

5 Questions to Ask Before Getting a Cancer Screening

Getting screened for cancer seems like a no-brainer. You can't cure it if you don't catch it, right? And when celebrities like Angelina Jolie and Taylor Swift advocate preventive screenings, a lot of people start requesting tests regardless of their personal health risks or symptoms.

When it comes to cancer screening, more is not always better. Patients should discuss their individual benefits and risks of cancer screening with their healthcare provider before testing.

The American College of Physicians (ACP) advocates that health professionals focus on screening low-risk patients only when the evidence is strong that the benefits of detecting cancer outweigh the risks of over-diagnosis and overtreatment.

Some cancerous tumors will never threaten someone's life, and aggressive screening schedules can lead people to have additional tests they don't need or undergo procedures that won't prolong their lives. Smarter screening also saves patients money.

Which Guidelines?

Cancer screening recommendations change periodically as researchers learn more about the benefits, risks and costs of screenings. Recently, the ACP reviewed recommendations from the American Cancer Society, the U.S. Preventive Services Task Force and the American Academy of Family Physicians and developed screening recommendations for five common cancers—breast, cervical, colorectal, ovarian and prostate. You can find those recommendations for low-risk individuals at hvc.acponline.org/patres.html.

Keep in mind that your doctor may recommend different screening intervals based on your current health, family or work history, and habits like smoking or alcohol use.

Continued on page 2



ISSUE
FOCUS

Cancer Awareness

Save the Date!

Balloon Festival at Southern Hills Hospital

Friday, Oct. 23 - Sunday, Oct. 25

Fifth annual Balloon Festival benefiting The Public Education Foundation

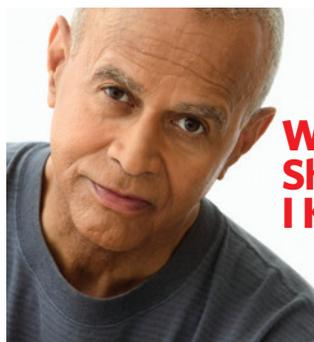
Southern Hills Hospital, Vegas Balloon Rides and Greenspun Media are proud to bring back the Balloon Festival to southern Nevada. Heading into its fifth consecutive year, Southern Hills Hospital hosts the Balloon Festival, a community event providing free fun for all ages that has grown larger each year. Along with the hot air balloon morning launches and passenger rides, tethered balloon rides, evening glow shows, amusement rides and carnival games, a special Saturday health fair will showcase Southern Hills and community health partners and will include flu shots, blood pressure checks and more!

Continued on page 8



Cancer Screening

continued from front page



What Should I Know?

Diagnostic cancer screenings come with risks, either from the procedure itself or from additional tests or treatments you have based on the results. Asking your healthcare provider these questions will help you understand the pros and cons of a particular test so you can make the right choice for you.

1 | Why do I need this screening test? If your doctor says you have a higher-than-average cancer risk, ask what factors make it so.

2 | Are there alternative tests that are just as good with fewer risks?

A colonoscopy, for example, is a very effective and generally safe screening for colon cancer, but can cause complications like tears in the lining of the colon or incontinence. In some cases, an alternative test like a sigmoidoscopy or fecal occult blood test may provide the needed information with fewer risks.

3 | Will the diagnosis save my life? Some screenings can catch cancer in early stages and significantly improve survival rates. But not all cancers are easily detected at a curable stage. For example, pancreatic cancer can be detected by blood tests, but by the time it's caught, treatments are unlikely to be effective or prolong life. In the case of ovarian cancer, ultrasounds and blood tests can be used to screen for cancer, but these tests have often led to more tests or surgeries without reducing deaths from ovarian cancer. Unless you're at a high risk

for these cancers, the screening tests generally aren't recommended.

4 | How often does the screening test produce a false alarm?

Research showed that one-third of women having mammograms over the course of 10 years received a false positive result that required follow-up testing, according to the *New England Journal of Medicine*. Ask how often a recommended test can fail to detect cancer.

5 | If the screening test indicates cancer, what are my treatment options?

What are the risks of treatment and what are the likely outcomes? Some cancers like prostate cancer are slow-growing and monitoring may be better than undergoing surgery or chemotherapy.

Knowledge is power—even knowing that you may not need to be tested for certain cancers. Talk to your doctor about what tests are right for you, and which ones you can skip. ■

Beat the Belly Bloat

If your tummy feels tight and you're having trouble buttoning your pants, you may be suffering from bloat. Here are some common causes for bloat and tips on how to keep your tummy flatter.

Overeating: Eating too much raises your risk for bloat. Cut portion sizes and stop eating before you feel full to prevent bloating.

Constipation: When you're backed up, gas builds up in your intestines. Uncomfortable! Relieve symptoms by drinking more fluids and eating more fiber. Just be sure to add fiber gradually to avoid making the problem worse.

Swallowing air: Eating too quickly, chewing gum, smoking, gabbing while you eat, drinking through a straw and sucking on hard candies can cause you to swallow air and feel bloated. Kicking these habits can help deflate your belly.

Food allergies: Sensitivities to dairy, wheat and gluten may cause bloating. Try an elimination diet to identify offending food groups. Focus on cutting out one type of food at a time.

Gassy foods and drinks: You know beans can cause gassiness, but so can carbonated beverages, broccoli, cabbage, milk,

certain fruits, whole-grain foods, and onions to name a few. Sugar alcohols like erythritol, sorbitol and xylitol used to sweeten sugar-free foods also can cause bloating. Too much sodium can make you retain water and look bloated. Avoid these troublesome foods.



Sometimes a bloated belly is a sign you are carrying extra pounds around your midsection. Try upping your exercise regimen and monitoring calories to trim that tummy. If you experience chronic bloat, particularly if accompanied by pain or a change in bowel habits, see your doctor to make sure you don't have irritable bowel syndrome, Crohn's disease or some other underlying medical condition. ■

Live Longer After Cancer

The biggest concern for most cancer survivors is making sure the disease doesn't come back. Here are some helpful tips to reduce your risk of recurrence and improve survival if cancer does return.

 **Keep follow-up appointments.** Your cancer care team will help track your progress over time, help with any lingering side effects and look for signs of recurrence.

See your regular doctor. Keep all of your medical records up-to-date, including immunizations, and follow your recommended cancer-screening schedule. 

 **Practice self-care.** Emotional well-being is as important as physical well-being. If you're struggling with depression or anxiety, connect with other survivors or seek counseling.

 **Maintain a healthy weight.** Chemotherapy can cause weight fluctuations or extreme weight loss. Once finished with chemotherapy, work on maintaining a healthy weight. Excess weight increases the risk of cancer coming back and lowers survival rates for some cancers including breast, prostate and colorectal cancer.

Eat a well-balanced diet. Follow a Mediterranean-style diet with plenty of fresh fruits and vegetables, olive oil, and more fish than red meat. Avoid processed meats, high-fat dairy, refined grains and excess sugar. Studies show that a healthy diet reduces recurrence of breast, colon and prostate cancers. 

 **Stay active.** Getting at least 150 minutes of weekly exercise may keep cancer at bay and improve longevity. For example,

the American Cancer Society says exercising lowers the risk for colon cancer returning by up to 50 percent and can cut breast cancer recurrences by 24 percent. The American College of Sports Medicine suggests cancer survivors include two days of strength training in your weekly routine.

Be cautious when using supplements. Some supplements like vitamin D may lower cancer risk, but it's best to talk to your healthcare provider before using supplements. In large doses, supplements like vitamin A and beta carotene may actually increase one's risk of dying from lung cancer. 

 **Stop unhealthy habits.** Quit smoking, limit alcohol consumption to no more than one drink per day for women and two per day for men. And don't forget to slather on the sunscreen! ■



Be Your Own **Weight Machine**



Gyms are packed with weight machines that target specific muscles. However, isolating specific muscles during a workout can throw your body out of balance or put unnecessary stress on your joints. Compound moves or exercises that mimic real-life tasks are better for strengthening muscles, improving balance and increasing joint stability. Skip sweaty gym equipment and do these exercises instead.

Skip this machine 	Do this move instead 	Receive these benefits
Seated Chest Press	Push-ups (regular or modified)	Push-ups force you to use both arms and both sides of your chest equally. They also engage core-stabilizing muscles.
Seated Bicep Curls	Standing Bicep Curls With Free Weights	Free weights let you move your body in a more natural way and engage chest, core and arm muscles all at once.
Seated Leg Press	Body-weight Squats	Squats work multiple muscles in the legs, glutes and back with less stress on the hips and low back.
Seated Leg Extension	Bench Step-ups	Step-ups strengthen all leg muscles, not just the quads, which keeps your body in balance.
Hip Adductor/Abductor	Lunges	Lunges strengthen hips, quads and glutes one leg at a time, which protects hip joints and improves balance.

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.

Office Closed: Friday, Oct. 2 and Monday, Oct. 5 and Friday, Oct. 30.

Mitch's Tai Chi/Ki Gong Class

Mondays, 10 - 11 a.m. (No class on Oct. 5)
\$5 per class

Blood Pressure

Tuesdays, 10 - 11 a.m.

Yoga With Christian

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

MS In-Balance Exercise Class

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

Flu Shot Clinic

Thursday, Oct. 1
10 a.m. - 2 p.m.

Walgreens Pharmacy
(located at 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. Pneumonia vaccinations will also be available. By appointment only.

Movie Matinee:

'Far From the Madding Crowd'

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

Stroke Support Group

Tuesday, Oct. 6
2 - 3 p.m.

We invite you to take advantage of the collective knowledge and experience that MountainView Stroke Support Group offers.

Book Club

Wednesday, Oct. 7
10 - 11 a.m.

Meet new friends with common interest as you discuss favorite books. Light refreshments will be served.

September and October Birthday Party

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

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

Board Games

Thursday, Oct. 8 and 22
1:30 - 3 p.m.

Parkinson Support Group

Friday, Oct. 9
10 a.m. - Noon

Bunco

Monday, Oct. 12 and 26
1:30 - 3 p.m.

2016 Travel Program and Travel Tips by: Premier World Travel

Tuesday, Oct. 13
1:30 - 3 p.m.

Light refreshments will be served.

New H2U Member Luncheon

Wednesday, Oct. 14
Noon - 1:30 p.m.

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

Lunch & Learn: 'What is Hospice' by Nathan Adelson Hospice

Thursday, Oct. 15
Noon - 1:30 p.m.

O2 on the Go Support Group

Friday, Oct. 16
10 a.m. - Noon

Cards and Games

Monday, Oct. 19
Noon - 3 p.m.

Alzheimer's Caregivers Support Group

Tuesday, Oct. 20
10 - 11 a.m.

AARP Smart Driver Class

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

One-on-One Medicare Counseling

Wednesday, Oct. 21
9:15 - 11:15 a.m.
By appointment only.

Lunch & Learn: "Physical Therapy and YOU"

Wednesday, Oct. 21
Noon - 1:30 p.m.

Guest Speakers: Cef Villafrute, PT, MBA, WCC, MountainView Hospital Director of Rehabilitation Services and Tam Bell, RN, Clinical Rehab Specialist

Lunch & Learn: "Wound Care and Hyperbaric Medicine and YOU"

Tuesday, Oct. 27
Noon - 1:30 p.m.

Guest Physician Speakers: Dr. Naz Wahab, Medical Director for the MountainView Wound Care & Hyperbaric Center

Parkinson Support Group

Tuesday, Oct. 27
1:30 - 3 p.m.

Bingo

Wednesday, Oct. 28
1:30 - 3 p.m.

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.

Pulmonary Hypertension Association (PHA) Support Group

Saturday, Oct. 3, Noon - 2 p.m.

Knowledge, support, hope and empowerment are just a few of the things the PHA Support Group can offer. This free event is intended for pulmonary hypertension patients, caregivers and those involved in the PH community. Lunch will be provided. Call PHA Support Group Leader, Wendy Turpin, at (702) 427-3835 to register.

Lunch & Learn: Advantages of Pre-Planning

Thursday, Oct. 8, 11:30 a.m. - 1 p.m.

Please join Richard Dunbar of Palm Mortuaries to learn the advantages of pre-planning funeral arrangements. All attendees will receive a certificate for either a free simple will or power of attorney. Lunch will be provided by Palm Mortuaries.

The Alzheimer's Association Support Group

Saturday, Oct. 10, 1:30 - 2:30 p.m.

The Alzheimer's Association Support Group provides a forum to share feelings, concerns, information, support and

encouragement with others. This free event is open to the public.

Balloon Festival at Southern Hills Health Fair

Saturday, Oct. 24, Noon - 4 p.m.

Flu shots, blood pressure checks, more!

Bunco

Tuesday, Oct. 27, 2 - 3:30 p.m.

Join us for a fun-filled afternoon, play a fast-paced dice game with fellow H2U members. Easy to learn to play and a blast to play with your peers! Prizes awarded for the winners.

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, Oct. 6, 13, 20, 27 and
Nov. 3, 10, 3 - 5:30 p.m.

This Stanford University Chronic Disease Self-Management Program is a six-week series to help you or a loved one manage a chronic disease.

Fecal Incontinence Support Group

Tuesday, Oct. 6, 10 - 11:30 a.m.

Sunrise Hospital Auditorium

No RSVP needed.

Lunch & Learn Diabetes Update

Tuesday, Oct. 6, 11:30 a.m. - 1:30 p.m.

Join Penny Harrow, director of Nursing from ABC Home Health, as she provides an informative talk on diabetes.

One-on-One Medicare Counseling

Tuesday, Oct. 13, 10 a.m. - Noon

Appointment only, every 20 minutes.

Diabetes Education "Overview and Medication" Class

Tuesday, Oct. 13, 2 - 4 p.m.

3121 S. Maryland Pkwy. #600

AARP Smart Driver Class

Wednesday, Oct. 14, Noon - 4:15 p.m.

\$15 for AARP members

\$20 for non-members

Diabetes Education "Nutrition" Class

Wednesday, Oct. 14, 2 - 4 p.m.

3121 S. Maryland Pkwy. #600

Epilepsy Support Group

Wednesday, Oct. 14, 5:30 - 6:30 p.m.

Sunrise Hospital Auditorium

Physician Dinner Lecture: "Treatment for Arthritis of the Hip, Knee and Shoulder"

Wednesday, Oct. 21, 5:30 - 7 p.m.

Sunrise Hospital Auditorium

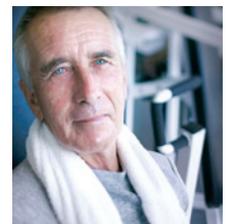
Guest Speaker: Dr. Fred Redfern.

Stroke Survivors Support Group

Wednesday, Oct. 21, 6 - 7 p.m.

Sunrise Rendezvous Room

 **Get Moving, No Matter Your Age!** Norwegian researchers found that men in their 70s who exercised had a lower risk of dying prematurely. They tracked more than 6,000 men over 12 years and found that doing just 30 minutes of moderate exercise six days a week reduced the risk of dying by 40 percent. Source: *British Journal of Sports Medicine*





Pumpkin Muffins

If you love the flavor of pumpkin pie, these pumpkin muffins are a healthier way to satisfy your dessert cravings. Fiber-rich and packed with beta-carotene, pumpkin is good for heart, eyes and overall health.

Ingredients

½ cup pumpkin purée, unsweetened
¼ cup peanut butter
2 eggs, room temperature
¼ cup brown sugar
1 tsp. vanilla extract
½ cup whole-wheat flour
½ tsp. baking soda
2 tsp. pumpkin pie spice
¼ cup pumpkin seeds

Directions

Preheat the oven to 375 degrees and line a muffin pan with six liners. In a large bowl, whisk together pumpkin purée, peanut butter, eggs, brown sugar and vanilla extract. In a small bowl, mix flour, baking soda and pumpkin pie spice. Add the wet ingredients to the dry mixture and stir gently. (Don't overmix!) Spoon the batter into the muffin cups, then sprinkle on the pumpkin seeds. Bake 12-15 minutes, until a toothpick comes out clean.

Nutrition Information (per muffin):

Calories 187, Total Fat 10 g, Carbs 19 g, Protein 7 g, Sodium 178 mg, Sugars 8 g ■

Ditch Disposable Water Bottles

Instead of buying bottled water at the supermarket, why not buy a bottle you can reuse multiple times? Refillable water bottles can save you money and reduce the environmental impact of producing, transporting and discarding all those bottles. Just be sure to wash and dry bottles after use to keep germs from growing on the mouth of the container.

Here are a few options to help you stay hydrated on the go.

Clean Bottle Square (\$11.99): Made from BPA-free plastic, this 25-ounce bottle is dishwasher safe. If you prefer flavored water, check out the fruit infuser attachment



(\$4.95) to add a citrus twist. An attachable water filter (\$5.95) is also good for 205 refills. www.cleanbottle.com

Tervis Tumbler (Price Varies):

Available in a variety of sizes and designs, an insulated Tervis Tumbler is perfect for hot and cold beverages. The wide-mouthed top is convenient for adding ice cubes and the detachable lid (\$4) makes it easy to clean. The tumbler's narrow bottom fits in most car cup holders. www.tervis.com

Vapur Element (\$13.99): No more lugging around empty water bottles! This bottle's flexible design allows it to stand up straight when filled and once empty, folds up. At 34 ounces, this bottle is one of the largest guzzlers, yet also the most portable. An added bonus? It's dishwasher safe. www.vapur.us ■

MONTHLY CHALLENGE:

Kick Up Your Exercise Routine a Notch

If you exercise regularly, this month H2U challenges you to kick it up a notch—even if you already exercise the recommended 150 minutes a week. Why? You may live longer.

Two studies in *JAMA Internal Medicine* show you can increase longevity by exercising a little longer or a little harder or both. In one study, people who exercised moderately for an hour a day were 26 percent less likely to die prematurely than people who only exercised 150 minutes a week. Those who exercised vigorously for at least a third of their routine had a 9 percent lower risk of early mortality.

Here are some ways to ramp up your routine:



Add 15-30 minutes to your daily workout.



Speed up or add short higher-intensity intervals to your routine.



Include stairs or hills on your walking or running route.



Combine aerobics like jumping jacks or shadow boxing with weight-training.



Finish off a workout with planks, core exercises, lunges or step-ups.

Just the Ticket

Planning a vacation, but don't want to bust your budget? TicketsatWork.com, one of H2U's most popular benefits, offers hundreds of exclusive discounts, and special offers to top attractions, events, hotels and car rentals! As an H2U member, you can save up to 60 percent on hotel rooms and up to 50 percent on admission prices. And that's just the beginning.

If you're traveling with kids, you'll appreciate the big savings at zoos, aquariums and water parks. And discount tickets to theme parks like Walt Disney World Resort, Universal Studios and Six Flags are always a winner—and make great gifts!



Grown-ups may want to take advantage of special pricing for Las Vegas shows, Cirque de Soleil performances and Broadway musicals. Recently, we found discounted tickets in New York City for *Wicked*, *Jersey Boys* and *The Phantom of the Opera*. Keep in mind the offers change regularly, so log in often to see what is available.

Start your savings search today by logging in at H2U.com and locating the TicketsAtWork discount code and website link on the Travel Discounts page. Click the link to TicketsAtWork.com and set up an account. Then check out the fantastic offers on everything from pro sports games to guided city tours to ski passes.

Planning a staycation? Save up to 30 percent on movie tickets from theater chains nationwide! Check the TicketsAtWork website regularly for amazing offers. ■

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!)

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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 \$8 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.



**Sunrise Physician
Dinner Lecture:
"Treatment for
Arthritis of the Hip,
Knee and Shoulder"**

Wednesday, Oct. 21

5:30 - 7 p.m. (Lecture to start at 6 p.m.)

Sunrise Hospital Auditorium

3186 S. Maryland Parkway

Las Vegas, NV 89109

Join us for an information lecture with Fred Redfern, MD, on "Treatment for Arthritis of the Hip, Knee and Shoulder." Dr. Redfern is

an orthopedic surgeon who specializes in arthritis and total joint replacement. A light dinner will be served.



**MountainView Lunch
& Learn: "Wound
Care and Hyperbaric
Medicine and YOU"**

Tuesday, Oct. 27

Noon - 1:30 p.m.

Guest Physician Speaker: Naz Wahab, MD, is a Board Certified Family Practitioner and a Fellow of the American Professional

Wound Care Association who has been practicing wound care and hyperbaric medicine for more than 10 years in the Las Vegas Valley. Dr. Wahab solely practices wound care and hyperbaric medicine across the spectrum of clinical practice and research in wound healing. She is the Medical Director for the MountainView Wound Care & Hyperbaric Center. Following the presentation we will have a limited Q & A with Dr. Wahab.

To register for any of these Physician Lectures, Please call (702) 233-5300.

Continued from page 1

Balloon Festival at Southern Hills Hospital

The event benefits Nevada high school students interested in the healthcare field through the "High School to Healthcare" scholarship program and The Public Education Foundation. Thanks to sponsor and vendor support in 2014, approximately \$28,000 was raised for the Southern Hills Hospital High School to Healthcare Scholarship fund. This effort resulted in awarding five high school students \$1,000 each for four years in college toward their healthcare education.

The Balloon Festival is free to attend unless otherwise noted, and runs from early morning to late evening each day (weather permitting). To learn more about the hospital that was voted Best Hospital in Las Vegas and its services, visit SouthernHillsHospital.com.

WHEN:

Friday, Oct. 23

6 a.m. - 11 p.m.

Saturday, Oct. 24

6 a.m. - 11 p.m.

Sunday, Oct. 25

6 a.m. - 11 p.m.

*Schedule varies daily; while supplies last; subject to change; event is weather dependent.

WHERE:

Southern Hills Hospital
9300 W. Sunset Road
Las Vegas, NV 89148



The Public Education Foundation

Because young minds matter



SOUTHERN HILLS
HOSPITAL & MEDICAL CENTER

**GREENSPUN
MEDIA GROUP**