

LiveWell

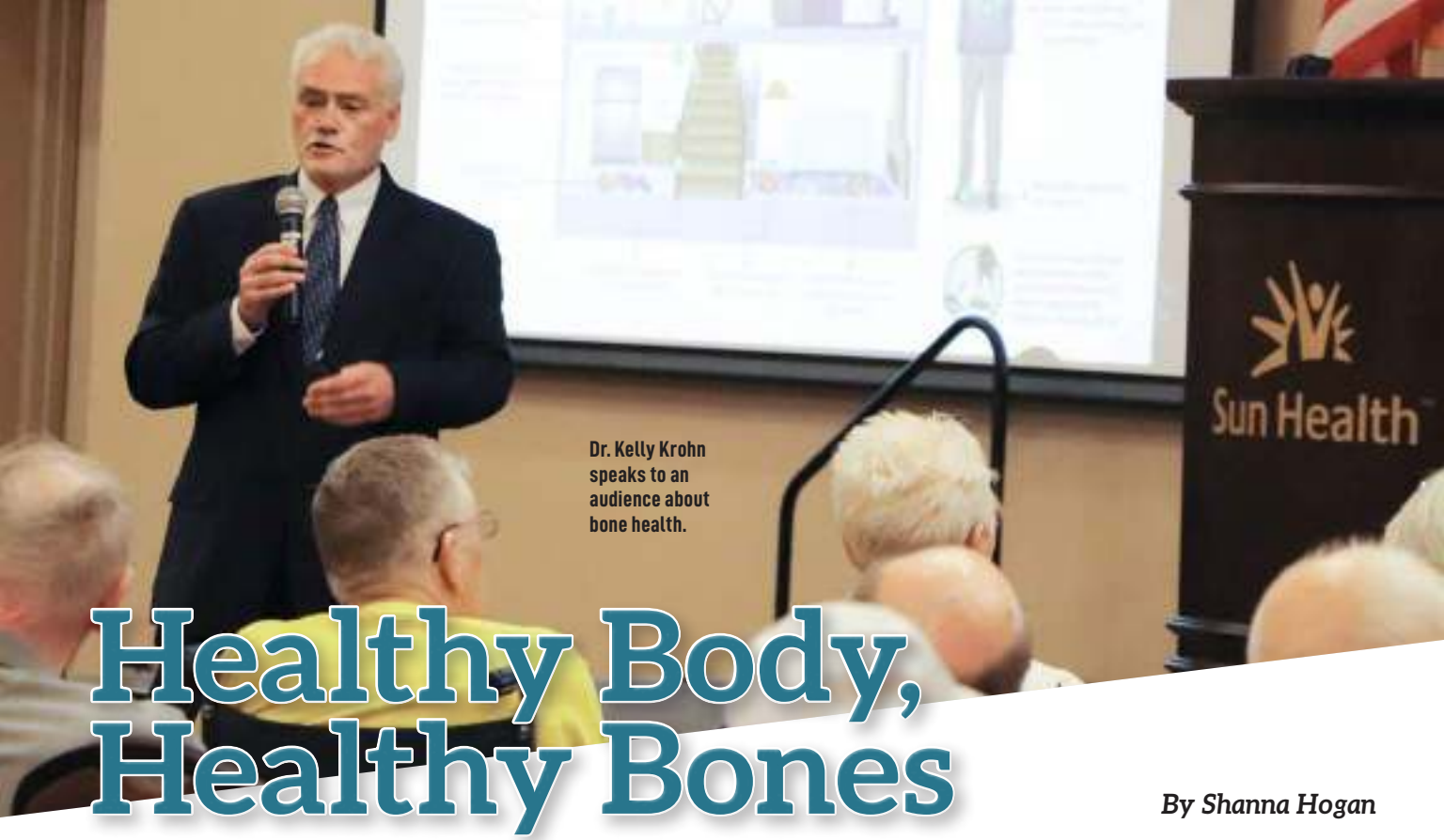
MAY 2019

Healthy Body, Healthy Bones

Medication and lifestyle
changes can keep
bones strong

Fighting
Osteoporosis

Katie Brandt, a resident
of Grandview Terrace in
Sun City West, knows
that walking can build
bone strength.



Dr. Kelly Krohn speaks to an audience about bone health.

Healthy Body, Healthy Bones

By Shanna Hogan

Medication and lifestyle changes can keep bones strong

Four fractured bones in just a few years. Multiple emergency room visits. And, strong medications to help with pain.

This was what one 75-year-old patient endured until she sought treatment from Dr. Kelly Krohn, MD, bone specialist and medical director of bone health at The CORE Institute, Arizona's largest orthopedic practice, specializing in advanced orthopedic and neurological care.

The cause of her misery? Osteoporosis. It's a common diagnosis, but it can often be missed.

"That story is told over and over again in my clinic all day long," Dr. Krohn says. "We eventually addressed the underlying problem and put her on treatment, and she hasn't had any more fractures for the last year and a half."

Osteoporosis – when the body loses too much bone – affects one in three women and one in five men over the age of 50, according to the International Osteoporosis Foundation. The disease causes more than 8.9 million fractures a year across the world.

"When you hit menopause as a woman and get older as a man, you remove more bone than you replace every day," Dr. Krohn explains. "If you live long

enough, your bones get fragile. If your bones get fragile and you break something, we call it osteoporosis."

He says it's a fallacy that people can completely overcome osteoporosis through exercise alone. While exercise is important, patients with osteoporosis can't grow new bones without medication. The most important thing exercise does is to help reduce the likelihood of falls.

"You can help yourself with weight-bearing exercises and good nutrition, calcium and Vitamin D," Dr. Krohn says.

In the past two decades, medical advances and new drugs have greatly improved treatment options for osteoporosis patients.

"We have many medications that predominately work by reducing the loss of bones," Dr. Krohn says. "We've also gotten smarter about who should take the medicines and who should not."

There is a range of drugs available for treating osteoporosis. For women in menopause, estrogen can strengthen bones, but comes with an increased risk of breast cancer. Other medications increase bone mineral density – how much calcium and other types of minerals are in your bones – and reduce future fractures.

There have even been advancements in medications that can grow new bone. “These drugs are used for the toughest patients,” Dr. Krohn says. “We don’t use them routinely if there are other choices, but they are dramatically beneficial.”

People who have suffered a fracture related to osteoporosis often are not identified or treated for osteoporosis. Doctors, like Krohn, are increasingly focused on identifying patients with a high risk of fractures and recommend they seek out a specialist with an interest in osteoporosis.

Dr. Krohn says many primary care physicians are comfortable with simple osteoporosis but are often not comfortable doing a complete bone medical workup or prescribing complex bone medications.

The National Osteoporosis Foundation recommends asking your doctor about osteoporosis, and if you need to see a specialist, your health care provider may be able to suggest one. Many doctors can treat osteoporosis, including endocrinologists, rheumatologists and orthopedists, among others, but it’s important the doctor has an interest in the disease and stays educated about it, Dr. Krohn says.

“People can die as a result of the complications of broken bones,” Dr. Krohn says. “It’s serious business, but if we address them correctly earlier in their life, we can reduce the rate of fractures somewhere between 50 and 85 percent.”

Risk factors and screening for osteoporosis

Dr. Kelly Krohn says generally all women should be screened by 65, or earlier if they have risk factors or fractures. Most men should be screened at 70, or earlier if they have risk factors or take steroids. Medicare covers routine screening for osteoporosis using a painless bone mineral density test, similar to an X-ray. If you’ve never been tested or haven’t been tested recently and have any of the age or other risk factors, please discuss the matter with your physician.

Risk Factors:

- A history of previous fractures.
- Physical inactivity or a sedentary lifestyle.
- Smoking can lower bone density.
- Low body weight or weight loss is associated with greater bone loss.
- Use of some sedatives, antidepressants, steroids and high consumption of alcohol can increase the risk of hip fractures.

Learn more from Dr. Krohn at “What Can I Do to Reduce the Chance of Life-Changing Broken Bones?”
May 20, 8:30 to 10 a.m. See p. 5 for details and registration info.



MAY 2019, ISSUE 45
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CREATED FOR SUN HEALTH BY



The Sun Health Story

Sun Health is an organization driven by passion – a passion to improve the wellbeing and quality of life for the communities we serve. We demonstrate this through our investment in Life Plan Communities, health and wellness programs and the local community hospitals.

It’s this comprehensive commitment to your wellbeing that distinguishes Sun Health, and it all begins with the heartfelt generosity of people like you who support Sun Health Foundation.

Fighting Osteoporosis

How regular exercise and a balanced diet can strengthen bones and keep you fit

By *Meghann Finn Sepulveda*

Bone loss is a natural part of aging. But, staying healthy and strong can minimize your chances of developing osteoporosis, a disease defined by weak and porous bones, which can lead to fractures and chronic pain.

The good news is that there are steps you can take to prevent and treat osteoporosis, including lifestyle changes related to exercise and diet.

Effective exercise

According to the National Osteoporosis Foundation, there are two main types of exercises that can build and maintain bone density: weight-bearing exercises and muscle-strengthening exercises.

“Aim for 150 minutes per week of weight-bearing exercises, which are activities like dancing, jogging, jumping rope and playing tennis,” says Rhonda Zonoozi, an exercise physiologist and health coach at the Sun Health Center for Health & Wellbeing. “Walking and low-impact aerobics are also good.”

Muscle-strengthening exercises use resistance to improve bone health with weights, machines, resistance bands or your own body weight and should be performed on both the



upper and lower body two to three times per week.

“Other activities that improve balance also help protect bones by reducing the risk of falls and fractures,” Rhonda explains.

The Sun Health Center for Health & Wellbeing offers strength training and Tai Chi classes. Individuals can also sign up for a personalized consultation and participate in a Senior Fitness Test that measures baseline fitness levels.

Healthy eating habits

It’s no secret that a well-balanced diet also helps.

“The vitamins and minerals in fruits and vegetables, as well as high-protein foods, all play a role in good bone health,” says Susan Welter, a

registered dietitian at the Sun Health Center for Health & Wellbeing.

According to the U.S. National Library of Medicine, if you do not get enough calcium in your diet, or if your body does not absorb enough calcium, your bones can weaken.

“The recommended dietary allowance of calcium for adults age 51 and older is 1,200 milligrams per day,” Susan says.

Calcium can be found in dairy products like milk and yogurt, dark green leafy vegetables and in fortified orange juice, tofu and almonds.

“Food is always the preferred method of obtaining bone-building nutrients,” Susan says. “But, if a diet is low in calcium-rich foods, a supplement may be helpful.”

Attend Rhonda's presentation “Lifestyle Strategies to Prevent & Treat Osteoporosis,” Wednesday, May 29 from 10 to 11:30 a.m. See p. 5 for details and registration info.

Registration Opens April 10

BRAIN HEALTH

How Research Promotes the Fight Against Alzheimer's Monday, May 13; 1 to 2:30 p.m.

Dr. Edward Zamrini from the Banner Sun Health Research Institute will discuss recent research insights in the fight against Alzheimer's disease. He will review stages of research and why proper research methodology is critical to uncovering the mysteries of Alzheimer's.

Location: Grandview Terrace/Ballroom

Cognitive Reserve: Give Your Brain Some Power! Tuesday, May 14; 2 to 3:30 p.m.

Research has shown that people with greater cognitive reserve are better able to adjust to changes in brain function associated with aging, stress or surgery. Speech Language Pathologist Sue Clyburn will discuss cognitive reserve and how to improve it.

Location: Sun Health Center for Health & Wellbeing

BONE & JOINT HEALTH

What Can I Do to Reduce the Chance of Life-Changing Broken Bones?

Monday, May 20; 8:30 to 10 a.m.

Dr. Kelly Krohn, medical director of Bone Health at The CORE Institute, will discuss bone-related nutrition, exercise, diagnostic tests and approved effective treatments to reduce future fractures.

Location: SCW Foundation/Webb Room

Lifestyle Strategies to Prevent & Treat Osteoporosis Wednesday, May 29; 10 to 11:30 a.m.

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to learn how nutrition and physical activity affect bone health and steps you can take to prevent osteoporosis or slow its progress.

Location: The Colonnade

CANCER CARE

Healthy Meal Prep for Cancer Fridays, May 3 & 17; 10 to 11 a.m.

Jennifer Brown, MS, RD, of Cancer Support Community of Arizona, will demonstrate Healthy Mexican Food (5/3) and Creative Smoothies (5/17). This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

Exploring the Principles of Radiation Oncology Tuesday, May 14; 9:30 to 11 a.m.

Dr. Ravinder Clayton, a board-certified radiation oncologist at Banner MD Anderson Cancer Center, will explain radiation oncology basics from consultation to treatments to common acute and late side effects.

Location: Freedom Plaza/Ballroom

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 [Register Online](#)

Beginning at 6 a.m. April 10


SunHealthCommunityEducation.org

 [Register By Phone](#)

Beginning at 8 a.m. April 10

(623) 207-1703

except where noted

Classes with this icon  have an associated fee.

CLASS SIZES ARE LIMITED. Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

Fees are nonrefundable unless the class is canceled.

Classes & Events

Registration opens April 10.
To register, call (623) 207-1703 or visit
SunHealthCommunityEducation.org

CANCER CARE (continued)

Optimizing Skin Health through the Ages

Monday, May 20; 1:30 to 3 p.m.

Did you know that skin cancer is the most common form of cancer in the U.S.? Dr. Aimee Two, a board-certified dermatologist, will discuss the skin changes to watch for that could signal a potential cancerous growth. She'll also discuss prevention strategies for skin cancer.

Location: Freedom Plaza/Ballroom

DIABETES CARE

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program (NDPP) is led by a registered dietitian and an exercise physiologist. This yearlong lifestyle change program uses a research-based curriculum by the CDC to help you make the necessary nutrition, physical activity and behavioral changes to improve your health and prevent or delay the onset of type 2 diabetes. **The fee for this series is covered by Medicare and many insurance providers. Call (623) 832-WELL (9355) to register.**

Thursdays, starting May 9; 9 to 10 a.m.

at Sun Health Center for Health & Wellbeing

Thursdays, starting May 9; 1:30 to 2:30 p.m.

at Banner Boswell/Chapman Conf. Room

Diabetes Self-Management Education

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by a certified diabetes educator and an exercise physiologist. **Please call (623) 832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

Tuesdays – May 28; June 4, 11, 18 & 25; July 2

**9:30 to 11:30 a.m.; Sun Health Center for Health & Wellbeing
2 to 4 p.m.; Banner Boswell/Juniper Conf. Room**

HEALTH & WELLBEING

Ladies, You Don't Have to Live with Incontinence

Thursday, May 16; 9:30 to 11 a.m.

Occupational therapists Linda Rudd and Melissa Lee will discuss pelvic floor changes and why they matter. Most importantly, discover how you can reduce or eliminate the symptoms so you can live and laugh without worry!

Location: PORA Learning Center

Prevention & Management of Recurrent UTIs and Cystitis **Tuesday, May 21; 1:30 to 3 p.m.**

Join Ali Azadi, MD, PhD, as he shares his knowledge of urinary tract infections including causes and treatments. He will also discuss the little-known topic of cystitis.

Location: Grace Bible Church

Accessing Behavioral Health Care Across the Continuum **Wednesday, May 22; 9:30 to 11 a.m.**

Dr. Jerimya Fox will share information about Banner Health's Intensive Outpatient Program. You will learn about programs that include adult group therapy for mental health, chemical dependency and peri/postpartum patients.

Location: The Colonnade

MEMORY CARE

Dementia Caregiver Support Group

Led by Marty Finley, MEd, Memory Care Navigator for Sun Health. **Registration not required.**

Wednesdays, May 1 & 15; 3 to 4 p.m.

Location: Grandview Terrace Health & Rehab

How to Be a Friend to My Friend with Dementia **Tuesday, May 28; 1:30 to 2:30 p.m.**

Maintaining a friendship with someone who has dementia can be challenging, especially for those unfamiliar with the condition. Memory Care Navigator Marty Finley will share tips on what to do and say to keep the friendship going.

Location: Sun Health Center for Health & Wellbeing

To register, call (623) 207-1703 or visit SunHealthCommunityEducation.org



PHYSICAL FITNESS

All physical fitness classes held at the Center for Health & Wellbeing

Note: Physical fitness classes are offered in an eight-class series. Registration for a series requires 40 class credits (\$40).

Chair Yoga **\$**

Wednesdays – 8 to 9 a.m.; Series CY32:
May 22 & 29; June 5, 12, 19 & 26; July 3 & 10
Beginning yoga.

Tai Chi **\$**

Wednesdays – 11 a.m. to noon; Series TC32:
May 22 & 29; June 5, 12, 19 & 26; July 3 & 10
Beginning Tai Chi modified for seniors.

Strength Training (Low-intensity) **\$**

Fridays – 11 a.m. to noon; Series ST32:
May 17, 24 & 31; June 7, 14, 21 & 28; July 5
Works upper- and lower-body muscle groups.

Chair Yoga Plus **\$**

Wednesdays – 9:30 to 10:30 a.m.; Series CYP9:
May 22 & 29; June 5, 12, 19 & 26; July 3 & 10
Chair yoga using both seated and standing postures.
Participants must be able to stand independently.

Fit & Balanced (Low-intensity) **\$**

Wednesdays – 1 to 2 p.m.; Series FAB9:
May 22 & 29; June 5, 12, 19 & 26; July 3 & 10
Focus on strength, flexibility and balance using chair as support. **Participants must be able to stand independently.**

SAFETY

AARP Smart Driver Course

Friday, May 10; 8:30 a.m. to 12:30 p.m.

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads.

Pre-registration is required. The fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring driver's license and check payable to AARP to the session.

Location: The Colonnade

DRIVING FORE SUPERIOR HEALTH CHARITY GOLF DAY

hosted by Sun Health Foundation

Charity Golf for Superior Health

SATURDAY, MAY 11 • 10 A.M. TO 2 P.M. • TOPGOLF GLENDALE • 6101 N. 99TH AVE.

Form your own team, or we'll connect you to one for some family-friendly fun and competition. Prizes awarded. Proceeds benefit the Emergency Department and Patient Care Transformation at Banner Boswell Medical Center.

For more information, visit SunHealth.org/News-Events or call (623) 832-4323.

Location Key

BANNER BOSWELL/CHAPMAN CONF. ROOM

Support Services, 2nd Floor,
13180 N. 103rd Dr., Sun City

BANNER BOSWELL/JUNIPER CONF. ROOM

Support Services, 2nd Floor,
13180 N. 103rd Dr., Sun City

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE/BALLROOM

14515 W. Granite Valley Dr., 4th Floor,
Sun City West

PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

SCW FOUNDATION/WEBB ROOM

14465 RH Johnson Blvd., Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise



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What are the available options?

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Registration is required.

Thursday, May 9	Monday, May 13	Thursday, May 23	Friday, May 31
2 p.m.	3 p.m.	Noon	9 a.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Palmbrook Country Club 9350 W. Greenway Rd. Sun City *Lunch Provided	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise



SUN HEALTH AT HOME

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 Continuing Care at Home program.**