

HealthSmarts

FALL 2019

Be Well

Enjoyable multi-generational holiday gatherings

Ask the Experts

Preventing falls and avoiding a trip to the ER

Youthful vigor

With the gift of time, retirees live longer, enjoy good health and purposeful living

 Banner Health Network

A happy and healthy holidays to you and your loved ones!



I want to welcome you to our Autumn edition of *Health Smarts*. The holiday season is upon us, and it can bring great joy or sometimes great anxiety, depending on the situation. In this issue,

we'll explore how one can stay emotionally healthy while possibly dealing with stress during the holiday season.

Also in this latest issue:

- If you want to prevent getting a cold or the flu this season, consider what kind of foods you should be eating to help you. We'll offer some great tips and strategies including eating healthy and drinking green tea, to boost your immune system.
- Do you use your hands a lot, but suffer excruciating pain when you work or take part in fun activities? Our medical experts will offer some advice on how you can keep your hands pain-free.
- People take medications for different ailments. But how do you know which ones to keep and which ones you should discard? We'll tell you why it's important to pay attention to your medication's expiration date, and the proper way to dispose of them when they expire.
- The emergency room (ER) is available for people if they need it. However, you probably won't find too many who say they enjoy going. If you're one of many who is trying to stay out of the ER, we'll include some tips on how you can do that.
- And, what would Health Smarts be without our

crossword puzzle? Engage your mind with our puzzle over a cup of green tea or your favorite beverage, to see how quickly you can complete it.

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.

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To your health,

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

Ed Clarke, MD
Banner Health Network Chief Medical Officer



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Be SAFE

Preventing falls and
avoiding a trip to the ER



By Sierra Anutta

I love going to the emergency room (ER)—said no one! But many people have to go to the ER for countless reasons. If you're over the age of 65, falling seems to be the main reason why many people need to visit a health care provider immediately. Sometimes the injuries are minor, sometimes they are major and require surgery. And sometimes, they can be fatal.

Different medical conditions can increase your likelihood of falling, and it's important to identify them to prevent future falls. As we get older, our bodies obviously change, and there are more precautions to take to stay safe. But that doesn't mean you shouldn't live life to the fullest.

Doctors Nimit Agarwal, Sumit

Agarwal and Kristina Balague, of internal medicine and geriatrics at Banner – University Medical Center Phoenix, weighed in on this important subject.

So why are people susceptible to falling? The Centers for Disease Control and Prevention identifies several risk factors including:

Lower body weakness

Advanced age causes the body to become weaker, which can also cause a fall. Banner Health experts say that medical conditions such as osteoporosis, can make bones thinner and more prone to fracture. A person with osteoporosis has to be careful as falling can be dangerous and possibly life-threatening. Our experts note that a healthy body

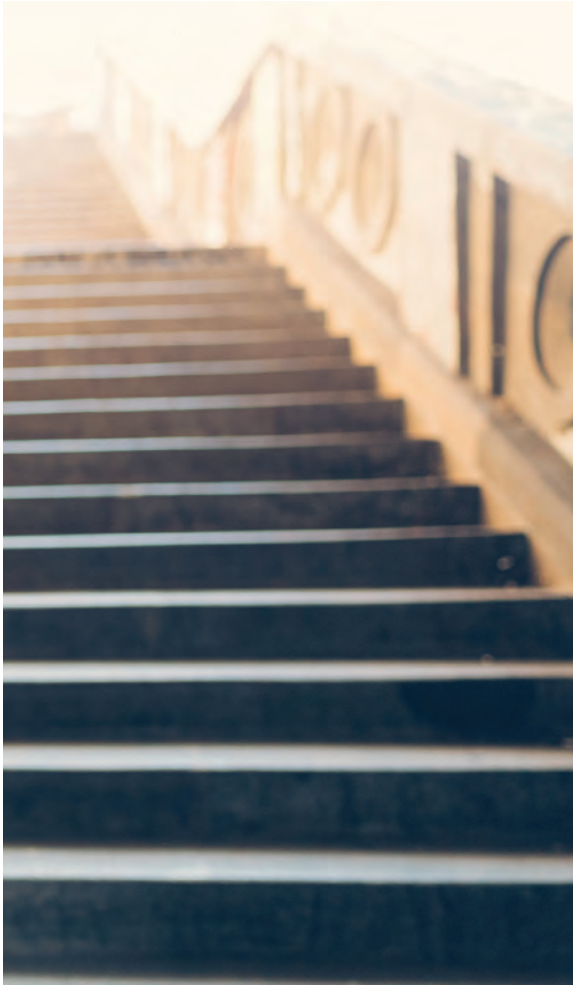
can absorb a fall. However, if you fall from ground-level and fracture a bone, then that typically points to osteoporosis and you should seek immediate medical attention if you experience an injury.

Vitamin D deficiency

Not consuming enough vitamin D in your diet may cause problems. Our experts point out that lack of calcium and vitamin D can also contribute to fall-related bone injuries. It's important to check with your primary care physician to see if these types of supplements are right for you.

Difficulties with walking and balancing

Walking aids, such as canes or walkers, can help improve walking and



balance. Ask your doctor if these might be beneficial for you.

Our experts note that exercise can help with these issues—an excellent exercise for balance is Tai Chi. Staying mobile is also important. Even those who are hospitalized at Banner are encouraged to eat their meals out of bed and walk at least 100 feet two to three times a day to prevent loss of muscle function.

Use of medicines

Different medications can affect you more than you might realize. Dr. Balangué says that it is always important to disclose to your doctor what you are taking (vitamins, over-the-counters, etc.), even if it doesn't seem significant.

Some medications that might put you at risk for falling are:

- Sedatives and over-the-counter sleep medications
- Allergy medications
- Antidepressants

Medications that might seem harmless, such as Benadryl or Advil PM, can also cause a person to fall because of their sedating effect.

Vision problems

As you age, vision problems will likely arise or worsen. It's important to visit your eye doctor at least once per year to make sure you are taking the appropriate steps needed for your vision.

Foot pain or footwear

Any type of irritation around your feet can easily cause a fall. Wear comfortable footwear or consider adding comfort insoles to your favorite shoes.

If you have persistent pain, you should seek medical attention.

Home hazards and dangers

Your house should always be a safe place for you to spend your time. To do so, make these simple changes:

- Tidy up to reduce the risk of tripping.
- Replace rugs with ones that are non-slip.
- Fix broken or uneven steps.
- If you don't have them already, consider installing railings on both sides of stairs.
- Increase the amount of light by adding more sources or just brighter bulbs — our experts say to consider a nightlight to reduce the likelihood of falling.

Result of falling

One of the worst injuries that can happen to those 65 and older is a hip fracture. Not only is it hard to recover from such an injury, but it becomes much harder to live your everyday life.

According to the Centers for Disease Control and Prevention, this group has more than 300,000 hospitalizations each year for hip fractures—and more than 95% of hip fractures are caused by falls.

Our experts say that a broken hip can make those affected more susceptible to deterioration. They see many older adults with hip fractures who are forced to make drastic changes in their life because of the injury. These patients often become dependent on others, their health deteriorates quickly and it may even lead to death within a year of their injury. The best thing you can do is to prevent these falls from happening in the first place.



LEARN MORE

For more information on this topic, and other health topics, visit the Banner Health Blog: BannerHealth.com/healthcareblog.

Time to **CLEAN OUT** the cabinets

Check the dates on your medications regularly

By Julie Maurer

Looking forward to the cooler weather? Most of us are, but what comes with that is the cold and flu season. While you may be stocking your medicine cabinet with supplies to help get you through if you need it, this might be a good time to look at all your medications and see which ones you should keep and which one you should toss.

Betty Louton, Pharm.D, FAzPA is a clinical pharmacist in Population Health Management. Louton recommends people routinely check their medications—whether those are over-the-counter or prescribed—to see what has expired.

“People think that it is like spices, which just have less strength. That is not true with medications,” she said. “The chemical compounds gradually degrade over time. This process usually makes drugs less effective, but there are important exceptions. It isn’t worth the risk.”

When it comes to your health, having medications that are current is important. When a pharmacist issues an expiration date on a prescription bottle, it means it is time to discard that medication after that date. Louton said this applies to many medicines you might have on hand for a common cold. While most

medications will only lose potency when past an expiration date, there are exceptions to the rule. This is true for many pain medicines/fever reducers, such as aspirin or Tylenol (acetaminophen).

Experts say if the medication has a bad smell, get rid of it. If you need to discard your non-narcotic over-the-counter medications, Louton recommends placing them in a sandwich baggie with some dirt, kitty litter or coffee grounds before throwing those in the trash to help degrade and hide them. Light and moisture are also enemies when it comes to drug stability, Louton said. You should avoid storing your medications in a moist environment like a bathroom or even in the kitchen.

If you love going to those big-box stores that sell in bulk, you may not be saving much money when it comes to buying your medications. Louton noted that sometimes buying medications in bulk can lead to having expired bottles.

“Most people can’t possibly take all the medication you buy in bulk at the warehouse stores before they expire. And sometimes people think that if they buy a deal with two bottles, the second one is still good even when expired because it’s not opened,” Louton

said. While many times this is true, sometimes it is not.

The same

holds true for prescribed medicines such as cough syrup. If your doctor prescribed cough syrup the previous year and you didn’t finish it, don’t hold on to it.

“It’s important to match your medication to your symptoms. Besides looking at the expiration date, the illness you have now may not be the same thing you had last year,” Louton said. “You may think you have a bad cold when you really have influenza, bronchitis or pneumonia. The doctor should see you.”

Another important thing to remember, expired prescribed narcotics such as those with an opioid or with fentanyl, should be disposed of when they are no longer needed, whether they are out of date or not. “If you have severe enough pain that you are needing a narcotic, you need to see a doctor,” Louton said.

The Food and Drug Administration (FDA) has a search function on its website (fda.gov) where you can find a location to safely dispose of your medications (search for drug take back locations). The site also offers other alternatives if you can’t make it to one of those locations. Also, the Arizona Department of Environmental Quality also has a map of drop off locations in Arizona on their website (<https://azdhs.gov/gis/rx-drop-off-locations/index.php>).

“One of the biggest dangers in saving narcotics is the likelihood that a guest who comes into your house, might see it, find it and take it,” Louton said.





Hooked

Addiction, overdoses can be a very real concern for seniors

By Debra Gelbart

It won't surprise you to learn that in Arizona and across the nation, substance abuse—especially involving opioids—and overdose seem to most greatly impact those in their mid-20s to 30s. But you might not be expecting to hear that among seniors, those age 65 to 74 have the highest rates of verified opioid overdoses in Arizona.

That information comes from Sarah Payne, DO, a member of the Family Medicine Geriatric Fellowship Program Core Faculty at the University of Arizona College of Medicine in Phoenix and the medical director of Banner Hospice Phoenix.

Because seniors may be dealing with chronic pain or a chronic disease like arthritis, "addiction of any type among seniors is very preva-

lent," Dr. Payne said. "Just because someone is a senior doesn't mean we shouldn't explore the possibility (that addiction could be a problem) or write it off as something else."

A chronic disease unto itself

Typically, Dr. Payne explained, addiction itself is defined as a chronic disease. "A person takes a substance that leads to a feeling of relief and then they are unable to abstain from taking this substance on a consistent basis. With this, a person can exhibit impairment in behaviors, cravings and emotional responses to certain situations," she said. "You can have relapses and remission, much like with other chronic diseases. It can also result in disability or death."

The most addictive substances

Alcohol and prescription drugs (benzodiazepines such as Valium and opioids are most common) are the most typically abused substances in people age 60-plus, Dr. Payne said.

"With the rise of legalized medical marijuana, we are seeing a rise in

NEED HELP?

Call the National Helpline 1-800-662-HELP (4357) sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA).

the use of this substance as well in the senior population, though not necessarily in an abusive manner."

More than just a physical impact

Addiction doesn't have only health-related consequences, Dr. Payne points out. It can impact your social life, too. "Addiction can isolate you from society, your social circles and your own family," she said. "It can impair your judgment and your ability to care for yourself. It can exacerbate mental health conditions and can cause a myriad of physical conditions and issues. The impacts are far-reaching beyond the abuser."

Don't hesitate to talk to someone

If you think you may have an unhealthy attachment to either alcohol, prescription drugs or marijuana, Dr. Payne says your primary care doctor may be able to help you. "Counseling my older patients is part of my job as a geriatrician and hospice doctor. In my geriatric practice I would typically start the conversation and try to bring it to the forefront, then I would refer them to the help they need, whether that be support groups, an addiction specialist or a psychologist or psychiatrist."

Talking to someone about your concern is an important first step, she emphasized. "Reaching out to someone you trust is a good place to start. That may be your doctor. They can help get you to the resources you need."

A woman with short brown hair, wearing a black cardigan over a leopard-print top, smiles warmly at the camera. She is standing in a kitchen or food preparation area, holding a large knife over a cutting board. On the cutting board are a cantaloupe, a watermelon, and several apples. In the background, there are metal shelves stocked with various items, a large metal colander filled with red and yellow bell peppers, and another person wearing a checkered cap and a colorful patterned shirt working. The overall atmosphere is bright and active.

YOUTHFUL VIGOR

With the gift of time, retirees live longer,
enjoy good health and purposeful living

By Brian Sodoma | Photos by Rick D'Elia

It's not every day you hear of someone reaching their 100th birthday. However, Eleanor Stojowski is now part of that club! Born in 1919, she came into the world just after World War I ended, Woodrow Wilson was president and congress approved the 19th amendment, giving women the right to vote.

In addition to living ten decades, she's also lived a full life. The special centenarian made her career as a legal secretary. During World War II, she worked at the Naval Ordnance Laboratory in Maryland where she was the secretary to the chief physicist for a team of engineers that developed detonation devices for submarine warfare bombs.

When asked what has contributed to her longevity, one word came to mind: dancing. Dancing? That's right! She'd been a ballroom dancer since her teens, moved to Sun City in 1976, and eventually became a member of the tap-dancing group the Sun City Tip Top Dancers.

"I wouldn't even go out with anyone if they weren't a good dancer," she said with a laugh while talking about her high school days. Admittedly, good genetics may have a hand in her longevity, too. Stojowski's sister lived to be 96 and her grandfather lived to 99.

"I didn't do anything in particular (for my longevity). I just ate ordinary things. I never went on diets. I never had to ... I just loved dancing."

If you were to hear a story like this years ago, you probably would have been more surprised that someone like Stojowski lived to be a 100. However, it's becoming less and less uncommon these days as the average life expectancy in the U.S. has topped 80. So, what do many of these happy, healthy individuals have in common? A few experts share their insights, and



PHOTO: BANNER HEALTH

Eleanor Stojowski of Sun City recently turned 100 and Dawn Gileau, director of Banner Olive Branch Senior Center was there to help her celebrate her centennial.

a little advice about how it really is never too late for health and happiness.

Art of aging well

Banner Health's Olive Branch Senior Center, in Sun City, is a hub for seniors to meet new friends, have lunch and socialize. Center Director Dawn Gielau is inspired by the many stories she hears.

"The majority of my career has been working with our older citizens. I respect their wisdom and enjoy hearing their life experiences. Often times, their stories feel like pages of a history book coming alive," she said.



KNOWLEDGE IS POWER



For more information about Olive Branch Senior Center, visit www.BannerHealth.com and search for Olive Branch Senior Center.

Olive Branch supports active and healthy lives in a number of ways. It serves more than 30,000 meals annually to homebound residents, offers health and wellness workshops and many other services. “Our program addresses the detriments to longevity. I’ve seen that people who truly participate in activities and take advantage of support services are living longer and enjoying life,” she added.

According to Gielau, benefit checks are one of the most important offerings Olive Branch brings to the community. Social workers review community benefits available to those 60 and older. People are often surprised to learn they qualify for energy savings plans, food stamps, free entertainment and more. Just knowing resources like this exist can often decrease stress and boost morale for them, Gielau explained.

State of mind

Beyond tackling basic needs, aging well requires a certain level of mental, as well as physical, strength. That’s why good health as we grow older often comes for those who don’t dwell on their age, said Dr. Nimit



Agarwal, chief of the geriatrics division at Banner - University Medical Center Phoenix (BUMCP).

“When we speak with our patients, we always say ‘look, it’s just a number; the value is in the amount of physical activity and functional capacity you have,’” Dr. Agarwal said.



Older adults in good health tend to have strong social lives, too. Simply attending a group yoga class, having meals with friends or trying that dance class may increase motivation, offer cognitive stimulation and inhibit the onset of dementia, Dr. Agarwal noted.

Gielau finds that volunteer opportunities also help seniors stay active both physically and mentally.

"They don't want to be sitting at home day-in and day-out," she noted. "Here at the senior center, there is a place for everyone to share their talents and abilities. If you ask, we will find a role for you. I believe that lifelong learning and giving back through volunteering are keys to staying young."

Small steps to change

Natural changes in blood pressure, cholesterol levels, bone strength and weight occur as we age. Medical treatments and diet or lifestyle changes need to be incorporated in increments and factor in a person's overall physical and mental condition before any change can be initiated, Dr. Agarwal emphasized.

When it comes to exercise, the American Geriatrics Society recommends 150 minutes a week of moderate aerobic activity. Dr. Kristina Balague, a geriatrician with BUMCP, encourages patients to include flexibility and/or light resistance training as a part of those minutes. Even everyday tasks, such as light housework, can add aerobic time. For those starting a walking regimen, even five or 10 minutes a day at the outset can be beneficial.

"We've found evidence of benefits by just being more active relative to what you were doing before," she said.

Both physicians believe it's never too late to initiate small changes that may dramatically improve health. Keeping regular appointments with a primary care physician or geriatrician offers consistent reminders that may trigger a lifestyle shift over time. Dr. Agarwal says some patients benefit from simply feeling heard when it comes to aches and pains.

"I think getting to know what barriers are there for my patients and finding what it takes to stop them is really important. Just offering encouragement by saying, 'it's okay, let's take a small step,' that small step can make a big difference to their health," he said.

Find joy in your life

Between volunteering, dancing, socializing and knowing what resources are available to them, Baby Boomers are learning that age truly is just a number. Gielau sees proof every day.

"I believe the answers are different for everyone, but I would say having joy in your life, whatever that means to you, is truly the key."

Resources: Go 4 Life program (Go4life.nia.nih.gov), from the National Institutes on Aging, Choose My Plate for older adults (ChooseMyPlate.gov/older-adults)

Key tips

for enjoyable
multi-generational
holiday gatherings



By *Brian Sodoma*

The holidays can be a time of tremendous joy, mixed in with some stress. Family gatherings can be full of laughter and old stories. But on the flip side with the stress of the holidays, you may also see some divisiveness and tension among loved ones. Dr. Michael Weinberg is a licensed professional counselor and senior manager in the department of Behavioral Health at Banner Thunderbird Medical Center, and he offers some suggestions on how people can minimize stress during this time of the year:

Tip #1: Keep alcohol to a minimum

Enjoy an alcoholic beverage with family, if you desire. But Dr. Weinberg warns not to overindulge. "If you let loose too much you may not be able to repair some of the damage done until next year," he said. And if you're in a recovery program,

Dr. Michael Weinberg oversees Banner Thunderbird Medical Center's Intensive Outpatient Programs. For more information, contact him at (602) 865-5437.

know when it's time to leave the gathering so that you aren't triggered. Have a back-up plan in place.

Tip #2: Watch your diet

Another tip from Dr. Weinberg, avoid overeating. More specifically, limit or eliminate foods you might have a physical reaction to that could drive you away from fun family activities. It's not a time to splurge but a time to enjoy the interactions with your loved ones.

Tip #3: Be aware of divisive topics

Family gatherings are a time for conversation. However, it could also be a time that people express their opinions – especially when so much is going on in the news today. If you are firm with your political views, the family gathering may not be the time to vent them to everyone in the room. "We want to remember that the holidays are enjoyable times, loving times, and they're not about lecturing or trying to convince others that they are misguided unless they agree with your positions," Dr. Weinberg said.

Tip #4: Embrace what bonds you

Take time to remember what bonds you to certain family members, particularly those of different generations. Reading time, watching movies or some unplanned down-time where you recall past experiences are often memorable moments.

Tip #5: Take time away from the group, if needed

If you're tired or don't have the physical stamina you once did, don't put pressure on yourself to do every activity on the agenda. There's nothing wrong with saying you'd prefer a different outing while the rest of the group does something else. Meet up with the group later, and everyone can talk about the fun they had.

Tip #6: Practice listening skills

Truly listening to someone without judgement is a gift. Ask open-ended questions, and don't volunteer your opinion unless asked. Listen openly and you might be surprised by what you learn. "Listen more, say less... And I always say it's good to ask someone if they want your opinion. Respect if the answer is 'no,'" Dr. Weinberg said.

Pain-free hands

These strategies will help you stay in the game

By Leigh Farr

When your hands ache, the sports and activities that you've enjoyed over the years simply are not as much fun. Whether you're gripping a racquet during an intense pickleball match, swinging a golf club just feet away from the hole or consistently bowling strikes, that nagging pain in your hand may be hard to ignore. Fortunately, there are easy steps you can take to stave off pain and enjoy the activities you love.

"Staying active is key for good tendon and bone health, but it's important to know your own limitations and take the necessary steps to ensure good hand health," says Damon Adamany, MD, Division Head, Hand and Upper Extremity, The CORE Institute. "You want to push yourself and get a good workout and you want to be competitive, but not to the extent of where you have to be out of your sport for a long period of time," he says.

Common culprits for hand pain include arthritis, in which the cartilage in your joints wears down over time; tendinitis, where the tissue attaching muscle and bone becomes inflamed; carpal tunnel syndrome brought on by overuse; and trigger finger, a condition in which your fingers or thumb lock into a bent position.

Keep pain at bay

Try these six surefire strategies to manage hand pain:

1. Ease into it. If you are new to a sport or activity, start slowly and gradually increase the amount of time and the intensity with which you play. "You don't want to start off with super high intensity or play

gently hyperextend your fingers.

4. Pop a pill. To prevent pain during an activity, anti-inflammatory medications such as Motrin or Aleve may be beneficial, says Dr. Adamany. "These medications may be helpful but they certainly have their own side effects so it would be important to consult with your physician



for 6 to 8 hours on end. You want to gradually ease into any new activity," says Dr. Adamany.

2. Take breaks. Overuse injuries happen when you play too many hours without resting your hands. "Taking frequent breaks is very important for keeping your hands healthy," says Dr. Adamany.

3. Feel the stretch. Before stepping out onto the court or field, hold one hand up and with the other hand,

to make sure you don't have any contraindications for those medications," he says.

5. Go natural. Natural remedies such as Arnica or over-the-counter creams like Aspercreme or Bio-freeze may help ward off hand pain, says Dr. Adamany.

6. Take lessons. To avoid a pain-inducing hand injury, seek out an instructor who can teach you correct form from the get-go.

Game plan for fighting off the flu

Tips for boosting your immune system

By Michelle Jacoby

Halloween, complete with all the ghosts and goblins, is not the only thing 'creeping' up on us. Cold and flu season is also starting to take shape. So, it's time to start thinking about ramping up your defenses.

Wouldn't it be wonderful if there was a "magic pill" that could prevent us from catching a cold or coming down with the flu? We could only hope that maybe sometime in the future that would be possible. But for now, we have to rely on other methods of keeping virus-carrying germs at bay.

"Practicing good hand-washing techniques, obtaining the recommended vaccinations, and getting adequate rest are all components of preventing illness," said Tracy Garrett, registered dietitian nutritionist and certified diabetes educator for Population Health Management. "Add to that fueling the body through healthful nutrition, and you can further strengthen the body's immune system."

Garrett says one simple way to improve your immunity is to drink plenty of liquids, such as water and some types of teas. "Many people are chronically dehydrated, which



CHICKEN & SPINACH SOUP WITH FRESH PESTO

- | | |
|--|--|
| 2 tsp. plus 1 tbsp. extra-virgin olive oil, divided | 6 oz. baby spinach, coarsely chopped |
| 1/2 cup carrot or diced red bell pepper | 1 can (15 oz.) cannellini beans or Great Northern beans, rinsed |
| 1 boneless, skinless chicken breast (about 8 oz.), cut into quarters | 1/4 cup grated Parmesan cheese |
| 1 clove garlic, large, minced | 1/3 cup lightly packed fresh basil leaves |
| 5 cups reduced-sodium chicken broth | Freshly ground pepper to taste |
| 1-1/2 tsp. dried marjoram | 3/4 cup plain or herbed multigrain croutons for garnish (optional) |

Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked, about 5 minutes.

With a slotted spoon, transfer the chicken to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Source: <http://www.eatingwell.com/recipe/252453/chicken-spinach-soup-with-fresh-pesto/>

has a negative effect on immunity," she said. "Drinking tea—especially green tea with its disease fighting antioxidants—is an excellent way to help to meet fluid needs while improving immunity."

Garrett also suggests that natural, plant-based foods such as oats, pumpkin seeds, mushrooms, kale and other brightly-colored fruits and vegetables, can help boost your immune system.

"Vitamins A, C, D and E, along with iron and zinc, are associated with immunity. They're mostly found in plant-based foods and some animal foods such as eggs, milk, fish, poultry

TIME FOR YOUR FLU SHOT

Flu shots are covered by Medicare, so be sure to ask about getting yours at your next doctor's visit. Or make an appointment at a Banner Urgent Care to get your flu shot today! <https://urgentcare.bannerhealth.com>

and red meat," she said. "Spices also can play a role. For instance, garlic isn't only tasty, but due to its chemical compounds, has been referred to as the 'poor man's penicillin.'"

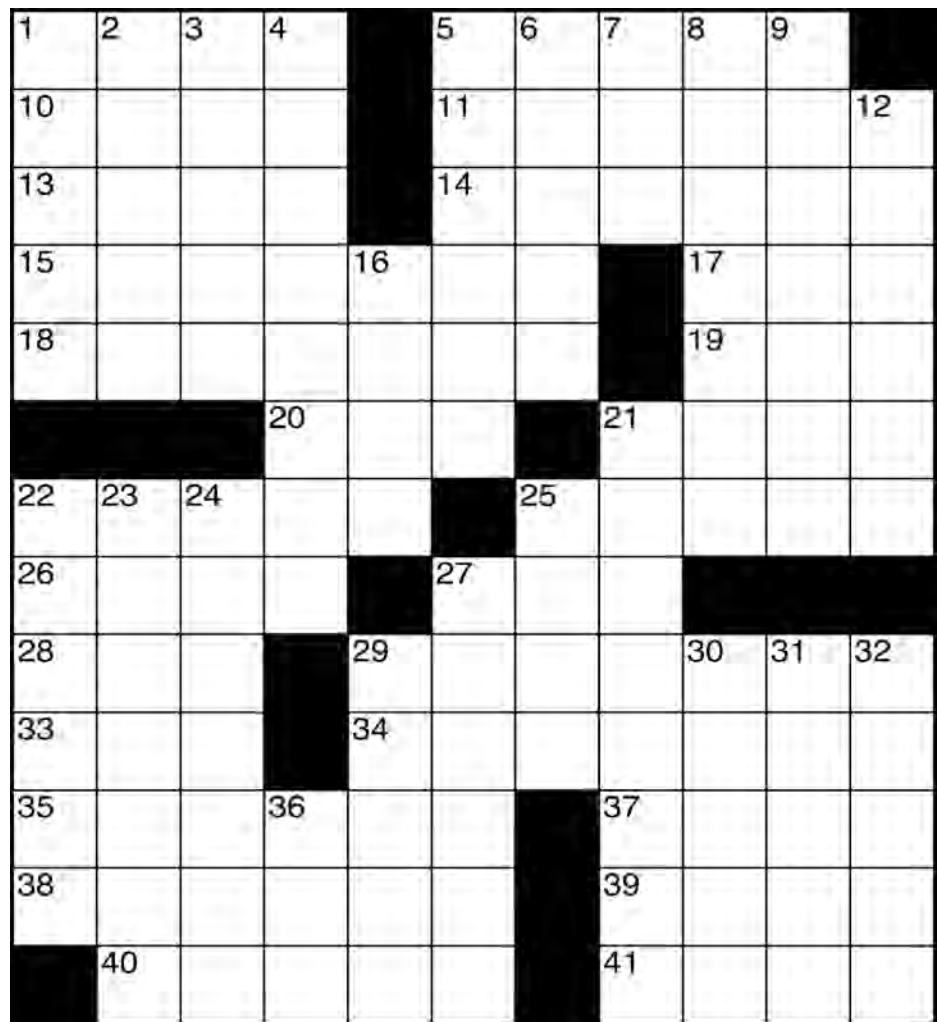
Garrett also cites the Mediterranean diet as a way to boost your immune system and help decrease inflammation. This diet focuses on brightly colored fruits and vegetables, fish, poultry, dairy and small amounts of red meat.

To help your gastrointestinal system run like a well-oiled machine and keep your immunity strong, Garrett recommends consuming foods such as yogurt, kefir (fermented milk), sauerkraut, miso and kombucha tea. "Also essential is the consumption of prebiotics, substances that come from a fiber in plant based-foods," she said.

And while Garrett advises "food first" in strengthening your body, she says supplements can play a supportive role in assisting people to meet their nutritional needs.

"I often recommend a multivitamin with minerals for many of my patients, as well as vitamin D-3 for those who have been identified as having a deficiency," she said. "I caution individuals in regard to taking other supplements, especially those taking medications or who have medical issues. This may interfere with medications or promote undesired side effects. I recommend speaking to a pharmacist before taking additional supplements."

So, having a healthy diet to boost your immune system begins before you get sick. This, along with eating high-quality foods, drinking plenty of fluids, staying active, getting enough rest, and seeing your doctor regularly, will only help fight off any cold or flu faster and easier.



ACROSS

- 1 Barbecue aid
- 5 King with the golden touch
- 10 Bat abode
- 11 Bests
- 13 List-ending abbr.
- 14 Outlaw
- 15 Kind of bowling
- 17 French article
- 18 One way to draw
- 19 Big snake
- 20 Had dinner
- 21 Raucous
- 22 Garbage
- 25 Scout abodes
- 26 Budget amount
- 27 Pasture
- 28 Frequently
- 29 Brewing aids
- 33 Mine rock

- 34 Winter cap feature
- 35 Bamboo munchers
- 37 Actress Moreno
- 38 Gary of "Forrest Gump"
- 39 Finished
- 40 Titled
- 41 "American Gigolo" star

- 7 Animal home
- 8 Noted ornithologist
- 9 Skid, in a way
- 12 Places
- 16 Hiker's route
- 21 Vaulting game
- 22 Soldiers
- 23 Song part
- 24 Roof topper
- 25 Eye drop
- 27 Rented
- 29 Pester
- 30 Martini garnish
- 31 Spud
- 32 Extra
- 36 Poorly lit

DOWN

- 1 Aroma
- 2 Cookout spot
- 3 Several Russian czars
- 4 TV airing
- 5 Alabama city
- 6 Foolish

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

**Coping with Grief
During the Holidays**

1 – 2 p.m. Wednesday, Nov. 6
Banner Sun Health Research
Institute
10515 W. Santa Fe Dr., Sun City
The holidays are often difficult for
grieving families. Be gentle with
yourself, and develop strategies
for moving through a challenging
season. This free session is
presented by Hospice of the Valley,
register at BSHRI.eventbrite.com.

Shine a Light on All Dementias

4 – 6 p.m. Saturday, Nov. 23
Arizona State Capitol Lawn
1700 W. Washington St.,
Phoenix
Join Banner
Alzheimer's Institute

and supporting community
organization as we light the capitol
purple in honor of the nearly six
million American's living with
Alzheimer's disease. This is the
second annual Shine a Light on
All Dementias event. It is a free,
family-friendly event that will
include live music, lawn games,
food options, live art creations
and so much more. At dusk,
watch as the capitol dome turns
purple to remind all Arizonians
that together we will create a world
without Alzheimer's disease. RSVP
to attend at [LightAllDementias.
Eventbrite.com](http://LightAllDementias.Eventbrite.com).

**Prevent Type 2 Diabetes
– A class for managing
Pre-diabetes**

A 3-part class that focuses
on lifestyle changes
necessary to manage pre-
diabetes and reduce the

risk of developing type 2 diabetes.
Learn self-management strategies
including healthy eating exercise
and weight management. The
class is free, but registration is
required. Call (602) 230-CARE
(2273) to reserve your space or ask
about additional class dates and
locations.

East Valley:

*Banner Corporate Center – Mesa
525 W. Brown Rd., Mesa
Thursdays (Dec. 5, 12, 19)
2 – 3:30 p.m., Room 1606*

West Valley:

*Peoria Corporate Center
16155 N. 83rd Ave. Suite 201, Peoria
Tuesdays (Nov. 5, 12, 19)
10 - 11:30 a.m.
Tuesdays (Dec. 3, 10, 17)
1:30 – 3 p.m.*

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

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