

Health to You

A Healthy Living Newsletter from **SUNRISE HEALTH**



Are You Making These Nutrition Mistakes?

Having access to so much nutrition information can be a blessing and a curse. Knowledge is power, but with so many health claims on product labels and conflicting views about what's healthy and what's not, you may have a lot of questions about what you should be eating and buying.

Does eating eggs raise cholesterol levels? (Probably not.) Is buying whole-wheat bread better than multi-grain? (It depends; those made with 100 percent whole grains are best.) Should you use

margarine instead of butter? (Yes, says the American Heart Association, but only if the margarine contains no trans fat.)

To help you make the healthiest choices, let's look at some common nutrition mistakes and easy fixes.

MISTAKE: You drink too many calories. If you're eating healthier, that means you've probably ditched the soft drinks. But if you replaced them with fruit juice, you may not be much better off. That's because fruit juice is loaded

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... ISSUE FOCUS ...

Nutrition and Weight Loss

Weight-loss Surgery Encourages Lasting Lifestyle Change for Las Vegas Couple

After his stroke in 2004, Las Vegas resident James Arrendale had slowed down a bit and was gaining weight as a result of a more sedentary lifestyle. He became concerned about his mounting risk factors for other complications as he grappled with his health. His wife of 44 years, Trudy, was looking for a way to control her weight as well. They both considered weight-loss surgery.

A referral to Dr. Allan D. MacIntyre was an eye-opener. Dr. MacIntyre is a triple fellowship trained Las Vegas surgeon who specializes in weight-loss and integrative medicine. The first step for weight-loss surgery was going to be up to them. Dr. MacIntyre advised nutritional counseling to



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WWW.H2USUNRISEHEALTH.COM



with sugars. Even 100 percent natural juice can have as much sugar as a soda, and even more calories!

→ **FIX:** Replace sweet drinks with water. Infuse it with a squeeze of fresh fruit, cucumber slices or fresh mint to make it more palatable without adding many calories.

MISTAKE: You avoid carbs. Carbs are an important source of energy for your body, plus they add variety and texture to meals.

→ **FIX:** Enjoy carbs by choosing better ones, like 100 percent whole-grain pastas and breads, oatmeal, sweet potatoes, and quinoa.

MISTAKE: You skip snacks. You may think it's smart to cut out snacking, but going for hours without food can lead to fatigue and excessive hunger. As a result, you are more likely to overeat at mealtime.

→ **FIX:** Rather than cutting out snacks, eat small portions of nutrient-dense foods like yogurt, cheese, nuts, hummus with raw veggies, or a piece of fruit.

MISTAKE: You steer clear of fat. Dietary fats are essential for energy and cell growth. Fat also fills you up, which can head off hunger and prevent

binging. Still, some fats are healthy and others should only be consumed in moderation.

→ **FIX:** Eat mostly monounsaturated and polyunsaturated fats like those in avocados, olive oil, salmon and nuts. Saturated fats from animal sources like meat and dairy should be limited to 5 or 6 percent of total daily calories, advises the American Heart Association. Trans fats, which are generally found in processed foods containing “partially hydrogenated oils,” are best avoided.

MISTAKE: You make bad swaps. In an attempt to consume less saturated fat, many people pick ground turkey over ground beef. But ground turkey that contains both white and dark meat has only a little less saturated fat than ground beef and is often high in sodium.

→ **FIX:** Choose ground turkey breast, which is significantly lower in saturated fat. And check sodium levels. Even if foods are marketed as “healthy,” it's wise to compare labels to see how foods stack up nutritionally.

MISTAKE: You don't pay attention to portions. Polishing off a can of nuts isn't much better for you than downing a dozen cookies. Sure, the nuts are more nutritious, but overeating is still a no-no.

→ **FIX:** Learn and follow recommended portion sizes. Using measuring cups and scales can teach you what appropriate portions look like. ■



Curb Cravings to Eat Healthier

Ever wonder why you reach for foods high in fat or sugar when feeling stressed? Or why you can't stop at just a handful of potato chips? You may chalk it up to a lack of willpower, but that would be ignoring the complexity of appetite.

Though we do have control over what we eat, our appetite is actually influenced by factors we may not recognize, such as hormones, environment, social cues and learned behavior. These factors work on the brains and bodies to create cravings for sweet, salty, starchy or fatty foods.

So how do you beat unhealthy cravings? Experts say these habits will keep you on the right track.

Fill up on good-for-you foods. Eating a variety of fruits, vegetables, lean meats, whole grains, nuts and dairy provides the protein, fiber and healthy fats needed to satisfy hunger and fuel your body.

Eat slowly and mindfully. Savoring your food makes eating more pleasurable and gives your brain time to send the “full” signal to your stomach.

Create a healthy food environment. If you don't want to be tempted by fattening snacks, don't keep them stashed in your desk or pantry. Instead, keep healthy options on hand and share them with family and friends. Everybody wins!

Stay hydrated and rested. You may think you're hungry, but your body could just need more fluids. Mild dehydration may feel similar to hunger, and the difference can be even harder to discern after a poor night's rest. ■



Tricks for Ramping Up Weight Loss

Exercise

Lift weights. Lifting weights 2-3 times a week builds muscle, which burns more calories.



Make a change. Your body performs familiar activities very efficiently. Change up your workout to challenge muscles and increase calories burned.

Pick up the pace. Varying the intensity of your workout by adding intervals of very vigorous effort can rev up your metabolism and accelerate weight loss.



Diet

Ditch sugary drinks. Soda, sweet tea, lattes and fruit juice contain a lot of sugar and don't quell hunger. Stick with water.



Snack lightly before exercising. Eating a banana or carb-rich snack before working out keeps blood sugar steady and reduces hunger afterwards.

Keep tabs on calories. Track meals and snacks in a journal or smartphone app to keep from overestimating or underestimating your calorie intake for the day.



Table Scraps Can Harm Your Dog

Dog owners often reward their canine pals with table scraps, but some leftovers can be harmful. To keep dogs safe and healthy, avoid feeding them the following foods.

Chocolate. Theobromine is the active ingredient in chocolate that can damage a dog's central nervous system, leading to abnormal heart rhythm, tremors, seizures and even death. As little as one ounce of dark chocolate can cause problems in small dogs. Find a chocolate toxicity calculator at www.petmd.com/dog/chocolate-toxicity.

Salty and fatty foods. Scarfing down overly fatty foods like fried chicken can give dogs a serious case of pancreatitis, which can also damage their intestines. Salty foods in high amounts can lead to sodium poisoning, which causes diarrhea, kidney damage, seizures and vomiting.

Onions and garlic. Tossing your dog scraps containing onions and garlic—whether powdered, raw or cooked—can cause anemia and damage red blood cells.



Grapes and raisins. Keep these out of reach—even a small amount can cause kidney failure, making your pup vomit repeatedly and feel lethargic and depressed.

Raw meat or bones. Though dogs are not as sensitive to bacteria in uncooked meat as humans, microbes like salmonella and E. coli can still make them sick. Cooked bones bring another danger: They can splinter and cause choking, as well as obstructions and lacerations in the digestive system.

If you think your dog has eaten something toxic, call your vet right away. After hours, you can try the ASPCA Animal Poison Control Center (888-426-4435), though you may be charged a consultation fee to speak with a veterinarian. ■

Cats and Scraps

Cats are sensitive to many of the same foods as dogs, but they are less likely to experience food toxicities because they tend to be pickier eaters.



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 to register online two business days prior to event.

Office Closed: Monday, Jan. 2 in observation of New Years Day & Monday, Jan. 16 in observation of Martin Luther King Jr. Day.

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

MountainView Stroke Support Group

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

Cancer 101

Wednesday, Jan. 4, 12:30 - 2:30 p.m.
MountainView Hospital
Mark Howard/Lobby Classroom
MountainView Hospital Oncology Unit presents: Cancer 101, a diagnosis of cancer can be overwhelming, for you or a loved one. What happens when you are diagnosed? What can a patient and caregivers expect? Who do I turn to for answers? Our team is here to help! Each class will focus on different concerns related to cancer patients. These classes are open to everyone: those battling

cancer, those who are caregivers and those who want to learn more about cancer. Knowledge is power! Lunch will be served.

Movie Matinee: 'Florence Foster Jenkins'

Thursday, Jan. 5, 1:30 - 3:25 p.m.
Join fellow H2U members for an afternoon of fun, movie, popcorn and punch.

Bunco

Monday, Jan. 9 and 23, 1:30 - 3 p.m.

Creative Arts Class

Tuesday, Jan. 10, 1:30 - 3:30 p.m.
New free class.

New H2U Member Luncheon

Wednesday, Jan. 11, Noon - 1:30 p.m.
Learn more on the benefits, discounts and services we provide.

MountainView Hospital Ostomy Support Group

Wednesday, Jan. 11, 5:30 - 7:30 p.m.

Parkinson's Support Group

Friday, Jan. 13, 10 a.m. - Noon

Alzheimer's Caregivers Support Group

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

AARP Smart Driver Class

Tuesday, Jan. 17, 11:45 a.m. - 4 p.m.
\$15 for AARP members
\$20 for non-members

Medicare Counseling

Wednesday, Jan. 18, 9:15 a.m. - 3:15 p.m.
By appointment only.

Diabetes Overview + Medication Review

Wednesday, Jan. 18
11:30 a.m. - 1 p.m.
MountainView Hospital, 1 South Classroom
Lunch served.

Lunch & Learn: Are You Smarter than the Scammers?

Wednesday, Jan. 18, Noon - 1:30 p.m.

Guest Speakers: Joyce Kreuz of Comfort Keepers and Kathy Cassell, ICPS, CPP, CPD Crime Prevention Specialist Northwest Area Command Las Vegas Metropolitan Police Department. Lunch sponsored by: Comfort Keepers.

Diabetes & Nutrition

Thursday, Jan. 19
1 - 2:30 p.m.
MountainView Hospital, 1 South Classroom
Light refreshment served.

O2 on the Go Support Group

Friday, Jan. 20, 10 a.m. - Noon

Coffee & Donuts 2017 Travel Programs by Collette Tours

Tuesday, Jan. 24, 10 to 11:30 a.m.

Bingo

Wednesday, Jan. 25, 1:30 - 3 p.m.

Board Games

Thursday, Jan. 26, 1:30 - 3 p.m.

Card & Games

Monday, Jan. 30
Noon - 3 p.m.

Lunch & Learn: When is Hospice Appropriate for You?

Tuesday, Jan. 31, Noon - 1:30 p.m.
Guest Speaker, Marisela Altamirano, will present an informational seminar on how to recognizing if you or your loved one may benefit from hospice care, review the disease specific criteria that is mandated by Medicare for hospice admissions, and also "paint the picture" of who may be eligible for our services. Lunch sponsored by ProCare Hospice.

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, Jan. 6, 13, 20 and 27, 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.

Lunch & Learn: ER vs. Urgent Care

Tuesday, Jan. 10, 11:30 a.m. - 1 p.m.

Emergency room? Urgent care? Quick care? What can patients expect in each of these health centers? There are so many options when it comes to fast healthcare, and now you can learn about their differences. Michelle Spott, ER at The Lakes Manager, will share her insight on how you can best determine what care you and your family may need in a moment's notice.

AARP Smart Drivers Class

Thursday, Jan. 12, 9 a.m. - 1 p.m.

*Medical Office Building I
9280 W. Sunset Road Suite 226
\$15 for AARP members
\$20 for non-members*

Check payments only accepted at the door; payable to AARP. Light refreshments will be available. Attend this class and possibly receive a discount on your automobile insurance.

Lunch & Learn with Dr. Galen Kam: Living with Shoulder Pain

Thursday, Jan. 26, 11:30 a.m. - 1 p.m.

Education Room, First Floor

Living with shoulder pain? Join Dr. Galen Kam, orthopedic surgeon, as he educates attendees on diagnosis and treatment of shoulder pain. What causes shoulder problems? How are shoulder problems diagnosed and treated? What are the most common shoulder problems? Learn with us!

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: The Conversation Project

Tuesday, Jan. 10, 11:30 a.m. - 1 p.m.

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

Join Leslie Hunter-Johnson, Sunrise Hospital Palliative Care Coordinator as she facilitates a conversation around the most difficult topic to have with your loved ones—end of life.

Ostomy Support Group

Tuesday, Jan. 10, 7 - 9 p.m.

Auditorium

AARP Smart Driver Class

Wednesday, Jan. 11, Noon - 4:15 p.m.

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

Epilepsy Support Group

Wednesday, Jan. 11, 5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

One-on-One Medicare Counseling

Tuesday, Jan. 17, 10 a.m. - Noon

Appointment only, every 20 minutes.

Stroke Survivors Support Group

Wednesday, Jan. 18, 6 - 7 p.m.

Sunrise Rendezvous Room

Sunrise Dinner Lecture, Breathe Easy

Wednesday, Jan. 18, 6 - 7 p.m.

Sunrise Auditorium

Lung Cancer is common in both men and women. We can help find lung cancer earlier and increase the chances for survival. Come learn about the benefits of lung screening and get the latest information on other lung diseases. Topics: risk factors, diagnosis and treatment including COPD and asthma. Presenters: heart and lung surgeon Jeffrey D. Lee, MD and pulmonologist, Joaquim Tavares, MD.



Curling up with a good book may be good for the body and mind. A Yale study found participants who read books lived an average of two years longer than those who did not.

Try this
recipe!

Roasted Butternut Squash and Quinoa Spinach Salad

A salad may not sound very appetizing on a cold winter day, but it can be delicious! Spruce up a wintertime salad with hearty seasonal vegetables, protein-packed legumes and nuts, colorful fruits and fiber-filled whole grains.



Ingredients:

6 cups baby spinach
1 cup butternut squash, peeled and cubed
1 cup cooked quinoa
¼ cup shredded Parmesan cheese
¼ cup chopped walnuts
⅓ cup reduced-sugar Craisins
3 Tbsp. extra virgin olive oil
2 Tbsp. orange juice
¼ tsp. white wine vinegar
¼ tsp. salt
Fresh ground pepper

Directions: Preheat oven to 400 degrees. On a baking sheet, toss squash with 1 tablespoon olive oil; season with ⅓ teaspoon salt and pepper. Roast for 25–30 minutes or until tender. To make dressing, whisk together 2 tablespoons olive oil, orange juice, white wine vinegar, and remaining salt and pepper. Toss all ingredients in large bowl; serve immediately. Makes 4 servings.

Nutrition Information (per serving):

Calories 347; Total fat 19 g; Protein 12 g; Sodium 253 mg; Fiber 6 g; Sugars 4 g; Carbs 38 g ■

Exercises That Ease Arthritis

Suffering from arthritis? You may think exercising will worsen your joint pain. Think again. Research shows that exercise can actually increase joint strength and flexibility, and may reduce chronic inflammation associated with arthritis. Try these easy exercises to help ease arthritis pain and combat fatigue.

Wrist circles

Rest your arm on a flat surface (like a table) and let your hand hang off the edge. Do five clockwise and counter-clockwise hand circles of the wrist. Repeat with the other hand.

Hip circles

Using a countertop for support, stand on one leg and extend the opposite leg out to the side. Do 20 circles clockwise and 20 counter-clockwise. Switch legs and repeat.

Shoulder rolls

Stand with feet shoulder-width apart. Roll your shoulders up, back and down in one fluid motion. Repeat five times, then reverse the motion and do five more times.

Mini squats

Stand straight with feet shoulder-width apart, and hold the back of a sturdy chair. Slowly bend your knees into a half-squat, keeping your feet flat. Hold for six seconds. Repeat 10 times.

* MONTHLY CHALLENGE:



Restart Your Fitness Routine

Every January, millions of people decide they're going to get fit. Yet by Valentine's Day, most have reverted to their sedentary ways. Let's face it, making exercise a habit is not easy and, if you've been skipping walks or workouts for months or years, getting started again can be daunting. This month we challenge you to recommit to a fitness routine of daily activities.

These steps will help you start safely, beat burnout and stick with your workout regimen.

Talk to your doctor. If you've stopped exercising due to a health condition or injury, schedule a checkup to discuss the safest ways to work out.

Start small. Don't try to run a 5K the first day your feet hit the pavement. Instead, start with small goals like doing just 10 or 15 minutes of your preferred exercise. As your fitness improves, increase your time, distance or intensity.



Make it fun. Listen to upbeat music or audiobooks while on the treadmill or hiking at the park. Invite someone to work out with you. A spouse or friend can help you stick to your exercise plans.

Reward yourself. Set a goal like working out five days a week. When you reach that goal, treat yourself to something that makes you happy—a Sunday matinee, a massage, a new book or a pair of shoes—anything (besides food) to celebrate your success! ■

The Skinny on Popular Diets

Diets come and go, but some stick around long enough to gain a following. If you're trying to lose a few pounds or improve your health, choosing the right diet can be confusing. That's why we've sorted through the hype to give you a quick look at the pros and cons of several popular diets. Keep in mind that making long-term lifestyle changes is more likely to result in success than on-again, off-again dieting.

Diet	How It Works	Pros	Cons
80/20 	Simply choose nutritious, low-calorie foods 80 percent of the time, and splurge on less healthy options the other 20 percent of the time.	There is no calorie counting and no food is off-limits, though 80 percent of foods should be "clean"—lean protein, whole grains, fresh produce, and no added sugars.	It can be easy to overindulge on 20 percent foods, particularly if you don't have a good grasp on portion sizes.
Nordic 	Similar to a Mediterranean diet, staples in the Nordic plan include fatty fish, lean meats, high-quality carbs, and lots of fruits and vegetables.	Studies show this diet can help lower the risk of cardiovascular disease and reduce low-grade inflammation in the body.	The diet can help you shed some pounds, but there is not much evidence that it results in long-term weight loss.
Gluten-free 	A gluten-free diet eliminates all wheat, barley, rye and foods made with these grains.	For those with celiac disease or gluten sensitivity, this diet reduces digestive problems. Eating fewer processed foods can improve overall health.	Gluten-free products can be high in fat or sugar. The diet can also be short on fiber and folate, an important B vitamin.
Paleo 	Based on the foods presumed to have been eaten by early humans, this plan allows lean meat, fish, fruits and vegetables, but excludes dairy, grains, legumes and processed foods.	You'll avoid many additives, preservatives and chemicals. There also are anti-inflammatory benefits from eating fruits, veggies, oils, nuts and seeds.	This approach is hard to maintain. Plus, cutting all grains and dairy means you'll need to get certain vitamins from other sources.
Low-carb 	Carbohydrates from sugary foods, pasta and bread are restricted. The diet includes lots of protein, good fats and healthy vegetables.	A low-carb diet can help the heart if you consume protein and fat from healthy sources.	Low-carb diets can result in fast weight-loss, but long-term results are not much different than other healthy diets. Restrictions may be hard to follow.

Waste Not, Want Not

What could you do with an extra \$640 a year? That's how much the average American household spends on food that ends up in the garbage. If you frequently find yourself tossing food because it's stale, overripe or wilted, these tips can help you revive foods past their prime.

Stale bread. If you have a half-finished baguette or loaf of bread that's too dry to eat, you can rehydrate it in minutes. For unsliced loaf bread, run it under cold water until the crust is wet, but keep the cut side from soaking up water. Bake for 6–12 minutes in a 325-degree oven to turn the water to steam and rehydrate the bread. For sliced bread, wrap pieces in a damp paper towel and microwave for 10 seconds.

Wilted veggies. Loss of moisture can lead to rubbery veggies or limp lettuce. Revive them with ice-cold water. For veggies like carrots, celery or asparagus, cut off the ends and stand them up in a jar of ice water for 15–20 minutes. Or slice them to soak in a bowl, if you prefer. For leafy greens and herbs, separate the leaves and soak in a large bowl. Be sure to dry veggies before using or returning to the fridge.

Overripe fruit. Soft, squishy fruit may not be appealing to snack on, but it tastes fine in smoothies, quick breads, jam, popsicles, sauces and salad dressings. Fruit puréed in a blender can also be frozen for later use or stirred into yogurt for breakfast or into sparkling water for an evening mocktail.

Stale chips, crackers and cereal. To bring back crispy texture, spread these foods on a baking sheet in a single layer and bake in a 350-degree oven for 3–5 minutes. You can also microwave chips or crackers at medium-high for 30–40 seconds. They may feel soft when first removed from the oven, but they will crisp up as they cool. ■

New Free Lunch And Learn Class Offered At Mountainview Hospital: Cancer 101

Wednesday, Jan. 4

12:30 - 2:30 p.m.

MountainView Hospital

Mark Howard/Lobby Classroom

MountainView Hospital Oncology Unit presents: Cancer 101, a diagnosis of cancer can be overwhelming, for you or a loved one. What happens when you are diagnosed? What can a patient and caregivers expect? Who do I turn to for answers? Our team is here to help! These classes are open to everyone: those battling cancer, those who are caregivers and those who want to learn more about cancer. Knowledge is power! Lunch will be served.



Dr. Jeffery Lee

Sunrise Hospital Dinner & Lecture Breathe Easy

Wednesday, Jan. 18

6 - 7 p.m.

Sunrise Hospital Auditorium

Lung Cancer is common in both men and women.

We can help find lung cancer earlier and increase the chances for survival. Come learn about the benefits of lung screening and get the latest information on other lung diseases. Topics: Risk factors, diagnosis and treatment including COPD and asthma. Presenters: Heart and lung surgeon Jeffrey D. Lee, MD and pulmonologist, Joaquim Tavares, MD.

Southern Hills Lunch & Learn with Dr. Galen Kam: Living with Shoulder Pain

Thursday, Jan. 26

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

Education Room/First Floor

Living with shoulder pain? Join Dr. Galen Kam, orthopedic surgeon, as he educates attendees on diagnosis and treatment of shoulder pain. What causes shoulder problems? How are shoulder problems diagnosed and treated? What are the most common shoulder problems? Learn with us!

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.

Weight-loss Surgery Encourages Lasting Lifestyle Change for Las Vegas Couple

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arrive at a disciplined plan they could follow to start changing their lifestyle.

Their efforts paid off and soon they were both candidates for gastric sleeve surgery which Dr. MacIntyre performed robotically at Sunrise Hospital and Medical Center.

Using the robotic-assisted da Vinci Surgical System, the surgeon modifies the size and shape of the stomach removing most of it (75 to 80 percent). Now smaller and banana-shaped,

the stomach still functions normally. This allows the patient to eat less and still feel full. The ultimate outcome is weight loss.

The Arrendales, who are both 70 years old, have now embraced a more active lifestyle. Each has lost about 45 pounds since their surgeries. They look forward to expanding their exercise regimen to include medically-supervised training that focuses on individual goals and health needs.

If weight loss surgery is in the back of your mind as you try to get your weight and overall health under control, just remember that if you have a body mass index (BMI) over 40 or a BMI of 35 with at least two obesity-related medical conditions, you may be a candidate.



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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.

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HEALTH TO YOU
30TH ANNIVERSARY