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Late Summer 2014

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Fertility Phenom

Why couples have reason to hope

Defensive Play

Must-have gear for safe sporting

Emotions & Parenting

Tears and cheers that come with the territory

Back to School

From preschoolers to teens, see the milestones that show they're right on track



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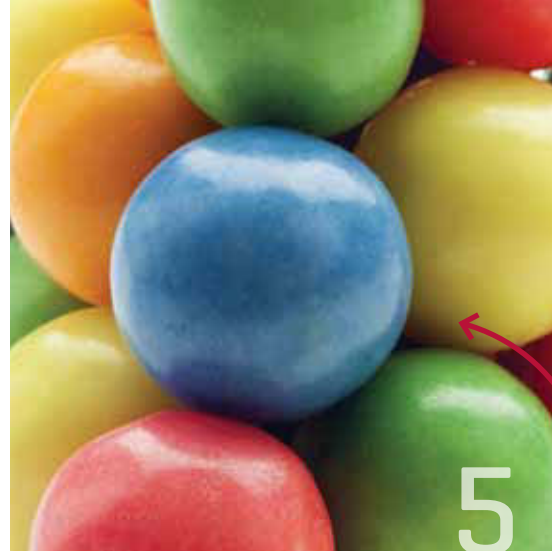


UNIVERSITY OF UTAH
HEALTH CARE

Back-to-School Checkup



Scan our list of meaningful milestones from toddlers to teens and ensure that your own brood is on track. Plus, cheat sheets on childhood illnesses, tummy troubles, and more.



3 ONWARD + UPWARD

As summer draws to an end, keep the fun going with plenty of sunscreen (you'll be surprised how much!), bee sting smarts, and sports gear that saves trips to the ER. Plus, how to prevent hearing loss and what really happens when you swallow a gum ball.

6 7 MOMS TALK MILESTONES

Watching your child grow up can be a roller coaster of emotions. Here are some of the tears and cheers that come with the territory.

14 AMAZEMENTS

Infertility is a problem as old as time, but researchers are making incredible strides.

15 SCRUMPTIOUS & IN-SEASON

The glorious tomato, late-summer's gift to cooks everywhere, has stunning health benefits. Now, how about stuffing it with pasta and cheese?

bookmark it!

Start your day with an easy tip, a healthy how-to, or a quick video. Visit healthfeed.uofuhealth.org

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ONE QUESTION



Can staring at the computer screen hurt my eyes?

“It can cause eye strain, dry eyes, and headaches if you stare at it for a long period of time, like most people do. **Every hour, give yourself a 30-second break from the screen—look at something farther away or close your eyes—and blink a little more often while you're working on a computer.**”

—Robert Corry, O.D., optometrist,
University of Utah Health Care's
South Jordan Health Center

onward + upward

LATE-SUMMER SPECIAL

The air smells like sharpened pencils and new books. Need a reason to get psyched for the school year? How about five ...

1 Backpacks are better. Backpacks let your kid spread weight across his back; it's up to you to buy one that won't cause injury. Agree on one that has padded straps, multiple compartments (to help distribute the weight), and compression straps on the bottom or sides (allowing you to fit it close to his back). When it's fully loaded, it should weigh less than 20 percent of his weight. (If your child weighs 70 pounds, his backpack shouldn't weigh more than 14 pounds.)

2 Screen time is slashed. It's difficult to limit TV watching and computer gaming during the dog days of summer. And while children may be in front of computers part of the school day, you can rest easy knowing it's for educational purposes.

3 Bedtime is back. When school's out, schedules typically relax. And falling short on ZZZs can make kids cranky or hyper, and make it tough for them to pay attention at school. Keeping a consistent nighttime routine helps kids get the sleep they need.

4 Your slow cooker calls. This magical device is the key to an easy, breezy (and healthy) school-night dinner. Sneak a few extra veggies into your spaghetti sauce, and no one will be the wiser.

5 Homework helps. There are benefits far beyond memorizing multiplication tables. Homework gives kids the skills they'll need to become real functioning adults who can prioritize, organize, manage their time, and solve problems—because someday, like it or not, they *will* fly the coop.

Win a Zoo Pass!

Visit zoo.uofuhealth.org and enter to win a Hogle Zoo annual family membership. Winners will be notified on Sept. 5, 2014.



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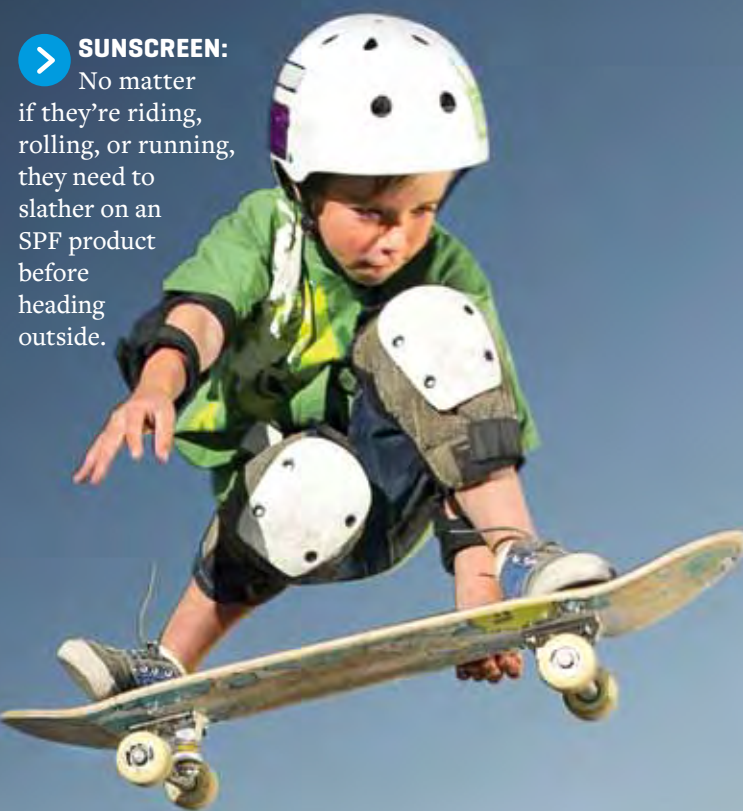
Getty Images

[onward + upward] play it safe

> HELMET: This is a given for football and anything on wheels—a bike, in-line skates, or a skateboard—to guard against concussions. (In the winter, kids need one for skiing and snowboarding, too.) “In general, helmets are only designed for one good impact,” says Christopher Gee, M.D., an emergency and sports medicine physician at University of Utah Health Care’s South Jordan Health Center. “If they fall and hit their heads, get a replacement helmet, even if it looks OK.” How do you get them to wear it in the first place? Let them pick the style and color they want and add a cool decal.

> KNEE, ELBOW, AND WRIST PADS: Think of all the skinned knees you could have avoided, if only. Kids on in-line skates or skateboards should sport knee pads, elbow pads, and wrist guards. “It’s important to wear protection to prevent fractures,” Gee says.

> MOUTH GUARD: These are common in football but should also be worn when playing soccer, basketball, and any other sport involving physical contact. If you’ve paid for braces, think of it as protecting your investment.



Before you send your little ones outside to play, outfit them with the protective gear that’s right for their sport.

> SUNSCREEN: No matter if they’re riding, rolling, or running, they need to slather on an SPF product before heading outside.

MYTHBUSTER **Is Swallowing Gum DANGEROUS?**

Gum doesn’t stand a chance against the acid in your stomach and the digestive enzymes in your small bowel.

Your mom warned that if you swallowed chewing gum, it would sit in your stomach for seven years. Moms are *almost* always right. According to N. Jewel Samadder, M.D., a gastroenterologist at the South Jordan Health Center, your digestive system “is built to dissolve and excrete what we put in our mouths in a matter of hours to days. Gum is made up of sweeteners—the flavorings—and gum base. The sugars are easily broken down. Even the gooey gum base is no match for our body’s acid and enzymes.” Bottom line: **In moderation, swallowing gum won’t harm you in the least.**

*** Got a myth you’d like to see us bust? Email us at elevate@hsc.utah.edu.**

Gumballs: Thinkstock; Skateboarder: Getty Images

SPF STATS

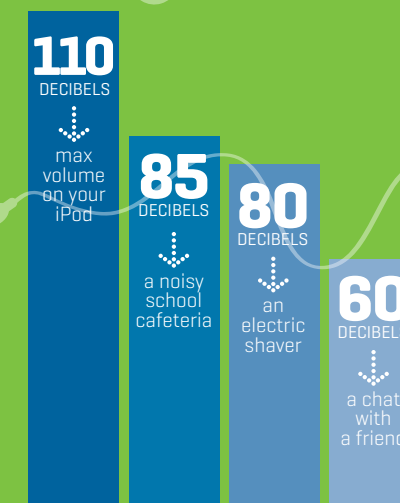
For sunscreen to work, you need to follow a few rules: Wear at least SPF 15, but 30 is better; don’t use it if it has expired (it really has an expiration date—check the bottle); and slather on the right amount, repeating every two hours.*



+ NOW HEAR THIS

Turn DOWN the Volume

If they’re not careful, your kids may be trading their earbuds for a hearing aid. “Noise-induced hearing loss is permanent but 100 percent preventable,” says Bryan McRae, M.D., an ear, nose, and throat physician at University of Utah Health Care’s South Jordan Health Center. “If everyone in the room can sing along, it’s probably too loud.” Long or repeated exposure to 85-decibel noise leads to hearing loss. **What does that mean in the real world?**



WIN VOLUME-LIMITING HEADPHONES

Visit headphones.uofuhealth.org and enter to win a pair of volume-limiting headphones for your kids. Winners will be notified Sept. 5, 2014.

3 SCENARIOS

Bzzzz ... OUCH! The Sting Scale

’Tis the season for stings of all sorts. **Here’s how to tell if it’s serious or just a serious pain in the arm.**



Ouch! A bee stung my hand!

There may be some swelling, pain, and itching. “Take Benadryl, ice it, and elevate it,” says Spencer Smith, M.D., an emergency medicine physician at University of Utah Health Care’s South Jordan Health Center. **If the sting remains a local reaction, meaning you don’t notice symptoms in other parts of your body, you should be back to normal in a few hours.**

I’ve been stung three times on my face!

“The worst place to get stung is the face because of the dangerous involvement of the airway,” Smith says. **Head to an emergency room at the first sign of breathing problems.**

Uh-oh, I think I may throw up! It doesn’t matter whether it was one sting or 100, **the minute symptoms move beyond the skin and involve breathing problems, queasiness, or vomiting, it’s time to go to the emergency room.**

I NTELLECTUALLY, YOU KNOW THAT YOUR CHILD WILL GROW UP ONE DAY. But that doesn't mean you won't go through some intense emotions along the way. Sadness, excitement, and anxiety are all part of the package. After all, it's hard to let go. "Parenting is all about preparing your child to be independent," says Carolyn M. Sanchez, M.D., a pediatrician at University of Utah Health Care's South Jordan Health Center. "It can be nerve-racking to let them try new things because you don't want them to get hurt or be disappointed. We as parents have to give our children that chance to succeed and let them know we are there for them through the good and the bad."

No matter what milestones you're facing, take heart in knowing that other mothers have been in your shoes—and lived to tell the tale. Here, seven share their stories.



milestones

* They sure do grow up fast. Seven real moms remember their kids' firsts and how they coped

1 "Mom, Stop It!"

"When my daughter turned 12, she became mortified whenever I moved to the beat of a song in public or sang along to the car radio—even with the windows rolled up. I decided to ignore her. Now when I start moving a shoulder while we're in the grocery store, I delight in the inevitable 'Mom! They can see you!' I never keep it up for long, but I think it's important to go against this expectation of social blending, to remind tweens that the world goes on despite imperfections, and to keep it light when they can't." —*Lisa*

2 A Night Away

"My two daughters were friends with two sisters, and they spent their first night away together at the girls' house when they were 4 and 6. The other mother was so excited, but I wasn't. You wonder if they're OK, if anything is going to go wrong, if they're going to wake up and cry. It turned out fine—I got them the next morning, and everyone was playing and having fun. And in all the subsequent years, I've never had to retrieve anyone in the middle of the night." —*Rosanna*

3 Little Woman

"My daughter got her first period while I was putting the finishing touches on Thanksgiving dinner. She locked herself in the bathroom while I ran out to the drug-store. Before that day, I thought I'd be sad when she went from little girl to young woman, but

there's nothing like a dining room full of hungry people to distract you. I remember kissing her good night and standing outside her door for a while. I suppose I wanted to keep her sheltered from the big, bad world, and she was already one step closer." —*Sara*

4 Kindergarten Countdown

"The summer before kindergarten, we started reading our son first-day-of-school books and discussing all of the exciting things about school that we remembered. I was so nervous—and emotional—about dropping him off that morning, but he made it easier with his enthusiasm about seeing his desk and using his new lunchbox. During the first few weeks, there were some ups and downs for all of us, but after checking in with his teacher, I knew he was OK." —*Jen*



How YOU Doin'? Listen up, moms: If you want to be around for all of their firsts, you need to make your own health a priority. Since running around town for multiple checkups can challenge any schedule, we've got a solution: the Comprehensive Women's Health Clinic at the South Jordan Health Center. The third Thursday every month, it's one-stop-shopping for a physical, Pap test, cholesterol screening, mammogram, bone density scan, and even a comprehensive skin cancer exam. "Women ages 21 to 65 can come in for two to three hours and get everything done at once. Then they're good for the year," says Nikki Gilmore, R.N., nurse manager of the clinic. Bonus: free child care on-site. Call **801-213-9219** to make a day or evening appointment, and let them know whether you'll be bringing kids.

5 College or Bust

"Empty nest syndrome is no joke. When the last one flies the coop, it leaves a definite vacuum, and there are a lot of tears. I let myself embrace the sadness for a while, and then one day decided it was time to be happy again. I asked myself, 'What do happy people do?' and started doing it. The extra time I had on my hands allowed me to take a few online courses to explore subjects that interest me—so now we're all growing!" —*Doris*

6 Truly Blue

"My daughter's first heartbreak came when her best friend 'broke up' with her in second grade. We all experience rejection at some point, but watching someone so innocent experience it for the first time was hard to see. My husband and I wanted to equip her with the skills to face her emotions, find strength, and walk through the experience. Her resilience was amazing to watch, and she found a new level of self-confidence as she branched out and found a new circle of friends." —*Adele*

7 A Boy + His Mustache

"With boys, body hair is a big deal. The boys with body hair show it off to each other, while the boys without it claim they're glad they don't have any because it's gross. The other day my son showed me the hair on his upper lip, which is becoming darker, and informed me I needed to buy him a razor so he could start shaving his 'mustache.' With as straight a face as I could manage, I examined his 'whiskers' and let him know he wasn't quite ready for shaving yet." —*Erin*



back-to-school CHECKUP

Take a deep breath: School is just around the corner

Every stage of your child's life brings challenges and milestones, often measured at the start of a new school year. Annual exams are a great way to stay ahead of potential problems; with older kids, open and honest communication can help you tackle hot-button issues. Here, what to expect as your child grows, and how you both can move forward with minimal (fingers crossed!) angst.

➔ Story by Janet Lee Photography by Chad Kirkland

50-80% of overweight kids will go on to be overweight or obese adults.

PRESCHOOL

[ages 3-5]

1 Potty training This can be a stressful time for parents and kids, but forcing the issue can make the situation worse, says Kerry Whittemore, M.D., a pediatrician at University of Utah Health Care's South Jordan Health Center. "Let them lead the way and go at their own pace; otherwise, it can lead to a power struggle," she says. If your child isn't interested or is having problems with training, your doctor can help identify potential causes.

2 Immunizations This is a fraught topic among parents these days, because of speculation and misinformation. "If your child isn't immunized, her life—and other lives—are at risk," says Alexis Somers, D.O., a family medicine physician at South Jordan Health Center. If you opted not to vaccinate your child as an infant, it's not too late. Your doctor can create a "catch-up" plan and explain the latest evidence-based research about vaccinations. (See "The Vaccination Debate," page 11.)

3 Mealtimes Doctors are starting to see the complications of obesity at ever-younger ages, so it's never too early to develop good eating habits, which tend to stick for life. Both Whittemore and Somers recommend having meals together as a family at the table, where you all eat the same foods.

4 Separation Their first days at preschool can be as hard on the parents as they are on the child. "You can help build confidence and independence—and reduce stress levels—by setting and sticking to routines before you even start school," Somers says.

Lunch ABCs

For a strong immune system and school performance, the ideal school lunch should include fruit and veggies [half the meal], lean protein [a quarter of the meal], and a whole grain [another quarter], says Carolyn Sanchez, M.D., a pediatrician at South Jordan Health Center. Two Sanchez favorites: a low-sodium bean burrito with spinach and cheese, and an avocado, turkey, lettuce, and tomato sandwich on whole wheat, with carrot sticks on the side.

GRADE SCHOOL

[ages 6–11]

1 Screen time The American Academy of Pediatrics recommends that kids get no more than two hours of screen time per day, including television, video games, computers, tablets, and phones. The more time kids spend in front of a monitor or screen, the less they spend being active and interacting with other kids.

2 ADHD Attention deficit hyperactivity disorder is one of the most common childhood disorders, affecting about 11 percent of school-age kids, according to the Centers for Disease Control and Prevention. If your child fidgets and has difficulty focusing, exhibits poor performance on schoolwork and poor memory, and is unable to sit quietly, having him evaluated now can head off behavioral and academic problems.

3 Organization In grade school, kids have to manage a full day of school, homework, friendships, and after-school activities. “A lot of kids have trouble staying organized,” says Whittemore. “Make sure your child has a planner to write his assignments in and go over it daily.” Stay in touch with your child’s teacher so you can quickly resolve any problems before they develop into bad habits.

4 Safety “Injuries are the leading cause of death for school-age kids because they can’t really sense danger or recognize hazards,” Somers says. “But most can be prevented with basic safety education.” Teach your kids about fire, gun, car, bike, and street safety.

✓ Schedule an appointment with a pediatrician at the South Jordan Health Center. Call **801-213-8838**.

* What Age Is Right to ...

... get a cell-phone? The major reason tweens want phones is to stay connected with friends. Some parents relent earlier so their grade schooler can always reach them. Beyond that, you have to weigh cost with convenience and the annoyance factor (constant texting).

... walk to school alone? The National Highway Traffic Safety Administration suggests age 10 as a minimum, but check with your school district’s rules. If your child can follow traffic rules, monitor his surroundings, and deal

with potential threats like strangers, try a solo walk.

... go on a sleepover? This varies wildly, but most parents consider potty-training, comfort away from home, and general maturity. Before you let her sleep over, speak with the other family to get a clear picture.

... use the shower instead of a bathtub? Give it a go, then do a dirt check. Did he wash his hair? Scrub all the dirty spots? Avoid wasting a ton of water? Of course, make sure your child knows how to safely

get out or turn off the water if the temperature suddenly changes.

... stay home alone for an hour? Some states have laws [the minimum age is usually 12], but Utah doesn’t. Before taking off without Junior, make sure he’s familiar with fire, poison, and stranger safety and knows when to call 911.

7 The average age at which a child is diagnosed with **ADHD**, according to the Centers for Disease Control and Prevention



JUNIOR HIGH

[ages 12–14]

1 Social media Monitoring your child’s Facebook, Instagram, and Tumblr activity is crucial to spotting situations that could escalate into bullying or sexual abuse. “I recommend that parents have their child’s passwords for Facebook until they’re in high school,” Whittemore says.

2 Bullying Nearly a third of students between ages 12 and 19 are bullied, Somers says. Middle school is the peak time. “Many years later, victims can suffer low self-esteem, difficulty trusting, aggression, and anger problems as a result of physical and/or emotional bullying,” she adds. If your child starts experiencing frequent headaches and stomachaches or develops problems performing, concentrating, or going to school, talk about what might be happening and speak with the school administrators. Peer pressure is another issue to consider because friends’ approval is so important at this age, Whittemore says. “There could be pressure to smoke, take drugs, and drink,” she says. “Staying involved in your kids’ lives can decrease the likelihood that they’ll get caught up in these activities.”

3 Puberty Big physical and emotional changes are happening now. It’s important to keep the lines of communication open so you can talk about what’s happening to your child’s body. If you’re not comfortable getting into the details, your doctor will be.

4 Sleep “Kids in this age group should get 9½ hours of sleep each night,” Somers says. “Sleep helps promote alertness, memory, and performance. Kids who get enough are able to function better and are less prone to behavioral issues and moodiness.” Keep your child on a regular sleep schedule and ban screen time in the bedroom.



The Vaccination Debate

To immunize or not to immunize? The question troubles parents all over Utah. “We understand that it can be a difficult or even agonizing decision,” says Sarah Petersen, M.D., a pediatrician at the South Jordan Health Center. “But vaccines have been proven to be both safe and effective.” As for the fear that several shots at once will overload the immune system, “the amount of antigens a baby gets in a vaccine is small compared to everything else a baby’s immune system is exposed to on a daily basis,” she adds. If you’re considering filing an exemption request, speak with your doctor and do some research. Look for large studies by unbiased organizations. “We do listen to parents,” Petersen says. “While we don’t recommend alternative vaccine schedules ... we would rather adjust the schedule to alleviate fears than have a child go without any shots.”



HIGH SCHOOL/ COLLEGE

[ages 15+]

1 Mental health This is a high-stress time, what with the pressure to get into college, falling in love—and breaking up—for the first time, and navigating friendships and family issues. This is also when many emotional problems start to show up. “One quarter of college students suffer from some type of mental illness, often depression,” Somers says. “Unfortunately, 75 percent of them don’t seek help, which could be why suicide is the third leading cause of death among college students.” If you’re worried, talk to your kid and make sure he knows help is available—inside or outside school.

2 Driving Everyone should practice good car safety, but high schoolers are especially at risk, Whittemore says. Auto accidents are the leading cause of death for teens. Lack of experience, overconfidence, failure to buckle up, texting, and drugs and alcohol are top reasons for accidents. Before you even think of handing over the keys, set your child up with the proper training. The Utah Safety Council offers defensive-driving classes throughout the state.

3 Eating disorders “Binge eating and/or purging can start as early as fifth grade, but it’s most prevalent in high school, where 13 percent of girls and 7 percent of boys engage in disordered eating,” Somers says. “Skipping meals, being secretive about eating, talking about

weight, obsessing about their body, and constant dieting are signs that your child could have a problem,” she says.

4 Sex “I talk about this topic with all my patients,” says Whittemore. “According to the CDC, 47 percent of high school kids have had sex and 40 percent of them did not use a condom the last time they had intercourse.” This age group also accounts for almost half of new sexually transmitted infection cases each year. Education and communication are key to helping kids protect themselves.



Schedule an appointment with a pediatrician or a family medicine physician at the South Jordan Health Center. Call **801-213-8838**.

Icon: The Noun Project

Teen
drivers
ARE
3.6
times **more likely** to die
in a car accident if they’re
carrying
passengers,
according to the National
Highway Traffic Safety
Administration

My Kid’s Sick! What Do I Do?

South Jordan Health Center pediatrician Amy Williams, M.D., highlights six common childhood illnesses and how to treat them.

CHICKENPOX: The highly contagious varicella-zoster virus causes red, itchy, fluid-filled bumps.

→ **What to do:** Doctors can give antivirals—and then you wait. “Kids have to stay home until the last bump forms a scab, which is usually within a week or two,” Williams says.

HEAD LICE: Tiny insects take up itchy residence on the scalp.

→ **What to do:** Several treatments with a medicated shampoo usually do the trick; your child can return to school after all traces are gone.

FIFTH DISEASE: This virus produces a telltale red rash on the cheeks and body that is usually preceded by fever, headache, and congestion.

→ **What to do:** Nothing. “We usually just recommend hydration and anti-inflammatories,” Williams says. By the time symptoms appear, kids are no longer contagious and can go to school.

STREP THROAT: A bacterial infection causes a severe sore throat along with fever and swollen glands.

→ **What to do:** “Antibiotics reduce symptoms and contagiousness and limit risk of severe complications, such as rheumatic fever,” Williams says. Your child should be able to return to school in a day or two.

CONJUNCTIVITIS: The culprit behind this inflammation on the surface of the eye—aka pinkeye—can be anything from bacteria to allergies. Eyes get red, itchy, and painful, and there may be discharge.

→ **What to do:** If the eye is stuck shut with discharge, the condition is probably bacterial and requires antibiotics, Williams says. Otherwise, it will resolve on its own. Kids may have to miss school for a few days, since it can be contagious.

EAR INFECTION: Otitis media is caused by fluid buildup in the middle ear, which pushes on the eardrum and can cause pain and fever.

→ **What to do:** It may require antibiotics but usually resolves on its own and is not contagious, so kids can go to school if able.

BELLY ACHE BLUES



A tummy trouble cheat sheet from Amy Williams, M.D.:

STOMACH BUG

Symptoms Vomiting; diarrhea; abdominal cramping, with or without a low fever

Treatment Rest and hydration. Give small amounts (2 to 4 ounces) of water or Pedialyte—not juice—with each episode of vomiting or diarrhea.

CONSTIPATION

Symptoms Going less frequently than normal, painful bowel movements, feeling full

Treatment Increase fluids and fiber (5 to 10 grams daily under age 5) and have them sit on the toilet 10 minutes twice a day, after meals.

STRESS

Symptoms Recurring stomachaches before school (or other stressful activities)

Treatment Try soothing lights, music, and a heating pad on the belly. And get to the source of the problem.

Head to the ER if abdominal pain, extreme fatigue, or fever accompany vomiting, or your child can’t hold down food or urinate for 12 hours.

fertile phenoms

Ever since scientists figured out the egg and sperm thing in 1843, doctors and researchers have devoted their lives to one question: Why do some couples have trouble conceiving?

→ Infertility is an issue that affects 7 million Americans—and not just women. “One of the misconceptions is that the male doesn’t have a role in infertility,” says Jim Hotaling, M.D., a urologist specializing in male infertility at the Utah Center for Reproductive Medicine and Men’s Health at the South Jordan Health Center. In fact, half of conception difficulties can be traced to the male. At the University of Utah, vital research on male and female infertility is being conducted every day. Here, we look at how far the field has come.

1873

Harvard doctor Edward Clarke publishes the book *Sex in Education*, in which he falsely warns that women who study too much run the risk of becoming sterile.

1906

American surgeon Robert Tuttle Morris performs partial ovarian transplants, resulting in one successful pregnancy.



1967

The first infertility medication, clomiphene citrate (Clomid), gets the green light. The pill induces ovulation and is still prescribed today.



1978

In the wee hours of July 25, British doctor Patrick Steptoe delivers Louise Joy Brown—the first baby born thanks to in vitro fertilization (IVF), manually combining an egg and sperm in a laboratory dish.

1980s

The University of Utah opens its andrology clinic, which focuses solely on male infertility. It remains the only such clinic in Utah.

1982

The University of Utah’s IVF clinic is one of the first in the nation. Two years later, the first baby conceived through IVF in Utah is born.

1999

Microdissection testicular sperm extraction (micro-TESE) hits the scene, giving doctors a better way to retrieve sperm in men who have low sperm production. Using this technique, the odds of a successful retrieval rise from 40 percent (or less) to 65 percent.

2001

Researchers discover that the shape of a man’s sperm can offer a clue to fertility. Also important: concentration and quality of sperm movement.



2013

As the principal site for the nation’s largest infertility trial ever, the University of Utah studies a male fertility supplement that has the potential to become a prenatal vitamin for men.

2014

More than 30 years old, the Utah Center for Reproductive Medicine’s IVF program claims one of the highest success rates in the nation—and some of the lowest costs.

Fertility’s X Factor

For many couples, infertility is beyond their control, and medical intervention is necessary. Others may be able to increase their chances of conceiving naturally by making lifestyle changes, says Andrew Moore, M.D., a specialist in infertility and reproductive endocrinology at the South Jordan Health Center. “Obesity, smoking, alcohol use—more than a few drinks per week—and even excessive caffeine intake have been shown to decrease fertility,” he says.

The university is conducting the “healthy conception” study, which looks at how obesity affects fertility. Participants undergo a six-month intensive weight-loss program, in which an average of 70 pounds is shed in the first five months, Moore says. “We’re seeing really great success so far.” The study continues through 2015.



LEARN ABOUT YOUR FERTILITY OPTIONS

Join Jim Hotaling, M.D., and Andrew Moore, M.D., for a Pathways to Pregnancy seminar from 6:30 to 8 p.m. Sept. 9. Visit pathways.uofuhealth.org to register.

Sperm: Thinkstock

SCRUMPTIOUS
+ IN-SEASON



tomato days

This fruit masquerading as a veggie (true!) brightens any summer get-together.

AMONG THE SIMPLE PLEASURES OF SUMMER, biting into a ripe tomato is one of the most delicious. This citrus fruit contains vitamins C and A and lycopene, all antioxidants that fight disease, especially cancer and cardiovascular conditions. “There are a couple of interesting things about lycopene, which gives a tomato its red color,” says Jamie Saunders, R.D., a clinical dietitian at the South Jordan Health Center. “First, processing or cooking tomatoes makes it easier for your body to absorb lycopene.” (Salsas, ketchup, and sauces are all examples.) “Second, this nutrient is fat-soluble, so eating your tomatoes with a little healthy fat, like olive oil or avocado, improves absorption as well.” Although ‘maters come in red, orange, brown, yellow, green, and even striped varieties, always look for vibrant color and slightly soft skin,



Cook with a Doc

Bring your kids and join Amy Williams, M.D., and dietitian Jamie Saunders, R.D., at 5:30 p.m. Aug. 28. Learn four easy recipes that require just four ingredients. [Sampling included!] Visit cooking.uofuhealth.org to register.

Saunders recommends. Local tomatoes, like those available at farmers markets in mid- to late summer, will generally always taste better than hot-house brands. To preserve flavor as long as possible, keep them at room temperature and never refrigerate.

Finally, when summer’s bounty threatens to overwhelm you, these bright beauties are easy to can or freeze for the cold months to come.

STUFFED TOMATOES

Serves four | About 280 calories per serving

4 medium to large tomatoes

2 c. cooked small pasta (such as macaroni)

4 oz. Gruyere cheese (or another flavorful cheese)

1/8 tsp. each salt and pepper

2 Tbsp. bread crumbs

MAKE IT HEALTHIER: Use whole-grain pasta and bread crumbs.

MAKE IT HEALTHIEST: Use a low-fat cheese, and mix shredded kale or spinach into the macaroni. Replace the pasta with cauliflower to save 100 calories!

- 1 Preheat oven to 350°.
- 2 Cook the pasta a minute or two less than the box directions so it’s almost al dente, then drain.
- 3 Shred Gruyere and set aside 2 tablespoons for topping.
- 4 Mix pasta and main portion of Gruyere in medium-size bowl. Add salt and pepper to taste.

5 Slice tops off tomatoes and scoop out seeds (use in a sauce if you want). Cut a very thin slice off the bottom of each tomato, if necessary, so it sits flat.

6 Scoop approximately a half cup of pasta mixture into each tomato. Top each one with a half tablespoon of the remaining cheese and a half tablespoon of bread crumbs.

7 Bake on a foil-lined baking sheet for 20 to 25 minutes or until brown on top.

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WELCOME to the late summer issue of *Elevate*.

No matter how long it's been since you headed back to school, summer's end triggers dueling emotions: sadness that the season's lazy days are winding down mixed with anticipation of the crisp weeks to come. This year, in addition to taking the kids shopping for backpacks, you might think about prepping them for a year of good health. That could mean scrutinizing their sports gear, boning up on the milestones they'll be meeting, or getting a refresher on stomach bugs. This issue of *Elevate* is full of info you can use every day—because you're never too old to learn.

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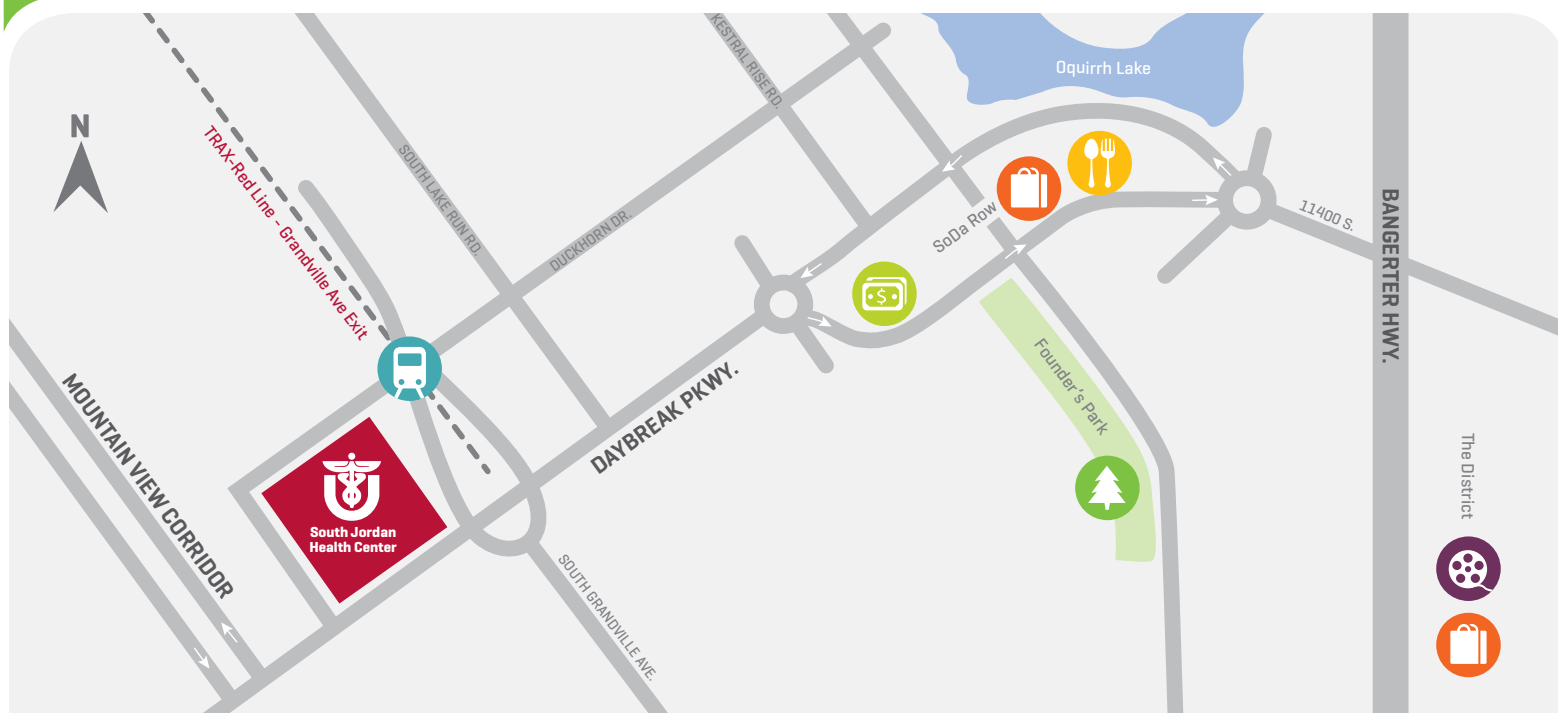
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