

OCTOBER 2016

Hope on the Horizon

What's New in Cancer Care

When former president Jimmy Carter announced that a new drug had wiped out detectable signs of cancer in his brain, people rejoiced. President Carter's amazing remission is an example of how science is finding new ways to fight cancer.

Until recently, doctors treated most cancers based on where they occurred in the body. People with the same type and stage of cancer typically got the same type of surgery, chemotherapy and/or radiation. These treatments, however, didn't always work.



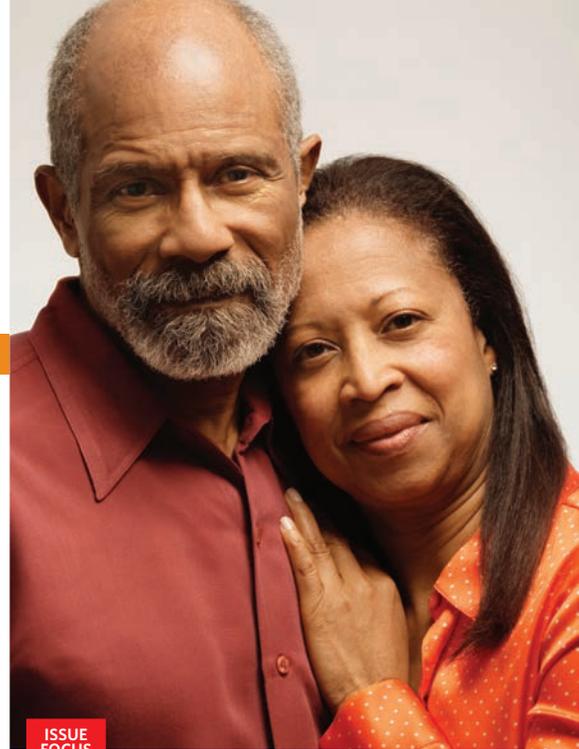
Today, doctors have more tools for fighting cancer, including genetic testing and using the body's immune system to kill cancer cells.

IMMUNOTHERAPY

Your body has tremendous powers you may not realize, including the potential to fight cancer somewhat like it fights the flu. But first the immune system has to locate the cancer cells. Since cancer stems from abnormalities inside a person's own cells, the immune system may not recognize them as dangerous, which is one reason tumors can grow unchecked. Immunotherapy drugs and vaccines boost the immune system's natural abilities to help detect and destroy cancer cells.

► **How it works:** Immunotherapy employs several clever tactics to outsmart cancer. For instance, one category of drugs alters the proteins in cancer cells so that they are more readily recognized as threats by the body's T-cells—the warriors of the immune system. Other drugs and vaccines are used to strengthen the body's natural

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ISSUE
FOCUS

Cancer Awareness

Save The Date:

Balloon Festival at Southern Hills Hospital

Friday, Oct. 21 - Sunday, Oct. 23
Sixth annual Balloon Festival benefiting
The Public Education Foundation

Southern Hills Hospital, together with partners Davis Amusements, Findlay Volkswagen, Greenspun Media and Vegas Balloon Rides, are proud to bring back the Balloon Festival, a free community event with fun for all ages. Along with the visual Evening Glow Shows, morning launches and passenger rides, tethered balloon rides, there will be amusement rides, carnival games, and retail and food vendors. Plus, a special Saturday health fair will be held showcasing Southern Hills and community health partners including flu shots, blood pressure checks and more!

The event benefits the Southern Hills Hospital High School to Healthcare Scholarship program and The Public Education Foundation. Southern Hills Hospital has awarded \$60,000 to 15 Nevada high school seniors since 2014. The students receive \$1,000 each for four years toward their college education pursuing healthcare careers. Free unless otherwise noted; schedule varies daily (subject to change/weather permitting). For more, visit [Facebook.com/SouthernHillsHospital](https://www.facebook.com/SouthernHillsHospital).

Hope on the Horizon

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immune response or block the growth of cancer cells. Some therapies involve drawing T-cells from your blood, genetically engineering them to find and attack cancer cells, then returning them to the bloodstream to fight the cancer.

► **Potential:** Patients with some types of lung cancer or melanoma have had tumors shrink or stop growing after immunotherapy treatment. President Carter, for instance, recovered from melanoma that had spread to his liver and brain thanks to a newly approved drug, Keytruda, which enhances immune cell activity. Other immunotherapies are being used to treat cancers in the kidneys, bladder, breast, head and neck.

PERSONALIZED MEDICINE

No two cancers are genetically identical. By analyzing the genetic makeup of a patient's tumor, doctors can tailor treatment to that specific type of genetic mutation. This individualized approach to cancer is helping to achieve better outcomes with less serious side effects.

► **How it works:** Genetic testing can be done on normal cells or cancer cells. For example, people with a family history of breast cancer or ovarian cancer are often tested for mutations in the BRCA gene, as some of these inherited gene mutations can more than double one's risk for breast and ovarian cancer. Knowing you have these mutations helps the doctor develop screening or treatment plans just for you.

Genetic tests can also reveal how the body processes certain cancer

medications, which can mean better dosing and fewer side effects. For some types of cancer, oncologists look at the DNA of tumors to find mutations driving cancer growth. Drugs are then prescribed to target that specific subtype of cancer.

► **Potential:** Targeted therapies have been approved for several types of cancer, and many new therapies are being studied in clinical trials. You can search for trials at clinicaltrials.gov.

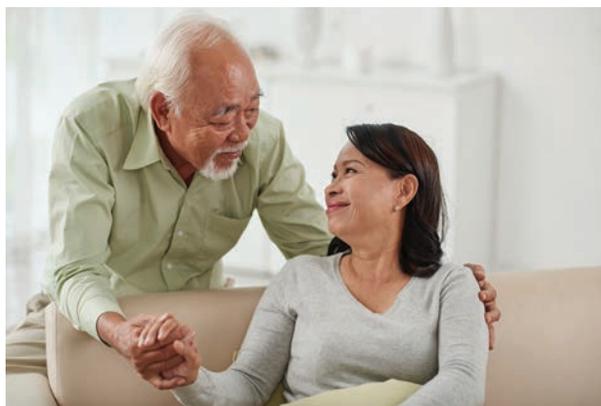
FUTURE THERAPIES

Researchers are also excited about therapies being developed that can keep

cancer from metastasizing (spreading to other organs) and epigenetic therapy, which uses drugs to reprogram cancer cells to act more like normal cells.

To learn more about cancer research, watch filmmaker Ken Burns' documentary, "Cancer: The Emperor of All Maladies," based on the Pulitzer Prize-winning book of the same name. The three-part series is available online at tinyurl.com/cancer-show. Sarah Cannon, the global cancer institute of Hospital Corporation of America (HCA), also has information on cancer treatments, research and clinical trials at sarahcannon.com. ■

THE GOOD FIGHT



3 Ways to Cope Better With a Cancer Diagnosis

Hearing the words "You have cancer" can make you feel like your life is spinning out of control. To cope with feelings of anxiety, fear and helplessness, focus on what is in your control. These steps can help you wage your best fight against cancer.

1 Do what makes you happy. List out what makes you feel joyful, calm

and strong, whether it's listening to music, reading inspirational books, watching funny videos, journaling, crafting, talking with friends, gardening, or walking in the park. Gather your pick-me-up items in a place where you can easily reach them when you want to ease your mind.

2 Rally family and friends. You'll need help, but won't always feel up to managing the offers you get. Ask a trusted relative or friend to coordinate support from others. Be

specific about what you want. This will prevent you from being overwhelmed with casseroles when what you really want is someone to walk your dog or keep you company during chemo. Sites like Rallyhood (rallyhood.com) can help.

3 Create a plan to survive and thrive.

Learn what to expect after your cancer treatment, and prepare for the physical, emotional and financial challenges that may arise. Plan first to deal with immediate issues, then think about your future. Be intentional about how you'll spend your time after recovery. Maybe it's time to take that trip you always talked about, walk a 5K with your granddaughter, or plant a garden that attracts butterflies. Add these activities to your calendar. Having something to look forward to can help you through the rough patches. ■



NEW FOOD LABELS COMING SOON

FDA Helps Shoppers Make Healthier Choices

When shopping for healthy foods, do you find nutritional labels tricky to interpret? Those days will soon be behind you. In an effort to curb the nation's obesity epidemic, the FDA is requiring food manufacturers to improve their Nutrition Facts labels. New labels will resemble the old ones, but make nutritional info more realistic and useful. Here's how:

Serving size: On the new label, serving sizes will be based on the amounts people actually consume. So the past serving size

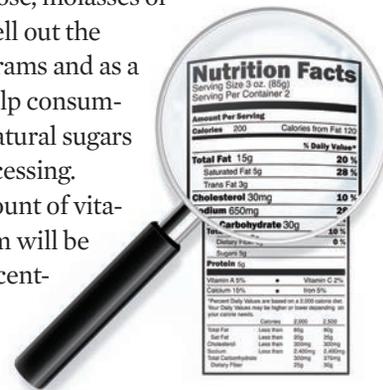
of one-half cup of ice cream will now be a two-thirds cup; beverage servings will increase from 8 oz. to 12 oz. The label will take into account that package size affects how much people eat by showing total calories for products often consumed in one sitting (here's looking at you, Ben and Jerry's).

Calories: Numbers for calories will be bigger and bolder, which may discourage overeating.

Added sugar: Previously, determining whether a product contained added sugar required digging deep into the ingredient list for sugars like fructose, molasses or maltodextrin. New labels must spell out the amount of added sugars, both in grams and as a percent of daily value. This will help consumers distinguish between a food's natural sugars and sweeteners added during processing.

Vitamins and minerals: The amount of vitamin D, calcium, iron and potassium will be listed in grams as well as daily percentages. Daily value percentages of sodium, dietary fiber and vitamin D will also be updated to reflect recent dietary guidelines.

These changes may make some of your favorite snacks less appealing, but arming you with more accurate and easier-to-understand information can help you fill your shopping cart with more nutritious choices. ■



A WALK SPOILED?

Walking is one of the easiest ways to stay fit and work in the recommended 150 minutes of moderate exercise each week. But walking-related injuries can break your stride. Here's how to deal with the most common foot and leg injuries.

PLANTAR FASCIITIS

This sharp heel pain is caused by inflammation of the plantar fascia tissue, which stretches from your heel to the ball of your foot. Your gait, having high arches or making sudden increases in exercise raise your chances of developing plantar fasciitis.

► **How to Treat:** At the first sign of stiffness, place your injured foot across your opposite thigh and pull toes toward your shin to stretch the area. Do 10 stretches for 10 seconds each. Wear walking shoes

with extra arch support or add inserts. Avoid walking on very hard or uneven surfaces until the pain subsides.

RUNNER'S KNEE

Yes, even walkers can get runner's knee, which causes pain and stiffness in the kneecap.

Previous knee injuries or weak hip muscles, which throw off alignment of the knee, can contribute to this injury.

► **How to Treat:** Rest and do exercises that target muscles supporting the knee such as your hip flexors or quadriceps. To prevent future problems, avoid leaning too



far forward when you walk, and take smaller steps when hiking uphill or downhill.

SHIN SPLINTS

Muscle pain along the fronts of your lower legs, known as shin splints, may be triggered by overuse of muscles, weakness in supporting muscles, or having flat feet.

► **How to Treat:** Ice and elevate the area or take ibuprofen to reduce swelling. Skip your walk. Instead, do low-impact activities like swimming or cycling. Build up the muscles along the front of your lower legs by lifting your toes toward shins while standing. Do three sets of 20. Try orthotics to support flat feet. ■

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

New phone number effective Sunday,
Oct. 11: (702) 962-9230

New phone number for
MountainView Hospital effective
Sunday, Oct. 11: (702) 962-5000

To make reservations, call
(702) 233-5474 (new phone number
effective Sunday, Oct. 11: (702) 962-5021)
or log onto mountainview-hospital.com
to register online two business days prior to
event.

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.

Celebrate Women High Tea

Saturday, Oct. 1, noon - 2 p.m. OR

Wednesday, Oct. 5, noon - 2 p.m.

MountainView Hospital

Mark Howard Lobby Classroom

3100 N. Tenaya Way

Take time out for you as we celebrate women, with multiple speakers touching on health concerns and awareness for women of all ages. A special high tea light luncheon will be served!

Coffee & Donuts—2017 Travel Program by Collette Tours

Monday, Oct. 3, 10 - 11:30 a.m.

Learn about the 2017 Travel Opportunities and enjoy donuts provided by Collette Tours.

Card & Games

Monday, Oct. 3 and 17, noon - 3 p.m.

MountainView Stroke Support Group

Tuesday, Oct. 4 and Thursday, Oct. 20
2 - 3 p.m.

Flu Shot Clinic at Walgreens

Thursday, Oct. 6, 10 a.m. - 2 p.m.

Walgreens, 3150 N. Tenaya Suite 170

Prepare yourself for this year's flu season.

Walgreens pharmacy will be conducting Flu Shots for H2U members. Please bring your H2U and Medicare card. By appointment only.

Movie Matinee: 'The Jungle Book'

Thursday, Oct. 6, 1:30 - 3:20 p.m.

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

Bunco

Monday, Oct. 10 and 24

1:30 - 3 p.m.

Creative Arts Class

Tuesday, Oct. 11, 1:30 - 3:30 p.m.

Free New Class

MountainView Hospital Ostomy Support Group

Wednesday, Oct. 12

5:30 - 7:30 p.m.

Lunch & Learn: Pre-Planning Funeral Arrangements

Thursday, Oct. 13, noon - 1:30 p.m.

Please Join Charles Cimino, Community Education and Marketing Specialist with La Paloma Funeral Services, for this informative and important seminar. Lunch provided by La Paloma Funeral Services.

Parkinson's Support Group

Friday, Oct. 14

10 a.m. - noon

Alzheimer's Caregivers Support Group

Tuesday, Oct. 18

10 - 11 a.m.

AARP Smart Driver Class

Tuesday, Oct. 18, 11:45 a.m. - 4 p.m.

\$15 for AARP members

\$20 for non-members

Medicare Counseling

Wednesday, Oct. 19, 9:15 a.m. - 3:15 p.m.

By appointment only

Diabetes Overview Class + Medication Review

Wednesday, Oct. 19, 11:30 a.m. - 1 p.m.

MountainView Hospital

Mark Howard/Lobby Classroom

Lunch & Learn: 'Oncology Care & You'

Thursday, Oct. 20, noon - 1:30 p.m.

Join Ian Flowers, RN, Department Head for the Oncology Unit at MountainView Hospital, for an informational lecture on oncology, the care and treatment options offered at MountainView Hospital. We will also provide an overview of our upcoming Cancer 101 class, which we are excited to offer our patients and their families starting in January 2017.

O2 on the Go Support Group

Friday, Oct. 21

10 a.m. - noon

Book & Movie Club

Tuesday, Oct. 25

1:30 - 3 p.m.

Light refreshments will be served.

Bingo

Wednesday, Oct. 26

1:30 - 3 p.m.

Board Games

Thursday, Oct. 27

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
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.

Joint Replacement Education

Friday, Oct. 7, 14, 21 and 28
9 - 10 a.m.

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.

Free One-on-One Medicare Counseling

Tuesday, Oct. 18 and 25
9 - 11 a.m.

Admitting Conference Room/First Floor
Open enrollment starts Oct. 15. Avoid the rush! Meet with a State Health Insurance

Assistance Program (SHIP) representative for free one-on-one Medicare counseling, assistance with Medicare-associated health plans and drug coverage plans.

Lunch & Learn with ABC Home Health

Thursday, Oct. 20
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 and dementia. Lunch provided by ABC Home Health.

Balloon Festival at Southern Hills Health Fair

Saturday, Oct. 22
Noon - 4 p.m.

Free community event!

Various community partners offering flu shots, blood pressure checks, more! For additional information, visit Facebook.com/SouthernHillsHospital

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

AARP Smart Driver Class

Wednesday, Oct. 12
Noon - 4:15 p.m.
\$15 for AARP members
\$20 for non-members

Epilepsy Support Group

Wednesday, Oct. 12
5:30 - 6:30 p.m.
Sunrise Hospital Auditorium

One-on-One Medicare Counseling

Tuesday, Oct. 18
10 a.m. - noon
Appointment only, every 20 minutes.

Lunch & Learn: Cooking Under Pressure

Tuesday, Oct. 18
11:30 a.m. - 1 p.m.

Join Donna Liguori from Home Instead Senior Care as she shares recipes along with cooking tip and information to promote healthy living.

Stroke Survivors Support Group

Wednesday, Oct. 19
6 - 7 p.m.
Sunrise Rendezvous Room

Sunrise Dinner & Lecture: The Power of Pink: Breast Health 2016

Monday, Oct. 24
6 - 7 p.m.

Sunrise Hospital Auditorium
Join Margaret Terhar, MD. FACS Medical Director of the Breast Center at Sunrise Hospital & Medical Center.

How Hot? If you read the headlines saying hot beverages can lead to esophageal cancer, you may have been tempted to pour out your coffee. But wait! A beverage would have to be hot enough to burn your tongue to be harmful. Since most of us don't consume drinks that hot, bottoms up!





Pickle Some Veggies!

No "Canning" Required

Pickling is an ancient food preservation method that perks up vegetables with tangy, new flavors. Almost any veggie can be pickled by marinating it in a vinegary brine. Just pick your favorite fresh veggies and get started.

Prep veggies. Chop large vegetables into rounds or sticks. Then blanch firm veggies like beets, cauliflower, carrots, okra and green beans. To blanch veggies, drop them into a large pot of boiling water. Cook 2 minutes, then transfer them to a bowl of ice water to cool. Distribute vegetables into pint jars or heatproof-plastic containers with lids.

Season to taste. Drop in a bay leaf or add ½ teaspoon of dried spices like cumin, mustard seed or dill seed to each pint-sized container. Fresh ingredients like sliced jalapeno pepper, garlic gloves or sprigs of dill are good, too.

Make your brine. Sweet or sour? You choose! The recipes below make enough brine for about six pints.

Sweet Brine

3 cups white or cider vinegar
3 cups water
1 ½ cups sugar
1 Tbsp. plus 1 tsp. sea salt

Sour Brine

3 cups white or cider vinegar
3 cups water
2 Tbsp. plus 2 tsp. sea salt
2 Tbsp. sugar

Directions: Boil brine in a large saucepan for 2 minutes, stirring to dissolve sugar and salt. Remove from heat. Pour over vegetables until completely covered. Place the lids on and refrigerate at least 24 hours (one week for okra and turnips). Eat refrigerated pickled veggies within two to three weeks. ■

Protect Pet's Oral Health



Neglecting your feline's or canine's canines can result in serious or lethal infections. These 3 steps can keep your animal's mouth disease-free.

- 1 Brush pets' teeth several times per week. Dental wipes or chewable tablets can substitute for brushing. Digestible dental dog chews also help control plaque and tartar.
- 2 Inspect the inside of your pet's mouth regularly. Feel for loose teeth or unusual bumps.
- 3 Schedule regular exams. A full cleaning under general anesthesia can help identify periodontal disease below the gum line. ■



* MONTHLY CHALLENGE:

Stop Eating in the Car

When you're hungry and on the go, nothing is easier than ordering from a drive-through window. But fast food is rarely healthy, and juggling a breakfast burrito while barreling down the

road can be a dangerous distraction. Mindlessly inhaling a hamburger and fries while rushing to an appointment also can lead to overeating.

This month, we challenge you to stop eating in your car. Curb the habit with these tips:

Brown bag it. Prepare snacks or meals to take with you when you leave the house. Include foods filled with protein to keep you satisfied, such as almonds, string cheese, peanut butter crackers or a hardboiled egg.

Schedule meal time. Eating at about the same time each day keeps you from craving greasy or sugary foods. Plus, setting aside time for meals lets you relax and actually taste your food. ■

Are You a Travel Trendsetter?

Despite all the uncertainty in the world, leisure travel is still at the top of many Americans' bucket lists. And people over 50 make up the largest group on the move—and they have money to spend.

So where are all these travelers going? According to the U.S. Tour Operators Association (USTOA), top international destinations in 2016 were: 1) Great Britain; 2) China; 3) France or South Africa; 4) Peru; and 5) India. Domestic travelers headed for: 1) New York or California;

2) Arizona or Hawaii; 3) Nevada; 4) Florida or Washington, DC; and 5) Alaska.

If you yearn to see more of the world, H2U's travel partners can make it easy and affordable. Collette Vacations has 146 tours travel-

ing to 54 countries and seven continents. CIE Tours International is a leading provider of escorted travel in the British Isles. Both companies offer special savings for H2U members.

Worry-free Options

CIE and Collette are industry leaders in guided tours that combine local cultural experiences and unforgettable sightseeing. Best of all, all the planning is done for you. Your tour managers will make sure you are comfortable every step of the way.

Group trips are also a great way to make new friends as you create memories with other curious and adventurous travelers.

Whether you want to go on a safari, visit stunning castles and gardens, or linger over coffee in a Tuscany village, you'll find tours to satisfy your wanderlust. To get started, go to H2U.com and look on the Discounts/Travel page for links to websites for CIE and Collette. Remember to use your H2U discount code when booking. ■



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.



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.

Special Event at MountainView Hospital

Celebrate Women High Tea

Saturday, Oct. 1, noon - 2 p.m.

OR Wednesday, Oct. 5,

Noon - 2 p.m.

MountainView Hospital

Mark Howard Lobby Classroom

3100 N. Tenaya Way.

Guest Physician Speakers:

Dr. Sorhai Toloyan-Rahimi and Dr. Ann Wierman

Plus Special Guest Speaker:

Rosemary Thuet, R.N., MountainView Hospital's Director of Education

Take time out for you as we celebrate women, with multiple speakers touching on health concerns and awareness for women of all ages. A special high tea light luncheon will be served!



Dr. Sorhai Toloyan-Rahimi



Dr. Ann Wierman

Sunrise Dinner & Lecture: The Power of Pink: Breast Health 2016

Monday, Oct. 24, 6 - 7 p.m.

Sunrise Hospital Auditorium

Join Margaret Terhar, MD, FACS, Medical Director of the Breast Center at Sunrise Hospital & Medical Center, as she addresses the new screening guidelines, risk factors and breast health awareness including mammograms after augmentation. Bring your BFF and join the conversation.



Dr. Margaret Terhar

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.

SUNRISE HEALTH SYSTEM

ER at The Lakes

A Department of Southern Hills Hospital & Medical Center

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