

Cool down and shape up with indoor classes and events in July! See pages 5 to 7.

LiveWell

JULY 2019

Move to Improve

Exercise can help during and after cancer treatment

Exercise helped Nancy Litterman Howe overcome cancer



Breathing New Life Into Lung Treatments



Dr. Shah performs a cryotherapy via bronchoscopy to remove a tumor in the airway.

Breathing New Life Into Treatments

Advances in diagnosis and treatment give new hope to people with lung cancer

By Alison Stanton

No one ever wants to hear these four words from a physician: “You have lung cancer.” But as Archan Shah, M.D., M.R.C.P., notes, people who receive this formidable diagnosis can take comfort that new diagnostic technology and treatment options provide earlier detection and longer survival.

“There is definitely a positive impact on survival rates from the advancements in treatments,” says Dr. Shah, an interventional pulmonologist at the Thoracic Surgery Clinic at Banner MD Anderson Cancer Center on the campus of Banner Boswell Medical Center in Sun City.

To become an interventional pulmonologist, Dr. Shah received specialized training. He performs advanced bronchoscopies and minimally invasive procedures to diagnose and treat conditions in the chest.

Treatment Options Abound

There are a range of treatments, according to Dr. Shah. For example, patients with early-stage lung cancer can undergo robotic- or video-assisted surgery

— after which most patients are home within four days. Another option is Stereotactic Body Radiation Therapy (SBRT), administered over five to six days.

Laser therapy can potentially remove tumors located in the airway. When needed, a stent can be placed there. Patients experiencing frequent shortness of breath due to fluid buildup around the lungs may undergo a procedure called talc pleurodesis. During the procedure, the outer lining of the lung is scraped or peeled and sprayed with a sterile talc.

In addition to the treatment options, patients can be enrolled in various national clinical trials at the Banner MD Anderson Cancer Center.

Navigational Technology's Impact on Diagnosis

Nationally, Dr. Shah says, over 60% of lung cancers are diagnosed at a late stage. This is one reason lung cancer is the leading cause of cancer deaths in the United States and typically has a poor survival rate.

Early-stage lung cancer may present as a nodule that is less than 3 centimeters. When these spots are deep in the lungs, traditional bronchoscopy cannot reach them,

according to Dr. Shah. A procedure called navigational bronchoscopy may be used to biopsy the nodules.

"This tool allows us to get deep into the lung where smaller spots and nodules exist," he says. "During this procedure the doctor can add gold or other metal markers making it easier for the radiation oncologist to later treat the affected area using SBRT with better precision."

During the procedure, the bronchoscopist directs a catheter toward the desired area in the lung using guidance from a virtual map created from the patient's CT scan. With the help of an image-guiding ultrasound, he or she can more accurately confirm the location of the nodule before taking a biopsy.

While this technology does not include removing tumors or delivering radiation, Dr. Shah says it allows for earlier diagnosis to facilitate treatments, which in turn can improve a patient's quality of life as well as survival prospects.

Start with a Primary Care Physician

For people concerned about their lung health, Dr. Shah recommends seeing a primary care physician first.

A lung cancer screening test may also be considered, especially for high-risk patients.

For more information about lung cancer screening, visit Sunh.org/lungscreen



Archan Shah, M.D., M.R.C.P.

Join thoracic surgeon Elbert Kuo, M.D., for "Winning the Fight Against Lung Cancer," Tuesday, July 16, 1:30 to 3 p.m. See p. 5 for details and registration info.



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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.

Move to Improve By Susie Steckner

Exercise can help during and after cancer treatment

Fresh off receiving news that you have cancer would hardly seem like the time to begin an exercise program.

But there's growing evidence that physical activity can benefit cancer patients during and after treatment, says Nancy Litterman Howe, a certified cancer exercise specialist and project coordinator at Arizona State University's Edson College of Nursing and Health Innovation.

In 2010, the American College of Sports Medicine published a study touting the benefits of physical activity for people with cancer and survivors. Since then, numerous studies have confirmed those results.

Research shows that higher levels of physical activity – from moderate to vigorous – result in:

- Fewer negative treatment-related side effects
- Reduced cancer-related fatigue
- Improved effectiveness of treatments
- Improved cancer outcomes, including increased survival and reduced progression and mortality

Nancy is adding to the body of research. She's currently working on her Ph.D. at ASU, investigating the role oncologists can play in encouraging their patients to exercise.

Making treatment more effective

Nancy was a competitive recreational runner, who trained hard seven days a week and ate a healthy diet; hardly a prime

candidate for cancer. But in 1997 at age 42, doctors diagnosed her with throat cancer.

Surgeons removed a golf ball-sized tumor from her throat. That was followed with six weeks of head and neck radiation. Her oncologists encouraged her to rest, but Nancy's gut told her otherwise.

"My experience as a runner contradicted their advice," she says.

She continued to exercise as much as possible. The result? "My recovery was far better than anyone expected," she says.

"It's counterintuitive that exercise reduces cancer-related fatigue more effectively than rest."

Nancy says oncologists, if asked by a patient, overwhelmingly endorse increasing activity during treatment. "But, sometimes they may not know what activities to recommend."

That's where a cancer exercise specialist can help. She praises



Nancy Litterman Howe

Sun Health for linking patients and survivors with experts who can design a safe and effective program of stretching, balance and exercise.

Doing a little changes a lot

Patients in treatment should talk with their oncologist about how to "move more than before," Nancy says.

Survivors who are no longer receiving primary treatment can also benefit from the guidance of cancer exercise specialists.

Doing a little bit "more than before" means an easy, gradual increase in daily activity. Nancy adds, "Small changes in lifestyle behaviors deliver exponential results."

First Steps

- Start with what you do every day and build.
- Walk to improve physical endurance.
- Using a firm chair, stand up, sit down and repeat to build leg strength and improve balance.
- If you can't do five minutes without fatigue, try doing two minutes, two times a day.
- Strive to build up your minutes of physical activity five days a week.

Learn more at "Exercise as Treatment," co-presented by Nancy Litterman Howe and Sun Health Wellness Specialist Alex Stark, Monday, July 8, 1:30 to 3 p.m. See p. 6 for details and registration info.

Registration Opens June 12

BRAIN HEALTH

Alcohol and the Aging Brain

Monday, July 15; 10 to 11 a.m.

Drinking too much may increase the risk of dementia. Marty Finley, MEd, a memory care navigator for Sun Health, shares how alcohol impacts the aging brain and what changes you need to consider to reduce your risks.

Location: SCW Foundation

BONE & JOINT HEALTH

Minimally Invasive Spine Surgery

Wednesday, July 24; 9:30 to 11 a.m.

Minimally invasive spine surgery (MISS), does not involve a long incision and avoids significant damage to the muscles surrounding the spine, resulting in less pain after surgery and a faster recovery, in most cases. Please join Abhishiek Sharma, MD, to hear the latest advances in MISS.

Location: The Colonnade

CANCER CARE

Winning the Fight Against Lung Cancer

Tuesday, July 16; 1:30 to 3 p.m.

Every four minutes someone is diagnosed with lung cancer in the United States. Join Elbert Kuo, MD, thoracic surgeon with Banner MD Anderson Cancer Center, as he discusses early detection and advances in treatment.

Location: Grace Bible Church

Great news! Starting today we can now accept payment for fee-based classes by telephone in addition to online. Going forward we can no longer accept payment for class credits at the Center for Health & Wellbeing. Thank you for understanding, as we continually work to serve you better!

Healthy Meal Prep for Cancer

Friday, July 19; 10 to 11 a.m.

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona, will prepare items with a focus on Health Mixology. This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

Breast Cancer: Myths & Screenings

Friday, July 19; 10 to 11:30 a.m.

Join breast surgeon Kelly Rosso, MD, with Banner MD Anderson Cancer Center, who will discuss ways to optimize your health and decrease your breast cancer risk.

Location: The Colonnade

Traditional Chinese Medicine: Addressing the Side Effects of Cancer

Tuesday, July 23; 1:30 to 3 p.m.

Licensed acupuncturist JoDee Chenaur, with Sun Health Center for Health & Wellbeing, shares how acupuncture, herbs, meditation and movement therapy can counteract unpleasant side effects of cancer treatment.

Location: Sun Health Center for Health & Wellbeing

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning June 12, 2019


SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. June 12, 2019

(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 June 12.
To register, call (623) 207-1703
or visit SunHealthWellness.org

DIABETES CARE

National Diabetes Prevention Program **\$**

Mondays, starting July 8; 6 to 7 p.m.

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 most insurance providers. Call (623) 832-WELL (9355) to register.**

Location: Banner Thunderbird Medical Center/Conf. Room 5

Diabetes Self-Management Training **\$**

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by registered dietitians and certified diabetes educators, 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 – July 9, 16, 23 & 30; Aug. 6 & 13

9:30 to 11:30 a.m.; *The Colonnade*

2 to 4 p.m.; *Banner Boswell/Juniper Conf. Room*

HEALTH & WELLBEING

Exercise as Treatment

Monday, July 8; 1:30 to 3 p.m.

For years when someone was sick they were told to rest up and recover or save their energy. What if getting up and being active was a better treatment? Join Sun Health Wellness Specialist Alex Stark, MS, and Cancer Exercise Specialist Nancy Litterman Howe, from ASU, as they talk about how exercise is a crucial component of cancer treatment.

Location: La Loma Village Health & Rehab

Proprioceptive Training **\$**

Monday, July 22; 1 to 3 p.m.

Proprioception is your ability to sense where your body is positioned in relation to the space around you. Yoga instructor Donna Schnoor will lead you through chair-based proprioceptive exercises, which can improve posture, balance, gait and overall functionality – lowering the risk of falls in older adults. **Note: Registration for this class requires 10 class credits (\$10).**

Location: Faith Presbyterian Church

Introduction to A Matter of Balance

Friday, July 26; 9:30 to 11 a.m.

Many older adults fear falling, which can lead them to reduce physical activity, leading to an increased fall risk. Exercise Physiologist Rhonda Zonoozi will introduce A Matter of Balance, which is designed to address these important issues.

Location: Lord of Life Lutheran Church

NUTRITION

Inflammation in Moderation

Friday, July 12; 9:30 to 11 am.

Alzheimer's, cancer, diabetes and heart disease are all associated with inflammation in the body. Certain foods may contribute to inflammation and some foods and exercises can help reduce it. Join Sun Health Registered Dietitian Damian Plues and Wellness Specialist Alex Stark, MS, as they share natural tips to reduce inflammation and improve health.

Location: The Colonnade

Are You Ready to DASH?

Monday, July 15; 1:30 to 3 p.m.

Join Sun Health Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to discover how the award-winning DASH style of eating can promote heart and kidney health and improve wellbeing.

Location: Freedom Plaza

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, July 3 & 17; 3 to 4 p.m.

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

Location: Grandview Terrace Health & Rehab

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



Dealing with Feelings

Friday, July 12; 1:30 to 3 p.m.

Sherry Wagoner, BSN, a memory care navigator for Sun Health, discusses how caregivers who care for loved ones with dementia may experience many feelings such as fear, anger, denial and guilt.

Location: Sun Health Center for Health & Wellbeing

PHYSICAL FITNESS

All physical fitness classes are held at the Sun Health 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.;

July 17, 24 & 31; Aug. 7, 14, 21 & 28; Sep. 4

Chair yoga incorporates all the benefits of a traditional yoga class with the added support of a chair.

Chair Yoga Plus \$

Wednesdays – 9:30 to 10:30 a.m.; July 17, 24 & 31;
Aug. 7, 14, 21 & 28; Sep. 4

Chair yoga using both seated and standing postures.

Participants must be able to stand independently.

Great news! Starting today we can now accept payment for fee-based classes by telephone in addition to online. Going forward we can no longer accept payment for class credits at the Center for Health & Wellbeing. Thank you for understanding, as we continually work to serve you better!

Fit & Balanced \$

Wednesdays – 1:30 to 2:30 p.m.;

July 17, 24 & 31; Aug. 7, 14, 21 & 28; Sep. 4

Low-intensity class focusing on the strength, flexibility and balance exercises using a chair as support.

Participants must be able to stand independently.

Mat Yoga \$

Mondays – 9:30 to 10:30 a.m.;

July 1, 8, 15, 22 & 29; Aug. 5, 12 & 19

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Strength Training for Health \$

Mondays – 1 to 2 p.m.;

July 1, 8, 15, 22 & 29; Aug. 5, 12 & 19

Fridays – 11 a.m. to noon;

July 12, 19 & 26; Aug. 2, 9, 16, 23 & 30

Low-intensity class to strengthen the upper- and lower-body muscle groups.

Tai Chi \$

Mondays – 11 a.m. to noon.;

July 1, 8, 15, 22 & 29; Aug. 5, 12 & 19

Wednesdays – 11 a.m. to noon.;

July 17, 24 & 31; Aug. 7, 14, 21 & 28; Sep. 4

Beginning Tai Chi modified for seniors.



Need a Ride?

Northwest Valley Connect is available

NorthwestValleyConnect.org (623) 282-9300

Location Key

BANNER BOSWELL/JUNIPER CONF. ROOM

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

BANNER THUNDERBIRD/CONF. ROOM 5

5555 W. Thunderbird Road, Glendale

FAITH PRESBYTERIAN CHURCH

16000 N. Del Webb Blvd., Sun City

FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

GRACE BIBLE CHURCH

19280 N. 99th Ave., Sun City

GRANDVIEW TERRACE HEALTH & REHAB

14505 W. Granite Valley Drive, Sun City West

LA LOMA VILLAGE HEALTH & REHAB

14260 S. Denny Blvd., Litchfield Park

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

SCW FOUNDATION

14465 RH Johnson Blvd., Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

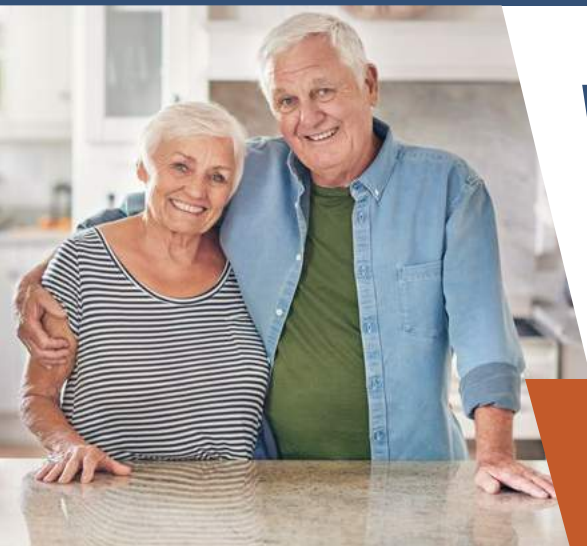
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Registration is required.

Thursday July 11	Tuesday July 16	Tuesday July 23	Monday July 29
2 p.m.	9 a.m.	10 a.m.	3 p.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise



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