

JUNE 2016

STROKE: *On the Road to Recovery*

The aftermath of a stroke can be debilitating and depressing. If you or someone you love has suffered from a stroke, you may be wondering if there's a light at the end of the tunnel. Take heart: About 35 percent of stroke patients recover completely or with only minor impairments, reports the National Stroke



Association. With the right treatment, care and lifestyle changes, even those with moderate to severe impairment can regain some level of functioning or adapt to physical limitations.

The Effects of Stroke

A stroke happens when the blood flow to the brain becomes blocked off, causing brain cells to die within minutes. When brain cells die or become damaged, it can cause a variety of serious problems.

The location where a stroke occurs in the brain determines how it affects the

body and mind, according to the American Stroke Association.

Right brain damage can result in paralysis or weakness on the left side of the body, vision problems, memory loss and an inquisitive behavioral style.

Left brain damage can cause paralysis or weakness on the right side of the body, speech and language problems, memory loss and a cautious behavioral style.

Brain stem damage can affect both sides of the body. A severe stroke in this region could leave someone in a "locked in" state where they are unable to move any part of the body except the eyes.

Stroke also can impact ongoing mental health. Feelings of anger, anxiety, sadness, fear and hopelessness are common after experiencing a stroke.

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ISSUE
FOCUS

Stroke & Vascular Health

Southern Hills Hospital Provides Discomfort Management Diversion Technology

*Only Hospital in Nevada Offering
Revolutionary Program*

Using cutting edge technology, emergency room and orthopedic/spine patients can utilize the latest in discomfort management. It is called AccendoWave, technology that wirelessly listens to a patient's brain waves to help them feel more comfortable and express their feelings of discomfort.



The patient wears a headband and earbuds that communicate with the handheld tablet, connected by AT&T. AccendoWave detects, monitors and reports discomfort through proprietary wireless computing technology embedded in an electroencephalography (EEG) system. To help distract from discomfort, a wide variety of diversionary video and audio content is available. AccendoWave is a complimentary and voluntary service provided to patients during their hospital stay. ■

Stroke: On the Road to Recovery

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The 411 on Stroke Rehabilitation

The goal of stroke rehabilitation is for survivors to regain the highest level of independence possible. Success depends on the amount of brain damage sustained, one's support system and the timing of treatment—the earlier therapy begins, the more function the patient is likely to regain. When possible, rehab should start within 24–48 hours after a stroke.

Though the central nervous system is adaptive, it often takes many months and a lot of perseverance to teach the brain how to compensate for loss of physical abilities or to overcome communication difficulties. For example, individuals may need to learn how to bathe and dress with one hand or relearn how to speak.

Depending on the individual's needs, a combination of the following therapies may be recommended.

* **Physical therapy:** Strengthening motor skills; mobility training (may include walking aids); forced-use therapy, which involves restraining a patient's unaffected limb so they are forced to use the affected limb to do tasks; and range-of-motion therapy.

* **Technology assistance:** Electronic stimulation of weak muscles; robotics to help with repetitive motions; wireless activity monitors; virtual reality programs to simulate real-time environments; or transcranial magnetic stimulation (TMS) to help improve motor skills.

* **Cognitive and emotional care:** Speech and communication therapy; psychological evaluation; counseling and treatment for depression.

Researchers are also conducting clinical trials to investigate the effectiveness of therapies like stem cell treatments. Alternative treatments like massage, herbal therapy and acupuncture are also under study.

Since the effects of a stroke vary depending on its severity and location in the brain, a team of specialists will work with patients to map out a road to recovery. Family caregivers also play an important role in recovery, since loved ones may need help with dressing, eating, communicating, taking medication and doing physical therapy. If you are a caregiver, don't hesitate to ask family and friends to help with errands, prepare meals or just stop by for a brief visit so you can take a breather.

You can find more information on living well after a stroke at H2U.com. In the search box on the home page, type "Lifestyle Changes to Manage Stroke." ■



Fight Vein Troubles

Summer fashions can make you feel a little embarrassed about the appearance of the veins in your legs. Varicose veins and spider veins are quite common, though, and usually are not a sign of serious health problems. The U.S. Office on Women's Health (OWH) says that more than half of women have some type of vein problem.

Varicose veins, which are caused by weak or damaged valves in the veins, look blue, red or flesh-colored. They are larger than normal veins and may appear twisted or bulge above the skin's surface. They're most often found on thighs, backs of calves and the inside of the leg. Age, family history and working on your feet can contribute to varicose veins.

Spider veins are smaller than varicose veins and are closer to the surface of the skin. They're almost always red or blue-colored and typically look like spider webs. Spider veins are caused by backups of blood in the veins, hormone changes, sun exposure and injuries.

So how can you prevent unsightly veins? Well, you can't prevent all varicose and spider veins. But you can reduce your chances of getting new ones. For starters, wear sunscreen to prevent spider veins, especially on the face. Avoid standing or sitting for long periods at a time. Don't cross your legs, but do prop up your feet when sitting. Exercising helps improve blood flow and can also help you shed excess pounds. Avoid wearing tight clothing, especially around the waist, upper thighs and legs.

And ladies? Here's a reason to kick off those high heels for good: Lower-heeled shoes contract calf muscles and increase blood flow in your legs. ■





Watch Out for Not-So-Healthy Health Foods

You're about to bite into a turkey burger with a side of sweet potato fries, fruit salad and a glass of almond milk. For dessert, you're having organic chocolate chip cookies. You've made a healthy choice, right?

Maybe not. Some foods have an erroneous "health halo," which happens when naturally nutritious foods are deemed healthy no matter how they're prepared or what they're paired with.

While the turkey-burger meal is better than a bacon cheeseburger, French fries and milkshake, you're probably eating more sodium, fat and carbs than you expected.

Turkey burger: Turkey is a lean meat, but ground versions may be packed with sodium, which can raise blood pressure and increase your risk for cardiovascular disease. Plus, sandwiching that patty in a buttery bun slathered with mayo and topped with cheese negates its healthier attributes.

Sweet potato fries: Sweet potatoes are a great source of vitamins, dietary fiber and potassium, but deep-frying anything ramps up the fat content.

Fruit salad: You can't go wrong with fruit—unless you drown it in sugary dressings or high-calorie dips.

Organic chocolate chip cookies:

They may have been produced without pesticides, dyes and chemical fertilizers, but these cookies most likely still have loads of sugar, fat and refined carbs.

Almond milk: This dairy alternative is high in vitamin E and is low in saturated fats, but most almond milk also contains sweeteners and artificial additives.



So, what should you do? Consider how food is prepared. Anything deep fried should ring warning bells. Also, look at the ingredients list. Don't assume labels like "local," "gluten-free" and "grass-fed" mean the food is healthy. Check for hidden sugar, fat, cholesterol, sodium and additives. Finally, beware of toppings and condiments. Organic ketchup is still loaded with sugar. ■

Why Do I Feel ... ?

Dealing With Unpredictable Emotions After a Stroke

Have you ever had a case of the church giggles or barked at someone for a minor imposition? These hard-to-control emotions are fleeting and rare for most of us. For some stroke patients, however, uncontrollable and unpredictable emotions become a part of daily life.

Stroke can damage the part of the brain that regulates emotions, which can result in laughing or crying in socially inappropriate moments. Stroke may also cause confusion, memory problems

or depression, which can impact one's feelings. Plus, the stress and anxiety of recovery can be emotionally taxing for both patients and caregivers.

If you are caring for someone who struggles with unpredictable emotions, consider asking a mental health specialist for help. Counseling or medication can reduce symptoms, and these tips may help manage emotions.

Join a support group. Encourage your loved one to join a support group with

people who understand what they're feeling. If you're a full-time caregiver, a support group may be helpful for you, too!

Exercise. Not only does physical activity improve strength, balance and brain health, staying fit can also enhance self-confidence and reduce depression and anxiety, according to the American Stroke Association (ASA). Exercising can reduce stress for caregivers, too.

Think positively. Nix phrases like "You can't" and "You won't" from your vocabulary, recommends the ASA. Instead, say, "You can" and "You will." Helping stroke patients maintain a positive outlook for the future may quicken recovery. ■

All H2U classes and events require registration 48 hours in advance. To register, call (702) 233-5300 or log onto the hospital website of your choice to register online.

H2U MountainView Hospital

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

To make reservations, call (702) 233-5474 or log onto mountainview-hospital.com to register online two business days prior to event.

Blood Pressure

Tuesdays, 10 - 11 a.m.

Yoga With Christian

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

MS Stretch & Flex

Thursdays, 10:30 - 11:30 a.m.

This class is free for individuals with multiple sclerosis and current members of H2U. There is a \$5 fee for all others.

April, May and June Birthday Party

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

If you were born in April, May or June, you and a guest are invited to play bingo for prizes and to enjoy coffee, cake, ice cream or fruit.

Movie Matinee: Brooklyn

Thursday, June 2
1:30 - 3:30 p.m.

Join fellow H2U members for an afternoon of fun, movie, popcorn and punch. This month movie is "Brooklyn." Rated PG-13 by the Motion Picture Association of America for a scene of sexuality and brief strong language.

Card & Games

Monday, June 6 and 20
Noon - 3 p.m.

MountainView Stroke Support Group

Tuesday, June 7
2 - 3 p.m.

This is a free program, we invite you to take advantage of the collective knowledge and experience that MountainView Stroke Support Group offers. Paul Mills coordinates this support group.

MountainView Lunch & Learn with Dr. Dominic Robine 'CHF & YOU'

Wednesday, June 8
Noon - 1:30 p.m.

Please join Dominic Robine, MD, Cardiologist, who will provide information on CHF-Congestive Heart Failure, signs, symptoms and treatment options. Followed by a Q & A with Dr. Robine.

MountainView Hospital Ostomy Support Group

Wednesday, June 8
5:30 - 7:30 p.m.

The free Ostomy Support Group is devoted to reach aid and educate those people who need help with emotional acceptance and physical maintenance of their ostomy or related surgery. You are not alone—we are here to help!

Parkinson's Caregivers Support Group

Friday, June 10
10 - 11 a.m.

This free support group provides an opportunity to meet regularly for mutual emotional support and to exchange coping skills with one another in matters relating to Parkinson's disease as well as referral services.

Bunco

Monday, June 13 and 27
1:30 - 3 p.m.

Medicare Counseling

Wednesday, June 15
9:15 a.m. - 3:15 p.m.
By appointment only.

Diabetes Overview Class and Medication Review

Wednesday, June 15
11:30 a.m. - 1 p.m.

MountainView Hospital
Mark Howard/Lobby Classroom

Begin your diabetes educational journey at our overview class. Learn about diabetes and join us for a discussion about how disease management is essential to living a happy and healthy life. In addition, bring your questions and your medications for a review with our knowledgeable pharmacy staff. Lunch will be served.

Board Games

Thursday, June 16
1:30 - 3 p.m.

O2 on the Go Support Group

Friday, June 17
10 a.m. - Noon

Alzheimer's Caregivers Support Group

Tuesday, June 21
10 - 11 a.m.

AARP Smart Driver Class

Tuesday, June 21
11:45 a.m. - 4 p.m.
\$15 for AARP members
\$20 for non-members

Bingo

Wednesday, June 22
1:30 - 3 p.m.

Lunch & Learn: 'Planning a Good Death by Kraft Sussman'

Tuesday, June 28
Noon - 1:30 p.m.

Guest Speaker: Laura Sussman

Come learn how planning for your funeral. Luncheon sponsored by: Kraft Sussman.

Book & Movie Club

Wednesday, June 29
1:30 - 3 p.m. - Light refreshments

H2U Southern Hills Hospital

Jasmine Smith

Marketing/Volunteer Coordinator
(702) 880-2918

To make reservations, call (702) 880-2700 or log onto southernhillshospital.com to register online two business days prior to event, unless otherwise noted. Seminars are held in Southern Hills Hospital's Education Room on the first floor across from the cafeteria, unless otherwise noted.

Joint Replacement Education Class

Friday, June 3, 10, 17 and 24
9 - 10 a.m.

Multipurpose Room/Fifth Floor

Interested in learning more about our advanced orthopedic surgical programs at the hospital voted Best of Las Vegas? Our orthopedic team experts guide you through the process so you know what to expect before, during and after surgery. If you are a candidate for hip or knee replacement surgery or would like to learn more to see if you're a candidate, please contact us to learn how to treat joint pain. Pre-Operative Tests to follow if required.

Lunch & Learn: NV Energy

Tuesday, June 14
11:30 a.m. - 1 p.m.

Join us for an educational program with an NV Energy representative to learn about Project REACH: Utility Assistance Program, billing questions and concerns, tips and tricks on lowering your NV Energy bill and energy efficiency practices.

Southern Hills Lunch & Learn: Celebrating Men's Health Month—What Do We Need to Know?

Thursday, June 30

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

June is Men's Health Month and a chance to increase the awareness of preventable health problems and encourage early detection and treatment of disease among men. Please join Dr. Sanford White for a dinner presentation on the top health tips to keep men in tip-top shape, and what family members need to know to help keep their men stay healthy.

H2U Sunrise Hospital

Tracy Netherton

Manager, Guest Services
(702) 735-5510

To make reservations, please call (702) 233-5454 two business days prior to the event. Limited office hours on Thursdays and closed on Fridays. Please call ahead. H2U member meal coupons are available in the H2U office, located at 3131 LaCanada Street, Suite 107, or at the front desk of the Sunrise Hospital Main Lobby. All events are held at the H2U office unless otherwise indicated.

Tai Chi

Thursdays, 11 a.m. - Noon

Breast Center Multipurpose Room
\$5 per class

AARP Smart Driver Class

Wednesday, June 8

Noon - 4:15 p.m.

\$15 for AARP members

\$20 for non-members

Epilepsy Support Group

Wednesday, June 8

5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

One-on-One Medicare Counseling

Tuesday, June 14

10 a.m. - Noon

Appointment only, every 20 minutes.

Healthy Living UP 2 Me

Tuesday, June 14, 21, 28, July 5, 12, and 19

10 a.m. - 12:30 p.m.

H2U Classroom

3131 LaCanada Street, Suite 107

A Stanford University Diabetes Self-Management Program conducted by Nevada Department of Health and Human Services. Attend six 2-1/2 hour weekly workshops and you are on your way to a happier, healthier life. Learn how to cope with symptoms of diabetes, recognize hyper/hypoglycemia and so much more.

Stroke Survivors Support Group

Wednesday, June 15

6 - 7 p.m.

Sunrise Rendezvous Room

Sunrise Physician Dinner Lecture, with Dr. Iyengar: 'Stroke Awareness'

Wednesday, June 15

5:30 - 7 p.m.

Sunrise Hospital Auditorium

Join Dr. Phaniraj Iyengar, Stroke Program Medical Director as he discusses stroke awareness, causes and treatment.



Chill Out for Better Sleep The National Sleep Foundation says a cool room—a chilly 65 degrees—is the optimal sleeping temperature for most people. Why? Your body temperature naturally drops during sleep, and a room that is too hot can interfere with your body's temperature regulation and make it difficult to stay asleep.



Edamame Salad

Cool down this summer with a protein-packed southwestern edamame salad tossed with cherry tomatoes, corn and cilantro.

Ingredients

1 lb. package frozen edamame, pre-shelled
 ¾ cup canned black beans, drained and rinsed
 1 cup frozen corn
 4 green onions, sliced
 ½ cup fresh cilantro, chopped
 1 cup cherry tomatoes, halved
 1 garlic clove, minced
 2 Tbsp. lime juice
 ¼ cup olive oil
 ¼ tsp. salt
 ¼ tsp. pepper

Directions: Bring a large pot of water to a boil. Add edamame and cook for 2–3 minutes. Add frozen corn and cook for another 2 minutes. Drain water and set aside to cool. In a large bowl, mix together black beans, green onions, cilantro and tomatoes. In a small bowl, whisk together garlic, olive oil, lime juice, salt and pepper, then pour over the black bean mixture. Add cooled edamame and corn and toss. Place in fridge until cool. Serves 6.

Nutritional information (per serving):

Calories 96; Total fat 13 g; Protein 14.5 g; Sodium 111 mg; Fiber 7 g; Sugars 4 g; Carbs 30 g ■

Why Alcohol Affects Blood Sugar

Drinking a glass or two of wine at dinner or grabbing a beer while watching the game may seem harmless, but if you suffer from diabetes, you could be playing havoc with your blood sugar.



When you drink alcohol, your body has nowhere to store it. And since the liver sees alcohol as a toxin, it begins metabolizing it immediately.

What does that have to do with blood sugar levels?

The liver is responsible for storing and producing blood sugar. When it's busy metabolizing alcohol, the liver essentially pushes the pause button on regulating blood sugar.

* MONTHLY CHALLENGE:

Eat More Flavonoids!

Many of us gain weight as we age, but now a large, long-term study published in the journal *BMJ* suggests that eating a diet rich in flavonoids may keep the pounds from piling on. You're probably thinking, "flavo-whats?" Flavonoids are natural plant compounds that give foods color. They also have antioxidant and anti-inflammatory effects, and some studies show they could help prevent heart disease and cancer.



As a result, blood glucose levels can drop right away or up to 24 hours after drinking. This can lead to hypoglycemia. Since symptoms of hypoglycemia, like sleepiness, dizziness and disorientation, can mimic drunkenness, people can mistake the signs of very low blood sugar for tipsiness.

Does that make alcohol off-limits?

Actually, most people with diabetes can have a moderate amount of alcohol as long as they don't drink on an empty stomach. The American Diabetes Association recommends that women have no more than one drink per day and men no more than two. Test blood sugar levels before drinking, and right before going to bed. Stay hydrated with a zero-calorie drink like water or seltzer. And be aware of the side effects of mixing alcohol with medications you take. ■



This month, we challenge you to paint your plate with colorful, good-for-you fruits and veggies. Here are a few easy ways to take in more flavonoids.

- > Swap a regular baked potato for a baked sweet potato.
- > Mix fresh or frozen berries into plain, unsweetened yogurt. Top with walnuts.
- > Spread pesto on sandwiches.
- > Use dark, leafy greens in omelets, pasta dishes and, of course, salads.
- > Drive past the drive-thru and grab a banana as part of an on-the-go breakfast.
- > Scoop up hummus with raw veggies for a midday snack. ■



Track Behavior to Meet Health Goals

When it comes to weight, fitness or health issues, many of us focus on outcomes. “I want to lose 15 lbs.” “I want to walk a 5K with my niece.” “I want to lower my blood sugar.” “I want to stay hydrated.” All of these are great goals, but how will you get there?

To reach desired outcomes, we have to focus on behavior. For example, instead of just saying “I want to lose weight,” you could say “I’m going to lose weight by making these behavior changes: I’m going to drink a glass of water before every meal; eat more slowly; skip seconds; and cut my alcohol consumption to five drinks a week.”

Or, if you are wanting to get fit for a charity race, you might set a behavior goal to walk or jog every day and gradually increase your time and distance by predetermined amounts.

Once you’ve set behavior goals, the best way to stick with them is to keep track of your progress. You can track your activities and results with something as simple as a notebook, or you can use the

H2U Health Trackers at H2U.com.

Remember, good habits take time to develop. H2U Health Trackers help set you up for success by making it easy to track both behavior goals and outcome goals. Look for the trackers under the Resources tab at H2U.com. ■

Choose a Health Tracker	
	HbA1c
	Stress
	Alcohol Moderation
	Sodium
	Water
	Migraine
	Nutrition
	Tobacco Use
	Sleep
	Physical Activity
	Cholesterol
	Weight
	Blood Sugar
	Blood Pressure

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

Learn more at www.h2u.com.



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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 (#) _____

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Signature _____ Date _____

Print Name (as it appears on credit card) _____

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With the submission of my membership application, I understand that \$9 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.



MountainView Lunch & Learn with Dr. Dominic Robine, 'CHF & YOU'

Wednesday, June 8

Noon - 1:30 p.m.

Please join guest physician speaker Dominic Robine, DO, Cardiologist, who will provide information on CHF-Congestive Heart Failure as well as signs, symptoms and treatment options. Followed by a Q & A with Dr. Robine.



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Sunrise Physician Dinner Lecture, with Dr. Iyengar 'Stroke Awareness'

Wednesday, June 15

5:30 - 7 p.m.

Sunrise Hospital Auditorium

Join Dr. Phaniraj Iyengar, Stroke Program Medical Director, as he discusses stroke awareness, causes and treatment.

Meal will be provided free to Health to You (H2U) members and non-member, first-time guests. All others are asked to join H2U with an annual membership of \$20 (or \$35 for two members in the same household; prices subject to change). Event registration is required (at least 48 hours in advance of the event date) by calling (702) 233-5300, and membership information is available by calling (800) 771-0428.

COMING
IN FALL 2016!

ER AT THE LAKES

A Department of Southern Hills Hospital



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- ▲ At Ft. Apache & Desert Inn
- ▲ A Full-Service Emergency Room








SouthernHillsHospital.com