

It's Heart Month! See page 6 for classes focused on heart health topics.

Sun Health[®]
WELLNESS

LiveWell

FEBRUARY 2020



Understanding AFib

Plus: Getting a Good
Night's Sleep is Vital
to Heart Health



Understanding AFib

Common, Serious and Treatable

By Renee Moe

Atrial fibrillation, or AFib, is like a 6-cylinder motor running on just 4 cylinders, says Interventional Cardiologist Fredric H. Klopff, M.D., FACC.

"AFib is a heart rhythm disorder in which upper heart chambers do not pump effectively to move blood into the ventricles," Dr. Klopff says. "It can lead to blood clots, stroke, heart failure and other complications."

Up to 7.5 million Americans are affected by AFib, one of the most common cardiac conditions, according to the Centers for Disease Control. It's a timely topic for February Heart Month and for seniors because approximately 10% of those older than 65 have the condition.

Dr. Klopff says 15% to 20% of stroke sufferers have a history of AFib.

"Stroke and heart failure can severely impact an individual's independence, leaving them unable to

perform daily activities and making it difficult to enjoy time with family," he says. "That's why recognizing and treating AFib is important."

AFib symptoms include irregular heartbeat, palpitations, extreme fatigue, decreased exercise capacity and shortness of breath.

"Any of these symptoms should be addressed with your physician," Dr. Klopff says. "Once identified, a cardiologist will determine the cause. In about half the cases, AFib is the result of wear and tear on the heart's electrical system."

Other known AFib triggers include coronary artery disease and leaky or narrow heart valve.

"Stress and anxiety, especially associated with acute medical illnesses like flu or pneumonia, can also contribute to AFib, or cause symptoms to worsen," Dr. Klopff says. "Studies have also shown people with AFib may be more affected by depression and anxiety, which can also affect the severity of symptoms."

Treatments for AFib

Your cardiologist will determine the best treatment according to severity and underlying health conditions.

"The goal is to restore normal rhythm and heart rate and prevent blood clots from forming," Dr. Klopf says. "For a rapid heartbeat, you may be prescribed medication to control and slow the heartbeat. And if you have high risk for blood clots, your cardiologist may recommend a blood thinner."

A newer method to prevent blood clots is use of a Watchman device.

"It's a permanent implant that prevents blood clots from entering the bloodstream and causing stroke," explains Dr. Klopf. "It's an alternative to blood thinners for people at risk for falls."

Procedures for treating AFib include cardioversion and cardiac ablation. The first is an outpatient procedure involving briefly shocking the heart back into normal rhythm.

"Cardiac ablation is performed by an electrophysiologist using either radiofrequency heat energy or cryoablation using very cold temperatures," Dr. Klopf says. "Ablation works by scarring or destroying heart tissue that triggers the abnormal heart rhythm."

Both procedures are successful in approximately 70% of cases.

Preventing, Living with AFib

Dr. Klopf recommends not smoking, eating healthy, watching your weight, limiting salt intake and treating high blood pressure.

While AFib can be cured for some, it can be a lifelong condition for others. Dr. Klopf recommends the following for living your best life with AFib:

- **Keep regular visits with cardiologist** – Keep your doctor updated on how AFib affects your life.
- **Know stroke risk** – AFib substantially increases your stroke risk. Most people need to take blood thinners to prevent clots.
- **Stay on medications that help control your heart rate** – Take medications exactly as prescribed. Inform your physician of side effects, and don't stop medications without consulting your physician.
- **Eat a heart-healthy diet** – Adopt a healthy diet low in fat and salt. Avoid stimulants like caffeine and alcohol as well as tobacco.
- **Manage other conditions** – Manage conditions like high blood pressure, high cholesterol, thyroid disorders, diabetes and heart failure.

Please see page 6 for three informative Healthy Living classes on Heart Health you can attend at no cost.



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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.

Sleeping to Your Heart's Content

By Renee Moe

For many older adults, a good night's sleep is just a dream. Sleep issues are part of normal aging because of changes in our circadian sleep pattern, says Carlos Alvarado-Valdes, M.D., a pulmonary and critical care sleep medicine physician.

"Many seniors develop 'advanced sleep-wake sleep disorder,' a form of insomnia," he says. "They may fall asleep at dinnertime, then finish sleeping too early and wake in the middle of the night."

Adults older than 65 need seven to eight hours of sleep to feel rested and alert.

"During sleep, your body actively regenerates, which is important for heart health," Dr. Alvarado-Valdes says. Those who sleep less raise the risk for sleep disorders like sleep apnea.

"Persons with sleep apnea lose the ability to lower blood pressure and heart rate during sleep," he says. "Undetected and untreated, it can lead to congestive heart failure, atrial fibrillation and even sudden death."

Discuss sleep concerns with your doctor or sleep specialist who may prescribe a sleep study.

"A sleep study should be considered if there is excessive daytime sleepiness with no clear explanation, possible sleep apnea, narcolepsy, or a parasomnia – an event happening during sleep other than laying at rest, such as acting out dreams," Dr. Alvarado-Valdes says.



Improve your chances for a better night's sleep by following these tips:

- **Unplug from technology** – Turn TV and electronics off.
- **Establish pre-sleep routine** – Maintain a consistent routine before bedtime.
- **Maintain a consistent sleep schedule** – Go to bed and wake up at the same time, even on weekends.

- **Limit caffeine and alcohol** – Caffeine can cause wakefulness and alcohol creates sleep fragmentation and disruption.
- **Optimize your sleep environment** – Keep your bedroom dark, quiet and cool.

"A good night's sleep is important for overall health," Dr. Alvarado-Valdes says. "We take good sleep for granted until we no longer have it."

Please see page 6 for three informative Healthy Living classes on Heart Health you can attend at no cost.

Registration Opens January 14

BONE & JOINT HEALTH

Crick in the Neck

Friday, Feb. 21; 9:30 to 11 a.m.

Neck muscles can be strained from poor posture and other lifestyle behaviors that can lead to changes in the neck shape. Join Sun Health Wellness Specialist Alex Stark, MS, to learn about how exercise and stretching can help prevent and even reverse many causes of neck pain.

Location: The Colonnade

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Feb. 7 & 21; 10 to 11 a.m.

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona (CSCAZ), will prepare items with a focus on Baking Bread (2/7) and Midwestern Food Makeover (2/21). This class is provided in partnership with CSCAZ.

Location: The Colonnade

DIABETES

National Diabetes Prevention Program

Sun Health's National Diabetes Prevention Program is led by a registered dietitian. This yearlong lifestyle change program uses CDC research-based curriculum 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.

Call (623) 471-9355 to register.

Tuesdays, starting Feb. 4; 12:30 to 1:30 p.m.

Location: Sun Health Center for Health & Wellbeing

Wednesdays, starting Feb. 26; 3:30 to 4:30 p.m.

Location: Banner Boswell/Chapman Conf. Room

Diabetes Connection Support Group

Monday, Feb. 17; 3:30 to 4:30 p.m.

This monthly group is for individuals with diabetes to share and learn in pursuit of healthy living.

Registration is not required.

Location: Sun Health Center for Health & Wellbeing

Annual Diabetes Self-Management Education

Thursday, Feb. 13; 2:30 to 4:30 p.m.

This class is designed for anyone who previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educators will provide the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

Location: Sun Health Center for Health & Wellbeing

HEALTH & WELLBEING

Ladies, You Don't Have to Live with Incontinence

Tuesday, Feb. 18; 1:30 to 3 p.m.

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

Location: Grace Bible Church

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

Beginning January 14, 2020

SunHealthWellness.org

 **Register By Phone**

Beginning at 8:30 a.m. January 14, 2020

(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

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

HEALTH & WELLBEING (continued)

The Link Between Nutrition & Inflammation

Monday, Feb. 24; 1 to 2:30 p.m.

Inflammation has been identified as a risk factor in developing chronic diseases such as diabetes, cancer and cardiovascular disease. Join Health and Wellness Coordinator Teri Elkins, MPH, CHES, from Sun Health, to learn how to read food nutrition labels and not be deceived by health claims empowering you to make healthy decisions.

Location: Faith Presbyterian Church

Senior Living & Healthcare Options

Wednesday, Feb. 26; 2 to 3:30 p.m.

Knowing your options and planning ahead is one of the best gifts you can give yourself and your loved ones. Join Penny Karle, CSA, to learn about living and healthcare options from home to hospice. Learn what to look for and how to plan to keep everyone prepared instead of panicked.

Location: The Colonnade

HEART HEALTH

Living Heart Healthy

Monday, Feb. 17; 1:30 to 3 p.m.

Join Rhonda Zonoozi, EP-C, from Banner Thunderbird Cardiac Rehab, to learn more about how this hard-working muscle functions and how to keep it healthy by reducing risk factors.

Location: Freedom Plaza/Ballroom

A Naturopathic View of Heart Health

Thursday, Feb. 20; 9:30 to 11 a.m.

Join Marina Mitchell, BSN, to explore the concept of naturopathic heart health care as a complement to traditional heart health care. Learn about your body's innate ability to enhance the healing process. The mind and body will be respected as a pathway to optimal heart health and improved overall physical health, sleep and mood.

Location: PORA Learning Center

Heart Health - Know Your Risk factors

Tuesday, Feb. 25; 1:30 to 3 p.m.

Keeping your heart healthy is one of the most important ways to make sure you are feeling your very best. Join Vimalkumar Veerappan, MD, FACC, FACP, RPVI, from Arizona Heart Specialists to learn how you can start doing small things every day that can keep your heart healthy so you can live a longer, happier and healthier life.

Location: Banner Del E. Webb/Auditorium A & B

MEMORY CARE

How to Be a Friend to My Friend with Dementia

Monday, Feb. 3; 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, MEd, will share tips on what to do and say to keep the friendship going.

Location: Shepherd of the Hills United Methodist Church

Dementia Caregiver Support Group

Wednesdays, Feb. 5 & 19; 3 to 4 p.m.

Sun Health's Memory Care Navigator Marty Finley, MEd, leads this support group. **Registration is not required.**

Location: Grandview Terrace Health and Rehab

Turning Point: Alzheimer's Documentary and Panel Discussion

Monday, Feb. 10, 3 - 5:30 p.m.

Where will the future of Alzheimer's research take us? Join Alireza Atri, MD, PhD, Director of Banner Sun Health Research Institute and BrightFocus Foundation, a leading funder of Alzheimer's research, for a screening of the Turning Point. Acclaimed filmmaker and director James Keach (Walk the Line, Glen Campbell...I'll Be Me) follows a team of Alzheimer's researchers and captures the raw disappointment and renewed hope of those working to find a cure for this incurable disease affecting nearly 5.7 million Americans. A panel discussion with Q&A will follow the film.

Location: The Colonnade

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



Memory Café

Tuesdays, Feb. 11 & 25; 9:30 to 11:30 a.m.

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. The free sessions are scheduled on the second and fourth Tuesday of every month. **Registration is not required.**

Location: Salvation Army

NUTRITION

Deciphering Food Labels

Wednesday, Feb. 19; 9:30 to 11 a.m.

Have you ever looked at a food package or nutrition label and wondered what it all means? The front of the food package is designed to sell you the product. Join Teri Elkins, MPH, CHES, Health and Wellness Coordinator at Sun Health, to learn how to read food nutrition labels and not be deceived by health claims, empowering you to make healthy decisions.

Location: Lord of Life Lutheran Church

 **Need a Ride?**
Northwest Valley Connect is available
NorthwestValleyConnect.org (623) 282-9300

Location Key

BANNER BOSWELL/CHAPMAN CONF. ROOM

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

BANNER DEL E. WEBB/AUDITORIUM A & B

14502 W. Meeker Blvd., Sun City West

FAITH PRESBYTERIAN CHURCH

16000 N. Del E. 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 AND REHAB

14505 W. Granite Valley Dr., Sun City West

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

PORA LEARNING CENTER

13815 W. Camino del Sol, Sun City West

SALVATION ARMY

17420 N. Ave. of the Arts, Surprise

SHEPHERD OF THE HILLS UNITED METHODIST CHURCH

13658 W. Meeker Blvd, Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise

PHYSICAL FITNESS

All physical fitness classes are held at:

Sun Health Center for Health & Wellbeing

Note: Unless otherwise noted, physical fitness classes are offered in a eight-class series. Registration for each series costs \$40.

Chair Yoga Plus \$

Mondays, starting Feb. 24; 8:30 to 9:30 a.m.

Chair yoga using both seated and standing postures. Participants must be able to stand independently.

Location: Sun Health Center for Health & Wellbeing

Mat Yoga \$

Mondays, starting Feb. 24; 9:45 to 10:45 a.m.

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.

Location: Sun Health Center for Health & Wellbeing

Tai Chi \$

Mondays, starting Feb. 24; 11 a.m. to noon

Beginning Tai Chi modified for seniors.

Location: Sun Health Center for Health & Wellbeing

Strength Training \$

This low-intensity class uses bands, body weight and other items to train the upper- and lower-body muscle groups.

Location: Sun Health Center for Health & Wellbeing

Mondays, starting Feb. 24; 12:30 to 1:30 p.m.

Fridays, starting Feb. 28; 11 a.m. to noon



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**Tuesday,
 Feb. 4, 2 p.m.**

Sun Health Center for
 Health & Wellbeing
 14719 W. Grand Ave
 Surprise, AZ

**Tuesday,
 Feb. 11, 10:30 a.m.**

Foothills Recreation
 & Aquatics Center
 5600 W Union Hills Dr,
 Glendale, AZ

**Thursday,
 Feb. 13, 10 a.m.**

Sun Health Center for
 Health & Wellbeing
 14719 W. Grand Ave
 Surprise, AZ

**Monday,
 Feb. 17, 3 p.m.**

Tuscany Falls Clubhouse
 Pebble Creek
 16222 Clubhouse Dr,
 Goodyear, AZ

**Tuesday,
 Feb. 25, 2 p.m.**

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