

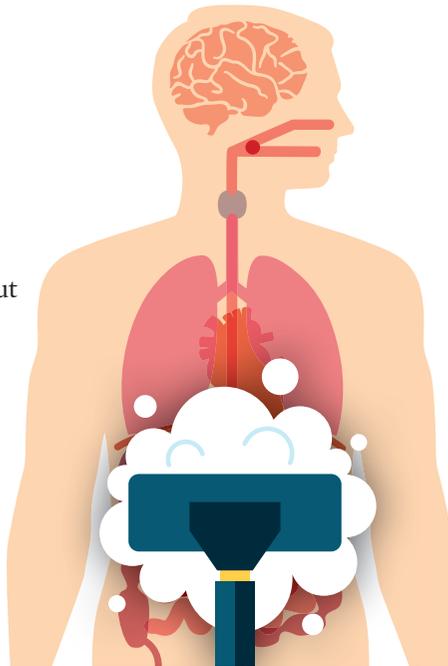
Health to You

A Healthy Living Newsletter From **THE SUNRISE HEALTH SYSTEM HOSPITALS**

Your Body's 'Housekeeping System'

No matter how careful we are about the foods we eat or the products we use, we can't always avoid being exposed to harmful substances. Toxins often can be found in unexpected places: Endocrine disruptors can be in plastic containers, carcinogens in cosmetics, heavy metals in cookware, and pesticide residues on produce.

Fortunately, our bodies have a natural housekeeping system that keeps out or removes many toxins before they cause trouble. This cleanup crew is called the excretory system and consists of the skin, lungs, colon, liver, kidneys and bladder.



Internal Cleaners at a Glance

Your skin shields your insides from harmful chemicals and produces sweat to remove bodily waste products, excess salt and retained water.

Lungs keep bacteria, pollutants and noxious particles from getting lodged in your body by expelling them through coughing or sneezing. They also remove carbon dioxide, a waste product produced by breathing and cellular activities.

Your liver is your body's strongest filter. It neutralizes chemicals and poisons in the bloodstream by breaking them down and binding them with other molecules that can be excreted. The liver also produces bile, a fluid that converts fats into

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... ISSUE FOCUS ...

The Excretory System

Getting To The Source Of Colon Cancer Quickly

Better diagnostics and improved surgical options are making cancer of the colon or rectum (colorectal) easier to treat. Highly preventable and treatable, colorectal cancer is second only to lung cancer as the leading cause of cancer-related death in the U.S. for both men and women. It doesn't have to be.

Early stage colorectal cancer has very few symptoms which make screening more important in catching it early. The state of Nevada follows the American Cancer Society guidelines and mandates insurance coverage of one of several colorectal screening tests for men and women with an average risk for colon cancer. That means these patients don't have any symptoms and no personal history for colorectal cancer, bowel disease or unexplained anemia.

This describes Las Vegas resident Elisa Amburgey, 53. She knew her body was trying to tell her something.

When her problems with hemorrhoids persisted, she put embarrassment aside and went straight to the source—colorectal surgeon Dr. Ovunc Bardakcioglu. Her

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h2u

H2U Sunrise Health
3150 North Tenaya Way, Suite 114
Las Vegas, NV 89128

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WWW.H2USUNRISEHEALTH.COM

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fuel for cells and detoxifies chemicals produced during digestion.

The colon or large intestine enables the body to solidify and expel wastes left over from digestion. Your colon is also filled with microorganisms that aid in nutrient absorption and waste disposal.

Your kidneys are constantly filtering the blood circulating through your veins. Each kidney has about a million tiny filters called nephrons that separate nutrients from waste products and fluid. The nutrients your body can use are released back into the bloodstream, while the waste and excess fluid are eliminated through urine.

Support Your Cleaning Crew

Though your body is an efficient detoxing machine, toxins can still build up in your bloodstream and tissues. Pollutants, medication, alcohol and some foods can strain the excretory system, leading to weight gain, fatigue, dull skin and chronic health issues. Practice the following habits to give your excretory system a boost.

Replenish fluids.

Water helps carry toxins out of the body and transports vital nutrients to cells. Consuming about 6–8 cups of fluid a day helps keep this process flowing smoothly.

Get fit, stay fit. Regular exercise supplies a steady stream of oxygenated blood to the major organs of the excretory system. Sweating can also purge toxins from your body.

Limit processed foods. Packaged foods contain additives and preservatives that may be hard for your excretory system to process. Sticking to a Mediterranean-style diet of legumes, whole grains, nuts, fruits



and vegetables provides nutrients the body needs to function efficiently.

Beware of chemicals.

Steer clear of cigarette smoke and fumes from cleaning products, paint and solvents.

Limit alcohol use and follow medication dosing instructions carefully to avoid taxing your liver. To keep from ingesting pesticides or preservatives on produce, buy locally grown and organic foods when possible. Stop using body and hair care products that contain questionable chemicals. Learn which products are best by visiting the Environmental Working Group's Skin Deep database (www.ewg.org/skindeep). ■

Do Detox Diets Work?

Diets that promise to rid your body of toxins are popular, but no scientific evidence shows that common detox diets work better than your own excretory system. In fact, many of these diets involve fasting or eating only raw vegetables, fruits and fruit juices, which may not provide adequate nutrients or protein and can lead to fatigue, nausea, muscle aches and low blood sugar.

Gentle Workouts Good for GI Disorders

Everyone can benefit from exercise, but for people with gastrointestinal (GI) disorders like irritable bowel syndrome (IBS), acid reflux and Crohn's disease, staying active can be a challenge. While some types of exercise can alleviate constipation, diverticulitis and gallstones, intense activity can trigger symptoms like cramping, diarrhea and heartburn. Movements that put stress on abdominal muscles also put pressure on the GI tract.

Still, GI issues don't have to keep you on the sidelines. Exercising can ease GI symptoms by helping you lose belly fat and reduce stress. Just remember to choose moderate exercise over the strenuous kind, especially when you're experiencing flare-ups. Here are a few kinder, gentler workouts you may want to try.



* **Walking.** To get started, walk slowly and pay attention to how you feel. Pick up the pace as you feel able. Be sure to drink plenty of water. Staying hydrated is especially critical for those with Crohn's disease and inflammatory bowel disorders that deplete the body of iron. Eating small meals on workout days is also smart.

* **Yoga.** Yoga is a great option for stretching muscles, releasing tension and improving flexibility, strength and balance. Be careful doing poses that require you to twist at the waist or that put pressure on your abdomen. Ask your instructor how to modify problem moves for your comfort.

* **Tai chi.** This ancient mind-body practice can enhance balance, flexibility and muscle strength. The slow, controlled movements also encourage deep breathing, which reduces anxiety. Many community centers offer tai chi classes, and you don't have to be in perfect shape to get started.

None of these workouts appeal to you? Consider cycling or swimming. Be sure to ease into any new activity slowly and notice how your body responds before ramping up your speed or intensity. ■



Tricks for Staying Regular on Vacation

The traveler's hassle no one likes to talk about isn't flight delays; it's constipation. Though many people experience traveler's constipation, experts are not sure why. The problem likely stems from disruptions to your routine like changes in diet, timing of meals or jet lag, which throws off your body's internal clock. Less-than-ideal access to clean restrooms when traveling can also interfere with normal bowel habits.

Stick to these guidelines to ward off constipation on your next trip.

Drink water throughout the day. One cause of constipation is dehydration, an easy trap to fall into when visiting dry climates, sightseeing for long stretches, or traveling where access to clean water is limited.

Get enough fiber. Your diet may change when eating out a lot, so take care to include fiber-containing fruits or vegetables with every meal. Eating

berries with breakfast and a salad with lunch or dinner helps your digestive system run smoothly no matter where you are.

Stay active. Vacations may be about relaxation, but no one likes their bowels to take a break. Encourage regularity by walking and stretching first thing in the morning and moving more throughout the day. Exercise promotes bowel movements.

Listen to your body.

When you gotta go, then go! Delaying bathroom breaks for long stretches of time can throw your system out of whack. If public bathrooms give you the shivers, carry disinfectant wipes and tissues.

Bring some meds. If you're prone to traveler's constipation, be sure to pack stool softeners—a gentle way to keep bowels moving. Laxatives can also help. Ask your doctor if you should take either type of medication preventively or on an as-needed basis. ■



3 Ways to Protect Your Kidneys

Kidneys play a vital role in keeping us healthy. In addition to removing excess water and waste from the blood, the kidneys regulate and balance the chemicals that run our bodies, including those that control blood pressure and help produce red blood cells. Our kidneys usually handle these jobs like clockwork, but toxins can build up in the body if the kidneys aren't working right.

Because kidney disease tends to progress slowly and has no symptoms, it's difficult to detect early when treatments may be most effective. As kidney disease worsens, risk of kidney failure increases. Dialysis or a transplant may be needed to prevent kidney failure. Fortunately, kidney disease is largely preventable.

Maintain These Healthy Habits

1 Control diabetes and hypertension. Diabetes and high blood pressure can damage blood vessels in the kidneys, making it hard to remove wastes and extra fluid. These conditions are the most common causes of kidney disease, especially for those over 60.

2 Keep it fresh. Processed foods are often packed with sodium and phosphorus additives, which can harm your kidneys and contribute to high blood pressure. For those with kidney disease, eating more fruits and veggies can lessen kidney damage and help prevent the buildup of harmful acids in the body, according to the *Clinical Journal of the American Society of Nephrology*.

3 Get moving. Exercising helps lower blood pressure and stress, which can contribute to kidney disease. Staying active also helps you maintain a healthy weight, reducing your chances of developing diabetes, cardiovascular disease or other conditions that take a toll on the kidneys. ■

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) 962-9230

To make reservations call (702) 962-5021 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

Calling All Grandparents: Car Seat Safety Check-Up

Thursdays starting at 10 a.m.

3150 N. Tenaya Way Near Wound Care Clinic (Near the back of the Medical Office Building)

By appointment only. Call (702) 582-3124.

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.

Cancer 101

Wednesday, March 1, 12:30 - 2:30 p.m.

Mark Howard/Lobby Classroom

MountainView Hospital Oncology Unit presents Cancer 101. Lunch will be served.

Movie Matinee: 'Jason Bourne'

Thursday, March 2, 1:30 - 3:40 p.m.

Join fellow H2U members for an afternoon of fun, movie, popcorn & punch.

Card & Games

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

Lunch & Learn Importance of a Colonoscopy

Tuesday, March 7, Noon - 1:30 p.m.

Guest Speaker: Christine Wahinehookae, RN MountainView Hospital's Endoscopy Charge Nurse, will discuss the importance of getting a Colonoscopy.

MountainView Stroke Support Group

Tuesday, March 7, 2 - 3 p.m.

MountainView Hospital Ostomy Support Group

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

Lunch & Learn with ClearCaptions

Thursday, March 9, Noon - 1:30 p.m.

Can't hear on the phone? Join Title IV ADA Specialist, Deborah Ace to learn how you can get your free caption phone today! Captioned phone conversations are displayed on the screen so you never miss what is being said. Lunch provided by ClearCaptions.

Parkinson's Support Group

Friday, March 10, 10 a.m. - Noon

Bunco

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

Creative Arts Class

Tuesday, March 14, 1:30 - 3:30 p.m.

Medicare Counseling

Wednesday, March 15, 9:15 a.m. - 3:15 p.m.

By appointment only

Diabetes Overview + Medication Review

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

MountainView Hospital, 1 South Classroom

Light lunch served.

Lunch & Learn ABC's of Sleep Health

Thursday, March 16, Noon - 1:30 p.m.

ABC Home Health's Director of Nursing-Penny Harrow, R.N. will speak on the ABC's of Sleep Health. Lunch is provided by ABC Home Services.

O2 on the Go Support Group

Friday, March 17, 10 a.m. - Noon

Alzheimer's Caregivers Support Group

Tuesday, March 21, 10 - 11 a.m.

AARP Smart Driver Class

Tuesday, March 21, 11:45 a.m. - 4 p.m.

\$15 for AARP members

\$20 for non-members

Lunch & Learn Navigating Your Way to Better Health

Thursday, March 23, Noon - 1:30 p.m.

Join Guest Speakers, Care Assure Nurse Navigators: Vismin Sue Titus MSN, MHA, RN, and Andrea Mapa, RN, for an informational program on how Care Assure is helping patients at MountainView Hospital.

MountainView Hospital Spring Fling Health Fair

Saturday, March 25, 9 a.m. - noon

MountainView Hospital

3100 N. Tenaya Way, Las Vegas, NV 89128

Join us for a fun-filled day with free health screenings, information and prizes!

Lunch & Learn Colorectal Health & You

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

Guest Physician Speaker: Stephanie

Wishnev, M.D., FASCRS, FACS,

Board Certified Colon and Rectal Surgeon, for an informational lecture.

Bingo

Wednesday, March 29, 1:30 - 3 p.m.

Board Games

Thursday, March 30, 1:30 - 3 p.m.

January, February, March & April Birthday Party

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

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

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 Southern Hills Hospital

Jasmine Smith

*Director of Volunteer Services and H2U
(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.

Lunch & Learn: Protecting Seniors Online

Wednesday, March 1, 11:30 a.m. - 1 p.m.

Protecting Seniors Online will focus on the cyber threats that can put older adults in jeopardy. This presentation will provide valuable resources and information to protect seniors online. Lunch provided by Home Instead.

Joint Replacement Education

*Friday, March 3, 10, 17, 24 and 31
9 - 10 a.m.*

Multipurpose Room/Fifth Floor

Learn more about our advanced orthopedic surgical programs at Southern Hills Hospital. Our orthopedic team experts guide you through the process so you know what to expect before, during and after surgery.

AARP Smart Drivers Class

Thursday, March 9, 9 a.m. - 1 p.m.

Medical Office Building I

9280 W. Sunset Road Suite 226

\$15 for AARP members

\$20 for non-members

Check payments only accepted at the door; payable to AARP. Light refreshments will be available.

Lunch & Learn with ClearCaptions

Thursday, March 23

Noon - 1 p.m.

Can't hear on the phone? Join Title IV ADA Specialist, Deborah Ace to learn how you can get your free Caption Phone today! Lunch provided by ClearCaptions.

Southern Hills Hospital Lunch & Learn Diabetes: What Your Doctor Isn't Telling You with Dr. Ryon Parker

Tuesday, March 28, 11:30 a.m. - 1 p.m.

Education Room/First Floor

Join Dr. Ryon Parker for his interactive presentation on the highlights and lowlights of diabetes.

H2U Sunrise Hospital

Tracy Netherton

*Director, 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.

Are you a smoker? Thinking about quitting? We can help!

Smoking is the leading cause of lung cancer, and Sunrise Hospital has partnered with the American Lung Association in Nevada and is a designated site location for Smoking Cessation. When you are ready, we are here for you! To sign up, contact the American

Lung Association liaison Will Rucker at (702) 431-6348.

Tai Chi

Thursdays, 11 a.m. - Noon

Breast Center Multipurpose Room

\$5 per class

AARP Smart Driver Class

Wednesday, March, 8, Noon - 4:15 p.m.

\$15 for AARP members

\$20 for non-members

Epilepsy Support Group

Wednesday, March 8, 5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

Ostomy Support Group

Tuesday, March 14, 7 - 9 p.m.

Auditorium

Community Presentation: Being Mortal Presented by Compassion Care Hospice

Wednesday, March 15, 7 - 9 a.m. and

Wednesday, March 22, 5:30 - 7:30 p.m.

Sunrise Auditorium

Stroke Survivors Support Group

Wednesday, March 15, 6 - 7 p.m.

Sunrise Rendezvous Room

Sunrise Hospital Dinner Seminar Physician Lecture: Colorectal Cancer

Thursday, March 16, 6 - 7:30 p.m.

Finding colon or rectal cancer early and treating it quickly is more achievable now than ever before. Join Dr. Ovunc Bardakcioglu, colorectal surgeon, for an important discussion about colorectal cancer, who is most at risk, detail on the various recommended screening options and the latest information on treatment options if disease is present. It is Colon Cancer Awareness Month. Please don't miss out on this vital health information.



If you want to improve your memory, working out may help. Research in *Current Biology* found that people who exercised four hours after learning something new retained the information better than those who did not.

Try this recipe!

Farro With Roasted Vegetables

Farro, is a nutty-tasting whole grain that contains a healthy dose of protein, fiber and nutrients. A staple in Mediterranean, Ethiopian and Middle Eastern kitchens, farro is great in salads, stews and soups. Or cook it like rice and top it with roasted veggies.



Ingredients

2 cups whole-grain farro, dried
4 cups cauliflower florets
2 cups baby carrots
1 Tbsp. olive oil
Salt and pepper, to taste
Cumin, to taste
Lemon juice, to taste

Directions: Add dried farro to 4 cups of water in a saucepan. Bring to a boil, then reduce heat to low. Cover and simmer for up to 40 minutes, until farro is tender and

has absorbed all the liquid. While farro is cooking, preheat oven to 425 degrees. Place cauliflower and carrots on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss together. Roast 15-20 minutes, tossing occasionally, until veggies start to brown and are almost tender. Top prepared farro with roasted vegetable medley. Add a splash of lemon juice and a sprinkle of cumin to taste.
Serves 4.

Nutrition information (per serving):

Calories 178; Total fat 4.6 g; Protein 6.4 g; Fiber 7.4 g; Sodium 68 mg; Sugars 5.1 g; Carbs 36.8 g ■



* MONTHLY CHALLENGE

Clean Out Your Medicine Cabinet

We're all guilty of keeping prescription and over-the-counter medications stashed away long after we've stopped using them. But holding onto unused drugs raises the risk of accidental ingestion, misuse or overdose by someone in your home, including children.

This month, we challenge you to give your medicine cabinet a spring cleaning and dispose of drugs you no longer need or that are expired.

Safe Disposal Tips

Dumping pills in the trash may seem harmless, but is not recommended. Pill containers can be removed from trash bins by people planning to use or sell them. Spilled medications can be ingested by pets or wildlife. And, pouring medications in sinks and toilets is discouraged since the active ingredients can contaminate drinking water.

The safest disposal option is to turn over meds to take-back programs sponsored by pharmacies, hospitals, police or fire departments. Search for disposal locations at <http://bit.ly/2eNpAZ5>.

If no take-back options are available near you, the FDA recommends the following drug disposal method.

- > Put medication in a sealable plastic bag. (Do not crush tablets or capsules.)
- > Mix in cat litter, coffee grounds or dirt.
- > Seal the bag and toss it in the trash.
- > Remove labels from prescription containers or black out personal info. Recycle.

Store remaining unexpired medications in a secure place away from heat and moisture. ■



Low FODMAP Diet Can Ease IBS

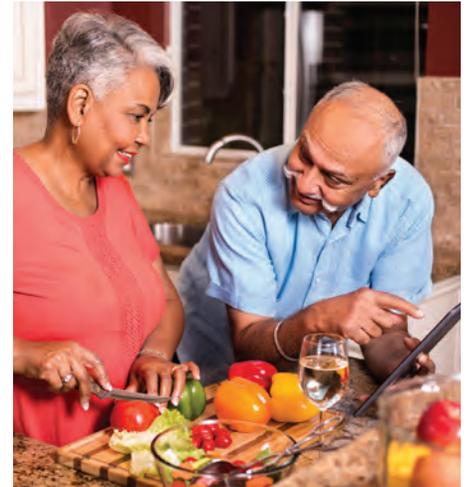
Eating should be enjoyable, but for those with irritable bowel syndrome (IBS) the dinner table can seem like a minefield. IBS often causes chronic diarrhea or constipation, as well as gas, cramping and bloating. Certain foods can cause symptoms to flare up, but which foods is not always clear.

For many, fried foods trigger problems, but wheat, starches, and some fruits and vegetables can also be culprits.

No single diet has been found to ease IBS. However, research in the *American Journal of Gastroenterology* reports that

many IBS sufferers found relief following a low-FODMAP diet. FODMAP stands for Fermentable, Oligo-saccharides, Di-saccharides, Mono-saccharides and Polyols, and it promotes eating certain types of carbohydrates over others.

The chart below shows foods low and high in FODMAPs. Researchers at Monash University in Australia who developed the diet recommend working with a dietitian to map out an eating plan and track how well it works. They note that some foods in the high category may be fine in small serving sizes. ■



Food Group	Low FODMAP Foods (EAT MORE of These)	High FODMAP Foods (CUT BACK on These)
Vegetables	Carrots, corn, cucumber, green beans, kale, lettuce, potatoes, squash, red peppers	Garlic, onions, asparagus, mushrooms, peas, broccoli, cauliflower, cabbage, artichokes
Fruits	Bananas, blueberries, cantaloupe, cranberries, grapes, oranges, pineapple, strawberries	Apples, apricots, avocado, blackberries, grapefruit, mangos, peaches, pears, plums, watermelon
Protein	Beef, chicken, lamb, pork, tofu	Legumes (lentils, chickpeas, etc.)
Breads & Grains	Oats, quinoa, gluten-free foods, rice	Barley, bran, granola, wheat breads, cereals
Dairy	Lactose-free milk, almond milk, butter, hard cheeses	Milk, yogurt, cream cheese, ricotta, ice cream, custard

Grain Gains

In their natural state, grains are packed with nutrients and fiber. However, most grains we eat are milled to remove the bran and germ from the grain's kernels. Milling makes grains softer for baking and cooking, but it also strips away fiber, iron and B vitamins.

Though manufacturers often fortify milled grains with vitamins and minerals, they don't add back fiber. And it's fiber that helps prevent constipation, promote fullness and keep blood sugar levels steady. Eating whole grains is also good for digestion and weight control.

Newly published research in the journal *Circulation* found that people who eat more whole grains tend to live longer.



Other studies say a diet rich in whole grains can lower your risk for heart disease, diabetes and stroke. The USDA recommends eating three to five servings of whole grains per day. A serving equals a cup of cereal, a half-cup of cooked rice or pasta, or a slice of bread.

Surge Your Grain Intake

Swap out refined grains. Choose brown rice instead of white rice and whole-grain bread over white bread. Also look for whole-grain pasta, cereal and crackers. Add bulgur or barley to stews or casseroles.

Read labels carefully. Don't assume brown bread is made from whole-grain flour. Look for words like "100% whole grain" or "100% whole-wheat flour" on the label. Check the fiber content—at least 3 grams per serving is good.

Choose gluten-free grains when necessary. If you suffer from celiac disease or gluten intolerance, you can still eat whole grains like quinoa, brown and wild rice, corn, buckwheat, millet, sorghum and amaranth. ■



**Sunrise Hospital
Dinner Seminar
Physician Lecture:
Colorectal Cancer
with Dr. Ovunc
Bardakcioglu**

Thursday, March 16
6 - 7:30 p.m.

Sunrise Auditorium

Finding colon or rectal cancer early and treating it quickly is more achievable now than ever before. Join Dr. Ovunc Bardakcioglu, colorectal surgeon, for an important discussion about colorectal cancer, who is most at risk, details on the various recommended screening options and the latest information on treatment options if disease is present. It is Colon Cancer Awareness Month. Please don't miss out on this vital health information.



**Southern Hills
Hospital Lunch &
Learn Diabetes:
What Your Doctor
Isn't Telling You
with Dr. Ryon
Parker**

Tuesday, March 28
11:30 a.m. - 1 p.m.

Education Room/First Floor

There are multiple aspects to diabetes and so much information on the topic. But what are the key points that you need to know to best tackle the condition? Join Dr. Ryon Parker for his interactive presentation on the highlights and lowlights of diabetes. From an overview of diabetes to getting it under control with your doctor, Dr. Parker will provide what you need to know to help you live a healthier life.



**MountainView
Lunch & Learn
Colorectal Health
& YOU with
Dr. Stephanie
Wishnev**

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

Join Guest Physician Speaker: Stephanie Wishnev, M.D., FASCRS, FACS, Board Certified Colon and Rectal Surgeon, for an informative lecture on colorectal health, colon cancer, the risks, treatments and various screening options available. Plus learn how her most recent area of interest has been to apply minimally invasive techniques for colon and rectal surgery, so that patients can recuperate faster and with less pain. Followed by a Q & A with Dr. Wishnev.

Meal will be provided free to 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.

Getting To The Source Of Colon Cancer Quickly

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polyp was detected via colonoscopy. A biopsy proved she had a pre-cancerous polyp. It was quickly removed by Dr. Bardakcioglu who chose a laparoscopic procedure he is well-versed to perform.

"I am 100-percent OK. Everything went great. I didn't have three different types of doctors. I got (my surgery) done quickly and it went very well," Amburgey said.

Saturday, March 25
9 a.m. to 12:00 p.m.

*MountainView Hospital
Spring Fling Health Fair*

Join us for a fun-filled day
with FREE health screenings,
information and prizes!

MountainView Hospital Main Lobby
3100 N. Tenaya Way
Las Vegas, NV 89128

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(800) 771-0428
H2U.com
feedback@h2u.com

This newsletter is not intended to provide advice on personal medical matters, nor is it a substitute for consultation with a physician.

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