

A PUBLICATION FOR THE MEMBERS OF THE H2U PROGRAM

health2you

Winter Edition - February 2011

Feed Your Heart
*Top Nutrition Tips for
Cardiovascular Health*

*Is Knee Replacement Surgery
Right for You?*

*Join Us for the H2U MountainView
Open House*

The Numbers Tell a Story



SUNRISE HEALTH

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

h2U[®]
HEALTH TO YOU™

The Numbers Tell a Story

More than

19,000-

the number of hearts treated by **Sunrise Health System Hospitals** in 2010. **Sunrise Hospital, MountainView Hospital, Southern Hills Hospital and Sunrise Children's Hospital** all provide cardiology procedures and treat patients from throughout the region.

More than

2,900-

the number of physicians available through the **Consult-A-Nurse** service offered by the **Sunrise Health System Hospitals**. By calling (702) 233-5300 any day at any time, you can get a referral to a physician on staff at a **Sunrise Health Hospital**, answers to health questions, or information on programs and services offered by **Sunrise, MountainView, Southern Hills or Sunrise Children's Hospitals**.

Feed Your Heart-Top Nutrition Tips for Cardiovascular Health

Written by Holly Lee Brewer, MS, RD, CDE - Sunrise Hospital Dietician

Heart disease is the number one killer and stroke is the number three killer of American men and women. When a fatty substance called plaque builds up in the artery walls it causes blockage as blood cannot bring oxygen to heart cells (heart attack) or the brain (stroke).

Lifestyle choices can reduce your risk for heart disease:

- Don't smoke
- Stay active (at least 30 minutes of aerobic movement per day)
- Reduce stress
- Heart healthy eating & DASH (Dietary Approach to Stop Hypertension)

Top Six Nutrition Tips for Your Heart

1. Colorful Fruits & Vegetables: Five to ten servings a day of red, orange, yellow, blue, purple and green; include some that are high in potassium like citrus fruits, leafy vegetables and tomatoes. A potassium-rich diet blunts the harmful effects of sodium on blood pressure. Eat your fruit, don't drink it - juice is sugar and water, like soda without carbonation. Whole fruits and vegetables have vitamins, minerals and fiber. They fill you up with very few calories. *One serving = ½ cup cooked or one cup raw.*

2. Whole Grains: Six to eight servings a day of fiber - try quinoa, barley and brown rice. Dietary fiber keeps your stool soft and contributes to satiety at meals. *One serving = ½ cup cooked grains/cereal, one cup cold cereal, one slice of bread. A typical meal should not have a portion more than your "fist" on your plate.*

3. Lean Proteins: Six to eight ounces of low fat beef, pork or poultry with two to three servings of fish per week. Make it baked, grilled, broiled or steamed. Use low fat cooking methods to save calories. You can also include one or two eggs up to three times a week. *Have a little bit of protein with every meal, but not more than the size of your own palm on your plate.*

4. Vegetarian Meals: Legumes (beans like soy, pinto, kidney and black) are great sources of protein and low fat. Plus the soluble fiber lowers blood cholesterol. *One serving = ½ cup cooked. Serve with corn, corn tortillas or brown rice to make a complete protein for your meal.*

5. Milk: Two to three servings of low fat milk or yogurt per day (or lactaid milk). Studies continue to show the benefits of dietary calcium in lowering blood pressure (and may help boost metabolism). Unfortunately, cheese and ice cream are not good substitutes; both are high in saturated fat and calories.

6. Cut the Salt: Aim for less than 1,500 mg of sodium per day. Avoid canned soups, vegetables and meats. Check the labels on frozen meals, most have more than 900 mg per serving. Did you know that just one teaspoon of salt = 2,000 mg? Skip the salt shaker; try various herbs and spices like pepper, basil, oregano, rosemary, thyme and garlic.

References:

DASH: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

National Heart Lung & Blood Institute Create-A-Diet Activity: <http://nhlbisupport.com/cgi-bin/chd1/diet1.cgi>

National Institutes of Health Heart Healthy Recipes: http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

Is Knee Replacement Surgery Right for Me?

As one of the most advanced orthopedic surgery units in Las Vegas, **Southern Hills Hospital & Medical Center's** expert physicians and specialists are here to provide information to our patients about knee replacement surgery. Chad Hanson, MD, Orthopedic Surgeon with **Southern Hills Hospital**, provides the following information.

How do I know if I need knee replacement surgery?

If one feels that they must avoid certain activities due to disabling knee pain including exercising, sports, standing, walking, or climbing stairs, they may have arthritis of the knees. Osteoarthritis of the knee is diagnosed with a physical examination and X-rays of the knee. The X-rays often show bone spurs and a decrease in knee joint space where the smooth cartilage surface has worn away -- often called "bone-on-bone" arthritis. As arthritis progresses, many conservative treatment options are available. These include exercise, physical therapy, anti-inflammatories, bracing and steroid or lubricating injections. When someone has tried many or all of these options and continues to have their daily activities of living limited secondary to pain and dysfunction in their knees, a joint replacement may be appropriate.

What are recent advances in the field?

Much publicity has recently been given to computer - navigation, minimally - invasive surgery, partial knee replacements and patellofemoral knee replacements (surgery to resurface behind the kneecap). The vast majority of patients will likely be candidates for traditional knee replacement surgery and will obtain the best outcomes when their surgeon performs the procedure in the way that is most reliable for him or her.

What is the recovery process like?

As with any major operation, knee replacement surgery can be a scary undertaking for many people and carries certain risks, such as:

infection, blood clots, stiffness and others. The overall improvement in pain and motion can take weeks to months to be fully appreciated. It is important to understand the role of both the surgery and the aftercare. One's stay in the hospital may only be two to three days, but it is critical to follow the recommendations for motion, exercise and physical therapy made by your surgeon. A perfectly executed surgery can be perfectly undone by a lack of dedication to one's rehabilitation process.

How long does a new joint last?

Everyone asks how long their knee replacement will last. The truth is that most people only need one replacement to last their entire lives. In a recent article by Parrette* and Associates, it was noted that 85-90% of knee replacements were still be functioning 15 years after placement. As more and more young people (at or around 50 years of age) undergo knee replacement surgery, this statistic is likely to change somewhat. Younger knee replacement recipients may be placing more demand on their artificial joints. Higher levels of activity such as running and basketball can lead to increased wear on the joint replacement components leading to an increased likelihood of revision or repeat surgery.

What are the alternatives to surgery?

As mentioned above, some individuals are not good candidates for joint replacement surgery or do not wish to undertake the risks of the surgery and subsequent rehabilitation. Activity modification, anti-inflammatories, injections and assistive devices (cane, walker) are all available to help reduce the symptoms of knee arthritis without undergoing surgery.

How can I put less pressure on my knees and joints? Are there exercises you recommend?

I encourage my patients to maintain an active and healthy lifestyle. Having a daily exercise routine coupled with responsible nutrition can



lead to an increase in the longevity of one's knees. Supervised dieting with a primary care physician is sometimes required. Each pound of weight that is lost decreases the force across the knees by four pounds! It is ideal to maintain a higher level of flexibility and motion within the knees, as stiffness is a contributing factor to the amount of disability one has with knee arthritis. Choosing medium-impact exercises, such as swimming and cycling, are often helpful in maintaining good cardiovascular fitness without overly affecting the knee joints.

All of the **Sunrise Health System Hospitals** offer orthopedic surgery. Contact our Consult-A-Nurse hotline at (702) 233-5300 for a physician referral at any one of our **Sunrise Health System Hospitals-Sunrise Hospital & Medical Center, Sunrise Children's Hospital, MountainView Hospital and Southern Hills Hospital & Medical Center.**

*Parrette et al, *Journal of Bone and Joint Surgery American*, September 2010; 92: 2143-2149.

Sunrise H2U Office Calendar of Events for February 2011

All programs are open to the public. Reservations are required – please call (702) 735-5510 to make your reservation unless otherwise noted.

H2U Member Meal Coupons are available in the H2U office at 3061 South Maryland Parkway, Suite #101 and in the Guest Services Department behind the front desk of the Sunrise Hospital main lobby.

VOLUNTEERS NEEDED ... the H2U office at Sunrise is in need of volunteers to assist in the office on Thursdays from 9 a.m. to 3 p.m. and for volunteers to do hospital visits. If you are interested, please contact (702) 735-5510 for more information.

OFFICE CLOSINGS

February 4, 11, 18 and 25

AARP DRIVER SAFETY CLASS

Wednesday, February 2

12 – 4 p.m.

\$12 for AARP members and \$14 for non-members. Attend this class and receive a discount on your automobile insurance. Please call (702) 735-5510 to reserve your spot.

- Reservations are required for all events.
- All programs are subject to change.

LUNCH AND LEARN

Heart Healthy and Tastes Good

Tuesday, February 8

11:30 a.m. – 1:30 p.m.

Held in the Sunrise Hospital Auditorium
Join Holly Brewer, MS RD CDE, Pediatric Dietitian, Diabetes Educator, Medical Nutrition Therapist for Sunrise Hospital as she demonstrates with a special lunch menu how eating healthy can also taste good. Call (702) 233-5300 to R.S.V.P.

LUNCH AND LEARN

ADT and Its Senior Companion Program

Advantages to H2U members

Wednesday, February 9

11:30 a.m. - 1:30 p.m.

Join Tess Lacroix from ADT as she demonstrates the senior companion program and how it benefits individuals at risk for falls. Huge discounts available to H2U members. Call (702) 233-5300 to R.S.V.P.

Adult Outpatient Diabetes Classes

"Overview" - Thursday, February 10

1:30 – 3:30 p.m.

Held in the Sunrise Education

Department Room # 100

"Medications" - Friday, February 11

1:30 - 3:30 p.m.

Held in the Doctors Conference Room

at Sunrise

Adult Outpatient Diabetes Classes

"Nutrition" - Monday, February 21

1:30 – 3:30 p.m.

Held in the Sunrise Education

Department Room # 100

This free program is available for adult diabetes patients and a guest. Classes are taught in English only. Please call (702) 233-5454 to register.

Physician Dinner Lecture –

All About Your Heart

Wednesday, February 23

5:30 – 7:30 p.m.

Held in the Sunrise Hospital Auditorium
Join Cardiologist Shaheen Choudhry, M.D., F.A.C.C., as she discusses the leading causes and treatments of heart disease. Please call (702) 233-5300 to R.S.V.P.

Diabetes Health Awareness Day

Saturday, February 26

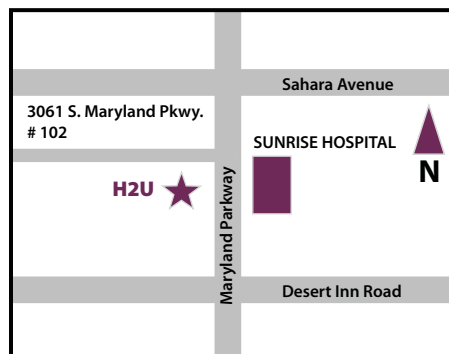
11 a.m. – 1 p.m.

Held in the Sunrise Hospital Auditorium
Co-sponsored by CareMore. Highlighting the day will be a special presentation by a registered dietitian from Crystal Clear Wellness and Nutrition. This unique and fun presentation will give important information about managing a healthy lifestyle and living with chronic conditions. Screenings relating to the management and control of diabetes symptoms will be available during the event. Please call (702) 233-5300 to R.S.V.P.

Sunrise H2U Office:
(702) 735-5510
www.sunrisehospital.com



*The Consumer Choice Award
winner for 15 consecutive years!*



Tracy Netherton

Guest Services Coordinator

3061 S. Maryland Pkwy., Suite # 102
Las Vegas, NV 89109
Phone: (702) 735-5510
Fax: (702) 836-5838

Office hours:

Monday - Thursday
9 a.m. to 3 p.m.
Closed on Fridays

MountainView H2U Office Calendar of Events for February 2011

The H2U MountainView Office has relocated to 3150 N. Tenaya Way, Suite #114, Las Vegas, NV 89128

Please call (702) 255-5404 for your required reservation. A doctor's release is required for all exercise classes.

Office closings:

Friday, February 25 – Tuesday, March 8

Zumba® Gold - \$3 per class (no class 2/28)
Mondays 10 – 11 a.m.

Blood Pressure

Tuesdays 10 – 11 a.m.

Yoga

\$5 per class
Thursdays 9-10 a.m.

FREE Line Dancing Classes

Tuesdays 9 – 10 a.m. &
Thursdays 10:30 – 11:30 a.m.

LUNCH AND LEARN

Nathan Adleson Hospice presents:
"Complementary Therapies"

Tuesday, February 1
11:30 a.m. - 1 p.m.

- **Reservations are required for all events.**
- **All programs are subject to change.**

Birthdays Party

Wednesday, February 2
1:30 – 3 p.m.

If you were born in FEBRUARY, you and a guest are invited for cake and coffee.

Card and Game Day

Monday, February 7 & 21
Noon – 3 p.m.

Movie Matinee

"The American"

Thursday, February 3
1:30– 3:20 p.m.

Bunco

Monday, February 14
1:30 – 3 p.m.

AARP Driver Safety Class

Tuesday, February 15
11:45 a.m. - 4 p.m.
Fee: Check made out to AARP \$12 for AARP member and \$14 for non AARP member- CHECKS ONLY call office for details.

Free Medicare Counseling

Wednesday, February 16
9:15 – 11:15 a.m.
By Appointment ONLY.

LUNCH AND LEARN

Home Watch presents
"Pathway to Memory"

Wednesday, February 16
11:30 a.m. - 1 p.m.

Sue Cook, President of Homewatch CareGivers, will present an informational program on "Pathway to Memory", a targeted memory enhancement program for those with memory impairing illnesses and conditions.

H2U Annual Travel Program

Wednesday, February 16
1:30 - 3 p.m.

Join representatives from Collette Vacations and Premier World Discovery.

LUNCH AND LEARN

Vascular Heart Disease

Wednesday, February 23
11:30 a.m. - 1 p.m.

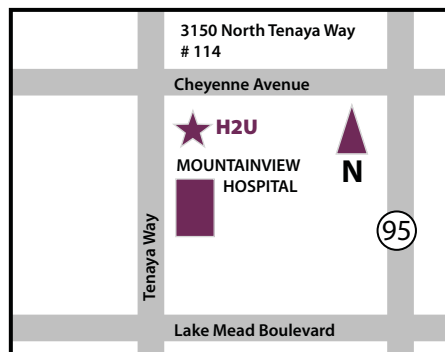
Guest Speakers: Michael G. Wood, M.D. of Cardiovascular Surgery Associates and Tim Foley, RN, BSN, CCRN, Clinical Coordinator, Cardiothoracic & Vascular Surgery at MountainView Hospital.

H2U OPEN HOUSE AND SCREENINGS

Thursday, February 24
1 – 3 p.m.

Come and see our new home. Refreshments, tours and screenings: bone density, blood pressure, grip strength and body fat testing.

MountainView H2U Office:
(702) 255-5404
www.mountainview-hospital.com



Rita Moore

H2U Program Manager

3150 North Tenaya Way, Suite 114
Las Vegas, NV 89128
Phone: (702) 255-5404
Fax: (702) 255-5420

Office hours:

Monday - Thursday 9 a.m. to 4 p.m.
Friday 9 a.m. to 12:30 p.m.
The 4th Wednesday of each month
9 a.m. to 2:30 p.m.

Southern Hills H2U Office Calendar of Events for February 2011

EVENTS AND SEMINARS

Call (702) 880-2700 to make your REQUIRED RESERVATION. The seminars are held in Southern Hills Hospital's Education Rooms on the first floor across from the cafeteria.

VOLUNTEER OPPORTUNITIES

If you are interested or would like more information on volunteer positions at Southern Hills Hospital, log on to www.SouthernHillsHospital.com or contact Stacy Acquista at (702) 880-2125.

LUNCH AND LEARN

Hospice Philosophy

Monday, February 14

11:30 a.m. - 1 p.m.

A free lecture presented by Nathan Adelson Hospice. Learn about hospice, including different options for care and the opportunity to ask questions directly with a hospice specialist. Registration is required and seating is limited. RSVP by calling (702) 880-2700.

AARP Driver Safety Class

Thursday, February 17

Noon - 4 p.m.

Fee: Check made out to AARP \$12 for AARP members and \$14 for non AARP members—CHECKS ONLY. Members must present their membership card to receive the discount. Registration is required. Call (702) 880-2700 to register. Course participants learn how to develop safe driving strategies to compensate for normal, age-related physical changes; reduce traffic violations, crashes and chances for injuries and get the most current information about recent changes in laws and car design. A workbook offers drivers self tests and quick tips to sharpen their skills behind the wheel.

H2U COMMUNITY PARTNER

Let our family care for yours.

Affordable Care Solutions:

- Clients receive customized care with free, no-obligation evaluations
- Hourly and 24-hour services are available
- Major credit cards and long term care insurance are accepted

Join us to learn more about our Pathways to Memory program.

Homewatch CareGivers of Summerlin will host a Luncheon at the Mountain View H2U office at Suite 114, 3150 N. Tenaya Way on **Wednesday, February 16, 2011** from 11:30 am to 1:00 pm.

To RSVP, please call
(702) 341-8600

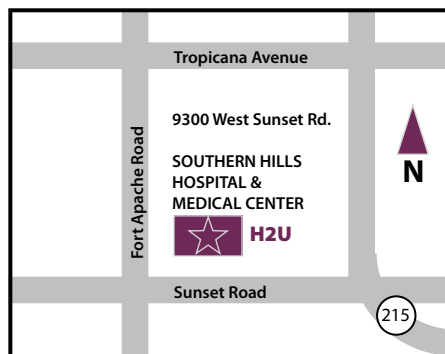
**Homewatch
CareGivers®**

Homewatch CareGivers of Summerlin
8430 W. Lake Mead Blvd., Suite 146
Las Vegas, NV 89128

HomewatchCareGivers.com/las-vegas

- Reservations are required for all events.
- All programs are subject to change.

Southern Hills H2U Office:
(702) 255-5404
www.southernhillshospital.com



Stacy Acquista
Director of Marketing
H2U Director

9300 West Sunset Road
Las Vegas, NV 89148
Phone: (702) 880-2125
Fax: (702) 255-5420

MEMBERSHIP BENEFITS

HOSPITAL PRIVILEGES

When H2U members require a stay at Sunrise, MountainView or Southern Hills Hospitals, your membership provides extra amenities including:

MEDICARE PART A

INPATIENT DEDUCTIBLE

(not applicable for HMO or PFFS patients) Members must belong to H2U for at least 30 days prior to hospitalization. For patients that do not have supplement insurance, the hospital waives the inpatient deductible. For patients that have supplemental insurance, the insurance company is billed and the remaining portion not covered by the insurance is then waived by the hospital. Please contact your local H2U Supervisor once you receive a bill to have the inpatient deductible waived.

ROOM UPGRADE

Members are offered a private room (at no additional charge) when staffing and availability permit. Show the admitting personnel a current membership card to utilize this privilege.

MEAL COUPONS

Visitors of hospitalized members are entitled to complimentary coupons for use in our cafeterias during a member's hospital stay. The visitor needs to present the hospitalized member's card at an H2U office after hospitalization for 24 hours has occurred. Maximum of four coupon booklets per week.

MEAL DISCOUNTS

By showing a current membership card, all members receive employee prices on meals in our hospital's cafeterias. This privilege applies to the current members only and not visitors or for use on guest trays in patient rooms.

PHYSICIAN REFERRAL

Find a doctor who is right for you. Call the Sunrise Health Physician Referral Line at (702) 233-5300.



give the gift of membership today!

H2U is a membership organization dedicated to understanding the unique health needs of adults and providing you with valuable health information, resources and experiences.

new member application

Date _____ Amount Enclosed \$20 (1 year) \$35 (2 years) NL

First Name _____ Middle Initial _____

Last Name _____

Address _____

City/State _____ Zip Code _____

Phone Number _____ Email _____

Gender male female Date of Birth _____

Check or money order payable to H2U enclosed

Visa or MasterCard (#)
(expiration date) /

Signature _____ Date _____

Print Name _____

Assign my membership to the H2U program at: (hospital name) _____

I am joining H2U for : Discounts Health information Social activities
 Online health tools Health screenings Member hospital privileges

The following health topics would interest me (please check all that apply):

- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Heart & vascular health | <input type="checkbox"/> Neurology | <input type="checkbox"/> Women's health | <input type="checkbox"/> Sleep disorders |
| <input type="checkbox"/> Caregiving | <input type="checkbox"/> Pulmonary rehab | <input type="checkbox"/> Health screenings | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Cancer prevention | <input type="checkbox"/> Rehabilitation | <input type="checkbox"/> Heartburn reflux | <input type="checkbox"/> Bone & joint care |
| <input type="checkbox"/> Pediatric services | <input type="checkbox"/> Men's health | <input type="checkbox"/> Wound care | <input type="checkbox"/> Health seminars |
| <input type="checkbox"/> Pain management | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Open heart surgery | <input type="checkbox"/> Healthy lifestyles |
| <input type="checkbox"/> Nutrition | <input type="checkbox"/> Family health | <input type="checkbox"/> Breast disease | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Menopause | <input type="checkbox"/> Orthopedics | <input type="checkbox"/> Obstetrics | <input type="checkbox"/> Cardiac services |
| <input type="checkbox"/> Osteoporosis | <input type="checkbox"/> Cancer detection & treatment | | |

For additional new member applications, photocopy this form. Memberships are non-refundable, non-transferable and privileges are subject to change without notice. Special rates for two-person households are available. Call (800) 771-0428 for information.

H2U national office:
P.O. Box 1300
Nashville, TN 37202-1300

(800) 771-0428
www.h2u.com

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for a consultation with a physician.

H2U at Sunrise Health
3061 South Maryland Pkwy #102
Las Vegas, NV 89109
www.sunrisehealthinfo.com

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Sunrise Hospital and Medical Center, MountainView Hospital and Southern Hills Hospital and Medical Center-- the first network of accredited Chest Pain Centers in the state of Nevada.



The Sunrise Health System is the first network of Certified Primary Stroke Centers in Southern Nevada.

MountainView's H2U Office Moves to the Hospital Campus!

MountainView Hospital's H2U Office has moved from Del Webb Avenue to the MountainView Medical Office Building, located conveniently on the hospital's main campus.

To celebrate, H2U MountainView will host an Open House on
Thursday, February 24 from 1 to 3 p.m. at 3150 North Tenaya Way, Suite 114.

This free event will offer health screenings such as bone density, blood pressure, grip strength and body fat testing, as well as light refreshments and tours of the brand new facility. Clinical Coordinators will be on hand to answer questions related to cardiovascular and neurological health, and you can also sign up your friends to become H2U Members at this time. This new location offers easy access to hospital services and handicap parking nearby. The phone number for the H2U MountainView office will remain the same, (702) 255-5404. We will see you at the Open House!