



ISSUE FOCUS

## Respiratory Health

# Breathing Easy

*How to keep lungs free of pollutants and toxins*



**Nothing feels better** than a breath of fresh air. To clean up dirty air, many communities are developing parks, adding bike lanes to roads, and reducing emissions from cars, factories and power plants.

Though these efforts have helped, one out of every two people in the U.S. still lives in a county with unhealthy levels of ozone or particle pollution, states the American Lung Association's 2016 "State of the Air" report.

Inhaling ozone, which forms when chemicals and noxious gases from vehicles cook in the sun, is like getting a sunburn in your lungs. Over time, the inflammation can scar lung tissue, narrow airways and cause asthma. Breathing in particles from heavy metals, exhaust and other pollutants is also toxic. These particles are smaller than a hair and can lodge deep inside your lungs, triggering asthma. Some particles may even enter the bloodstream and clog arteries, which can lead to heart attack or stroke.

Exposure to outdoor pollution also raises your risk for cancer, heart and lung diseases, and dementia, reports the World Health Organization.

### Limit Exposure to Outdoor Pollution

How do you protect yourself from dirty air? Try these tips.

► **Get the forecast.** Before venturing outdoors, check the air quality index (AQI). You can find this at [airnow.gov](http://airnow.gov) or view it on your mobile phone using the State of the Air app from the American Lung Association (ALA). If the local AQI reads above 150 (an unhealthy level for most people), stay inside as much as possible or cover your mouth and nose

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## MountainView Hospital Offers New Options for Heart Patients

**In an effort** to continue to expand the depth and breadth of heart services and procedures offered to patients, 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.

The first procedure was a joint collaboration among Drs. Dhiraj Narula, Thomas Lambert and Jeffrey Levisman.

For patients with AF who are considered suitable for warfarin by their physicians but who have reason to seek a non-drug alternative, the WATCHMAN LAAC Implant is an implant alternative to reduce their risk of AF-related stroke. The WATCHMAN Implant closes off an area of the heart called the left atrial appendage (LAA) to keep harmful blood clots from the LAA from entering the blood stream and potentially causing a stroke.

The WATCHMAN Implant offers a potentially life-changing stroke risk treatment option to patients, which could free them from the challenges of long-term warfarin therapy.

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## Breathing Easy

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with a scarf or a N95 respirator, which looks like a surgical mask and filters out 95 percent of airborne particles.

▶ **Adjust your workout.** When pollution levels are high, work out indoors on your treadmill or hit the mall or the gym for a walk. Do outdoor workouts in the morning before smog sets in, and avoid exercising near highways. Vehicle-clogged roads can raise pollution levels up to a third of a mile away, reports the ALA.

**DO YOUR PART.** Conserving energy can lower your utility bills and improve air quality by reducing greenhouse gas emissions. Start by replacing your five most frequently used light bulbs with Energy Star bulbs that use 90 percent less energy. You can also reduce air pollution by carpooling or opting to walk, bike or use public transportation.

▶ **Go electric for lawn care.** Replace gasoline-powered lawn care equipment with manual or electric versions. Engines in lawnmowers and leaf blowers sold before 2011 often lack pollution control devices and can pollute the air more than cars.

▶ **Douse the bonfires.** Avoid burning wood or trash; soot is a major source of particle pollution.

### Clean Up Indoor Air

While staying indoors shields you from pollution, inside air can be just as dirty and hazardous to your health. Take these precautions to clear your home of toxic air:



▶ **Create a smoke-free zone.** Cigarette smoke produces harmful gases and particles that are especially hazardous for children or those with heart and lung problems. Ban smoking inside,

especially in rooms with fabric and carpeting where smoke residues collect.

▶ **Air it out.** Ventilate fuel-burning appliances, including gas stoves, water heaters and fireplaces, to prevent exposure to radon, carbon monoxide and other harmful gases. Ventilate crafting rooms and attached garages where motor vehicles are parked.



▶ **Clean with caution.** Harsh chemicals from household cleaners can release fumes that irritate the nose, mouth, lungs and skin, so run exhaust fans in the kitchen and bathroom when using them. Store cleaners in metal bins and away from food. Use air fresheners sparingly, and cover scented candles to reduce emissions of chemicals.

▶ **Keep irritants at bay.** Dust and vacuum frequently and use HEPA (high-efficiency particulate air) filters to eliminate dust and other allergens. Keep humidity below 50 percent and fix leaks to avoid mold. ■

## Losing Sleep?

You May Have Sleep Apnea



**A good night's sleep** can help you tackle whatever the day holds. But if you often wake up tired and headachy or feel very sleepy during the day, you may have obstructive sleep apnea.

Sleep apnea occurs when muscles in the back of your neck repeatedly collapse during sleep and constrict the airway.

This can interrupt breathing many times per hour, which disrupts deep, restorative sleep.

People often assume the disorder affects only older, overweight men who snore, since loud snoring is a common symptom. However, anyone can suffer from sleep apnea, even children. Weight can contribute to the condition, but so can other factors such as age and narrow airways due to physical features of the neck, mouth and jaw.

Undiagnosed sleep apnea is dangerous. When breathing stops, oxygen levels drop, and adrenaline and blood pressure surge. This raises one's risk for high blood pressure, heart attacks, strokes and diabetes. Sleep apnea also weakens blood flow to the brain, leading to problems like daytime sleepiness, depression, anxiety and memory

problems, according to researchers at the UCLA School of Nursing. These scientists also found sleep apnea harms women's brains more than men's.

If you have symptoms of sleep apnea, talk to your doctor about an overnight sleep study. If apnea is diagnosed, you may be able to ease symptoms by losing weight, avoiding sedatives, cutting back on alcohol and smoking, and trying to sleep on your side.

Some people benefit from using an oral appliance to reposition the jaw and tongue to open air passages and improve sleep. For immediate and consistent relief, your doctor may prescribe a CPAP machine that keeps airways open by delivering air pressure through a mask that fits over your nose or mouth while you sleep. In the worst cases, surgery may be needed to remove excess tissue in the upper airways. ■

# Common Substances That Stain Your Teeth

**Want to keep** your pearly whites shining bright? You probably already know that dark-colored food and drinks like berries, coffee and tea, soda, red wine, and balsamic vinegar can stain your teeth. But you may be missing other sneaky culprits. Here are common tooth stainers that may surprise you.

**Green juice:** You may be doing your body a favor by slurping down a glass of green juice, but your teeth would beg to differ. Any foods that stain clothes can also stain teeth. Avoid problems by sipping from a thick straw.



**Acidic thirst quenchers:** When you're thirsty, you may be tempted to reach for lemonade or a sports drink. But for your teeth's sake, stick to water. The acidity of these drinks can erode the enamel and expose the dentin, which is more yellow in color. Ward off trouble by brushing teeth 30 minutes after drinking acidic drinks. Brushing sooner could increase erosion of the enamel.



**Cough syrup and other medications:** Between the sugar and the alcohol, cough syrup can do a number on teeth. Other medications including the antibiotic tetracycline, antihistamines and some medications for high blood pressure also cause dry mouth, which can lead to more stains. Avoid dimming your teeth by switching to cough suppressant capsules. If dry mouth is a problem, chew sugar-free gum.



**Pool chemicals:** If you swim regularly in pools treated with chemicals, you may have noticed that as your muscles got stronger, your teeth got duller. That's because many people swim with their mouths open, and pool chemicals alter the pH balance in saliva, causing calcium deposits on teeth. If you enjoy frequent swims, get your teeth professionally cleaned three or four times a year instead of the typical twice a year schedule. ■



## WHAT'S IN A CIGARETTE?

**Need a smoke break?** Before you light up, consider this: Cigarettes contain around 600 ingredients that release more than 7,000 chemicals when burned. At least 70 of these chemicals are poisonous and cancerous. Tar, lead, ammonia and formaldehyde are among the most toxic chemicals found in tobacco smoke. Other harmful ones include:



- BENZENE** Used in rubber cement  
**RISKS:** Damages bone marrow, decreases red blood cells and harms reproductive organs
- NICOTINE** Used as a natural pesticide  
**RISKS:** Raises blood pressure, harms vision and raises risk of impotence, fractures and cancer
- ACETONE** Used in nail polish remover  
**RISKS:** Irritates eyes, skin and respiratory tract and harms nervous system
- ARSENIC** Used in rat poison  
**RISKS:** Causes skin lesions and increases risk of skin, lung and kidney cancer
- BUTANE** Used in lighter fluid  
**RISKS:** Causes cardiac arrhythmia, high blood pressure and memory loss

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:** Friday, Nov. 4 and the week of Nov. 21 - Nov. 25

### Blood Pressure

Tuesdays, 10 - 11 a.m.

(not offered Nov. 22)

### Yoga with Christian

Thursdays, 9 - 10 a.m.

(not offered Nov. 24)

\$5 per class

### MS Stretch & Flex

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

(not offered Nov. 24)

### Lunch & Learn: Living with Alzheimer's for a Caregiver

Tuesday, Nov. 1, noon - 1:30 p.m.

Guest Speaker: Nicole Anderson Program Coordinator Alzheimer's Association, Desert Southwest Chapter Southern Nevada Region

Learn about life balance as you care for a person with Alzheimer's Disease.

### MountainView Stroke Support Group

Tuesday, Nov. 1 and Thursday, Nov. 17

2 - 3 p.m.

### Medicare Counseling

Wednesday, Nov. 2, 9, 16 and 30

9:15 a.m. - 3:15 p.m.

By appointment only.

### Lunch & Learn: Caregivers Need Care, Too

Wednesday, Nov. 2, noon - 1:30 p.m.

Learn about the importance of taking care of the caregiver, lunch sponsored by ProCare Hospice.

### Movie Matinee: 'Me Before You'

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

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

### Card & Games

Monday, Nov. 7, noon - 3 p.m.

### Free Creative Arts Class

Tuesday, Nov. 8, 1:30 - 3:30 p.m.

### Lunch & Learn: Holiday Stress-Busters for Seniors

Wednesday, Nov. 9, Noon - 1:30 p.m.

Please Join Linda Freimanis for an informational lecture on making sense of holiday stresses. Lunch provided by Home Instead Senior Care.

### MountainView Hospital Ostomy Support Group

Wednesday, Nov. 9, 5:30 - 7:30 p.m.

### Diabetes & Nutrition

Thursday, Nov. 10, 1 - 2:30 p.m.

MountainView Hospital

1 South Conference Room

Light refreshment will be served.

### Board Games

Thursday, Nov. 10, 1:30 to 3 p.m.

### Parkinson's Support Group

Friday, Nov. 11, 10 a.m. - noon

### Lunch & Learn: Aging & Diabetes

Monday, Nov. 14, Noon - 1:30 p.m.

Please join Dr. Omid Rad Pour for an informational program on Aging & Diabetes, the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss and amputation. Followed by a Q & A with the doctor.

### Bunco

Monday, Nov. 14 and 28, 1:30 - 3 p.m.

### Alzheimer's Caregivers Support Group

Tuesday, Nov. 15, 10 - 11 a.m.

### AARP Smart Driver Class

Tuesday, Nov. 15, 11:45 a.m. - 4 p.m.

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

### Diabetes Overview Class and Medication Review

Wednesday, Nov. 16, 11:30 a.m. - 1 p.m.

MountainView Hospital

Mark Howard/Lobby Classroom

Lunch will be served.

### O2 on the Go Support Group

Friday, Nov. 18, 10 a.m. - noon

### Coffee & Donuts: "How to get a Free Caption Phone Today"

Monday, Nov. 28, 10 - 11:30 a.m.

Join us for coffee and donuts as Deborah Ace from ClearCaptions presents information on how words matter, the benefits of caption phone conversations so you never miss what is being said. Donuts, candy and prize drawing provided by: ClearCaptions.

### Lunch & Learn: Celebrate Our Veterans Luncheon

Tuesday, Nov. 29

Noon - 1:30 p.m.

Speaker: Bradley Sensibaugh, Regional Representative for US Senator Dean Heller Office

Join us for an informative lecture on benefits for Veterans and their spouses.

### Bingo

Wednesday, Nov. 30, 1:30 - 3 p.m.

### October, November and December Birthday Party

Wednesday, Dec. 7, 1:30 - 3 p.m.

If you were born in October, November or December, 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.

### **AARP Smart Drivers Class**

*Thursday, Nov. 10, 9 a.m. - 1 p.m.*

*Location TBD*

*\$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.

### **Joint Replacement Education**

*Friday, Nov. 4, 11 and 18, 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.

### **Lunch & Learn with Dr. Singh**

*Thursday, Nov. 17, 11:30 a.m. - 1 p.m.*

Aging can be many things—exciting, confusing, frightening—and Southern Hills Hospital is here to help navigate through those years. Please join Dr. Upinder Singh for an educational presentation about normal physiological changes that are common with aging and how to adapt to them. Dr. Singh is the hospital's dedicated geriatrician for the RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health unit, which provides focused care for seniors coping with behavioral health symptoms that interfere with their daily lives. Lunch will be provided free to Health to You 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) and membership information is available by calling (702) 880-2700.

## 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*

### **Ostomy Support Group**

*Tuesday, Nov. 8, 7 - 9 p.m.*

*Auditorium*

### **AARP Smart Driver Class**

*Wednesday, Nov. 9, noon - 4:15 p.m.*

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

### **Epilepsy Support Group**

*Wednesday, Nov. 9, 5:30 - 6:30 p.m.*

*Sunrise Hospital Auditorium*

### **One-on-One Medicare Counseling**

*Tuesday, Nov. 15, 10 a.m. - noon*

*Appointment only, every 20 minutes.*

### **Lunch & Learn: The Healing Power of Pets**

*Wednesday, Nov. 16, 11:30 a.m. - 1 p.m.*

*11 - 11:30 a.m. - Lunch will be served  
noon - 1 p.m. - Lecture*

Discover the healing benefits of having your own pet or meeting with volunteer therapy pets to enrich your life emotionally, physically, psychologically ... in countless ways. Please join Sue Grundfest, licensed instructor and evaluator for the national therapy program, Pet Partners, to learn about how Love Dog Adventures inspires physical and emotional healing through the use of interactive animal-assisted therapy and community education.

**Benefits of Deep Breathing** Holidays and stress go together like turkey and dressing, but you can reduce anxiety with deep, focused breathing. Sit upright with shoulders relaxed and eyes closed. Inhale slowly into your belly while you visualize a positive word or soothing color. As you exhale, imagine breathing out a negative emotion. Repeat about 25 times or for 5 minutes.



## Enjoy the Pluses Of Pulses

**Never heard of pulses?** You may be surprised to learn you've probably eaten them. Pulses are the edible dry seeds of legumes. Think dried peas, chickpeas, beans and lentils. These tiny powerhouses are a tasty source of protein, fiber and nutrients that can help lower cholesterol, aid in weight loss and reduce the risk of chronic diseases. Find easy pulse recipes at [www.pulsepledge.com](http://www.pulsepledge.com).



### Lentil Taco Soup

#### Ingredients

- 2 cups dry brown lentils, rinsed
- 6 cups low-sodium vegetable broth
- 1 can reduced-sodium black beans, drained and rinsed
- 1 can reduced-sodium red kidney beans, drained and rinsed
- 1 Tbsp. olive oil
- ½ cup onion, finely chopped
- 2 garlic cloves, minced
- 1 (1-oz.) envelope lower-sodium taco seasoning
- 1 (28-ounce) can low-sodium tomatoes, crushed
- 1 cup frozen corn, thawed
- ¼ cup cilantro, chopped

**Instructions:** Pour lentils and broth into a large pot and simmer for 15 minutes, keeping the lid tilted. Sauté onion and garlic in olive oil and add to cooked lentils. Add taco seasoning, tomatoes, corn, black beans and red kidney beans. Bring mixture to a boil and simmer for 10 minutes. Sprinkle cilantro on top before serving. Makes 12 cups.

#### Nutritional information (per 1 cup serving):

Calories: 216; Total Fat: 2g; Protein: 13g; Sodium: 218 mg; Potassium: 701 mg; Fiber: 14 g; Sugars: 6 g; Carbs: 37 g ■

## Shake It, Baby!

**Fitness fads** come and go, but some literally shake up the workout world. Whole-body vibration training (WBVT) is a new gym craze that involves exercising atop an oscillating machine. The machine's vibrations cause muscles to relax and contract faster than other workouts. Just 10 minutes on the machine equals 30 minutes on the floor, say fans of the workouts.

But don't fire your personal trainer yet. While WBVT has the potential to improve balance and strength, the science behind its effectiveness is still shaky. Small studies show it's no more effective than weight lifting and other



resistance workouts. That doesn't mean you can't benefit from WBVT. If the novelty or added movement makes doing squats, lunges and other exercises more fun, it may motivate you to stick with your workouts. ■

### \* MONTHLY CHALLENGE:

## Lighten Up Holiday Fare

**For many of us,** Thanksgiving kicks off a month of overindulgence. No wonder sales for diet books and gym memberships spike every January.

This month, we challenge you to lighten up holiday meals by giving favorite recipes a calorie-cutting "make under."



> Instead of slathering green beans with creamy soup and fried onions, steam fresh beans until tender-crisp and top with sautéed shallots, toasted almonds and a squeeze of lemon.

> Give fat-laden mashed potatoes a healthy and light twist by whipping them with low-fat buttermilk and stirring in flavor lifters like roasted garlic, horseradish or canned chipotle peppers. For more nutrients, add mashed turnips or cauliflower.

> Make stuffing outside of the turkey to cut fat from drippings. Use low-sodium chicken broth for moisture and double the veggies. For big flavor with few calories, add shitake mushrooms.

You can also swap high-fat dairy for skim and low-fat versions, cut back on cheese or butter, and try oven frying with cooking spray (a great option for Hanukkah latkes). For dessert, enjoy angel food cake drizzled with puree of unsweetened fruit. ■

more

## H2U Benefit

# Shop From the Comfort of Your Couch

Eager to avoid the craziness of crowded malls during the holidays? Snatch up deals from the comfort of your home at CorporateShopping.com, an online mall featuring the world's best brands at discount prices. For H2U members, the Corporate Shopping site consolidates hundreds of money-saving offers into one convenient place. You can find discounts, free shopping offers and other deals in categories including:

- > Home and lifestyle
- > Flowers and gifts
- > Women's apparel
- > Men's apparel
- > Travel
- > Electronics
- > Kids
- > Health and beauty
- > Shoes
- > Sports



More than 250 leading national retailers offer deals, including Costco, AMC, Lands' End, Ralph Lauren, J.Crew, Brooks Brothers, Best Buy, Amazon, Chico's, Nike, Home Depot and many more. Planning a trip in the near future? Check prices from Avis, Hertz, Enterprise, Holiday Inn, Best Western, Hotels.com, Orbitz and other travel providers that offer deals to help you stay within your budget.

Ready to start shopping? Log in to H2U.com and go to the Shopping Discounts page. Click the link to the Corporate Shopping ad on the site to create an account—and get your credit card ready to make some great buys! ■

## 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](http://www.h2u.com).



JOIN TODAY!

### MEMBER APPLICATION

New Member  Renewing Member Date \_\_\_\_\_

Membership Term (check one)  1 year for \$20  2 years for \$35 (Best Value!)

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

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_

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

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

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here. \_\_\_\_\_

(Members who do not belong to a local program still receive all the national H2U benefits.)

Payment Type (Check one)

Check or money order payable to H2U enclosed

Visa/MasterCard/AmEx/Discover (#) \_\_\_\_\_

Credit Card Expiration Date Month \_\_\_\_\_ Year \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name (as it appears on credit card) \_\_\_\_\_

**SIGN UP FOR WORRY-FREE AUTOMATIC RENEWAL.** Never miss a single issue of your member publications or lose benefits because you forgot to renew your membership. It's easy and risk-free. We'll renew your membership each year and send you a reminder so you can cancel if you change your mind. **Please check the box below to enroll.**

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

Mail application to H2U National Office, P.O. Box 1300, Nashville, TN 37202-1300.

### Give gift memberships to friends and loved ones; call (800) 771-0428.

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.

NL16



Dr. Omid  
Rad Pour

### MountainView Lunch & Learn with Dr. Omid Rad Pour: Aging & Diabetes

Monday, Nov. 14

Noon - 1:30 p.m.

November is National  
Diabetes Awareness

Month, please join Dr. Omid Rad Pour for an informational program on Aging & Diabetes, the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The good news is there are things you can do to take control of diabetes and prevent those health problems. Followed by a Q & A with the doctor.



Dr. Jayram  
Krishnan

### Sunrise Dinner & Lecture with Dr. Jayram Krishnan

Wednesday, Nov. 16

6 - 7 p.m.

Sunrise Hospital  
Auditorium

Topic: *Moving Men to  
More Health*

Millions are living with it—prostate cancer—the second most common cancer in men. Not as widespread but hidden in the shadows is testicular cancer which can be successfully treated when not ignored. Prostate and Testicular cancer will be the focus of the Sunrise Hospital's November seminar. Join Cleveland Clinic-trained Urologist, Jayram Krishnan, D.O. as we celebrate "Movember" and shed light on these men's health topics.



Dr. Upinder  
Singh

### Southern Hills Lunch & Learn with Dr. Singh

Thursday, Nov. 17

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

Aging can be many  
things—exciting,  
confusing, frightening—  
and Southern Hills

Hospital is here to help navigate through those years. Please join Dr. Upinder Singh for an educational presentation about normal physiological changes that are common with aging and how to adapt to them. Dr. Singh is the hospital's dedicated geriatrician for the RISE (Respect, Inspire, Strengthen, Empower) Behavioral Health unit, which provides focused care for seniors coping with behavioral health symptoms that interfere with their daily lives.

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Implanting the WATCHMAN Device is a one-time procedure that usually lasts about an hour. Following the procedure, patients typically need to stay in the hospital for 24 hours.

Twenty percent of all strokes occur in patients with AF, and AF-related strokes are more frequently fatal and disabling. The most common treatment to reduce stroke risk in patients with AF is blood-thinning warfarin medication.

Despite its proven efficacy, long-term warfarin medication is not well-tolerated by some patients and carries a significant risk for bleeding complications. Nearly half of AF patients eligible for warfarin are currently untreated due to tolerance and adherence issues.

### Sunrise Health Community Caring Project "17th Annual Angel Tree"

Touch a homebound elderly person's life this holiday season, by participating in the 17th Annual Angel Tree Project. Angel Tree gift tags will be located at all three H2U locations. To participate simply select an Angel Tree gift tag from the tree and register your Angel with an H2U staff member. Then purchase the item(s) requested and return your wrapped gift with the Angel Tree gift tag attached, to the H2U office by Monday, Dec. 5. This will allow time to sort and deliver the Angel Tree gifts to the Meals on Wheels clients and reach them for

their holiday celebration! Individuals interested in participating are welcome to join together in their purchases.

Angel Tree gift tags will also be available to hospital employees to participate on the following dates:  
**MountainView Hospital Cafeteria**  
Monday, Nov. 7 - Friday, Nov. 11  
Monday, Nov. 14 - Friday, Nov. 18 (Only if needed)

7 a.m. - 10 a.m. and 11 a.m. - 2 p.m.

**Southern Hills Hospital Cafeteria**  
Monday, Nov. 7 - Monday, Nov. 21,  
7 a.m. - 7 p.m.

**Sunrise Hospital Front Desk  
Main Lobby**

Monday, Nov. 7 - Monday, Nov. 21,  
7:30 a.m. - 5 p.m.