

SUMMER 2023

# HealthSmarts

## A Healthier You


4 diabetes control tip to avoid kidney complications

## Fighting Fatty Liver

Keeping on top of health checks helps prevent disease

# GIVING BACK!

Super volunteer Desmond Hall uses past life crises to help others

 Banner Health Network

# Welcome



**W**e hope our informative stories in this second issue of *Health Smarts* for 2023 will inspire you to live a healthier lifestyle. Our magazine is produced as a part of your traditional Medicare coverage

because your doctor is a Banner Health Network provider.

Our articles in this latest edition focus on a healthier you, how to live a more health-conscious lifestyle to avoid complications from conditions like diabetes, high blood pressure and fatty liver disease. Maybe you or someone you know has been diagnosed with one of these conditions. Our goal is to help you find the resources you need and the inspiration to make changes to live your healthiest life.

In our cover story we'll introduce you to Desmond, who volunteers as a cart driver at Banner Baywood Medical Center in Mesa. During a routine medical exam, he found out his blood pressure was very high. He took charge of his diet and increased his activity level – and he saw an improvement in his overall health.

As Desmond found out, reducing sodium in your diet can make a tremendous impact on your weight and blood pressure. We'll share some tips on how to follow a reduced sodium plan. We'll also let you know

about two other conditions: peripheral artery disease, also known as PAD, and fatty liver disease. We'll share tips on how you can lower your risks and the symptoms you should be looking for.

When you have diabetes, you may have heard that it is important to have a yearly foot exam. We'll explain what your doctor is looking for and what you can do to keep your feet in tip top shape.

We've included an update about the latest medications to treat Alzheimer's from our partners at the Banner Alzheimer's Institute. And we'll share a delicious low-sodium recipe and, of course, our crossword puzzle is included to help keep your mind active and engaged.

If you have questions about your health, we are here for you. You can always call our 24-hour Banner Nurse On-Call hotline and our nurses can answer health-related questions or make recommendations about where to get care. You can call us at 602-474-7990 or toll-free at 888-747-7990.

To your health,

A handwritten signature in black ink, appearing to read 'Ed Clarke'.

Ed Clarke, MD  
Chief Medical Officer



**COVER STORY**

**8 Giving Back**  
Super volunteer Desmond Hall uses past life crises to help others

**4 Health Smarts**  
Here's what to know if you have peripheral artery disease

**6 Foot Notes**  
A yearly foot exam is critical if you have diabetes

**7 A Healthier You**  
4 diabetes control tips to avoid kidney complications

**11 Attacking Alzheimer's Disease**  
New drugs can slow progression

**12 Good Eats**  
It's never too late to adopt a healthier diet

**14 Fighting Fatty Liver**  
Keeping on top of health checks helps prevent disease

**15 Health Smarts Crossword**

**16 Healthy Living Calendar**



**NEED TO CONTACT MEDICARE?**  
800-MEDICARE (800-633-4227)  
[www.medicare.gov](http://www.medicare.gov)



CREATED BY DESIGNIQ IN PARTNERSHIP WITH REPUBLIC MEDIA  
A division of The Arizona Republic  
200 E. Van Buren St., Phoenix AZ 85004

Editor: Jim Williams  
Design: Kimmy Collister  
Cover Photo: Rick D'Elia



*If you no longer wish to receive this magazine: Please notify us by emailing [BHNMSPPSupport@bannerhealth.com](mailto:BHNMSPPSupport@bannerhealth.com). Be sure to include your full name, address, city and zip code as it appears on the mailing label of the publication.*

**NOTICE OF NONDISCRIMINATION**

Banner Health complies with applicable federal and state laws and does not discriminate in services or visitation based on race, color, national origin, religion, sex, sexual orientation, gender identity or expression, age, or disability.

Banner Health: Provides interpreters free of charge in all Banner facilities based on a patient's preferred language as identified to staff at patient registration. Once requested, interpreters are provided in real time by several methods which may include video remoting interpreting (VRI), over-the-phone interpreting (OPI), Banner language assistants, contracted agency interpreters, and Spanish staff interpreters in some hospitals. Patients should tell staff at registration about their communication needs

and request an accommodation, but they may make a request anytime during their treatment.

Provides appropriate auxiliary aids and services, including qualified interpreters for individuals with disabilities and information in alternate formats, free of charge and in a timely matter, when such aids and services are necessary to ensure an equal opportunity to participate to individuals with disabilities.

If you believe that Banner Health has failed to provide these services or discriminated in another way based on race, color, national origin, religion, sex, sexual orientation, gender identity or expression, age, or disability, you can file a grievance with the Banner Discrimination Coordinator, ATTN Risk Management, 2901 N. Central Avenue, Suite 160, Phoenix, AZ 85012,

or call (602) 747-6880, or fax (602) 747-3398 or email [ADACoordinator@BannerHealth.com](mailto:ADACoordinator@BannerHealth.com). If you need assistance filing a grievance, the Banner Discrimination Coordinator is available to help you.

To file complaints relating to clinical and/or care issues, contact Banner Health Patient Relations (602) 839-2236.

You can also file a civil complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at [www.hhs.gov/ocr/index.html](http://www.hhs.gov/ocr/index.html), or by mail at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington D.C. 20201 or email [OCRComplaint@hhs.gov](mailto:OCRComplaint@hhs.gov) or call toll-free 1-800-368-1019 or 1-800-537-7697 (TDD). Complaint forms are available at [www.hhs.gov/ocr/index.html](http://www.hhs.gov/ocr/index.html).

# Here's what to know if you have

By Regan Olsson

**O**ur cardiovascular system plays an important role, moving blood with oxygen and nutrients to all parts of your body. With your heart as a pump, blood travels through thousands of miles of blood vessels – arteries, capillaries and veins.

However, if that blood flow is blocked or even slowed down, it can be potentially deadly such as a heart attack or stroke.

Peripheral artery disease (PAD) is a form of peripheral vascular disease. It affects the blood vessels that carry blood from the heart to your legs. PAD is primarily caused when fat and cholesterol form plaque in the arteries (atherosclerosis), which narrow the arteries and cause a partial or complete blockage.

“This plaque buildup can affect the arteries of the heart, brain, abdomen, arms and legs. However, the legs are most commonly affected,” said Dr. Paul Riesenman, endovascular and vascular surgeon at Banner Health Clinic in Arizona.

Just like clogged pipes are bad for your plumbing, clogged arteries are bad for your heart. Here are five things to know to keep your heart healthy and your arteries clear.

## 1. You may not have symptoms

With PAD, you may have a variety of symptoms, or you may not have any at all. “It’s estimated that there are three times as many patients with PAD who have no symptoms

as opposed to those who do,” Dr. Riesenman said. “Some people may have this condition for several years and not even be aware of it.”

Typical symptoms of peripheral artery disease include:

- Pain in legs when walking or exercising
- Numbness and tingling in your legs and feet
- Foot or toe sores (wounds) that heal very slowly or not at all
- Skin that is cool to the touch
- Hair loss on your legs

## 2. Advanced PAD can lead to amputation

At first, you may even confuse symptoms of PAD as normal aging pains or neuropathy, a symptom of diabetes. As a result, you may delay talking to your health care provider until symptoms become severe and require immediate medical attention.

“Untreated PAD can progress to an advanced stage called critical limb ischemia, a condition where blood flow is so blocked that tissues in your legs, ankles and feet don’t get enough oxygen and start to die,” Dr. Riesenman said. “Ulcers and gangrene can develop and, as a result, you may require an amputation.”

## 3. Your genetics and lifestyle habits may put you at risk for PAD

PAD is a common condition that affects nearly 12 million Americans.



Though your family history (genetics) may play a role, PAD can be caused by a variety of factors including:

- Age: Typically affects people over the age of 50.
- Other health conditions: Several common health conditions increase your risk, such as high blood pressure (hypertension), high cholesterol (hyperlipidemia), kidney disease and diabetes.
- Tobacco use: Smokers or those who have a history of smoking are at greatest risk for developing PAD and are much more likely to die

# peripheral artery disease



of cardiovascular complications, undergo leg amputations and have poor outcomes with medical treatment.

- **Obesity:** Carrying excess weight can lead to high blood pressure and diabetes, which in turn can cause PAD.
- **Physical activity:** Lack of exercise can increase your risk for PAD and other diseases.

"PAD is also a red flag for future heart and cardiovascular problems," Dr. Riesenman said. "There is a strong association between coronary disease and PAD."

## 4. There is a test for PAD

"To determine if you have PAD, your health care provider will perform a physical exam, both through examination of your limbs as well as performing a vascular exam to examine your arterial pulses," Dr. Riesenman said.

Additionally, you may have an ankle brachial index (ABI test), which measures the difference between the blood pressure at the ankles compared to the arms, or arterial ultrasounds to look at the blood flow to your limbs.

If you have underlying conditions, such as diabetes or hypertension, or you are beginning to notice symptoms of PAD, you can also take a free PAD risk assessment to see if you should be screened for PAD.

## 5. PAD can be treatable

The severity of your case will determine the type of care and treatment that is right for you. The good news is that not all people diagnosed with PAD will need invasive procedures.

"The first line treatment often consists of smoking cessation, diet changes, a review and management of chronic medical conditions, exercise, as well as education on the signs and symptoms of PAD," Dr. Riesenman said. "Medications may also be given to slow disease progression and possibly some regression."

If you don't improve with medical

management and are limited in physical activity, your provider may recommend minimally invasive procedures like angioplasty, stents or a conventional surgical bypass to eliminate the plaque and restore normal blood flow.

"For those with advanced PAD with symptoms of critical limb ischemia, this may require more aggressive interventions to prevent limb loss," Dr. Riesenman said.


## Reduce your risk for PAD

Unfortunately, you can't control your genetics but there are five major things you can do to reduce your risk for PAD:

- Quit smoking
- Maintain a healthy weight
- Eat a well-balanced diet
- Stay active
- Get screened

"Good control of chronic medical conditions such as hypertension, hyperlipidemia and diabetes can play a major role in this as well," Dr. Riesenman said. If you would like to connect with a health care professional to learn more about diagnosing peripheral artery disease, reach out to Banner Health.

### KNOWLEDGE IS POWER

 Take a short health risk assessment for PAD by visiting [www.bannerhealth.com/HRA](http://www.bannerhealth.com/HRA).

A yearly foot exam is critical if you have diabetes

# Foot notes

By Debra Gelbart

If you have diabetes, you may already know that changes in blood flow, damage to nerves and blood vessels in your feet can have significant impact. That's why it's vital to have an annual foot exam conducted by either your primary care provider or a podiatrist, a doctor specifically trained to care for feet and the lower leg.

A yearly foot exam "gives us the opportunity to catch problems when they're small before they become bigger," explained Alon Kol, DPM, Department Chief of Podiatry at the University of Arizona College of Medicine in Tucson. "Diabetes can cause changes to the skin and nerves of the feet and can affect how much the feet sweat," he added. "Dry skin can cause a small crack that can be enough to lead to infection that could become a serious issue. But if we can identify the problem early, we can prevent further damage."

If you don't see a podiatrist regularly, it's important to mention any foot problems—including swelling, pain, slight redness, blisters, calluses, cracks in the skin or discomfort with shoes—at your annual check-up with your primary care provider, Dr. Kol advised. "Often, patients won't mention foot issues because they're embarrassed by them," he said. "And without an examination, a small problem could become a big concern over the next few months."

## What is a doctor looking for during a foot exam?

Typically, during a foot exam, the doctor will first examine the skin on the feet to make sure there are no cracks, blisters, calluses not identified previously or redness. "Your doctor will place a hand on the top of your foot and behind the ankle on the inside to feel for pulses in those locations. If we don't feel a pulse, that's a concern." The next step, he said, would be to listen to blood flow through the artery with a Doppler ultrasound device. The doctor would then check for loss of sensation in the foot, a possible sign of early peripheral neuropathy.



Dr. Kol is the director of a program called the Southern Arizona Limb Salvage Alliance, which focuses on preserving mobility and preventing amputations among patients with severe foot and lower limb issues. "We emphasize repeatedly that a delay in care can be life-threatening," Dr. Kol said. "I encourage patients with diabetes to monitor their feet every day, looking for redness, breaks in the skin, blisters or calluses that may need further attention. If you see these, contact your doctor right away to get an appointment to be seen."

## The impact of shoes

Dr. Kol also is passionate about encouraging people to wear the correct shoe size. Your feet should be correctly measured in a shoe store, he said. One foot will likely be a half-size larger than the other. The larger foot should determine your shoe size. But here's what most people may not know: the size you choose should be one full size larger than the measured size of your larger foot. "You should be able to wiggle your toes completely inside the shoe without touching the top or sides of the shoes. Your toes should be nowhere near the edge of the shoe when the shoe is on your foot. Your toes are not meant to take the pressure of striking the edge of the shoe. When a shoe doesn't allow toes enough room, you can get hammertoes or a bunion. A bunion isn't a disease of the body; it's a disease of shoes."

If you have concerns about your feet and need foot care, please go to [bannerhealth.com/physician](http://bannerhealth.com/physician) to find a Banner Health physician near you. Banner Health is the academic medical partner of the University of Arizona.

# A healthier you:

## 4 diabetes control tips to avoid kidney complications

By Brian Sodoma

**A**ccording to the American Diabetes Association, diabetes affects nearly 30 percent of adults over the age of 65. The majority of those cases are Type 2, or adult-onset. Managing Type 2 diabetes and pre-diabetes, is key to keeping your kidneys healthy, explains Dr. Lurlyn Pero, division medical director for Banner Medical Group in Phoenix. Dr. Pero shares four tips on how to control your diabetes and avoid kidney complications.

### Tip #1: Follow a Mediterranean diet and exercise

If you're diagnosed with Type 2 diabetes or prediabetes, follow a Mediterranean diet, Dr. Pero says. Your diet should include whole grains, polyunsaturated fats, low glycemic carbohydrates and very little refined sugar or processed food.

"Carbohydrates are the preferred food and fuel for the brain and body, but diabetics have a hard time with them," Dr. Pero added.

Many Type 2 diabetics also struggle with obesity. The Mediterranean diet helps you control calories to maintain or lose weight. Dr. Pero also recommends 30-45 minutes of exercise three to four times a week.



### Tip #2: Learn how your medicine works

Many diabetes medications have different mechanisms of action. This may influence when you should take them and your daily dosage.

"They all help your body utilize carbohydrates better but work in different ways. When possible, I usually enlist a clinical pharmacist to help diabetics understand their medications, and a dietitian to discuss the effects of food choices and mealtimes on blood sugar," Dr. Pero said.

### Tip #3: Manage your blood pressure

High blood pressure can also lead to kidney disease. If you have hypertension, minimizing dietary sodium intake is the first step. You may need blood pressure medication if goals cannot be met with lifestyle changes, diet

modifications, exercise and weight management. Dr. Pero also says it's critical to get adequate sleep and quit smoking.

"Smoking plays a role in hypertension and appropriate sleep impacts the ability to maintain and lose weight," she explained.

### Tip #4: Be proactive

Diagnosing a disease early is also key. Dr. Pero closely monitors her patients' hemoglobin a1c test levels, which measures the average blood glucose over a three-month period. A normal a1c is below 5.7%; prediabetes is diagnosed between 5.7% and 6.4%, and diabetes when a1c is above 6.4%.

"There are a lot of preventive things we can do before we even start talking about disease diagnosis or treatment," she added. "Prevention is a lot easier than treating, and partnering with a health care provider who understands your personal and family medical history plays a big part in helping you make sure all preventative measures are taken."



**At risk for diabetes?** Take a free health risk assessment at [www.bannerhealth.com/HRA](http://www.bannerhealth.com/HRA)



# Giving back!

Super volunteer  
Desmond Hall  
uses past life crises  
to help others

By Brian Sodoma

**D**esmond Hall has been a volunteer at Banner Baywood Medical Center in Mesa, AZ for the past five years. Among his greatest joys is getting to know cardiology patients he shuttles on a golf cart from the parking garage to their doctor's office.

"I really enjoy it because these are people who need my help and

I'm there for them," Hall said. At 72, he gives back as a volunteer because it fits his personality, but also to thank Banner for helping him through a medical crisis that occurred more than a decade ago. "This is more than loyalty. I owe them my life. They saved me."

In 2010, Hall was diagnosed with prostate cancer which required radical surgery. Shortly after that,





he needed an ablation procedure to correct an irregular heart rhythm that could have led to blood clots in the heart. While all of this was happening to him, his wife Tanjia was battling breast cancer. Grateful for making it through the ordeal, Hall chose to hold himself more accountable for diet and lifestyle choices, a move he believes that has kept him at his best.



PHOTOS BY RICK D'ELIA/D'ELIA PHOTOGRAPHIC

"Before, I would walk and I was always tired. Now, I feel like I can run a marathon," he added.

Here's a closer look at the simple diet and lifestyle changes Hall made through the years:

### **A high blood pressure surprise**

Hall's health challenges actually started shortly after he arrived in Arizona from New York about 20 years ago. His dentist noticed a systolic blood pressure reading above 160. Hall also experienced headaches and some lightheadedness at the time.

"When I came to Arizona, I was not aware my blood pressure was that bad," he said. "Then, even with medicine, I was not doing things the way I should have, it was fluctuating continuously."

He did a lot of his own research to help him tackle his high blood pressure with diet. For one, he knew he needed to watch his salt intake. He lost weight after his prostate surgery and knew that keeping it off would help with his blood pressure, too. He also

compared notes with a co-worker who took control of his diabetes through diet. Tanjia, who wanted to remain cancer-free and was watching what she ate, worked alongside him with meal planning as well.

### **Big changes**

Hall cut out red meat and fried food from his diet and primarily gets his protein from fish and skinless chicken. Being from Jamaica, he also had to cut back on his favorite recipe which is sodium-rich Jerk Chicken and cut down on the amount of rice he was eating. He now turns to fruits and vegetables for more of his carbohydrate intake.

Carb-smart ice cream is a treat, and he loves apples as a replacement for sugary desserts.

### **Studying his past, getting active**

Hall also researched his family history, where hypertension and diabetes were all too common. He saw how his previous sedentary

lifestyle was pushing him in that same direction. In addition to his dietary changes, he started walking regularly, swimming, and doing light resistance training. He checks his blood glucose and blood pressure every morning and his blood pressure a second time at night.

Hall retired in 2018 but today he recognizes how proper diet and staying active help him lead a fulfilling life beyond retirement.

"My wife and I help each other stay in line. We prepare all our meals ourselves," he added. "I stick steadfastly to the things I need to do to be healthy. It allows me to be a better person inside and outside."

And the patients at Banner Baywood appreciate it.



**KNOWLEDGE IS POWER**



If you're interested in volunteering at a Banner facility near you, call (480) 321-4122 or visit [Bannerhealth.com/services/volunteer](https://Bannerhealth.com/services/volunteer)

# Attacking Alzheimer's disease

New drugs can slow progression

By Debra Gelbart

Until recently, medications for Alzheimer's disease were designed to be administered orally to minimize symptoms. Cognitive improvement has been unpredictable, with success perceived differently by the medical community, by patients and their families.

Doctors now can determine through "biomarkers" whether someone has the hallmarks of Alzheimer's in their brain (even if symptoms aren't yet present). New medications administered by infusion (as a slow drip into a vein) can slow progression of early disease, not just minimize symptoms.

One of the telltale biomarkers for Alzheimer's is the presence of a protein called amyloid, which causes plaques, or clumpy deposits between the brain's nerve cells known as neurons. Over time, the new intravenous medications can remove these plaques and delay the advancement of the disease process.

## Not a cure but a big leap forward

"It's important to realize these medications can't reverse or cure Alzheimer's," explained Dr. Alireza Atri, director of the Banner Sun Health Research Institute in Sun City, AZ. "Even though plaques may be removed by these medications, you're not 'putting out the fire' of impaired cognition completely. You're 'lowering the burn rate' but other degenerative processes are at work in the brain independent of the plaques."

These new drugs are monoclonal antibodies that go by the generic names aducanumab and lecanemab and have been approved by the Food and Drug Administration under what's called an accelerated approval pathway. Eli Lilly released positive clinical trial data on its new Alzheimer's drug donanemab, during the first week in May.

These drugs have been shown in clinical studies to slow the progression of symptoms of Alzheimer's by as much as 35%. "The hope is that within 10 to 15 years,



we will use biomarkers to personalize treatments and to delay clinical progression by 50, 60 or 80% or more," Dr. Atri said. These drugs are formulated only to fight early Alzheimer's disease specifically; they aren't intended to slow any other form of dementia.

## Self-evaluating symptoms

You or someone you know may be experiencing mild memory or thinking impairment, difficulty multitasking or challenges with coming up with a word. Perhaps Alzheimer's or dementia runs in your family and if so, it may be time to see your primary care provider to ask for a referral to a neurologist or to the Banner Sun Health Research Institute for testing, Dr. Atri suggested. "If your provider tells you your issues don't warrant a referral, seek a second opinion," he advised.

"A referral could result in an accurate diagnosis and treatment during the early stages of Alzheimer's, when it can have the greatest impact, and when we can use these new drugs," Dr. Atri noted that qualified patients still can enroll in clinical trials for many of these or similar drugs.

Clinical trials for the brand name of aducanumab, Aduhelm; donanemab; and Leqembi, the brand name for lecanemab, are underway. You can search for a study at [www.clinicaltrials.gov](http://www.clinicaltrials.gov).

"The bottom line is if you think you or a loved one are experiencing cognitive issues or early signs of Alzheimer's," Dr. Atri emphasized, "take charge and don't delay getting evaluated. The first step is to have an accurate diagnosis. Regardless of the cause, we have treatment and care to offer that can make a difference."



# It's never too late to adopt a healthier diet

By Michelle Jacoby

One of the joys of getting older is that we become comfortable with our appearance—from the scant lines forming around our eyes, to the extra little pouch on our tummies. By the time we reach a certain age, we're not out to impress anyone but ourselves and we're confident in the way we look and feel.

While we may not mind the little extra weight we've put on, it could potentially have significant effects on your physical

well-being and overall quality of life. Weight gain can lead to potential health impacts, such as heart disease, type 2 diabetes, high blood pressure, certain types of cancer and stroke.

Fortunately, good nutrition can play a key role in avoiding these issues. As Mark Hyman, MD, founder and director of the UltraWellness Center in Lennox, Massachusetts, has said, "Food has the power to heal us. It is the most potent tool we have to help prevent and treat many of our

chronic diseases."

Bonnie Stone, registered dietitian nutritionist and certified diabetes care and education specialist at Banner Health, agrees.

"If we view food as medicine, we begin the road to improving our health with our next meal," she said. "Instead of costly supplements, buying the fruits, vegetables, whole grains, nuts, seeds, beans, healthy oils, and lean proteins gives our bodies not only energy, but the vital nutrition it needs to fight disease."

Chronic illnesses such as heart and blood vessel disease, cancer and diabetes can be traced to the foods we eat. "On a positive note, some can be prevented, improved and even reversed with food choices," Stone said.

According to scientific and medical research, the eating plans touted as the most beneficial for health improvement and weight management are the Mediterranean, DASH (Dietary Attempt to Stop Hypertension) and whole foods diets. While each has subtle differences, Stone points out that the "emphasis in each is on increasing intakes of fresh or frozen unprocessed fruits and vegetables; whole grains like oatmeal, whole wheat, barley, corn, brown rice, legumes and beans; as well as nuts, seeds, healthy oils, fish and lean proteins."

With so many diets and foods to consider, starting a weight loss journey can feel overwhelming.

Stone suggests these small steps that can make a big difference:

- Add oatmeal and fresh berries to breakfast.
- For lunch, include leafy greens, tomato and avocado to a sandwich on 100% whole wheat bread.
- Add a fresh vegetable salad and a steamed or grilled vegetable to your dinner meal.
- Have fresh fruits and small quantities of nuts on hand for snacking.
- For foods you make often—like pasta sauce, chili, or soups—use vegetables, beans and whole grains.
- Experiment with one or two new recipes found online or in a good Mediterranean Diet cookbook. The library is great source for cookbooks you can try.

"While some of the benefits of these foods can be felt immediately, others will show up in your health markers and labs with time," she said.



### MAKE THIS RECIPE?

Send us a photo! Send it to [BHNMSupport@bannerhealth.com](mailto:BHNMSupport@bannerhealth.com) along with your name and email address.



## Summer Skillet Vegetable & Egg Scramble

### INGREDIENTS

- 2 tablespoons olive oil
- 12 ounces baby potatoes, thinly sliced
- 4 cups thinly sliced vegetables, such as mushrooms, bell peppers, and/or zucchini (14 oz.)
- 3 scallions, thinly sliced, green and white parts separated
- 1 teaspoon minced fresh herbs, such as rosemary or thyme
- 6 large eggs (or 4 large eggs plus 4 egg whites), lightly beaten
- 2 cups packed leafy greens, such as baby spinach or baby kale (2 oz.)
- ½ teaspoon salt

### DIRECTIONS

Heat oil in a large cast-iron or nonstick skillet over medium heat. Add

potatoes; cover and cook, stirring several times, until they begin to soften, about 8 minutes.

Add sliced vegetables and scallion whites; cook uncovered, stirring occasionally, until the vegetables are tender and lightly browned, 8 to 10 minutes. Stir in herbs. Move the vegetable mixture to the perimeter of the pan.

Reduce heat to medium-low. Add eggs and scallion greens to the center of the pan. Cook, stirring, until the eggs are softly scrambled, about 2 minutes.

Stir leafy greens into the eggs. Remove from heat and stir to combine well. Stir in salt.

Source: [www.eatingwell.com/recipe/273189/summer-skillet-vegetable-egg-scramble/](http://www.eatingwell.com/recipe/273189/summer-skillet-vegetable-egg-scramble/)

# Fighting fatty liver

Keeping on top of health checks helps prevent disease

By Julie Maurer

Physicians are seeing a rise in fatty liver disease – but the good news is that there are lifestyle changes that can be made to help prevent or even reverse the condition.

According to Dr. Ilan Nevah, medical director of The Advanced Liver Disease Clinic and Transplant Center at Banner - University Medical Center Phoenix, fatty liver disease can be described as excess fat in the liver. This could lead to severe or even lethal symptoms in patients.

“About 20 to 30% of patients with fatty liver disease will see an increase of inflammation and the development of scar tissue in the liver; a percentage of those will develop cirrhosis. This could lead to cancer or the potential need for a liver transplant,” Dr. Nevah said.

The main risk factors for non-alcoholic fatty liver disease include diabetes, hypertension, high cholesterol and obesity.

“We know that with the obesity epidemic, we’ve seen an increase in a lot of these metabolic issues, which leads to fatty liver,” Dr. Nevah said.

The second most common cause of fatty liver disease is excess consumption of alcohol.

“The way alcohol is metabolized in the body leads to abnormally



high levels of fat accumulated in the liver,” he said.

Dr. Nevah added that there is currently no FDA-approved treatment for fatty liver disease, and there aren’t symptoms that are obvious to the average person.

“The sad part of all of this is that it doesn’t really have symptoms,” he said. “If you start seeing symptoms that come with cirrhosis of the liver, it may be too late.”

However, the good news is that this is something that can be detected by a thorough patient interview and routine tests during an annual exam.

“Then they would be referred to a specialist like me,” Dr. Nevah said. “Then it boils down to going back to the source of the fatty liver.”

Once the source is determined, lifestyle changes are in order. These modifications could

include the elimination of alcohol consumption, increased exercise, making diet changes and managing the conditions that are the cause of fatty liver disease.

“If you treat cholesterol and control levels, manage your diabetes, lowering your blood pressure... those are all measures you can take to prevent fatty liver disease,” Dr. Nevah said. “There are actually people who get better, and the fat goes away.”

He noted that the key is to follow your doctor’s instructions and take prescribed medications for these conditions.

“If you have the risk factors, make sure you have your annual checks with your doctor,” Dr. Nevah said. “The mainstays still remain exercise, weight loss and tight control of all other medical problems.”

**ACROSS**

- 1. Database management system
- 5. Medical procedures
- 11. \_\_\_ Clapton, musician
- 12. Defender
- 16. Exert oneself
- 17. Indicates position
- 18. Prevents river overflow
- 19. Atrocities
- 24. Mister
- 25. Ends
- 26. Slope or tilt
- 27. Taxi
- 28. The very ends
- 29. Actor Sean
- 30. Japanese persimmon
- 31. Sours
- 33. Beneficiary
- 34. Baseball official
- 38. Muddy, boggy ground
- 39. Not worldly
- 40. Actress Lathan
- 43. Soil
- 44. \_\_\_-Cola
- 45. Asleep
- 49. \_\_\_ Angeles
- 50. Give birth to a child
- 51. Beach shelter
- 53. Commercial
- 54. Taste property
- 56. Local jurisdictions
- 58. It cools your home
- 59. Dismounted from a horse
- 60. Charge with a crime
- 63. Close in
- 64. Spoke
- 65. Famed garden

**DOWN**

- 1. Draw a scene
- 2. Its sultan is famous
- 3. Unlucky accident
- 4. A way to ski
- 5. Abba \_\_\_, Israeli politician
- 6. Saw

1	2	3	4			5	6	7	8	9	10				
11						12						13	14	15	
16						17				18					
19				20	21			22	23				24		
25							26						27		
28						29							30		
				31	32						33				
34	35	36	37						38						
39							40	41	42						
43					44							45	46	47	48
49				50							51	52			
53			54						55						
56		57						58					59		
60						61	62						63		
				64										65	

- 7. "Westworld" actor Harris
- 8. Belonging to me
- 9. Shoelace tube
- 10. Takes to court
- 13. Early multimedia
- 14. In a way, produces
- 15. Bowlers
- 20. Of I
- 21. Equally
- 22. Gets some sun
- 23. A place to stay
- 27. Town in Galilee
- 29. Aronofsky film
- 30. Klingon character, "Star Trek"
- 31. Equal to 100 square meters
- 32. Atomic #58
- 33. Arrived extinct
- 34. Loosen grip
- 35. A distinctive odor that is unpleasant
- 36. Membranes
- 37. Some is poisonous
- 38. Partner to Pa
- 40. Small brown gray rail
- 41. A salt or ester of acetic acid
- 42. Sodium
- 44. Military official (abbr.)
- 45. Lighted
- 46. Took off
- 47. All
- 48. Ohio city
- 50. More abject
- 51. A radio band
- 52. Controversial tech product (abbr.)
- 54. Monetary unit
- 55. Passed with flying colors
- 57. A way to win a boxing match
- 61. The Golden State
- 62. Home of the Longhorns

HEALTHY LIVING **CALENDAR**

## Banner Alzheimer's Institute Class

Classes and support groups are offered in-person and virtually. To register for a class, visit [BannerHealth.com/calendar](http://BannerHealth.com/calendar); use keyword "BannerAlz" in the search field.


### **Dementia Friends Information Session – Virtual**

Dementia Friends is a global movement that is changing the way people think, act and talk about dementia. Participate to learn the critical aspects to better understand dementia, how it affects people and how we each can make a difference in the lives of people and families living with dementia. Everyone who attends



is asked to turn their understanding of dementia into action—to help communities become more dementia friendly.

**Date & time:**  
Thursday, July 13 11 a.m.  
Thursday, Aug 24 10 a.m.

 **Banner  
Medicare Advantage**

### **Banner Health Care and Coverage Together**

Know someone who is aging into Medicare? Have questions about Medicare Advantage plans? We are here to help.

Call (844) 513-0532, TTY 711, 8 a.m. to 8 p.m., Monday through Friday, to speak with one of our licensed agents who can answer any questions you may have and even help you enroll. Or visit us at [www.BannerHealth.com/MA](http://www.BannerHealth.com/MA).

*There are other providers available in our network.*

Y0152\_PHpr12223\_C

## **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**

 **Banner Health Network**