

JULY 2014



ISSUE FOCUS

## Men's Health

# What's Up With Low T?

**In case you haven't noticed,** testosterone treatments for men are becoming more common. Drug manufacturers have blanketed the airwaves and cable sports channels with commercials about the negative effects of "low T." But a one-minute ad can only tell you so much. Let's look at the whole picture.



As the most important sex hormone in the male body, testosterone plays a key role in libido, energy, muscle mass, bone density and mortality. Testosterone levels naturally drop with age. Low testosterone affects about 20 percent of men over 60, about 30 percent of men over 70, and half of men over 80, reports the American Urological Association. Diabetes, excess weight, stress, hypertension and high cholesterol also can lower testosterone.

Having adequate amounts of testosterone is important for overall health. In fact, men with too little testosterone have a higher risk of dying sooner than

those with optimum levels.

A nine-year Australian study of nearly 3,700 men between 70 and 89 years old found that men with the lowest testosterone levels had the highest death rates after adjustments for age, according to the *Journal of Clinical Endocrinology & Metabolism*.

So how can men know whether their levels are too low? And what should they do about it?

## Testing Testosterone Levels

Fatigue, erectile dysfunction and other signs of low T can be caused by any number of health problems, so it's important to see your doctor about these symptoms to get properly diagnosed. If your doctor suspects low T, blood tests will be ordered to check testosterone levels. These tests are typically done more than once because hormone levels fluctuate, either naturally or from taking certain medications.

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## The Heart Center at Sunrise Performs 50th TAVR

**Last month,** The Heart Center at Sunrise announced that Dr. Nauman Jahangir and Dr. Branavan Umakanthan performed the hospital's 50th transcatheter aortic valve replacement (TAVR) procedure in its Hybrid Operating Room (OR). A Hybrid OR is a highly specialized surgical suite that combines a traditional operating room with a cardiac catheterization

**"AT SUNRISE, WE CARE FOR MORE HEARTS THAN ANY OTHER HOSPITAL IN NEVADA."**

- Todd P. Sklamberg

lab. The Heart Center at Sunrise was the first hospital in Nevada to perform the TAVR procedure.

"At Sunrise, we care for more hearts than any other hospital in Nevada," said Todd P. Sklamberg, chief executive officer at Sunrise Hospital & Medical Center and Sunrise Children's Hospital.

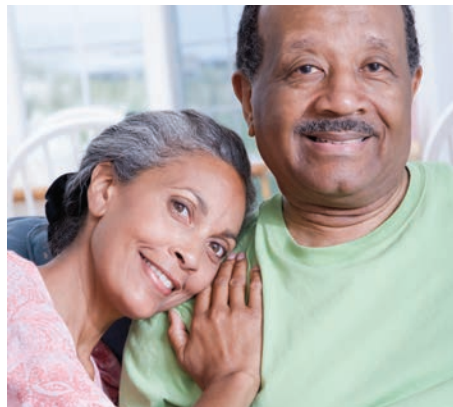
## What's Up With Low T?

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### Balancing the Big T

If low testosterone is identified, lifestyle tweaks can ward off further decreases or even boost hormone levels. For example, losing excess weight, lifting weights regularly, cutting back on alcohol use, getting more sleep and reducing stress have all been shown to improve T levels in some men.

When lifestyle changes don't work, hormone therapy may be prescribed to improve sex drive, muscle mass, bone strength, mood and energy. Treatment is fairly simple—the hormone can be delivered with injections, implants, patches, creams or gels. Most men use a gel, which is rubbed into the skin.



It's important to keep in mind that testosterone therapy may not be a good option for everyone. For one thing, the effects of long-term testosterone therapy are not yet known. Some research suggests that testosterone treatments may increase the risk of heart attack or stroke. Men who have prostate cancer, an enlarged prostate, heart problems, breast

cancer or sleep apnea may not be good candidates for hormone therapy.

### What About Women and Testosterone?

Women also produce testosterone, but in much smaller amounts than men. If levels of this hormone are below normal, women may struggle with a loss of libido, fatigue and depression. Currently, the FDA has not approved any testosterone treatments for women. However, off-label use of testosterone therapy for post-menopausal women is relatively common, particularly in women suffering from a low sex drive.

Like men, women should discuss the risks and benefits of hormone therapy with a physician and be sure they understand the potential outcomes of treatment. ■

# Do the Plank

**One simple move** can strengthen your core muscles, tone trouble spots, improve posture and increase flexibility: It's called the plank. As with lunges and squats, you must get the form right to maximize the plank's benefits and avoid hurting yourself.

To do the plank, lie facedown on the floor. Then push up with your forearms flat on the floor, elbows directly under your shoulders. Keep your stomach and back muscles tight and engaged, squeeze your glutes (buttocks muscles) and keep your eyes on the floor directly below you. Only your toes, forearms and hands should be touching the floor. If you're just starting out, try to hold the position 15 seconds. As you gain strength, shoot for 30 to 60 seconds.

If your hips are sagging, your neck is craning forward, or your spine is curving, modify your plank until you build up enough strength to hold proper form. For a modified plank, drop your knees to the floor instead of balancing on your toes. Alternatively, while in the traditional plank pose, put one knee on the floor for 5 seconds, then raise it and lower the other knee. ■

### Ready for More?

Once you've mastered the plank, you can add some dynamic movement to get even more muscle-building benefits. Try these moves for a challenge:

- > Raise one arm straight in front of you for 5 to 10 seconds at a time. Switch arms.
- > Lift one foot off the floor for 5 to 10 seconds at a time. Change legs.
- > Use foam blocks or an exercise ball to elevate your upper body.
- > Try a side plank: Rotate to one side, come up on your hand instead of forearm, and stack your feet on top of each other. Hold, then repeat on the other side.
- > Add a leg raise to your side plank.



## Safety First

# Tips for Accident-Free Lawn Care

A perfectly manicured lawn is beautiful, but it can come at an unhealthy cost if you're not careful. Lawnmowers and trimmers can turn sticks and stones into mini-projectiles. Loud blowers can harm hearing. Edgers, electric clippers and other tools need to be properly maintained and sharpened to prevent injury.

The U.S. Consumer Product Safety Commission recommends the following tips for staying safe while doing yard work.

### Get organized.

Tools left lying about can cause trips and falls, so store them appropriately.

### Dress for success.

Always wear protective gear, including gloves, hats, safety glasses, long-sleeved shirts, long pants, closed-toed shoes and earplugs. Don't wear loose clothing that can get snagged in spinning parts.

### Read fine print.

Be diligent about reading instructions so you know how to use tools safely and effectively.

### Inspect extension cords.

Don't use cords that are frayed or are not rated for use outdoors. Also, be sure cords have the proper capacity for the tools you're using.

### Do a walk about.

Check the lawn for sticks, stones, metal, glass or other debris before starting up mowers or other lawn maintenance tools.

### Check the weather.

If the lawn is damp or there is standing water, try again another day. Wetness can cause electrocutions when using electric tools.

### Fuel up with care.

Never refuel equipment while it's running or if it's still hot. Also, don't smoke or use an open flame while refueling or using equipment.

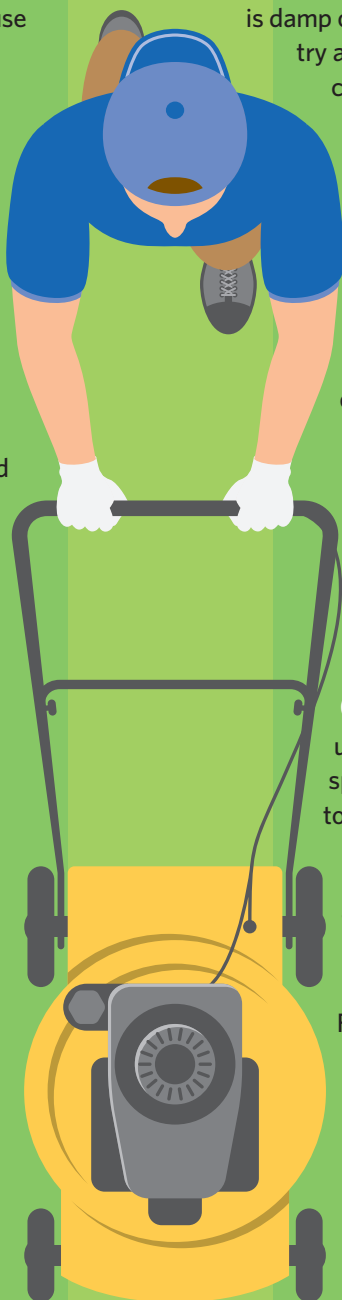
### Use proper form.

Always hold power tools with both hands. Keep all four wheels of the lawnmower on the ground at all times.

**Clean up.** Always wipe up fuel or garden chemical spills right away, and clean tools and equipment before storing. Dirt leads to rust, which can produce malfunctions that cause injuries.

### Remember to rest.

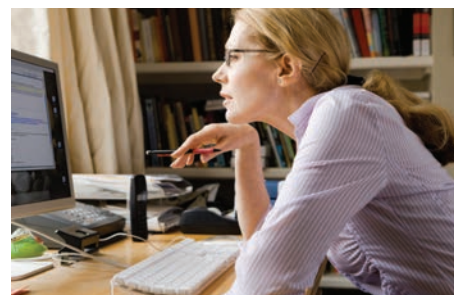
Finally, when you get tired or thirsty, stop and take a break. Pour yourself a tall, cold glass of ice water spiked with fruit juice, and put your feet up for a few minutes. There's always tomorrow or next weekend if you can't finish today.



## Look Out for Eye Strain

Between computer screens, cell phones, electronic tablets, video games and TV, how many hours do you spend staring at screens every day? Probably more than is good for your eyes.

In fact, the American Optometric Association estimates that 70 percent of those who work on computers experience symptoms of digital eye strain, or computer vision syndrome. The effects are predictable: itchy, dry, red and watery eyes, double vision, headaches, fatigue, loss of focus, and more.



Fortunately, a few simple steps can help prevent or relieve symptoms.

**Viewing distance.** Position computer monitors 20 to 40 inches from your eyes or about an arm's length away. When sitting, you want to be looking slightly down at the screen.

**Posture.** Avoid bending over a phone or tablet placed in your lap or slouching forward at your desk. These postures cause cramps in your neck and shoulders.

**Screen brightness.** Make sure your screen is bright. This reduces flickering on the screen, which can cause fatigue and headaches.

**Remember to blink.** When you're focused on a screen, you blink less, which can dry out your eyes.

**Reduce glare.** Keep screens clean and positioned to minimize any glare from windows and light fixtures, which leads to squinting.

**Practice the 20-20-20 rule.** Every 20 minutes, look 20 feet away for 20 seconds. ■

All H2U classes require a reservation. To register for a class, call (702) 233-5300.

## H2U Southern Hills Hospital

Jasmine Smith  
Marketing/Volunteer Coordinator  
(702) 880-2918

All events are held at the H2U office unless otherwise indicated.

### AARP Smart Drivers Class

Thursday, July 10  
9 a.m. - 1 p.m.  
\$15 for AARP members; \$20 for non-members (Check payments only accepted at the door; payable to AARP)  
Attend this class and receive a discount on your automobile insurance.

### Joint Replacement Education Class

Friday, July 18  
2 - 3 p.m.  
Boardroom/First Floor  
Southern Hills Hospital is now offering free joint replacement education classes to prepare patients and their caregivers for upcoming hip and knee replacements. This informative session will provide details on what to expect before, during, and after surgery. It also will provide an opportunity for patients and their caregivers to ask questions prior to surgery and pre-register, making surgery day as smooth as possible.

### Lunch & Learn: Bucket List Party

Thursday, July 24  
11:30 a.m. - 1 p.m.  
A bucket list can include anything from self-improvement and health to travel and adventure. Join Stephanie Gallick, Business Development Representative of Nathan Adelson Hospice, for this fun-filled event. Lunch provided by Nathan Adelson Hospice.

## H2U MountainView Hospital

Rita A. Moore  
Program Manager  
(702) 255-5404

Office closed July 4 and 7

### Mitch's Tai Chi/Ki Gong Class

Mondays, 10 - 11 a.m.  
No class on July 7  
\$5 per class

### Blood Pressure

Tuesdays, 10 - 11 a.m.

### Mitch's Meditation Class

Wednesdays, 10 - 11 a.m.  
\$5 per class

### Yoga with Christian

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

### MS In-Balance Exercise Class

Thursdays, 10:30 - 11:30 a.m.  
Free class for individuals with Multiple Sclerosis or \$5 for others

### MountainView Stroke Support Group

Tuesday, July 1  
2 - 3 p.m.

### Movie Matinee

"Grudge Match"  
Thursday, July 3  
1:30 - 3:20 p.m.

### New H2U Member Luncheon

Wednesday, July 9  
11:30 a.m. - 1 p.m.  
Learn more on the benefits, discounts and services we provide.

### Nutrition Heart Class

Wednesday, July 9  
Noon - 1 p.m.  
MountainView Hospital, 1 South Classroom  
Bring your own brown bag lunch and join

us for a discussion about the role nutrition plays in a healthy heart.

### Omelet Brunch with Atria Sun Lake's Executive Chef

Friday, July 11  
10 a.m. - Noon  
Alec Erickson, Sun Lake Atria's Executive Chef, and Jenny Curry, Community Sales Director.

### Bunco

Monday, July 14 and 28  
1:30 - 3 p.m.

### Alzheimer's Caregivers Support Group

Tuesday, July 15  
10 - 11 a.m.

### AARP Smart Driver Class

Tuesday, July 15  
11:45 a.m. - 4 p.m.

### Heart Murmur Clinic

Wednesday, July 16  
9 a.m. - 3 p.m.  
3150 N. Tenaya Way, Suite #140

### Free Medicare Counseling

Wednesday, July 16  
9:15 - 11:15 a.m.  
By appointment only.

### Bingo

Thursday, July 17  
1:30 - 3 p.m.

### O2 on the Go Support Group

Friday, July 18  
10 a.m. - Noon

### Card and Game

Monday, July 21  
Noon - 3 p.m.

### Lunch and Learn: Stroke Series

Wednesday, July 23  
Noon - 1 p.m.

## Wii™ Games

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

## July & August Birthday Party

Wednesday, Aug. 6  
1:30 - 3 p.m.

If you were born in July or August, you and a guest are invited for coffee, cake, ice cream, or fruit.

## H2U Sunrise Hospital

Tracy Netherton  
Manager, Guest Services  
(702) 735-5510

H2U Member Meal Coupons are available in the H2U office at 3131 La Canada Street, Suite 107, or at the Guest Services Department behind the front desk of the Sunrise Hospital main lobby.

Office closed: July 4, 11, 18, and 25  
Limited office hours on Thursdays. Please call ahead: (702) 735-5510.

All events are held at the H2U office unless otherwise indicated.

## Tai Chi Class

Thursday, July 3, 10, 17, 24, 31  
11 a.m. - Noon

Breast Center Multipurpose Room  
\$5 per class

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.

## Healthy Living UP 2 Me

Thursday, July 3, 10, 17, 24, 31 and Aug. 7  
10 a.m. - 12:30 p.m.

If you or a loved one is living with a chronic condition including diabetes, arthritis, anxiety, COPD, heart disease, sleep disorders, or high blood pressure, please attend this Stanford University Chronic Disease Self-Management Program. The program is a six week-program that teaches how to set personal goals and develop the skills needed to overcome the barriers to achieve them, along with improving communication skills, relaxation techniques, community resources, practical exercises and ways to optimize your patient/doctor relationship. This event is brought to you by Nevada Senior Services, Inc. Learn valuable skills to help you manage your wellness.

## One-on-One Medicare Counseling

Tuesday, July 8  
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.

## Lunch and Learn: Fall Prevention

Tuesday, July 8  
11:30 a.m. - 1:30 p.m.

Please join Donna Liguori from Home Instead Senior Care as she discusses tips on how to prevent falls within your home and community.



## Diabetes Education "Overview and Medication" Class

Tuesday, July 8  
2 - 4 p.m.

3121 S. Maryland Pkwy., Suite 600

This class provides an introduction to the diabetes disease process and the actions and effects of medications on the patient with diabetes. This class is for adults only; you are welcome to bring a guest.

## AARP Smart Driver Class

Wednesday, July 9  
Noon - 4:15 p.m.

\$15 for AARP members  
\$20 for non-members.

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

## Diabetes Education "Nutrition" Class

Wednesday, July 9  
2 - 4 p.m.

3121 S. Maryland Pkwy., Suite 600

This class will provide an introduction to the dietary needs of the patient with diabetes and the benefits of diet and exercise. This class is for adults only; you are welcome to bring a guest.



**Stop the Clot!** Summer trips often mean long periods of sitting, which can cause dangerous blood clots to form in the legs. To prevent problems, move regularly and do calf stretches or ankle rolls while sitting. (Source: Ace Fitness)

## Hamburger Helpers

**Big, juicy burgers** can pack a lot of fat and calories. Here are some easy ways to make your backyard burger healthier.



### **Make a patty meld.**

Choose at least 90 percent lean ground turkey or beef. Fold in bread crumbs with an egg white to hold the patty meld's shape. Add juicy flavor with a dollop of tomato sauce and a splash of Worcestershire sauce. Mix in minced mushrooms, mashed beans, shredded carrots and zucchini, or even blueberries and pitted cherries to beef up taste and moisture.

### **Pat down with care.**

Avoid over-kneading burger patties, and never smash them with a spatula while cooking. Allow meat to rest briefly after cooking to soak up all the juices.

### **Slim down those buns.**

Scoop out the insides of a standard bun, or swap it out for an English muffin, pita bread or one of the new flat buns. Remember: Go for whole grains.

### **Topping tricks.**

Swap fatty bacon and cheese for a thick tomato slice and guacamole. Salsa is the perfect substitute for sugary ketchup. Grilled onions, peppers, mushrooms and pineapple can give healthy and surprising flavor boosts. And use spinach instead of boring old lettuce! ■

## Skip the Excuses

### *Take Time to Visit the Doctor*

**OK, guys, let's be honest.** When was the last time you went in for a check-up? More than half of men surveyed by the American Academy of Family Physicians hadn't been to their primary care physician in the past year, and more than 1 in 4 men said they waited as long as possible before seeking help when sick or worried about their health.

Men find plenty of reasons to skip annual doctor visits, but most are just flimsy excuses like these.

### *"I'm fine. Why waste my time?"*

Actually, many serious problems, such as high blood pressure and cholesterol, don't present noticeable symptoms. Catching health issues during a checkup helps you to get treatment before a condition gets worse or turns deadly.

### *"It's too expensive."*

As a result of the Affordable Care Act, routine screenings and wellness visits probably are covered by your insurance, including Medicare. If you don't have coverage, call your doctor's office and ask about payment options. Many community health centers have programs to help uninsured or low-income patients.

### *"I'm too busy."*

Good health is worth a small investment of your time. Take a long lunch or get up early one day. Many physicians' offices are even open on weekends, so there is availability for anyone's schedule.

### *"I don't have a doctor."*

Ask for recommendations. Friends, family members and your insurance company can provide referrals. ■



### Monthly Challenge

## Learn Something New

**Is there something** you always wished you could do, but just never felt like you had the time? This month, we're challenging you to make time to give your brain a stimulating workout. Research shows that older people who stay cognitively active are nearly three times less likely to develop Alzheimer's disease, according to the journal *Neurology*.

Set yourself up for success by establishing SMART goals—Specific, Measurable, Action-oriented, Realistic and Timeline-based.

- > Learn a language.
- > Take a computer class.

- > Train to be a museum guide.
- > Take guitar or piano lessons.
- > Learn to paint or do ink drawings.
- > Take up woodworking.
- > Try a DIY project, like reupholstering a chair or changing the oil in your car.
- > Learn to knit, sew or crochet.
- > Enjoy a cooking class.
- > Visit a local nursery and ask for gardening tips.



Not sure where to start? Check with your local H2U office for available classes. Classes also are available online at sites like [www.coursera.org](http://www.coursera.org) where you can audit courses from the world's best universities. ■

## Aging in Place With CST

With more seniors living independently or alone, families and caregivers need support to keep loved ones safe and healthy. H2U's partner, Critical Signal Technologies (CST) provides in-home personal emergency response and health monitoring solutions to help seniors remain at home.



One challenge facing seniors and their caregivers is managing the multiple prescriptions an individual may need. The CST Medication Monitoring System helps ensure the correct dose of medicine is taken at the right time and can even alert caregivers if doses are missed. H2U members are eligible for a discounted rate of \$21.88 a month on this important service—a 37 percent discount off retail rates!

CST also offers H2U members a 37 percent discount on other in-home alert products such as fall detection, reminder messages, and telehealth systems with no activation or equipment fees. CST's programs can help reduce hospital readmissions and provide caregivers with reliable, remote solutions for loved ones.

Log-in to H2U.com today and visit the Health and Wellness Discounts tab to retrieve your discount code for CST services. ■

## 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
- ★ 10% off at ShopH2U.com, plus double H2U Reward Points

Learn more at [www.h2u.com](http://www.h2u.com).



### MEMBER APPLICATION

New Member  Renewing Member Date \_\_\_\_\_

Membership Term (check one)  1 year for \$20  2 years for \$35 (Best Value!)  
For household memberships—2 adults for \$35—call (800) 771-0428.

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

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Credit Card Expiration Date Month \_\_\_\_\_ Year \_\_\_\_\_

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Purchase gift memberships by calling (800) 771-0428.

With the submission of my membership application, I understand that \$8 of my annual membership fee contributes to the H2U Magazine subscription. 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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## Southern Hills Physician Lecture

### Lunch and Learn with Dr. Tice: Aging Gracefully

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

You are invited to a special luncheon presentation with Southern Hills Hospital and Dr. Donald Tice, doctor of osteopathic medicine. Dr. Tice will share tips and tricks to aging gracefully at any age.

Born and raised in Detroit, Michigan, Dr. Tice completed medical school at Chicago College of Osteopathic Medicine, and then returned to Michigan for his post-graduate training and in family medicine. In addition to practicing medicine for 27 years, Dr. Tice has done extensive research and training in nutritional, hormonal and metabolic medicine.

In 2009, he focused his research and training on obesity medicine and

completed certification and a fellowship in obesity medicine. His proven theory is to provide individual treatment programs for patients focusing on genetics, hormones, neurotransmitters, balanced nutrition and physical activity.

Before moving to Las Vegas, Dr. Tice owned and operated Advantage Health Center in Myrtle Beach, South Carolina, for 20 years. He was appointed by the governor and served on the State of South Carolina Board of Medical Examiners. Always active in his professional societies, he served as president of the South Carolina Osteopathic Medical Association.

Lunch will be provided free for all attendees. This event is open to the public and registration is required by calling (702) 880-2700 at least 48 hours in advance of the event date.

## MountainView Physician Lecture

### Lunch and Learn U Need To Know

"Urinary Incontinence and YOU"  
Wednesday, July 16  
Noon - 1:30 p.m.  
H2U MountainView Office

Join guest physician speaker Vijay J. Goli, MD, FACS, of Las Vegas Urology. Dr. Goli will discuss treatment for urinary incontinence. Urinary incontinence can make your life more difficult, but there is good news. There are treatments available that can greatly improve your quality of life. Treatment for urinary incontinence depends on the type of incontinence, the severity of your problem and the underlying cause. Your doctor will recommend the approaches best suited to your condition. A combination of treatments may be needed. Followed by a Q & A with Dr. Goli. Call (702) 233-5474 to RSVP.

## 50th TAVR

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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. This is yet another way that The Heart Center at Sunrise provides the highest level of care to our community! ■

