

It's cool to learn with Sun Health Wellness in August. See pg. 5-7

LiveWell

AUGUST 2019

Motivated to Move

Exercise helps
manage the pain of
osteoarthritis and
keeps you mobile



Orthopedic Surgeon
John Brown, with
The CORE Institute

Motivated to Move

Exercise helps manage the pain of osteoarthritis and keeps you mobile

By Candace Hoffmann

It might feel like a catch-22, exercise can decrease your pain, but it hurts to exercise.

If you have osteoarthritis (OA), you know that movement is difficult and painful. The most common symptoms are pain and stiffness located over and around a specific joint or joints, says John Brown, M.D., an orthopedic surgeon with The CORE Institute in Sun City.

“Pain may be worse in the mornings, improve throughout the day with activity but may return again at night,” Dr. Brown says.

But even though it can hurt, medical professionals say it’s important to keep moving.

“Exercise and motion with an affected joint is one of the best ways to decrease the symptoms of OA,” Dr. Brown says. “So, I encourage my patients to stay as active as possible.”

Exercise Physiologist Rhonda Zonoozi agrees. “Motion is lotion,” she explains. “That is because regular physical activity keeps your joints lubricated or ‘well-oiled,’ which makes movement easier.”

“Exercise is considered the most effective non-drug treatment for reducing pain and helping keep you mobile,” Rhonda adds. “This is because being active strengthens muscles and improves flexibility, which helps protect your joints. Exercise also produces endorphins, which are natural compounds that help decrease pain.”

Nonetheless, there are limitations to how one should move according to Dr. Brown.

“In general, low-impact, slow range-of-motion activities are best for arthritic joints,” he says. “Several studies have shown that a consistent workout regimen that includes Tai Chi can significantly improve the

symptoms of arthritis. For those who are looking for alternatives, I recommend biking and swimming as good, low-impact options.”

Besides exercise, Dr. Brown also recommends a diet high in antioxidants, which are commonly found in fruits, vegetables and nuts. He also notes that it’s important to keep your weight in the ideal range.

“When the painful joint clearly affects your quality of life and you have been directed through a standard treatment of exercise, weight loss, anti-inflammatories and possible injections, it is time to seek the advice of a specialist,” Dr. Brown says.

An orthopedist will take X-rays of the affected joint, and perform an evaluation to determine range of motion, stability, muscle strength and nerve function. They also may order further studies, such as an MRI or CT scan. The specialist can then outline a treatment plan and discuss various treatment options such as physical therapy or medications and possibly injections to help alleviate the pain or, if needed, surgery.

Dr. Brown says there are some new treatments for OA on the horizon that revolve around synthetic joint fluid replacement known as viscosupplementation and platelet-rich plasma and stem cells.

“The most widely studied is the viscosupplementation, and it has good results in 60 to 70% of patients,” he explains. This treatment is a cornerstone in the non-operative management of OA. Platelet-rich plasma is showing good promise, but there are no good, long-term studies that can substantiate its use. There is no good data on the use of stem cells and, at this time, it is purely experimental.”

According to the Centers for Disease Control and Prevention, OA is the most common form of arthritis affecting more than 30 million people in the United States. You are at risk for the disease if you have joint injury or overuse, such as knee bending or repetitive stress. The risk increases with age, and women are more likely to develop OA than men. Obesity also increases the risk as does a family history.

To learn more about how to keep your mobility with arthritis, join Wellness Specialist Alex Stark on Monday, Aug. 26. See page 5 for info and to register.



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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.

Research links plant-based diet with reduced pain and inflammation in osteoarthritis patients

Osteoarthritis (OA) is one of the most common forms of arthritis. In fact, according to the Centers for Disease Control and Prevention, osteoarthritis affects more than 30 million people in the U.S.

Over time, OA causes erosion of the cartilage that protects the body's joints. In turn, wear and tear to the joints often causes pain and inflammation.

While it is frustrating that there is no cure for this degenerative joint disease, it is encouraging to know there are several ways to reduce and improve symptoms – and one of those is as simple as changing your diet.

When a person with OA consumes sugar and refined foods, it can worsen symptoms, experts say. But following an anti-inflammatory diet – one designed to reduce chronic low-grade inflammation – can be a positive and powerful OA prevention and treatment strategy.

“Inflammation can be closely related to several diseases,” says Damian Plues, R.D., C.D.E., Sun Health Center for Health & Wellbeing registered dietitian and certified diabetes educator. “When it comes to OA, research indicates that individuals following an anti-inflammatory diet high in plant-based foods have a reduction in pain with increased physical activity.”

An anti-inflammatory nutrition plan centers on fruits, vegetables, legumes and whole grains and avoids processed foods.

“The idea behind the inflammation and nutrition link is that certain foods increase or decrease inflammation,” Damian says. “Therefore, it’s essential to make mindful decisions about the foods we eat. The Mediterranean diet, which is high in omega-3s and fiber, is a good example.”



To learn more about anti-inflammatory nutrients, Damian suggests looking into Dr. Andrew Weil’s “anti-inflammatory diet and food pyramid.”

“Keep in mind this is not a ‘diet’ for weight loss,” Damian says. “It’s more of a long-term eating approach comprising anti-inflammatory foods.”

What to add and what to avoid

ADD:

- Skinless chicken, turkey and lean beef
- Fish and shellfish
- Legumes (pinto beans, black beans and red beans)
- Whole grains
- Fruits
- Vegetables
- Nuts and seeds
- Avocados and olives
- Water, tea, vegetable juice (low sodium), 100% fruit juice (limit to one serving a day), red wine (no greater than one to two servings a day) and low-fat milk

LIMIT OR AVOID:

- Highly processed foods and beverages
- Beer and alcohol
- Red meat (limit to 18 oz. per week)
- Saturated and trans fats
- High-fat dairy



Join Registered Dietitian Damian Plues at
“The Link Between Inflammation and Nutrition”
on Monday, Aug. 19. See page 7 for info and to register.

Registration Opens July 10

BONE AND JOINT

Being Active with Arthritis

Monday, Aug. 26; 1 to 2:30 p.m.

Arthritis is a leading cause of pain and disability for nearly 53 million adults. Although people with arthritis tend to be less physically active, moving more is an important strategy for relieving pain and maintaining or improving function. Join Sun Health Wellness Specialist Alex Stark, MS, to discover healthy and safe physical activity recommendations.

Location: Faith Presbyterian Church

CANCER CARE

Healthy Meal Prep for Cancer

Fridays, Aug. 2 & 16; 10 to 11 a.m.

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona, will prepare items with a focus on healthy frozen treats (8/2) and lovely lentils (8/16). This class is provided in partnership with Cancer Support Community of Arizona.

Location: The Colonnade

DIABETES

Annual Diabetes Self-Management Education

Monday, Aug. 12; 3 to 5 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: Banner Thunderbird/Conf. Room 3

New Payment Option Available

Effective immediately, payment for fee-based classes can be accepted by telephone in addition to online. We are no longer able to accept payment for class credits at the Sun Health Center for Health & Wellbeing.

Diabetes Self-Management Education

This six-week accredited course provides guidance to improve overall health and help prevent diabetic complications. This series is taught by registered dietitians and certified diabetes educators and an exercise physiologist. 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 – Aug. 20 & 27; Sep. 3, 10, 17 & 24
9:30 to 11:30 a.m.; Sun Health Center for Health & Wellbeing
2 to 4 p.m.; Banner Boswell/Juniper Conf. Room**

HEALTH & WELLBEING

Longevity Through Physical Activity

Friday, Aug. 9; 9:30 to 11 a.m.

Did you know that staying active is important for your heart health and plays a significant role in duration of life? Join Sun Health Wellness Specialist Alex Stark, MS, to learn how endurance activities can help improve both quality and quantity of life.

Location: The Colonnade

Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 Register Online

Beginning July 10, 2019

SunHealthWellness.org

 Register By Phone

Beginning at 8:30 a.m. July 10, 2019

(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

To register, call (623) 207-1703
or visit SunHealthWellness.org

HEALTH & WELLBEING (continued)

Hearing Loss & Dementia – Are They Related?

Monday, Aug. 12; 1:30 to 3 p.m.

It is important to understand that hearing loss causes two aspects of frustration – first is the inability to hear and second is the inability to understand. Daniel Hewson, MS, with Ascent Audiology, will discuss this and focus on what causes this problem and how to counteract and fight against it.

Location: La Loma Village Health & Rehab

Regenerative Medicine and Stem-Cell Therapy

Tuesday, Aug. 13; 9:30 to 11 a.m.

Join Casey McNinch, DPT, to learn how stem-cell therapy can help you regain your life. If you suffer from chronic pain, this seminar is for you.

Location: Freedom Plaza/Ballroom

Overview of Implantable Cardiac Devices

Thursday, Aug. 15; 9:30 to 11 a.m.

Sean Morgan, PA-C, with Cardiac Solutions, will discuss the indications, expectations and benefits of common cardiac implantable electronic devices.

Location: PORA Learning Center

Fun With Drums 🥁

Tuesday, Aug. 20; 1:30 to 3 p.m.

Did you know that research indicates drumming may reduce anxiety and stress, help control pain and boost the immune system? Join Music Therapist Piper Laird as we blend sound and rhythm in an interactive drumming experience. Drums and instruments will be provided or bring your own. **Note: Registration for this class requires seven class credits (\$7).**

Location: Grace Bible Church

Keeping Your Independence

Friday, Aug. 23; 9:30 to 11 a.m.

Loss of muscle mass and strength with aging can lead to less functional ability and independence. Join Sun Health Wellness Specialist Alex Stark, MS, to learn how strength-training activities can help you stay independent and remain in your own home.

Location: Lord of Life Lutheran Church

Seniors and Exercise

Tuesday, Aug. 27; 1:30 to 3 p.m.

Exercise has many physical and mental benefits for all. However, some exercises may be more suited to you based on age and other factors. Join Registered Yoga Teacher Jennifer Knoll for an interactive presentation about exercise practices that will benefit specific areas of your body, designed for older adults. Please come prepared to participate in some chair-based activities.

Location: Sun Health Center for Health & Wellbeing

Biomarkers: What Are They and How Will They Help Us Stay Healthy?

Wednesday, Aug. 28; 9:30 to 11 a.m.

Neurologist Edward Zamrini, MD, from the Banner Sun Health Research Institute, will talk about the evolving science of biomarkers and their role in informing us about our health.

Location: The Colonnade

MEMORY CARE

Dementia Caregiver Support Group

Wednesdays, Aug. 7 & 21; 3 to 4 p.m.

Sun Health Memory Care Navigator Marty Finley, MEd, leads this support group. **Registration is not required.**

Location: Grandview Terrace Health & Rehab

Normal Aging vs. Dementia

Wednesday, Aug. 14; 9:30 to 11 a.m.

We all notice changes in our memory as we age. Join Sun Health Memory Care Navigator Marty Finley, MEd, to learn the difference between what is normal aging and what may be cause for concern.

Location: Banner Del E. Webb/Auditorium A & B

To register, call (623) 207-1703
or visit SunHealthWellness.org



NUTRITION

The Link Between Nutrition and Inflammation

Monday, Aug. 19, 1:30 to 3 p.m.

Inflammation has been identified as a risk factor in developing chronic diseases such as diabetes, cancer, osteoarthritis and cardiovascular disease. Join Sun Health Registered Dietitian Damian Plues as he discusses the results of research exploring the relationship between diet and inflammation. Learn what foods to avoid to keep inflammation and illness in check.

Location: Freedom Plaza/Ballroom

PHYSICAL FITNESS

Mat Yoga

Mondays, 9:30 to 10:30 a.m.;

Aug. 26; Sep. 9, 16, 23, 30; Oct. 7, 14 & 21

Floor-based yoga. Participants must be able to stand independently and to safely get up and down from the floor unassisted. Bring a mat or towel.

Location: Sun Health Center for Health & Wellbeing

Tai Chi

Mondays, 11 a.m. to noon;

Aug. 26; Sep. 9, 16, 23, 30; Oct. 7, 14 & 21

Beginning Tai Chi, modified for seniors.

Location: Sun Health Center for Health & Wellbeing

Strength Training

Mondays, 1 to 2 p.m.;

Aug. 26; Sep. 9, 16, 23, 30; Oct. 7, 14 & 21

Works upper- and lower-body muscle groups.

Location: Sun Health Center for Health & Wellbeing

Location Key

BANNER DEL E. WEBB/ AUDITORIUM A & B

14502 W. Meeker Blvd., Sun City West
Use the Louisa Kellam Center for Women's Health entrance

FAITH PRESBYTERIAN CHURCH

16000 N. Del E. Webb Blvd., 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., Sun City West
Use main entrance on east side

LA LOMA VILLAGE HEALTH & REHAB

14260 S. Denny Blvd., Litchfield Park

LORD OF LIFE LUTHERAN CHURCH

13724 W. Meeker Blvd., Sun City West

PORA LEARNING CENTER

13815 W. Camino Del Sol, Sun City West

SCW FOUNDATION/WEBB ROOM

14465 W. RH Johnson Blvd., Sun City West

SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

THE COLONNADE

19116 N. Colonnade Way, Surprise

SAFETY

A Matter of Balance

Fridays, 2 to 4 p.m.;

Aug. 30; Sep. 6, 13, 20, 27; Oct. 4, 11, 18

Are you concerned about falling or have you fallen in the past? Have you restricted activities because of the fear of falling? This evidence-based eight-class series is designed to reduce falls and the fear of falling while increasing activity levels among older adults.

Location: Sun Health Center for Health & Wellbeing

Save the Date -

Stand Up to Falling Down

Friday, Sep. 20; 8:30 a.m. to noon

In recognition of National Falls Prevention Awareness Day, Sun Health is hosting a Fall Prevention Screening and Awareness event at The Colonnade that will feature educational presentations from health professionals and complimentary individual fall risk screenings. Appointments are required for fall risk screenings. **Call (623) 832-9355 to reserve your screening appointment.**



Need a Ride?

Northwest Valley Connect is available

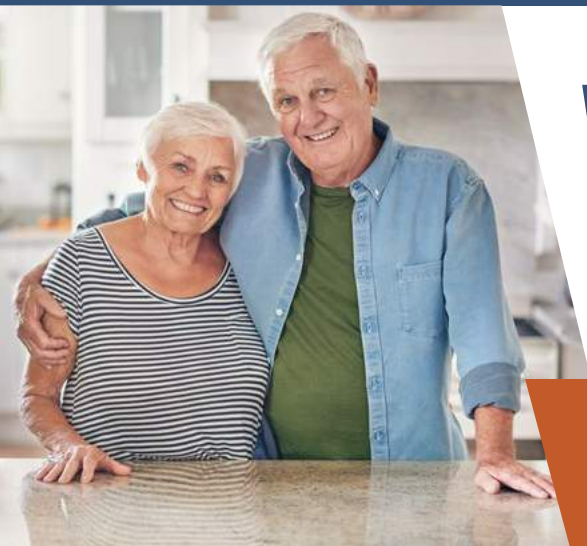
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How much will care cost and how will you pay?

What are the available options?

Learn how to age confidently and independently in your home by joining one of our complimentary seminars. Call (623) 227-HOME (4663) for more information.

Registration is required.

Tuesday Aug. 6th	Thursday Aug. 15th	Monday Aug. 19th	Thursday Aug. 29th
10 a.m.	11 a.m.	3 p.m.	2 p.m.
Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Foothills Recreation & Aquatics Center 5600 W. Union Hills Dr., Glendale	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise	Sun Health Center for Health & Wellbeing 14719 W. Grand Ave., Surprise



SUN HEALTH AT HOME



**Arizona's first and only
 Continuing Care at Home program.**