

FALL 2018

HealthSmarts

Be in the know

Breast cancer awareness

Annual Wellness Visit

Don't miss this key benefit

Eat your way to happiness

Healthy, mood-lifting cuisine

Faster, Stronger

Quick response gives stroke patients greater opportunities for recovery

 Banner Health Network

Wishing you happy and healthy holidays!



Thank you for reading the autumn 2018 edition of Health Smarts! With the return of pumpkin spice-flavored everything and the sights and sounds of Halloween, there's proof

we're entering the fall season. Looking ahead to the holidays can bring great joy as we anticipate gathering with friends and loved ones.

We can all benefit from a reminder of things we can do to reduce that holiday stress, including eating tips to improve your mood.

You'll also find a special insert to learn more about the differences between osteoarthritis and rheumatoid arthritis, the different treatment options (both prescription and over-the-counter) and things you can do on your own to manage some arthritis symptoms.

You will also read a great success story about stroke recovery from a family perspective. Other articles include how to get the most out of your annual wellness visit, including recommended immunizations and screenings. You'll also learn about the latest treatments for breast cancer from experts at Banner MD Anderson Cancer Center, tips to reduce your risk of falling, and the difference between generic and name brand medications. And if you like keeping the dialogue open with your doctor, our physicians will also share what they wish their patients would ask

them, so it might help you the next time you meet with your own doctor. We have also included a list of community classes if you're interested in attending, and as always, our crossword puzzle will not only keep you entertained but may challenge your mind skills.

This publication is designed for Medicare beneficiaries whose doctor participates in the Medicare Shared Savings Program Accountable Care Organization through Banner Health Network. The Medicare Shared Savings Program does not require a sign up and does not change your Medicare benefits. This Health Smarts magazine is an added bonus, providing you with valuable information on the latest health care news and suggestions for healthy living.

For any health-related questions, you have access to our 24-hour Banner Health Nurse On-Call service. Our nurses can answer questions about medications or make recommendations about where to get care. Just reach out to us at (602) 747-7990 or (888) 747-7990.

To your health,

Ed Clarke, MD
Chief Medical Officer
Banner Health Network



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What is one question you wish your patients would ask?



I wish patients would ask where to find reliable information on the internet. In this digital age, where so much unfiltered information is available, it is hard for the average person to know what is trustworthy and evidence based and what is opinion or marketing. We would like to help our patients find accurate online resources.

David M. Bell, DO
Invasive Cardiologist
CVAM CardioVascular
Associates of Mesa



With lifestyle playing such an important role in cardiovascular health, I love when my patients ask me "How do I make myself healthier?" In general, I wish patients would ask more questions! Questions allow me to partner with patients to create uniquely tailored solutions. Questions eliminate fear. I truly believe that an informed patient is an empowered one.

Nisha L. Bhatia, MD
Cardiologist
Cardiac Solutions



People can take many steps to support their mind staying sharp as they age, and I wish patients would ask. Research shows that exercise and diet are key in helping prevent memory problems later on. Social engagement with family and friends can help keep your brain active and healthy throughout life. Start early and, if you have children, encourage them to do the same thing!

Bill Burke, MD
Stead Family Memory Clinic Director
Banner Alzheimer's Institute



I wish my patients would ask what they can do to stay healthy longer with a good quality of life. Having a patient who is actively engaged and participating in their care makes expectations and quality of life easier to maintain. This also helps the relationship between the Doctor and the Patient to have common understanding and goals.

Richard Fowler, MD
Internal Medicine
Arizona Center for Internal Medicine



I wish patients would ask "What can I do to help get better?" Patients need to understand they need to play an active or proactive role in their medical care. Home exercises with proper stretching and core strengthening, improved diet and nutrition and stress management play a crucial role in treatment and prevention.

Lawrence Kutz, DO
Spine and Pain Management
Banner CORE Center for Orthopedics



I wish my patients would ask to talk about their end-of-life wishes and goals of care. Doctors get wrapped up in the guidelines and patients do what the doctor says without question. What if the treatment isn't consistent with what you want? Don't be afraid to have a candid discussion about your goals and wishes. It may prove to be one of your best visits to the doctor.

Sarah Payne, DO
Division Medical Director
Banner Palliative Care & Hospice



BE IN THE KNOW:

Breast cancer awareness

Risk factors, screening guidelines and treatment options

By *Meghann Finn Sepulveda*

If you've been delaying a screening, now may be a great time to schedule a mammogram, and a perfect opportunity to learn about your risk of developing breast cancer. Breast cancer is the second most common kind of cancer in women, affecting about 1 in 8 in the United States, according to the U.S. Department of Health and Human Services. It is best to detect breast cancer early, when it's most treatable.

Know your risk

Age is a primary risk factor for breast cancer. It is typically diagnosed after age 50, according to the Centers for Disease Control and Prevention.

"Other risk factors include family history and obesity," said Shakeela Bahadur, MD, a breast cancer specialist at Banner MD Anderson Cancer Center in Gilbert, AZ. "Alcohol and tobacco use, along with radiation exposure, can also put someone at risk for developing breast cancer."

Individuals with dense breasts are at increased risk. Another risk factor is increased exposure to estrogen

over a lifetime due to any of the following: early beginning of a menstrual cycle, late menopause or use of hormones or oral contraceptives that contain estrogen.

"It's important to talk to your doctor to determine your personal risk," Dr. Bahadur explained. "Genetic testing is available at Banner MD Anderson and can be beneficial for many individuals, because it calculates the risk of developing breast cancer, which is especially important for those with a hereditary predisposition."

Know your screening options

A yearly screening mammogram is recommended for all women age 40 and older who are at average risk for breast cancer. At Banner MD Anderson, dedicated breast radiologists use comprehensive screening and diagnostic imaging exams to get the most precise breast images.



LEARN MORE

about the comprehensive breast program at bannerhealth.com.

Other diagnostic screening tools such as breast ultrasound, breast MRI and breast biopsy may be used in combination with a diagnostic mammogram and could be recommended for those who are at high risk.

It's important to be aware of changes in your breasts and get checked out if you see or feel something that doesn't seem normal.

"Talk to your doctor right away if you discover something that doesn't feel right," Dr. Bahadur said. "Postponing an appointment could delay treatment."

Know your treatment plan

A breast cancer diagnosis can be scary, even life changing. The dedicated and compassionate breast cancer experts at Banner MD Anderson are equipped with powerful knowledge and advanced technology to detect and treat breast cancer.

Depending on the stage and biology of a tumor, treatment options may include surgery, chemotherapy, radiation and hormonal (anti-estrogen) therapy.

At Banner MD Anderson, several clinical trials are also available for patients who are in both early and late stages of breast cancer. They would need to consult with their physicians first to see if these experimental medications and therapies are right for them.

"Our multidisciplinary team comes together to discuss and recommend the appropriate treatment plan that will lead to the best outcome," Dr. Bahadur said. "We educate patients and guide them throughout their entire journey."



DON'T MISS IT

The opportunity to discuss your health care with your doctor is a key Medicare benefit

By Debra Gelbart

Your Annual Wellness Visit (AWV) with your primary care doctor is all about knowledge and information that does not include a physical exam. It's your opportunity to chat with your physician about your current health concerns, your personal or family medical history, how to prevent future health problems and what health screenings and immunizations you may need. It's a visit covered in its entirety by Medicare.

"Often, patients just come in for problem-based care," said K. Talmage Lewis, DO, a family practice physician with Hatfield Medical Group in Mesa. "But the AWV is different. It's intended to be a conversation between you and your doctor, not only about your current, past and future health, but whether you're at risk for or may

have depression, or whether you may be misusing alcohol or drugs or at increased risk of falling."

Preparing for your Annual Wellness Visit

Dr. Lewis recommends that you bring the following information to your next Annual Wellness Visit:

- A living will, medical power of attorney and/or a Do Not Resuscitate (DNR) order. If you have these documents, your doctor's office can make a copy of them and include them in your chart.
- A list of any physicians you've seen in the past year.
- Any medical procedures or surgeries performed in the last year that your primary care doctor may not know about. These may include routine screenings, such as a mammogram, colonoscopy,



or chest x-ray. Make sure the list of procedures includes the month (and year if not the current calendar year) the procedure took place, and the name of the physician who performed or ordered it.

- A list of your current prescription(s), and any over-the-counter medications you are taking, including the name of each medication, the dosage, and the reason you're taking it.
- Your medical history including that of your parents, grandparents and siblings. You may get questions about any illnesses or pre-existing medical conditions your immediate family members may currently have,



or may have suffered from in the past. It would be helpful to know what those exact medical issues are, and at what age they were diagnosed.

- Your social history including any alcohol consumption, recreational drug use, or whether you have ever or continue to smoke or chew tobacco.
- A list of questions you may have for your doctor.

What to expect at your Annual Wellness Visit

When you arrive at the provider's office, chances are you'll be asked to fill out a detailed questionnaire that may reference the documents and information above. The

questionnaire will help your doctor facilitate the conversation with you. Patients frequently follow up their AWV with an appointment for their physical exam.

"At that appointment, your doctor can prescribe medications or procedures for any pain or problem you may be experiencing," Dr. Lewis said. "That's why an Annual Wellness Visit and a yearly physical exam are important together. Any problems identified during the AWV can be addressed during the physical exam. Keep in mind that the Annual Wellness Visit focuses on improving and maintaining your health, not on treating an illness."

KEEP YOUR IMMUNIZATIONS CURRENT

At your Annual Wellness Visit, your doctor likely will make sure you're up to date with the following immunizations. If you need any of these, you can receive the vaccinations at the same visit:

- **Flu:** This is a yearly vaccine typically administered in early to late fall.
- **Pneumococcal disease:** This is a two-dose regimen. The Centers for Disease Control recommends two pneumococcal vaccines for all adults 65 years or older—a dose of PCV13 first, followed by a dose of PPSV23, at least one year later. PCV13 protects against 13 strains of pneumococcal bacteria and PPSV23 protects against 23 strains of pneumococcal bacteria. Both vaccines provide protection against illnesses like meningitis and bacteremia. PCV13 also provides protection against pneumonia.
- **Shingles:** A new vaccine for people 50 and older called Shingrix is administered in two doses six months apart. This regimen appears to be more effective than the older, single-dose vaccine called Zostavax.
- **Tetanus, pertussis (whooping cough) and diphtheria:** This combined immunization should be administered at least every 10 years, especially if you're going to be around children under two who are not yet fully immunized against these diseases. Even if you're not sure when you last had the vaccine, you can receive it.
- Other immunizations based on exposure to disease or risk based on overseas travel plans.

Quick response
gives stroke
patients greater
opportunities
for recovery

By Elise Riley | Photos by Rick D'Elia
Location courtesy The Farm at South Mountain

Faster, stronger

Marie Clark Canneady knew something was wrong on July 25, 2018. Her husband, Alvin, 66, had complained of a severe headache the night before and was not able to keep his breakfast down. Then she heard her kids hollering.

"They said he wasn't responding," she remembered. "I could see him waving his hands like he was trying to tell me something, and he couldn't. I knew something was wrong. His mouth had drooped down. I called 9-1-1 immediately."

Alvin was having a stroke. Within minutes, an ambulance arrived to their Laveen home and rushed him to Banner Estrella Medical Center. To avoid any further brain damage, they needed to stop the progress and stabilize Alvin. They would eventually transfer him to a team that would work with him on regaining both the physical and cognitive functions that he may have lost.

"A vast majority of stroke patients will have improvement, often meaningful and sometimes excellent," said Dr. Douglas Franz, a vascular neurologist and stroke specialist with Banner Health.

According to the Centers for Disease Control, more than 795,000 Americans experience a stroke each year. One may be predisposed to having a stroke because of genetics or because of age. The older a person, the higher the risk for having a stroke. Ethnicity also plays a role as African-Americans, Hispanics and Native Americans are also at a higher risk of having a stroke.

Nearly one-quarter of strokes occur in people who already had one. It's the largest cause of disability in the United States. While strokes can cause issue with a person's mobility, communication and basic function skills, when caught early, stroke patients today have a more significant opportunity to make continued progress during rehabilitation.





STROKE WARNING SIGNS

- Slurred speech
- Weakness on one side of the body
- Changes in sensation
- Trouble communicating
- Vision loss
- Severe headache for no reason
- Problems with balance or coordination

RISK FACTORS FOR STROKE

(According to the CDC)

- History of smoking
- Untreated high blood pressure
- Diabetes
- High cholesterol
- Sleep apnea
- Sickle Cell Disease
- Previous stroke

REDUCING RISK FACTORS

If you're at high risk, there are behavioral changes you can make to reduce your risk:

- Exercise regularly
- Lose weight
- Follow a Mediterranean diet
- Avoid drinking alcohol
- Quit smoking

Cardiologists often use the phrase “time is muscle” when discussing heart attacks. The sooner a patient gets to a hospital, the more heart muscle that is preserved. The same is true for stroke.

“Time is brain,” Dr. Franz said. “The sooner we see you, the better the chance of curing you.”

Within minutes of arriving at Banner Estrella, doctors treated Alvin with tPA, a protein that breaks down the clot in the brain and stops the stroke. Alvin stayed at Banner Estrella for a week before transferring to inpatient rehabilitation at Banner - University Medical Center Phoenix where he worked with physical, occupational and speech therapists for several weeks. Alvin focused on speech and memory. The stroke did cause some aphasia, which means he forgets words or has trouble identifying the names of items or people. Physical therapists helped him with walking and maintaining his balance.

Now, Alvin is home and participates in outpatient therapy. He has exercises and activities to do at home, and he’s beginning to notice progress.

“I can’t remember anything from the hospital,” Alvin said. “I remember absolutely nothing. But now, I feel like I’m noticing things, I’m realizing that I can’t remember telephone numbers. I’m aware of what I’m missing. They’ve told me not to worry. I might have forgotten something, but it’ll come back to me.”



While each person’s experience with having a stroke may vary, Alvin’s story is largely similar to what other Americans experience after receiving fast stroke care.

“I have a great number of patients who are living well, and that’s the goal,” Dr. Franz said. “Our goal is for you to live well again. The first six to eight weeks shows the most dramatic improvement for people,

but we’ve shown improvement for nearly a year afterward.”

Gradually, Alvin is gaining more independence and confidence. He’s healing.

“They’ve all been really great people,” he said. “I wouldn’t have known what to do without them helping me out. I did eight classes last week, and they’re helping me remember as much as I can.”

No frills, same quality

Plain-wrap drugs are more economical without sacrificing effectiveness

By Leigh Farr

There's no question that generic drugs are easier on the wallet than their pricey name-brand counterparts. The U.S. Food and Drug Administration (FDA) estimates that generics cost 80- to 85-percent less than the name-brand drugs, and experts say that though they're less expensive than the drugs they duplicate, they deliver the same high quality results.

"It's widely known that generics are safe and effective options," says Kendra Karagozian, Sr. Director, Managed Pharmacy Solutions at Banner Health. "When generics are available, typically 99-percent of patients who have the option to take a generic medication will elect to get the generic product because of the cost savings and they're equally effective as the brand product."

Rigorous review

Generic drugs pop up on pharmacy shelves when the patent on a name-brand drug expires, and companies are given the green light to make a generic version. Even though they don't have the name recognition, generic medications are budget friendly because generic companies are not



required to repeat studies performed on the pioneering medicine to prove effectiveness and safety, nor do they have to spend on marketing a new drug. All they need to do is make the drug and sell to the consumer without passing on the higher price.

A generic pill, capsule, inhaler or patch may look different than the name-brand counterpart, but they are required by the FDA to contain the same active ingredients, provide the same clinical benefit and be as safe and effective as the original drug. The only variations are inactive ingredients such as dyes, binding materials, flavoring agents and preservatives.

"The FDA evaluates generic drugs in the same way that they do brand-name drugs," says Mike Young, Sr. Director, Banner Retail Pharmacy. "They are a very effective way to save money and to be able to afford the medications that could be lifesaving for people or could at least sustain them."

Safe to switch?

If you are taking a name-brand prescription drug, and you want to save money by switching to a generic, ask your health care provider if a generic substitution is right for you. Also keep this in mind, if you have prescription drug coverage, your insurance provider may only cover the lesser cost of the generic brand, so it's important to find out if you are even able to take generic brand medications. Conditions such as seizures, blood clots, arrhythmias, thyroid problems or kidney transplants may be better treated with the name-brand prescription. Even a slight difference in a drug's effectiveness could cause problems.

"The circumstances where it would be a risk to switch from brand to generic are few and far between," Karagozian said. "The only products where patients would need to be concerned is where they have a narrow therapeutic index where a little change could make a big difference in how they work."



Eat your way to happiness

In a healthy way!

By Michelle Jacoby

When we say “comfort food” you may think of a plate of fried chicken, mashed potatoes and extra gravy. Or maybe you think of a large hamburger with all the fixings, including a side of fries.

Many people believe eating “comfort foods” can lead to happiness and satisfaction. While these foods tend to be really delicious, they can also be blamed for poor mental health.

“The gut is known as the second brain,” said Marilyn Cryan, a registered dietitian with Banner Health Network Population Health Management. “Your gut produces neurotransmitters, which are chemicals that transmit nerve impulses to nerves, muscles or glands.”

According to Cryan, the communication between your gut is like a cycle: Your gut produces neurotransmitters, which are affected by gut bacteria, which is affected by the quality of your food. “If you have a healthy diet, you’re going to have healthier gut bacteria,” she said.

So what foods are best to help support mental health and well-being? The best advice, Cryan said, is

to maintain an overall healthy diet high in fruits and vegetables, high in complex carbohydrates and lean proteins.

“Studies have shown that people who eat a balanced diet like this report fewer symptoms of depression,” she said.

One of those studies has found mental health benefits from the DASH diet, which was developed by the U.S. National Heart, Lung and Blood Institute. DASH, which stands for Dietary Approaches to Stop Hypertension, is high in fruits, vegetables and low-fat dairy foods and discourages foods that are high in saturated fat, cholesterol and trans fats. People on the DASH diet are also encouraged to eat more whole-grain foods, fish, poultry and nuts, and limit sodium, sweets, sugary drinks and red meats.

“Similar to the Mediterranean diet, DASH is so practical,” said Cryan. “It’s mainly fruits, vegetables and lean proteins, which contain tryptophan. This is an amino acid that stimulates your gut to produce serotonin, the ‘happy’ hormone. Our foods can literally stimulate the production of chemicals that regulate our mood.”

SWEET POTATO CASSEROLE

7 cup (2lb) cubed, peeled sweet potatoes
 ½ cup reduced-fat milk
 5 tbsp. butter, melted, divided
 1 tsp. salt
 ½ tsp. vanilla extract
 ½ tsp. ground ginger
 ½ tsp. ground cinnamon
 ¼ teaspoon ground pepper
 ½ cup chopped pecans
 ¼ cup pepitas
 ¼ cup chopped dried fruit, such as cherries, dates, raisins or currants

1. Preheat oven to 350°F.
2. Boil 1-2" of water in a large pot fitted with a steamer basket. Add

sweet potatoes, cover and steam until very soft, 18-20 minutes. Remove basket, drain water and return sweet potatoes to the pot. Add milk, 4 tbsp. butter, salt, vanilla, ginger, cinnamon and pepper; mash until desired consistency. Transfer to a 1½-quart baking dish.
 3. Stir pecans, pepitas, dried fruit and the remaining 1 tbsp. butter in a small bowl. Sprinkle over the top of the sweet potatoes.
 4. Bake casserole until hot and the nuts are lightly toasted, 20-30 minutes.

Recipe courtesy of EatingWell.com.

According to an article on the link between diet and depression in *The Atlantic*, past research has found that following the DASH diet was associated with reduced depression in adolescent girls. The results suggest that diet could be a way to ward off some mental disorders, since half of all mental illnesses start in the teen years.

In addition to healthy foods, there are specific amino acid supplements that can help regulate mood, such as folic acid and vitamin B12. “You get a lot of B vitamins from complex carbs, but supplements can help bridge the gaps where your diet has been lacking,” Cryan said, emphasizing that changing your diet is all about taking it slow, but being consistent.

“It doesn’t have to be all or nothing,” she said. “And you do see a benefit almost immediately. Lean proteins, healthy fats, complex carbs and fruits and vegetables—if you can make these the mainstay of your diet, you’ll do your mental health and well-being a big favor.”

You are not alone

Coping with grief during the holidays

By Julie Maurer

With the arrival of autumn, preparations for the holidays begin to gain momentum. But while many are ready to celebrate, this can be a particularly difficult time for people who have gone through the loss of a loved one.

"Usually those feelings hit in October and November," said Cindy Darby a board-certified chaplain with Banner Home Care and Hospice. Darby noted that those grieving should not expect themselves to do everything during the holidays like they used to.

"People should give themselves permission to be less enthusiastic, to recognize their needs have changed," Darby said. "They might need more quiet time."

And it might be a good time to reflect on what future holiday celebrations could look like.

"Think about the traditions you have had in the past, what you want

to keep, what you want to let go of and if there are any new traditions you want to start," Darby said.

Those who are grieving can proactively prepare for the holidays by joining one of Banner Health's Grief Support Groups.

"It's good to make a plan in advance, rather than wait for something to be so painful and disabling," Darby said. "If you look ahead and make a conscious decision to put yourself in a situation where support is available, you will be more prepared."

Facilities across the Valley host the support groups, so there plenty of opportunities to find one that's most convenient. This fall, groups are slated for:

- Banner Heart Hospital in East Mesa
- Banner Desert Medical Center in West Mesa
- Banner Thunderbird Medical Center in Glendale
- Banner-University Medical Center Phoenix
- Creative Living Fellowship Church and Medicare Services in Sun City West

"It helps to know you are not alone in going through a loss," Darby said. "Having that shared experience with emotions makes a big difference."

She added that the groups offer a listening ear and companionship, something that those in grief need.

"Grievers tend to isolate, but the support group helps them connect with others," Darby said. "It's hard to be around people where everything is going great for them. When you are with others in the group, don't feel like an oddball."



REACH OUT

For more information, or to sign up for a support group, contact Darby at 480-657-1167.

In good standing

How staying active can save your life

By Pat Whitney

If there's one thing the aging population wants to hang onto, it's their independence. But all it takes is an accidental fall to rob them of that.

Falls are the leading cause of both fatal and nonfatal injuries for people 65 years and older. A fall can lead to the most severe health problems—including the loss of mobility, independence and reduced quality of life. A 2016 Center for Disease Control and Prevention report states 95-percent of hip fractures are caused by falls.

"Falls are critical," says Rheuma-

tologist Kelly Krohn, medical director of The CORE Institute. "It's very important to stay physically fit by walking, riding a bike, doing Tai Chi, gentle yoga or fitness classes designed for seniors to stay flexible with good balance and posture as they age."

Dr. Krohn suggests something as simple as balancing on a block of wood which works muscles and neurons. Exercising all major muscle groups two or more days per week for 30-minute sessions is recommended.

Dr. Krohn points out that Tai Chi's slow, low-impact and controlled

movements and body positions are particularly beneficial for increasing balance, strength and flexibility.

Role of Vitamin D

Studies show that Vitamin D (the vitamin found in calcium-rich foods such as milk and cheese) is essential for bone and muscle health and can greatly reduce bone fractures in two ways—absorption of calcium from Vitamin D helps with the formation of stronger bones, and it helps improve balance and prevent falls by strengthening muscles.

"Most of us don't get enough Vitamin D from sunshine and we need to take supplements—1,000 or 2,000 units of Vitamin D-3 per day—crucial to absorb calcium," Dr. Krohn adds. "If our Vitamin D tank is empty, we fall more. Increasing Vitamin D intake in elderly patients with low Vitamin D levels reduces falls by 50 percent."

People diagnosed with osteoporosis or bone loss are also at greater risk of injury should they fall. Older women tend to have a high incidence of osteoporosis because of a drop in

Tips for preventing falls and injuries in the home:

- Move furniture to enlarge pathways at home. Keep clear of clutter.
- Remove throw rugs or use double-sided tape or a non-slip backing to keep rugs from slipping.
- Find an out-of-the-way place to store items such as books and shoes.
- Coil or tape lamp plugs next to the wall to avoid tripping over.
- Repair uneven steps.
- Paint a contrasting color on the top edge of all stair steps so they are clearly visible.
- Put a night light between bed and bath.
- Place a lamp close to the bed in easy reach.
- Install handrails on both sides of the stairs.
- In the bathroom, install non-slip mat or strips in the tub or shower.
- Install grab bars next to the toilet or inside the shower or tub.
- In the kitchen, move items most used to lower cabinets to avoid using a ladder or stepstool.
- Get up slowly after sitting or lying down.
- Wear shoes inside and outside the house. Avoid going barefoot or wearing slippers.

estrogen during menopause.

“There was a nice decline of hip fractures in people 65 and older traced back to the availability of drugs to treat osteoporosis and the routine screening for people at risk,” says Dr. Krohn.

“Unfortunately, the availability of bone density testing has recently declined. Also, people aren’t getting treated for osteoporosis at the rate they once were. So, the numbers of hip fractures are once again on the rise.”

Staying active

Smoking, drinking alcohol, as well as aging, and inactivity are often at the root of bone loss which can lead to weakened strength, unsteady balance and lack of gait coordination as people age. Whether you’re 55 or 85, healthy eating, exercising and managing stress can help reduce the risk of future chronic disease or injuries.

“Exercise helps you maintain your strength and agility, increases vitality, improves sleep, gives your mental health a boost and can even help diminish chronic pain. Exercise can also have a profound effect on the brain, helping prevent memory loss, cognitive decline and dementia.”

Proactive measures

Review medications with your pharmacist—both prescription and over-the-counter—to reduce possible side effects and interactions that might result in a loss of balance.

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DOWN

- 1 Blockheads
- 2 Nebraska city
- 3 Caravan animal
- 4 Erupter of 1883
- 5 Doctor’s place
- 6 Ladder parts
- 7 Museum fill
- 8 Footwear on

- the slopes
- 9 Part-time player
- 12 Tenant
- 16 Poker declaration
- 21 Game with tiles
- 22 Set upon
- 23 Umbrella alternative
- 24 Grand
- 25 Whale schools
- 27 Charged
- 29 Mansfield of movies
- 30 Cheering loudly
- 31 Japanese comic books
- 32 Golfer Sammy
- 36 Tear

PUZZLE ANSWERS ONLINE

At BannerHealthNetwork.com/members/healthsmarts

Healthy Living **CALENDAR** *To find more classes near you, visit BannerHealth.com/calendar.*

Healthy Living with Diabetes

Learn how to manage your blood sugar to optimize health and vitality. Class is free, but registration is required. Call (602) 230-CARE (2273) to reserve your seat.

West Valley

Banner Peoria Corporate Office
16155 N 83rd Ave., Suite 201, Peoria
1:30 – 3:30 p.m.
Tuesday, Nov. 13
Tuesday, Dec. 11
Tuesday, Jan. 22
Tuesday, Feb. 19

East Valley

Banner Mesa Corporate Center
525 W Brown Rd., Mesa
1:30–3:30 p.m.
Thursday, Nov. 15 (Room 1614)
Thursday, Dec. 13 (Room 1514)
Thursday, Jan. 24 (Room 1614)
Thursday, Feb 21 (Room 1614)



Banner Brain Health Program

Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory. By starting with a discussion of the difference between “normal aging” and something more serious, and a self-assessment, the Brain Health Program can act as your personal

trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health. This class is intended for cognitively normal adults. Free but registration is required. Limited to 20 participants.

East Valley

Tuesday, Nov. 27, 9:30 a.m. – Noon
Cahill Senior Center, 715 W. Fifth St.,
Tempe; Registration: (602) 839-6850

Central Phoenix

Monday, Dec. 10, 12:30–3 p.m.
Banner Alzheimer’s Institute,
901 E Willetta St (First Floor
Education Room), Phoenix
Registration: (602) 839-6850

West Valley

Wednesday, Dec. 12, 1–3:30 p.m.
Banner Sun Health Research Institute,
10515 W. Santa Fe Dr., Sun City
Registration: (623) 832-3248

For life’s potential emergencies

Have you ever wondered, is this an emergency? If you aren't sure, or you need a nurse's advice about where to get care, call us. We are here to help. **24 hours a day.**

Banner Health Nurse On-Call: (602) 747-7990 or (888) 747-7990