

APRIL 2013

Allergic to What?!

Would you be surprised to discover that your innocent-looking houseplants could be causing your chronic runny nose? Or that the nickel-plated button on your jeans might be responsible for that rash on your belly?

Even if you haven't suffered from allergy flare-ups before, you can develop them over time through consistent exposure to an allergen, or being exposed when your immune system is not at its peak (after an illness, for example).

Many people suffer unnecessarily with allergy symptoms because they don't recognize the potential allergens in their diet and environment. They also may not know their symptoms are actually allergic reactions.

Pollen, dust and pet dander are the most common allergens, but many lesser-known allergens also can cause your immune system to mistakenly shift into overdrive. And when your body goes on defense, you can experience symptoms ranging from itchy eyes and

wheezing to upset stomach and diarrhea.

It's not always easy to pinpoint what is causing an allergic reaction, but knowing more about potential allergens in your environment is a good place to start.

7 Surprising Allergy Triggers

1. Red wine. Compared to white wine, red wines are significantly higher in tannins, natural compounds that occur in the skin, seeds and stems of grapes. Tannins can cause headaches and flu-like symptoms in people who are allergic or sensitive to them. Wines also can contain other allergens like yeast, sulfites and histamines.

2. Yoga mat. You wanted to feel calm and centered after yoga class, so why are you itchy? Perhaps your yoga mat contains latex. Latex allergies can range

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ISSUE
FOCUS

Allergies & Asthma

Southern Hills Offers Near-Scarless Surgery

Southern Hills Hospital offers a virtually scarless gallbladder removal surgery called Single-Site Cholecystectomy using its new da Vinci surgical robot. Without this special technology, a patient would normally experience at least three incisions during a gallbladder removal surgery. With specially trained physicians using the surgical robot, the patient's gallbladder is removed through a one-inch incision through the belly button. Surgeons navigate through the procedure with expertise, potentially providing the patient faster recovery times, less blood loss and higher patient satisfaction.

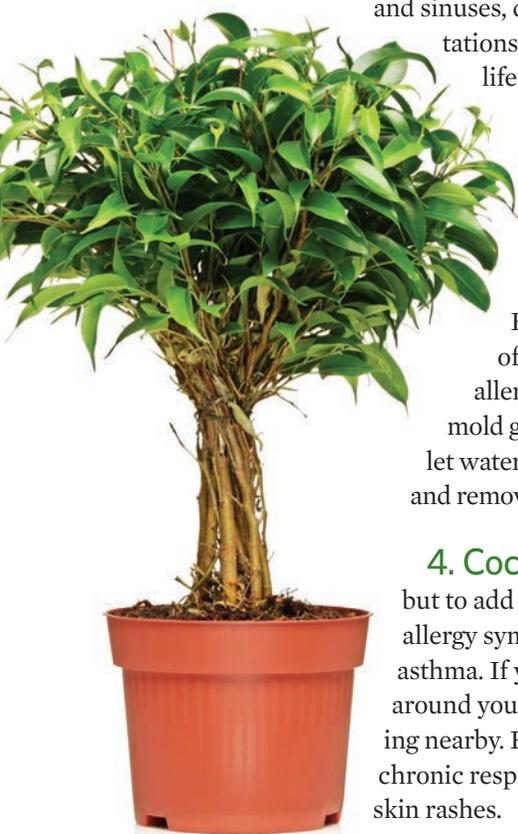
During the procedure, the surgeon sits at a console, viewing a 3-D, high-definition image of the patient's anatomy. The surgeon uses controls below the viewer to move the instrument arms and camera. In real-time, the system translates the surgeon's hand, wrist and finger movements into more precise movements of the miniaturized instruments inside the patient.

To learn more, log onto www.SouthernHillsHospital.com. ■

Allergic to What?!

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from mild contact dermatitis—redness, mild itching, scaly skin—all the way to anaphylaxis, a severe reaction that can include swelling in the mouth and sinuses, difficulty breathing and heart palpitations. If not treated, anaphylaxis can be life-threatening.



3. Houseplants. Though very few indoor plants produce enough pollen to cause you to wheeze or sneeze, a few can give you trouble, notably weeping figs and flowering maples. However, mold can develop in the soil of houseplants and cause problems for allergy and asthma sufferers. To prevent mold growth, keep soil on the dry side, do not let water accumulate in the tray beneath the pot, and remove dead leaves from the plant and pot.

4. Cockroaches. They're already creepy, but to add insult to injury, roaches can cause allergy symptoms and seriously aggravate asthma. If you spot one cockroach skittering around your home, many more are probably hiding nearby. Eliminating these pests can relieve chronic respiratory symptoms and unexplained skin rashes.

5. Chlorine. If you experience itchy eyes, rashes or wheezing after you swim or work out in a pool, blame the chlorine. Though the American College of Asthma, Allergy and Immunology doesn't consider chlorine an allergen, it can cause allergy-like symptoms or asthma flare-ups in people who are sensitive to the chemical.

6. Fruit. If you're allergic to grass or ragweed pollen, you also may have oral allergy syndrome, a sensitivity to certain foods that contain proteins similar to those found in pollen. So people who are allergic to grass also may experience itchiness in the mouth or throat and sometimes swelling of the lips when they eat melon, tomatoes or oranges. People who dread ragweed season might want to avoid bananas, honey and sunflower seeds.

7. Shoes. A formaldehyde resin called PTBP often is used in shoe construction because it's a durable, pliable adhesive. But some people develop contact dermatitis from wearing leather shoes that are made with the resin. (The resin also is used in leather watchbands, purses and some rubber products.) To avoid allergic reactions, always wear socks and take off shoes and watchbands when they get wet. ■

How to Become a Morning Person

If you're a night owl who would rather be an early bird, take heart. With some determination and effort, you can resist the snooze button's siren call and become (more of) a morning person.

Start by setting and maintaining a regular sleep schedule and allowing plenty of time for quality sleep. This keeps your circadian rhythm or natural sleep-wake cycle functioning at its best, according to the National Sleep Foundation.

Break Your Night Owl Habits

- ▶ Choose an alarm sound you don't hate so your wake-up call isn't unpleasant.
- ▶ Go to bed an hour earlier to keep from accumulating a "sleep debt" that can make you feel sleepy during the day.
- ▶ Get a light boost. Just 20 minutes of bright light tells your brain it's time to be awake. Open the curtains in your room, try a "wake-up light" alarm clock that gradually brightens to prep your body to wake up, or invest in a light box.
- ▶ Motivate yourself to get out of bed by scheduling a morning workout or class, or making breakfast plans with a friend or colleague.
- ▶ Resist the urge to sleep in on the weekends. According to the National Institutes of Health, that extra hour or two on Saturday morning disrupts your body's regular schedule. ■





Foods That Fight Allergies and Asthma

Do you feel itchy just thinking about eating shrimp or peanut butter? Many people have sensitivities to certain foods that cause uncomfortable side effects. Other foods, however, help fight allergy symptoms and prevent asthma flare-ups.

To breathe easier, look for foods containing:

Vitamin C and E. Foods containing these antioxidants can be beneficial because they act as anti-inflammatories—that is,

they can reduce swelling and inflammation in the lungs. Citrus fruits like grapefruit, oranges and lemons are good sources.

Vitamin D. Research suggests that people with severe asthma may have very low levels of vitamin D. Boost your levels by consuming eggs, fish (try salmon) and low-fat milk. A few minutes of sunshine also can boost vitamin D production. Just don't overdo it.

Omega-3 fatty acids. These are essential fatty acids that you must get from food because your body can't produce them. They are good for reducing inflammation, and they're great brain food. Try cold-water fish like salmon, halibut, tuna and sardines. Flax seeds and walnuts also contain omega-3s.

Heat. Okay, so heat is not a main course or side dish—it's more like an added bonus. But a dash of horseradish, hot sauce or cayenne added to your food can go a long way toward helping you breathe better by clearing your sinuses and temporarily easing nasal congestion.

Of course, if you have a sensitivity or intolerance to any foods, it's always best to avoid eating them, even if they might provide some breathing benefits. ■

Asthma Update

Breathing exercises help some asthma sufferers

People with asthma often are eager to try non-drug treatments to relieve their symptoms and prevent attacks. Unfortunately, most alternative treatments are not well-researched. However, a recent paper published by the Agency for Healthcare Research and Quality shows that certain breathing exercises may help people with mild-to-moderate asthma gain more control over their disease.

A breathing technique called the Buteyko method has shown promise in a few studies. Named after the Russian scientist who developed it, the method involves training people to control their breathing rate and volume by breathing slowly and shallowly through the nose. The method is meant to improve everyday breathing habits, as well as provide a breathing technique to use during asthma attacks.

Bottom line: This method does not "cure" asthma or improve lung function, but it has been shown to reduce the

use of preventive inhalers by 1.5 to 2.5 puffs per day and may help lower panic levels during an asthma attack.

New non-drug treatment for asthma

For people with moderate-to-severe asthma, a new non-drug treatment option called bronchial thermoplasty is becoming more available, though it still may not be covered by insurers.

Asthma causes the airways in the lungs to become inflamed and swollen, which leads to wheezing, coughing and breathing difficulties. Those with the disease often

have thicker-than-average airway smooth muscle tissue in the bronchial passages. Bronchial thermoplasty is an FDA-approved procedure that uses a catheter to deliver thermal energy to the airway muscles to thin them out. This also reduces the airways' ability to constrict or reduce airflow, thereby helping patients breathe easier.

The New England Journal of Medicine recently reported that people who received bronchial thermoplasty had more symptom-free days and used fewer puffs of rescue medication during the year than people in a control group. ■

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

Southern Hills Hospital Calendar

H2U Coordinator: Jasmine Smith
(702) 880-2918

All events are held in Southern Hills Hospital's Education Rooms on the first floor across from the cafeteria.

Lunch & Learn

"Life is Waiting, Keep Moving"
Wednesday, April 10

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

Join Orthopedic Surgeon Dr. Andrew Scott Martin to learn about navigating total hip and knee procedures. Lunch will be provided free to H2U members.

Lunch & Learn

"The 70/40 Rule"
Thursday, April 18

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

Join Linda Freimanis, community service representative for Home Instead Senior Care as she provides tips on how to have the difficult conversation with your children on your wishes for getting older. Lunch will be provided by Home Instead Senior Care.

Lunch & Learn

"Southern Hills Hospital Needs Your Input"
Tuesday, April 30

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

Administration Boardroom (first floor)
As a valued member of the community, Southern Hills Hospital invites you to a special H2U member focus group to provide your input on how we can better enhance hospital services for our senior population. This will be an open discussion session with fellow seniors and members of the Southern Hills administration team.

Sunrise Hospital Calendar

H2U Manager: Tracy Netherton
(702) 735-5510

H2U member meal coupons are available in the H2U office at 3131 LaCanada Street, Suite 107 or at the guest services department behind the front desk of the Sunrise Hospital main lobby.

Tai Chi Class

Thursday, April 4, 11, 18, 25

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.

Office Closed

Fridays, April 5, 12, 19, 26

Lunch and Learn

"Allergy Update"

Tuesday, April 9

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

Join Adam Zold, PharmD, Walgreens Store Manager, as he discusses how to understand the different allergies and how to treat them.

AARP Driver Safety Class

Wednesday, April 10

Noon - 4 p.m.

\$12 for AARP members

\$14 for non-members

Attend this class and receive a discount on your automobile insurance.

Lunch and Learn

"Navigate the H2U Superhighway"

Wednesday, April 16

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

One big benefit of your H2U membership is the online tools. Join Tracy Netherton, H2U Supervisor, as she introduces you to everything H2U online has to offer.

One-on-One Medicare Counseling

Wednesday, April 17

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.

Physician Dinner Lecture

Sunrise Hospital Auditorium

Wednesday, April 24

5:30 - 7:30 p.m.

Join Dr. Lawrence Gardner as he provides the latest information on breast cancer diagnosis and treatments.

Zumba Class

Due to renovations of the Rendezvous/Sky Room, there will be no Zumba classes in April.

MountainView Calendar

H2U Manager: Rita Moore
(702) 255-5404

Office Closed

Friday, April 26

Office closed for volunteer appreciation luncheon.

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 to 10 a.m.

\$5

(Calendar continued on page 8)

The Breast Center at Sunrise Hospital Presents the 2013 Breast Cancer Survivor Celebration!

Saturday, April 27 from 10 a.m. to 2 p.m.

The Breast Center at Sunrise Hospital • Located in the Diagnostic Center Building
3006 S. Maryland Parkway, Suite 250 • Las Vegas, NV 89109

All Breast Cancer Survivors are invited to attend this day of fun and entertainment, as we celebrate you!
Guest speakers include:

Pam Matteson, Comedian - *What's so Funny About Cancer?*
Cynthia Drew, LCSW - *"The New Normal" After Cancer*
Pati Kearns - *Stress Reduction Techniques Just for You*

Plus, there will be prizes, gifts, refreshments and more!
This event is free to all Breast Cancer Survivors, but
space is limited and registration is required. To register,
call **(702) 233-5454**. We will see you there!




the breast center
at sunrise



SunriseHospital.com

Pay Attention to Hospital Discharge Paperwork

That stack of papers presented to you upon discharge from the hospital can be daunting, but don't toss them aside.

A recent study showed that more than 40 percent of post-operative complications occurred after patients were discharged from the hospital. So it's imperative to review the paperwork and make sure you understand what to expect and what to do once you leave the hospital.

Most discharge papers deal with:

- ✓ Medications you will need to obtain and take.
- ✓ How to care for yourself and any surgical incisions or wounds.
- ✓ Your diet and nutritional needs.

- ✓ Follow-up care with the appropriate providers, including home healthcare or skilled nursing care.

The paperwork also contains a discharge summary, which will explain what happened during your hospitalization, your current state of health and a round-up of follow-up care provisions.

Hospitals work hard to provide easy-to-understand instructions and information to help you take care of yourself once you have been discharged. But don't be afraid to ask questions about anything you don't understand. Make sure you know whom to call if you have questions later.



Another good idea: Ask a close family member or trusted friend to be with you when your healthcare provider reviews the paperwork. A friend might have some questions or concerns that you have not considered. The nonprofit Consumers Advancing Patient Safety also suggests asking for copies of your lab results and tests so you can keep them at home. ■



Allergy or cold? What your symptoms say: Common colds and allergies share many similar symptoms, but there are telltale differences. Colds typically clear up in 7-10 days; allergies can last an entire season. Aches, pains and fever can accompany a cold, but these symptoms are not associated with allergies. And allergy symptoms usually come on suddenly, while colds take a couple of days to develop. *Source: National Institute of Allergy and Infectious Diseases*



HOW TO PICK A HEALTHIER PROTEIN BAR

No-Bake Protein Bar

The simplest way to make sure your fiber bar meets your needs is to make it yourself. Try this quick fix for a daytime meal-on-the-go that will fill you up without filling you out.

Ingredients:

- 2 cups quick-cook oats
- ½ cup peanut butter
- 1 Tbsp. ground flaxseed
- ½ cup water
- ½ cup dried cranberries, chopped
- ½ cup raw almonds, chopped
- 1 Tbsp. honey

Directions: Line a baking pan with parchment paper. Knead all ingredients (except the honey) in a large mixing bowl. Spread the dough into the dish pan, using a spatula to press down and flatten the surface. Drizzle honey over the top. Freeze 30 minutes, then cut into six large bars. Serve or refrigerate for later.

Nutrition Information (per serving):

Calories 308, Total fat 17 g, Sodium 103 mg, Carbs 35 g, Sugars 18 g. ■

Grabbing a protein bar when you're rushed seems like a no-brainer. The bars boast energy-giving protein that will keep you going. Plus, they're easy and portable. But they're not necessarily health food, reports the American Institute for Cancer Research. In fact, many protein bars contain a significant amount of sugar and additives. To find the healthiest protein bars:

- ✓ **Check the calorie count.** If you're substituting a bar for a meal, look for one with at least 250 calories. For snacking, choose a lower-calorie bar—100 to 200 calories—so you don't end up consuming as many calories as a candy bar.
- ✓ **Make sure you're getting enough protein** to satisfy your hunger and daily nutritional needs. Ten to 15 grams of protein is a good goal for a meal replacement, but 3 or 4 grams will probably be sufficient for a snack.
- ✓ **Look at the fiber content.** Aim for at least 3 to 5 grams of fiber.
- ✓ **Beware of sugar bombs.** The *Environmental Nutrition* newsletter recommends avoiding bars that contain more than 20 grams of sugar.
- ✓ **Consider other healthy food options** that are easy to eat on the go like a 1-ounce package of nuts or low-fat yogurt or cottage cheese. ■

Monthly Challenge

Enjoy a One-day Retreat

It's easy to get swept up in the daily hubbub, but taking time to step away and recharge is important to your health. In fact, an occasional day off can provide some of the same benefits you get from a vacation, according to a study in the *Journal of Organizational Behavior*. This month, try taking a one-day retreat—you don't even have to leave home!

Make a plan. Even if you deviate from it, sketching out a plan will give you a direction and purpose for your retreat. Some ideas: Do an art project. Feed the ducks at the park. Play with your pet. Read. Listen to music, but skip the news. (Too depressing!)

Get up early to maximize your day. Nap in the afternoon if you get sleepy.

Unplug. Let everyone know you'll be unavailable the day of your retreat. Then turn off your phone, email and TV.

Be active. Physical activity in the morning like yoga or walking prepares your mind and body for a relaxing day.

Do some navel gazing.

Meditating and journaling can relieve stress and provide an emotional outlet.

Nourish your body. Eat healthy, unprocessed foods. If you don't want to cook, prepare a vegetable-rich soup or a hearty salad the day before.

Nix chores. This is about scaling back, not catching up. Allow yourself to put off housekeeping or other projects. ■



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

Go Outside And Play

Don't Let Allergies Hold You Back

Spring is a great time to get out and enjoy nature. For those with pollen allergies, however, spending time outdoors can seem like more trouble than it's worth. Taking just a few precautions may enable you to garden, walk in the park or do other outdoor pursuits.

First, get ahead of outdoor allergens by starting allergy medications a week or two before pollen counts soar. Avoid hiking and camping during high pollen counts (May and June for grass, September and October for ragweed), and avoid hay and barns, along with



mowing grass. Wear sunglasses to protect eyes, and remember to shower off the pollen when coming back indoors.

Once your allergies are under control, stock up for your outdoor activities at LifeView Outdoors and Plow & Hearth, two H2U sponsors who provide great merchandise discounts for H2U members.

LifeView Outdoors specializes in recreational equipment for camping, hiking and general outdoor gear, with an emphasis on safety and survival. At LifeView Outdoors (www.lifeviewoutdoors.com) you'll find quality gear and supplies to make your outdoor pursuits enjoyable and safe. H2U members receive 10 percent off purchases of \$25 or more.

Plow & Hearth is a national retailer specializing in products for home, hearth, yard and garden. H2U members receive \$15 off purchases of \$100 or more at www.plowhearth.com.

Apply member discount promotion codes during the check-out process at H2U.com. These discount codes and others are available in your H2U member guide or on the member benefits page. ■

All About Health ... All About You



Join H2U today, and we'll help you reach your health goals—and live life to the fullest! With H2U membership, you receive valuable resources you can use at home, at work or on the go, including these:



- * H2U magazines and newsletters
- * Online library, health tools and other resources at H2U.com
- * National savings on travel, health services, gifts and more
- * Benefits at local affiliated hospitals

JOIN TODAY!

Learn more at www.h2u.com.

MEMBER APPLICATION

New Member Renewing 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) _____

SIGN UP FOR WORRY-FREE AUTOMATIC RENEWAL. Never miss a single issue of your member publications or lose benefits because you forgot to renew your membership. It's easy and risk-free. We'll renew your membership each year and send you a reminder so you can cancel if you change your mind. **Please check the box below to enroll.**

YES! Keep my benefits coming with H2U's Automatic Renewal Service. *(For credit card customers only.)*

Give the gift of H2U membership to friends and loved ones.

Gift memberships may be purchased online at www.h2u.com/gift or by calling (800) 771-0428.

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.

(MountainView calendar cont. from page 4)

Senior CAN

Monday, Jan. 28 - Monday, April 29
(14-week class), 10:30 - 11:30 a.m.

Cards and Games

Monday, April 1 and April 15, Noon - 3 p.m.

Birthday Party

Wednesday, April 3, 1:30 - 3 p.m.

Movie Matinee - "Argo"

Thursday, April 4, 1:30 - 3:30 p.m.

Bunco

Monday, April 8 & 22, 1:30 - 3 p.m.

MountainView Total Joint Seminar

Physician Speaker: Dr. Steven Sanders
Tuesday, April 9, Noon - 1 p.m.
3100 N. Tenaya Way Lobby Classroom

New H2U Member Luncheon

Wednesday, April 10, 11:30 a.m. - 1 p.m.
Learn more about the benefits, discounts and services we provide.

Lunch and Learn

"Minimally Invasive Surgery and You"
Physician Speaker: Leslie Browder MD
Thursday, April 11, 11:30 a.m. - 1 p.m.

Tech Talk - Introduction to E-Readers

Thursday, April 11, 2 - 3 p.m.
Sponsored by CareMore.

National Healthcare Decision Day Three Educational Seminars

Tuesday April 16, 8 - 11 a.m.
3100 N. Tenaya Way Lobby Classroom

Alzheimer's Caregivers Support Group

Tuesday, April 16, 10 - 11 a.m.

AARP Driver Safety Class

Tuesday, April 16, 11:45 a.m. - 4 p.m.

MountainView Heart Murmur Clinic

Wednesday, April 17, 8 a.m. - 3 p.m.
3150 N. Tenaya Way, Suite 140

Free Medicare Counseling

Wednesday, April 17, 9:15 - 11:15 a.m.
By appointment only.

O2 on the Go Support Group

Friday, April 19, 10 a.m. - Noon

Tech Talk - Introduction to Picasa

Thursday, April 25, 2 - 3 p.m.
Sponsored by CareMore.

Check-in Kiosks Now Available at all Sunrise Health Emergency Departments!

The Sunrise Health System is pleased to announce that check-in kiosks are now available in the Emergency Department lobby at Sunrise Hospital, Sunrise Children's Hospital, MountainView Hospital and Southern Hills Hospital.

"This is yet another way that the Sunrise Health System is using technology to improve the care of our community," says Jennifer Renner, Director of Emergency Services at Southern Hills Hospital. "We live in a technology-driven world, and patients expect us to keep pace."

The kiosks are similar to those in an airport. Patients select their preferred language, either English or Spanish, and swipe a driver's license or credit card. Patients may also enter their names manually. They will then be asked to enter their reason for visiting the Emergency Department from a drop-down list of options, or can enter the reason manually.

Walk-in patients experiencing chest pain will bypass the kiosks to see the triage nurse immediately. Should a chest pain patient begin to register, the kiosk will flash a message in red

informing the patient to stop and see the nurse immediately. Additionally, patients less than 5 years old or older than 65 years will be flagged for attention with the triage nurse.

Staff members are available in the Emergency Department lobby to assist all patients 24 hours a day, seven days a week. Additional benefits of the kiosk include improved patient satisfaction by eliminating the paper check-in process, two language options, and accurate and automated capture of patient arrival time. ■