

# Health to You

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



... ISSUE FOCUS ...  
Heart Health

## MountainView Hospital Celebrates 21st Anniversary!

This February MountainView Hospital will celebrate 21 years of serving the community!

Opened in 1996 with 120 beds, MountainView has grown to a state-of-the-art, full-service medical facility with 340 beds. This month is the expected opening of the hospital's new Medical Office Building, to house physician practices for the community and the hospital's growing Graduate Medical Education Program.

The hospital also continues with its expansion to the main hospital building, expanding up two floors onto the south tower. It will include the addition of 64 beds, expansion and renovation of Women's Services and addition of a Level III NICU, and expansion of Emergency Department services.

MountainView Hospital features nationally recognized programs including a top cardiovascular and thoracic center, the renowned Las Vegas Institute for Robotic Surgery, an Accredited Chest Pain Center and Certified Stroke Center. Other areas of excellence include emergency care, urology and gynecological services, orthopedics, vascular care and an inpatient rehabilitation unit.

## The **Not-So-Sweet** Truth

Whether it's a birthday cupcake piled high with icing, a cappuccino from a nearby coffee shop, or a handful of chocolates on Valentine's Day, sugar can make life a little sweeter. Yet, too much can wreak havoc on your heart.

While salty and fatty foods have long been vilified for contributing to heart disease, a recent study in *JAMA Internal Medicine* suggests sugar may have gotten an undeserved pass. The reason? Decades-old research funded by the sugar industry deliberately downplayed sugar's harmful effects on the heart.

Sugars from whole fruits and milk are not the main cause of heart-related troubles. Instead, the danger arises from consuming the added sugars in desserts, soft drinks, fruit juices, cereal, sweetened yogurt, sauces, salad dressings and many other products.

Eating too much sugar significantly increases your risk of dying from cardiovascular disease no matter your age, weight or physical fitness, according to research in the *Journal of the American Medicine Association*.

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One problem with sugar is it's linked to obesity and type 2 diabetes, two leading causes of heart disease. But sugar also has the following negative effects on your heart and vascular system.

**> Increases blood pressure.** When you eat sugar, your pancreas releases insulin to regulate blood sugar. An overload of the sweet stuff causes insulin to spike, which can increase blood pressure. This may give you the feeling of a “sugar high,” followed by a “sugar crash” once the insulin finishes its work and blood sugar drops. Over time, these highs and lows can damage and harden arteries, making you susceptible to heart attacks or strokes.

**> Contributes to unhealthy cholesterol levels.** Emory University researchers found that adults who eat a lot of added sugars daily tend to have high triglycerides, a type of fat that can cling to artery walls. The sugar lovers also tended to have lower levels of good HDL cholesterol, which helps move LDL cholesterol out of blood so it cannot form plaque in the arteries.

**> Strains heart muscles.** Trying to pump sugar-saturated blood through

vessels is like pumping sludge through a narrow pipe. That could be why as many as 60 percent of people with diabetes develop diabetic cardiomyopathy, which is a weakening of the heart muscle and eventual loss of pumping ability. ■

## How Much Sugar Is Too Much?

Americans consume an average of **22 teaspoons** of added sugars a day. That's double or triple the amount we should be eating, according to health organizations. How much should you cut back? Here's what experts say.

Health Agencies	Recommended Limits for Sugar Intake
World Health Organization (WHO) and Food and Drug Administration (FDA)	Less than 10% of daily calories* <i>(WHO reports that 5% of daily calories is even better.)</i>
American Heart Association	Less than 6 tsp. a day for women Less than 9 tsp. a day for men

\*Equivalent to 12.5 teaspoons in a 2,000 calorie diet.



## The Cons in Condiments

**You patted yourself** on the back for ordering a grilled chicken sandwich and salad instead of a burger and fries. But self-praise may be premature if you dressed your meal with unhealthy condiments. Here's a look at trouble-causing condiments and replacement options.

**Ketchup.** While ketchup can be a good source of lycopene, one tablespoon has a teaspoon of added sugar. Look for low-sugar or sugar-free versions in the grocery store—or make your own.

**Barbecue sauce.** Each 2-tablespoon serving delivers about 3 teaspoons of sugar and 350 milligrams of sodium. Instead of slathering chicken with barbecue sauce, marinate it in olive oil mixed with pineapple or orange juice. Season with salt, pepper and fresh herbs.

**Mayonnaise.** Sometimes a sandwich needs a creamy spread, but 1 tablespoon of mayo has nearly 90 calories, all from fat. Replace mayo with mashed avocado, hummus or cottage cheese. Or use Greek yogurt for a tangy twist on tartar sauce.

**Salad dressing.** Creamy dressings can contain 145 calories and 325 mg of sodium in a 2-tablespoon serving. Even low-fat versions can be high in sugar and sodium. Stick with vinaigrettes that are low in sugar and sodium. Better yet, make your own vinaigrette with one part vinegar to three parts olive oil. Season with salt, pepper and herbs.

## 4 More Reasons to Break Up With Sugar

**1. To protect your liver.** Eating lots of sugar is linked to insulin resistance and high triglycerides, which promote fatty deposits in the liver. This can cause nonalcoholic fatty liver disease, which damages the liver as much as heavy alcohol use.



**3. To keep the wrinkles away.** Glucose attaches to proteins in connective tissues such as collagen and elastin—which keep skin smooth and taut—and makes it harder for them to repair themselves.

**2. To keep your teeth pearly white.** Sugar wears down the enamel of your teeth and combines with bacteria in the mouth to create acids that form cavities and cause tooth decay.

**4. To stay slim.** Not only are sugar-laden foods full of calories that will pack on the pounds, but their lack of fiber, protein and nutrients makes them easier to overeat. ■



# Quick Workouts for Couch Potatoes

If you park yourself in front of the TV for two hours after dinner, you'll spend at least 30 minutes of that time watching commercials. That's enough time to do several quick—and effective—workouts. Just mix and match the following moves, doing each exercise for the duration of one or more commercials.

**CARDIO BLAST:** March or walk in place.

**BICEP CURLS:** Hold a full can or light weight in each hand. Start with arms by your sides and palms facing forward, curl arms up, hands to shoulders, then lower slowly.

**ARM CIRCLES:** Sit or stand and extend your arms out to your sides. Circle your arms slowly

forward for one minute, then reverse the motion for another minute.

**CALF RAISES:** Stand and rest your hands on a wall or the back of a chair for balance. Slowly raise to a tiptoe position, then slowly lower heels to the ground.

**WALL PUSH-UPS:** Stand facing a wall and place your hands at shoulder level, with arms bent. Push off

the wall until your arms are nearly straight.

**LEG EXTENSIONS:** Sit up straight on a couch or chair, knees bent and feet on the floor. Alternate lifting each leg straight out.

**SIDE BENDS:** Stand or sit in an armless chair. With arms hanging down by your sides, alternate bending from the waist to the right and then to the left. ■



## Weird Signs of Common Nutrient Deficiencies

- Your hair is falling out.
- You crave strange foods or nonfoods.
- Your muscles cramp and ache.
- Your nails are brittle.
- The corners of your lips are cracked.

If you checked any of these boxes, your body may be hinting that your diet is severely lacking in one or more essential vitamins or nutrients.

While nutrient deficiencies are not as widespread as supplement manufacturers may want you to believe, they do happen. Fortunately, most deficiencies are mild and can be overcome with dietary adjustments. If supplements are needed, they should be taken with a doctor's guidance. Some vitamins and minerals can cause adverse effects in large doses.

Here's a look at how to recognize and avoid the three most common nutrient deficiencies in the U.S. as identified by the Centers for Disease Control and Prevention.



**IRON** is vital to producing hemoglobin—the protein that helps red blood cells deliver oxygen to the rest of your body. With too little iron, lots can go wrong.

**Deficiency symptoms:** Exhaustion, pale skin, shortness of breath, heart murmurs, restless leg syndrome, headaches, brittle nails and pica (a craving for non-food items like clay, dirt or ice)

**What to eat:** Red meat, seafood, beans, iron-fortified cereals and pastas, tomato products, and dark leafy greens, such as spinach and kale

**VITAMIN B6** helps the body fight infections and convert food into energy.

**Deficiency symptoms:** Changes in mood, muscle pains, fatigue and skin rashes, including cracks in the corners of the mouth

**What to eat:** Whole grains, tuna, salmon, grass-fed beef, chicken breasts, spinach, potatoes and legumes



**VITAMIN D** supports bone growth and calcium absorption.

**Deficiency symptoms:** Muscle weakness, bone fractures, aches and pains, hair loss and depression

**What to eat:** Cheese, eggs, fatty fish like tuna, mackerel and salmon, and vitamin D-fortified milk, orange juice and breakfast cereals ■

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.

**Office Closed:** Monday, Feb. 13 through Monday, Feb. 20.

### Blood Pressure

Tuesdays, 10 - 11 a.m. (none on Feb. 14)

### Yoga with Christian

Thursdays, 9 - 10 a.m. (none on Feb. 16)

\$5 per class

### MS Stretch & Flex

Thursdays, 10:30 - 11:30 a.m.

(none on Feb. 16)

This class is free for individuals with multiple sclerosis and current members of H2U. There is a \$5 fee for all others.

### Lunch & Learn:

#### The Watchman Implant

Wednesday, Feb. 1, noon - 1:30 p.m.

Physician Speaker: Dr. Thomas Lambert, Cardiologist

### Cancer 101

Wednesday, Feb. 1, 12:30 - 2:30 p.m.

MountainView Hospital

Mark Howard/Lobby Classroom

Guest Speaker: A Registered Nurse from MountainView Hospital Oncology Unit  
Light lunch served.

### Movie Matinee: 'Sully'

Thursday, Feb. 2, 1:30 - 3:15 p.m.

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

### Card & Games

Monday, Feb. 6

Noon - 3 p.m.

### Lunch & Learn: 5 Things You Need to Know About Cremation

Tuesday, Feb. 7, Noon - 1:30 p.m.

Guest Speaker: William Brown will present an informational seminar on the 5 things you need to know about cremation. Lunch sponsored by La Paloma Funeral Services.

### MountainView Stroke Support Group

Tuesday, Feb. 7

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. Paul Mills coordinates this support group.

### MountainView Hospital Ostomy Support Group

Wednesday, Feb. 8, 5:30 - 7:30 p.m.

### Lunch & Learn:

#### Protecting Seniors Online

Thursday, Feb. 9, Noon - 1:30 p.m.

Guest Speaker: Linda Freimanis will present an informational seminar on protecting seniors online. Lunch sponsored by Home Instead Senior Care.

### Parkinson's Support Group

Friday, Feb. 10, 10 a.m. - Noon

### Diabetes Overview + Medication Review

Wednesday, Feb. 15

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

MountainView Hospital, 1 South Classroom

Light lunch served.

### Diabetes & Nutrition

Thursday, Feb. 16

1 - 2:30 p.m.

MountainView Hospital, 1 South Classroom

Light refreshment served.

### Alzheimer's Caregivers Support Group

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

### AARP Smart Driver Class

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

\$15 for AARP members

\$20 for non-members

### Medicare Counseling

Wednesday, Feb. 22, 9:15 a.m. - 3:15 p.m.

By appointment only.

### Bingo

Wednesday, Feb. 22, 1:30 - 3 p.m.

### Board Games

Thursday, Feb. 23, 1:30 - 3 p.m.

### O2 on the Go Support Group

Friday, Feb. 24, 10 a.m. - noon

\*Fourth Friday of the month instead of third Friday of the month.

### Bunco

Monday, Feb. 27, 1:30 - 3 p.m.

### Lunch & Learn: Advance Directives & You

Tuesday, Feb. 28, noon - 1:30 p.m.

Guest Speaker, Kim Anderson will present an informational seminar on the importance of having an advance directive/living will. Lunch sponsored by Infinity Hospice.

### Creative Arts Class

Tuesday, Feb. 28, 1:30 - 3:30 p.m.

### 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.

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 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, Feb. 3, 10, 17, and 24, 9 - 10 a.m.

Multipurpose Room/Fifth Floor

Interested in learning more about our advanced orthopedic surgical programs at the hospital certified in hip and knee replacements, and hip fractures? Our orthopedic team experts guide you through the process so you know what to expect before, during and after surgery. No reservation required.

### Lunch & Learn with ABC Home Health

Wednesday, Feb. 15, 11:30 a.m. - 1 p.m.

Please join Debbie Armstrong and Penny Harrow, RN with ABC Home Health as they discuss dietary supplements. Lunch provided by ABC Home Health. Reservation required by calling (702) 880-2700.

### Lunch & Learn with Dr. Bhatti

Wednesday, Feb. 22

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

Education Room/First Floor

Do you ever experience chest pain or abnormal heart rhythms? Please join cardiologist Dr. Muhammad Bhatti for a special presentation to learn first-hand about common heart conditions such as acute coronary syndrome and atrial fibrillation.

## 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.

### Tai Chi

Thursdays

11 a.m. - Noon

Breast Center Multipurpose Room  
\$5 per class

### Lunch & Learn Heart Healthy Eating

Tuesday, Feb. 7

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

Lunch will be served from 11 - 11:30 a.m.

Join Lisa McComb, RD, LD, IBCLC, Clinical Dietitian, and Elika Nematian, UNLV Student and Dietetic Intern for a heart health lunch and tips to start the New Year making healthy food and lifestyle changes to improve your overall heart health.

### AARP Smart Driver Class

Wednesday, Feb. 8

Noon - 4:15 p.m.

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

### Epilepsy Support Group

Wednesday, Feb. 8

5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

### Sunrise Dinner Seminar: American Heart Month 2017: The Heart of the Matter

Wednesday, Feb. 8

6 - 7:30 p.m.

Sunrise Auditorium

Presented by The Heart Center team, our speakers include Interventional Cardiologist Dr. Nayab Zafar, Cardiologist and Electrophysiologist Dr. Gaston R. Vergara, and Cardiovascular and Thoracic Surgeons Dr. Jeffrey D. Lee and Dr. Bashir A. Chowdhry. They will cover heart health, least invasive options for treating heart disease and the latest information about controlling risk factors.

### Ostomy Support Group

Tuesday, Feb. 14

7 - 9 p.m.

Auditorium

### Stroke Survivors Support Group

Wednesday, Feb. 15

6 - 7 p.m.

Sunrise Rendezvous Room

### One-on-One Medicare Counseling

Tuesday, Feb. 21

10 a.m. - Noon

Appointment only, every 20 minutes.



Laughing 100 times in a day is equal to 10 minutes on a rowing machine and 15 minutes on an exercise bike, according to researchers at Stanford University.

## Try this recipe! **Heart-Healthy Chicken Soup**

When you've got the sniffles, nothing tastes better than a steaming bowl of chicken soup. You can keep it simple with chicken, onions, carrots and celery, or punch up the flavor with spices, grains and other veggies.

Start with this base recipe, then customize it to your taste by adding ingredients like spinach, butternut squash, potatoes, basil or ginger.



### Ingredients:

1 whole chicken (about 4 lbs.), cut into pieces  
8 cups water  
3 medium onions, thinly sliced  
6 medium carrots, sliced ½-inch thick  
2 celery stalks, sliced crosswise ¼-inch thick  
4 garlic cloves, crushed

**Directions:** Bring chicken and water to a boil in a large stockpot. Skim the foam. Add onions, celery and garlic, and reduce heat to low. Simmer, partially covered, for 30 minutes. Remove the chicken breast and set aside. Add carrots; continue simmering, partially covered for 40 minutes. Remove the remaining chicken; toss out the back and wings. Let cool slightly. Remove meat from bones and discard skin. Cut meat into bite-size pieces. Stir in desired amount of chicken and serve. Serves 6.

### Nutrition information (per serving):

Calories 157; Total fat 2.2 g; Protein 21.6 g; Sodium 103 mg; Fiber 2.8 g; Sugars 5.4 g; Carbs 12 g ■

## CURIOUS MINDS

### Why Is Exercise Good for the Heart?

**We all know exercise** improves heart health. In fact, the American Heart Association recommends doing at least 30 minutes of exercise five days per week. But why?

As part of the body's circulatory system, your heart transports oxygen-filled blood to muscles and organs. When you exercise, your body's need for oxygen increases, which forces the heart to work harder to send blood where it's needed. Since the heart is a muscle, it gets stronger when you demand more from it.

Cardiovascular exercises—like running, swimming or biking—move more blood through the heart, which improves its pumping ability. That's



why your resting heart rate will often become slower as you get fitter.

Resistance exercises also benefit the heart by widening blood vessels and keeping them flexible. This helps fight high blood pressure and reduces strain on the heart.

Exercising can lower cholesterol, too, though experts aren't sure exactly why. There may be several factors at work. For instance, exercise can lead to weight loss that lowers bad cholesterol. Physical activity may also move more bad cholesterol out of the bloodstream so it doesn't cling to artery walls. ■

## \* MONTHLY CHALLENGE:

### Boost Your Fiber Intake

**Eating fiber** may sound tasteless and boring until you consider all the yummy foods that are chock-full of fiber, such as apples, sweet potatoes and nuts.

The FDA recommends adults eat about 25 grams a day for better digestion, skin health, blood sugar and cholesterol. Since most Americans

average just 16 grams of fiber a day, we challenge you to add 10 more grams of fiber to your daily diet. These fiber-boosting swaps can help.

**TIP:** When increasing fiber, do it gradually and drink plenty of fluids to avoid gas, bloating or constipation.

Meal	Typical Choice	Smarter Choice	Extra Fiber
Breakfast	Cornflakes	Bran flakes with ¼ cup of blueberries	5 grams
	Orange juice	An orange	2 grams
			<b>+7 grams</b>
Lunch	Sandwich on white bread	Sandwich on whole-wheat bread	2 grams
	Potato chips	¼ cup of almonds	3 grams
	Salad with iceberg lettuce	Salad with shredded Brussels sprouts	3 grams
			<b>+8 grams</b>
Dinner	Pasta or white rice	Whole-wheat pasta or brown rice	3 grams
	Taco meat	¼ cup of black beans	4 grams
	Strawberry ice cream	Frozen strawberries topped with plain yogurt	3 grams
			<b>+10 grams</b>

# What's Your Number?

## The Need-to-Know on Cholesterol

**Cholesterol gets a bad rep**, but cells need cholesterol to produce hormones, vitamin D and bile acids that digest fats. Having too much cholesterol in your blood, however, can raise your risk for heart attacks and stroke, says the American Heart Association (AHA). The AHA recommends that adults age 20 or older have cholesterol checked every 4–6 years with a blood test called a lipoprotein profile, which measures the following substances circulating in your blood.

**HDL:** High-density lipoproteins (HDL) are considered “good” because they remove excess cholesterol from the bloodstream and artery walls.

**LDL:** Low-density lipoproteins (LDL) are a “bad” type of cholesterol that builds up on artery walls and forms plaque, causing arteries to narrow and harden.

**Triglycerides:** Triglycerides are the most common kind of fat and help the body store energy. High triglycerides in the blood, however, can lead to clogged blood vessels.

Total cholesterol includes LDL and HDL cholesterol, along with 20 percent of your triglycerides. The following chart shows how cholesterol levels affect your risk for heart disease and stroke.

Not happy with your levels? You can lower your bad LDL cholesterol by ditching saturated fats from your diet and increasing physical activity. Daily exercise boosts good HDL cholesterol and may lead to weight loss, which further reduces triglycerides. ■

Substance	Low Risk	Borderline High	High Risk
HDL Cholesterol	60 mg/dL or more	N/A	40 mg/dL or below
LDL Cholesterol	129 mg/dL or below	130–159 mg/dL	160 mg/dL or more
Triglycerides	149 mg/dL or below	150–199 mg/dL	200 mg/dL or more
<b>Total Cholesterol</b>	<b>199 mg/dL or below</b>	<b>200–239 mg/dL</b>	<b>240 mg/dL or more</b>



### > Modify your skincare routine.

If hands and feet become dry and cracked, apply cream at bedtime and slip on gloves or socks to give your skin more time to absorb the moisturizer. Be careful using skincare products containing alcohol, fragrance, retinoids, or alpha-hydroxy acid; they may be too drying in winter.

And don't forget your lips—keep a tube of lip balm in your bag or pocket, and reapply throughout the day.

**> Use sunscreen.** Though the winter sun may not be warm, the UV rays can still harm your skin. Use a sunscreen with at least 30 SPF. If you have eczema or psoriasis, stick with sunscreen for sensitive skin.

### > Humidify dry, indoor air.

When your house is warm and cozy, that may be because your heat is blasting hot, dry air, which can make your skin dry out. Place small humidifiers throughout your house to keep moisture in the air. ■



## Solve Winter Skin Problems

**Caring for your skin** in the winter months can feel like a lose-lose situation. Cold outside air can leave your skin dry, itchy and red. And being inside can be nearly as bad. Dry heated air and long hot showers can deprive skin of much-needed moisture. If you suffer from skin disorders like eczema, psoriasis or seborrheic dermatitis, cold weather may worsen your symptoms.

To protect skin from seasonal setbacks, try the following tips.

**> Moisturize immediately after washing.** You can lock in skin's moisture by applying a cream or ointment within a few minutes of showering or handwashing. For dry skin, use products containing olive oil, jojoba oil or shea butter, advises the American Academy of Dermatology. Other moisturizing ingredients recommended by the group include lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil and petrolatum.



### MountainView Lunch & Learn The Watchman Implant

Wednesday, Feb. 1  
Noon - 1:30 p.m.

Join Physician Speaker

Dr. Thomas Lambert, Cardiologist, for an informational lecture on "The Watchman Implant," which offers a potentially life-changing stroke risk treatment option to patients, which could free them from the challenges of long-term warfarin therapy. MountainView Hospital was among the first hospitals in the region to offer non-valvular atrial fibrillation (AF), an alternative to long-term warfarin medication with the newly approved WATCHMAN Left Atrial Appendage Closure (LAAC) Implant. Followed by a Q & A with Dr. Lambert.



### Sunrise Hospital Dinner Seminar: American Heart Month 2017: The Heart of the Matter

Wednesday, Feb. 8

6 - 7:30 p.m., Sunrise Auditorium

Presented by The Heart Center team, our speakers include Interventional Cardiologist Dr. Nayab Zafar, Cardiologist and Electrophysiologist Dr. Gaston R. Vergara, and Cardiovascular and Thoracic Surgeons Dr. Jeffrey D. Lee and Dr. Bashir A. Chowdhry. They will cover heart health, least invasive options for treating heart disease and the latest information about controlling risk factors.



### Southern Hills Hospital Lunch & Learn with Dr. Bhatti

Wednesday, Feb. 22

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

Education Room

Do you ever experience chest pain or abnormal heart rhythms? Please join Cardiologist Dr. Muhammad Bhatti for a special presentation to learn firsthand about a common heart condition, acute coronary syndrome. Dr. Bhatti 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.

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.

**Saturday, March 25**  
**9 a.m. to 12:00 p.m.**

# MountainView Hospital Spring Fling Health Fair

Join us for a fun-filled day  
with **FREE** health screenings,  
information and prizes!

MountainView Hospital Main Lobby  
3100 N. Tenaya Way  
Las Vegas, NV 89128




For more information call: 702-962-9230 • MountainView-Hospital.com



(800) 771-0428  
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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  
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