

SPRING 2025

# HealthSmarts

## FOR THE LOVE OF THE GAME

Reminiscence program improves  
quality of life for baseball lovers  
with memory decline

**UNBROKEN**  
Banner Health  
orthopedic surgeon  
wants to prevent  
bone fractures

 Banner Health Network

# Welcome



**T**his is the first issue of Health Smarts for 2025. To our current readers, we thank you for your continued support and we welcome our new readers as we look forward to providing you with

valuable health information in the coming months.

It's never too late to take charge of your health and that's why *Health Smarts* focuses on you. You'll find information about living a healthier lifestyle and practical tips to manage the issues we all face as we age. We invite you to explore our crossword puzzle that is not only fun but can help keep your brain sharp!

In this issue, we'll introduce you to Steve Shaffer and Scott Carter, part of "Baseball ALZ-Stars," a group supported by Banner Alzheimer's Institute who meet virtually to share their love of baseball memories. Reminiscing about their shared love of baseball is incredibly helpful for those living with Alzheimer's disease or related dementias to keep sharp.

Also in this latest issue:

- Discover the best place to start your journey as a patient, and when it's appropriate to go to urgent care instead of going to your primary care physician.
- Learn why colonoscopy can do much more than just diagnose cancer. It's a tool that can diagnose, help to prevent, and provide opportunity to intervene early and treat colon cancer.
- Meet an orthopedic surgeon affiliated with Banner Health whose assessment tool helps find ways to preserve your bone health and treat low bone density.

- Find out why maintaining good immune health can help play a role in healing and even lowering the risk of chronic diseases.

We're proud that we can offer this publication to our 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, trends, and how to achieve your best personal health.

Of course, we are also here to provide you support so you can achieve your health goals! If you have any health-related questions, you have access to our 24-hour Banner Health Nurse On-Call hotline. Our nurses can answer questions about medications or make recommendations about where to get care. You can call us at 602-747-7990 or toll free at 888-747-7990.

To your health,



Ed Clarke, MD  
Chief Medical Officer,  
Banner Plans and Networks





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06

**COVER STORY**

**08 For the love of the game**

Reminiscence program improves quality of life for baseball lovers with memory decline

**04 Unbroken**

Banner Health orthopedic surgeon wants to prevent bone fractures

**06 10 safety tips for seniors**

Smart ways to stay healthy for the long run

**11 When urgent care is your best option – and when it's not**

**12 Building a strong immune system**

Try these simple steps for lasting health

**14 Keep your colon healthy**

Colorectal cancer can be prevented and even treated through a routine procedure

**15 Health Smarts Crossword**

**16 Healthy Living Calendar**



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12

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# Unbroken

Banner Health orthopedic surgeon wants to prevent bone fractures

By Debra Gelbart

**O**rthopedic surgeons typically aren't involved in preventing bone fracture; they're the doctors who treat the consequences of osteoporosis, a condition characterized by fragile, brittle bones.

But Dean Cummings, MD, an orthopedic surgeon affiliated with Banner Health, has created an assessment tool designed to preserve the bone health you have, properly treat low bone density when it's diagnosed and prevent falls.

"Only 20 percent of those recognized with osteoporosis after a hip fracture get treated for the osteoporosis," Dr. Cummings said. "We've been reactive, and we need to become proactive in managing at-risk patients." This is a silent condition, he added, that often makes its presence known only through a bone fracture.

## Assessing your risk

His assessment tool, called a Multidisciplinary Assessment Profile (MAP), looks at what Dr. Cummings calls "the four pillars" of preventing fracture: 1) biologic or medical; 2) behavioral; 3) functional; and 4) environmental. The MAP also includes the results of a bone density scan, laboratory results and diagnostic images of the patient's bones.

Patients are asked to complete questionnaires, where they're asked, among other things, about medications they take, blood pressure, vision and hearing issues and whether they're experiencing chronic pain (biologic/medical pillar); whether they smoke or drink alcohol (behavioral); whether they have balance or gait disturbances and how easily they can negotiate a small curb in a parking lot (functional pillar); and about any potential hazards in their home, such as rugs they could trip on or a light too far away from their bed (environmental).



"You have to look at everyone individually," Dr. Cummings said. "Then, we can develop an integrated care plan for each patient."

## How common is poor bone health?

In the U.S., about 10 million people over age 50 have osteoporosis. About 45 million people have osteopenia, a condition where bone density is lower than normal, but not low enough to be osteoporosis. Every year, more than 1.5 million people suffer what's known as a fragility fracture—when you break a bone after falling from standing height or lower. "Ninety percent of people who fracture a bone secondary to





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osteoporosis do so because of a fall," Dr. Cummings said. "We want to prevent these patients from falling in the first place," he said. "The assessment profile can help us do that."

### **Knowing risk factors can help prevent weak bones**

These are the modifiable risk factors that can worsen the possibility of developing low bone density:

- diet, including diets low in calcium and vitamin D;
- alcohol use, which may decrease calcium and vitamin D levels and increase the risk of hormone deficiencies
- smoking, which increases the risk of bone loss as you age and may slow fracture healing
- caffeine use, which depletes calcium and vitamin D

- lack of bone-stimulating exercise, including tai chi, yoga and Pilates
- disuse, or lack of movement.

### **Diagnosing low bone density**

Osteoporosis and osteopenia are diagnosed through what's known as a DEXA (dual-energy X-ray absorptiometry) scan. It's a bone density test that uses low-dose X-rays to measure bone strength. Every woman aged 65 and older should have a DEXA scan at least every two years, Dr. Cummings said. If you are diagnosed with osteoporosis or osteopenia, talk to your physician about ways to manage future risk of falling.

### **Medications to treat low bone density**

There are medications to treat osteoporosis or osteopenia. Your doctor may recommend a medication that can prevent further bone loss or a medication that can rebuild, depending on what's right for you.

### **What can happen after fracture?**

Statistically, "about 30 out of 100 people with a hip fracture will die from conditions that develop after fracture, such as pneumonia and blood clots," Dr. Cummings said. Another 50 "will never get back to independent living," he said. And the other 20 "will need an assistive device to walk."

That's why, he said, he's so committed to preventing fractures. "It's about educating patients so they're aware of the very real dangers of bone fracture," he said.

# 10 safety tips for seniors

Smart ways to stay healthy for the long run

By Elise Riley

**F**or most people, it starts with a fall. Perhaps it's a trip over a garden hose, or a missed step while reaching for something high on a shelf. But one slip, and a broken hip, can start a domino effect of health and wellness issues for a senior.

According to the Centers for Disease Control and Prevention (CDC), falling is the third-leading cause of injury death for those age 65 and older.

Jennifer Lawless, the director

of the Banner Olive Branch Senior Center in Sun City, says that falls are a common factor for seniors who begin visiting the center.

"Some people notice that their abilities are changing," Lawless said. "But many people unfortunately will have a fall or two, and that's when they'll realize they're not as safe as they once were, that balance and that core coordination does change."

While we can't prevent aging or reverse gravity, we can take some small steps in our everyday lives to be safer at home and in our

communities. Among the keys are finding trusted advisors and helpers and acknowledging physical limitations. Here are 10 ways for seniors to live more safely.

**1 Identify your person.** Even if you're not experiencing any physical limitations, it's important to have someone to call on for help or advice. Whether it's a family member, neighbor, friend, health care provider, or spiritual advisor, a trusted person can make a positive difference in everyday life. "The best way to keep yourself safe is to have someone you trust around," Lawless said. "We all go through the same thing as we age. Why not get some help?"

**2 Get educated about scams.** Be aware of fraudsters and their latest tricks both in person and online, which pose a serious risk to your financial health. Senior centers, local police departments and community banks can offer great advice and resources. "Elder scams are a big safety issue," Lawless said. "We see people at the center who have been taken advantage of."

**3 Identify and resolve trip hazards.** No one knows your home as well as you. Walk through your home with a critical eye and identify the places that pose the biggest risks. Slippery floors,



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dangling cords, curling rugs or mats, and poor lighting can lead to trouble. "Many non-medical home care companies, local fire stations and others will come out to your home – often for free – and look for fall hazards," Lawless said. "I really encourage families to attend these assessments so you can help make the changes professionals suggest for creating a safer home."

**4 Re-think your license.** If you've started to hit curbs or notice other issues when driving, it might be time to stop. "Seniors may notice that their ability behind the wheel is not what it once was," Lawless said. "It's subtle – maybe your vision is getting limited – but it's slowly happening."

**5 Get moving.** Exercise is very important as you age for many reasons, especially for safety and fall prevention. The more regular physical exercise you do, especially strength training and flexibility strengthening like Tai Chi or yoga, the more you can prevent and recover from a fall. "If you are already used to, for example, squatting safely during exercise, your risk of falling decreases while using a lower height toilet," Lawless said. "If you are regularly doing strength training, lifting yourself off the ground will be easier if you do fall."

**6 Install grab bars.** Place the bars in key locations, such as next to the toilet and inside the shower or tub. These provide stable support when you sit, stand or move around in the bathroom. Make sure the grab bars are securely anchored to the wall and can support your weight. "There are



organizations in many communities who will install these free of charge for seniors," Lawless said.

**7 Embrace the benefits of technology.** Most smartwatches can deliver text messages, monitor the stock market, provide weather updates and alert emergency services and family if you've fallen. They're particularly helpful for seniors who live alone.

**8 Mental health is important.** Remaining socially active not only benefits our emotions, but it also helps our physical wellness. "Socialization is one of the most important aspects of being healthy when you're older," Lawless said. "Getting out and talking to people, seeing people, is important. We're social creatures. Social isolation can lead to physical deterioration."

**9 Check your medication.** Be sure to review your medication list every time you visit your doctor. Many medications, like anti-seizure drugs, antidepressants,

sedatives and blood pressure medicines, can have side effects such as dizziness or lightheadedness, which increases the risk of falls.

**10 Be realistic.** Changes in mobility and balance are a natural part of life. The safest decision you can make is to move within your body's abilities. "We talk a lot about falls because that's the thing that usually triggers other challenges," Lawless said. "If you have a voice inside your head that says I'm not sure if this is safe, it's better to err on the side of caution. There's nothing wrong with asking for help."



#### KNOWLEDGE IS POWER

For more information about safety tips, reach out to the Banner Olive Branch Senior Center at 623-465-6000. The services are free of charge.

Steve Shaffer (inset) and  
SABR Executive Vice  
President Scott Carter  
(right) reminisce about  
a cherished baseball  
memory.



# For the love of the game





## Reminiscence program improves quality of life for baseball lovers with memory decline

By Brian Sodoma

Steve Shaffer, 80, vividly recalls his first Philadelphia Phillies memory. It was Oct. 1, 1950. The then 6 year-old huddled around a radio with his grandmother, uncles and parents to listen to the Phillies face the Brooklyn Dodgers. It was the last game of the season and Dick Sisler's 10th inning homer clinched the National League pennant for

a World Series date with the New York Yankees.

"They didn't do too well in the World Series and lost all four games straight that year," Shaffer said, "but I'll never forget that being my introduction to baseball."

The story is sweet but also important. Now retired and living in Goodyear, Ariz., the former attorney was recently diagnosed with mild cognitive impairment (MCI), or memory decline not severe enough to interfere with day-to-day activities. He jokingly defines MCI as "you're getting old."

To help himself, Shaffer participates in the Baseball ALZ-Stars program, a monthly Zoom meeting with other baseball fans who have memory challenges. Guided through reminiscent activities to spur positive childhood baseball recollections, Shaffer and his new passionate friends relive the past and share thoughts on today's game. But that 1950 memory is a quintessential example of what this program aims to create.

### Launching Baseball ALZ-Stars

Society for American Baseball Research (SABR) is a nonprofit with 7,500 members. It is a collection of baseball's most passionate fans and researchers. In 2015, the organization launched a Baseball Reminiscence for Memory Care & Social Isolation program, with pilot partnerships formed by their Los Angeles, California, and Austin, Texas chapters. Those efforts involved monthly online meetings run by SABR volunteers and other experts using discussions to reinvigorate old childhood baseball stories for



memory-challenged attendees and soon grew to other markets across the country.

In 2023, SABR's Hemond Arizona chapter partnered with Banner Alzheimer's Institute to try the program in Arizona. Baseball ALZ-Stars now finds a consistent spot on the calendars of Shaffer and up to 20 other attendees each month, a mix of patients, caregivers and SABR volunteers. The program "keeps me going," Shaffer noted, and serves as a chance for people with memory decline to share a fun side to their personality.

"Alzheimer's and dementia can be very isolating for patients and caregivers. Recalling those memories helps to get people out of their shell," SABR Executive Vice President Scott Carter emphasized. "You watch folks' eyes light up when they get to tell a story about what they remember as a kid. That's something unique about baseball. It lends itself to that catalogue of names and memories usually formed at a younger age and you hold onto it."

### A game-day experience

Baseball ALZ-Stars meetings follow a baseball game structure. There's a starting line-up, where participants introduce themselves, which is followed by the national anthem or a video of a memorable World Series national anthem performance.

Innings are assigned discussion topics such as: dynasties, Hall of Fame inductions, the current playoff race, among others. Quizzes are successful conversation starters, too. A recent quiz asked attendees to guess a team's spring training facility from a single photo. One inning is also reserved for memorabilia sharing. Then, during the seventh inning stretch, the group sings "Take Me Out to the Ball Game."

"It's really about lively discussion and people being engaged," Carter noted. "About five to 10 minutes in, you forget you're there doing a type of reminiscence therapy. It's more like seeing an old friend and talking about baseball."



### Imagery

For Shaffer, the group has also helped him recall stronger childhood images, the type that really ignite all the senses, like the first time he visited Philadelphia's Connie Mack Stadium in 1953. On that day, the pristine grass was dulled by the tall gray right field wall locals called "the spite fence," built to keep homeowners on the other side of it from viewing the game.

"We walked in, and I remember we were right down the third base side," Shaffer said. "I have a vivid memory of this walk and seeing the green grass and that wall in the right field ... and there were the other games up on the scoreboard, the line-ups. It was illuminating to see how everything stuck out like that."



**A CLICK AWAY**

To learn more about Baseball ALZ-Stars, visit [Sabr.org/chapters/baseball-memories](https://Sabr.org/chapters/baseball-memories).



# When urgent care is your best option – and when it's not

By Brian Sodoma

**L**ike many others, when troubling health symptoms show up, you may struggle with deciding where to go for care. Specifically, many of us often wonder: should I go to urgent care or the emergency room (ER)? We recently asked Banner Health's Patrick Knauer, Ambulatory division marketing director, for some important tips to help you make that decision.

"The thing that confuses the public is the word 'urgent,' which some think is synonymous with 'emergency,' but that's not the case," Knauer clarified. "I think the better term is 'quick' or 'convenient' care because that is truly the intention behind urgent care."

## Is it urgent or emergent?

It's important to remember that an ER visit is strictly for life-threatening situations. If you're experiencing signs of heart attack, for example, which may be chest pain, sudden confusion, or shortness of breath, you should visit the ER. Other potentially life-threatening examples include:

- Coughing up blood
- Fever over 103°F with rash
- Uncontrollable bleeding
- Fracture with bone coming through the skin
- Head injury, concussion or trauma
- Symptoms of stroke
- Chest pain or pressure especially if presented with shortness of breath, nausea or dizziness
- Mental health crisis (suicidal thoughts, psychosis, severe self-harm risk)

## When to visit urgent care

Urgent care is a great option for far less severe conditions but ones that you may prefer to address quickly. In these situations, your primary care physician can care for you, but you may want to avoid waiting several days for an appointment.



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"An example might be, you wake up with a cough and sore throat, but you have big plans for the weekend," Knauer said, "so you want to address these non-life-threatening symptoms immediately. That's what urgent care is for."

Other symptoms ideal for urgent care include:

- Minor gastrointestinal distress, urinary tract infections
- Fever, cold and flu symptoms, pink eye
- Animal bites or stings
- Nosebleeds
- Sprains or strains

## Wait times, cost considerations, scheduling

Cost and wait times are another important factor. An urgent care visit avoids long ER wait times, as ER staff must prioritize life-threatening cases if yours is not. And while you pay a little more than a primary care visit, urgent care copays cost far less than an ER visit. For added convenience, urgent care hours are also extended, usually until 8 p.m., while primary care offices typically close at 5 p.m.

Scheduling an appointment with Banner Urgent Care is easy, too. Simply visit [urgentcare.bannerhealth.com](https://urgentcare.bannerhealth.com) to book an appointment at a convenient location. You can also opt for a video visit, where a provider can treat you via telehealth.

"People are often surprised by how much can be handled through telehealth," Knauer added.

# Building a strong immune system

Try these simple steps for lasting health

By Michelle Jacoby

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**A** strong immune system is like having an invisible shield protecting you from illness and fatigue—it keeps you feeling your best, day in and day out.

Janna Assar, MD, an executive health and wellness physician at Banner Health, explains that maintaining good immune health isn't just about avoiding colds; it also plays a major role in healing, reducing inflammation and lowering the risk of chronic diseases. And in today's fast-paced world where stress and environmental toxins are constant factors, supporting your immune system has never been more important.

Dr. Assar points out that the immune system does much more than fight off infections. "A strong immune system helps your body recover faster from injuries and illnesses," she says. "It also plays a role in reducing oxidative stress, which that can lead to various autoimmune disorders, cancers and other chronic illnesses." In other words, a well-functioning immune system isn't just about longevity—it's about maintaining a high quality of life.

So, what can you do to keep your immune system in top shape? Dr. Assar breaks it down into a few key areas:

## **Nutrition and hydration –**

"Food should be regarded as the best medicine there is," she says. "Being mindful of what you're consuming daily in your diet is the first step in building a healthy immune system." A diet rich in vitamins, minerals and antioxidants provides the fuel your immune system needs to do its job. Foods like citrus fruits, leafy greens and probiotic-rich yogurt help keep the body strong. Staying hydrated is just as important; water flushes out toxins and helps your cells function properly.

**Sleep –** Ever notice that when you're sleep-deprived, you're more likely to catch a cold? That's



because sleep is when the body repairs itself. Dr. Assar explains that the glymphatic system (the brain's waste-clearing mechanism) is most active during deep sleep. Research even suggests that poor sleep increases the risk of Alzheimer's disease. "Everyone should aim for at least seven to nine hours of sleep daily," she recommends.

**Exercise** – Dr. Assar refers to exercise as "the cheapest and most effective anti-aging drug" because of how it supports overall health. Regular movement helps maintain telomere length (a key factor in DNA protection) and strengthens immune function. You don't have to spend hours in the gym—brisk walks, yoga or even dancing in your kitchen all count.

**Stress management** – Stress isn't just a mental burden; it affects your immune system, too. When you're constantly in fight-or-flight mode, your body produces excess cortisol, which can weaken immunity over time. "Managing stress with techniques such as deep breathing, mindfulness, meditation and other calming practices is a great way to keep one's immune system optimized," she says.

If boosting your immune system feels overwhelming, start small. Add an extra serving of veggies to your meals, swap scrolling for sleep, or take five minutes to breathe deeply during a stressful moment. At the end of the day, supporting your immune system isn't just about avoiding sickness. It's about feeling vibrant, energized and resilient so you can fully enjoy life.



## MAKE THIS RECIPE?

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



# Immunity Soup

## INGREDIENTS

- 2 tbsp. olive oil
- 1-1/2 cups chopped onion
- 3 celery stalks, thinly sliced
- 2 large carrots, thinly sliced
- 1 lb. pre-sliced mushrooms
- 10 medium garlic cloves, minced
- 8 cups unsalted chicken stock
- 4 thyme sprigs
- 2 bay leaves
- 1 (15 oz.) can unsalted chickpeas, drained
- 2 lbs. skinless, bone-in chicken breasts
- 1-1/2 tsp. kosher salt
- 1/2 tsp. crushed red pepper
- 12 oz. curly kale, stems removed, leaves torn

## DIRECTIONS

Heat oil in a large Dutch oven over medium. Add onion, celery and carrots; cook, stirring occasionally, 5 minutes. Add mushrooms and garlic; cook, stirring often, 3 minutes. Stir in stock, thyme, bay leaves and chickpeas; bring to a simmer. Add chicken, salt and red pepper; cover and simmer until chicken is done, about 25 minutes.

Remove chicken from Dutch oven; cool slightly. Shred meat with two forks; discard bones. Stir chicken and kale into soup; cover and simmer until kale is just tender, about 5 minutes. Discard thyme sprigs and bay leaves.

Source: <https://www.eatingwell.com/recipe/8041293/immunity-soup/>

# Keep your colon healthy

Colorectal cancer can be prevented and even treated through a routine procedure

By Debra Gelbart

If you're reluctant to undergo colorectal cancer screening, keep this in mind: colonoscopy, where a specialized camera attached to a probe is advanced into the colon while the patient is under anesthesia or sedated, is the only health screening that not only can detect cancer, it can prevent it.

Almost all colorectal cancer begins with a polyp, a rounded or flat growth in the large intestine (that includes the colon and the rectum), explained Rajesh Ramanathan, MD, a surgical oncologist specializing in colorectal cancer at Banner MD Anderson Cancer Center in Gilbert, Ariz. It typically takes about 10 years from the time a polyp first develops to become cancerous, he said.

## More than a screening

"Colonoscopy can do more than just diagnose colorectal cancer," Dr. Ramanathan said. "Because we have a lot of instruments that can attach to the camera, we can remove polyps during the procedure. Most polyps, if ignored long enough, eventually become cancerous, so removing them prevents cancer. And if a polyp is determined to be stage one cancer, removing it during colonoscopy will have cured the disease and no further treatment will be required. So we like to say that colonoscopy

is diagnostic, preventative and potentially curative."

## How often should you undergo screening?

Colonoscopy isn't the only method of screening for colorectal cancer, but it's considered the best because it will find 95% of all polyps over 1 centimeter in size. And if there's an abnormal finding with other screenings, you would still need to undergo colonoscopy to ensure that cancer will be prevented or early cancer will be treated.

Other methods of screening are CT colonography (also known as virtual colonoscopy), recommended every five years; a stool DNA test every one to three years; or a stool test every year.

It's important to undergo colorectal cancer screening regularly because colorectal cancer isn't a rare condition. Dr. Ramanathan said this year, 155,000 cases of the disease are expected in the United States. About 3,200 of those will be diagnosed in Arizona, according to the American Cancer Society.

If your latest colonoscopy found no polyps, you can wait 10 years between procedures, Dr. Ramanathan said. If one or more polyps were found during your last colonoscopy, your doctor likely will have recommended you have your next screening three to five years after your last one. "If you have your recommended

regular screenings, it's unlikely an advanced cancer would develop between screenings," Dr. Ramanathan said.

If in between screenings you experience any rectal bleeding, unexplained weight loss, persistent abdominal pain or a significant change in bowel habits or the appearance of your stool, Dr. Ramanathan recommends you see your doctor.

## Lower your risk

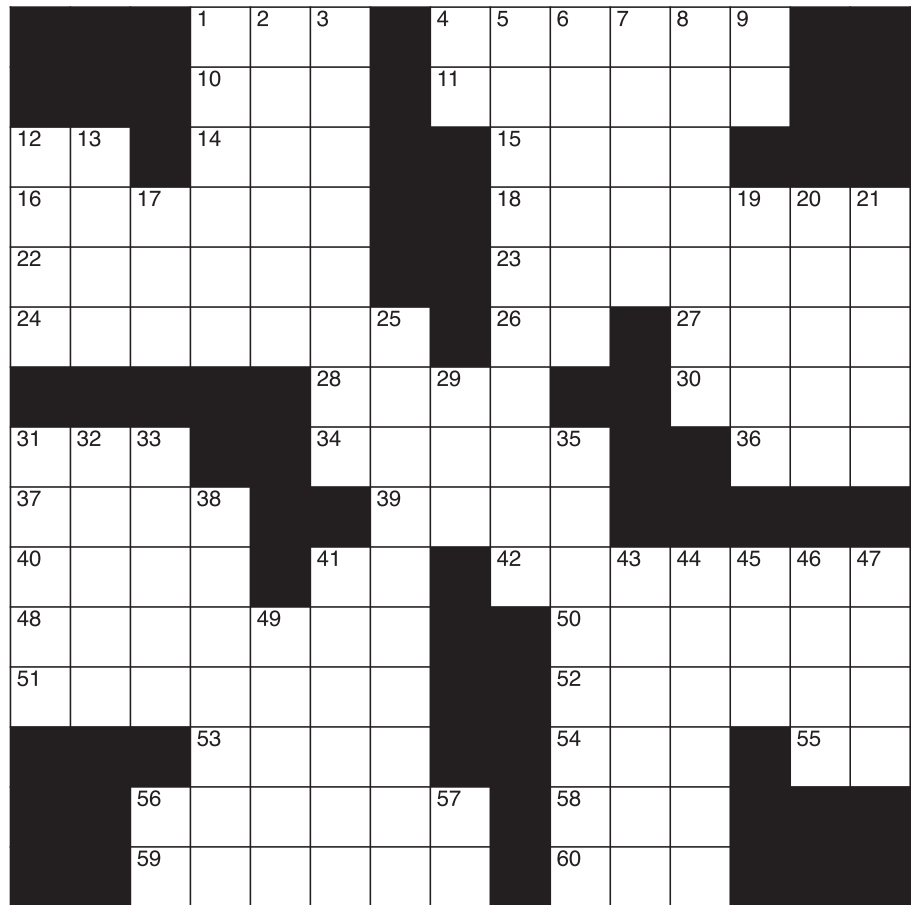
Four things you can do to lower your risk of colorectal cancer are: 1) maintain a healthy body weight; 2) eat more fiber-rich foods and less red meat and processed meats; 3) exercise regularly; and 4) don't smoke.

"We use our colon every single day," Dr. Ramanathan said. "And just as a car that's well-taken care of lasts longer, your colon will be healthier if you put less stress on it through an optimal body weight and a diet high in fiber and lower in red and processed meat." Think of colorectal screening as a tune-up that helps you stay healthy, he added. "It's important especially as you get older to check on your colon to make sure it's still okay and like a car, doesn't need any major repairs. If you had a colonoscopy that found no polyps at 45 or 55, that doesn't automatically mean you won't have polyps at 65 or 70."



**ACROSS**

1. State in southwestern India
4. Pashto
10. Corpuscle count (abbr.)
11. Supervised release from prison
12. Greeting
14. Type of drug
15. \_\_\_ Sagan, astronomer
16. Every year
18. Nasal cavities
22. Nova \_\_\_, province
23. In an inactive way
24. Cream-colored root
26. Nervous system disease
27. Guitarist Clapton
28. Three came to see Baby Jesus
30. Lebowsky's nickname
31. Play a role
34. Not fresh
36. Where golfers begin
37. Negatives
39. Wild goat
40. Releasing hormone
41. Makes up
42. Fastens
48. Exists in large numbers
50. A connecting word
51. A phase of the heartbeat
52. New York county
53. An independent ruler or chieftain
54. Pacific sea bream
55. Commercial
56. Azure
58. Doctor of Education
59. Protected oneself against loss
60. Car mechanics group

**DOWN**

1. Pastes for filling crevices
2. Acquire
3. Heralds
4. News group
5. Exact copies
6. Particles
7. Noted 20th C. performer Lena
8. Tempted
9. Midway between north and east
12. Slotted, hinged metal plate
13. South American hummingbird
17. Neither
19. Walk with confidence
20. Omit when speaking
21. Imperial Chinese currency
25. A bakery specializing in French pastry
29. Talk incessantly
31. Ethnic group of Nigeria
32. Longtime NY Times film critic
33. Beginners
35. Makes a trade
38. Sleep
41. Not moving
43. Popular drink: Pina \_\_\_
44. Potential benefits
45. A place you can get stuck in
46. Ancient Greek City
47. Chalcedony
49. Rover
56. Digraph
57. Investment vehicle

## HEALTHY LIVING **CALENDAR**

# Exciting events at Banner Sun Health Research Institute

10515 W. Santa Fe Drive, Building A, Sun City, AZ, 85351

### Brain Health Check-In

Do you question whether your brain is working normally for your age? To help keep your brain healthy and active well into your later years, Banner Sun Health Research Institute is hosting a free Brain Health Check-In.

Assessments are provided by the Center for Healthy Aging and Neuropsychology teams and last approximately one hour.

**WHEN:** Daily, Monday - Friday:  
9 a.m. - 3 p.m.

**REGISTRATION:** Free, but  
appointment is required.

Call to schedule:  
(623) 832-5747.



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### Research tour

Learn more about exciting progress taking place in Alzheimer's and Parkinson's disease research, and take a walking tour of our facility. See experts at work in the Brain and Body Donation Program.

**WHEN:** Every third Thursday, 10:30 a.m. - Noon

**WHERE:** Banner Sun Health Research Institute,  
10515 W. Santa Fe Drive,  
Building A, Sun City, AZ, 85351

**REGISTRATION:** Call (602) 230-CARE (2273) or visit [www.bannerhealth.com/calendar](http://www.bannerhealth.com/calendar). Wheelchairs must be requested at time of registration, if required.