

SUMMER 2019

HealthSmarts

Be Well

Take precautions to protect your precious skin

Health Tech

Tools to make tracking glucose levels easier

How lifestyle changes are helping one Valley woman thrive with diabetes

Day by Day

In this issue



Welcome to the summer 2019 issue of *Health Smarts* magazine. We invite you to take a look at this informative magazine with a focus on your health and the health of your loved ones. You have received this publication because your doctor participates in the Medicare Shared Saving Program Accountable Care Organization through Banner Health Network. The Medicare Shared Saving Program is free, requires no sign up, and does not change your Medicare benefits.

In this issue, we focus on a variety of topics, including:

Diabetes – If you've recently been diagnosed with the disease or have any type of insulin-resistant medical issues, we'll explore what you can do to manage your blood glucose, save money on your medications and suggest adjustments you can make to help you live a long, healthy life.

Sunscreen – It's no secret that the sun can cause skin cancer, and it can be potentially dangerous to your body. We want to help you and your loved ones prevent the risk of any sun damage to your skin. An expert will tell us what type of sunscreen you should be using during the warm summer months.

Sleep apnea – Many people snore when they sleep, and it can be the sign of more serious issues. We'll tell you the symptoms of sleep apnea and when you should see your doctor for treatment.

MyBanner Patient Portal – Learn how the MyBanner Patient Portal can help you when it comes to scheduling your medical appointments or test results, all from the touch of your fingers. All you need is a computer, cell phone or tablet.

And of course, we also have our popular crossword puzzle to help you sharpen those memory and brain functions!

We're proud that we can offer this *Health Smarts* magazine to you as an added bonus, and we're committed to your health through our mission of *making health care easier, so life can be better*.

If you have questions about this program, please call us toll free at (888) 747-7990.

To your health,

A handwritten signature in black ink, appearing to read 'Ed Clarke', written in a cursive style.

Ed Clarke, MD
Banner Health Network Chief Medical Officer



NEED TO CONTACT MEDICARE?

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www.Medicare.gov

COVER STORY

8 Taking it day by day with diabetes

How lifestyle changes are helping one Valley woman take charge of the disease

4 Doc Talk

What advice would you give your patients who want to lower their A1C scores?

5 Be Well

Take precautions to protect your precious skin

6 MyBanner Patient Portal

Giving patients access to their own medical records

11 From the Pharmacy

Diabetes medication costs breaking your budget?

12 Health Tech

High-tech tools make tracking glucose levels easier

13 Hot Topics

When is snoring a sign of something more serious?

14 Good Eats

How to eat to feel great!

15 Health Smarts Crossword

16 Healthy Living Calendar

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What advice would you give your patients who want to lower their A1C scores?



In general, the best way to lower HBA1c is a low carbohydrate diet, exercising 150 minutes per week and 10 percent weight loss. In primary care,

typically patients haven't been diagnosed with diabetes because an HBA1c isn't ordered routinely. An HBA1c "takes a picture" of sugars over three months and monitors diabetes. Based on the levels of the test, I prescribe oral medications or insulin. Whatever the level an HBA1c is, diet, exercise and weight loss are always part of management.

Cheryl Villamor-Nierva, MD
Family Practice
Banner Medical Group



First, I would have a discussion with my patient about their lifestyle, work/job, activities, hobbies, exercise patterns and current diet. I also assess their sleep pattern. Aerobic exercises and resistance training are important; so is sleeping at least 7-9 hours a night. Reducing complex carbohydrates and sugars in their diet will help them manage their blood sugar levels and may even help them lose weight. I

also encourage patients to reduce screen time on all electronics and, of course, to take all prescribed medications as directed.

With all this information, we work closely with them to discuss and agree upon a treatment plan. Our staff provides this in a written format and we follow up every three months to discuss challenges and barriers. We feel that by working closely, with their approval and input, we are much more successful. When they begin to feel better, they are much more willing to continue with our program and compliance.

Richard Fowler, MD
Internal Medicine
Arizona Center for Internal Medicine



Lowering your A1c is no easy task but I'm always confident my patients can do it! The best advice I can give is two-fold: exercise and diet. Exercise helps so many areas of health and is one of the more fun ways to help lower A1c and keep it controlled. It can be as

simple as a daily walk. Diet — you don't have to do any of the fad diets. Simply watching your portions and balancing what you eat can make a big impact.

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



My advice to patients to lower their HBA1C is to exercise regularly and abide by diabetic diet. Blood sugar control is important to avoid serious complications down the road. If diet and exercise are not working, there are a host

of medications that are used to lower HBA1C.

A new class of medication has shown promise for renal and cardiovascular protection.

Reza Salehi-Rad, DO
Internal Medicine/Nephrology
Arizona Kidney Disease and Hypertension Centers



Here Comes the Sun

Take precautions to protect your precious skin

By Julie Maurer

Spring and summer — a time when many of us are going to be in the great outdoors. Whether you're golfing, swimming, biking or hiking, the sun can be brutal for those who don't protect their skin.

According to Fade Mahmoud, MD, an oncologist at Banner MD Anderson Cancer Center, there are about 5.4 million new cases of melanoma, or skin cancer, diagnosed every year, which makes prevention more important than ever.

"One out of every five people develop melanoma in the United States," he said.

Everyone is susceptible

Dermatologists have recommended that people of all skin tones should protect their skin from the harmful UV rays. While skin cancer rates for African Americans and Hispanics is

lower than those for light-skinned Caucasians, they still are susceptible to getting skin cancer, according to the American Cancer Society.

The first step for many people who plan to be out in the sun during the warmer months is to apply sunscreen with a sun protection factor (spf) of 30 or higher, said Dr. Mahmoud.

"Read the bottle to make sure it covers a broad spectrum, including UV and UVB, and it is water resistant," Dr. Mahmoud said, noting that UVB are the type of rays that cause sunburn and can lead to melanoma.

He recommends a golf-ball size amount of sunscreen to be applied to exposed areas such as arms, face and any other areas not protected by clothing.

"And you need to redo it every two hours, and every time you get out of the pool, even if it's water resistant," Dr. Mahmoud said. "If you're sweating, you need to reapply as well."

Hats are recommended to protect the head from sunlight.

"It should have a wide brim, not like a baseball hat, because you also

need to protect your scalp, ears and neck," Dr. Mahmoud said.

Take precautions

Finding shade to stand in when possible is also recommended, and avoiding prolonged sun exposure between 10 a.m. and 4 p.m.

"And, of course, avoid tanning beds," he said.

Dr. Mahmoud also recommends you get your car windows tinted and even protect your skin on cloudy days.

"When there are clouds in the sky, there is a false sense of security, but you can still be exposed without realizing it," he said, adding that some rainy states, such as Oregon, have the highest number of melanoma diagnoses.

For those who have a hard time remembering to protect their skin before leaving home, Dr. Mahmoud recommends putting sunscreen by the door, or close to your keys. And keep extra hats, sunglasses, etc. in the car.

Early detection is key

If you do suspect you have an abnormal spot on your skin, Dr. Mahmoud notes it should be examined right away by a doctor.

"The earlier you find them, the greater the chances for successfully treating the disease," he said.

Any moles that change in size or have an abnormal shape should prompt you to go to the doctor, because an unchecked melanoma can get in the blood stream and the cancer can spread.

"Check the spot and get it out," Dr. Mahmoud said.



KEEPING YOU INFORMED

MyBanner Patient Portal gives patients access to their own medical record

By Debra Gelbart

Maybe you need help remembering the date and time of your next doctor's appointment at a Banner Health clinic, or you need a prescription refill. Maybe you're wondering about the results of the lab tests your doctor recently ordered, or perhaps you have a quick question for your doctor that could easily be answered by email.

For any of these needs, you don't have to call your doctor's office and wait on hold. You can visit the MyBanner Patient Portal online. In seconds, you can find out what you need to know.

How to get there

If your doctor is part of a Banner Health clinic or medical center, you've likely been offered an



the option to self-enroll in MyBanner if they have previously had a visit to a Banner Health facility," said Elevis Delgadillo, senior director of digital business technology for Banner Health.

"This allows them to gain access to their medical records in the comfort of their own home." Here's where to get started: www.bannerhealth.com/patients/mybanner-patient-portal.

Here's what you can do through the portal

Through the portal, Delgadillo said, you can view your medical records, including any test results, securely message your provider and make or double-check appointments for internal medicine, family medicine, pediatrics or obstetrics (OB). You'll be able to set up a proxy account for a child or vulnerable adult. A proxy is a person, other

than the patient, who has been granted full access to the patient's MyBanner Patient Portal.

You'll also be able to review discharge instructions after a hospital stay or emergency department visit, request a prescription renewal or initiate a request for your medical records to be available to a specific provider. In addition, you're able to view your list of medications, past procedures you may have had and advance directives you've put in place. And you have access to a health library.

You can also download the MyBanner app through Apple App Store and Google Play so all of the functionality of the website can be accessed through your smart phone.

"MyBanner makes it easier for patients to manage their health care needs," Delgadillo said.

To access the MyBanner Patient Portal, go to bannerhealth.com/patients/mybanner-patient-portal.

One more thing of important note, if your primary care doctor is not part of a Banner Health clinic, you can still get all of this information. Many doctors have their own patient portal that provides similar information. Check with your doctor's office to find out how you can access valuable information on their patient portal.

invitation to sign up for access to the patient portal. Although the portal was established in 2013, its features were upgraded and enhanced in late 2016 and every Banner Health patient who has seen a provider since then has been encouraged to register for access to their own medical information.

"Patients over 18 also have



Diabetes Educator Tracy Garrett shows Sharon Bennett the proper technique to use a glucose meter to check her blood sugar.



DAY Living with diabetes BY DAY

How lifestyle changes are helping one Valley woman take charge of the disease

By Meghann Finn Sepulveda | Photos by Rick D'Elia

What is diabetes? Very simply, diabetes is a disease that causes your blood sugar or blood glucose levels to become too high. The pancreas, which is a major organ in your body, produces a hormone called insulin which converts the sugar or glucose from the food you eat, into energy. With diabetes, you either have a case where the pancreas doesn't produce enough insulin (type 1 diabetes), or the body doesn't respond as normally as it should to the insulin that's being produced (type 2 diabetes).

For many years, Sharon Bennett was not diabetic, but considered prediabetic — a case where her blood sugar level was higher than normal, and a good warning that

she could become diabetic if she didn't treat the issue. Eventually being prediabetic for a long time caught up with her. In 2018, those blood sugar levels were high enough where her doctor diagnosed her with type 2 diabetes.

Sharon was deeply troubled by her diagnosis, and began to review the information her doctor provided to learn as much as she could about diabetes. She came across an article about a woman who was also recently diagnosed with type 2 diabetes. The story resonated with her and inspired her to gain the strength and courage she needed to prepare for the journey ahead.

Understanding the disease

Sharon found that she was not alone in her diagnosis. According

to the American Diabetes Association, more than 30 million Americans have diabetes, and another 1.5 million are diagnosed with the disease every year.

"The good news is that the disease can be prevented or delayed with positive changes to diet and exercise," said Karen Seifert, clinical nurse specialist and certified diabetes educator at Banner – University Medical Center Phoenix. "The disease is largely associated with lifestyle and family history."

The type of diabetes Sharon was diagnosed with, type 2, can be treated with several types of oral medications (pills) or with insulin. In the case of insulin, it's injected into the body to help control blood sugar levels. Of course, in addition to these treatments, patients are often

encouraged by their doctors to follow a strict diet and exercise plan.

Taking the first step

Shortly after being diagnosed, Sharon connected with a nurse and received a list of education classes available in Phoenix. She signed up for Living Well with Diabetes, a four-part series of classes taught by a registered dietitian and offered through Banner Health Network.

"I learned how to check my blood sugar," Sharon said. "I also began to really understand the connection between food and my body, the type of diet I should follow, and how to make healthy choices."

Sharon and her husband, Bob, attended the classes together and enjoyed connecting with others who spoke about their personal experiences.

"We gained so much from each other and especially our instructor," she said. "She was wonderful, supportive and fun."

Embracing a new lifestyle

At home, Sharon began making small adjustments to her diet to balance her food intake — what she should be eating more of and what she should be eating less of or not eating at all. She also kept a food journal to stay accountable.

She still enjoys meals like scrambled eggs and bacon in the morning, but now pairs her breakfast with fresh fruit or eats avocado toast on multigrain bread. Not only has Sharon lost 20 pounds, but she and Bob still



KNOWLEDGE IS POWER



A partial list of classes is located on the back of this magazine. To find out if you are at risk for developing type 2 diabetes, please visit www.diabetes.org.

maintain a busy travel schedule and regularly eat out at restaurants.

"I don't ever feel deprived because I always have choices," she explained. "I gained so much confidence knowing what to put on my plate, which has given me the freedom to enjoy life."

Finding hope

Education is an important step in managing type 2 diabetes. Fortunately, there are plenty of tools and resources available.

"There is a wealth of information available online from the American Diabetes Association,

including research, treatment options, healthy recipes and support groups," Seifert said.

Sharon and Bob recently completed a second course that focused on how people can attain and maintain a healthy weight, reduce the risk of chronic diseases and live a healthy, active lifestyle.

While nobody wants to be diagnosed with diabetes, Sharon has accepted and welcomed her new lifestyle.

"Throughout this entire journey, I've learned I can enjoy success in this process," she said. "I am in control."

Diabetes medication expenses impacting your budget?

Try these tips to try to stay on track

By *Elise Riley*

If you think the cost for your diabetes medication has gone up, you're correct — it's actually happening.

According to a study by the Health Care Cost Institute, the cost for type 1 diabetes insulin prescriptions almost doubled from 2012 to 2016.

But there are some ways patients can try to keep prescription costs under control. The first rule, according to Betty Louton, Pharm.D, FAz-PA, a clinical pharmacist with Banner Health, is to know your formulary.

"While doctors know how to treat diseases and what medicines to prescribe, they don't have access to every person's drug formulary which determines the price they pay," Louton said. "There are usually 3-4 drugs in every class, and at least one of those should be covered by your Part D health plan. There's absolutely nothing wrong with calling your doctor to ask if there's something less expensive but equally effective."

Every insurance plan has a prescription drug formulary. It's a guide that outlines how much



different prescription drugs will cost under the plan. While one medication might have a high cost, there is almost always a similar drug that's covered on the formulary at a lower cost.

"Preferred brands are preferred for a reason: insurance companies get price breaks on them," Louton said. "During the first part of the year, it's a good idea to take your formulary with you to the doctor to help your doctor choose the drug that's on sale, so to speak."

Louton also said there's no reason to feel intimidated or embarrassed about asking for the cost of a medication. See what a name brand prescription costs, then ask your pharmacist about the other drugs available and see if there's a difference. That will give you the information you need to discuss with your doctor.

"You need to be aware," she said. "Ask your pharmacist what the reject code says — if it says something

like 'non-formulary' you can ask the pharmacist to fax the doctor and request a medication of the same class that is on formulary."

Louton also said that while coupons and copay cards might seem enticing, they're not always the best solution, especially for seniors.

"If you have Medicare, you can't use copay cards and coupons to pay for medications," she said. "It's never cost effective."

Louton also recommends patients on Medicare check out the Medicare Low Income Subsidy/Extra Help.

"You have to meet criteria, but many people can get it and don't even know about it," Louton said. "That gives you deep discounts on prescription drugs through your Part D plan."

For more information about the low income subsidy, visit www.CMS.gov and search for low income subsidy.

Smart Check

By Leigh Farr

If you are living with diabetes, keeping your blood sugar in a healthy range can make a big difference in the way you feel. But with so many variables — meals, workouts, sleep habits, medications — good glucose management can be challenging. To make things easier, tech companies are rolling out user-friendly gadgets paired with apps on any smartphone, tablet or computer that allow people to track their blood sugar like a pro.

“The incorporation of technology into health care is great, especially from a patient perspective, because it helps people keep track of their blood sugars easier,” said Nick Ladziak, PharmD, BCACP, CDE, Clinical Pharmacy Specialist at Banner – University Medical Center Phoenix Family Medicine Clinic. “From a provider’s standpoint, we’re able to get more information and it helps us provide better therapy.”

Meters and apps

Most people use a blood glucose meter to monitor their blood sugar levels and a paper chart to track test results and trends. Now, some glucometers sport apps

that sync to your smartphone, tablet or computer so you can monitor test results digitally. Apps such as One Touch Reveal or Accu-Check Connect, for example, automatically track your results, provide graphics showing trends and notify you when glucose levels are too high or too low. Some apps allow you to share your test results remotely with loved ones and caregivers.

“These apps are especially helpful for patients who are taking insulin or who are taking multiple oral medications,” Dr. Ladziak said. “Having more data helps us make more informed decisions.”

Continuous glucose monitoring

To make checking your blood sugar more convenient than

High-tech tools make tracking glucose levels easier

ever, a high-tech system called a continuous glucose monitor (CGM) automatically tests your blood sugar levels in real time. Equipped with a tiny sensor that you insert under your skin on your arm or stomach, a CGM tests your blood sugar every few minutes and sends the data to your smart device. On some CGMs, an alarm will sound if your blood sugar is too high or too low.

With CGMs — Freestyle Libre, Dexcom G6 CGM and Guardian Connect are common models — you and your doctor can easily spot spikes and track your glucose patterns. While only one CGM model — the Dexcom G6 CGM — has been approved for treatment decisions without confirmatory fingerstick tests or calibration, tech

companies are working to create more models that allow you to modify your diabetes care plan based on CGM results alone.

“I think CGMs will eventually replace fingerstick testing, which is a major concern for patients,” Dr. Ladziak said. “These devices make it a lot easier to see where your blood sugars are throughout the day and eliminating fingerstick testing will make the process better for patients.”





Trouble Sleeping?

When is snoring a sign of something more serious?

By Tressa Jumps

Sleep apnea is a condition where people stop breathing in the middle of night. The most common symptom is snoring — a vibration of air in your throat during sleep that can be dangerous if an airway is blocked off. If that occurs, the result is apnea, a period in which a person stops breathing. Apnea can last a split second to several seconds, followed by sudden gasps for air.

"We call those gasps, 'rescue breaths,' where you're recovering and struggling to breathe," said Dr. Joyce Lee-Iannotti, the Medical Director for the Banner – University Medical Center Sleep Center. "Other symptoms of sleep apnea are excessive daytime sleepiness, non-restorative sleep and unexplained awakenings throughout the night."

Know the symptoms

Waking up to gasp for breath is your body's survival mechanism, trig-

gered by the brain. Other symptoms include:

- Mood swings and irritability
- Morning headaches, that may improve as the day progresses
- Memory problems
- Difficulty concentrating or focusing
- Sore throat and dry mouth
- Night sweats
- Kicking in your sleep

Dr. Lee-Iannotti says it's time to see your primary care doctor or a sleep specialist when you snore and struggle with the other symptoms. "If tiredness is disrupting your daily function and ability to work or interact with your family and friends, it's time to see your doctor about this disorder."

Identifying causes

Jaw structure and airway anatomy are the biggest causes of sleep apnea, not necessarily weight or

sleeping position as many people may assume. It may be due to upper airway crowding. Apnea can lead to serious medical conditions. Sleep apnea increases stroke risk by 4 times and heart attack risk 3-4 times. Recent evidence suggests risks for all types of cancer increase 2-3 times.

Hygiene tips

In addition to sleep apnea screening, keeping a good sleep routine is imperative. Good sleep hygiene tips include the following:

- Having a strict bedtime routine and keeping the same bedtime and wake time — even during the weekends
- Making sure not to use electronics before bed, as the blue light interferes with melatonin production
- Eliminating noise, having a sound-proof environment, and not allowing kids or pets in bed
- Ensuring adequate amounts of sleep; for adults, it's 7-9 hours

Sleep science understanding has become so important in the last decade that even athletes are hiring sleep coaches to help train their athletes' brains to sleep. "The NFL has seen that performance is tied to sleep. Teams are starting practices later and encouraging power naps and have seen better reaction times and increased athletic performance associated with improved sleep," said Dr. Lee-Iannotti.



HELP IS JUST A CLICK AWAY

For more information, visit www.BannerHealth.com/services/sleep-disorders.

How to eat to feel great!

Changing your nutritional mindset to make good food choices, balance meals

By *Michelle Jacoby*

If you are one of the millions of people living with prediabetes, diabetes, metabolic syndrome or any other form of insulin resistance, maintaining normal blood sugar levels can be challenging. If you happen to talk to your doctor, you'll also find out how critical it is to remain as healthy as possible.

Your energy source

Blood sugar (also known as blood glucose) is the body's main source of energy, and is a product of the food and drink we consume. According to



Tracy Garrett, registered dietitian nutritionist and certified diabetes educator for Banner Health Network, the body functions best when blood glucose falls within a specific range.

"When glucose is too high for too long, damage can occur that can impact blood vessels, the heart, brain, eyes, kidneys, reproductive organs, nerves, skin, hearing and dental status," she explained. "If it's too low, a person can experience symptoms of low blood glucose, also known as hypoglycemia. They include feeling dizzy, shaky, weak, cold, confused, irritable or anxious, hunger, headache and elevated heart rate."

Because of this, knowing your blood glucose is important, especially for those diagnosed with diabetes or those who are at risk for diabetes. And since blood glucose is largely affected by the foods we eat, being aware of what you consume is important.

"Eating for blood glucose management focuses on when, what and how much," Garrett explained. "Decades ago, the emphasis was on avoiding sugar. This is no longer the cornerstone of glucose management. Instead, foods that contain carbohydrates affect blood glucose levels to the greatest extent."

GRILLED CHICKEN TACO SALAD

- 2 tablespoons lime juice
- 2 tablespoons white wine vinegar
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- ¼ cup extra virgin olive oil
- 1 cup cherry tomatoes, halved
- ¾ cup diced zucchini
- 1 firm ripe avocado, diced
- ¼ cup thinly sliced red onion
- 1 jalapeno, minced (optional)
- 2 pounds skinless chicken breasts
- 1 large ear corn, husked
- 5 cups arugula (about 3 ounces)
- 1 cup coarsely broken tortilla chips

- 2 tablespoons chopped fresh cilantro

Preheat grill to medium-high.

Combine lime juice, vinegar and ½ teaspoon each salt and pepper in a large bowl; whisk in oil. Add tomatoes, zucchini, avocado, onion and jalapeno, if using; gently toss to coat. Set aside.

Sprinkle chicken with the remaining ¼ teaspoon each salt and pepper.

Oil the grill rack. Grill the chicken until an instant-

read thermometer inserted into the thickest part registers 165°F, 4 to 5 minutes per side. Grill corn until lightly charred on all sides, 2 to 4 minutes total. Transfer to a clean cutting board. Cut the chicken into bite-size pieces; cut corn kernels from the cob. Add the chicken and corn to the tomato mixture; stir in arugula, tortilla chips and cilantro and gently toss to combine.



Source: <http://www.eatingwell.com/recipe/254619/grilled-chicken-taco-salad>

Understanding carbs

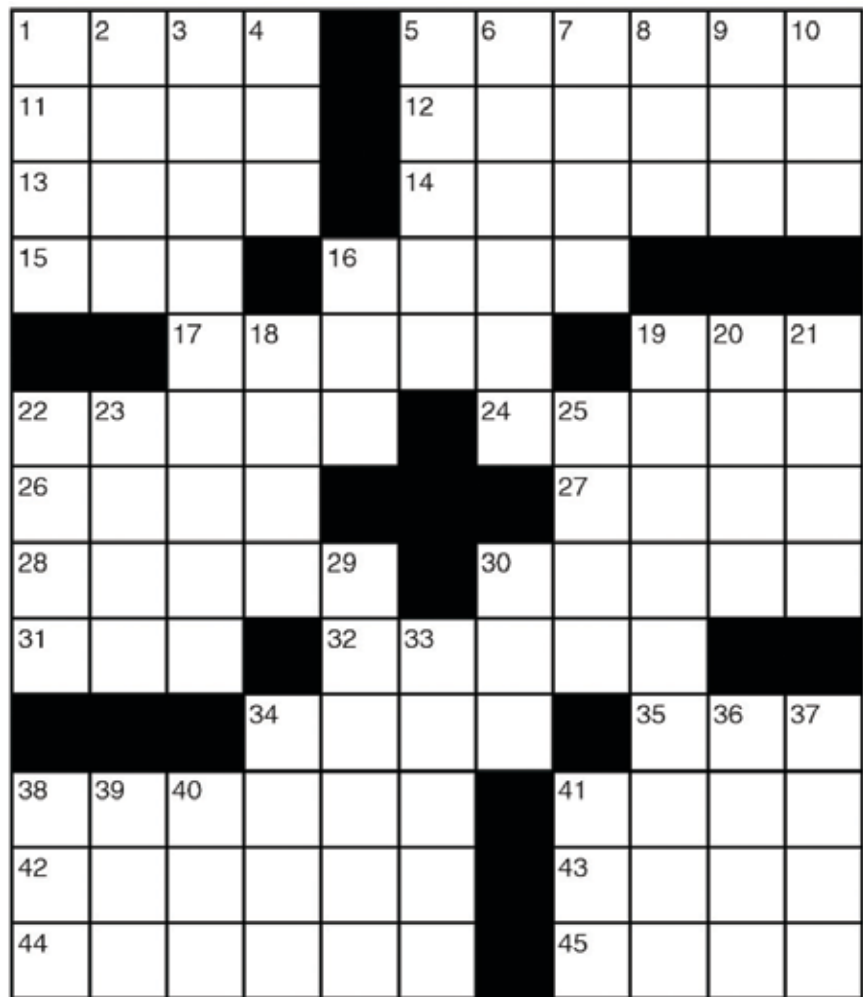
Carbohydrates provide us with energy for the body and brain to function. They also contain fiber, vitamins, minerals and other key nutrients. The goal isn't to remove all carbohydrates from our diet, Garrett said.

Rather, it's to emphasize high quality carbohydrates — such as grains, starchy vegetables, legumes, milk and yogurt, and fruit — in beneficial quantities.

“Research indicates eating more non-starchy vegetables is a great first step to improving general health,” Garrett said. “I always encourage people to make half of their meals non-starchy vegetables with foods such as broccoli, cauliflower, tomatoes, greens, zucchini, carrots and mushrooms. The fiber and nutrients in these foods promote health, satisfy the appetite and crowd out less healthful food items.”

Healthy fats from sources such as unsalted nuts, avocados, olive oil and fatty fish are beneficial, while beans and legumes are an excellent low-fat source of both protein and fiber.

“I truly believe people desire health, but may not understand that subtle changes made over time can have such an enormous affect on how they feel physically, mentally and emotionally,” said Garrett. “I encourage everyone who has diabetes to take advantage of attending diabetes education and working with a registered dietitian who can partner with you in your journey to improved health.”



ACROSS

- 1 June honorees
- 5 Carnival section
- 11 Neighborhood
- 12 Infuriate
- 13 Edict
- 14 Eats away
- 15 Small bit
- 16 Terminate
- 17 Toy plane material
- 19 Braille unit
- 22 College head
- 24 Painter Rivera
- 26 Authentic
- 27 Ump's call
- 28 Western
- 30 Helped out
- 31 Hosp. workers
- 32 "That would be great!"
- 34 Take wing
- 35 Musical ability

DOWN

- 1 Silly
- 2 Verdi piece
- 3 They never pay
- 4 Used a couch
- 5 Convenes
- 6 Progress
- 7 Plunge
- 8 Hunk of gum
- 9 Grow older
- 10 "Sure thing!"

- 16 Shrewd
- 18 Truck part
- 19 Ties in races
- 20 Gawk at
- 21 Informed
- 22 School event
- 23 Enjoy a novel
- 25 Sacred bird of Egypt
- 29 Mob member
- 30 Melody
- 33 Squander
- 34 Mediocre
- 36 In a frenzy
- 37 St. Louis team
- 38 Piggied out
- 39 Writer Harper
- 40 Put down
- 41 Cote cry

PUZZLE ANSWERS ONLINE

At BannerHealthNetwork.com/members/healthsmarts

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

Alzheimer's Disease & The Hispanic Community

Alzheimer's does not discriminate. It affects every race, religion, education level, gender and income bracket. Let's get back to basics by learning the facts around Alzheimer's disease. What is it? How are people affected? What is being done to stop this disease? How can I make a difference? Come for answers to these questions and more. Free. Register at BannerAlz.Eventbrite.com. **This conference will be presented in both Spanish and English.

Friday, Sept. 13 from 8:30 a.m. – Noon
Banner Estrella Medical Center
Conference Center
9201 W Thomas Road, Phoenix

Living Healthy With Diabetes

A class focusing on blood sugar management to optimize health and vitality. Free, but advance registration is required. Call (602) 230-CARE (2273) to reserve your place. Note: additional dates and locations are available — please call (602) 230-CARE for more information.

East Valley

Thursday, Aug. 29 from 10 a.m. – Noon
Thursday, Sept. 26 from 1:30 – 3:30 p.m.
*Banner Mesa Corporate Center – Room 1614
525 W Brown Road, Mesa*

West Valley

Tuesday, June 21 from 1:30 – 3:30 p.m.
Tuesday, Aug. 27 from 10 a.m. – Noon
Tuesday, Sept. 24 from 1:30 – 3:30 p.m.
*Banner Peoria Corporate Office
16155 N 83rd Avenue, Suite 201, Peoria*



Prevent Type 2 Diabetes – A Class for Managing Pre-Diabetes

A three-part class series focusing on lifestyle changes necessary to manage pre-diabetes and reduce the risk of developing type 2 diabetes. Learn self-management strategies for pre-diabetes, including healthy eating, exercise and weight management. Free, but advance registration is required. Call (602) 230-CARE (2273) to reserve your place.

East Valley

Thursdays, Aug. 8, Aug. 15, Aug. 22 from 10 – 11:30 a.m.
Thursdays, Sept. 5, Sept. 12, Sept. 19 from 1:30 – 3 p.m.
*Banner Mesa Corporate Office – Room 1614
525 W Brown Road, Mesa*

West Valley

Tuesdays, Aug. 6, Aug. 13, Aug. 20 from 10:30 a.m. – Noon
Tuesdays, Sept. 3, Sept. 10, Sept. 17 from 1:30 – 3 p.m.
*Banner Peoria Corporate Office
16155 N 83rd Avenue, Suite 201, Peoria*