

A PUBLICATION FOR THE MEMBERS OF THE H2U PROGRAM

Winter Edition - February 2012

health²you

**It's American Heart Month:
What is your Heart Murmur Saying to You?**

***Fight Lung Cancer with Early
Detection at Sunrise Hospital***

***A Must-See Rehab Unit:
MountainView Hospital***

***RISE Behavioral Health Lifts Off
and Welcomes New Patients at Southern Hills***


SUNRISE HEALTH

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

h2u[®]
HEALTH TO YOU™

Your Heart Murmur ... What is it Saying?

Sunrise and MountainView Hospitals Now Offer Heart Murmur Programs

Deep inside your heart are some hard-working structures that silently keep blood moving through your entire body. Your heart valves. They work tirelessly, opening and closing to allow blood to flow through your heart. We don't think about them very much, but that doesn't mean that you shouldn't. Here's what you should know about valvular heart disease:

Heart Murmurs: If the blood flow through your heart sounds different, a clinician may call it a "heart murmur." Sometimes this is completely normal and harmless and may be the unique way your heart sounds. Sometimes it could be a sign of other problems, so it's important to know which kind of heart murmur you have and if further testing or treatment is needed.

Stenosis: Stenosis is a problem with how open your heart valve is. Sometimes, and especially when we age, valves narrow and let less blood flow through the heart. Sometimes this can result in shortness of breath, tiredness, chest pain, feeling light-headed, or even passing out. Often the symptoms are worse when you are doing more strenuous activities like climbing stairs or walking a long distance. These symptoms shouldn't be ignored or expected as a side effect of aging. This is the most common type of valvular heart disease.

Regurgitation or Insufficiency: Regurgitation is a problem with how a valve closes. These types of conditions also affect blood flow, because the valve doesn't close all the way, causing blood to flow in the wrong direction. This can lead to similar symptoms such as Aortic Stenosis.

Sunrise and MountainView Hospitals are proud to offer new heart murmur programs. Through these programs, both patients and the community can receive education and care that they need through our valuable resources. Throughout the year, we offer free heart murmur clinics for the community.

For more information on schedules and locations of these clinics, visit SunriseHealthInfo.com or call **702.233.5300**.

MountainView Opens Inpatient Rehabilitation Unit

MountainView Hospital is pleased to announce the opening of its brand new, 18-bed rehabilitation unit! We offer a variety of amenities, such as:

- **Continuum of care:** our acute rehabilitation unit is a department of the hospital, so you will be provided the same level of expert care that you have come to expect from **MountainView**.
- **Close to home:** the rehabilitation unit is located on the sixth floor of the **MountainView Hospital** Medical Office building, making it even easier for family and loved ones to visit.
- **A beautiful, healing environment:** **MountainView Hospital** is the only inpatient rehabilitation unit in the Northwest with all-private rooms and attached private bathrooms! Six stories up, you will enjoy majestic views of the Red Rock Canyon and the picturesque beauty of desert sunsets.
- **Immediate access to care:** in addition to our highly trained staff, you will have 24/7 access to our physicians and emergency services should you need them, as well as a higher level of imaging services such as an MRI or CT scan. Unlike many free-standing rehabilitation facilities, we offer these services on-site so that you will not require an ambulance transfer to an outside facility.

For a personal tour of the unit, please contact our coordinator at **702.562.5560**.



Sunrise Hospital First to Offer New Valve Surgery

Until recently, the only way to get a new heart valve was to have open heart surgery. Now that has changed, and **Sunrise Hospital** will be the first hospital in Southern Nevada to offer the new procedure.

The procedure, known as Transcatheter Aortic Valve Replacement (TAVR), allows patients to undergo aortic valve replacement through a small incision in the skin. It is a state-of-the-art treatment for aortic valve stenosis, a disease that affects the largest heart valve – the aortic valve. When the heart valve is unable to effectively deliver blood to the body, people can be weak, dizzy, have frequent fainting spells and risk heart failure. The TAVR procedure may not be used on all patients, but for the appropriate patient it offers a minimally invasive treatment which allows for better outcomes and quicker patient recovery.

Sunrise plans to begin offering the TAVR procedure this month and it will be performed in the hospital's new Hybrid Operating Room (OR). The Hybrid OR is designed for certain high-tech heart procedures available now and in the future. The room allows certain cardiac cath procedures and surgeries to be performed in the same operating room, which can save vital time. **Sunrise's** Hybrid OR also opens in February.

Just another way that Sunrise offers Everything. For Your Everything.

Sunrise Hospital Offers New Screenings for Lung Cancer

Lung cancer is the leading cause of cancer-related death in the U.S.

One of the most common New Year's resolutions is to quit smoking, yet 45 million Americans continue to smoke, according to the American Cancer Society (ACS). The ACS also states that tobacco smoking is the leading cause of lung cancer, with about 85 to 90 percent of cancer deaths linked to smoking or exposure to secondhand smoke.

Known as the silent killer, most cases of lung cancer are found in later stages, when treatment is less successful. That is why early detection is so important; and it all begins with a lung cancer screening.

Sunrise Hospital is proud to introduce a new lung cancer screening program to the community. To promote early detection and increase the chances for long-term survival, the Lung Cancer Screening Program at **Sunrise** offers CT scans of the lungs for high-risk individuals. The process begins with a free screening assessment tool that can be assessed by visiting **SunriseLungCancer.com** to determine your level of risk.

According to the National Lung Screening Trial (NLST), the use of spiral CT may reduce mortality rates by 20 percent rather than the conventional chest X-ray in older current or former heavy smokers. The National Cancer Institute (NCI) and its partners conducted this trial to obtain the most reliable results possible about the potential benefits of lung cancer screening. The results of this study have provided sufficient evidence of the benefits of utilizing the CT scan to detect lung cancer.

For more information on these screenings or to take the **Sunrise** Lung Cancer Screening Assessment Tool to determine your level of risk, visit **SunriseLungCancer.com** or call **702.836.LUNG (5864)**. Patients should check with their insurance provider regarding potential coverage of lung cancer screenings.

Celebrating a Healthier Lifestyle: Southern Hills is Now Tobacco-Free

As of Jan. 1, 2012, **Southern Hills Hospital & Medical Center** is a tobacco-free campus, prohibiting the use of tobacco products on any part of the campus inside or outside.

"As a healthcare company, it is critical that **Southern Hills Hospital & Medical Center** promotes wellness and healthy living—becoming a tobacco-free campus directly supports that goal," said Kimball Anderson, CEO of **Southern Hills Hospital & Medical Center**. "Our employees are our greatest resources—it's our job to keep them healthy and well."

Southern Hills Hospital employees participated in a survey on the subject and approximately 76 percent stated their approval for **Southern Hills** to become a tobacco-free campus. This change will benefit the health of all employees, physicians, patients, visitors and the general community.

Every year in the U.S., more than 400,000 people die from tobacco-caused disease, making it the leading cause of preventable death, according to the American Lung Association. Another 50,000 people die from exposure to secondhand smoke.

To learn more about the tobacco-free campus, please visit **SouthernHillsHospital.com**.

Southern Hills Hospital RISEs to the Need for Behavioral Health Services

Southern Hills Hospital is pleased to offer its newest service to the community: RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health, a 14-bed, in-patient specialty unit serving ages 55 and older with behavioral health needs including, but not limited to depression, dementia, psychosis and anxiety disorders.

"The economic downturn has created a very high stress level in our community," said Kimball Anderson, CEO, **Southern Hills Hospital**. "The RISE Behavioral Health Unit provides a much-needed service specifically for our aging population. Plus, our program is located within our acute care facility, which has the medical services readily available should the need arise, providing peace-of-mind for families whose loved ones are in treatment."

Southern Hills Hospital's RISE Behavioral Health Department provides the primary assessment for seniors with behavioral health concerns and those with co-occurring medical issues. Admission criteria includes, but is not limited to ages 55 and older; individuals who are a danger to themselves or others; individuals must be medically stabilized; possess a mental health condition; and must be able to actively participate in treatment.

In addition to being a critical resource for geriatric psychiatric services, the RISE Behavioral Health Unit also represents another community contribution by providing 19 new job opportunities for its specialized staff.

For more information on the RISE Behavioral Health Unit, contact **702.880.2415** or visit **SouthernHillsHospital.com**.



Sunrise H2U Office Calendar of Events for February 2012

All programs are open to the public. Reservations are required – please call 702.233.5300 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.

OFFICE CLOSINGS

Feb. 3, 10, 17 and 24

AARP Driver Safety Class

Wednesday, Feb. 1

Noon to 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.

Tai Chi Class

Thursdays, Feb. 2, 9, 16 and 23

Noon to 1 p.m.

Breast Center Multipurpose Room

Tai Chi instructor Terry Tichota has been practicing and teaching Tai Chi since 1995.

Please call 702.233.5300 to RSVP.

Yoga Class

Thursdays, Feb. 2, 9, 16 and 23

1:30 to 2:30 p.m.

Breast Center Multipurpose Room

Call 702.233.5300 to RSVP.

Zumba Class

Fridays, Feb. 3, 10, 17 and 24

11:30 a.m. to 12:30 p.m.

Sunrise Hospital

Rendezvous/Sky Room

Sponsored by CareMore

Join us and learn the steps of one of the most popular exercise routines sweeping the nation. Wear your gym clothes and tennis shoes and have fun. Please call 702.233.5300 to RSVP.

Physician Lecture

Women and Heart Disease:

A Heart to Heart Talk

Saturday, Feb. 11

10 a.m. to noon

OR

Wednesday, Feb. 15

5:30 to 7:30 p.m.

Join Kathleen Benson, M.D., F.A.C.C. as she discusses the differences of male and female heart issues and how they can present differently. Please call 702.233.5300 to RSVP.

One-on-One Medicare Counseling

Wednesday, Feb. 15

10 a.m. to noon

By appointment only - every 20 minutes.

Please call 702.233.5300 to schedule an appointment.

H2U Celebration

Thursday, Feb. 23

5 to 7 p.m.

Sunrise Hospital Auditorium

Sunrise Hospital loves its H2U members.

There will be hors d'oeuvres, entertainment and information from some of our local community partners. Please RSVP to 702.735.5510.

Birthday Celebration

Tuesday, Feb. 28

1:30 to 3 p.m.

If your birthday is in August, September, October, November or December, you and a guest are invited to join us for cake and coffee. Please call 702.233.5300 to RSVP.

Lunch and Learn

Nutrition—More than a New Year's Resolution

Tuesday, Feb. 21

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

This lecture will be presented by Paul Watts. Attendees will learn the best methods to fuel their nutrition resolutions.

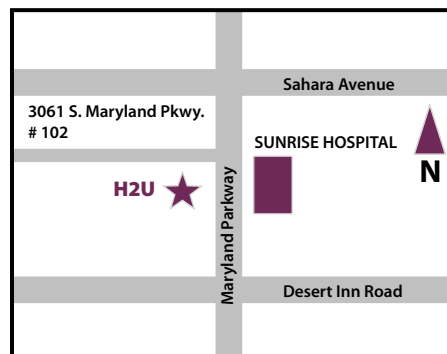
Please call 702.233.5300 to RSVP.

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

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 2012

The H2U MountainView Office has relocated to 3150 N. Tenaya Way, Suite 114, Las Vegas, NV 89128. Please call **702.233.5474** for your required reservation. Doctor's release required for all exercise classes.

OFFICE CLOSED

Monday, Feb. 20

FREE Tai Chi/Ki Gong Class

Mondays 9 to 10 a.m. (No class on Feb. 20)
Wednesdays 9:30 to 10:30 a.m.

FREE Meditation Class

Tuesdays 9 to 10 a.m.

Blood Pressure

Tuesdays 10 to 11 a.m.

FREE Line Dancing Classes

NEW DAYS & TIMES

Thursdays, Feb. 9 and 16
10:30 to 11:30 a.m.

Every Friday except third Friday
11 a.m. to noon

Yoga - \$5 per class

Thursdays 9 to 10 a.m.

FREE Zumba® Gold

Fridays 9 to 10 a.m.

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

February Birthday Party

Wednesday, Feb. 1
1:30 to 3 p.m.

Movie Matinee

"Super 8"

Thursday, Feb. 2
1:30 to 3:20 p.m.

Card and Game Day

Monday, Feb. 6 and
Thursday, Feb. 23
Noon to 3 p.m.

Lunch and Learn

Valentines with Destinations

Tuesday, Feb. 7
11:30 a.m. to 1 p.m.

Bunco

Monday, Feb. 13 and 27
1:30 to 3 p.m.

Lunch and Learn

What are Cardiovascular Valves?

Tuesday, Feb. 14
11:30 a.m. to 1 p.m.

Free Medicare Counseling

Wednesday, Feb. 15
9:15 to 11:15 a.m.
By Appointment ONLY.

H2U Annual Travel Program

Wednesday, Feb. 15
1:30 to 3 p.m.

O2 on the Go Support Group

Friday, Feb. 17
10 a.m. to noon

Alzheimer's Caregivers Support Group

Tuesday, Feb. 21
10 to 11 a.m.

AARP Driver Safety Class

Tuesday, Feb. 21
11:45 a.m. to 4 p.m.

Wii Bowling for H2U Members

Wednesday, Feb. 22
1:30 to 3:30 p.m.

MountainView Heart Murmur Clinic

Saturday, Feb. 25
8 a.m. to 3 p.m.

Jeopardy Game

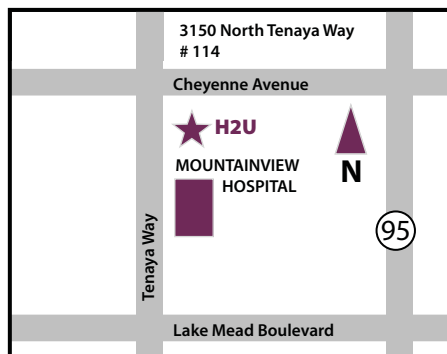
Tuesday, Feb. 28
1:30 to 3 p.m.
Light refreshments provided by CareMore.

Lunch and Learn

Walgreens Meet the Pharmacist

Wednesday Feb. 29
11:30 a.m. to 1 p.m.

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 2012

EVENTS AND SEMINARS

Call 702.880.2700 for your REQUIRED RESERVATION. Seminars are held in Southern Hills Hospital's Education Rooms on the first floor across from the cafeteria.

Heart Health with Dr. Bhatti, Cardiologist

Tuesday, Feb. 7

11:30 to 1 p.m.

Learn first-hand how to keep your heart healthy from cardiologist Dr. Bhatti.

Call 702.880.2700 to register.

Lunch will be provided. Free to H2U members.

Nevada Talking Books

Thursday, Feb. 16

5:30 to 7 p.m.

Nevada Talking Book Services (NTBS) is part of the Library of Congress' National Library Service for the Blind and Physically Handicapped (NLS) network of libraries providing services to blind, visually or physically handicapped individuals.

Recorded books and magazines and special playback equipment are loaned to eligible readers free of charge. All reading materials are sent to and returned by readers through postage-free mail. Please call 702.880.2700 to register. Dinner will be provided. Free to H2U members.

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

American Lung Association

Freedom from Smoking Program

Begins Wednesday, Feb. 22

5:30 to 7 p.m.

Get healthier and join us for this FREE seven-week program to assist you in becoming a non-smoker -- the time to quit is now!

AARP Driver Safety Class

Thursday, Feb. 23

8 a.m. to noon

\$12 for AARP members and \$14 for non-members. Check payments only accepted at the door; payable to AARP. Attend this class and receive a discount on your automobile insurance. Call 702.880.2700 to register.



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- ★ Friendly staff
- ★ 9 locations to serve you
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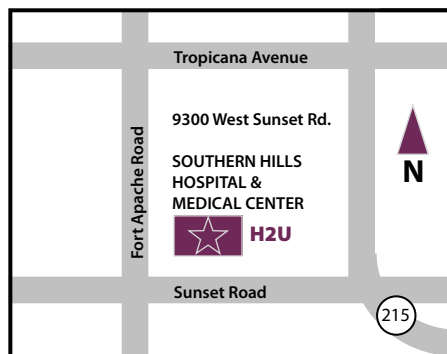
702.259.6687



Southern Hills H2U Office:

702.880.2105

www.southernhillshospital.com



Joyce Goedeke

*Director of Marketing,
H2U and Volunteers*

9300 West Sunset Road
Las Vegas, NV 89148
Phone: 702.880.2105

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., Suite 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.

Save Time: Pre-register Online!

Patients can now pre-register online through the **Sunrise Health Hospital** websites for upcoming procedures at **Sunrise, MountainView** and **Southern Hills Hospitals**.

This specifically includes patients who already have a procedure scheduled, expectant women needing to pre-register for their baby's delivery and anyone requesting a screening mammogram appointment.

Visit **SunriseHealthInfo.com** for more information.

