

## Trouble-Proof Your Skin This Summer



**S**unshine, a warm breeze and hanging out with friends can make for a perfect day. But summer days outdoors can bring on skin troubles if you fail to protect yourself from burning rays, drying heat, bug bites or poisonous plants.

Your first line of defense from summer skin problems is broad-spectrum sunscreen (at least SPF 30). Apply it generously at least 15 minutes before going outside, and reapply every two hours, especially after sweating or swimming. Wearing long-sleeve shirts and long pants also protects skin from the sun and other troublemakers.

### Fight Drying Heat

As we age, we lose sweat and oil glands that protect our skin from the elements. Too much sun or heat, exposure to harsh chemicals like chlorine, and low humidity from AC-cooled rooms all dry out the skin, which can lead to eczema flare-ups, hives, heat rash or swimmer's itch.

To prevent skin from drying out, use moisturizer daily, especially after bathing. To really lock in moisture, try applying lotion while skin is still slightly damp from bathing or showering. You can also keep skin supple and itch-free by drinking enough fluid, limiting time in the sun and heat, not smoking, showering in lukewarm instead of hot water, using milder soaps, and running a humidifier in dry, air-conditioned rooms.

### Bug Out

Most bug bites only result in itchy red bumps, but others can cause serious problems. Certain ticks can pass on Lyme disease or Rocky Mountain spotted fever. Mosquitoes can spread malaria or viruses like Zika, West Nile,

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ISSUE FOCUS

## Preventive Medicine & Skin Health

## 8 Signs That Can Save Your Life

**Each year**, more than 220,000 women are diagnosed with breast cancer. However, early detection and improved treatment options are creating better healthcare and every year more women are surviving.

Las Vegas resident Tina Dickerson knows breast cancer firsthand. "I was doing some breast self-examinations because I saw it on TV and I said, 'I should do that too'... and I found a lump. I went around for three weeks and my husband said, 'Do you still have that lump? For peace of mind, why don't you just make an appointment?' So I did and I, unfortunately, was diagnosed with breast cancer."

A breast lump is a common first sign of breast cancer. If you feel a lump, go immediately to your doctor. He or she will order a diagnostic mammogram. In some cases, even if the mammogram does not show anything, further imaging with ultrasound may be required.

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## Trouble-Proof Your Skin

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and dengue fever. A few people react to insect stings by developing anaphylaxis, a life-threatening allergic reaction.

Mosquito repellents containing DEET are very effective for warding off mosquitoes, ticks and chiggers. Avoid wearing perfumes and bright colors, as they can attract bugs. If you do get insect bites, watch for symptoms like a rash, fever or bullseye pattern around the bite. See your doctor if these occur.

### Watch Where You Weed or Walk

Working in the yard or walking in the woods can bring you into contact



### SPOT POISON IVY BEFORE IT SPOTS YOU

Use this mnemonic to identify poisonous plants: "Leaves of three let them be. Berries of white, run in fright. Hairy rope, don't be a dope!"

with plants that have chemicals in their leaves and stems that cause itchy dermatitis. The worst offenders are poison ivy, poison oak and poison sumac, which contain an oil called urushiol that can trigger a blistering rash within a day or two. Though the rash is not contagious, if left untreated, it can become infected (especially if you scratch it).

Learn to identify problem plants, and wear protective clothing or gloves when exposure is likely. If you come into contact with these plants, scrub your skin with lukewarm, soapy water. Since the oil can stick to clothing, tools and gloves, be sure to wash those, as well. Oil on tools or clothing can cause rashes months later. ■

## Ditch the Itch

When skin irritants find you, get relief from the inflammation, pain and itchiness with these treatments:

- Short, lukewarm baths in colloidal oatmeal
- Topical ointments like calamine lotion or hydrocortisone cream
- Cool compresses
- Oral antihistamines



If symptoms are severe or don't improve with time, have your doctor check it out.



### Curious Minds:

## Why Do We Sweat?

Sweat is a key ingredient in the body's cooling system. When you get too hot, your sweat glands release a mixture of water, sodium and other substances that cool the body. But other factors can bring a sheen to your skin like stress

(hello, sweaty palms), menopause, low blood sugar, certain foods, medications or illness.

The amount of sweat a person produces (up to a quart a day!) depends on many factors from gender to genetics. Heavy people typically sweat more than thin ones, and athletes naturally sweat more than couch potatoes. As you get older, it's normal to sweat less as sweat glands shrink and disappear.

### When to Sweat It

Excessive sweating, called hyperhidrosis, can be caused by overactive sweat glands, typically under arms or on the palms of the hands or soles of the feet. Hyperhidrosis can often be managed with antiperspirants or medications, though in some cases surgery, Botox or other treatments are needed.

Hyperhidrosis also results from medical conditions, including cancer, diabetes, heart disease, lung disease, hyperthyroidism and Parkinson's disease.

### See Your Doctor If:

- You suddenly are sweating much more or less than usual.
- Sweating is excessive, unexplained and prolonged.
- You have recurring night sweats with no apparent reason.
- You have a change in body odor.
- Sweating occurs along with fever, weight loss, chest pain, shortness of breath or rapid heartbeat. ■

# Take a Ride

## The Wonderful World of Bicycles

**Remember what it** felt like to ride your bike around the neighborhood when you were a kid? Well, you can recapture that wind-in-your-hair freedom by jumping into the saddle again. Sound uncomfortable? Not on today's bikes, which come in shapes and sizes that appeal to adults of all ages and fitness levels. Consider these, for example:

**Comfort bicycle:** Think beach cruiser, but with more creature comforts, like shock absorbers, gel seats and ergonomic handlebars. Step-through or EZ mount U-shaped frames means no more hoisting a leg over the bike to get on.

**Recumbent tricycle:** If you enjoy pedaling through the park, but dislike crouching over handlebars, consider a recumbent tricycle. It's like a chair on wheels. Just sit back and pedal without putting pressure on your joints, wrists or backside.

**Tandem bicycle:** Bicycles built for two are popular for their fun factor, and some



studies show riding one may actually burn more calories than going solo. Even better, tandem riding is a great bonding experience.

**Folding bicycle:** A folding bicycle lacks some of the comfort features of other cycles, but makes up for it in convenience. You can easily pop it in your trunk and unfold it at a nearby greenway.

**Electric bicycle:** If you live in a hilly location or have a need for speed, an electric bike is a good bet. You can ride it using pedal power alone or turn on the motor to give your legs a boost or a break.

**Adult tricycles:** The name may sound silly, but the concept isn't: A set of wheels in the back can be helpful for those with balance issues. You can also equip them with large baskets for running errands. ■

### Easy Riding

Once you have the perfect set of wheels, check out nearby bike paths, greenways and quiet roads. **Don't forget to wear your helmet!**



## Mind Over Munchies

**If you've been** unsuccessfully trying to lose weight, you may blame lack of exercise or your poor food choices. Most people do. Yet, there's a good chance your mind is also keeping you from shedding those unwanted pounds.

Experts say emotional eating is a leading cause of weight problems, but few people understand the connections between food and mood. In fact, a recent national survey found that only 1 in 10 respondents believed psychological well-being was a barrier to weight-loss success. If you often turn to food when your emotions run high, you may be an emotional eater.

Eating is a pleasurable experience. So it's not surprising that food can be



both a comfort and a way to celebrate. Unfortunately, emotional eating can lead to overeating or reaching for foods that are too high in fat, salt or sugar. If you tend to eat more when you're feeling down or really happy, try these techniques to control your cravings:

**Keep a food and mood journal.** Log what you eat, as well as your mood when you're eating, and scan every few days for unhealthy patterns.

**Take five.** Before you tear into that bag of chips, take a five-minute break. Ask yourself: "Am I hungry?" If not, try to determine why you're grabbing a snack.

**Snack healthy.** If you feel the need for a snack, opt for fresh fruit, vegetables, nuts or yogurt.

**Get rid of temptation.** If Oreos are your weakness, don't keep them in your pantry.

**Don't grocery shop on emotional days.** Wait until you feel better to go shopping—you're less likely to pile your cart with sweets or salty snacks. ■



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

## H2U MountainView Hospital

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

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

**H2U office will be closed on Monday, Aug. 22.**

### Blood Pressure

Tuesdays, 10 - 11 a.m.

### Yoga With Christian

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

### Card & Games

Monday, Aug. 1 and 15, Noon - 3 p.m.

### MountainView Stroke Support Group

Tuesday, Aug. 2, 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. Guest Speaker: Lonel Cornea, MountainView Hospital Physical Therapy Supervisor. Paul Mills coordinates this support group.

### Book & Movie Club

Wednesday, Aug. 3, 1:30- 3 p.m.  
Light refreshments provided.

### MS Stretch & Flex

Thursday, Aug. 4, 10:30 - 11:30 a.m.

Only one class in August, weekly classes will recommence on September 8th. This class is free for individuals with multiple sclerosis and current members of h2u. There is a \$5 fee for all others.

### Movie Matinee: 'Hello My Name is Doris'

Thursday, Aug. 4, 1:30 - 3:10 p.m.

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

### Bunco

Monday, Aug. 8 and 29, 1:30 - 3 p.m.

### Creative Arts

Tuesday, Aug. 9, 1 - 3 p.m.

Free new class—this month we will Mod Podge. All you need to do is bring your imagination for this fun filled class.

### MountainView Hospital Ostomy Support Group

Wednesday, Aug. 10, 5:30 - 7:30 p.m.

Free Ostomy Support Group, Patty Blaschak, RN coordinates this support group.

### Parkinson's Disease Support Group

Friday, Aug. 12, 10 - 11 a.m.

### Alzheimer's Caregivers Support Group

Tuesday, Aug. 16, 10 - 11 a.m.

### AARP Smart Driver Class

Tuesday, Aug. 16, 11:45 a.m. - 4 p.m.

\$15 for AARP members; \$20 non-members

### Medicare Counseling

Wednesday, Aug. 17, 9:15 a.m. - 3:15 p.m.

By appointment only

### Diabetes Overview Class + Medication Review

Wednesday, Aug. 17, 11:30 a.m. - 1 p.m.

MountainView Hospital  
Mark Howard/Lobby Classroom.

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



### MountainView Lunch & Learn with Dr. Sorahi Toloyan-Rahimi "Psoriasis and other Skin Issues"

Wednesday, Aug. 17

Noon - 1:30 p.m.

August is Psoriasis Awareness Month; please join Dr. Toloyan-Rahimi for an informational program on Psoriasis and other Skin Issues. Followed by a Q&A with Dr. Toloyan-Rahimi.

### Board Games

Thursday, Aug. 18, 1:30 - 3 p.m.

### O2 on the Go Support Group

Friday, Aug. 19, 10 a.m. - Noon

We invite you to take advantage of the collective knowledge and experience that the O2 community offers. They are not medical professionals, but fellow sufferers who over time have gained information on living and coping with these chronic diseases.

### Coffee & Donuts: 'How to Get a Free Caption Phone Today'

Tuesday, Aug. 23, 10 - 11 a.m.

Join us for coffee & donuts as Deborah Ace from ClearCaptions presents information how words matter, the benefits of caption phone conversations so you never miss what is being said. Donuts, candy and prize drawing provided by: ClearCaptions.

### Bingo

Wednesday, Aug. 31

1:30 - 3 p.m.

### July, August and September Birthday Party

Wednesday, Sept. 7, 1:30 - 3 p.m.

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



## H2U Southern Hills Hospital

Jasmine Smith

Marketing/Volunteer Coordinator  
(702) 880-2918

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



### Joint Replacement Education

Friday, Aug. 5, 12, 19 and 26, 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

### Coffee & Donuts: 'How to Get a Free Caption Phone Today'

Wednesday, Aug. 17, 9:30 - 10:30 a.m.

Having difficulty hearing over the phone? Join Deborah Ace from ClearCaptions to learn how you can qualify for a no cost,

caption telephone. Donuts, candy and prize drawing provided by ClearCaptions.



### Southern Hills Dinner Lecture with Dr. Salman Akhtar

Thursday, Aug. 25  
5:30 - 6:30 p.m.

Please join board-certified interventional cardiologist, Dr. Salman Akhtar, for a dinner lecture to help attendees understand preventive, diagnostic and therapeutic treatment plans for patients living with heart disease and hypertension.

Dinner will be provided free to Health to You (H2U) members and non-member, first-time guests. All others are asked to join H2U with an annual membership of \$20 (or \$35 for two members in the same household; prices subject to change). Event registration is required (at least 48 hours in advance of the event date) and membership information is available by calling (702) 880-2700.

## H2U Sunrise Hospital

Tracy Netherton

Manager, Guest Services  
(702) 735-5510

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

## Tai Chi

Thursdays, 11 a.m. - noon  
Breast Center Multipurpose Room  
\$5 per class

## AARP Smart Driver Class

Wednesday, Aug. 10, Noon - 4:15 p.m.  
\$15 for AARP members; \$20 non-members

## Epilepsy Support Group

Wednesday, Aug. 10, 5:30 - 6:30 p.m.  
Sunrise Hospital Auditorium

## One-on-One Medicare Counseling

Tuesday, Aug. 16, 10 a.m. - noon  
Appointment only, every 20 minutes.

## Lunch & Learn: "How to Get a Free Caption Phone Today"

Tuesday, Aug 16, 11:30 a.m. - 1 p.m.

Join Deborah Ace from ClearCaptions who will presents information how words matter, the benefits of caption phone conversations so you never miss what is being said.

## Stroke Survivors Support Group

Wednesday, Aug. 17, 6 - 7 p.m.  
Sunrise Rendezvous Room



**Know the Signs of Anaphylaxis** Bees, wasps and other stinging insects are worse than unwanted picnic guests. For some people, stings from these insects can cause a life-threatening allergic reaction called anaphylaxis. If someone who has been stung experiences fainting, difficulty breathing, hives, swelling, nausea, itching, difficulty swallowing or heightened anxiety, they may be having an anaphylactic attack. Call 911, and ask the person if they are carrying an epinephrine auto-injector.

## Fruity Dessert Pizza

Impress your family or guests with this healthy dessert pizza. Fresh fruit and a creamy yogurt sauce on an oatmeal-cookie crust make a yummy and colorful addition to summer cookouts or parties.



### Ingredients

#### Crust:

1 ½ cups old-fashioned oats  
 ⅓ cup whole-wheat flour  
 3 Tbsp. honey  
 3 ripe bananas, mashed

#### Sauce:

½ cup heavy whipping cream  
 2 Tbsp. powdered sugar  
 6 Tbsp. vanilla-flavored Greek yogurt  
 ½ tsp. cinnamon

#### Toppings:

1 kiwi, sliced  
 ½ cup pineapple, chopped  
 1 cup strawberries, halved  
 ¼ cup blueberries

**Directions:** Combine crust ingredients and press to form a 10-inch circle on a pizza stone. Bake crust for 23 minutes at 375 degrees. While crust is baking, beat whipping cream with sugar at high speed until soft peaks form. Stir in yogurt and cinnamon with a spoon. When crust is cool, spread with sauce and arrange sliced fruit on top. Serves 8.

#### Nutritional information (per serving\*):

Calories 202; Total fat 4 g; Protein 5 g;  
 Sodium 9 mg; Fiber 4 g; Sugars 18 g;  
 Carbs 39 g ■

\*Calories vary by types of fruit used.

## Help a Smoker Stay Tobacco-Free

Quitting smoking is hard. And most smokers try and fail more than once. Of those who succeeded, approximately 40 percent say support from loved ones helped get them to the finish line, reports Smokefree.gov.

### Encouraging a Quitter

What can you say or do to help someone stub out their cigarettes for good?

> Find activities that keep their mind off smoking, like taking a walk, watching a movie or cooking some healthy treats together.

> Get rid of lingering smoky smells at home and in the cars. Clean the carpets, curtains, bedding and clothes. To discourage lighting up, dispose of ashtrays and lighters.

> Don't lecture about the dangers of smoking or offer advice about how to quit. Focus on being a good listener since experiencing down times and withdrawal symptoms are common.

> Celebrate big and small milestones. A week without smoking may not seem long to a non-smoker, but it's a big accomplishment for a smoker. Send flowers, a card or celebrate with a favorite meal.

### Responding to Slips and Stumbles

People often feel like failures when they slip up and smoke again. Avoid making a loved one feel guilty and, instead, remind them of the reasons they decided to quit. Encouragement and empathy can go a long way in helping someone kick the habit. ■

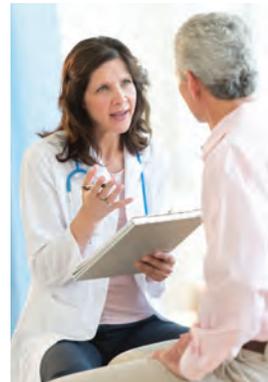
## \* MONTHLY CHALLENGE:

### Get a Checkup

**When's the last time** you saw your doctor for a routine checkup? If it's been longer than a year—or if you just can't remember—pick up the phone and schedule a wellness exam.

#### What's a wellness exam?

A wellness exam is a smart prevention practice. Your healthcare provider will check your vital signs, screen for diseases, cancer or depression, and give any needed vaccinations. Depending on your age, your cognitive function may also be assessed. How often you need a physical exam varies based on your age and health, but



men and women age 65 and older should be checked each year. Most insurance plans, including Medicare, offer free or low-cost annual wellness exams, so you don't have to break the bank to stay on top of your health.

#### What do I take with me?

- > A list of all prescriptions, over-the-counter drugs and supplements you're taking
- > Results from any recent or relevant medical tests
- > Names and contact information for other physicians you have seen recently
- > List of any symptoms or pain you are experiencing
- > Medical and surgical history

An easy way to compile this information is by using your H2U Personal Health Record. Find it at H2U.com under the Resources tab. ■

more

## H2U Benefit

# Cut Prescription Costs With Your H2U Discount Card

The cost of brand-name drugs has outpaced inflation for a decade, and now generic drug prices are also increasing faster than average. These price hikes can hurt consumers, particularly those who take multiple medications, live on fixed incomes, or are affected by the donut hole in Medicare's drug coverage.



H2U helps members and their families get more affordable prescriptions with the CVS Caremark pharmacy discount card. This card is accepted at leading pharmacies nationwide, including CVS, Walmart, Walgreens, Target and many others.

The CVS Caremark card is not insurance. You simply show the card to the pharmacist when you pick up any prescription that is not covered by your insurance plan. Your discount will be applied when you pay. In some cases, your costs can be cut in half. You may also be eligible for additional discounts when you order from CVS online, by mail or by phone.

Your card is located on the back of the H2U member card. An extra family card was also included with your annual welcome letter. If you've misplaced your card, you can print a new one for you or family members at H2U.com. Simply log in and click over to the My Account page. Scroll down to find a printable card. ■

# All About Health ... All About You



Join H2U today, and we'll help you reach your health goals—and live life to the fullest! With H2U membership, you receive valuable resources you can use at home, at work or on the go, including these:

- \* H2U magazines and newsletters
- \* Online library, health tools and other resources at H2U.com
- \* National savings on travel, health services, gifts and more
- \* Benefits at local affiliated hospitals

Learn more at [www.h2u.com](http://www.h2u.com).



## MEMBER APPLICATION

New Member  Renewing Member Date \_\_\_\_\_

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

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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) \_\_\_\_\_

**SIGN UP FOR WORRY-FREE AUTOMATIC RENEWAL.** Never miss a single issue of your member publications or lose benefits because you forgot to renew your membership. It's easy and risk-free. We'll renew your membership each year and send you a reminder so you can cancel if you change your mind. **Please check the box below to enroll.**

**YES!** Enroll me in H2U's Automatic Renewal Service. (For credit card customers only.)

Mail application to H2U National Office, P.O. Box 1300, Nashville, TN 37202-1300.

## Give gift memberships to friends and loved ones; call (800) 771-0428.

With the submission of my membership application, I understand that \$9 of my annual membership fee contributes to the H2U Magazine subscription. Memberships are non-refundable and non-transferable, and privileges are subject to change without notice. Special rates for two-person households are available. Contact H2U at (800) 771-0428 for more information. For additional new member applications, please photocopy this form or download forms at H2U.com.

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## 8 Signs That Can Save Your Life

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### Look

- A change in size or shape
- Redness or rash on the skin similar to an orange peel
- Puckering or dimpling
- Nipple becoming inverted (pulled in)

### Feel

- A lump or thickening that feels

different from the rest of the breast tissue

- A swelling in your armpit or around your collarbone
- Constant pain in your breast or armpit
- Discharge that comes from the nipple without squeezing

When scheduling a mammogram, quality is critical. Search for a facility accredited by the American College of Radiology (ACR). The ACR guidelines see to it that the radiologists and

technicians are specially trained and certified in mammography and that the equipment meets standards and is inspected regularly. The Breast Center at Sunrise Hospital & Medical Center is ACR accredited and is also accredited by the National Accreditation Program for Breast Centers (NAPBC). Additionally, The Breast Center at Sunrise Hospital features 3D digital mammography for superior breast cancer detection rates. To take the next step in breast health, please call (855) 445-2246 to schedule your 3D mammogram. ■

Schedule your **SCREENING MAMMOGRAM** with us.  
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...no problem!

Call to schedule an appointment  
1-855-445-2246

**the breast center**  
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*A Sunrise Health System Hospital*

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