

JULY 2016

Muscle Up to Age Better



Men, remember the days when you stood preening and flexing in front of the bathroom mirror? If you've given up your muscle man dreams, that doesn't mean you should give up lifting weights or doing other resistance exercises.

The truth is that after age 40, sedentary individuals can lose about 8 percent or more of their muscle mass each decade. This age-related muscle loss is called sarcopenia and can lead to loss of mobility, strength and even independence. So while you may not worry about having bulging biceps

or six-pack abs, you probably want to avoid becoming weak and frail as you age.

Resistance Training Payoffs

Resistance training uses external resistance from weights, exercise bands or body weight to improve or maintain muscle fitness and strengthen bones. Doing these types of exercises benefits people of all ages, but seniors also enjoy these perks:

- > Better balance and agility, which decreases the risk of falls and fractures.
- > Improved walking ability. At the University of Vermont, seniors who completed a 12-week weight-lifting regimen were able to walk almost 40 percent farther.
- > Less joint pain and stiffness. Those with osteoarthritis functioned better after participating in a weight-training program, reports the journal *Clinics in Geriatric Medicine*.



* LADIES WHO LIFT

Like men, women who lift weights, use resistance bands or do body-weight exercises tend to have less fat, denser bones and more strength and endurance for daily tasks. (Source: the American Heart Association)

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ISSUE FOCUS

Men's Health

Heart Work

Summer exercising presents challenges among people with heart rhythm disorders (arrhythmia.) Can an increased rate do more harm than good? For the vast majority of people with arrhythmias—including atrial fibrillation, a common form—exercise is not only acceptable, it's encouraged.

More than 2.2 million Americans have atrial fibrillation (AFib), an abnormal heartbeat that increases the risk of stroke and early death. Studies reveal that obese people have a 50-percent greater chance of developing AFib. Healthy eating habits incorporating portion control, a menu full of nutrient-rich and calorie-poor foods and regular exercise can lessen the arrhythmia.

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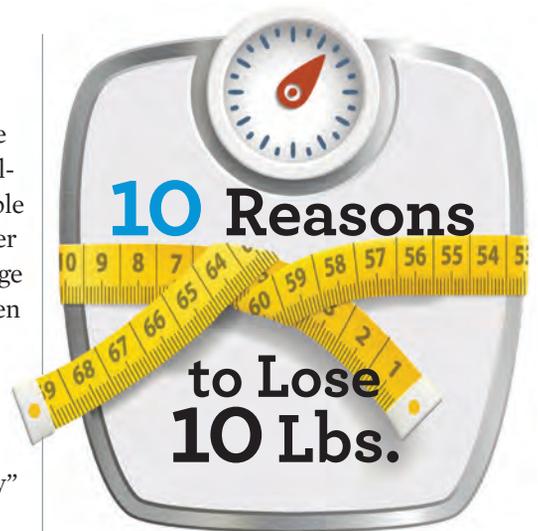
Use it, Lift it, Work it!

The American College of Sports Medicine (ACSM) recommends doing resistance training a minimum of twice a week on non-consecutive days. Set aside 20 to 45 minutes to do 8 to 10 different moves using your choice of free weights, weight machines, body weight, resistance bands, medicine balls or even common household products like cans of soup. Aim to work all your major muscle groups over the course of the week: chest, back, shoulders, biceps, triceps, abdomen, quadriceps and hamstrings.

For older people just getting started with weight training, the ACSM says

weight machines may be safer than free weights at first since they provide stability. The ACSM recommends older people start with one set of 10-15 repetitions per exercise. As strength improves, challenge your muscles by adding another set, then try upping your weights or resistance levels a notch.

When creating a workout, don't just focus on one set of muscles like bodybuilders might do. Instead, kiss "leg day" goodbye and do compound exercises that engage multiple joints or groups of muscles. This is the key to maintaining muscle mass and strength for daily activities. Below are three to try.



Trying to lose weight can feel like a no-win battle, especially when you have a lot of inches to lose. But even if you don't hit your goal weight, shedding just a few pounds is worth the effort.

For example, a new study in *Cell Metabolism* found that obese people who lost just 5 or 10 percent of their body weight improved their metabolic function, which reduced their risk of developing diabetes and heart disease. So, if you weigh 240 pounds, losing just 12 pounds may ward off a heart attack or stroke! Other benefits include:

1. Better sleep at night
2. More upbeat mood
3. Less risk of insulin resistance
4. Greater energy to stay active
5. Higher levels of "good" cholesterol and lower levels of the "bad" kind
6. Decreased risk of a heart attack
7. Less joint pain
8. Reduced risk of cancer
9. Improved sexual function
10. Lower risk for dementia

3 Muscle Builders



Rows: Pulling resistance bands toward your chest works your biceps, back muscles and core.

Overhead press: Pushing weights over your head from the shoulders strengthens shoulders, triceps and core.

Lunges: Sinking into a lunge targets your quads, buttocks, hip flexors, calves and midsection.

More Ways to Get Strong (That Aren't Exercise)

To maintain muscle strength, you need to do more than exercise. These tips can also help you stay strong as you age:

Eat more protein. A study in the *American Journal of Physiology—Endocrinology and Metabolism* found that adults ages 52 to 75 who ate more protein had more success in building muscle. Healthy protein options include beans, nuts, seeds and lean meats like skinless chicken breasts, turkey cutlets and fish.

Stay hydrated. When your body is dehydrated, your muscles are deprived of electrolytes, leading to cramping, weakness and impaired control. Dehydration can also prevent muscles from contracting properly, reducing muscle tone.

Get enough vitamin D. Many older adults have vitamin D deficiency, which can lead to muscle weakness. Healthy levels of vitamin D in the body help preserve muscle strength and functional ability, notes research in the journal *American Society for Clinical Nutrition*. ■

Your Spare Tire May be More Than a Superficial Problem

Struggling to fit into last summer's shorts? You're not alone. Extra pounds gained over the winter often settle around the waistline. That's annoying, for sure, but it also could indicate a deeper problem.

Oftentimes, belly fat is not located just under the skin, but deep inside around the organs. This visceral fat is more dangerous to your health than you might know. In fact, that spare tire can raise your risk for cardiovascular disease, sleep apnea, colorectal cancer and type 2 diabetes.

And it's not just a problem for men. Extra belly fat in women has similar effects and also increases the risk for breast cancer and gallbladder problems, according to Harvard Medical School.

The National Institutes of Health recommends that men have a waist circumference no greater than 40 inches.



Women's waistlines should be no greater than 35 inches.

So how can you start to deflate that spare tire and improve your health? Try these trimming tricks.

Get active. The Centers for Disease Control and Prevention recommends older adults get 150 minutes of moderate-intense aerobic activity every week, plus two days of weight training to build muscle.

Cut out simple carbs. White bread, regular pasta and sodas containing simple carbs seem to contribute to a wider waistline. Instead, opt for complex carbs like legumes, starchy vegetables and whole grains.

Drink in moderation. A glass of wine or beer at dinner probably won't hurt you, but if you've already met your calorie needs for the day, those extra calories will be stored as fat, often around your middle. That's why they call it a beer belly. ■

Good to Row

When the Summer Olympics heat up in Rio next month, you'll see athletes paddling their way to glory in rowing events. And while many of us only take notice of the sport during the Olympics, adult rowing classes and camps are

springing up around the country.

Classes teach rowing basics from equipment to technique and may focus on how to row alone or with a group. Many outdoor groups also offer kayaking and canoeing lessons and expeditions. Boating activities are perfect for those who want to spend time with friends

or make new ones, be outdoors on the water and get in shape!

In fact, rowing is a great full-body, low-impact workout that strengthens your muscles and your heart. Though you use your arms to propel the boat, your legs actually do most of the work. Each stroke begins with the knees bent, arms straight and upper body slightly forward. You push your legs to propel backward, engage the core and lean the upper body back, then pull the arms to the body to finish the stroke.

Hit the Water ... or Gym

Lakes and rivers are great places to row, but you can also enjoy a good rowing workout indoors. Most gyms have rowing machines, and indoor rowing classes are becoming more popular. Similar to cycling classes, rowing classes often incorporate light weightlifting, cardio and even Pilates or yoga into the coach-led lesson. ■



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

H2U MountainView Hospital

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

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

Please note the H2U office will be closed Friday, July 1 and Monday, July 4 in honor of the 4th of July Holiday.

Blood Pressure
Tuesdays, 10 - 11 a.m.

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

MS Stretch & Flex
Thursdays, 10:30 - 11:30 a.m.
Free for individuals with multiple sclerosis and current members of H2U; \$5 for others

MountainView Stroke Support Group
Tuesday, July 5, 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.

Book & Movie Club
Wednesday, July 6, 1:30 - 3 p.m.
Light refreshments provided.

Movie Matinee: 'The Finest Hours'
Thursday, July 7, 1:30 - 3:30 p.m.
Join fellow H2U members for an afternoon of fun, movie, popcorn and punch.

Parkinson's Caregivers Support Group
Friday, July 8, 10 - 11 a.m.

Bunco
Monday, July 11 & 25, 1:30 - 3 p.m.

Lunch & Learn: Alternatives to Assisted Living
Tuesday, July 12, Noon - 1:30 p.m.
Please join Karen Busch of Homewatch Caregivers and Bob Foster of Accessibility Services Inc. to learn how the right help can help you be able to stay in your home. Lunch is sponsored by Accessibility Services, Inc. and Homewatch CareGivers.

MountainView Hospital Ostomy Support Group
Wednesday, July 13, 5:30 - 7:30 p.m.

The free Ostomy Support Group is devoted to reach, aid and educate those people who need help with emotional acceptance and physical maintenance of their ostomy or related surgery. We are here to help!

MountainView Lunch & Learn with Dr. Jeffrey Levisman "TAVR & You"

Thursday, July 14, Noon - 1:30 p.m.
Please join Dr. Jeffrey Levisman for an informative program on TAVR (Transcatheter Aortic Valve Replacement). Followed by a Q & A with Dr. Levisman.

Diabetes & Nutrition
Thursday, July 14, 1 - 2:30 p.m.
MountainView Hospital
1 South Conference Room

Join us for a discussion about the role nutrition plays in diabetes management. Light refreshments will be served.

O2 on the Go Support Group
Friday, July 15, 10 a.m. - noon

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

Card & Games
Monday, July 18, Noon - 3 p.m.

Alzheimer's Caregivers Support Group
Tuesday, July 19, 10 - 11 a.m.

AARP Smart Driver Class
Tuesday, July 19, 11:45 a.m. - 4 p.m.
\$15 for AARP members
\$20 for non-members

Medicare Counseling
Wednesday, July 20, 9:15 a.m. - 3:15 p.m.
By appointment only

Diabetes Overview Class + Medication Review
Wednesday, July 20, 11:30 a.m. - 1 p.m.

MountainView Hospital
Mark Howard/Lobby Classroom
Begin your diabetes educational journey at our overview class. Learn about diabetes and how disease management is essential to living a happy and healthy life. Bring your questions and your medications for a review with our knowledgeable pharmacy staff. Lunch will be served.

MountainView Lunch & Learn "Geriatric Trauma Patients & You"
Thursday, July 21, noon - 1:30 p.m.

Join Paul Nelson, MD, FACS, and Trauma medical director who will present an informational program on the complexities of geriatric trauma patients. Learn how MountainView Hospital's Emergency Department is able to treat these individuals and their unique challenges. Followed by a Q & A with Dr. Nelson.

Bingo
Wednesday, July 27, 1:30 - 3 p.m.

Board Games
Thursday, July 28, 1:30 - 3 p.m.

July, August and September Birthday Party
Wednesday, Sept. 7, 1:30 - 3 p.m.

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

H2U Southern Hills Hospital

Jasmine Smith

Marketing/Volunteer Coordinator
(702) 880-2918

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

Lunch & Learn with ABC Home Health

Thursday, July 7
11:30 a.m. - 1 p.m.

Please join Debbie Armstrong and Penny Harrow, RN with ABC Home Health, to learn the signs and symptoms of Alzheimer's disease. Lunch provided by ABC Home Health.

Joint Replacement Education

Friday, July 8, 15, 22 and 29
9 - 10 a.m.

Multipurpose Room/Fifth Floor

Interested in learning more about our advanced orthopedic surgical programs at the hospital voted Best of Las Vegas? Our orthopedic team experts guide you through the process so you know what to expect before, during and after surgery. If you are a candidate for hip or knee replacement surgery or would like to learn more to see if you're a candidate, please contact us to learn how to treat joint pain. Pre-Operative Tests to follow if required.

AARP Smart Drivers Class

Thursday, July 14

9 a.m. - 1 p.m.

\$15 for AARP members; \$20 non-members
(Check payments only accepted at the door; payable to AARP.)

Light refreshments will be available.

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

H2U Sunrise Hospital

Tracy Netherton

Manager, Guest Services
(702) 735-5510

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

Tai Chi

Thursdays

11 a.m. - noon

Breast Center Multipurpose Room

\$5 per class



Healthy Living UP 2 Me

Tuesday, July 5, 12 and 19, 10 a.m. - 12:30 p.m.

H2U Classroom

3131 LaCanada Street, Suite 107

A Stanford University Diabetes Self-Management Program conducted by Nevada Department of Health and Human Services. Attend six 2-1/2 hour weekly workshops and you are on your way to a happier, healthier life. Learn how to cope with symptoms of diabetes, recognize hyper/hypoglycemia and so much more.

AARP Smart Driver Class

Wednesday, July 13

Noon - 4:15 p.m.

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

Epilepsy Support Group

Wednesday, July 13

5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

One-on-One Medicare Counseling

Tuesday, July 19

10 a.m. - noon

Appointment only, every 20 minutes.

Stroke Survivors Support Group

Wednesday, July 20

6 - 7 p.m.

Sunrise Rendezvous Room

Lunch & Learn

Las Vegas RTC Programs

Wednesday, July 27

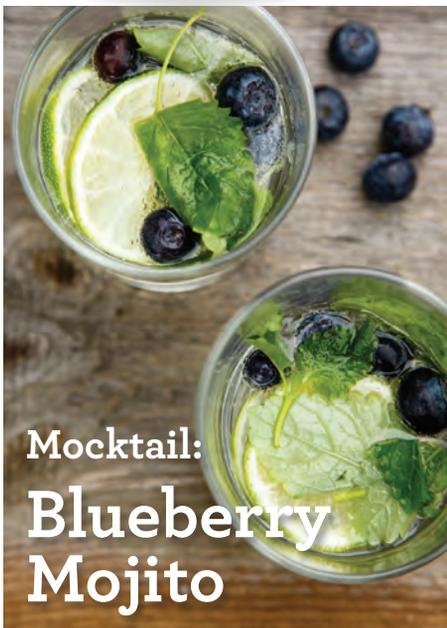
11:30 a.m. - 1:30 p.m.

Join Danielle Silva from RTC as she discusses the various RTC program available to seniors throughout the valley including Reduced Fair ID's, FDR Services, Paratransit, Mobility Training, and Silver Star.



A Quick Cure for Bad Breath

Instead of popping mints to battle bad breath, try drinking green tea. A study in the *Journal of Nutritional Science and Vitaminology* reports that green tea can neutralize strong oral odors better than chewing gum or mints. As an added bonus, green tea is loaded with antioxidants and nutrients.



Mocktail: Blueberry Mojito

Whether you're a teetotaler, abstaining from alcohol for this month's H2U challenge, or just want a refreshing drink for a hot day, this blueberry mojito mocktail will hit the right spot. For an interesting twist, swap a sprig of rosemary or basil for the mint.

Ingredients

2 cups fresh or frozen blueberries, divided
 ¼ cup fresh lime juice
 3 Tbsp. honey
 1 cup club soda
 8-10 fresh mint leaves

Directions: Purée 1 cup blueberries, lime juice and honey in a blender. Crush ¾ cup blueberries with the back of a spoon. In two glasses, layer ice cubes with mint leaves and remaining whole blueberries. Pour in the smashed blueberries with the purée, then top off the glass with club soda, mixing gently. Garnish with a slice of lime and enjoy! Makes 2 glasses.

Nutritional information (per serving):

Calories 190; Total fat .5 g; Protein 1 g;
 Sodium 28 mg; Fiber 4 g; Sugars 41 g;
 Carbs 51 g ■

* MONTHLY CHALLENGE:

Try Teetotaling

This Independence Day, why not declare your freedom from alcohol for 30 days? Cutting out booze can have immediate health benefits, which staffers at the magazine *New Scientist* discovered recently. A small group of coworkers teamed up with the University College London Medical School to do a five-week experiment in abstinence. The results? The abstainers had less liver fat, lower cholesterol and blood sugar, and more weight loss than their counterparts who continued drinking cocktails.

Quitting drinking for a month can also trigger long-term changes. When public health organizations in the UK challenged people to sign up for “Dry January”—no alcohol



for 31 days—researchers found that six months later more than 6 in 10 drinkers were consuming less alcohol than before their dry spell.

Backing off booze can lower the risk of liver damage, cancer and stroke, as well as help improve sleep, weight loss and energy.

Here are some things to do instead of drinking this month:

- > Try out a mocktail recipe.
- > Get your friends and family on board for support.
- > Avoid places where you would normally drink.
- > Plan how to respond when offered a drink.
- > Pick up an old or new hobby that occupies your attention and hands.
- > Meet up with pals for lunch instead of dinner.
- > Keep non-alcoholic drinks or club soda on hand to fill your wine glass, beer mug or cocktail glass.

Should you choose to imbibe again, take it slow. You don't want to undo your good work by bingeing at the end of the month. ■

4 Natural Ways to Boost Testosterone

Let's talk about low T. As men age, their testosterone production naturally falls. That's generally not a medical problem, but if it gets too low, men can suffer from depression, sexual dysfunction and fatigue. Fortunately, most men can keep their testosterone levels in a healthy range by making a few easy lifestyle changes.

1. Catch some shut-eye. A study in the *Journal of Clinical Endocrinology & Metabolism* found that in older men, low testosterone levels are often associated with poor sleep. So aim to get 7-8 hours of sleep each night.

2. Curb your sweet tooth. Studies show that testosterone levels drop significantly after consuming simple sugars. Plus, too much sugar can lead to weight gain, which also is linked to low testosterone.

3. Work your muscles. While exercise alone won't cure low T, it may provide a temporary boost. One study in the journal *Sports Medicine* found that in men, testosterone concentration increases directly following resistance exercise.

4. Check your medications. Some meds—like those prescribed for pain, blood pressure and depression—can have an impact on your testosterone. If you suspect your medication to be the cause, talk to your doctor about making a swap. ■

Hear Ye! Hear Ye!

Rain on the rooftop. Waves crashing on the beach. A child's laughter. A lover's whisper. These are the sounds that enrich our lives. And losing the ability to hear them well is distressing. Sadly, many of us will have some level of hearing loss as we age. In fact, about half of Americans 75 or older have disabling hearing loss, according to the National Institutes of Health. One in 4 people between ages 65 and 75 also have significant hearing problems.

Hearing problems tend to happen gradually. You might begin to notice that people aren't speaking very clearly or that you have trouble following conversations in a restaurant. Eventually, your hearing loss can progress to the point where it's causing frustration.

While we know that hearing diminishes with age, experts are not really



sure why. Some suggest that a lifetime of exposure to noise wears down the delicate structures that transmit signals from our ears to our brains. The good news is that there are numerous hearing protection products now available.

In most cases, there are ways to improve hearing. For many people, the search for hearing help will eventually lead to an audiologist, a hearing specialist who can diagnose hearing loss and fit you with hearing aids, if needed.

If you're an H2U member, you can have your hearing checked free from a participating audiologist in the HearUSA program. You also qualify for discount pricing on hearing aids and other hearing technologies at the HearUSA Hearing Shop.

To learn more about this member benefit, look for the HearUSA logo on the Discounts/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

Learn more at www.h2u.com.



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

Southern Hills Lunch & Learn with ABC Home Health

Thursday, July 7

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

Please join Debbie Armstrong and Penny Harrow, RN with ABC Home Health, to learn the signs and symptoms of Alzheimer's disease. Lunch provided by ABC Home Health.



MountainView Lunch & Learn with Dr. Jeffrey Levisman, "TAVR & YOU"

Thursday, July 14

Noon - 1:30 p.m.

Please join Guest Physician Speaker: Jeffrey Levisman, MD, cardiologist, Cardiovascular Disease, Interventional

Cardiology and Internal Medicine for an informative program on TAVR (Transcatheter Aortic Valve Replacement & YOU). Followed by a Q & A with Dr. Levisman.



MountainView Lunch & Learn, "Geriatric Trauma Patients & YOU"

Thursday, July 21

Noon - 1:30 p.m.

Please join Paul Nelson, MD, FACS, and Trauma medical director who will present an informational program on the complexities of geriatric trauma patients. Learn how MountainView Hospital's Emergency Department is able to treat these individuals and their unique challenges. Followed by a Q & A with Dr. Nelson.

Sunrise Lunch & Learn Las Vegas RTC Programs

Wednesday, July 27

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

H2U Classroom

3131 LaCanada Street, Suite 107

Join Danielle Silva from RTC as she discusses the various RTC program available to seniors throughout the valley including Reduced Fair ID's, FDR Services, Paratransit, Mobility Training and Silver Star.

**Is there a health topic you would like us to discuss?
Please let us know!**

Contact Rita Moore at
(702) 255-5404.

Meal will be provided free to Health to You (H2U) members and non-member, first-time guests. All others are asked to join H2U with an annual membership of \$20 (or \$35 for two members in the same household; prices subject to change). Event registration is required (at least 48 hours in advance of the event date) by calling (702) 233-5300, and membership information is available by calling (800) 771-0428.

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Heart Work

Cardiovascular disease expert and electrophysiologist Dr. Gaston Vergara, who practices at The Heart



Center at Sunrise Hospital, agrees that AFib sufferers can have better peace of mind while striving to maintain an active lifestyle. He also explains that beyond diet and exercise, there is medical help to control the heart rate.

Center at Sunrise Hospital, agrees that AFib sufferers can have better peace of mind while striving to maintain an active lifestyle. He also

Electrophysiologists first look at what a patient's heart rate is doing. If it's very fast and the heart is fluttering or racing, doctors will prescribe medications to try to control the heart rhythm or blood thinners to avoid blood clots, which can lead to stroke.

Another treatment, cardioversion, delivers electricity through the heart to convert the rhythm to normal. Dr. Vergara says if both medication and cardioversion fail to correct the problem, ablation may be an option. "The cardiologist uses x-ray images to guide catheters to deliver painless electrical

energy to destroy abnormal cardiac cells causing the irregular heartbeat," Dr. Vergara says.

The heart uses electricity to beat properly. It needs to be carefully studied when things are not working properly. "If you suspect something is not right with your heart, a specialized electrophysiology (EP) lab is equipped with advanced equipment. In the hands of experts who can conduct the tests and interpret the results, an EP lab can give heart experts a detailed map of the heart's electrical pacing, which may point to the best way to cure AFib," Dr. Vergara concludes. ■