

Jump into June looking and feeling your best! See classes and events on pages 5-7.

LiveWell

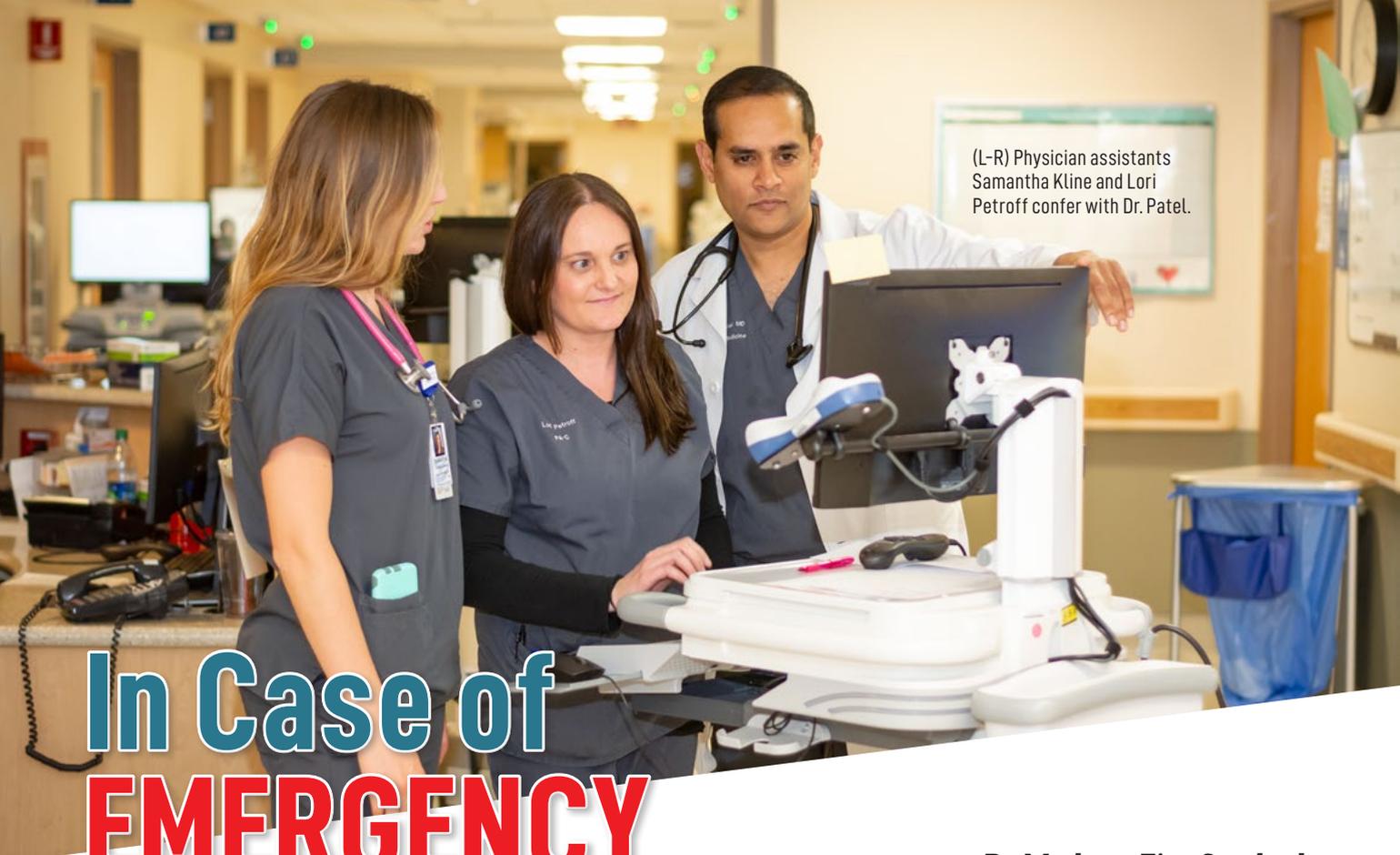
JUNE 2019

In Case of **EMERGENCY**

Top reasons for ER visits
and how to avoid them

Hites T. Patel, M.D.,
medical director
of Emergency
Services at
Banner Boswell
Medical Center

Fall Prevention 101



(L-R) Physician assistants Samantha Kline and Lori Petroff confer with Dr. Patel.

In Case of EMERGENCY

By Meghann Finn Sepulveda

Top reasons for ER visits and how to avoid them

Millions of older adults end up in the emergency department (ED) each year, often as a result of a fall-related injury, illness or adverse medication interaction.

While some accidents are unavoidable, there are safety measures you can take to lower your risk of ending up in the ED.

We spoke with Hites Patel, M.D., medical director of Emergency Services at Banner Boswell Medical Center, who shared the top reasons for ED visits at Banner Boswell and how they sometimes can be prevented.

Fall-related injuries

Unintentional falls are the leading injury-related reason for why people seek emergency care, resulting in 9 million ED visits annually, according to the Centers for Disease Control and Prevention.

Falls can cause deep cuts, bruises and broken bones.

"Falls can also cause trauma to the head," Dr. Patel says. "This can be especially concerning for seniors who may be on blood thinners or other types of medication because it could exacerbate an injury."

Patients who fall are evaluated, treated and observed before being discharged or admitted for further care. In more severe cases, patients with a head injury may be transported to a Level I Trauma Center to control bleeding.

"It's important to recognize that symptoms from a head injury like headache, confusion and nausea or vomiting, may not show up until days or weeks later," Dr. Patel says. "That's why it's critical to follow up with your primary care doctor after an ED visit."

Not all falls can be prevented, but staying physically active, getting regular vision and hearing screenings, understanding the side effects of medication, using an assistive device, wearing proper shoes and eliminating tripping hazards around your home can reduce your chances of falling.

Illness

People who feel sick, from abdominal pain to flu-like symptoms, often come to the ED.

Dr. Patel says it's important that older adults, especially those with weakened immune systems, stay current on vaccinations for pneumonia and the flu.

Chest discomfort and shortness of breath are additional reasons older adults seek care. Knowing the signs of heart attack and stroke are key to obtaining effective treatment and the best possible outcome.

"Most people are aware of heart attack symptoms like chest pain or pressure, and pain or numbness in the shoulder, arms, jaw or neck," Dr. Patel says. "Other symptoms may include nausea, vomiting and a general feeling of doom or malaise."

The signs of a stroke, however, can be subtler and more atypical, including acute onset of dizziness, one-sided weakness, balance issues, vision problems and trouble coordinating simple tasks like writing.

"A stroke that occurs in the back of the brain does not affect speech and is often overlooked," Dr. Patel says.

If symptoms of a possible heart attack or stroke occur, it is critical that the person gets to an ED immediately.

Dr. Patel explains, "Waiting to see if symptoms resolve is often the worst thing someone can do because heart or brain tissue can be permanently damaged if the underlying cause is not treated in a timely manner."

Adverse medication interactions

According to the National Institutes of Health, nearly 25 percent of all older adults who wind up in the ED are there because of adverse medication side effects or interactions.

"These patients often have a combination of issues like dehydration and medication interactions, which can lead to the improper metabolization of medications," Dr. Patel says. "This can cause pain, confusion and weakness. A urinary tract infection can further exacerbate these symptoms."

Staying hydrated is especially important for older adults, even during the cooler months. Experts recommend drinking at least five to eight, 8-ounce glasses of water per day, unless directed otherwise by their physician.

The side effects of some medications could also put older adults at risk of bleeding and cause kidney damage.

"Be sure to review all current and new medications with your primary care physician or pharmacist," Dr. Patel says. "This can help you remain knowledgeable and aware of any potential interactions or warning signs you should look for." He also recommends carrying an updated medication list so that it's available in the event of a health emergency.

Banner Boswell Medical Center is expanding its Emergency Department with the community's philanthropic support through Sun Health Foundation's *Generosity for Generations* Campaign. To learn more, please email Joyce Wilt at Joyce.Wilt@sunhealth.org or call (623) 832-5330.



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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.

Fall Prevention 101

Six tips to minimize the risk of falling

By Alison Stanton

More than a quarter of adults 65 and older fall each year, and falling once doubles their chances of falling again, according to the Centers for Disease Control and Prevention. And out of every five who fall, one is seriously injured.

Many falls, however, are preventable, says Exercise Physiologist Rhonda Zonoozi. In fact, at the Sun Health Center for Health & Wellbeing, Rhonda has helped hundreds of people learn how to improve their balance and minimize their fall risks.

Here are some of her tips:

Tip 1: Don't resist the assistive devices

Rhonda tells a story about a client who began using a cane to help her walk. Some of the client's friends teased her when they saw the cane. "She set them straight," Rhonda says, "pointing out that their eye glasses assisted them with their vision, just like her cane assisted her with walking."

Used properly, assistive devices such as canes, glasses, hearing aids, walkers and countless other devices, can improve our health, safety and quality of life. "It's common for people to view assistive devices as signs



of weakness or a decline in abilities," Rhonda says. "The exact opposite is true. They can help us stay able-bodied."

Tip 2: Review medications annually with a doctor or pharmacist

Some medications may lead to an increased risk of falling, and some interact with each other. Review everything annually, including over-the-counter medications, herbs and supplements.

Tip 3: Keep an eye on your eyes and ears

"It is important to have your eyes and ears checked regularly," Rhonda says. Even mild hearing loss or impaired vision can increase one's fall risk.

Tip 4: Wear "friendly" footwear

Shoes should fit and have good traction. Avoid walking around the house in socks or stockings. Keep your shoes on in the house or wear slippers that are non-slippery.

Tip 5: Fall-proof your home

Make sure you have good lighting throughout the house, including night lights. Keep a flashlight by the bed to use if you get up in the dark. Keep pathways clear. Toss the throw rugs and keep pet toys picked up.

Tip 6: Build up lower-body muscles

"I cannot overemphasize the importance of having strong legs to help with fall prevention," Rhonda says. "A simple exercise to build leg strength involves getting up and down out of a chair 10 to 15 times in a row without using your hands."

Rhonda Zonoozi will present "Balancing Your Fall Risk" on Friday, June 14, 1:30-3 p.m. See p. 7 for details and registration info.

Registration Opens May 8

BRAIN HEALTH

Maintain Your Brain: Eight Strategies Everyone Can Apply Monday, June 3, 10 to 11:30 a.m.

As life expectancy increases, our focus moves toward healthy aging. The biggest threat to our brains in old age is Alzheimer's disease (AD). While there is no definitive cure or prevention, there are strategies that will help optimize our brain function and may delay onset of AD. Edward Zamrini, MD, from the Banner Sun Health Research Institute will discuss these measures in detail and provide insights from clinical and research experiences.

Location: *The Colonnade*

CANCER CARE

Healthy Meal Prep for Cancer Fridays, June 7 & 21, 10 to 11 a.m.

Jennifer Brown, MS, RD, of Cancer Support Community of Arizona will prepare items with a focus on fiber (6/7) and summer salads (6/21). This class is provided in partnership with Cancer Support Community of Arizona.

Location: *The Colonnade*

DIABETES CARE

Diabetes Connection Support Group Monday, June 17, 3 to 4 p.m.

This monthly group is for individuals who have diabetes to gather together to share and learn in your pursuit of healthy living. **Registration is not required.**

Location: *Sun Health Center for Health & Wellbeing*

HEALTH & WELLBEING

Benign Prostatic Hyperplasia: Diagnosis and Treatment Options

Friday, June 7, 2 to 3:30 p.m.

Urologist John Hansen, MD, will review BPH, its prevalence, signs, symptoms, diagnosis and treatment options.

Location: *Grandview Terrace/Ballroom*

Spirituality for Holistic Health

Research supports the link between spiritual, psychological and physical wellbeing. Recognizing that everyone's spiritual path may be unique, meditation instructor Sally Charalambous shares how practices such as meditation, mindfulness, gratitude and forgiveness contribute to holistic health. **Note: Registration for this class requires 5 class credits (\$5).**

Monday, June 10, 1:30 to 3 p.m.

Location: *La Loma Village Health & Rehab*

Tuesday, June 18, 1:30 to 3 p.m.

Location: *Lakeview United Methodist Church*

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning at 6 a.m. May 8

SunHealthCommunityEducation.org

 Register By Phone

Beginning at 8 a.m. May 8

(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 May 8.
To register, call (623) 207-1703 or visit
SunHealthCommunityEducation.org

HEALTH & WELLBEING (continued)

VA Aid and Attendance

Thursday, June 13, 9:30 to 11 a.m.

Attorney Lora G. Johnson explains the guidelines for the Veterans Affairs Aid and Attendance pension program and what veterans or surviving spouses can do to qualify for this extra income.

Location: PORA Learning Center

Mindfulness: Practical Solutions for Dealing with Life's Problems

Monday, June 17, 9:30 to 11 a.m.

Susan High, LPC, will lead an interactive session on practicing mindfulness, reducing stress and increasing one's sense of wellbeing.

Location: SCW Foundation/Webb Room

Regenerative Medicine and Stem-Cell Therapy

Wednesday, June 19, 1:30 to 3 p.m.

Join Casey McNinch, DPT, to learn how stem-cell therapy can help you regain your life. If you suffer from chronic pain, this is the seminar for you.

Location: La Loma Village Health & Rehab

The Aging Eye

Thursday, June 20, 1 to 2 p.m.

In this informative workshop, Arizona Eye Institute's Eugene Shifrin, OD, explains what happens to our eyes as we age and how we can proactively maintain optimal vision and eye health.

Location: Lakeview United Methodist Church

Colorectal Potpourri

Friday, June 21, 9:30 to 11 a.m.

Tafadzwa Makarawo, MD, will cover common topics in colorectal surgery including bowel function as we age. Learn about recent advancements in colorectal surgery including technologies like robotic surgery.

Location: Lord of Life Lutheran Church

The Brown Bag Prescription Audit

Wednesday, June 26, 9:30 to 11 a.m.

Registered Pharmacist Vimal Patel will explore the intriguing and overwhelming world of medications, vitamins and supplements. He will explain why and how to minimize the interactions and side effects.

Location: The Colonnade

Lifestyle Interventions for Age-Related Muscle Loss

Friday, June 28, 9:30 to 11 a.m.

Sarcopenia is the age-related, progressive loss of skeletal muscle that can cause mobility issues, weak bones, falls and fractures and a loss of physical function and independence. Join Center for Health & Wellbeing staff to learn how physical activity and nutrition can help prevent and manage sarcopenia.

Location: Lord of Life Lutheran Church

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, June 5 & 19, 3 to 4 p.m.

Marty Finley, a memory care navigator at Sun Health, leads this support group. **Registration is not required.**

Location: Grandview Terrace Health & Rehab

Tips for Dealing with Caregiver Stress

Tuesday, June 11, 9:30 to 10:30 a.m.

When you are the primary caregiver for someone with dementia, the stress can build up to an unhealthy level. Marty Finley, a memory care navigator at Sun Health, will provide tips to help you cope.

Location: Freedom Plaza/Ballroom



NUTRITION

Staying Hydrated

Monday, June 17, 1:30 to 2:30 p.m.

Our bodies depend on fluids to survive and to work properly. Discover the importance of staying hydrated for good health with Exercise Physiologist Rhonda Zonoozi, who will discuss the best options for adequate hydration.

Location: Freedom Plaza/Ballroom

SAFETY

Am I A Safe Driver?

Thursday, June 6, 10 to 11:30 a.m.

Occupational Therapist and Certified Driver Rehabilitation Specialist Jenny Nordine will discuss the neurological changes that impair driving, the legal perspective and how to address driving with family members who have dementia.

Location: Iora Primary Care

Trauma in the West Valley

Wednesday, June 12, 9:30 to 11 a.m.

Tammy Eydeler, MSN, trauma program manager at Banner Del E. Webb Medical Center, will provide an engaging educational talk about injury prevention, what is considered trauma in our community and what you need to know.

Location: Banner Del E. Webb/Auditorium

Balancing Your Fall Risk

Friday, June 14, 1:30 to 3 p.m.

Exercise Physiologist Rhonda Zonoozi will review the essential components of balance, including why it's so important. She'll also share ways to improve your static, dynamic and postural balance and how to challenge your sensory systems to reduce the risk of falling.

Location: Sun Health Center for Health & Wellbeing

Urgent Care; What You Need to Know

Monday, June 24, 1 to 2:30 p.m.

Physician Assistant Patricia D. Layton will discuss common reasons patients visit urgent care and what you can expect when visiting an urgent care clinic.

Location: Faith Presbyterian Church

Preventing Falls

Tuesday, June 25, 1:30 to 3 p.m.

Are you worried about falling? Join Peyman A. Elison, DPM, to learn important statistics about falls for persons over 65, the complications that arise from them and ways to prevent falls in the first place.

Location: Sun Health Center for Health & Wellbeing



Need a Ride?

Northwest Valley Connect is available

NorthwestValleyConnect.org (623) 282-9300

Location Key

BANNER DEL E. WEBB/AUDITORIUM

14502 W. Meeker Blvd., Sun City West
Use the Louisa Kellam Center for Women's Health entrance

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

FAITH PRESBYTERIAN CHURCH

16000 N. Del Webb Blvd., Sun City

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE/BALLROOM

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

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Dr., Sun City West
Use Main Entrance on East side

IORA PRIMARY CARE

13940 W. Meeker Blvd., Sun City West

LAKEVIEW UNITED METHODIST CHURCH

10298 W. Thunderbird Blvd., Sun City
New location!

LA LOMA VILLAGE HEALTH & REHAB

14260 S. Denny Blvd., Litchfield Park

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

SCW FOUNDATION/ WEBB ROOM

14465 R.H. Johnson Blvd., Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

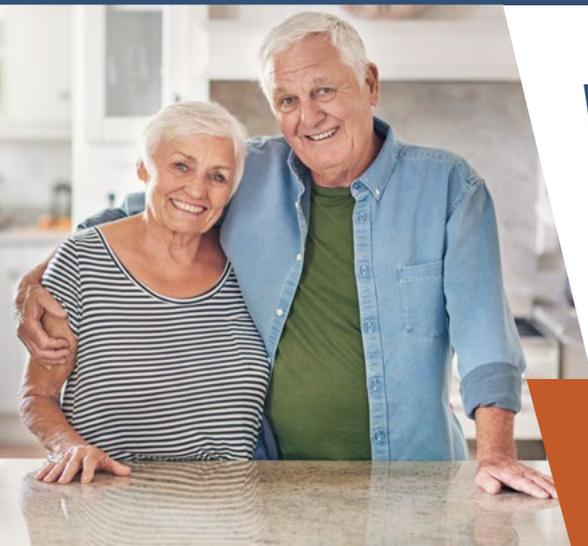
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What are the available options?

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Registration is required.

Thursday, June 6	Tuesday, June 11	Thursday, June 20	Tuesday, June 25
3 p.m.	10 a.m.	1 p.m.	10 a.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun City Grand Chaparral Center Hopi Room 19781 N. Remington Dr., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Pebble Creek, Tuscany Falls Clubhouse Chianti Room 16222 Clubhouse Dr., Goodyear



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