

# LiveWell

FEBRUARY 2019

## Steps to a Healthier Heart

Sleep plays an important role in maintaining a healthy heart



Heart patient Paul Johnson is focused on regaining his health so he can hike again.

Make a DASH Toward Better Health



Sun Health<sup>®</sup>  
WELLNESS



Kenneth Lee (foreground), Gladys Blossfeld and Ed Hahn in a Heart Healthy Class taught by Marina Mitchell, RN.

# Steps to a Healthier Heart

By Shanna Hogan

## Sleep plays an important role in maintaining a healthy heart

**If you have heart disease you are predisposed to sleep problems.**

**G**ive Paul Johnson hiking boots, a well-marked trail and the splendor of nature, and he's a happy man. "I love the outdoors," he says.

But the retired printing-press operator was not so happy last fall when respiratory and cardiac health issues landed him in Banner Del E. Webb Medical Center, not once but twice.

Paul's main symptom was shortness of breath, likely caused by a double whammy of chronic obstructive pulmonary disease (COPD) and congestive heart failure (CHF). The breathing problems flared up when Paul lay down to sleep.

If there's some good that came from his two hospital stays, it's that Paul not only received

excellent care, he also learned new ways to improve his heart health.

As a registered nurse and cardiac educator for the medical center, it's Marina Mitchell's job to teach patients with heart failure how to thrive in spite of their condition. She guides them in managing symptoms, eating healthier, taking medications correctly, exercising safely and making other positive changes, such as obtaining adequate sleep.

Patients often are surprised to hear about the connection between sleep and heart health, which is well researched.

"If you have heart disease you are predisposed to sleep problems," Marina says.

"If you are not getting enough sleep or if you are getting too much sleep, your risk of mortality rises significantly," she adds. "It can be a vicious cycle."

A healthy heart has adequate circulation supported by stable blood pressure, a normal pulse and pumping rhythm, no plaque accumulation and no shortness of breath.

"Too little sleep – anything less than six hours a night – can cause a greater accumulation of stress hormones and lead to inflammation in the body," Marina says. "That can lead to high blood pressure, accumulation of plaque or coronary artery disease, obesity and diabetes."

Inadequate sleep also can trigger anxiety, increasing the risk of heart attack or stroke.

"Even a single night being deprived of sleep can lead to some of this. It can happen that quickly," Marina says.

Conversely, too much sleep can stiffen the artery walls.

"We want an average of seven to eight hours a night," Marina says. "If you go over that – greater than nine or 10 hours – you end up with many of the detrimental effects that come with lack of sleep."

As we age, our sleep patterns also shift. "Age can definitely play a factor in our

sleep patterns," Marina says. "But the duration needs to be the same. You still need seven to eight hours."

Technology can also improve sleep, including respiratory machines, such as CPAP devices, for those who suffer from sleep apnea. As for sleep medicines, even with over-the-counter sleep aids like melatonin, Marina suggests checking with your doctor first.

To improve sleep patterns and heart health, she recommends maintaining a healthy body weight and undergoing annual heart checkups.

"You should always be working on lifestyle as a component to heart health," she says.

Paul has taken that advice to heart. He learned that placing a pillow behind his back helps elevate his chest, making it easier to breathe at night. Now he's sleeping better and he's dropped 20 pounds by eating healthier.

"My goal is to be able to hike again," he says.

## REGISTER TODAY

*Marina Mitchell will present "Sleep and Heart Health" from 9:30 to 11 a.m. Wednesday, Feb. 27, at The Colonnade, 19116 N. Colonnade Way, Surprise. For more information, see page 7. Registration is required; see page 5.*



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## The Sun Health Story

Sun Health is an organization driven by passion – a passion to improve the wellbeing and quality of life for the communities we serve. We demonstrate this through our investment in Life Plan Communities, health and wellness programs and the local community hospitals.

It's this comprehensive commitment to your wellbeing that distinguishes Sun Health, and it all begins with the heartfelt generosity of people like you who support Sun Health Foundation.

# Make a DASH Toward Better Health

## The DASH diet can help lower blood pressure

By Alison Stanton

**D**octors often prescribe a low-sodium diet to combat high blood pressure, but experts say there is an even better approach.

It's called the Dietary Approaches to Stop Hypertension, or DASH plan.

"The DASH plan is much more than just a low-sodium diet," says Registered Dietitian Nutritionist Susan Welter from the Sun Health Center for Health & Wellbeing. It's designed to reduce sodium while also correcting the electrolyte deficiencies of potassium, magnesium and calcium, which help regulate blood pressure.

### An easy (and tasty!) road to success

DASH plan basics include consuming more plant-based foods and beverages while reducing processed foods, sweets and red meat.

"Incorporate more fruits, vegetables, whole grains, dried



beans, legumes, nuts and seeds, as well as fish, poultry and low-fat dairy into your meal plans," Susan says. She also recommends easing into DASH with gradual changes in one's eating habits. This can include adding an extra serving of vegetables at dinner, substituting a piece of fruit and nuts for cheese and crackers as a snack, cutting down on the portion of red meat at a meal or having fruit for dessert.

"Also, try salt-free seasonings such as herbs, lemon, vinegar, garlic and pepper when cooking," she says. "If cost is a factor, use frozen

fruits and vegetables or drain and rinse canned vegetables."

### Take this advice 'without' a grain of salt

Because restaurant foods are notoriously laden with sodium, Susan says DASH followers need to be extra careful when dining out.

"Try a vegetarian meal; ask for no salt to be added to foods when prepared, or start the meal with a side salad and vinegar and oil salad dressing," she says.

Still have doubts about DASH? In 2018, "U.S. News & World Report" ranked it as the Best Diet Overall (tied with the Mediterranean diet) among 40 plans, based on ease of following, safety, effectiveness for weight loss and protection against heart disease and diabetes. This marked the eighth consecutive year that DASH earned the top spot.

### Helpful Hints

*DASH plan foods include:*

- Whole grains such as brown rice, quinoa and oats
- Nuts, seeds and legumes including kidney beans, lentils, sunflower seeds and almonds
- Vegetables such as spinach, broccoli, carrots, sweet potatoes and tomatoes
- Fruits such as avocado, bananas, dates and oranges
- Low-fat milk and plain yogurt



Discover the benefits of the DASH plan at  
"Are You Ready to DASH?," 1:30 to 3 p.m., Thursday, Feb. 21,  
at the Sun Health Center for Health & Wellbeing. See page 7.

Registration Opens January 9

## CANCER CARE

### Healthy Meal Prep for Cancer

**Fridays, Feb. 1 & 15; 10 to 11 a.m.**

Chef Debra of Cancer Support Community of Arizona will show how to create smart snacks (2/1) and healthy baking (2/15). This class is provided in partnership with Cancer Support Community of Arizona.

*Location: The Colonnade*

### Naturopathic Cancer Care

**Friday, Feb. 8; 9:30 to 11 a.m.**

Join Dr. Melissa Coats, ND, FABNO, to learn about naturopathic medicine and naturopathic oncology/integrative oncology and how it can help patients and their caregivers through a cancer diagnosis.

*Location: The Colonnade*

## DIABETES CARE

### Diabetes Cooking – The Basics

**Thursday, Feb. 14; 2 to 4 p.m.**

Sun Health's Registered Dietitian and Certified Diabetes Educator Susan Welter will show how to prepare easy healthy meals at home and teach mindful eating techniques to keep your blood-sugar levels balanced. Food demos and tastings are included. **Note: Registration for this class requires 20 class credits (\$20).**

*Location: Sun Health Center for Health & Wellbeing*

### Annual Diabetes Self-Management Training

**Monday, Feb. 18; 1:30 to 3:30 p.m.**

This class is designed for those who have previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educators will provide you with the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call (623) 832-WELL (9355) to register. Fee covered by most insurance plans.**

*Location: The Colonnade*

### Diabetes Connection Support Group

**Monday, Feb. 18; 3 to 4 p.m.**

This monthly group is for individuals who have diabetes or prediabetes. Guest speaker Deborah Burns, FNP-C, CDE, from Banner Endocrinology, will discuss the newer medications used to treat diabetes.

**Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

### Are You Too Sweet?

**Wednesday, Feb. 20, 6 to 7 p.m.**

One out of three American adults has prediabetes, yet most don't know they have it. Join Sun Health's Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn practical steps that people with prediabetes can take to prevent or delay diabetes and the new insurance benefit available to many with prediabetes.

*Location: Banner Thunderbird/Conf. Room 3*

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning at 6 a.m. January 9*


**SunHealthCommunityEducation.org**

 **Register By Phone**

*Beginning at 8 a.m. January 9*

**(623) 207-1703**

*except where noted*

*Classes with this icon  have an associated fee.*

**CLASS SIZES ARE LIMITED.** Events with fewer than 10 reservations are subject to cancellation. If you are unable to make a class you are registered for, contact us within two business days prior.

*Fees are nonrefundable unless the class is canceled.*

# Classes & Events

## DIABETES CARE (continued)

### Diabetes Cooking – Bountiful Breakfasts

**Thursday, Feb. 28; 2 to 4 p.m.**

Sun Health's Registered Dietitian and Certified Diabetes Educator Susan Welter will show how to prepare easy healthy breakfasts at home to keep your blood-sugar levels balanced. Food demos and tastings are included. **Note:**

**Registration for this class requires 20 class credits (\$20).**

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Self-Management Training

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by Tracy Garrett and Susan Welter, registered dietitians and certified diabetes educators, and Rhonda Zonoozi, exercise physiologist and certified health coach. **Please call (623) 832-WELL (9355) to register and inquire about insurance coverage. The fee for this series is covered by Medicare and most insurance providers and requires a physician referral. Register at least one week prior to the start of the series.**

**Tuesdays – Feb. 26; Mar. 5, 12, 19 & 26; Apr. 2**

**9:30 to 11:30 a.m.** *Location: SH Center for Health & Wellbeing*

**2 to 4 p.m.** *Location: Banner Boswell/Juniper Conf. Room*

**6 to 7 p.m.** *Location: Grandview Terrace H&R*

## WELLBEING

### Transformative Kindness

**Monday, Feb. 11; 1:30 to 3 p.m.**

Kindness is a spiritually restorative force that has the power to transform and sustain givers and recipients. Practicing kindness is an important component of cultivating resiliency. Join Rabbi Jesse Charyn for an engaging and spiritually uplifting class.

*Location: La Loma Village H&R*



## Need a Ride?

Northwest Valley Connect is available

**NorthwestValleyConnect.org (623) 282-9300**

### Breast Health 101: What Every Woman Should Know

**Tuesday, Feb. 26; 9:30 to 11 a.m.**

Join Kelly Rosso, MD and Breast Surgeon with Banner MD Anderson, to discuss ways to optimize your health and decrease your breast cancer risk.

*Location: SCW Foundation/Webb Room*

### Chinese Medicine – An Overview

**Thursday, Feb. 28; 9:30 to 11 a.m.**

Licensed Acupuncturist JoDee Chenaur, LAc, shares the secrets of traditional Chinese medicine, which prescribes various ways to age gracefully through proper diet, exercise, meditation and herbal tonics.

*Location: Sun Health Center for Health & Wellbeing*

## HEART HEALTH

### Get the Facts about High Blood Pressure

Join Sun Health's Exercise Physiologist Rhonda Zonoozi to discover the risks of developing high blood pressure, the recommendations for prevention and treatment of this condition and the new guidelines from the American Heart Association.

**Thursday, Feb. 7; 10 to 11:30 a.m.**

*Location: Iora Primary Care*

**Tuesday, Feb. 19; 1:30 to 3 p.m.**

*Location: Grace Bible Church*

### Managing Atrial Fibrillation

**Friday, Feb. 8; 1:30-3 p.m.**

Cardiac Educator Becky Kraemer, RN, explains how to manage and live healthy with Afib.

*Location: Banner Sun Health Research Institute/Bldg. A Conf. Room*

### Know Your Numbers! – Managing High Cholesterol

**Tuesday, Feb. 12; 9:30 to 11 a.m.**

Join Exercise Physiologist and Certified Health Coach Rhonda Zonoozi to learn more about the November 2018 cholesterol guidelines and what you can do to help with cholesterol management.

*Location: Freedom Plaza/Ballroom*


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to have it emailed to you each month.



**Holding My Heart: Palliative Care for Cardiac Disease**  
**Wednesday, Feb. 13; 9:30 to 11 a.m.**

Palliative care promotes quality of life for patients with life-limiting illnesses. Cameron Svendsen, LCSW, shares how cardiologists are using a home-based palliative care team to support the family and patient.

*Location: Banner Sun Health Research Institute/Morin Auditorium*

**The Peaceful Heart of Meditation**   
**Monday, Feb. 18; 9:30 to 11 a.m.**

Research studies indicate mindfulness practices can improve heart health. Join Sally Charalambous to learn about and experience meditation practices that can contribute to a peaceful heart. **Note: Registration for this class series requires 10 class credits (\$10).**

*Location: SCW Foundation/Webb Room*

**Vascular Disease: Risk Factors and Screening**  
**Wednesday, Feb. 20; 1:30 to 2:30 p.m.**

Dr. Mia Doan, vascular surgeon with Banner Health, will explain the risk factors for vascular disease, including age and diet and how to be smart for your heart.

*Location: Banner Sun Health Research Institute/Morin Auditorium*

**Sleep and Heart Health**  
**Wednesday, Feb. 27; 9:30 to 11 a.m.**

Marina Mitchell, RN, BSN, with Banner Del E. Webb Medical Center, will delve into the important connection between sleep and heart health, often overlooked and underestimated.

*Location: The Colonnade*

## Location Key

**BANNER BOSWELL/JUNIPER CONF. ROOM**

Support Services, 2nd Floor,  
13180 N. 103rd Dr., Sun City

**BANNER THUNDERBIRD/CONF. ROOM 3**

5555 W. Thunderbird Rd., Glendale

**BANNER SUN HEALTH RESEARCH INSTITUTE**

Building A/Conf. Room  
10515 W. Santa Fe Dr., Sun City

**BANNER SUN HEALTH RESEARCH INSTITUTE**

Morin Auditorium  
10515 W. Santa Fe Dr., Sun City

**FREEDOM PLAZA/BALLROOM**

13373 N. Plaza Del Rio Blvd., Peoria

**GRACE BIBLE CHURCH**

19280 N. 99th Ave., Sun City

**GRANDVIEW TERRACE HEALTH & REHAB**

14505 W. Granite Valley Dr., Bldg. A,  
Sun City West

**IORA PRIMARY CARE**

13940 W. Meeker Blvd., Ste. 101, Sun City West

**LA LOMA VILLAGE HEALTH & REHAB CENTER**

14260 S. Denny Blvd., Litchfield Park

**PORA LEARNING CENTER**

13815 W. Camino Del Sol, Sun City West

**SCW FOUNDATION/WEBB ROOM**

14465 RH Johnson Blvd., Sun City West

**SUN HEALTH CENTER**

14719 W. Grand Ave., Surprise

**THE COLONNADE**

19116 N. Colonnade Way, Surprise

## MEMORY CARE

**Dementia Caregiver Support Group**

Marty Finley, Memory Care Navigator for Sun Health, leads these support groups.

**Registration is not required.**

**Wednesdays, Feb. 6 & 20; 3 to 4 p.m.**

*Location: Grandview Terrace H&R*

**Meditation for Stressed Caregivers**

**Thursday, Feb. 21; 9:30 to 10:30 a.m.**

Marty Finley, MEd, Sun Health Memory Care Navigator, will discuss warning signs of stress, burnout, how to cope and self-care.

*Location: PORA*

## NUTRITION

**Are You Ready to DASH?**

**Thursday, Feb. 21; 1:30-3 p.m.**

Join Sun Health Registered Dietitian Nutritionist Tracy Garrett to discover how the award-winning DASH-style of eating can promote heart and kidney health and improve wellbeing.

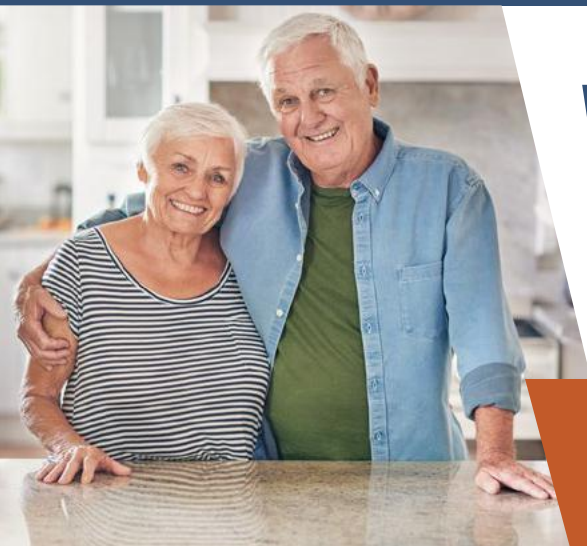
*Location: Sun Health Center for Health & Wellbeing*



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Registration is required.

Thursday, February 7	Wednesday, February 13	Tuesday, February 19	Monday, February 25
10:00 a.m.	3:00 p.m.	1:00 p.m.	3:00 p.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise, AZ 85374	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave Surprise, AZ 85374	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise, AZ 85374	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave. Surprise, AZ 85374



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