

## Cravings Decoded

**Ever feel like** you just have to have a bag of potato chips right now? Or do you occasionally get an overwhelming urge to eat chocolate?

We all experience food cravings from time to time. Some of these cravings are triggered when we are tired, underfed or under-watered, but usually the root cause of our cravings is more complicated.

Though food cravings were once thought to be the result of vitamin and nutrient deficiencies, new research indicates that environmental and psychological factors are more likely culprits. Otherwise, our bodies would be screaming for spinach, apples and whole grains when we're running low on important nutrients.

Instead, researchers are finding that chronic stress, fatigue and dieting cause us to crave foods that stimulate reward circuits in the brain or foods linked to happy memories. Many of these foods are too sweet, too salty or too high in calories. (Think comfort food.)

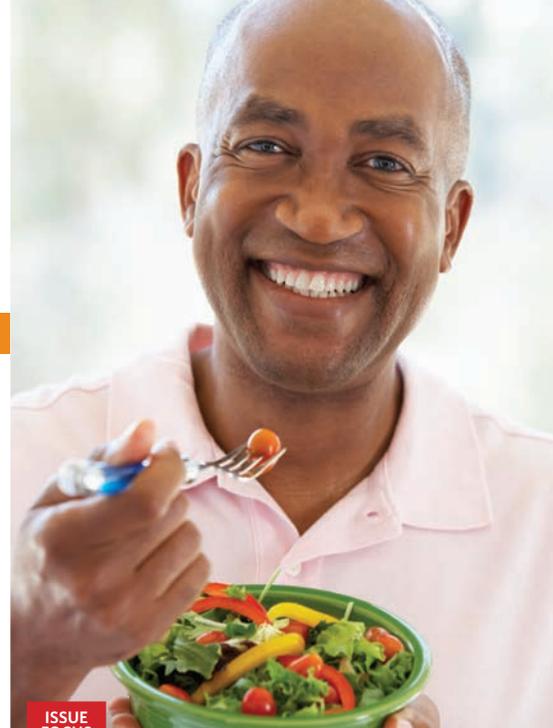
Caving in to cravings for processed foods and high-calorie snacks can sabotage an otherwise healthy diet and cause creeping weight

gain. However, figuring out what's behind your cravings can help you better control them.

### Junk Food Catalysts

While the research is inconclusive about whether iron deficiency drives people to eat red meat or if a lack of magnesium leads to chocolate cravings, experts have found that something as common as too little sleep can make you more likely to indulge in junk food.

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ISSUE  
FOCUS

## Weight Loss & Management

### MountainView Physician Completes 1,000th Robotic Surgery

MountainView Hospital's Las Vegas Institute for Robotic Surgery (LVIRS) Medical Director, Dr. Lynn Kowalski, has completed her 1,000th robotic case. Dr. Kowalski is board certified in gynecologic oncology.

MountainView's Las Vegas Institute for Robotic Surgery provides a wide array of robotic-assisted surgery, including the specialty in gynecologic oncology.

MountainView Hospital is the only hospital in Las Vegas to take part in a clinical trial that uses directed imaging during minimally invasive hysterectomies for cervical and uterine cancer.

MountainView and Dr. Kowalski were chosen to take part in this clinical study because of the great track record of MountainView's surgical robotics program and Dr. Kowalski's depth of experience and knowledge with robotic and gynecological surgeries. Dr. Kowalski has been performing robotic hysterectomies since 2005, when she did the first case in the state of Nevada.

The Las Vegas Institute for Robotic Surgery provides patients with the option of robotic surgery, allowing for more surgical precision and improved care for patients. ■





## Cravings Decoded

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Using MRIs, researchers at the University of California Berkeley measured activity in the brains of healthy adults both after a good night's rest and after a sleepless night. They found that participants who did not sleep well were more likely to reach for high-calorie junk foods than healthy greens and whole grains the next day.

Chronic stress also causes many people to reach for fatty foods and sweets. Scientists believe these cravings are triggered when the body produces too much cortisol—a stress hormone.

Restrictive diets also can set up cravings for off-limits food. If you're on a very low-calorie diet or have banished certain foods from your plate, you're more likely to overeat high-calorie or banned foods when you stop dieting, according to studies by the University of Toronto and Tufts University.

### Kick Hankerings to the Curb

Controlling food binges and urges to eat a jumbo bag of M&Ms or a cheese-slathered entrée is possible, but you'll



need a little willpower and several go-to tactics. Some examples include:

▶ **Drink water and then wait** 30 minutes before giving into a craving. Many times, we mistake thirst or mild dehydration for hunger pangs.

▶ **Exercise early.** A 45-minute morning workout can reduce your motivation to eat throughout the day, according to scientists at Brigham Young University.

▶ **Get your stress in hand.** Deep breathing, meditation and adequate sleep can ease everyday stressors.

▶ **Go ahead and indulge ... a little bit.** Avoiding a “bad” food actually can fuel your cravings. Having a small, planned serving of your favorite ice cream once in a while can prevent you from eating

half a carton when your willpower crumbles.

▶ **Eat a balanced diet.** Consuming high-fiber proteins like beans and legumes along with complex carbs like whole grains will keep your blood sugar stable and your tummy full.

### Should I Be Worried?

In some cases, a food craving could indicate a serious health problem. A sudden, insatiable craving for salt could indicate that your adrenal gland is out of whack. If you crunch on ice all day long, ask your doctor whether you should be tested for anemia. And if you find yourself eating things like clay, sand or other nonfoods, talk with your doctor about pica, an eating disorder that is more common in children, but can affect pregnant women and other adults. ■



## How does the thyroid affect weight?

You likely have heard a friend lament that he or she has had trouble losing weight because of a thyroid problem, but few of us really know how the thyroid works or even where it is located.

### Meet Your Thyroid

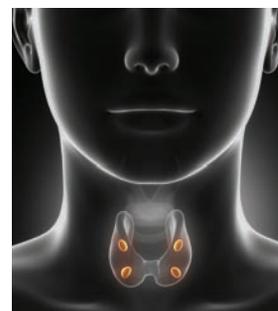
The thyroid is a butterfly-shaped gland at the base of the throat that produces hormones that help regulate metabolism and how the body uses nutrients. If the thyroid produces too much or too little of these hormones, weight management can get tricky.

When the thyroid gets out of balance, effects on

the body can swing from one extreme to the other.

**Hypothyroidism** occurs when an underactive thyroid isn't producing enough hormones. This can cause weight gain, constipation, joint or muscle pain, and weakness, depression, fatigue, difficulty dealing with cold temperatures, and more. Symptoms often come on slowly, beginning with feeling sluggish.

**Hyperthyroidism** results when an overactive thyroid generates more hormones than you need. This can trigger weight loss, a too-rapid or irregular heartbeat, anxiety, insomnia, muscle



weakness, difficulty handling warm temperatures, and more.

Women are up to 10 times more likely than men to have thyroid disease. Since thyroid problems usually arise in middle age, women may erroneously attribute symptoms to menopause, causing the condition to go undiagnosed. If you are experiencing symptoms of thyroid disease or any swelling in the throat, don't brush it off. See your doctor. ■



# Which Machine is Right for You?



## SIZE AND STORAGE:

About the size of a small sofa. Folding treadmills can be stored to save space.

**PERSONAL FIT:** Look for a sturdy frame with front and side rails and an emergency stop feature. Folding treadmills tend to have shorter belts, so be sure it works with your stride.

## HEALTH CONSIDERATIONS:

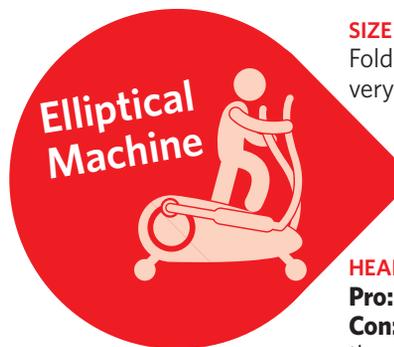
**Pro:** Walking and running are weight-bearing exercises. So treadmill workouts strengthen bones, too.  
**Con:** Can be jarring on joints.

**SIZE AND STORAGE:** About the size of a coffee table, but can be cumbersome to move once set up.

**PERSONAL FIT:** Look for stability and an adjustable seat that fits your leg length. Toe clips also are useful.

## HEALTH CONSIDERATIONS:

**Pro:** Easy on joints. Recumbent styles may be better for back problems.  
**Cons:** Not weight-bearing, so doesn't build bone or muscle mass.



**SIZE AND STORAGE:** About the size of a small sofa. Folding versions can be stored vertically, but can be very tall, so measure ceiling height first.

**PERSONAL FIT:** Check for comfortable handlebars and nonslip pedals with curved ridges. Test that knees, elbows and hips don't bump the equipment during use.

## HEALTH CONSIDERATIONS:

**Pro:** Low-impact movement is easy on joints.  
**Con:** Limited range of motion and less weight-bearing than walking or running.

## Cooking for One

**The beautiful thing** about cooking for yourself is that you don't have to cater to someone else's taste. You can ramp up the spice, add an extra dash of vinegar or lemon juice, or leave out ingredients you don't care for. But cooking for yourself can be a challenge, too. Recipes and packaged foods usually are not designed for solo diners, making it easy to overcook—and overeat.

You could turn to takeout, but that gets expensive, and nearby restaurants may not have the most nutritious dishes on the menu. To eat better and keep your weight in check, home-cooking is the way to go. These tips can help:

**"Friend" the freezer.** Buy bagged, frozen veggies instead of canned, so you can cook single servings with no leftovers or waste. Divide packages of meat into single servings before freezing. When you cook soups or casseroles, dole out a small portion for dinner and freeze the rest in individual containers.



**Keep it simple.** Choose recipes that call for just a few ingredients, and jazz up the flavor with spices. Rely on easy cooking methods like steaming or roasting vegetables and broiling lean meats or fish.

**Makeover leftovers.** Fold leftover chicken into an omelet for breakfast the next day, or chop it up and toss with a salad for lunch. Leftover veggies can be incorporated into soup or stir-fry.

**Write a weekly meal plan.** This takes the guesswork out of deciding what's for dinner (a ticket to takeout). You'll also save money on groceries and waste less fresh produce.

**Stock your kitchen.** A pantry stocked with non-perishable staples means you'll usually have your go-to ingredients on hand.

Have fun! Explore tastes and flavors, and keep notes about your new favorite dishes. ■



**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 Jan. 1, 3, 10, 17, 24 and 31. We have limited office hours on Thursdays and ask that you please call ahead.

### AARP Driver Safety Class

*Wednesday, Jan. 8*

*Noon - 4:15 p.m.*

*\$15 for AARP members*

*\$20 for non-members*

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

### Tai Chi Class

*Thursday, Jan. 2, 9, 16, 23, 30*

*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 in-tune with the needs and requirements to get the most benefit from tai chi.

### Lunch and Learn: "Keys to Your Effective Wellness for 2014"

*Friday, Jan. 10*

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

Join Paul Watts as he discusses several effective methods to enhance and ensure your health and wellness goals for the upcoming year.

### Healthy Living UP 2 Me

*Tuesday, Jan. 7, 14, 21, 28 and Feb. 4, 11*

*12:30 - 3 p.m.*

If you or a loved one is living with a chronic condition including diabetes, arthritis, anxiety, COPD, heart disease, sleep disorders or high blood pressure, please attend this Stanford University Chronic Disease Self-Management Program.

The program is a six-week program that teaches how to set personal goals and develop the skills needed to overcome the barriers to achieve them, along with improving communication skills, relaxation techniques, community resources,

practical exercises and ways to optimize your patient/doctor relationship. This event is brought to you by Nevada Senior Services, Inc. Learn valuable skills to help you manage your wellness.

### One-on-One Medicare Counseling

*Tuesday, Jan 7*

*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.

### 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.

### AARP Driver Safety Class

*Thursday, Jan. 9*

*9 a.m. - 1 p.m.*

*\$15 for AARP members*

*\$20 for non-members*

Check payments only accepted at the door; payable to AARP. Attend this class and receive a discount on your automobile insurance.

### Joint Replacement Education Class

*Tuesday, Jan. 7 or Thursday, Jan. 23*

*5 - 6 p.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.

## MountainView Hospital

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

The MountainView H2U Office will be closed on Wednesday, Jan. 1. There will be no classes on this day.

### 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.

This class is free for individuals with multiple sclerosis and \$5 for others.

### Movie Matinee: "R.I.P.D."

Thursday, Jan. 2  
1:30 - 3:10 p.m.

### Card and Game

Monday, Jan. 6 & 20  
Noon - 3 p.m.

### MountainView Stroke Support Group

Tuesday, Jan. 7  
2 - 3 p.m.

### New H2U Member Luncheon

Wednesday, Jan. 8  
11:30 a.m. - 1 p.m.

Learn more about the benefits, discounts and services we provide.

### Bunco

Monday, Jan. 13 & 27  
1:30 - 3 p.m.

### Lunch and Learn: "Does Pain Come With Aging?"

Tuesday, Jan. 14

11:30 - 1 p.m.

Guest Physician Speaker: Dr. Brian Le of Las Vegas Spine and Pain Center

### Heart Murmur Clinic

Wednesday, Jan. 15  
8 a.m. - 3 p.m.  
3150 N. Tenaya Way, Suite #140

### One-on-One Medicare Counseling

Wednesday, Jan. 15  
9:15 a.m. - 11:15 p.m.  
By appointment only.

### Lunch and Learn: "Healthy Food Choices for 2014"

Wednesday, Jan. 15

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

By: HomeTrust Healthcare

### Lunch and Learn: "Consider the Conversation"

Thursday, Jan. 16

Noon - 1:30 p.m.

By: Nathan Adelson Hospice

### O2-on-the-Go Support Group

Friday, Jan. 17  
10 a.m. - noon

### Alzheimer's Caregivers Support Group

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

### AARP Smart Driver Class

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

### Wii™ Games

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

### Lunch and Learn/ Stroke Series

Wednesday, Jan. 29  
11:30 a.m. - 1 p.m.

### Bingo

Thursday, Jan. 30  
1:30 - 3 p.m.



**ShopH2U.com Has Hundreds of NEW Health and Wellness Products** SAVE 10 percent on our everyday low prices with H2U membership. Plus, we'll give you 500 H2U Rewards points (a \$5 value) just for registering for an account. **Try our shopping site today!**

## Stuffed Mushrooms



**Your skin and mushrooms** have something in common: Both can produce bone-building vitamin D when exposed to sunshine. To boost the vitamin D content of fresh mushrooms, set them in a sunny window for four to six hours, with the underside of the cap facing up. Try these mushroom caps served with salmon for a vitamin D-packed meal.



### Ingredients

- 1 Tbsp. olive oil
- 2 8-oz. packages button or baby bella mushrooms
- 1 small onion, chopped
- 1 red pepper, chopped
- 10 oz. frozen spinach, thawed, excess water squeezed out
- 6 oz. blue cheese
- Salt and pepper to taste

**Directions:** Preheat oven to 350 F. Remove stems from mushrooms, leaving the caps intact, then finely chop the stems. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Sauté mushroom stems with onion and red pepper for 8 – 10 minutes. Transfer to a large bowl, mix in spinach and allow to cool. Line a baking sheet with parchment paper and arrange mushroom caps bottoms up. Add blue cheese, salt and pepper to spinach mixture, then divide evenly between mushroom caps. Bake about 20 minutes and serve immediately. Makes 8 – 10 servings.

**Nutrition Information** (per serving):  
Calories 119, Total fat 8.2 g, Carbs 5.3 g, Sodium 328 mg, Sugars 2.2 g. ■

## Asked and Answered: Spice and Condiment Storage

**Are your dried spices** and herbs gathering dust on a shelf? How long has that mustard been in the refrigerator? Here, we clear up common condiment and spice storage questions:

### How long can I keep condiments in the fridge?

Mustard and relish will last up to a year in the refrigerator once opened, and ketchup for up to six months. Mayonnaise should be discarded within three months of the “sell by” date. If you’re unsure, check for a bad smell or off color before use.

### Do pickles go bad?

Eventually, yes. An unopened jar of pickles can be kept safely in the pantry for about two years, and stored in the refrigerator for a year once opened. If

they develop an off color, an odor or start to look funny in any way, toss them out.

### Can I keep dried spices and herbs from losing flavor?

Not entirely, but you can maintain their potency longer by storing them where it’s cool, dark and dry, not next to the stove or oven. Store in opaque containers because sunlight can leach flavor.

### How do I make fresh herbs last longer?

Try treating herbs like a flower bouquet. Trim the stems and place them in a glass of cold water. Refresh the water and re-trim the stems every couple of days as needed. Or wrap herbs in a damp paper towel and place them in a loosely sealed bag in the refrigerator. ■



### Monthly Challenge

## Change One Eating Habit in 2014



**While you’re making** New Year’s resolutions, set at least one goal related to eating healthfully. You don’t have to make it hard on yourself. In fact, you’re more likely to succeed by setting small goals that are realistic and specific, like these:

- ✓ Eat at least three brightly colored foods every day.
- ✓ Dine vegetarian twice a week.
- ✓ Try whole grain versions of favorite baked goods, pasta and rice dishes. Make the switch permanent when you find brands and recipes you like.
- ✓ Experiment with dark greens: Kale, dandelion greens, arugula, Swiss chard—there are so many options!
- ✓ Eat fish once a week to up your omega-3 fatty acid intake.
- ✓ Have breakfast every day.
- ✓ Drink two extra servings of water a day. Tip: Mix in lemon, mint or fruit juice concentrate if you’re bored by plain water.
- ✓ Give up soda and diet soda for good. ■

## Resolution: Save Money

If your wallet feels a little light after the holidays, save some green by starting your next shopping trip at the revamped Corporate Shopping Company website, accessible through H2U.com. This H2U members site



features everyday discounts, private offers, and friends-and-family sales at more than 150 popular retailers, including Target.com, Walmart.com,

Macys.com, Amazon.com and many more. Discounts on dining, travel and entertainment also are available.

The updated Corporate Shopping site features:

**Brand Boutiques**—Discover everyday savings on core merchandise, along with special values on selected products and closeout items. Brand merchandise is rotated frequently and quantities may be limited, so check back often.

**Internet Retailer Links**—Corporate Shopping links directly to Internet retailers, who offer great pricing, plus special values like free gifts with purchases, free shipping and more.

**Concierge Service**—Can't find that special item you're looking for? Corporate Shopping's Concierge Service may be able to locate hard-to-find items and brands at discount prices. Just let the experienced staff know what you need.

The H2U Corporate Shopping Company website is accessible only to H2U members. Log in to your H2U account, and go to the Shopping discounts page for the link to the site. Go. Save. Now. ■

## 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](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!)

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

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Email Address \_\_\_\_\_

Gender  Male  Female Date of Birth \_\_\_\_\_

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

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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****Lunch & Learn:  
"Does Pain  
Come With  
Aging?"**

Tuesday, Jan. 14  
11:30 a.m. - 1 p.m.  
H2U MountainView  
Office

MountainView Hospital invites you to join Dr. Brian Le of the Las Vegas Spine and Pain Center for an informational lecture on how people at advanced ages commonly experience one or more painful conditions. He will discuss common treatments, resources in the community and preventions for these conditions. Dr. Le's lecture will be followed by a question and answer session with the physician.

**Southern Hills Physician Lecture****Lunch & Learn:  
"The Healthy  
Spine"**

Tuesday, Jan. 28  
12:30 - 2 p.m.  
Southern Hills  
Hospital Education  
Room/First Floor

Southern Hills Hospital is proud to partner with Dr. Yevgeniy Khavkin for his presentation on living with a healthy spine. Dr. Khavkin is a board-certified, fellowship-trained neurosurgeon and is a well-known expert in the treatment of spine disorders both nationally and internationally. For more than 15 years, Dr. Khavkin has been involved in educating spine surgeons in the United States and abroad.

Growing up in Russia, exposure to medicine came early at the age of 14 when Dr. Khavkin started working with his mother, who was a pediatric surgeon, in his hometown of Moscow. Dr. Khavkin was accepted to medical school at the young age of 16 and after his family immigrated to the United States, he transferred to the University of Chicago Pritzker School of Medicine. Dr. Khavkin has performed a number of unique surgical procedures since he moved to Las Vegas, some being extremely rare and complex and were done for the first time in the state of Nevada.

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 & Medical Center and Sunrise Children's Hospital Earn Consumer Choice Award from National Research Corporation

*Sunrise has been the recipient of the Consumer Choice Award for 16 Years*

**S**unrise Hospital & Medical Center and Sunrise Children's Hospital have been awarded the Consumer Choice Award for the 16th year. This award is presented by the National Research Corporation (NRC) and is determined by consumers based on the hospital that they believe possesses:

- Best overall quality
- Best overall image/reputation

- Best doctors
- Best nurses

The study is conducted in cities throughout the U.S. and is the nation's largest and most comprehensive study of its kind. No other survey used to measure hospital preferences contains more responses than the Consumer Choice study.

"We are proud to be recognized by our community as the consumer choice



hospital for the 16th year," said Todd Sklamberg, CEO for Sunrise Hospital & Medical Center and Sunrise Children's Hospital. "This award is a true testament to our staff, physicians and volunteers who believe in service excellence and work hard to provide high-quality, compassionate care to our patients." ■