

MAY 2013

Your Weight IQ

Do you really know the health risks of **OBESITY?**

Test yourself—try naming five health risks associated with obesity.

If you listed heart disease and diabetes and then got stumped, you're not alone. While about 7 in 10 Americans can identify heart disease and diabetes as health risks associated with obesity, a poll by The Associated Press-NORC Center for Public Affairs Research says very few can identify risks beyond that.

The health consequences of obesity are far-reaching and dangerous. Not only can excess weight cause heart disease and diabetes, obesity also can be a risk factor for arthritis, sleep apnea, infertility, some types of cancer and other health problems.

And women are more likely than men to be obese and carry a dangerous amount of weight in the midsection.

But the news isn't all bad—if you take steps now to maintain a healthy weight or lose excess pounds, you may be able to prevent many obesity-related health risks.

What is Obese?

A body mass index (BMI) of 30 or higher is considered obese. Here's what 30 BMI looks like:

5'3" 170 lbs.
5'5" 180 lbs.
5'7" 195 lbs.
5'9" 205 lbs.
5'11" 215 lbs.
6'1" 230 lbs.

Go to H2U.com to calculate your BMI.

5 Lesser-Known Risks Linked to Obesity

Arthritis: The tissue in your joints wears away over time due to the pressure of bearing too much weight. This can lead to painful osteoarthritis of the hip, knee, foot and ankle. Osteoarthritis is a normal consequence of aging, but is accelerated and worsened by obesity.

What to do: *Get active! Cardio and weight-bearing exercises will not only help you lose weight, they improve bone strength, too. If you already have arthritis pain, try low-impact activities like swimming or cycling.*

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ISSUE FOCUS

Women's Health

MountainView Participates in Study

MountainView Hospital is one of four sites in the country to take part in a clinical trial that looks at the use of directed imaging during minimally invasive hysterectomies for cervical and uterine cancer.

The other study sites include hospitals and academic medical centers in Indiana, North Carolina and Michigan. These procedures utilize the daVinci Surgical System to perform complicated gynecologic cancer procedures through several tiny incisions. The clinical trial gets its name from the Firefly Fluorescence Imaging software and dye that causes sentinel lymph nodes to glow a fluorescent green.

MountainView and Dr. Lynn Kowalski, medical director of the hospital's robotics program, the Las Vegas Institute for Robotic Surgery, were chosen to take part in this clinical study because of the great track record of its surgical robotics program and Dr. Kowalski's depth of experience and knowledge with robotic and gynecological surgeries. ■

Your Weight IQ

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Cancer: Cancers of the esophagus, pancreas, colon and rectum, kidney, thyroid, and gallbladder are known to be associated with obesity. Increased levels of estrogen produced by fat tissues contribute to breast and endometrial cancers, and high levels of insulin can promote tumor growth. Obese women may be at higher risk for cervical and ovarian cancer, too, according to the National Cancer Institute.

What to do: *Eat plenty of fruits and vegetables to get more vitamins, minerals and antioxidants that may help fight cancer and keep your weight down.*

Breathing Problems: Obese people have fatty tissue around their necks that can put pressure on the airway during sleep and cause breathing

to stop for brief periods throughout the night. This is called sleep apnea, and it comes with its own set of health risks. Obesity hypoventilation syndrome is another weight-related breathing disorder that results in too much carbon dioxide in the blood and too little oxygen. This condition can be fatal.

What to do: *See your doctor. Outside of diet and exercise changes, you may need medication or other treatments.*

Infertility: Obese women are prone to reproductive problems, ranging from irregular menstrual cycles to polycystic ovary syndrome (PCOS). Women with PCOS tend to have infrequent menstrual cycles, extra hair on arms, legs, face, chest and other areas, acne, imbalanced hormones, male pattern baldness and obesity. In men, some studies have linked obesity to low sperm counts or sperm viability problems.

What to do: *Studies have shown that weight loss can improve fertility. Weight loss with PCOS can be difficult, so consider working with a specialist.*

Depression: While researchers are unsure whether depression is caused by obesity or vice versa, the two conditions often coexist, particularly in middle-aged women. In fact, women with clinical depression were twice as likely to be obese, according to a study published in *General Hospital Psychiatry*. It's a vicious cycle—an overweight woman becomes depressed, and depression makes it harder for her to lose weight.

What to do: *Tackle your depression. Discuss with your physician whether antidepressants or therapy are good options. Also, studies have shown that bariatric surgery success has significantly reduced depression and anxiety in obese patients within a year of surgery. ■*

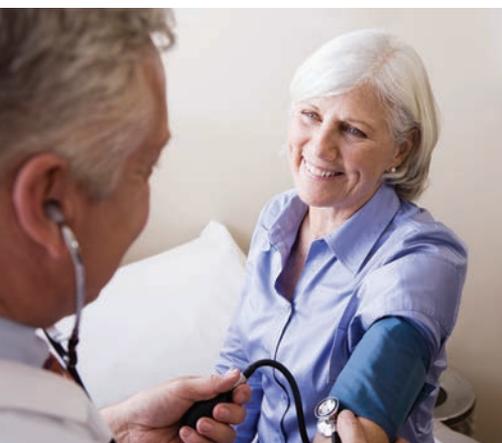
For Her Take a Whole Body Approach to Health

It's important to be conscientious about visiting your gynecologist for well-woman visits. But don't assume these check-ups are comprehensive enough to replace periodic exams by a primary care physician. There are many issues that your gynecologist may not screen for routinely, such as depression, high cholesterol, skin cancer and diabetes.

A general physical by a primary care physician looks at overall health and wellness, starting with an assessment of your vital statistics—height, weight, blood pressure, heart rate and

respiration. Then, based on your age, health status and family history, you may need vaccines, blood or urinary tests, or other screenings. If you are overweight or sedentary, your doctor also may advise you to lose weight or get more exercise to help prevent health problems.

To get the most from your exam, take along a list of problems you've been having, as well as questions about your health. If you regularly take over-the-counter medications, supplements or prescription drugs, make a list to review with your doctor. ■



The Women's Check-up Cheat Sheet

| Health Test/Age | 20-39 | 40-49 | 50-56 | 65+ |
|-----------------|-----------|------------------|-----------|------------------|
| Physical Exam | 2-3 years | 2-3 years | 1-2 years | Annually |
| Blood Pressure | Annually | Annually | Annually | Annually |
| Cholesterol | 3-5 years | 3-5 years | 3-5 years | 3-5 years |
| Diabetes | n/a | 3-5 years | 3-5 years | 3-5 years |
| Mammogram | n/a | Discuss w/doctor | 1-2 years | Discuss w/doctor |
| Pap Smear | 2-3 years | 3 years | 3 years | Discuss w/doctor |
| Sigmoidoscopy | n/a | n/a | 5 years | 5 years |

Note: This is a partial list. You may need more frequent or different screenings and vaccinations depending on your family history and ethnicity.

What Every Woman Needs to Know about Menopause

Traditionally, menopause was called the “change of life.” It’s a phrase that still resonates because menopause isn’t an event, but a process that can be quite different for each person. Here are three important things to know about this transition.

1 The menopause transition lasts on average three to four years, though it could last from a few months to a decade. Perimenopause precedes menopause. It usually begins in the 40s and ends one year after menstruation stops. It’s when symptoms like hot flashes are at their peak. Menopause marks the end of your periods. Once you have gone a year without a period, you are post-menopausal, though symptoms can continue for up to a year.

2 Menopause can trigger many symptoms besides hot flashes and erratic periods. Don’t be surprised if hormone fluctuations trigger heart palpitations, migraines, insomnia or night sweats, increased allergy symptoms, weight gain, fatigue, achy joints or depression. Since these symptoms also may indicate a potential health problem, discuss them with your physician.

3 You don’t have to just suffer through the symptoms. To reduce hot flashes, avoid triggers like warm air, caffeinated or hot drinks, and spicy foods. Dress in layers so you can take clothes off as necessary. Paced breathing can help you through a hot flash. Exercising and eating healthy also help alleviate menopausal symptoms. You might try eating more soy. Though research on soy’s effectiveness is mixed, some women swear by it. Certain medications, like hormone replacement therapy (HRT), antidepressants and birth control, may help alleviate symptoms, too. ■

Quick Calorie Cut: Cocktails!

Alcoholic drinks can pack a lot of empty calories, especially when you pour in flavored syrups, sodas and other mixers.

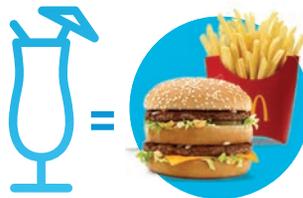
To keep your alcohol consumption from busting your diet:

- > Use smaller glasses or order the smallest serving size.
- > Dilute drinks with extra water or club soda.
- > Drink a glass of water between cocktails.
- > Instead of a mixed drink, opt for wine or light beer.
- > Avoid alcohol altogether a few nights a week.
- > Eat healthy food with your drinks.

It’s also a good idea to know calorie counts before you imbibe. Some drinks contain as many calories as a small meal.

7-OZ. LONG ISLAND ICED TEA

McDonald’s Big Mac and small fries



780 cal.

8.5-OZ. MARGARITA

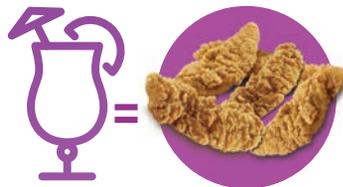
Medium Dairy Queen Peanut Butter Cup Blizzard



740 cal.

6-OZ. PINA COLADA

5 chicken tenders



644 cal.

5-OZ. WHITE RUSSIAN

2 Hershey chocolate bars



425 cal.

6-OZ. MOJITO

1 chocolate chip cookie



160 cal.

3-OZ. COSMOPOLITAN

16 oz. soda



150 cal.

Nutrition information from restaurant websites. Average calories in food comparison.

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

MountainView Calendar

H2U Manager: Rita Moore
(702) 255-5404

Office Closed

Friday, May 24 and Monday, May 27
Office closed for Memorial Day.

Mitch's Tai Chi/Ki Gong Class

Mondays, 9 - 10 a.m.
\$5

Blood Pressure

Tuesdays, 10 - 11 a.m.

Mitch's Meditation Class

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

Yoga with Christian

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

Movie Matinee: "Lincoln"

Thursday, May 2
1:30 - 4 p.m.

Cards and Games

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

Lunch and Learn

"Lung Cancer and YOU"
Tuesday, May 7
11:30 a.m. - 1 p.m.
Physician Speaker: Arnold Chung, MD

New Support Group: MountainView Stroke Support Group

Tuesday, May 7
2 - 3 p.m.

Nevada Drug Cards

Wednesday, May 8, 1:30 - 3 p.m.

Bunco

Monday, May 13, 1:30 - 3 p.m.

Lunch and Learn

"Collette Tours for 2013 & 2014"
Tuesday, May 14, 11:30 a.m. - 1 p.m.

Free Medicare Counseling

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

MountainView Heart Murmur Clinic

Wednesday, May 15
8 a.m. - 3 p.m.
3150 N. Tenaya Way, Suite 140

Women's Works: Pelvic Pain

Thursday, May 16
6 - 7 p.m.
Physician Speaker: Saovaros V. Michaels, MD

O2 on the Go Support Group

Friday, May 17

Alzheimer's Caregivers Support Group

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

AARP Driver Safety Class

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

Lunch and Learn

"Stroke: Risk Factors, Identification & Treatment Options"
Wednesday, May 29
11:30 a.m. - 1 p.m.
Guest Speaker: Joseph DeLappi, PA-C,
Neurosurgery and Stroke Coordinator for
MountainView Hospital

Wii™ Games

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

Birthday Party

Wednesday, June 5, 1:30 - 3 p.m.
If you were born in May or June, you and a guest are invited for cake and coffee.

Sunrise Hospital

Program Manager - Tracy Netherton
(702) 735-5510

Office Closed

May 3, 10, 17, 24, 31
Limited office hours on Thursdays. Please call ahead at (702) 735-5510.

Tai Chi Class

Thursday, May 2, 9, 16, 23, 30
11 a.m. - noon
Breast Center Multipurpose Room
\$5

Tai chi instructor Terry Tichota has been practicing and teaching tai chi since 1995. Terry specializes in working with seniors and is very in-tune with the needs and requirements to get the most benefit from tai chi.

Lunch and Learn

"Personal Health Awareness"
Tuesday, May 7
11:30 a.m. - 1:30 p.m.

This lecture is presented by Paul Watts. Attendees will learn effective and proper movement patterns that reduce muscle stiffness and inflammation, while ensuring that they enjoy their summer outings.

AARP Driver Safety Class

Wednesday, May 8
Noon - 4 p.m.
\$12 for AARP members
\$14 for non-members
Attend this class and receive a discount on your automobile insurance.

One-on-One Medicare Counseling

Wednesday, May 15
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.

Zumba Class Returns!

Friday, May 17, 24, 31

11:30 a.m. - 12:30 p.m.

Rendezvous/Sky Room

There is a charge of no more than \$5 per person depending on the number of attendees.

H2U Birthday Celebration

Wednesday, May 22

1:30 - 3 p.m.

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

Physician Dinner Lecture

"Evolving Technologies for Treatment for Scoliosis"

Thursday, May 23

5:30 - 7:30 p.m.

Sunrise Hospital, Auditorium

Join Dr. Michael Thomas and Dr. Daniel Lee, who specialize in pediatric scoliosis and adult scoliosis respectively, as they provide information on scoliosis signs, symptoms and treatment options for scoliosis in all ages. Please call (702) 233-5300 to RSVP.

Southern Hills Hospital

Jasmine Smith

Marketing/Volunteer Coordinator

(702) 880-2918

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

AARP Driver Safety Class

Tuesday, May 7

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.

Baby & Family Fair - All Ages Welcome!

Saturday, May 11

10 a.m. - 3 p.m.

Free! Immunizations, car seat checks, family activities and more.

Lunch and Learn

"Heart Disease and Stroke: Two Sides of the Same Coin"

Wednesday, May 15

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

Join Dr. Keshav Chander, Southern Hills Hospital heart specialist, as he educates members on common causes and risk factors of heart disease and stroke.

How to Evaluate and Use **Online Health Information**

About 3 in 5 U.S. adults say they've searched the Internet for health information, according to the Pew Research Center. And 35 percent of those specifically looked for information about a medical condition that affects them or someone they know.

But if you've ever fired up your computer to learn more about a health problem, you know how difficult it can be to sort through all the sites offering health information. To help you determine what's believable and what's bogus, the U.S. Food and Drug Administration offers these tips:

1 Identify who runs the website by checking the "About Us" section. You also might want to review the editorial policy to understand how the information is compiled and verified.

2 Look for website addresses that end in ".gov" for government agencies like the National Institutes of Health or ".edu" for educational institutions. Websites maintained by nonprofit groups like the American Heart Association are usually good sources, too.

3 Try to figure out the site's purpose. Some websites provide information, while others try to sell products or services. If you can figure out the purpose, this may help you make an evaluation.

4 Look for information about the medical or educational credentials of the people who created or reviewed the content on the site. The site also should provide references for research or citations from journals where appropriate.

5 Find out how current the information is. Even information that doesn't change often should be reviewed periodically for accuracy and updated as needed.

A good place to start any search is at H2U.com, a reliable source for a wide range of topics. No matter what sites you use, resist the temptation to use the Internet as a diagnostic tool. Websites can be great places to gather information to discuss with your doctor or use to make better diet, exercise and lifestyle choices, but leave the heavy medical lifting to the professionals. ■

Allergic to nickel? You can still wear jewelry.

If you suffer from nickel allergies that cause reactions to earrings, watches, rings and other jewelry, try these tips: Get a kit from your doctor to test for nickel; coat items containing nickel in clear nail polish; use surgical steel for piercings; and avoid foods with trace amounts of nickel, including nuts, chocolate, beer, tea, coffee and apricots. *Source: The American College of Allergy, Asthma & Immunology*





Summer Sangria

Light & Non-Alcoholic

This delicious and refreshing mocktail is light on calories, but heavy on vitamin C and antioxidants from apples, oranges and limes.

Ingredients:

- 2 cups boiling water
- 2 black tea bags
- 2 cups 100% cranberry-grape juice
- ½ cup orange juice
- 1 lemon, juiced
- ½ cup packed mint leaves
- 1 apple, peeled and sliced thin
- 1 orange, sectioned
- 1 pear, diced
- 3 cups seltzer water

Directions: Steep tea bags in boiling water for 5 minutes. Discard bags and combine hot tea with the orange, lemon and cranberry grape juice. Stir in apple, orange and pear pieces as well as the mint leaves. Refrigerate at least 1 hour before serving to allow flavors to combine. (Overnight is best.) Just before serving, stir in seltzer water and pour in glasses over ice. Makes eight servings.

Nutrition Information (per serving):
Calories 104, Total fat 0 g, Sodium 20 mg, Carbs 26 g, Sugars 12 g. ■

Monthly
Challenge

Eat a Good Breakfast

Most days, do you rush out the door with just a muffin or granola bar in hand? Or worse, do you skip breakfast altogether? This month, make breakfast a daily habit.

You don't have to get up at the crack of dawn to sneak a good breakfast into your morning routine. Just a little planning and smart shopping is all it takes.

Fast and healthy breakfast options:

Fruit and cheese—Grab an apple, some cheese and walnuts, and you're good to go!

Fruit smoothies—Blend the night before and refrigerate in a to-go cup.

Homemade yogurt parfait—Layer Greek yogurt with granola and fresh fruit. Eat right away while the granola is still crunchy.

Egg sandwich—Fill a whole-grain English muffin or tortilla with a fried egg and a slice of ham. Cook several on Sunday evening and refrigerate. Pop one in the microwave on a busy weekday morning. Add a handful of almonds for a protein boost.

Whole wheat toast with peanut butter—The protein in the peanut butter will help you feel full and energetic much longer than sugary jams.

Breakfast pizza—Top a slice of crusty bread or toast with ricotta or cottage cheese, sliced tomatoes and cracked pepper. Eat cold or broil for a couple of minutes. ■



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

Roll Out Your Yoga Mat

Downward facing dog. Thunderbolt. Full boat posture. These unusually named poses may make yoga sound like child's play. In fact, yoga is an excellent way for adults to fight stress, improve balance and posture, strengthen and tone muscles, and possibly reduce the risk of heart disease and alleviate depression. Since yoga practices are so varied, chances are you can find a class that's right for you.

Hatha yoga: A general term for many different variations that blend poses, or *asanas*, and breathing. Its slower pace suits beginners.

Restorative yoga: Restful and relaxing for all ages and experience levels,

this style uses props like blocks and pillows so you can sink into poses and enjoy each for several minutes.



Vinyasa: If you're ready for a challenge, try vinyasa yoga, also called "flow" or "power" yoga. The fast-paced and intense style appeals to more athletic types who like to keep moving while building strength and flexibility.

Hot yoga: Practiced in a very hot room (usually 105 degrees or warmer), this vigorous form of hatha yoga is not recommended for

those with high or low blood pressure or heart conditions. Caution: It's easy to get dehydrated in a hot room, which can lead to dizziness and nausea. ■



Refer A Friend To H2U and Win!

Every referral earns you a pack of flower seeds and a chance to win \$300!



H2U's Refer A Friend contest is easy. Tell your friends about the many wonderful benefits H2U offers, and invite them to join. For each new member you recruit, you'll receive a free packet of seeds and be entered into a drawing for a \$300 Visa gift card. **The contest period is May 1 - June 30, 2013.**

Follow these steps to enter:

- 1 Refer new members* to H2U by asking your friends to complete this contest application. Feel free to make photocopies of this form.
- 2 Include your name and member number (or address) at the bottom of this application, or call (800) 771-0428 and provide the information to an H2U representative.
- 3 Return applications to: H2U, P.O. Box 1300, Nashville, TN 37202-1300.

*Applies only to new members, not renewals.



Refer A Friend MEMBERSHIP APPLICATION

New Member Date _____

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

First Name _____ MI _____ Last Name _____

Address _____

City/State _____ Zip Code _____

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

Email address _____

Gender Male Female Date of Birth _____

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here: _____

(Members who do not belong to a local program still receive all the national H2U benefits.)

Payment Type (Check one)

Check or money order payable to H2U enclosed

Visa/MasterCard/AmEx/Discover (#) _____

Credit Card Expiration Date Month _____ Year _____

Signature _____ Date _____

Print Name (as it appears on credit card) _____

Name of Referring H2U Member _____

H2U Member's ID# **OR** Member's Address/City/State/Zip, if no member ID# is available

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.

RAF13

Contest rules and restrictions. The Refer A Friend contest period is May 1, 2013, through June 30, 2013. The drawing for one \$300 Visa gift card will be held by Aug. 31, 2013. The drawing for the \$300 Visa gift card will include only those individuals who referred new H2U members or submitted a contest entry between May 1, 2013, and June 30, 2013. It is not necessary to refer new members to H2U to enter the prize drawing. You also may enter by mailing a 3 x 5 index card with your name, address, phone number and email address to: Refer A Friend Contest, P.O. Box 1300, Nashville, TN 37202-1300. (One entry per person for those not making member referrals.)

Upcoming Physician Lectures

"Lung Cancer and YOU"



Tuesday, May 7
11:30 a.m. - 1 p.m.
Guest Physician Speaker:
Arnold Chung, MD, of MountainView
Cardiovascular & Thoracic Surgery
Associates
H2U MountainView Office
First Floor, Medical Office Building
3150 North Tenaya Way, Suite 114
Las Vegas, NV 89128

"Heart Disease and Stroke: Two Sides of the Same Coin"

Wednesday, May 15
11:30 a.m. - 1 p.m.
Southern Hills Hospital Education Room, First Floor
Register by calling (702) 880-2700



Heart disease and stroke, the first and third leading causes of death for men and women, are among the most widespread health problems facing our nation today, yet they also are among the most preventable. Cardiovascular diseases, including heart disease and stroke, account for more than one-third of all U.S. deaths.

Join **Dr. Keshav Chander, Southern Hills Hospital heart specialist**, as he educates members on common causes and risk factors of heart disease and stroke. Dr. Chander will discuss the following:

- People who suffer from heart disease and the correlation to stroke risk
- Risk factors common for heart disease and stroke
- Specific heart problems causing stroke focusing on arrhythmias

Is Your Daily Soda Bringing You Down?

If you typically drink several sodas or sweetened fruit drinks a day, it might prove to be an unhappy habit over time.

A new study from the National Institutes of Health (NIH) found that people who consume a lot of sugary or artificially sweetened drinks are more likely to develop depression. In fact, the researchers looked at data from more than 260,000 people and found that those who guzzled four or more cans or cups per day of soda were 30 percent more likely to develop depression after 10 years than those who didn't drink any soda at all. Diet drinks, whether soda, iced tea or fruit punch, increased depression risk even more.

Fortunately, there are lots of other options to satisfy your thirst and maybe your sweet tooth.

Try coffee.

Coffee was linked to a slightly lower rate of depression in the NIH study. Just don't load it up with too much cream and sugar, and be sure to get plenty of water, too.

Drink 100 percent fruit juice.

Fruit is sweet without adding sugar. To keep the calories down, try mixing your



favorite juice with unsweetened tea and fresh mint. Or dilute juice with half water or club soda.

Have a snack. If you reach for a sweet or caffeinated drink when your energy wanes, try eating an apple or orange instead. It's sweet and adds a boost of fiber. Combine it with a small helping of almonds, cashews or walnuts for a more sustained energy lift. ■

