

Stop First-Aid Mistakes

Do you rub butter or mayonnaise on a burn? Apply heat to a sprained ankle? Tilt your head back if you get a nosebleed?

Many first-aid tips we learned as kids are no longer recommended and some common home remedies can do more harm than good. Fortunately, you can safely treat many everyday injuries or emergencies at home. Just be sure to avoid these first-aid errors:



Mistake BUTTERING A BURN

Better Solution: Run cool water over the burn

Butter, mayonnaise and other oily substances can trap heat in the skin, making the burn worse, and even inviting infection. For minor burns, the National Safety Council says to hold the burned area under cold running water for 10 to 20 minutes or use a cold compress. Don't use ice—it can damage the wound even more. If the burn covers an area larger than 3 inches in diameter, call 911.

Mistake HEATING A SPRAIN

Better Solution: Cool it off and prop it up

A sprain often results in inflamed, swollen tissues. Heat can make the swelling worse and slow the healing process. To effectively treat a sprain, the National Institutes of Health recommends the RICE approach: Rest, Ice, Compression and Elevation.

Mistake TILTING THE HEAD BACK DURING NOSEBLEEDS

Better Solution: Tilt the head forward

Tilting the head back or lying down during a nosebleed could cause blood to flow down the throat and into your stomach, which can trigger nausea and

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ISSUE
FOCUS

Emergency Care & Stroke Awareness

Las Vegas Institute for Robotic Surgery at MountainView Hospital Completes First Robotic Lobectomy in Southern Nevada

MountainView Hospital announced that its talented surgical team completed a wedge resection and lobectomy utilizing the da Vinci Si robotic system. This is the first robotic-assisted thoracic surgery in southern Nevada.

Dr. Arnold Chung, CVT surgeon with MountainView Hospital Cardiovascular & Thoracic Surgery Associates, completed a wedge resection and lobectomy with lymph node dissection using the da Vinci Si system. Advanced Practice Nurse Tim Foley, APN-BC, assisted in the surgery. The patient is doing well and was discharged from the hospital.

A lobectomy is a type of surgery in which one lobe of a lung is removed, often used to treat lung cancer. This type of procedure can be done through an open lobectomy, in which the lung is removed through a long incision on the side of the chest, known as a thoracotomy. A VATs lobectomy is when a lobe of the lung is removed through three or four small incisions in the chest. The surgeon uses instruments and a small video camera during the surgery. Dr. Chung performs traditional and VATs surgeries, along with robotic lobectomies. ■

Stop First-Aid Mistakes

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vomiting. Instead, gently pinch the soft portion on the bridge of your nose and tilt the head forward for at least 10 minutes before checking whether the bleeding has stopped. Avoid blowing your nose or sniffing for several hours afterwards so you don't restart the nosebleed. If necessary, try a cold compress over the bridge of the nose (but don't pack the nose with gauze).

Mistake PUTTING A SPOON BETWEEN THE TEETH DURING A SEIZURE

Better Solution: Help move the seizing person into the recovery position (lying on the side)

Putting an object between the teeth of someone having a seizure can damage the teeth and even make it easier to bite the tongue. When someone is seizing, the Centers for Disease Control and Prevention advises removing any objects within reach and then helping the person to the floor. Turn the person on his

side to keep the airway clear and put something soft under the head. Don't hold the seizing person down.

If the seizure lasts longer than five minutes without slowing, or if the person is having trouble breathing, is in pain or injured, call 911.

Mistake USING HYDROGEN PEROXIDE ON CUTS

Better Solution: Wash cuts or scrapes with water

Hydrogen peroxide, iodine and rubbing alcohol may clean bacteria from wounds, but these solutions also can kill healthy cells and tissue. The best way to clean a wound is by flushing it out with water, according to the American Academy of Dermatology. Afterwards, keep the wound moist with petroleum jelly or antibiotic ointment, and cover it with a bandage. Change the bandage when it gets wet or dirty and keep the area covered until it heals. If the cut gets infected, see your doctor. ■

First Aid on Your Phone

For first-aid

information, try the American Red Cross smartphone app with:

- ✓ Step-by-step instructions for everyday first aid
- ✓ Full integration with 911 so you can call from the app at any time
- ✓ Videos and animations
- ✓ Safety tips for emergency weather situations
- ✓ Access to safety information any-time, even without cell service or an Internet connection
- ✓ Quizzes on lifesaving skills

>> Get it at www.redcross.org/prepare/mobile-apps.



Create a Family Emergency Plan

During an emergency, you and your family need to know where to meet and how to communicate with each other if you are separated. Here's how to create your emergency plan:

STEP 1 Gather Information

Determine what types of disasters are most likely to happen (fire, severe weather, earthquake, etc.), and outline what to do in each case. Identify responsibilities for each person, such as grabbing the emergency supply kit, gathering pets and shutting off utilities.

STEP 2 Choose Two Meeting Places

Pick a location near your home for emergencies like fires.

Designate a second place outside your neighborhood in case of community evacuations. Map routes out of your home and to each meeting place. If you have pets, make sure your chosen location is pet-friendly. Practice your evacuation plan twice a year, including

actually driving or walking the designated routes.

STEP 3 Designate Emergency Contacts

Identify individuals who live outside of your area. This way, if local phones are overloaded or out of service, you'll still be able to contact them. Label them as ICE (In Case of Emergency) in your phone. ■

EMERGENCY READINESS RESOURCES

Visit www.ready.gov/make-a-plan for emergency forms for recording phone numbers for family members, schools, work places, healthcare providers, emergency contacts and more. Make sure everyone in the family has a printed copy.

What's Your Stroke Score?

Several factors can raise your risk for stroke. To understand your risk, **check each box that applies to you.** Add up the total boxes checked in each column to find out your stroke risk.

RISK FACTOR	HIGH RISK	CAUTION	LOW RISK
Blood pressure	<input type="checkbox"/> >140/90 or unknown	<input type="checkbox"/> 120-139/80-89	<input type="checkbox"/> <120/80
Irregular heartbeat	<input type="checkbox"/> Yes	<input type="checkbox"/> I don't know	<input type="checkbox"/> No
Smoking	<input type="checkbox"/> Smoker	<input type="checkbox"/> Trying to quit	<input type="checkbox"/> Nonsmoker
Cholesterol	<input type="checkbox"/> >240 or unknown	<input type="checkbox"/> 200-239	<input type="checkbox"/> <200
Diabetes	<input type="checkbox"/> Yes	<input type="checkbox"/> Borderline	<input type="checkbox"/> No
Exercise	<input type="checkbox"/> Couch potato	<input type="checkbox"/> Some exercise	<input type="checkbox"/> Regular exercise
Weight	<input type="checkbox"/> Very overweight	<input type="checkbox"/> Slightly overweight	<input type="checkbox"/> Healthy weight
Stroke in family	<input type="checkbox"/> Yes	<input type="checkbox"/> Not sure	<input type="checkbox"/> No
YOUR SCORES	<input type="checkbox"/> # of Boxes Checked	<input type="checkbox"/> # of Boxes Checked	<input type="checkbox"/> # of Boxes Checked

Source: National Stroke Association

What Your Results Mean

■ **More than 3 check marks in High-Risk column:** See your doctor to talk about how to lower your stroke risk. Some methods include lowering your blood pressure; stopping smoking; minimizing alcohol use; reducing cholesterol levels; controlling diabetes; losing weight and getting more exercise.

■ **4-6 in check marks Caution column:** There are enough concerns that should require you take steps to lower your risk of stroke.

■ **6-8 check marks in Low-Risk column:** Keep up the good work!

5 Fun Ways to Lower Blood Pressure

A healthy diet and daily exercise routine are your best long-term weapons against high blood pressure. However, there are additional ways to keep your blood pressure low that may even help you avoid medication.

Take frequent, short walks.

At least three times a day, get up and walk for 10 minutes. Studies show that three daily 10-minute



walking sessions are more effective for controlling blood pressure than one 30-minute walk.

Eat a morsel of dark chocolate.

The flavanols in cocoa can lower blood pressure by a few points, reports the Cochrane Collaboration after reviewing numerous studies.



Watch a funny movie.

Laughter helps dilate blood vessels, and University of Maryland researchers found that blood flow increases 22 percent during funny movies.

Turn on some tunes.

Classical, Celtic or Indian (raga)



music reduced blood pressure in people with mild hypertension in a study published in the journal *Heart*.

Sip herbal tea. Participants in a clinical trial who drank hibiscus tea every day lowered their systolic blood pressure an average of 7.2 points over a six-week period, according to the journal *Circulation*.

All H2U events require registration 48 hours in advance. To register for an event, call (702) 233-5300.

MountainView Hospital Calendar

H2U Contact: Rita A. Moore
(702) 255-5404

Office closed on: Monday, Dec. 23 through Jan. 2 (No classes on these dates)

Mitch's Tai Chi/Ki Gong Class

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

Blood Pressure

Tuesdays
10 - 11 a.m.

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

New Exercise Class: MS In-Balance Exercise Class

Thursdays
10:30 - 11:30 a.m.
New FREE class for individuals with Multiple Sclerosis or fee of \$5 for others.

Card and Game

Monday, Dec. 2 and 16
Noon - 3 p.m.

Lunch And Learn:

Tuesday, Dec. 3
11:30 a.m. - 1 p.m.
"Techniques to Handle Challenging Behaviors," with Robin Wicks of Home Instead Senior Care

Stroke Support Group

Tuesday, Dec. 3
2 - 3 p.m.

Free Medicare Counseling

Wednesday, Dec. 4
9:15 a.m. - 3:15 p.m.
By appointment only.

Birthday Party

Wednesday, Dec. 4
1:30 - 3 p.m.
If you were born in November or December, you and a guest are invited.

Movie Matinee

Thursday, Dec. 5
1:30 - 3:30 p.m.
"The Heat"

Bunco

Monday, Dec. 9
1:30 - 3 p.m.

Wii™ Games

Tuesday, Dec. 10
1:30 - 3 p.m.

Lunch And Learn

Wednesday, Dec. 11
11:30 a.m. - 1 p.m.
"Beat the Holiday Blues," sponsored by Southern Hills Hospital's RISE Program.

Holiday Cookies and Hollywood Gossip with Norm Clarke of the Las Vegas Review Journal

Wednesday, Dec. 11
1:30 - 2:30 p.m.
Please join us for a fun presentation by Norm Clarke from the *Review Journal*. This event is open to current and potential H2U members. Lunch will be provided.

Alzheimer's Caregivers Support Group

Tuesday, Dec. 17
10 - 11 a.m.



AARP Driver Safety Class

Tuesday, Dec. 17
11:45 a.m. - 4 p.m.

Lunch and Learn

Wednesday, Dec. 18
11:30 a.m. - 1 p.m.
"You'd be Surprised to Know What a Stroke Looks Like," Diana Grimesey, RN

LaSpaluto Financial Lecture and Luncheon

Thursday, Dec. 19
Noon - 1:30 p.m.

O2 on the Go Support Group

Friday, Dec. 20
10 a.m. - noon

Sunrise Calendar

H2U Contact: Tracy Netherton
(702) 735-5510

H2U Member Meal Coupons are available in the H2U office at 3131 LaCanada Street, Suite 107, or at the Guest Services Department in the Sunrise Hospital main lobby.

Office Closed:
Dec. 6, 13, 20, 25, 26, 27, 30 31
Limited office hours on Thursdays.
Please call ahead.

One-on-One Medicare Counseling

Tuesday, Dec. 3

10 a.m. - Noon

Medicare open enrollment ends Dec. 7. 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 With Dr. Shawn T. Tsuda

Tuesday, Dec. 3

5:30 - 7:30 p.m.

Sunrise Hospital Auditorium

"LINX: The latest treatment for Chronic Acid Reflux"



Tai Chi Class

Thursday, Dec. 5, 12, 19

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 senior citizens and can demonstrate how to get the most benefits from tai chi.

Holiday Cookies and Hollywood Gossip with Norm Clarke of the Las Vegas Review Journal

Wednesday, Dec. 18

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

Please join us for a fun presentation by Norm Clarke from the *Review Journal*. This event is open to current and potential H2U members. Lunch will be provided.

AARP Driver Safety Class

Wednesday, Dec. 11

Noon - 4 p.m.

\$12 for AARP members

\$14 for non-members

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

Southern Hills Calendar

H2U Contact: Jasmine Smith

(702) 880-2918

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

Joint Education Class

Tuesday, Dec. 3 or Wednesday, Dec. 18

10 - 11 a.m.

Southern Hills Hospital is now offering free joint replacement education classes to prepare patients and their caregivers for upcoming hip and knee replacements. This informative session will provide details on what to expect before, during and after surgery. It also will provide an opportunity for patients and their caregivers to ask questions prior to surgery and pre-register, making surgery day as smooth as possible.

Holiday Cookies and Hollywood Gossip with Norm Clarke of the Las Vegas Review Journal

Wednesday, Dec. 4

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

Please join us for a fun presentation by Norm Clarke from the *Review Journal*. This event is open to current and potential H2U members. Lunch will be provided.

One-on-One Medicare Counseling

Thursday, Dec. 5

9 - 11 a.m.

Join representatives from Senior Benefits as they help you navigate through the Medicare process one on one. By appointment only. This free event is open to the public.

Lunch & Learn

Thursday, Dec. 12

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

"Beat the Holiday Blues"

Join us for a free workshop with behavioral health experts Jennifer Riedel and Linda Freyenhagen to discover a brighter road to aging. Lunch will be provided. This free event is open to the public.



Make the Medicine Go Down If swallowing pills is difficult, try this simple trick: Place the pill in your mouth, take a swig of water and tilt your chin to your chest before swallowing. The pill may float, and tilting your head down opens your throat. (Tilting your head back closes the esophagus and opens the windpipe—the opposite of what you want!)

Hearty Minestrone Soup



Potassium can protect your heart, reduce stroke risk and lower blood pressure. This easy, delicious minestrone soup is filled with potassium-rich beans and vegetables that are good for the ticker.

Ingredients

1 Tbsp. olive oil
 1½ cups chopped onion
 2 garlic cloves, minced
 3 cups reduced-sodium chicken broth
 2 cans low-sodium tomatoes, undrained
 1 large sweet potato
 ¾ cup water
 ½ cup brown rice
 1 tsp. dried thyme
 ¼ tsp. black pepper
 1 can reduced-sodium white kidney beans, rinsed and drained
 1 medium zucchini, sliced and quartered
 4 cups fresh spinach, chopped (frozen spinach also works)



Directions: In a Dutch oven, heat olive oil over medium-high heat. Cook onion and garlic about 3 minutes, until onion is tender. Stir in broth, undrained tomatoes, sweet potato, water, rice, thyme and black pepper. Bring to a boil, then reduce heat and simmer covered for 20 minutes. Add beans and zucchini and cook until vegetables are tender, about 8 minutes. Stir in spinach and cook until it wilts, about 2 minutes. Makes 4 servings.

Nutrition Information (per serving): Calories 373, Total fat 7 g, Carbs 68 g, Sodium 116 mg, Potassium 1,087 mg, Sugars 8 g. ■

Quick Fix: Homemade Air Freshener

When indoor air starts to smell stale, many people turn to commercial air fresheners. Whether you light them, plug them in or hang them up, these air fresheners often are overpowering and full of unknown chemicals that can cause reactions in those who suffer with asthma or headaches.

So how do you improve the air you breathe without exposing yourself and others to these aggravations? With only a few easy-to-find natural ingredients, you can make your own air fresheners. And if you want to share the good scents, you can put your homemade air fresheners in attractive containers for holiday gifts.

Lemon Fresh Holiday Gift

- Lemon essential oil (available at natural food stores)
- ½ cup baking soda
- Small decorative jar
- Small square of thin fabric
- Ribbon or twine



Directions: Pour baking soda into the jar. Stir in 8-12 drops of essential oil. Place the fabric over the opening of the jar and secure with the ribbon or twine and a pretty tag. Voilà! Feel free to substitute any essential oil aroma you like. If you don't have essential oil on hand, you can substitute a real lemon. Just slice the lemon into peels, discard the flesh and place the wedges in the baking soda.

* For a spray, mix a few drops of essential oil with distilled water in a spray bottle.



Monthly Challenge Be of Good Cheer!

Holiday stress has very real health effects. To help you prepare for soaring stress levels this month, we're challenging you to practice positivity.



Looking on the bright side and spreading good cheer has many health benefits. People with sunny dispositions are much less likely to have heart attacks, say researchers at Johns Hopkins University. In fact, feeling cheerful, relaxed, energetic and satisfied with

life actually reduces your chances of a heart attack up to 50 percent, according to a study published in the *American Journal of Cardiology*.

- Improve your attitude with these tips:
- Eat well, exercise and get your ZZZs.
 - Take a 15-minute sun bath.
 - Lend a helping hand.
 - Keep up with your gratitude journal.
 - Talk it out with a friend.
 - Pare down your to-do list.
 - Play with a pet.
 - Give someone a compliment.
 - Smile, even when you don't feel like it.
 - Take that vacation.
 - Watch a funny movie, read a good book or listen to music.
 - If you're feeling very depressed, seek professional help.

Reduce Your Medication Costs

During the holiday season, your wallet can get a real workout. But you may be able to keep your medications from putting an extra strain on your finances by using your CVS Caremark Prescription Discount Card.

H2U has partnered with CVS Caremark for nearly eight years to provide the best prescription benefits for our members. You can use your H2U Prescription Discount Card located on the back of your H2U member card to save up to 50 percent on prescription drugs when you don't have insurance or your medications aren't covered by your plan.



Don't have a CVS close by? You won't have to drive far since more than 60,500 pharmacies participate in the network, including Walgreens, Kmart, Walmart and many independent pharmacies. You even get an extra prescription card in your H2U welcome kit that you can give to any family member. Discounts are given at the time of purchase after presenting the card.

The CVS Caremark website is now new and improved. Check it out to:

- Order prescriptions by mail
- Find savings and opportunities to use your prescription drug plan
- Learn more about your medications and health conditions
- Use the "Ask a pharmacist" feature

Learn more about the H2U prescription benefit by reading our Frequently Asked Questions (FAQ) on the Health & Wellness page at H2U.com. ■

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
- * 10% off at ShopH2U.com, plus double H2U Reward Points

JOIN TODAY!

Learn more at www.h2u.com.

MEMBER APPLICATION

New Member Renewing 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) _____

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Southern Hills Hospital and MountainView Hospital Earn ‘Top Performer on Key Quality Measures’™ Recognition from The Joint Commission

Sunrise Health System’s MountainView Hospital and Southern Hills Hospital were named two of the nation’s Top Performers on Key Quality Measures™ by The Joint Commission, the leading accreditor of healthcare organizations in America. Both hospitals were recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions such as, but not limited to, heart attack, heart failure, pneumonia and surgical care.

Southern Hills has achieved Top Performer designation for three consecutive years. Of the 1,099 Top Performer hospitals, 182 have achieved this status for the past three years in a row. “I’m extremely proud that Southern Hills Hospital earned The Joint Commission’s Top Performer designation for three consecutive years, making it the only hospital in southern Nevada to earn this distinction,” said Kimball Anderson, Chief Executive Officer (CEO), Southern Hills Hospital. “Delivering the highest quality patient care and consistently focusing on patient safety are the priorities of our hospital. Our physicians and staff are trained to always elevate our patient experience each time, every time and this honor was achieved as a team.”

“We understand that what matters most to patients at MountainView is safe, effective care. That’s why MountainView has made a commitment to accreditation and to positive patient outcomes through evidence-based care processes. MountainView is proud to receive the distinction of being a Joint Commission Top Performer on Key Quality Measures,” said Chris Mowan, CEO, MountainView Hospital. MountainView and Southern Hills are two of 1,099 hospitals in the U.S. earning the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance. Southern Hills and MountainView Hospitals were recognized for its achievement on the following measure sets: heart attack, heart failure, pneumonia and surgical care. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year. The list of Top Performer

organizations increased by 77 percent from last year and it represents 33 percent of all Joint Commission-accredited hospitals reporting accountability measure performance data for 2012.

MountainView, Southern Hills and each of the hospitals that were named Top Performers on Key Quality Measures must: 1) achieve cumulative performance of 95 percent or above across all reported accountability measures; 2) achieve performance of 95 percent or above on each and every reported accountability measure where there are at least 30 denominator cases; and 3) have at least one core measure set that has a composite rate of 95 percent or above, and within that measure set all applicable individual accountability measures have a performance rate of 95 percent or above. A 95 percent score means a hospital provided an evidence-based practice 95 times out of 100 opportunities. Each accountability measure represents an evidence-based practice—examples include giving aspirin at arrival for heart attack patients, giving antibiotics one hour before surgery, or providing a home management plan of care for children with asthma.

“Southern Hills Hospital and MountainView Hospital and all the Top Performer hospitals have demonstrated an exceptional commitment to quality improvement and they should be proud of their achievement,” says Mark R. Chassin, MD, FACP, MPP, MPH, president and CEO, The Joint Commission. “We have much to celebrate this year. Nearly half of our accredited hospitals have attained or nearly attained the Top Performer distinction. This truly shows that we are approaching a tipping point in hospital quality performance that will directly contribute to better health outcomes for patients.”

In addition to being included in The Joint Commission’s “Improving America’s Hospitals” annual report, MountainView and Southern Hills Hospitals will be recognized on The Joint Commission’s Quality Check website (www.qualitycheck.org). The Top Performer program will be featured in the December issues of *The Joint Commission Perspectives* and *The Source*. ■