

JUNE 2013

Managing Anger Can Improve Your Life Keep Your Cool

Anger can be a powerful emotion, causing us to do and say things in the heat of the moment that we later regret. While it may be okay to lose your cool occasionally, angry feelings that regularly spiral out of control are a problem.

Angry outbursts can negatively impact personal and professional relationships, as well as your health. Those who frequently experience high levels of anger have a greater risk for developing heart disease, high cholesterol, insomnia, high blood pressure and diabetes.

So you owe it to yourself and your loved ones to take control of your anger.



What to Do

Here's an effective memory aid to help you determine how anger is affecting your life: SWEEP. Developed by Dr. Charles Sophy, it

stands for Sleep, Work, Eating, Emotional expression of self, and Play. In *Psychology Today*, Dr. Sophy suggests that maintaining balance in these five key areas of life helps ensure mental, emotional and physical well-being. If frustration, anxiety or a hot temper is disrupting these parts of your life, you can take steps to manage your anger and regain your balance.

Start by keeping a journal and writing down activities that fall into each category. Are any of the five areas being neglected? What changes can you make to improve your lifestyle and relationships?

Next, practice new techniques to learn to express yourself more appropriately.

Express what's bothering you. Be assertive, but not aggressive. Expressing your angry feelings assertively—while being respectful of yourself and others—is

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ISSUE
FOCUS

Men's Health

Osteoporosis: Not for Women Only

Did you know men over 50 are more likely to break a bone due to osteoporosis than get prostate cancer? While it's true men have fewer hip fractures than women due to osteoporosis, men are twice as likely to die after one.

How you can prevent bone loss:

► **Exercise.** Do 30 minutes daily of a weight-bearing activity like walking. This strengthens bones by moving the body's weight. Add strength-training twice a week.

► **Get enough calcium.** Adults over age 50 need 1,200 mg of calcium daily along with vitamin D to aid absorption. Try yogurt, leafy greens and calcium-enriched orange juice.

► **Ask about bone density screenings.** The U.S. Preventive Task Force does not recommend routine osteoporosis screenings for men, citing lack of evidence for effectiveness. But men who smoke or have a history of fractures may need screenings beginning in their 50s or 60s. Otherwise, the National Osteoporosis Foundation says healthy men should be screened at age 70, with additional intervals determined by their physician. ■

Keep Your Cool

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a healthy alternative to yelling and name-calling, says the American Psychological Association. You can say what you need from others without hurting their feelings.

Beware of anger triggers. Try to discern what makes you angry. Then develop strategies to keep those triggers from sending you into the danger zone.

Assess your emotional state. You might not actually be angry. Anger often can be covering up other emotions. You may be feeling insecure, powerless or embarrassed, but your knee-jerk reaction may be anger.

Take deep breaths. If you feel angry or frustrated, you often can calm yourself down by taking several slow deep breaths. Breathe deeply into your

diaphragm and repeat a calming word or phrase to yourself.

What Not to Do

“Let it all hang out.” Sometimes you just want to yell and scream and make it totally clear how angry you are. But venting actually can fuel the fire inside and escalate your angry feelings. Throwing a tantrum doesn’t resolve the situation that may be causing your anger.

Act pushy or demanding. This is aggressive behavior, which is the opposite of healthy assertive behavior.

Turn your anger inward. Some people suppress anger by holding it in



and forcing themselves to focus on happier thoughts. However, internalizing anger rather than learning appropriate ways to express feelings can lead to depression or even high blood pressure.

Get quiet revenge. Passive-aggressive behavior can result from unexpressed anger. If you engage in petty behavior to “get back at someone” without saying why, you’re likely to damage your relationship.

The goal of anger management is not to eliminate anger, but rather to learn to deal with it. You won’t always be successful. However, if you think your anger is really out of control and harming you or your loved one, you’d be wise to seek counseling. ■

Cures for Baldness: Does Anything Really Work?

Standing on your head may give you a head rush, but it won’t stimulate hair growth. (Sorry.)

Over the years, people have tried all kinds of remedies for thinning hair with little success. In fact, a recent *Consumer Reports* survey of consumers who used prescription or nonprescription baldness treatments

reported that most treatments are only “modestly effective at best.”

Here’s what we know about treating hair loss or restoring hair:

Pills. Finasteride, sold as Propecia, is an FDA-approved treatment for male pattern baldness. It has been proven to regrow hair in some men who don’t have extensive hair loss. Studies show the drug is not effective or recommended for women.

Topical medication. Rogaine (or generic minoxidil) is available over the counter and applied directly to your scalp.

Results have been mixed, with some reporting success and others

disappointment. This is the only hair regrowth product that is FDA-approved for women, but in a lower strength.

Scalp massages. Some believe that massage increases blood flow to hair follicles and stimulates growth. Whether it works is still to be determined. The upside? It’s free and easy with no side effects!

Going hatless. There is no scientific evidence that wearing hats regularly contributes to baldness. So feel free to keep building your ball-cap collection.

Hair transplants. This procedure will permanently restore hair. Follicles are usually taken from the back and sides of the head and grafted onto bald or thinning areas. It usually takes a few months for hair in the transplanted areas to start growing normally.

Own it! Remember—bald is beautiful. ■



Skincare and Cancer Screenings

If you think skin care means fussy routines involving overly fragrant lotions and expensive anti-aging creams, think again. There are some practical, non-smelly ways to keep your skin healthy and looking its best.

Men in general have a long way to go toward protecting themselves from skin cancer. A study from the National Sun Protection Advisory

Council found that men tend to spend more hours in the sun than women, but are less likely to wear sunscreen. It's not surprising then that men over 50 are more than twice as likely as women to develop and die from skin cancer.

To reduce your cancer risk and maintain a healthy, masculine glow, try this easy grooming routine.

Men's Skincare Checklist

Use a facial cleanser rather than skin-drying body soap to wash your face in the morning and evening.



Before going outside, apply a broad-spectrum sunscreen—at least SPF 15—to exposed skin. If you're bald or have thinning hair, apply sun block to the top of your head, too.



After your shower, apply a moisturizing lotion routinely to prevent dry, scaly skin, particularly on trouble spots like elbows.



Wear lip balm with a minimum of SPF 15.



When outdoors, wear a hat to block the sun, especially if your hair is thinning.



Don't forget to wear UV-protective sunglasses.



Get a total body skin examination from a dermatology professional once a year. The Skin Cancer Foundation also recommends that you do a head-to-toe self-exam each month.

Back to BASICS

Fireworks Safety

It wouldn't be Independence Day without a glorious display of fireworks. But fireworks cause thousands of injuries on the Fourth of July. Your family is much safer marveling at a professional display, but if you want to put on your own show, take these precautions:

Adults only. Always have adult supervision. In fact, the Consumer Product Safety Commission recommends that only adults handle fireworks.

Buy and use only legal fireworks. Don't try to make your own at home or alter the ones you bought.

Light it and back away quickly. Don't stand too close to lit fireworks.

Be fire ready. Keep a bucket of water handy to douse sparks or fires.

Hands off. Never pick up a firework that didn't light properly.

Don't re-light duds. Instead, dunk duds in water for 20 minutes then toss.

Beware of sparklers. Though beautiful and mesmerizing, sparklers burn at a temperature hotter than 1,800 degrees Fahrenheit—hot enough to burn metal! So it's better to keep the sparklers out of the hands of children.

Watch out for your friends. This almost goes without saying, but don't point fireworks towards others and never throw them at another person.

Douse 'em. Soak all the spent fireworks in water before you throw them out. ■

Please call (702) 233-5300 for your required reservation at least 48 hours in advance.

MountainView Calendar

H2U Manager: Rita Moore
(702) 255-5404

Cards and Games

Mondays, June 3 and 17, Noon - 3 p.m.

MountainView Stroke Support Group

Tuesday, June 4
2 - 3 p.m.

Birthday Party

Wednesday, June 5, 1:30 - 3 p.m.

If you were born in May or June, you and a guest are invited for cake and coffee.

Movie Matinee: "Parental Guidance"

Thursday, June 6
1:30 - 3:20 p.m.

Bunco

Monday, June 10 and 24
1:30 - 3 p.m.

LaSpaluto Financial Lecture and Luncheon

Tuesday, June 11
Noon - 1:30 p.m.

MountainView Total Joint Luncheon

Physician Speaker: Dr. Mark Rosen
Thursday, June 13
Noon - 1 p.m.
3100 N. Tenaya Way Lobby Classroom

Alzheimer's Caregivers Support Group

Tuesday, June 18
10 - 11 a.m.

AARP Driver Safety Class

Tuesday, June 18, 11:45 a.m. - 4 p.m.

MountainView Heart Murmur Clinic

Wednesday, June 19
8 a.m. - 3 p.m.
3150 N. Tenaya Way, Suite 140

Free Medicare Counseling

Wednesday, June 19
9:15 - 11:15 a.m.
By appointment only

June Bingo

Thursday, June 20
1:30 - 3 p.m.

O2 on the Go Support Group

Friday, June 21

Lunch and Learn

"Are You Smarter Than A Scam Artist?"
Tuesday, June 25
11:30 a.m. - 1 p.m.
Guest Speaker: Lee Jordan, Nevada Senior Medicare Patrol

Mitch's Tai Chi/Ki Gong Class

Mondays, 9 - 10 a.m.
\$5

Blood Pressure

Tuesdays, 10 - 11 a.m.

Mitch's Meditation Class

Wednesdays, 9:30 - 10:30 a.m.
\$5

Yoga with Christian

Thursdays, 9 - 10 a.m.
\$5

Sunrise Hospital

Program Manager - Tracy Netherton
(702) 735-5510

Office Closed

Fridays, June 7, 14, 21, 28
Limited office hours on Thursdays. Please call ahead: (702) 735-5510.

Physician Lectures and LV A.W.A.K.E. Support Group

Thursday, June 4, 6 p.m.
Sunrise Hospital Auditorium
Guest speakers: S. Bangalore, M.D. and T. Gonzalesm DDS

Free raffle prizes, durable medical equipment and much more. For additional information please call Sam Remine at 331-4298.

Tai Chi Class

Thursday, June 6, 13, 20, 27
11 a.m. - Noon
Breast Center Multipurpose Room
\$5

Tai Chi instructor Terry Tichota has been practicing and teaching Tai Chi since 1995. Terry specializes in working with seniors and is very in-tune with the needs and requirements to get the most benefit from Tai Chi. Call 233-5300 to RSVP.

Diabetes Education "Overview and Medication" Class

Friday, June 7, 2 - 4 p.m.
3121 S. Maryland Pkwy., #600

Join us and the learn steps of one of the most popular exercise routines sweeping the nation. Wear your gym clothes and tennis shoes and have fun. Please call 233-5454 to RSVP.

Lunch and Learn

Tuesday, June 11
11:30 a.m. - 1:30 p.m.
Topic: "Are you Smarter than a Scam Artist?"
This lecture is presented by Senior Medicare Patrol in an effort to empower beneficiaries to prevent, detect, and report healthcare fraud and abuse by providing outreach and education on healthcare fraud and abuse in their communities. Call 233-5300 to RSVP.

AARP Driver Safety Class

Wednesday, June 12, Noon - 4 p.m.
\$12 for AARP members
\$14 for non-members
Attend this class and receive a discount on your automobile insurance. Please call 233-5300 to RSVP.

Diabetes Education "Nutrition" Class

Wednesday, June 12

2 - 4 p.m.

3121 S. Maryland Pkwy., suite 600

This class will provide an introduction to the dietary needs of the diabetic patient and the benefits of diet and exercise. This class is for adults only; you are welcome to bring a guest. Please call 233-5454 to RSVP.

Zumba Class Returns

This class has been canceled. Look for this class to return in July.

One on One Medicare Counseling

Wednesday, June 19

10 a.m. - 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 233-5300 to schedule an appointment.

Southern Hills Hospital

Jasmine Smith

Marketing/Volunteer Coordinator

(702) 880-2918

Seminars are held in Southern Hills Hospitals Education Rooms on the first floor across from the cafeteria.

Lunch & Learn: Are You Smarter Than A Scam Artist?

Tuesday, June 18

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

The Senior Medicare Patrol (SMP) will present an informative seminar on various types of Medicare fraud and abuse and how seniors can protect themselves. Lunch provided by Bankers Life. Call (702) 880-2700 to register.

Physician Lectures



MountainView Physician Lecture

"Aging Heart and You"

Tuesday, June 4

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

Guest Physician

Speaker: Michael Wood, MD, Cardiac Surgery, Board

Certified of MountainView Cardiovascular & Thoracic Surgery Associates

H2U MountainView Office

First Floor, Medical Office Building 3150

North Tenaya Way, Suite 114

Las Vegas, NV 89128

"By the time you are 75 years old, your heart has beaten 2,562,300,000 times." Join an informational lecture on "Aging Heart and You." Some changes in the heart and blood vessels normally occur with age, but many other changes that are common with aging are due to modifiable factors that, if not treated, can lead to heart disease. Learn more on how to keep your heart healthy, and signs, symptoms and treatment options for heart disease. Reservations required, call (702) 233-5474.



Lunch & Learn with Dr. Lee Wittenberg

"Diabetes and the Lower Extremity"

Wednesday, June 13

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

Southern Hills Hospital Education Room/First Floor

Lunch provided by Atria Sunlake. Call (702) 880-2700 to register at least 48 hours in advance of the date.

Dr. Lee Wittenberg, a three-year surgically trained podiatrist, is the newest

addition to the Las Vegas podiatry community. He is board qualified in foot surgery and in reconstructive rear foot and ankle surgery. He is trained in all elements of foot and ankle care, and has vast experience in:

- Diabetic wound care and limb salvage
- Conservative podiatric care
- Foot surgery
- Reconstructive rear foot and ankle surgery

Please join Dr. Lee Wittenberg with Apache Foot and Ankle Specialists to learn about diabetic wound care and treatment options.



Physician Dinner Lecture

Thursday, June 25

5:30 - 7:30 p.m.

Topic:

"Incontinence"
Sunrise Hospital Auditorium

Attention Ladies!

Please join us for a physician lecture with Dr. Leslie Browder, as we discuss urinary incontinence and other gynecologic conditions. An accomplished surgeon, Dr. Browder is both laparoscopically and robotically trained.

A light dinner will be served. This is a free event, but a reservation is required. To make a reservation, call (702) 233-5454.

Get sweaty, make smarter decisions. Upping your aerobic workout can boost your memory and decision-making skills. Researchers from the University of Illinois found that aging adults who replaced some of their sedentary pastimes with physical activities like brisk walking saw improved focus and the ability to tune out distractions. **So what are you waiting for?**



Fish Tips for the Grill

Beautiful grill marks and a smoky flavor make fish delish. Even better, grilling fish is easy. Just follow these tips:

- > Choose a thick-cut fish fillet like salmon, tuna or mahi-mahi.
- > Clean the grill rack to prevent fish from sticking.
- > Brush vegetable oil on the grill when it's warm.
- > Get the grill hot. Fish should sizzle when you put it on.
- > Use a broad, thin spatula or fish basket—not tongs—to turn fish.
- > Try a grill tray, foil or a pre-soaked wood grilling plank for delicate fish.

Smoked Red Pepper Sauce

This topping adds a spicy kick to fish, chicken, pork or even vegetables.

Ingredients:

- 2 red bell peppers
- ¼ medium red onion, diced
- 1 canned chipotle pepper in adobo sauce
- 3 Tbsp. fresh lime juice
- ¾ cup olive oil
- Salt and pepper to taste

Directions: Rub whole bell peppers with olive oil and smoke on the grill for 20 minutes or until soft. Let peppers cool, then remove stems and seeds. In a blender or food processor, add peppers, diced onion, lime juice, and 1 roughly chopped chipotle pepper with 1-2 Tbsp. of adobo sauce. Blend on medium high. When thoroughly blended, add olive oil in a slow, steady stream. Season with salt and pepper.

Nutrition Information (per 2 Tbsp.):

Calories 98, Total fat 10 g, Sodium 15 mg, Carbs 2 g, Sugars 1 g. ■

Monthly Challenge

Quit Sugar for One Month

Break your sweet tooth's hold on you by going sugarless this month. It may be hard, but that work will pay off. Cutting sugar from your diet can spur weight loss and change your relationship with sugar for good. You'll find yourself noshing on healthier foods. As your taste buds adapt to having less sugar, you may find you enjoy foods' natural flavors more.

When cutting sugar, beware that refined sweeteners can hide in surprising places like barbecue and tomato sauces, fruit juices, dried fruits, dairy and processed foods. Even health foods can be full of refined sugars, so always read nutrition labels. Stay away from foods with ingredients like sucrose, glucose, fructose (sensing a pattern?), corn sweetener, syrup, molasses, etc.

Skip artificial sweeteners. They can trigger cravings for sweets. When you need a touch of sweetness, choose an all-natural, non-refined sweetener that won't spike blood sugar. Try Stevia, honey or applesauce.

Remember—this is a process. You'll have bad days, but don't throw in the towel. Your body will adapt to your new habits. Fruit will taste sweeter, cravings will fade, and crashes from sugar splurges will be history. ■



Hannah Curlee, H2U Director of Health Engagement and runner-up on NBC's "The Biggest Loser"



Put Some **POWER** in Your Walk

Want to get some of the same great cardiovascular benefits of running without actually, you know, running?

Try power walking. Some call it fitness walking, but whatever term you use, power walking involves walking briskly and with purpose. It gives you a great workout and boosts your health.

Some of the benefits include:

- ✓ Lower blood pressure
- ✓ More energy
- ✓ Stronger bones
- ✓ Improved cholesterol profile
- ✓ Weight loss or weight control

Power walking isn't the same thing as race walking, in case you're envisioning

Olympic athletes who walk a mile in about six minutes. As an official Olympic sport, race walking requires that you

keep at least one foot in contact with the ground at all times. In addition, your supporting leg has to be straightened as soon as your foot hits the ground until it passes below your body.

Power walking doesn't have rules about form, but does require a fairly fast clip. These strategies from the American Council on Exercise can help

you pick up the pace:

- ✓ Aim for a 4-mile-per-hour pace.
- ✓ Listen to music to walk faster.
- ✓ Sign up for a walking event. You'll have a goal to work toward, and contribute to worthy nonprofits. ■





Grow With Us!

Refer a friend to H2U and get a free pack of flower seeds and a chance to win \$300!



H2U's Refer A Friend contest is easy. Tell your friends about the many wonderful benefits H2U offers, and invite them to join. For each new member you recruit, you'll receive a free packet of seeds and be entered into a drawing for a \$300 Visa gift card. **The contest period is May 1 - June 30, 2013.**

Follow these steps to enter:

- 1 Refer new members* to H2U by asking your friends to complete this contest application. Feel free to make photocopies of this form.
- 2 Include your name and member number (or address) at the bottom of this application, or call (800) 771-0428 and provide the information to an H2U representative.
- 3 Return applications to: H2U, P.O. Box 1300, Nashville, TN 37202-1300.

*Applies only to new members, not renewals.



Refer a Friend MEMBERSHIP APPLICATION

New Member Date _____

Membership Term (check one) 1 year for \$20 2 years for \$35 **(Best Value!)**

First Name _____ MI _____ Last Name _____

Address _____

City/State _____ Zip Code _____

Home Phone (____) _____ Cell Phone (____) _____

Email address _____

Gender Male Female Date of Birth _____

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here: _____

(Members who do not belong to a local program still receive all the national H2U benefits.)

Payment Type (Check one)

Check or money order payable to H2U enclosed

Visa/MasterCard/AmEx/Discover (#) _____

Credit Card Expiration Date Month _____ Year _____

Signature _____ Date _____

Print Name (as it appears on credit card) _____

Name of Referring H2U Member _____

H2U Member's ID# **OR** Member's Address/City/State/Zip, if no member ID# is available

Memberships are non-refundable and non-transferable, and privileges are subject to change without notice. Special rates for two-person households are available. Contact H2U at (800) 771-0428 for more information. For additional new member applications, please photocopy this form or download forms at H2U.com.

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Contest rules and restrictions. The Refer A Friend contest period is May 1, 2013, through June 30, 2013. The drawing for one \$300 Visa gift card will be held by Aug. 31, 2013. The drawing for the \$300 Visa gift card will include only those individuals who referred new H2U members or submitted a contest entry between May 1, 2013, and June 30, 2013. It is not necessary to refer new members to H2U to enter the prize drawing. You also may enter by mailing a 3 x 5 index card with your name, address, phone number and email address to: Refer A Friend Contest, P.O. Box 1300, Nashville, TN 37202-1300. (One entry per person for those not making member referrals.)

Managing “The Go” at Night



Getting up several times in the middle of the night to use the bathroom is a common problem for both men and women as they age. But you don't have to accept this frustration. You can take steps to reduce the likelihood that your bladder will disrupt your sleep.

▶ Cut your fluid intake two hours before bedtime, and especially steer clear

of alcohol and caffeinated drinks during the last few hours of the day.

▶ Avoid eating foods at dinner that have a high water content (soup) or a diuretic effect (watermelon, onions and celery). Foods known to increase urine production are exactly what you don't need once the lights go off.

▶ Use the bathroom twice before settling down for the night. Go once before you start getting ready for bed and again right before you lie down.

▶ Boost fiber intake. Eating fiber helps reduce constipation, which can put pressure on the bladder and trigger an urge to urinate.

▶ Examine the medications you're taking. Do any contain a diuretic or increase urine production? Talk to your healthcare provider about possible alternatives.

When to See Your Doctor

One trip to the bathroom a night is considered normal, according to the National Sleep Foundation. Two or more nighttime treks to the bathroom, however, can cause daytime tiredness. Since you need good sleep to stay healthy, it's wise to discuss this problem with your doctor.

In some cases, frequent nighttime urination can be related to urinary tract infections, diabetes, depression, an enlarged prostate or even sleep apnea. So don't ignore the problem. ■

Curious Minds

Why Do Insect Bites Itch?

Nothing is more irritating than the persistent itch of a bug bite. But why do bites itch?

When a bug “bites,” it leaves behind saliva, venom, or body parts like stingers. A tick's mouth may even get embedded in the skin if the little pest is not removed properly. Your immune system responds to these tiny invasions by releasing histamine, which causes the bites to itch and turn red.

Beat the Biters

Pick a repellent and use it, says the Centers for Disease Control and

Prevention. Choose one that contains DEET, picaridin, IR3535 and the plant-based oil of lemon eucalyptus. These EPA-registered ingredients have all been approved for safety and effectiveness.

Another easy way to avoid insect bites from mosquitoes and ticks: Wear long sleeves and long pants, especially if you're going to be walking in the woods.

Stay Away from the Stingers

Your trusty can of insect repellent won't protect against stinging insects. Your best defense methods include:

▶ Avoid wearing brightly colored clothing and sweetly scented hair products, perfumes or deodorants, which may attract insects.

▶ Wear shoes that cover your feet, especially if you're going to be walking

through grass where bees might be hovering.

▶ Don't swat at the insect. Instead, gently brush it away. ■

Treatment Tip for Stings:

If a stinger is embedded in the skin, remove it gently. Wash the affected area thoroughly with soap and water, and apply ice to reduce swelling. If necessary, take an antihistamine or apply a topical cream to reduce itchiness. Keep an eye out for face or mouth swelling and difficulty breathing—these could be signs of a life-threatening anaphylactic reaction. Call 911 immediately if you see these symptoms.

