

A PUBLICATION FOR THE MEMBERS OF THE H2U PROGRAM

Spring Edition - April 2012

# h2u HEALTH TO YOU<sup>SM</sup>

*Hybrid Car?  
Nope, Hybrid OR!  
see page 2*

*Your Chest  
Knows Best  
see page 1*

*Women Rock!  
Health Fair  
see page 1*



SUNRISE HEALTH

SUNRISE | MOUNTAINVIEW | SOUTHERN HILLS | SUNRISE CHILDREN'S

# Volunteers Make Our World Go-Round

Volunteers are invaluable. The **Sunrise Health System - Sunrise Hospital and Sunrise Children's Hospital, MountainView Hospital and Southern Hills Hospital** – is proud to celebrate National Volunteer Appreciation Week from April 15 to 21. We rely on our volunteers to serve as ambassadors for the hospital, both while volunteering and while being active members of the community. Please honor all volunteers in our community working tirelessly to improve the lives of others every day.



## Sunrise Health Hospitals Receive Chest Pain Center Reaccreditation

*Sunrise Health is the First Network of Accredited Chest Pain Centers*

The **Sunrise Health** system of hospitals – including **Sunrise, MountainView** and **Southern Hills**– have earned re-accreditation from the Society of Chest Pain Centers for sustaining superior levels of service for patients experiencing a cardiac episode. Combined, they represent the first network of accredited chest pain centers in Las Vegas.

“We are honored to have received this kind of recognition for our services related to chest pain and cardiac care,” said Sylvia Young, CEO and President of the **Sunrise Health System**. “Together, our hospitals service most of the city, meaning that the citizens of Las Vegas are well cared for when it comes to this serious and life-threatening condition.”

Heart attacks are the leading cause of death in the United States, with 600,000 dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain. The Society's accreditation process ensures centers meet or exceed quality-of-care measures in acute cardiac medicine.

The Chest Pain Centers at **Sunrise, MountainView** and **Southern Hills Hospitals** have demonstrated their expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluations by a review team from the Society of Chest Pain Centers. Key areas in which a Chest Pain Center must demonstrate expertise include:

- Integrating the emergency department with the local emergency medical system
- Assessing, diagnosing and treating patients quickly
- Effectively treating patients with low risk for acute coronary syndrome and no assignable cause for their symptoms
- Continually seeking to improve processes and procedures
- Ensuring Chest Pain Center personnel competency and training
- Maintaining organizational structure and commitment
- Having a functional design that promotes optimal patient care
- Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of a heart attack

This accreditation is the latest in the system's new cardiac programs. In February, **Sunrise Hospital** opened its new Hybrid Operating Room—the first in Nevada. Both **Sunrise** and **MountainView Hospitals** also recently began offering Heart Murmur Programs as part of their cardiac services. To learn more about these and other cardiac programs at **Sunrise Health**, visit [SunriseHealthInfo.com](http://SunriseHealthInfo.com).

## Join us for the Women Rock! Health Fair

From maternity to menopause and beyond, women face unique challenges every day. **MountainView Hospital** will host the **Women Rock! Health Fair** on **Saturday, April 14** from **10 a.m. to 2 p.m.** in the hospital's main lobby.

This event will offer free screenings, physician lectures and information about a wide variety of women's issues. Plus you will have the opportunity to meet “Eddy” - our da Vinci Si HD Surgical Robot- and several highly skilled surgeons who operate using this state-of-the-art laparoscopic device. There will be raffle prizes, music and more! We will see you there!

# Sunrise Hospital Introduces First Hybrid OR in Southern Nevada

**Sunrise Hospital** is proud to announce the completion of its new Hybrid Operating Room (OR) – the first of its kind in Southern Nevada.

Here are new heart care advances and services for our patients:

- A new Hybrid OR – the first of its kind in Southern Nevada. The Hybrid OR is designed for certain high-tech heart procedures available now and in the future. The room, which features new surgical equipment, allows appropriate cardiac cath procedures and surgeries to be performed in the same operating room, which can save vital time. Procedures on adults and children will be performed in **Sunrise's** Hybrid OR.
- Until recently, the only way to get a new heart valve was to have open heart surgery. Now that has changed, and **Sunrise Hospital** is offering a new procedure to patients in the hospital's Hybrid OR. 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. 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.

Here are other examples of how **Sunrise Hospital** and **Sunrise Children's Hospital** are the heart care leaders in the Las Vegas Valley:

- We are an Accredited Chest Pain Center.
- We feature advanced heart care procedures and technology.
- We provide heart care to more patients than any other hospital in the Las Vegas Valley.
- We are the only hospital in Nevada to perform pediatric cardiac procedures.

## How is My Patient? Track Surgery Progress with New Tool

If you have spent any time in the Surgical Waiting Room, you have probably witnessed family members of patients pacing back and forth and asking the volunteer at the information desk for a status update on their loved one.

We recently launched a Patient Progress Monitor. The monitor provides family members with a brief explanation of the location and status of the patient, from pre-op to recovery and in-room or home. All the family member needs to know is the last four digits of the patient's account number (which must be provided by the patient only), as the name of the patient is not shown on the screen. This is yet another way that we enhance the patient experience.

# Act F.A.S.T. to Recognize a Stroke

Every 45 seconds, someone in the United States suffers from a stroke. Yet, despite being the third leading cause of death and a leading cause of adult disability in this country, fewer than one in five Americans can recognize a symptom of a stroke. Stroke can happen to anyone regardless of age, gender or race.

The **Sunrise Health System - Sunrise Hospital** and **Sunrise Children's Hospital, MountainView Hospital** and **Southern Hills Hospital** - is the first network of Certified Primary Stroke Centers in Southern Nevada. The **Sunrise Health System** wants you to know the signs and symptoms of a stroke:

## Act F.A.S.T.

*Recognizing stroke symptoms can be easy if you remember to think F.A.S.T.*

**F= Face**      **Ask the person to smile.** *Does one side of the face droop?*

# Face

**A=Arms**      **Ask the person to raise both arms.** *Does one arm drift downward?*

# Arms

**S= Speech**      **Ask the person to repeat a simple phrase.** *Does the speech sound slurred or strange?*

# Speech

**T=Time**      **If you observe any of these signs, then it's time to call 9-1-1.**

# Time

A stroke, or "brain attack," occurs when blood and oxygen flow to the brain is interrupted by a blood clot or a broken blood vessel. This kills brain cells in the immediate area, often causing physical and emotional disabilities including speech problems, memory loss and paralysis. Acting **F.A.S.T.** is key to receiving proper treatment. It is important for people to be able to recognize the symptoms of stroke and immediately seek emergency medical attention upon symptom recognition. Emergency treatment with a clot-buster drug called t-PA can help minimize or completely eliminate these disabilities, but it must be given within a few hours of the onset of symptoms.

Every year, more than 795,000 people suffer a stroke. Five to 14 percent of those people will have an additional stroke within one year. The good news is that many strokes can be prevented by working with your doctor to manage risk factors. High blood pressure is the number one cause of stroke. Make sure to have yours checked on a regular basis. In addition to high blood pressure, there are many other controllable factors that can contribute to and increase your risk for stroke including cholesterol, transient ischemic attacks (TIA) or mini-strokes, diabetes, smoking, alcohol consumption, obesity and heart diseases such as atrial fibrillation. Ask your doctor for tips on managing your current health conditions to reduce your risk for stroke.

# Sunrise H2U Office Calendar of Events for April 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

April 6, 13, 20 & 27

## AARP Driver Safety Class

Wednesday, April 4

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, April 5, 19 & 26

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.

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

## Yoga Class

Thursdays, April 5, 19 & 26

1:30 to 2:30 p.m.

Breast Center Multipurpose Room

Call 702.233.5300 to RSVP.

## Zumba Class

Fridays, April 6, 13, 20 & 27

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.

## Lunch and Learn

### Home Safety

Tuesday, April 10

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

Join Tess Lacroix with ADT and learn how to be safer in your home.

Please call 702.233.5300 to RSVP.

## One-on-One Medicare Counseling

Wednesday, April 18

10 a.m. to noon

Join a Medicare S.H.I.P. volunteer as they help you navigate through the Medicare process one-on-one. By appointment only, every 20 minutes. Please call 702.233.5300 to schedule an appointment.

## Birthday Celebration

Wednesday, April 11

1:30 to 3 p.m.

If your birthday is in January, February, March or April, you and a guest are invited to join us for cake and coffee to celebrate your special day. Please call 702.233.5300 to RSVP.

## Physician Lecture

### Lung Cancer

Wednesday, April 19

5:30 to 7:30 p.m.

Sunrise Hospital Auditorium

Join Murad Jussa, MD, FCCP, for a discussion on the signs, symptoms, diagnosis and latest treatment options for Lung Cancer.

Attendees will also be able to participate in a lung cancer screening. Please call 702.233.5300 to RSVP.

## Physician Lecture

### Gastro Intestinal Cancers

Tuesday, April 24

5:30 to 7:30 p.m.

Sunrise Hospital Auditorium

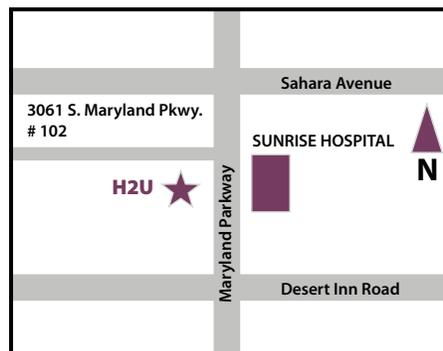
Join Fadi Braitheh, MD, CPI, from

Comprehensive Cancer Centers of Nevada for a discussion on the signs, symptoms, diagnosis and latest treatment options for Gastro Intestinal cancers. Please call 702.233.5300 to RSVP.

**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 April 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, April 16 for the Volunteer Appreciation Luncheon.  
Friday, April 20 through Monday, April 30

## FREE Tai Chi/Ki Gong Class

Mondays 9 to 10 a.m.  
Wednesdays 9:30 to 10:30 a.m.  
(No class on April 16, 23, 25 & 30)

## FREE Meditation Class

Tuesdays 9 to 10 a.m.  
(no class on April 24)

## Blood Pressure

Tuesdays 10 to 11 a.m.  
(None on April 24)

## FREE Line Dancing Classes

*NEW DAYS & TIMES*  
Thursdays, April 12 & 19  
and Friday, April 6  
10:30 to 11:30 a.m.

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

**Yoga** - \$5 per class  
Thursdays 9 to 10 a.m.  
(No class on April 26)

## Card and Game Day

Monday, April 2  
Noon to 3 p.m.

## Birthday Party

Wednesday, April 4  
1:30 to 3 p.m.

## Movie Matinee "Hugo"

Thursday, April 5  
1:30 to 3:40 p.m.

## Bunco

Monday, April 9  
1:30 to 3 p.m.

## Lunch and Learn

***What is Gluten and How Does it Affect My Digestive Health?***  
Tuesday, April 10  
11:30 a.m. to 1 p.m.

## New H2U Member Luncheon

Wednesday, April 11  
11:30 a.m. to 1 p.m.

## Lunch and Learn

***Quality Assisted Living and Memory Care at an Affordable Price***  
Thursday, April 12  
Noon to 1:30 p.m.

## O2 on the Go Support Group

Friday, April 13  
10:15 a.m. to noon

## Alzheimer's Caregivers Support Group

Tuesday, April 17  
10 to 11 a.m.

## AARP Driver Safety Class

Tuesday, April 17  
11:45 a.m. to 4 p.m.

## Free Medicare Counseling

Wednesday, April 18  
9:15 to 11:15 a.m.  
By appointment ONLY.

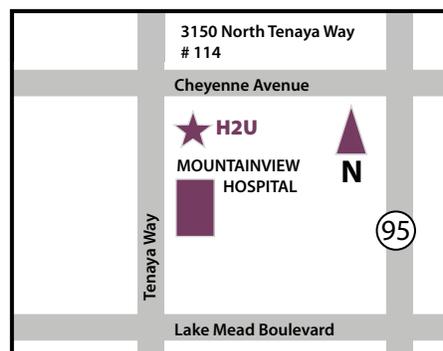
## Wii Bowling for H2U Members

Thursday, April 18  
1:30 to 3:30 pm

## MountainView Heart Murmur Clinic

Saturday, April 28  
8 a.m. to 3 p.m.  
Location: 3150 N. Tenaya Way Suite, #140  
Call 702.233.5474 for your required appointment.

**MountainView H2U Office:**  
**702.255.5404**  
[www.mountainview-hospital.com](http://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 April 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.

All programs are subject to change. Southern Hills Hospital is located at 9300 W. Sunset Rd., Las Vegas. For more information, visit SouthernHillsHospital.com and click Community Info/H2U.

## Lunch and Learn

### **Safety First: Medical Alert Buttons**

Tuesday, April 3

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

An emergency can occur at any time – join Burt Weinerman with Guardian Alert 911 and Freedom Alert for a luncheon about what exactly is a medical alert button and its importance. Call 702.880.2700 to register. Free to H2U members.

## Tai Chi

Thursday, April 5

11 a.m. to noon

Increase your fitness level and learn the benefits of Tai Chi. Sponsored by CareMore. Bring a yoga mat. Call 702.880.2700 to register. Free to H2U members.

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

## Yoga

Thursday, April 19

11 a.m. to noon

Find your Zen and join us for a yoga session. Sponsored by CareMore. Bring a yoga mat. Call 702.880.2700 to register. Free to H2U members.

## Dinner with the Doctor

### **Understanding Diabetes with**

### **Dr. Betsy Palal**

Thursday, April 19

5:30 to 7 p.m.

Dr. Betsy Palal, Endocrinologist, will share her expertise on understanding diabetes. Call 702.880.2700 to register. Free to H2U members.

## AARP Driver Safety Class

Thursday, April 26

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.

## **Named a Top Performer in Healthcare by The Joint Commission**

## IMASSAGE, LLC



## Dan Plassmann, LMT

NVMT 4401

Special Prices for H2U Members

- ★ **Table Massage - \$ 45/hour**
- ★ **Additional 1/2 hour - \$ 20**
- ★ **Add Thermal Shells - \$ 10**

## TOTAL IMAGE SALON

5860 West Craig Road,

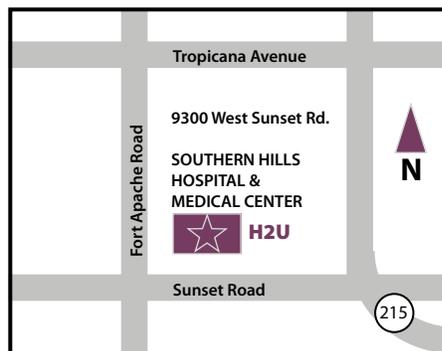
Suite # 140

Las Vegas, NV 89130

702.658.6500

[www.danplassmann.com](http://www.danplassmann.com)

**Southern Hills H2U Office:**  
**702.880.2105**  
[www.southernhillshospital.com](http://www.southernhillshospital.com)



## Joyce Goedeke

Director of Marketing,  
H2U and Volunteers

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



## 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.*

## Nathan Adelson Hospice Relocates to MountainView Medical Office Building

*Making life as easy as possible during an uneasy time*

**MountainView Hospital** is proud to announce the opening of Nathan Adelson Hospice, now located on the **MountainView** campus.

"By adding hospice to our campus, we are able to provide complete continuum of care to the residents of Summerlin and Northwest Las Vegas," said Will Wagnon, Chief Executive Officer of **MountainView Hospital**.

The 15,000 square foot facility is located on the third floor of the hospital's medical office building, and features 18 private rooms with scenic views, concierge room service and ample parking.

Nathan Adelson is the largest non-profit hospice in Southern Nevada, caring for an average of 400 patients daily at four different campuses and more than 50,000 patients over the past 34 years. Please join us in welcoming Nathan Adelson Hospice to the **MountainView** campus!

