength. Intended for: people with arthritis and related diseases; provider referral not required.
Cost: FREE

**Safety**

**HeartSaver First Aid, CPR, AED Courses**
Be prepared to act in an emergency by learning basic first aid and cardiopulmonary resuscitation (CPR). St. Peter’s offers a series of courses as well as private group trainings. Intended for: adults who want to be prepared in an emergency Cost: varies by course

**Child & family**

**Taking Care of You: A Parental Support Program**
A 1:1 program that offers resources and professional support to those experiencing parental stressors like mental health or substance use challenges during pregnancy and through the first year of a child’s life. Intended for: parents or guardians of children; provider referral not required.
Cost: Varies by diagnosis or intervention.

**Prepared Parenting Series**
Feel prepared on your pregnancy and parenting journey. Classes cover childbirth, breastfeeding, postpartum recovery, safety and infant CPR. Intended for: current or expecting parents/guardians; provider referral not required.
Cost: FREE

**Living Well**

**WEIGHT MANAGEMENT**

**Inch by Inch**
Work with a Registered Dietitian/Lifestyle Coach for a year to reduce your risk of diabetes and cardiovascular disease by helping you understand and manage your weight, nutrition, physical activity, sleep and stress. Intended for: people with a BMI over 25 and other underlying health conditions; Provider referral required.
Cost: $100 for the whole year; free for people with Medicaid

**DIABETES**

**Diabetes Education**
A 6-week, evidence-based program that improves the health of individuals diagnosed with high blood pressure. Intended for: people who want to control their high blood pressure; no provider referral necessary.
Cost: FREE

**QUIT NICOTINE**

**Free Now! Nicotine Cessation Program**
A 7-week, evidence-based program that teaches the use of medication and behavioral change to help nicotine users quit for good. Intended for: people who smoke cigarettes, chew tobacco or vape and want to quit; provider referral encouraged, but not required.
Cost: FREE

**LEARN MORE ABOUT THIS FREE PROGRAM AT SPHEALTH.ORG/PREPAREDPARENTING**

These classes allow parents to be more knowledgeable regarding the natural process of childbirth, support from staff at St. Peter’s who are available, options and expectations with laboring, birth and newborn care, as well as feedings.

— Kathy Swanson, RNC, IBCLC, ICCE — St. Peter’s Lactation Consultant, Women and Children’s Unit Registered Nurse, Childbirth Education Instructor