

# Health to You

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

## Cough Cutters

**Everyone coughs.** It's the body's way of keeping germs, mucus and foreign particles out of the respiratory tract where they can lead to infections. Though most coughs come and go quickly, some are hard to shake, especially if you don't know what's triggering them.

Here are the most common coughing culprits, along with a few home remedies to calm the hacking.

### Postnasal drip

Is a tickle in the back of your throat making you cough? Does it seem worse at night? You could have postnasal drip, which is caused by mucus that builds

up in the sinuses and drips down the back of your throat. Postnasal drip can be caused by cold or flu viruses, allergies and dry heat.

**Home remedies:** Stay well hydrated to help thin secretions so sinuses drain better. Try an over-the-counter decongestant to fight cold symptoms or take antihistamines for allergies. A nasal saline spray or steam from a hot shower may also relieve congestion.

Coughing up yellow or green mucus? Contrary to popular belief, this doesn't always mean you have a bacterial infection that requires antibiotics.

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... ISSUE FOCUS ...

Respiratory Health

## New Phone Numbers at Southern Hills Hospital Coming May 9

**Southern Hills Hospital** is changing its phone numbers throughout the hospital effective May 9 (subject to change). The new VoIP (Voice Over Internet Protocol) will provide a network-based phone system that is adaptable to changing technology.

Effective May 9, here are two important phone numbers:

- Southern Hills Hospital Main Number: (702) 916-5000
- Southern Hills Hospital Consult-A-Nurse (classes/events/physician referral/nurse advice): (702) 916-5023

If callers use the existing main hospital number, (702) 880-2100, or Consult-A-Nurse number, (702) 880-2700, they will receive a recorded message with the option of dialing 0 to reach a hospital operator or redirected appropriately.

The only phone numbers that will remain the same are at the ER at The Lakes (located four miles north of the main hospital on Fort Apache), which can be reached at (702) 962-0500.

For a full phone directory of updated phone numbers, please visit [SouthernHillsHospital.com](http://SouthernHillsHospital.com) after May 9. Thank you for your patience! ■

HEALTH TO YOU  
**h2u**

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

**30th** **h2u**  
HEALTH TO YOU  
30<sup>TH</sup> ANNIVERSARY

[WWW.H2USUNRISEHEALTH.COM](http://WWW.H2USUNRISEHEALTH.COM)

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**Asthma**

If you cough when trees bloom in the spring or after you visit a friend with cats, you probably have allergies. But when a cough lingers for a week and is accompanied by wheezing or shortness of breath, it could be a sign of asthma, which causes airways to swell and produce extra mucus. Scientists are not sure why some people develop asthma, but it can come on at any age.

**Home remedies:** The best way to manage asthma is avoid exposure to things that trigger symptoms, such as allergens,



dust, cold air, exercise or air pollutants. Your doctor may prescribe a daily inhaler to prevent flare-ups and a rescue inhaler to open swollen airways in emergencies.

**Acid reflux**

Does eating a big meal or lying down in bed send you into a coughing fit? If

## My cold cleared up. Why am I still coughing?

When viruses irritate your airways or nerves in your throat, the sensitivity may linger for a while. To soothe the prickly pain, try drinking herbal tea with honey or gargling with warm salt water.

so, you may have gastroesophageal reflux disease (GERD), which happens when stomach acid backs up in the esophagus and causes irritation. This can trigger a dry cough that may also cause chest pain, wheezing and hoarseness. Heartburn sometimes occurs with acid reflux, but not always.

**Home remedies:** Talk to your doctor about GERD symptoms. You may get relief from over-the-counter antacids or acid suppressants. Eating small meals and avoiding GERD triggers like alcohol, chocolate, caffeine, garlic, onions and citrus fruits can reduce coughing. Elevating the head

of your bed or sleeping on a wedge-shaped pillow may also help. ■

## Serious Coughs Require Medical Care

If you cough up large amounts of mucus or blood or have fever, chills, shortness of breath, nausea or fatigue, you may have pneumonia. This respiratory infection causes air sacs in the lungs to fill with pus, making it difficult to breathe. When left untreated, pneumonia can be life-threatening, but antibiotics usually can clear it up.

If your coughing is so severe you throw up or your face turns red or blue, you may have whooping cough, a contagious bacterial disease that's becoming more common because adults are not getting recommended booster vaccines for the disease.

When a cough becomes chronic (lasting more than eight weeks), visit your doctor. The cough could stem from one of your medications. ACE inhibitors that lower blood pressure can cause a dry cough for some. Or you may have something more serious like chronic obstructive pulmonary disease (COPD) or lung cancer. Smoking is the most common cause of both COPD and lung cancer.

## Ease Hay Fever at Home

**Taking in the beauty** and blooms of spring may bring you to tears—but not necessarily from happiness. If you are allergic to pollen, being outdoors in spring can be torturous, leaving you with itchy, watery eyes, a stuffy or runny nose, and chest congestion. Hello, hay fever!

Hay fever strikes when your body attacks airborne allergens you inhale. Your immune system thinks the allergens are harmful and tries to block them by releasing histamine, a chemical that causes sinuses to swell, which triggers sneezing, itching and congestion.

If you suffer from these symptoms, over-the-counter medications can help, but only if you choose the right one. Antihistamines counteract histamine to

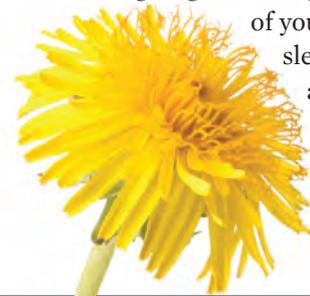
stop itching, sneezing and watery eyes. Available in tablets or nasal sprays, antihistamines can be taken when symptoms flare up or to prevent reactions when pollen counts are high. Some antihistamines cause drowsiness, so avoid driving if this happens to you. Eye drops containing antihistamine can also ease itchy red eyes, though they may cause slight stinging or burning.

Decongestants help clear a stuffy nose by reducing the swelling of

blood vessels in your nasal passages. Some decongestant tablets also contain an antihistamine, so be careful not to combine meds containing the same active ingredients. If using decongestant sprays, don't use them for longer than a week to avoid rebound congestion or sinus irritation.

### 3 More Ways to Alleviate Symptoms

1. Soothe a scratchy throat by gargling a warm salt water mix (1–2 teaspoons of salt to 8 ounces of water).
2. Reduce exposure to pollen by closing windows, wearing wraparound sunglasses and avoiding freshly cut grass.
3. Irrigating nasal passages with a saline solution may help reduce swelling and congestion. ■



## Stretching Can Help You Breathe Better

Stretching does more than make you flexible. Regular stretching increases blood flow throughout your body to give you an energy boost. It also can help lower blood pressure, release tension and improve breathing. Try these daily stretches to invigorate your body and mind.



→ **Standing Back Bend:** Stand with your feet hip width apart and place your hands on your lower back, with your fingers pointed down as if you are reaching into your back pockets. Pull your shoulders down and back behind you. Lifting your chin and chest, look directly overhead, then behind. Repeat for five breaths and try to look further behind you each time you exhale.



→ **Cat-Cow:** Get on your hands and knees, with your wrists under your shoulders and your knees under your hips. Inhale deeply. As you exhale, round your spine toward the ceiling like a cat, pulling your chin toward your navel and squeezing your abdominal muscles. Arch your back as you inhale, releasing your belly to the floor and lifting your head and tailbone toward the ceiling. Repeat 8-10 times.

→ **Lunge:** Stand with your feet together and your hands at the sides of your hips. Lean forward slightly, stepping your right foot back and bending your left knee 90 degrees. Lift both hands straight up. Hold for 30 seconds to a minute. Switch sides and repeat.



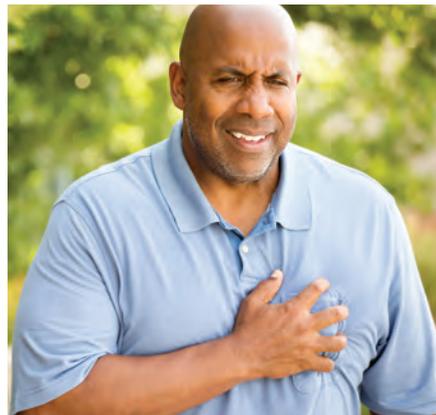
→ **Downward Facing Dog:** Get on your hands and knees. Lift your knees off the floor and raise your hips to the ceiling. As you straighten your legs, keep palms flat and push your heels into the ground. Don't lock your knees. Hold for 30 seconds to two minutes. Repeat two to three times. ■



## Breathlessness May Not Be a Sign of Lung Problems

**Ever get winded** when climbing stairs or feel a sudden urge to gasp for air while doing everyday activities? It's easy to blame shortness of breath on your lungs, but you may be overlooking the real cause, which could include:

**Anemia:** This shortage of healthy red blood cells in your bloodstream keeps your organs from getting enough oxygen to function properly. Anemia can trigger breathlessness, as well as fatigue, rapid heartbeat, leg cramps or difficulty concentrating. Having too little iron in your diet and conditions like rheumatoid arthritis, diabetes or cancer may lead to anemia, which can be detected with a simple blood test. Supplements



containing iron and vitamin B-12 can return red blood cell counts to normal.

**Anxiety:** Shortness of breath is a very common symptom of anxiety. When under stress, you may start breathing too rapidly or hyperventilating, which upsets the balance of oxygen and carbon dioxide in your bloodstream. Training yourself to breathe more deeply helps.

Other breath-focused practices like yoga, tai chi and meditation can also be useful.

**Beta-blockers:** Taking beta-blockers for high blood pressure, arrhythmia or heart failure can make you more prone to breathlessness. That's because these medications block the effects of adrenaline in the lungs. Since adrenaline helps keep airways relaxed, you may feel short of breath while taking these medications. Ask your doctor about using a different drug if you frequently experience breathlessness.

**Heart attack or heart failure:** A healthy heart pumps blood throughout the body and gets oxygen from your lungs. Shortness of breath could be a sign that your heart isn't pumping well. If you experience sudden shortness of breath along with extreme fatigue, you may be having a heart attack. Call 911 immediately. Do not attempt to drive yourself to the emergency room. ■

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](http://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

### Car Seat Safety Check-Up

Thursdays starting at 10 a.m.

3100 N. Tenaya Way in front of

MountainView Hospital

(park near the white posts)

Call (702) 582-3124 for more information.

### 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.

### Cards & Games

Monday, April 3 & 17, Noon - 3 p.m.

### Lunch & Learn: Occupational Therapy & You

Tuesday, April 4, Noon - 1:30 p.m.

Join guest speaker Jeremy de Lara, OTDs, OTR/L MountainView Hospital occupational therapist, for an informational lecture on occupational therapy. This year is also a milestone, "Centennial Anniversary of Occupational Therapy" and April is National Occupational Therapy Month.

### MountainView Stroke Support Group

Tuesday, April 4, 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.

### Cancer 101

Wednesday, April 5, 12:30 - 2:30 p.m.

MountainView Hospital

Mark Howard Lobby Classroom

Guest Physician Speaker: Dr. Ann Wierman

The class is open to everyone: those battling cancer, those who are caregivers and those who want to learn more about cancer. Knowledge is power! Lunch will be served.

### 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.

### Movie Matinee: The Accountant

Thursday, April 6, 1:30 - 3:40 p.m.

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

### Bunco

Monday, April 10 and 24, 1:30 - 3 p.m.

### Creative Arts Class

Tuesday, April 11, 1:30 - 3:30 p.m.

### Lunch & Learn: Deciding Tomorrow Today

Wednesday, April 12, Noon - 1:30 p.m.

Guest Speaker: Cassandra Cotton, Nathan Adelson Hospice Representative

Lunch sponsored by Nathan Adelson Hospice.

### MountainView Hospital Ostomy Support Group

Wednesday, April 12, 5:30 - 7:30 p.m.

### Parkinson's Support Group

Friday, April 14, 10 a.m. - Noon

### Alzheimer's Caregivers Support Group

Tuesday, April 18, 10 - 11 a.m.

### AARP Smart Driver Class

Tuesday, April 18, 11:45 a.m. - 4 p.m.

\$15 for AARP members

\$20 for non-members

### Medicare Counseling

Wednesday, April 19, 9:15 a.m. - 3:15 p.m.

By appointment only.

### Diabetes Overview + Medication Review

Wednesday, April 19, 11:30 a.m. - 1 p.m.

MountainView Hospital

Mark Howard Lobby Classroom

Light lunch served.

### Diabetes & Nutrition

Thursday, April 20, 1 - 2:30 p.m.

MountainView Hospital, 1 South Classroom

Light refreshments served.

### Board Games

Thursday, April 20, Noon - 3:30 p.m.

### O2 on the Go Support Group

Friday, April 21, 10 a.m. - Noon

### Bingo

Wednesday, April 26, 1:30 - 3 p.m.

### Save the Date for MountainView H2U Event: National Melanoma Monday Free Melanoma Screening

Monday, May 1, 9 a.m. - Noon

Dr. Sorahi Toloyan-Rahimi will offer a free melanoma screening. Please call for your required appointment. (Wear loose clothing and only a limited area will be examined.)

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 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 to be a designated site location for smoking cessation. This is the process of discontinuing tobacco smoking. Tobacco contains nicotine, which is addictive. Nicotine makes the process of quitting often very prolonged and difficult. 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

### Ostomy Support Group

Tuesday, April 11, 7 - 9 p.m.

Sunrise Hospital Auditorium

### AARP Smart Driver Class

Wednesday, April 12, Noon - 4:15 p.m.

\$15 for AARP members

\$20 for non-members

### Epilepsy Support Group

Wednesday, April 12, 5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

### Lunch and Learn: La Paloma Funeral Services

Tuesday, April 18, 11:30 a.m. - 1 p.m.

H2U Office

Help your family make the tough decisions, join us for an informative lecture on burial pre-planning.

### Stroke Survivors Support Group

Wednesday, April 19, 6 - 7 p.m.

Sunrise Rendezvous Room

### Physician Dinner Lecture: Is It All In Your Head? Migraine and the Brain

Thursday, April 20, 6 - 7 p.m.

Sunrise Hospital Auditorium

Migraines affect more than 1 in 8 adults. The pulsating pain in your head can be debilitating. Can those frequent headaches signal something more? Join Dr. Kevin Xie of Sunrise Hospital's Nevada Neurosciences Institute and learn what to watch for and what to do to stop a headache before it stops you. You may also gain peace of mind by learning how to know for sure that your headaches are not signaling a greater neurological concern.

## 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.

### Joint Replacement Education

Friday, April 7, 14, 21 and 28, 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.

### Lunch & Learn: Five Things You Need To Know About Cremation

Wednesday, April 12, 11:30 a.m. - 1 p.m.

Admitting Conference Room/First Floor

Please Join Charles Cimino and William Brown, community education and marketing specialists with La Paloma Funeral Services for this informative lunch and learn. Mr. Charles Cimino has been in the funeral industry for 18 years, and has served in a management capacity with multiple local mortuaries. William Brown has been helping families for more than 10 years in areas such as final arrangements and ways to protect family assets from unexpected death. Lunch will be provided free for all attendees.

### Lunch & Learn with Dr. Lin-Duffy: What's Best for Breast?

Tuesday, April 25, 11:30 a.m. - 1 p.m.

Breast cancer is widely discussed, but this is an opportunity to take a deeper dive with expert Dr. Ferra Lin-Duffy. She specializes in breast surgical oncology and takes you step-by-educational step from diagnosis to treatment to recovery. Dr. Lin-Duffy's passion for breast cancer patients comes from her participation in breast cancer missions in the Dominican Republic during her residency, as well as her extensive experience in the field.



**Want to boost your metabolism?** Try turning the bedroom thermostat down a few degrees at night. Research published in *Diabetes* found that those who slept in cooler temps burned more calories during the day and improved blood sugar.

Try this  
recipe!

## Tomato-free Salsa

If you've never eaten salsa made without tomatoes, you don't know what you're missing. Many fruits can be the basis of a delicious salsa. To whip up one you'll love, follow the steps below.



**Start with a soft fruit.** Mangos, strawberries, peaches and pineapple are perfect.

**Toss in peppers and onions.** Like to feel the burn? Choose serrano or habanero peppers. For less heat, try jalapeño peppers with seeds and membrane removed. Add scallions or diced red onions for flavor.

**Finish with acidity and herbs.** Lemon juice, lime juice or vinegar are tasty choices. Finish up with herbs like cilantro or basil, plus a pinch of salt.

### Simply Strawberry Salsa

#### Ingredients:

1 pint strawberries, hulled and diced  
1 jalapeño, stem and seeds removed, finely diced  
½ cup red onion, peeled and finely diced  
⅔ cup cilantro, finely chopped  
2 Tbsp. lime juice  
Pinch of salt

**Directions:** Toss all ingredients together and serve with tortilla chips or as a topping for broiled fish or chicken. Enjoy! Serves 4.

#### Nutrition Information (per serving):

Calories 38; Total Fat .3 g; Protein 1 g;  
Sodium 42 mg; Fiber 2 g; Sugars 5 g;  
Carbs 9 g ■

## Combat Stress With This Secret Weapon

**Chronic stress** can worsen symptoms of asthma, IBS, hypertension and other conditions. But researchers believe that by relaxing various parts of the body, you can learn to manage automatic stress responses like shallow breathing, rapid heartbeat or tight muscles.

This technique, called autogenic training, is used by athletes, astronauts and generals.

Start by finding a quiet place free from distractions. Sit down and rest your hands in your lap. Take a few deep breaths, then focus on different body parts, repeating the following statements 3–6 times each.

- > *My arms are heavy. My left arm is heavy. My right arm is heavy. Both of my arms are heavy.*

- > *My legs are heavy. My left leg is heavy. My right leg is heavy. Both of my legs are heavy.*
- > *My arms are warm. My left arm is warm. My right arm is warm. Both of my arms are warm.*
- > *My legs are warm. My left leg is warm. My right leg is warm. Both of my legs are warm.*
- > *My heartbeat is calm and regular.*
- > *My breathing is calm and regular.*
- > *My abdomen is warm.*
- > *My forehead is cool.*

Finish by taking a few breaths and opening your eyes. You should feel more relaxed after one session, and regular practice of this stress management technique can provide long-lasting effects. ■

### \* MONTHLY CHALLENGE:

## Amp Up Your Walk

**Walking is not only** good for your heart, but it can also be a great two-in-one workout that builds muscle. This month, we challenge you amp up your walk by mixing in some of the moves below. Bring along an exercise band to expand your options.

#### Leaning push-ups

Find a bench and place your hands on the seat or back, extending your arms. Bend your elbows and lower your chest, so your face nearly touches the bench. Lift yourself back up. Repeat 10 times.

**Perk:** Works shoulders, chest and back.

#### Calf raises

Stand on a step or curb with your heels hanging off. Lower your heels toward the ground, then slowly raise them up. Repeat 10 times.



**Perk:** Builds flexibility and strength in your calves.

#### Punches

Place exercise band around your back and under your arms at chest height. Grasp the band near your shoulders. Alternate punching your arms forward. Repeat 10 times with each arm.

**Perk:** Targets chest muscles and triceps.

#### Pull downs

Hold resistance band overhead with both hands. Bending your arms out to the side, stretch the band as you pull it down to chest height. Slowly bring it back up. Repeat 10 times.

**Perk:** Builds back muscles.

#### Walking lunges

Step forward with your right foot, then lower your left knee toward the ground. Stand up, bringing your left foot forward. Repeat 8 times on each side.

**Perk:** Strengthens leg and butt muscles. ■

# Healthy Tricks Using Ice Cube Trays

If you need a quick, simple kitchen tool that can help you prepare healthier meals and waste less food, look no further than your ice cube trays. Plastic or silicone trays cost only a couple of dollars and offer dozens of clever uses.

**FRUITS:** Puree strawberries, peaches, pineapple or mango and freeze. Pop out 1-2 cubes; thaw and stir into yogurt or oatmeal. Or pour over pancakes.



**VEGGIES:** Puree wilted greens like spinach and kale with a little water, then freeze the puree for smoothies. Also, puree leftover cooked veggies like peas, sweet potatoes, carrots and squash to use in soup.

**SAUCES:** Freeze leftover spaghetti sauce or pesto. Thaw to liven up single servings of pasta or to add a punch of flavor to meats or veggies.



**JUICES:** Squeeze oranges, limes or lemons and use juice cubes to flavor drinks, sauces, dressings or other recipes. Freshly frozen citrus tastes much better than bottled versions!



**HERBS:** Mix finely chopped herbs like basil, oregano, rosemary and cilantro with olive oil and freeze. Drop an herb-infused cube or two into your skillet when sauteing veggies.

**GARLIC & GINGER:** Make a slurry of minced garlic or grated ginger and water. Then freeze. Use for cooking when you want fresh flavor fast.



**WINE:** Have leftover wine? Don't finish off the bottle. Instead, freeze it and use it to deglaze a pan and make a quick sauce. Or add it to soups or other recipes.



**COFFEE:** Freeze leftover coffee from your morning brew and defrost a few cubes to make iced coffee. Thawed coffee cubes can also be used in baking, especially in chocolate treats! ■

## Eat Your Way to Better Respiratory Health

**When you were** growing up, your mom probably encouraged you to eat your broccoli. It may not have been called a “superfood” then, but nutritionists now know compounds found in broccoli may help fight lung diseases, as well as lower the risk of heart disease, Type 2 diabetes and cancer.

Good nutrition is vital for people with asthma, COPD or other respiratory conditions. Here's why: Your body produces carbon dioxide when it metabolizes food, and excess carbon dioxide can strain diseased lungs.



The American Lung Association says eating fewer carbs and healthier fats may improve lung health since simple carbs produce the most carbon dioxide in the body and fat produces the least. Here are some other lung-healthy foods:

✳️ **Cruciferous vegetables.** Broccoli falls in this category, but so does kale, Brussels sprouts, cabbage and cauliflower. Some studies report that high intakes of cruciferous vegetables lower the risk of lung cancer.

✳️ **Orange produce.** Pumpkins, oranges and papayas are chock-full of vitamin C, which is known for fighting infections and inflammation.

✳️ **Whole grains.** Opt for whole-wheat bread and flour, quinoa and brown rice. The simple carbs found in white bread and cookies can increase the production of carbon dioxide in your body.

✳️ **Omega-3 fatty acids.** Found in fish like salmon, mackerel and lake trout, omega 3s can reduce inflammation and fight bad bacteria. ■



**Sunrise Hospital  
Dinner Lecture:  
Is It All In Your  
Head?  
Migraine and the  
Brain with  
Dr. Xie**

Thursday, April 20, 6 - 7 p.m.

Sunrise Hospital Auditorium

Migraines affect more than 1 in 8 adults. The pulsating pain in your head can be debilitating. Can those frequent headaches signal something more? Join Dr. Kevin Xie of Sunrise Hospital's Nevada Neurosciences Institute and learn what to watch for and what to do to stop a headache before it stops you. You may also gain peace of mind by learning how to know for sure that your headaches are not signaling a greater neurological concern.



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Education Room/First Floor

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**Save The Date  
For Mountainview  
H2U Event:  
National  
Melanoma  
Monday  
Free**

**Melanoma Screening**

Monday, May 1, 9 a.m. - Noon

May is designated as National Melanoma Month. To raise awareness of melanoma and other types of skin cancer, and to encourage early detection through self-exams, the American Academy of Dermatology designated the first Monday in May as Melanoma Monday®. The aim of Melanoma Monday is to raise awareness about melanoma. Melanoma is an aggressive form of skin cancer in which cells within moles on the skin becoming malignant (cancerous) and can spread rapidly to other areas of the body if left untreated. Dr. Sorahi Toloyan-Rahimi will offer a Free Melanoma Screening. Please call for your *required appointment*. (Wear loose clothing and only a limited area will be examined.)

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.

**Thank You Volunteers!**

**Please Thank a Volunteer Today!  
Volunteer Appreciation Week is April 23 - 29**

We have amazing and talented volunteers who dedicate their experience and time at all three Sunrise Health Hospitals. From January 1 through December 31, 2016 they have accumulated a combined 95,511 volunteer hours.

Sunrise: **50,208 hours**

MountainView: **32,000 hours**

Southern Hills: **13,303 hours**



*"Volunteers  
do not  
necessarily  
have  
the time; they  
have  
the heart."*

- Elizabeth  
Andrew

**h2u** (800) 771-0428  
HEALTH TO YOU 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.

H2U Sunrise Health  
www.H2USunriseHealth.com  
(702) 233-5300

**30th**  
HEALTH TO YOU  
30<sup>TH</sup> ANNIVERSARY