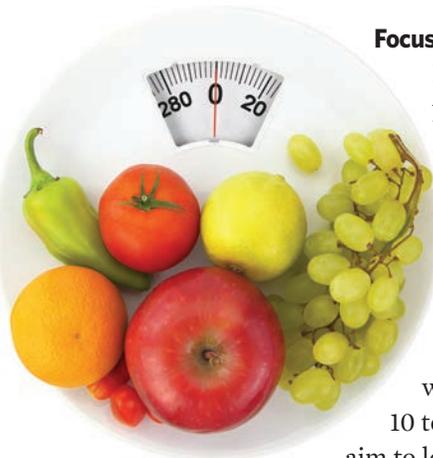


Weighing Your Options for Defeating Diabetes

If you're carrying around more than a few extra pounds, take heed: You may be setting yourself up for diabetes. In fact, the National Institutes of Health notes that at least 80 percent of people with diabetes are overweight or obese.

People with a body mass index (BMI) of 25 or higher can significantly reduce their chances of developing diabetes by losing weight. This is especially important for those who already have elevated blood sugar, also known as prediabetes.

 **FIND YOUR BMI USING THE CALCULATOR AT H2U.COM**



Focus on losing a little

If the prospect of losing a lot of weight makes you feel overwhelmed, start with a more attainable goal. You may not have to completely overhaul your body to dramatically reduce your diabetes risk.

Research shows losing just 5 to 7 percent of your body weight through dietary changes and exercise can reduce your risk of developing type 2 diabetes by 58 percent. So if you weigh 200 pounds, you would aim for shedding 10 to 14 pounds. Or if you weigh 150 pounds, you'd aim to lose 7.5 to 10.5 pounds. Combining a calorie-

restricted diet with 150 minutes per week of aerobic exercise and weight training can help you achieve that goal.

If you already have diabetes, losing 10 to 15 pounds can lower blood pressure and blood glucose, as well as reduce blood fats that contribute to heart disease,

continued on next page



ISSUE FOCUS

Diabetes

Sunrise and Walgreens Partner to offer Bedside Medication Delivery

Sunrise Hospital and Medical Center and its onsite Walgreens Pharmacy have partnered to offer patients bedside delivery of their discharge medications. Sunrise is the first hospital in the country to successfully integrate its electronic medical record (EMR) system, Meditech, with Walgreens to provide bedside medication delivery. Bedside delivery enhances our patients' hospital experience and can ease the transition to home by eliminating the need to stop at a neighborhood pharmacy. Additional benefits of bedside delivery include:

- Delivery within one hour of receiving discharge prescriptions
- Security sealed bags with the patient's specific information
- Follow-up calls on all patients who utilize the service within 48 hours
- Professional and fast service

This is just one of the many ways that Sunrise Hospital provides the best possible care to our community! ■



continued from front page

according to the American Diabetes Association. With weight loss, you may even be able to cut back on the medicines you take. As a bonus, slimming down can give you more energy and improve your body image, too.

Before changing your diet and exercise routine, it's a good idea to consult with your doctor, especially if you're taking diabetes medication already.

What about weight-loss surgery?

People with diabetes may be candidates for bariatric surgery if they are very overweight and diet and exercise aren't working. Bariatric surgery helps people lose weight by making changes to the digestive system that limit the amount of food that can be consumed or digested—or both.

Weight-loss surgery typically involves one of two types of procedures:

▶ **Gastric bypass**, which reduces the size of the stomach and attaches the new, smaller stomach pouch directly to the middle part of the small intestine.

▶ **Gastric banding** (also known as Lap-Band surgery), which makes the stomach smaller by wrapping an

adjustable band around the top of the stomach to restrict its size.

Other bariatric procedures involve removing part of the stomach, but these are not performed as often.

Weight-loss surgery has helped many obese people head off complications from serious conditions like heart disease and diabetes. One recent study from Group Health Research Institute in Seattle, Wash., found that diabetes goes away in about one-third of those undergoing gastric bypass surgery. However, the outcomes did not always last; within five years, diabetes had returned in about half the patients.

Other research has found that

weight-loss surgery may help prevent diabetes. A study in the *New England Journal of Medicine* found that weight-loss surgery significantly reduced the odds that overweight patients who did not already have diabetes would develop the disease. As a result, some doctors and medical experts recommend bariatric surgery to protect high-risk individuals from developing diabetes.

Bariatric surgery is not without risks. Although people who undergo this surgery typically do lose a lot of weight initially, they must make life-long changes to their eating habits and lifestyles to maintain the weight loss and get adequate nutrition. ■



4 Ways to Change Your Luck

Some people have all the luck, right? Maybe not. In fact, you already have what it takes if you're willing to try something new. These luck improvers are guaranteed to get better results than knocking on wood or collecting four-leaf clovers:

- 1. Think positively.** You automatically set yourself up for failure if you don't believe you can succeed. An optimistic outlook allows you to see opportunities to turn a negative situation into something more positive.
- 2. Try something new.** If you're doing something that isn't turning out the way you want, walk away for a few moments. Then return and try another approach. Sometimes being laser-focused on a task can prevent you from seeing alternative solutions.
- 3. Go out on a limb.** If you don't play, you don't win. Ask for that promotion, put your name in the "win a lunch" drawing or strike up a conversation with a stranger. Taking chances opens you to new possibilities and experiences.
- 4. Act the part.** Studies have shown that if you make the effort to smile, you actually end up feeling happier. Along the same lines, if you act confident, you are more likely to get what you want. ■

Walk This Way

Getting Ready for Walking Events

Getting in shape can be much more fun when you're working toward a rewarding goal. Crossing the finish line at a walking event is a great reward to strive for, whether it's a 5k (3.1 miles) or a half-marathon (13.1 miles). Plus, many of these events benefit charities, so you can enjoy the positive feelings of contributing to a good cause while improving your health.

To prepare for these walks, spend at least six weeks training for shorter distances and up to six months for a half-marathon, depending on how much walking you normally do. If you have been sedentary, start with a daily 15-minute walk, adding five minutes a day until you are up to 30 minutes, four to five days a week. Slowly build



endurance until you can do a 60-minute walk at a comfortable pace.

If you'd like to aim for completing a half-marathon, you'll need to work up to walking 15 to 20 miles a week. To make your experience more enjoyable, recruit a friend to train with you. A typical training schedule would include walking three miles every other day, plus doing one longer walk

on the weekend to build your mileage. Your first long walk could start at four miles and increase every week or two until you reach 13 miles.

On the day of your event, don't forget to get there early to grab your race packet, warm up and apply sunscreen. Start at a slow and comfortable pace for the first few minutes until you hit your stride. ■

Travel Safely With Diabetes

Like Boy Scouts, people with diabetes should "be prepared" when traveling, whether on an overnight trip or a well-deserved vacation. These tips from the American Diabetes Association will help you stay in control of your diabetes away from home:

- ▶ Wear a diabetes ID bracelet or necklace.
- ▶ Carry a letter from your doctor stating you have diabetes and the medicines and supplies you need. Also carry prescriptions in case you need refills or replacements.
- ▶ Take twice as many diabetes supplies as you think you'll need.
- ▶ Keep supplies with you at all times, including snacks, juice or hard candy.



- ▶ Ask your doctor for advice on how to adjust your routine when changing time zones.
- ▶ Stick to your meal plans and exercise habits as much as possible.

Flight Tips

You can carry diabetes medication and supplies with you onto airplanes, so don't pack them in checked luggage. Before entering security lines, separate your diabetes supplies from other items to show the officer during screening. Medically necessary liquids, gels and aerosols, as well as freezer packs, will get additional screening.

If you have an insulin pump, tell the TSA security agent before screening. People with pumps can be checked by full body scan, metal detector or pat-down. The officers will ask you to handle the pump and then check your hands for explosives residue to ensure it's not a bomb.

Go to the TSA.gov website and print out security and screening guidelines to carry with you in case questions arise. ■

All H2U classes and events require a reservation. Please RSVP to (702) 233-5300.

MountainView Calendar

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

Senior CAN

16-week class
Monday, Jan. 28 through Monday, April 29
10:30 - 11:30 a.m.

Card and Game Day

Monday, March 4 & 18
Noon - 3 p.m.

March Bingo

Tuesday, March 5
1:30 - 3 p.m.

Movie Matinee

"Flight"
Thursday, March 7
1:30 - 3:40 p.m.

Bunco

Monday, March 11 & 25
1:30 - 3 p.m.

Wii™ Games

Tuesday, March 12
1:30 - 3 p.m.
Sponsored by Quality Care IPA.

Lunch and Learn "Balance and You"

Wednesday, March 13
11:30 a.m. - 1 p.m.
Guest Speaker: Brian Werner of
Werner Institute for Balance & Dizziness

Tech Talk- Introduction to Skype

Thursday, March 14
2 - 3 p.m.
Sponsored by CareMore.

O2 on the Go Support Group

Friday, March 15
10 a.m. - noon

Alzheimer's Caregivers Support Group

Tuesday, March 19
10 - 11 a.m.

AARP Driver Safety Class

Tuesday, March 19
11:45 a.m. - 4 p.m.
\$12 for AARP members,
\$14 for non-members.
Checks only, made out to AARP

Coffee & Donut Chat

Friday, March 22
10 - 11:30 a.m.
"Benefits of a Medical Alert Pendant,"
Guardian Alert 911/Freedom Alert 911.

Lunch and Learn "Colon Health and the Importance of a Colonoscopy"

Wednesday, March 27
11:30 a.m. - 1 p.m.
Special guest physician: Ren yu Zhang, MD

Tech Talk: Introduction to Facebook and Social Media

Thursday, March 28
2 - 3 p.m.
Sponsored by CareMore.

March & April Birthday Party

Wednesday, April 3
1:30 - 3 p.m.
If you were born in March or April, you and
a guest are invited for cake and coffee.

Mitch's Tai Chi/Ki Gong Class

Mondays
9 - 10 a.m.
\$5 per class

Blood Pressure Checks

Tuesdays
10 - 11 a.m.
Provided free to H2U members

Mitch's Meditation Class

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

Yoga with Christian

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

Southern Hills Calendar

Jasmine Smith, H2U Manager
(702) 880-2918

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

AARP Driver Safety Class

Tuesday, March 5
9 a.m. - 1 p.m.
\$12 for AARP members
\$14 for non-members
Check payments only accepted at the door;
payable to AARP
Attend this class and receive a discount on
your automobile insurance.

H2U Diabetes-Friendly Recipes and Cooking Tips

Thursday, March 14
10:30 - 11:30 a.m.
Have a loved one with diabetes? Join
Chef David Pottle to learn recipes and
cooking tips for those with diabetes. Light
refreshments provided by CareMore.

Lunch & Learn: Benefits of a Medical Alert Pendant

Tuesday, March 26
11:30 a.m. - 1 p.m.
An emergency can occur at any time. Join
Burt Weinerman with Guardian Alert 911
and Freedom Alert for a luncheon about
what a medical alert button is and its
importance.

Sunrise Calendar

Tracy Netherton

Sunrise Hospital H2U Supervisor
(702) 735-5510

Tai Chi Class

Thursdays, March 7, 14, 21, 28

11 a.m. - noon

Breast Center Multipurpose Room

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. There is a \$5 fee to attend this class.

Lunch and Learn

"Cooking Tips for the Diabetic"

Tuesday, March 12, 11:30 a.m. - 1:30 p.m.

Sunrise Hospital Auditorium

Join one of the talented chefs for some helpful tips and recipes that will help manage diabetes while tasting delicious.

AARP Driver Safety Class

Wednesday, March 13

Noon - 4 p.m.

\$12 AARP members, \$14 non-members

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

Lunch and Learn: Bring your Medications in for a Checkup

Tuesday, March 19, 11:30 a.m. - 1:30 p.m.

Join Karim Gulrquis, Walgreens Pharmacist, who will discuss medications and their interactions.

One-on-One Medicare Counseling

Wednesday, March 20, 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: GYN Robotic Surgery and YOU

Speaker: Dr. Kord Strebler

Wednesday, March 27, 5:30 - 7:30 p.m.

Sunrise Hospital Auditorium

H2U Birthday Celebration

Wednesday, March 28

1:30 to 3 p.m.

If you were born in February or March, you and a guest are invited for cake and coffee and a relaxing game of bingo.

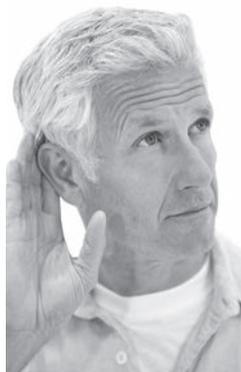
Zumba Class

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

Myths About Hearing Loss

As many as 1 in 5

Americans have some hearing loss, according to the Better Hearing Institute (BHI). And having diabetes or prediabetes increases the risk of impaired hearing. In fact, people with diabetes are twice as likely to have hearing loss as those who don't have diabetes, and prediabetes increases the risk of hearing loss by 30 percent, according to the National Institutes of Health. Researchers suspect that high blood glucose levels damage the tiny blood vessels and nerves in the ear, which causes hearing to fade.



Hearing aids can help many people with hearing loss improve their hearing and quality of life, but some people are reluctant to try them because of myths like these:

Myth: Hearing loss affects only "old people."

Fact: According to the BHI, 65 percent of people with hearing loss are age 64 or younger.

Myth: I would know if I had hearing loss, or my family doctor would tell me.

Fact: Hearing fades gradually, so you may not notice. If you often ask people to repeat themselves, struggle to hear well in noisy environments, or have trouble hearing the voices of women and

children, you may have hearing loss. Few physicians screen for hearing problems at a routine physical, so you need to consult a specialist like an audiologist.

Myth: Hearing aids won't help.

Fact: Today's hearing aids can help almost 95 percent of people who have high-frequency hearing loss—the most common kind. They also help people with nerve damage or hearing loss in just one ear.

Myth: Hearing aids are ugly, and you have to constantly fiddle with the sound level to hear well.

Fact: Most modern hearing aids use digital technology and are light, tiny and barely noticeable. They automatically adjust for loud and soft noise to provide excellent sound volume and quality. ■

H2U Wants YOU ... to Join our Readers Panel.

A few times a year, we'll ask you to share your ideas and experiences by completing a quick, online survey. We may even feature you in a reader profile, with your permission. It's an easy and fun way to help make H2U publications serve you better. To join, simply email your name and preferred email address to readerspanel@h2u.com.



Makeover Your Leftovers And Have Healthy Meals for Days

Not everyone loves eating reheated Sunday supper on Tuesday. But that doesn't mean you have to toss out leftovers. With a little planning and creativity, you can remake leftovers into something entirely different.

Leftover chicken, for example, can be the start of a flavorful soup. Add reduced-sodium broth, whole grain pasta, chopped carrots and onions, and voilà: homemade chicken noodle soup.

Or try shredding leftover turkey or roast beef to mix with pinto beans for filling burritos. Just add salsa, chopped peppers and onions, and avocado. Yummy!

Did you cook too much spaghetti last night? Freeze the sauce for later, and mix the noodles with eggs to make a pasta frittata or quiche. Eggs are a classic makeover ingredient for all kinds of leftovers. Mix diced ham with eggs and fresh spinach for a delicious "green eggs and ham" omelet. Or try the super-easy breakfast casserole at right (also great for brunch).

Leftover Breakfast Casserole

8 eggs
2 cups skim milk
1 cup cheese, grated
4-5 cups chopped, cooked meats and veggies
(cook's choice!)
1 tsp. dried herbs or 1 Tbsp. fresh herbs,
(optional)
Salt and pepper to taste

Directions: Preheat oven to 350 degrees. Spray 9" x 13" casserole dish with cooking spray. Whisk eggs and milk in a large bowl. Add all other ingredients and stir to mix. Pour into baking dish, cover with foil, and bake for about 25 minutes. Remove foil and bake for another 5-10 minutes until top is slightly brown. Remove and let sit for about 10 minutes before serving. Makes eight servings.

Nutrition Info (not counting meat or vegetables): Calories 159, Total fat 11 g, Sodium 277 mg, Carbs 4 g, Sugars 4 g.



SMART TIP Store leftovers in clear glass or BPA-free plastic containers so you won't forget what's in your fridge. Attach a strip of tape with a "use by" date written in permanent marker. In general, refrigerated leftovers should be used within 3 to 5 days. Frozen leftovers should be used within 2 to 3 months.



Work Those Muscles!

Weight training is a huge part of my daily regimen because having more muscle means I burn more fat. This month, add some muscle-building moves to your routine. Fitness bands and hand weights are inexpensive and easy to use at home or when traveling. For each of the following exercises, do 3 sets of 12 repetitions, or 3 sets of 8 reps for beginners.

Bicep curls with a band.

Stand with both feet planted on a band, shoulder width apart. Stand straight, knees slightly bent and muscles taut. Grip band handles and do bicep curls.

Tricep curls with a band.

Also standing on the band, raise arms overhead and work your triceps by bending your arms and lowering hands to shoulders, then back up. Keep elbows close to ears.

Bicep curls with a step.

This is a full body exercise, so grab a bench or step box and two 3- to 5-lb. weights. As you step up on the box with your left foot, curl weights toward your shoulders and raise the right knee so the thigh is parallel to the floor. Return to start and switch legs (one repetition includes both legs). ■



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

Hearing Loss and Dementia: HearUSA Can Help

Gradual hearing loss is a common symptom of aging, but can it also be an early sign of Alzheimer's disease or other types of dementia? The answer is yes, say researchers at Johns Hopkins University. New findings suggest that poor hearing may be a "harbinger of impending dementia," says George Gates, MD, a hearing expert at the University of Washington in Seattle.

According to the study, the risk of dementia appears to rise as hearing declines. Older people with even mild hearing impairment were nearly twice as likely as those with normal hearing to develop dementia. And when severe hearing loss is present, the risk of dementia is nearly quintupled.

"What we've found is long before anyone gets a diagnosis of dementia, their ability to hear noise is severely affected, so a hearing test may reveal people at risk of dementia before any other test," Dr. Gates said.

Researchers also suggest that improving hearing can stave off depression, which can lead to other mental and physical maladies. "No

one would think of not treating their high blood pressure, but hearing loss is still perceived as not that bad for you," said lead researcher Frank Lin, MD. He adds that hearing loss has an enormous impact on the lives of his patients and their family members. "Yet because it is such a slow and insidious process, it is often left ignored and untreated." Early treatment with hearing aids may help.

H2U members are eligible for a free hearing exam and special pricing from HearUSA. To schedule a hearing test at a location near you, call HearUSA toll-free at (800) 442-8231, Monday through Friday, during business hours. Simply mention H2U. ■



Share Your Healthy Habits With an H2U Gift Membership



H2U can help your friends and loved ones reach their health goals and live life to the fullest! The gift of an H2U membership shows how much you care, with benefits that continue all year long, including these:

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Gift Application for New Members

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

Recipient's Information

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Address _____

City/State _____ Zip Code _____

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

Email Address _____

Gender Male Female Date of Birth _____

Your Information

First Name _____ MI _____ Last Name _____

Address _____

City/State _____ Zip Code _____

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

Email Address _____

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) _____

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

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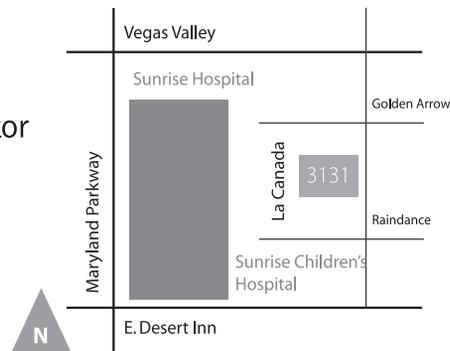


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Se Habla Español



Is Alzheimer's Disease "Type 3 Diabetes"?

Type 2 diabetes is a risk factor for Alzheimer's disease, but the underlying connections between the two diseases have not been clearly understood. That may be changing.

Researchers at Brown Medical School discovered in 2005 that the brains of Alzheimer's patients showed signs of insulin resistance, which also is a sign of diabetes. Since then, studies have found that people with mild to moderate Alzheimer's benefit from taking insulin. Because of this, some researchers are starting to refer to this progressive dementia as "type 3 diabetes."

If Alzheimer's is a metabolic disease like diabetes, that may open new avenues to treatment. For example, a study in the

journal *Brain Research* found that an experimental diabetes drug that helps the body control its response to blood sugar may stimulate production of new nerve cells in the brain that are involved with memory.

Scientists caution that more research is needed to prove whether Alzheimer's actually is a metabolic disease that will respond to diabetes drugs. In the meantime, most health experts promote exercise and a healthy diet to prevent both Alzheimer's disease and diabetes.

Start with these tips:

Exercise. The Alzheimer's Association recommends everyone perform regular physical activity because it helps maintain good blood flow to the

brain. Exercise also reduces the chances of heart attack or stroke, which are associated with Alzheimer's disease.

Eat right. A "brain-healthy" diet is low in cholesterol and saturated fat, according to the Alzheimer's Association, so incorporate more "good" fats into your meals. For example, replace partially hydrogenated oil with canola or olive oil. Antioxidants also can decrease risk, so eat more dark green vegetables and dark-colored fruits. In light of the research linking Alzheimer's and insulin resistance, some experts suggest a low-glycemic diet like that recommended for people with type 2 diabetes. This diet limits processed foods, sugar and starchy carbohydrates that cause sharp spikes in blood sugar. ■