

At the Heart of the Matter

Separating Truth from 'Science' Fiction

Science can be a tricky business. In the past few decades, newly discovered "facts" about heart health have led many people to adopt habits that ultimately did little good or, in some cases, caused actual harm.

Part of the problem is we live in an information-saturated world, and the truth cannot always be summed up in a headline.

There is no magic bullet when it comes to heart health. In most cases, the best way to keep your heart healthy is to focus on the basics—exercise every day and eat a well-balanced diet. This will help you control your weight, cholesterol, blood pressure and blood sugar.

So what does a heart-healthy diet and lifestyle actually look like when you get beyond the headlines? Here are the facts about a few popular beliefs related to heart health.

Belief: Eating red meat is off limits.

Truth: Not necessarily. Red meat is high in saturated fat, but occasionally eating a moderate serving (about 6 ounces) of unprocessed red meat isn't likely to damage your heart. However, eating processed red meats like bacon and sausage is a different story. These meats usually are high in saturated fat, sodium and nitrates, which are linked to high blood pressure, plaque build-up in arteries and diabetes. If you enjoy red meat, choose lean cuts and avoid processed meats.



Your heart beats more than 3.5 million times a year and moves 2,000 gallons of blood through 60,000 miles of blood vessels every day.

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ISSUE FOCUS

Heart Health

The Sunrise Health System Opens Three H2U Health Centers For Employees

The Sunrise Health System has cared for Southern Nevada residents for generations and is pleased to announce that it will now offer wellness services to its employees under the H2U name.

H2U will be expanding in the Southern Nevada market with a new offering aimed at Sunrise Health employees and other employer groups. In the first half of this year, all three Sunrise Health hospitals will open an H2U Health Center on their campus. The H2U Health Centers are accessible only to employees whose organizations have contracted with the Sunrise Health System for wellness services. While the clinics will bear the H2U name, access to these clinics is not a part of your H2U membership.

Clinic services include preventive wellness, physicals, screenings, occupational health services, disease management and health coaching. H2U Health Centers meet the needs of large employers who want to provide convenient, affordable, quality healthcare services to their employees. Through this new H2U offering, we are able to expand our ability to provide high quality healthcare to our community.

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Belief: Your social circle affects your waistline.

Truth: Obesity actually may be socially contagious, according to the Framingham Heart Study. After reviewing data from 12,000 adults over several

years, researchers found that when participants became obese, obesity risk increased for siblings and spouses (40 percent) and friends (57 percent). Fortunately, there is some evidence that the opposite effect may be true. When your friends slim down, you may, too.

Belief: You cannot prevent heart disease if it runs in your family.

Truth: While you can't change your genes, you can reduce your risk for developing heart disease, even if you have a family history of the disease. Some research shows that eating a low-fat diet with plenty of veggies, whole grains and legumes may even reverse some effects of heart disease.

Belief: Drinking red wine will protect your heart.

Truth: Moderate consumption of red wine—about a glass a day—has been shown to benefit the heart. Plus, new

800,000

This is approximately how many Americans will die from heart disease this year. Yet, 1 in 4 of these death could be prevented with lifestyle changes, medical care or public health measures, reports the Centers for Disease Control and Prevention. Recommended steps: lower blood pressure, control cholesterol, improve diet and exercise, and end tobacco use.

studies suggest all alcoholic beverages have a similar affect. However, the American Heart Association does not advise adding alcohol to your heart-healthy routine. Instead, drinking should be an occasional indulgence, since alcohol also raises the risk for high blood pressure, stroke, obesity and alcoholism, among others.

Belief: You shouldn't exercise after a heart attack.

Truth: On the contrary, heart attack patients are advised to get moving as soon as they are able since exercise is key to improving heart health. A doctor will develop an individual rehabilitation plan for the patient depending on his needs and fitness level. Many patients get started with light activity, like walking for several minutes, the day after coming home from the hospital and then build strength and endurance over time. ■

Sweet Swaps



Here's a fact that can make your heart skip a beat: Eating a lot of sugar greatly increases the risk for heart failure. Sugar causes glucose metabolites to build up in the body, and even small amounts of these metabolites put stress on the heart, according to a study in the *Journal of the American Heart Association*.

If you have a sweet tooth, you still can enjoy occasional sweets by making smart snack swaps like these.

Instead of these ...

Cakes, brownies or donuts

Cookies

Milkshakes

Hard candies

Sugary drinks and sodas

Candy bar

Ice cream, frozen yogurt

Choose tasty alternatives ...

Graham cracker with peanut butter, or whole-wheat cinnamon toast

Multigrain apple crisps or a low-sugar, high-fiber protein bar

Fruit smoothie

Grilled pineapple or peaches, baked apples or frozen grapes

Unsweetened iced tea with a splash of fruit juice

A small square or two of dark chocolate with a few almonds or raisins

Plain yogurt parfait with oats, nuts and fresh fruit; add a touch of honey, if desired



Battle Bad Breath

Halitosis (bad breath) can sour a good conversation unless you nip it in the bud. Brushing up on oral hygiene could improve your overall health, as well. Try these tips for sweeter breath.

Freshen Up

Brush and floss regularly, and don't forget to brush or scrape your tongue. Cavities and gum disease can cause bad breath, as can foods like garlic or coffee.

Stay Hydrated

A dry mouth invites bacteria to build up, which can produce bad odors. Medications can sometimes cause dry mouth. If yours do, ask your doctor or pharmacist about alternatives.

Try a Quick Fix

Gargle mouthwash, but not too often. Some contain alcohol, which can dry out your mouth. Don't have any toothpaste or mouthwash on hand? Eat celery or an apple. Go with sugar-free mints or gum. Sugary versions feed the bacteria in your mouth, which worsens bad breath.

When to See a Doctor

Sometimes, bad breath is a sign of poor health. If you often wake up with bad breath, it could be a sign of sleep apnea. Other potential causes of a foul mouth include gum disease, diabetes, kidney or liver disease, sinusitis, respiratory issues, bronchitis, or gastrointestinal problems, according to the American Dental Association.

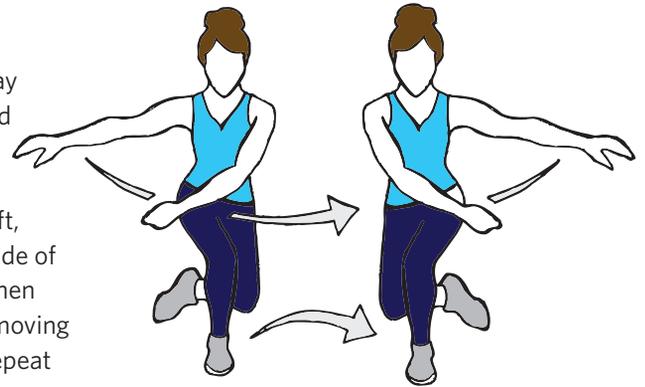
If you have persistent dry mouth or chronic bad breath, see your dentist or primary care doctor to get to the root of the problem. ■

Try an Olympic-Inspired Workout

While you're cheering on Team U.S.A. as they battle for medals at the Winter Olympics, you may get motivated to improve your own fitness. Instead of doing the same old routine, why not try a move inspired from one of these Olympic events.

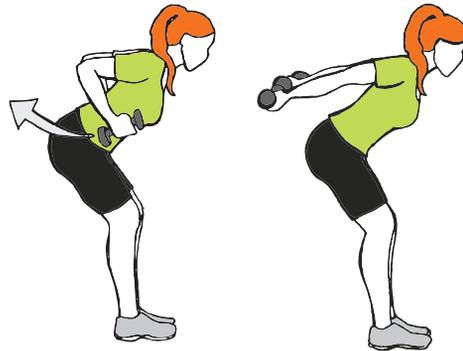
Speed Skating

Move furniture out of the way and make sure you're on a solid surface. Stand with knees bent and your arms held to the right. Hop or step to the left, moving your arms to the left side of your body at the same time. Then hop or step back to the right, moving your arms back to the right. Repeat 10 times. (You can land on one or both feet for this exercise.)



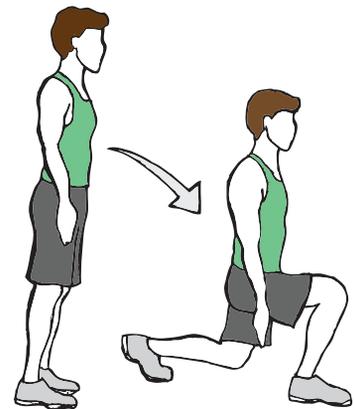
Cross-Country Skiing

Hold a light barbell in each hand and stand with your feet shoulder-width apart, knees bent. Bend at the waist and hold your arms at a 90-degree angle with your elbows in line with your back. Slowly straighten your arms behind you. Hold five seconds, then slowly return to 90 degrees. Repeat 10 times.



Curling

Stand with feet shoulder-width apart, hands on your hips. Step one foot forward, bend your knee and lower your bottom knee toward the floor. Straighten your bottom leg and step forward, returning to standing. Repeat with the other leg. Complete this set five times.



Train Like an Olympian Have a specific goal in mind for your workout, whether it's related to time, repetitions or weight amounts. Remember to rest briefly between exercises. Focus on form first. If your form slips, you may end up injured. ■

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As an existing H2U member, you have access to a wide variety of benefits including:

- Social events and classes dedicated to health and wellness
- Physician lectures and health screenings
- Discounts at local and national retailers
- Hospital café meal discounts and coupons
- One-on-one Medicare counseling
- Prescription discount cards
- And so much more!

We appreciate all of our H2U Members and look forward to serving you in 2014!

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

Sunrise Hospital

H2U Contact: Tracy Netherton
(702) 735-5510

The Sunrise H2U Office will be closed on Feb. 7, 14, 21, and 28. We have limited office hours on Thursdays and ask that you please call ahead.

Diabetes Education "Overview and Medication" Class

Wednesday, Feb. 4, 2 - 4 p.m.
3121 S. Maryland Pkwy., suite 600

This class provides an introduction to the diabetes disease process and the actions and effects of medications on the diabetic patient. This class is for adults only; you are welcome to bring a guest.

Diabetes Education "Nutrition" Class

Wednesday, Feb. 5, 2 - 4 p.m.
3121 S. Maryland Pkwy., suite 600

This class will provide an introduction to the dietary needs of the diabetic patient and the benefits of diet and exercise. This class is for adults only; you are welcome to bring a guest.

Tai Chi Class

Thursday, Feb. 6, 13, 20, 27, 11 a.m. - noon
Breast Center Multipurpose Room
\$5 fee for this class

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

One-on-One Medicare Counseling

Tuesday, Feb. 11, 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.

AARP Smart Driver Course

Wednesday, Feb. 12, Noon - 4:15 p.m.
\$15 for AARP members
\$20 for non-members

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

Southern Hills Hospital

H2U Contact: Jasmine Smith
(702) 880-2918

Events and Seminars

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

Joint Replacement Education Class

Thursday, Feb. 13 — 5 - 6 p.m. or
Thursday, Feb. 27 — 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 will also provide an opportunity for patients and their caregivers to ask questions prior to surgery and pre-register, making surgery day as smooth as possible.

Lunch & Learn: Healthy Food Choices for 2014

Wednesday, Feb. 19, 11:30 a.m. - 1 p.m.
Please join Kenia Suazo, Care Manager at Hometrust Healthcare, for a fun-filled afternoon learning about healthy food choices for 2014.

This free event is open to the public. Lunch provided by Hometrust Healthcare.

MountainView Hospital

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

Mitch's Tai Chi/Ki Gong Class

Mondays, 10 - 11 a.m.
\$5 per class

Blood Pressure

Tuesdays, 10 - 11 a.m.

Mitch's Meditation Class

Wednesdays, 10 - 11 a.m.
\$5 per class

Yoga with Christian

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

MS In-Balance Exercise Class

Thursdays, 10:30 - 11:30 a.m.
NEW FREE class for individuals with multiple sclerosis. Fee of \$5 for others.

Cards and Games

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

Stroke Support Group

Tuesday, Feb. 4, 2 - 3 p.m.

January & February Birthday Party

Wednesday, Feb. 5, 1:30 - 3 p.m.
If you are born in January or February, you and a guest are invited for coffee, cake, ice cream or fruit.

**Movie Matinee:
"About Time"**

Thursday, Feb. 6
1:30 - 3:35 p.m.

Bunco

Monday, Feb. 10 & 24
1:30 - 3 p.m.

**Lunch And Learn,
U Need To Know Series:
"Heart Health and You"**

Wednesday, Feb. 12
11:30 - 1 p.m.

BINGO

Thursday, Feb. 13
1:30 - 3 p.m.

**Alzheimer's Caregivers
Support Group**

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

AARP Smart Driver Course

Tuesday, Feb. 18
11:45 a.m. - 4 p.m.
\$15 for AARP members
\$20 for non-members
Attend this class and receive a discount on your automobile insurance.

Free Medicare Counseling

Wednesday, Feb. 19
9:15 a.m. - 11:15 p.m.
By Appointment ONLY

Wii™ Games

Wednesday, Feb. 19
1:30 - 3 p.m.

**Lunch And Learn:
"Destination's Happy
& Healthy Lifestyles"**

Thursday, Feb. 20
Noon - 1:30 p.m.
Sponsored by: Destination

**O2 on the Go
Support Group**

Friday, Feb. 21
10 a.m. - noon



Why Older People Have Adverse Drug Reactions

All drugs have side effects. Some are minor, others deadly. In fact, adverse drug reactions lead to more than 1.5 million hospitalizations and more than 100,000 fatalities each year, according to Public Citizen, a watchdog group.

While dangerous drug interactions affect people of all ages, the risks grow as we get older. Why? Here's a look at a few reasons.

→ **Multiple Doctors,
Multiple Prescriptions**

The older you get, the more likely you are to have a variety of health problems that are treated by different doctors. Unless you communicate thoroughly with your doctors about all your health problems, you could end

up being prescribed medications that interact poorly.

→ **Diseases of Aging Can
Affect Drug Response**

Poor circulation, kidney and liver disease, and high blood pressure are a few conditions that can affect how your body reacts to prescription or over-the-counter drugs.

→ **Memory Problems**

Sometimes adverse drug reactions are the result of forgetting to take medicines on time or according to instructions. Keeping track of several medications and remembering their potential side effects can be a lot to handle.

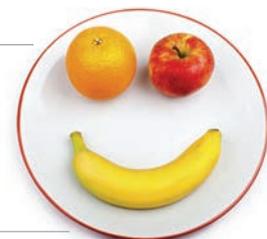
→ **Metabolism and Physical Changes**

Age affects the way the body breaks down, distributes and absorbs medications. Older bodies tend to have less water and more fat, which can mean dosages that worked in your 40s may need to be reduced in your 60s. Also, people can become more sensitive to certain drugs as they age.

To prevent drug interactions, use one pharmacy to fill all prescriptions. Before starting any new prescription drugs, over-the-counter meds or supplements, ask your pharmacist or doctor about possible interactions. Finally, schedule a brown-bag review of your medications and supplements with your physician annually. ■

7 helpings of fruit and veggies a day may boost happiness, mental health and overall well-being.

Source: Dartmouth College and University of Warwick (Great Britain)



Heart-Healthy **Valentine's** Meal

Dining in with your Valentine? This meal will impress, while also being heart-healthy.

First course

Strawberry and avocado salad with lime vinaigrette

Top fresh spinach with slices of strawberry, avocado and toasted walnuts. Ramp up the flavor by dressing the salad with a homemade lime vinaigrette. Simply whisk together ¼ cup olive oil, ¼ cup apple cider vinegar, the zest of one lime, 2 Tbsps. fresh lime juice and 2 tsps. sugar.



scallops in pan and cook until they're opaque throughout and have a nice golden brown color, 2–3 minutes per side. Transfer to a plate and cover. Wipe the pan clean and sauté fresh snow peas with a pinch of salt and pepper and a few strips of orange zest to make it really special. Cook about 2 minutes until the snow peas are tender.

Dessert

Dark chocolate fondue with fruit

Dark chocolate is rich with antioxidants and has been shown to be good for your heart. Homemade fondue is easy. Chop a variety of fruits—bananas, apple slices, mango and pineapple all are good options—into bite-sized pieces. Then heat up a few chunks of dark chocolate, at least 62 percent cacao, in a double boiler. Or put a heat-proof bowl over a saucepan of simmering water. Stir the chocolate until it's smooth. Transfer melted chocolate to a fondue set or bowl. Use wooden skewers or small forks to dip the fruit into the chocolate sauce. ■



Main course

Seared sea scallops over couscous with fresh snow peas

Scallops are flavorful yet light on calories and saturated fat. Start by preparing ½ cup of couscous according to the package instructions. Pat 8 sea



scallops dry and season them with salt and pepper. Heat 2 Tbsps. of olive oil in a skillet over medium-high heat, place



Monthly Challenge

Exercise to Meet Your Target Heart Rate

Whether you're walking, biking or dancing, your challenge this month is to focus on hitting your target heart rate while you exercise. Your target heart rate is the rate you need to reach and maintain cardiac fitness.

Measuring Your Heart Rate

Step One: First thing in the morning before you get out of bed, check your pulse with a heart monitor or use a simple counting technique.

Place your pointer finger and middle finger together over the blood vessels in your wrist on the thumb side, and count your pulse for 10 seconds. Multiply that number by 6 to find the number of beats per minute.

Step Two: Determine your target exercise heart rate using the H2U.com calculator (on the Health Tools page), or do your own calculations. Simply subtract your age from 220. Then multiply that number by the percentage in the

following chart that correlates with your exercise intensity.

Low intensity:	50 - 64% of max heart rate
Moderate intensity:	65 - 79% of max heart rate
High intensity:	80 - 90% of max heart rate

Step Three: Use the Step One counting technique or a heart monitor to check your heart rate both during and after exercise. Your heart rate should return to normal within a couple of minutes. If it takes longer than that, see your doctor as this can be a sign of heart disease. ■



Understand Your Health Status

Health assessment tools are gaining popularity as more people realize the benefits of knowing their health risks and how to minimize them. If you haven't taken the H2U Personal Health Assessment (PHA) recently, now is a great time to do so.

Last summer, our PHA got a make-over to make it easier to use. Just answer simple questions about lifestyle, diet and exercise, and provide health information like weight, blood pressure and cholesterol levels. Your PHA will generate a personalized, confidential Wellness Report that can be printed or saved to your computer. You also can email it to your medical provider.

Besides helping you understand your current health status, the new PHA enables you to:

> Track your health status over time. Completing a PHA each year enables you to compare key health indicators and behaviors year over year.

> Pinpoint needed lifestyle changes. The new PHA provides tips for preventing and managing health problems, along with an inventory of positive steps you're already taking to give you a complete picture of your overall health.

To take the PHA, log in to H2U.com and click on the Health Assessment link on your "My Account" page. After completing your assessment, check out H2U.com's abundance of resources, including our health library, recipes and activity calculators to track your progress. ■

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

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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With the submission of my membership application, I understand that \$6 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.



MountainView Physician Lecture

Total Joint Lunch and Learn With Dr. Steven Sanders

Wednesday, Feb. 5

Noon - 1 p.m.

3100 N. Tenaya Way, Las Vegas, NV 89128

Located in the Hospital Lobby Classroom

Joni Dr. Steven Sanders of Bone and Joint Specialists for an informational lecture on total joint replacement.

Learn from an experienced orthopedic surgeon what is involved in a total joint replacement. You will also have an opportunity to ask questions at the end of the lecture. Lunch will be provided. Registration for this event is required. To register, call (702) 233-5474.

Southern Hills Physician Lecture

Lunch and Learn with Cardiologists Dr. Bhatti & Dr. Tsiouris

Wednesday, Feb. 12

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

Southern Hills Hospital Education Room

First Floor

February is American Heart Month, and what better time is there to focus on keeping and strengthening a healthy heart?

Please join cardiologists Dr. Muhammad Bhatti and Dr. Nikolas Tsiouris to learn first-hand about common heart conditions such as acute coronary syndrome and atrial fibrillation. This may help you develop questions to ask your physician how those tips are connected to your heart health.

Dr. Muhammad Bhatti is from Pakistan and graduated from King Edward Medical

College (Lahore, Pakistan) in 1987. He is board-certified in internal medicine and cardiovascular disease. He is also a member of the American College of Cardiology, the American College of Physicians and the American Medical Association. Dr. Bhatti has been with Heart Center of Nevada since 2000.

Dr. Nikolas Tsiouris is from Greece and graduated from Aristotle University of Thessaloniki (Thessaloniki, Greece) in 1995. He is Board-certified in internal medicine, cardiovascular disease, and cardiac electrophysiology. He is a Member of the American College of Cardiology, the American College of Physicians and the American Medical Association. Dr. Tsiouris has been with Heart Center of Nevada since 2006.

Lunch will be provided free for all attendees. This event is open to the public and registration is required by calling (702) 880-2700 at least 48 hours in advance of the event date.

Sunrise Hospital Physician Lecture

Heart Chat with Dr. Arjun Gururaj

Wednesday, Feb. 12

6 - 7:30 p.m.

Sunrise Hospital Auditorium

Located on the first floor of the hospital

3186 S. Maryland Pkwy.

Las Vegas, NV 89109

Join us for a free lecture on Atrial Fibrillation and Electrophysiology (EP). A light dinner will be served, but registration is required. To register, call (702) 233-5454.