

It's Kidney Month – learn more about how heart & kidney health are connected



# LiveWell

MARCH 2020



A Delicate  
Balance

Plus: Nutrition  
Tips for Your  
Health



## A DELICATE BALANCE:

# Understanding Cardiorenal Syndrome

By Candace Hoffmann and Alex Stark, M.S.

As we get older, we need to pay close attention to the domino effects of high blood pressure, obesity and high blood sugar levels because they can lead to the double whammy of cardiorenal syndrome — a combination of cardiovascular disease (CVD) and kidney disease.

The odds may not be in your favor.

The lifetime risk of getting heart disease with high blood pressure is 63% compared to those without hypertension (43%) and 1 in 9 will get kidney disease. When type 2 diabetes is also involved, the prevalence rates for CVD and kidney disease increase significantly.

“Cardiorenal syndrome prevalence is increasing in the population,” says Abrazo Health Network

and Arizona Heart Institute physician Kris Vijay, MD, FACC, FACP, FNLA, FHSA, medical director, Congestive Heart Failure Program.

“It is believed that after the age of 65, 1 in 4 will develop this dual-disease burden.”

Our whole body is connected, and if one piece is out of balance then it can lead to damage in another. Lifestyle behaviors can lead to obesity, which contributes significantly to the risk of heart disease, Dr. Vijay says.

“Heart failure ensues and in turn due to lack of cardiac output going to the kidneys, the kidneys can fail. Another common set of health conditions, hypertension and diabetes, can lead to kidney disease first that in turn leads to heart failure and blocked arteries,” he explains.

The important thing to remember is that these conditions are linked and require vigilance and education to prevent the domino effect. In addition, Dr. Vijay emphasizes trying to avoid high blood pressure, diabetes and obesity through good nutrition and physical activity.



PHOTO BY ABRAMO HEALTH

**Kris Vijay, MD**

Symptoms such as weakness, fatigue, low energy, swelling in the legs, shortness of breath, chest pain, flank pain, low urinary flow, low volume urine, abdominal distension, chest pain with exertion, mid-back pain, jaw pain, left-arm pain, calf pain when walking – could trigger a possibility of heart and/or kidney disease and should be checked out by your physician.

If these risk factors already are present then lifestyle modification, weight management, healthy eating habits and medications are essential.

**He also suggests:**

- Eating a moderate amount of protein.
- Eating more fruits and vegetables.
- Drinking plenty of water (important in the prevention of kidney disease).
- Avoiding sugary drinks, high calorie power drinks, salty foods.
- Minimizing consumption of red meat and eating fish and lean protein.
- Getting 6 to 8 hours of sleep per night.
- Not smoking; limiting or avoiding alcohol.
- Exercise: walk, jog, run, climb – whatever you can do.

Dr. Vijay emphasizes treating the body as our personal temples.

“You have to believe in the divinity of each individual; when you throw junk in your body then you are throwing your junk at the altar in the church, you are putting garbage right on your dining table. You are essentially shattering your own divinity when you abuse your body.”

**LEARN MORE:** Dr. Vijay will be leading a class on “The Relationship Between Heart and Kidneys,” Friday, March 27 at The Colonnade in Surprise. To learn more and register for the class, visit the Heart Health Class section in this magazine.



## The Sun Health Story

MARCH 2020, ISSUE 55  
SunHealthWellness.org

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**CREATED FOR SUN HEALTH BY**



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.

# NUTRITION TIPS FOR YOUR HEALTH

## Eating for Cardiorenal Syndrome

By Renee Moe

Combining a heart-healthy diet with a kidney-friendly diet can improve your quality of life with cardiorenal syndrome. Susan Welter, Sun Health's registered dietitian nutritionist, has diet suggestions that support both heart and kidney health:

- **Moderate Protein** – Consume 2 to 3 ounces of protein per meal, roughly equal to the size of a deck of cards. Limit red meat to no more than two meals per week. Better sources of protein would be chicken, turkey, beans and legumes. Cold water fish, such as salmon and tuna are also good, as are eggs. Limit egg yolks to 4 or 5 per week.
- **Lower Sodium** – Aim for eating less than 2,300 milligrams of sodium a day. That's slightly less than one teaspoon of salt. Much of the sodium in our diets come from processed/convenience foods and restaurants, so Susan suggests preparing more meals at home. Use more herbs and spices when cooking in place of salt. Garlic, lemon and pepper are good options.
- **Cholesterol Control** – Limit saturated fats such as animal fat and coconut oil; and avoid trans fats, including partially hydrogenated oils found in processed foods. Keep saturated fats to less than 20 grams per day based on a 2,000 calorie diet, and consume less than 1 gram of trans fats a day. In short, eat less butter, cream, red meat, bacon, sausage, salami and cheese.
- **Increase Fiber** – Increasing soluble fiber also is important. Good sources of fiber include black and kidney beans, barley, oats, apples, blackberries, pears, broccoli and carrots.

“With more advanced kidney disease, further diet restrictions may be required,” says Susan. “Talk with a registered dietitian for specific guidance.”



### Tabbouleh

Tabbouleh is the national dish of Lebanon. We've made some substitutions to make it kidney friendly.

#### Ingredients

- 1 cup medium grade bulgur
- 1 cup cucumber, peeled and sliced
- 1 cup radish, thinly sliced
- 4 scallions, sliced
- 1 bunch mint leaves, chopped
- 2 lemons, juiced
- ½ cup olive oil
- Pepper, freshly grounded, to taste
- Kosher salt, to taste (optional)


#### Instructions

1. Fill a large bowl halfway with hot tap water. Stir bulgur into the bowl and let stand for 20-30 mins. until it absorbs enough water to be softened, not mushy.
2. Place the sliced vegetables and mint in a large mixing bowl.
3. Drain the bulgur by squeezing excess water, one handful at a time over the sink. Squeeze tightly, and add each handful into the salad bowl.
4. Add lemon juice and olive oil and mix everything with your hands or a large spoon. Adjust seasoning to taste with salt and pepper, if desired
5. Serve at lunch with crusty bread or as a side for dinner. Enjoy!

Calories 367; Fat 28 g (Saturated Fat 4 g); Carbohydrates 29 g (Sugar 8 g, Fiber 7 g); Protein 5 g; Sodium 24 mg; Calcium 54 mg; Phosphorus 75 mg; Potassium 300 mg.

Recipe modified from: [Kitchen.KidneyFund.org/Recipe/Tabbouleh](https://www.kidneyfund.org/Recipe/Tabbouleh)

Registration Opens February 11



**Resiliency:  
The Mind-Body  
Connection**

A FREE COMMUNITY HEALTH EVENT

**SAVE THE DATE: APRIL 7, 2020**

## BRAIN HEALTH

### Your Brain and Alzheimer's Disease

**Tuesday, Mar. 10; 9:30 to 11 a.m.**

Brain health is important at any age. Join Ashish Sachdeva, MD, to discover ways to maintain healthy memory, identify signs of potential dementia and walk away with helpful ideas to keep your brain active.

*Location: Freedom Plaza/Ballroom*

## CANCER CARE

### Healthy Meal Prep for Cancer

**Fridays, Mar. 6 & 20; 10 to 11 a.m.**

Jennifer Brown, MS, RD, from Cancer Support Community of Arizona (CSCAZ), will prepare items with a focus on easy dishes with canned fish (3/6) and fresh spring rolls (3/20). This class is provided in partnership with CSCAZ.

*Location: The Colonnade*

## DIABETES

### Annual Diabetes Self-Management Education **\$**

**Monday, Mar. 16; 9 to 11 a.m.**

This class is designed for anyone who previously completed a Diabetes Self-Management Training program. Sun Health's certified diabetes educators will provide the latest recommendations as part of your annual Medicare/health insurance benefit for diabetes support. **Please call (623) 471-9355 to register. Fee covered by most insurance plans.**

*Location: Banner Boswell/Ponderosa*

### Diabetes Connection Support Group

**Monday, Mar. 16; 3:30 to 4:30 p.m.**

Monthly group for individuals who have diabetes or prediabetes. Jessica Kirk, from Tandem Diabetes Care, will be joining us to discuss insulin pumps and continuous glucose monitors. **Registration is not required.**

*Location: Sun Health Center for Health & Wellbeing*

### Diabetes Self-Management Education **\$**

This five-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. **Please call (623) 471-9355 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, Mar. 3, 10, 17, 24 & 31**

**9:30 to 11:30 a.m.;** Banner Boswell/Chapman Conf. Room  
**2 to 4 p.m.;** Sun Health Center for Health & Wellbeing

## Registration Required

SPACE IS LIMITED, SO REGISTER EARLY

 **Register Online**

*Beginning February 11, 2020*

**SunHealthWellness.org**

 **Register By Phone**

*Beginning at 8:30 a.m. February 11, 2020*

**(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](http://SunHealthWellness.org)

## HEALTH & WELLBEING

### Understanding Memory Loss & Healthy Hearing

**Thursday, Mar. 12; 9:30 to 11 a.m.**

Early intervention is key in all aspects to our health. When it comes to memory and even hearing loss, what can we do to improve these important components of our body? Join Daniel Hewson, from Ascent Audiology, to learn preventive elements of proper care and upkeep of your hearing and your memory.

*Location: La Loma Village Health and Rehab*

### Edema – Symptoms, Causes & Treatments

**Thursday, Mar. 19; 9:30 to 11 a.m.**

Many medical conditions can cause swelling in the extremities, particularly the legs. Deb Lister, occupational therapist and certified lymphedema therapist, will discuss why the swelling may occur, prevention tips and management techniques to control this condition.

*Location: PORA Learning Center*

### Holistic Health Matters

**Monday, Mar. 23; 1 to 2:30 p.m.**

Holistic health practices address not only the physical aspects of a person's wellbeing, but also their emotional, social and spiritual needs. Sally Charalambous, retired nurse and certified hypnotherapist, will focus on non-pharmacological strategies for pain management, restorative sleep, nutrition, emotional wellness and spiritual development, ending with a guided meditation designed to encourage your use of these therapies to enhance your health holistically. **Note: Registration for this class will cost \$5.**

*Location: La Loma Village Health and Rehab*

### Fall Prevention and Healthy Hearing

**Wednesday, Mar. 25; 1:30 to 3 p.m.**

Did you know that falling is the No. 1 reason we see our doctor? Join Daniel Hewson from Ascent Audiology to focus on a plan of implementation to improve your hearing and your balance. Daniel Hewson will discuss the proper use of your balance and your hearing collaboratively to improve the overall health of our bodies.

*Location: The Colonnade*

## HEART HEALTH

### The Relationship Between Heart and Kidneys

**Friday, Mar. 27; 9:30 to 11 a.m.**

We often look at symptoms being caused by a disease and if we treat the disease the symptoms will go away. Join Kris Vijay, MD, medical director of the Congestive Heart Failure Program at the Arizona Heart Institute and Abrazo Health Network, to learn about the relationship between our heart and our kidneys and how they can lead to cardiorenal syndrome. **Please read more about this topic in our lead article.**

*Location: The Colonnade*

## KIDNEY HEALTH

### Nutrition & Kidney Health

**Wednesday, Mar. 18; 9:30 to 11 a.m.**

Sun Health's Susan Welter, RD, will discuss chronic kidney disease and individualized nutrition therapy options.

*Location: Lord of Life Lutheran Church*

## MEMORY CARE

### Dementia Caregiver Support Group

**Wednesdays, Mar. 4 & 18; 3 to 4 p.m.**

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

*Location: Grandview Terrace Health and Rehab*

### Memory Café

**Tuesdays, Mar. 10 & 24; 9:30 to 11:30 a.m.**

Memory Cafés provide a social and resource place for people living with memory loss and their care partners. Caregivers participate in an educational and/or support session while people with memory loss actively participate in a cognitive engagement program. The free sessions are scheduled on the second and fourth Tuesday of every month. **Registration is not required.**

*Location: Salvation Army*



To register, call (623) 207-1703  
or visit [SunHealthWellness.org](http://SunHealthWellness.org)



## PHYSICAL FITNESS

Physical fitness classes are held at the Sun Health Center for Health & Wellbeing. Unless otherwise noted, physical fitness classes are offered in an eight-class series.

**Registration for each series costs \$40.**

### Let's Try Exercise: Aqua Fitness \$

"Let's Try Exercise" is designed to help individuals try different forms of physical activity. Join Sun Health Wellness Specialist Alex Stark, MS, for an interactive pool workout to learn more about how to improve your health while in the pool. **Note: This is an exercise class in a pool, so please bring a swimsuit and towel.**

**Registration for this class will cost \$6 per session.**

**Monday, Mar. 16; 2 to 3 p.m.; Freedom Plaza**

**Thursday, Mar. 26; 9:30 to 10:30 a.m.; The Colonnade**

### Chair Yoga Eight-Class Series \$

**Wednesdays, starting Mar. 4; 8 to 9 a.m.**

Chair yoga incorporates all of the benefits of a traditional yoga class with the added support of a chair.

*Location: Sun Health Center for Health & Wellbeing*

### Chair Yoga Eight-Class Series \$

**Wednesdays, starting Mar. 4; 9:30 to 10:30 a.m.**

Yoga involves paying attention to your breath, which can help you relax, feel less stressed and improve posture using both seated and standing postures. Participants must be able to stand independently.

*Location: Sun Health Center for Health & Wellbeing*

### Tai Chi Eight-Class Series \$

**Wednesdays, starting Mar. 4; 11 a.m. to noon**

Beginning Tai Chi modified for seniors.

*Location: Sun Health Center for Health & Wellbeing*

### Fit and Balanced Eight-Class Series \$

**Wednesdays, starting Mar. 4; 12:30 to 1:30 p.m.**

Low-intensity class focusing on the strength, flexibility and balance exercises using a chair as support.

Participants must be able to stand independently.

*Location: Sun Health Center for Health & Wellbeing*

## SAFETY

### AARP Smart Driver \$

**Tuesday, Mar. 17; 8:30 to noon**

Designed especially for drivers age 50-plus, the AARP Smart Driver™ course is intended to help drivers live more independently as they age and remain safe on today's roads. **Pre-registration is required. The fee is \$15 for AARP members and \$20 for nonmembers, payable by check only. Please bring your drivers license and a check payable to AARP to the session.**

*Location: The Colonnade*



## Need a Ride?

*Northwest Valley Connect is available*

**[NorthwestValleyConnect.org](http://NorthwestValleyConnect.org) (623) 282-9300**

## Location Key

### BANNER BOSWELL/CHAPMAN CONF. ROOM BANNER BOSWELL/PONDEROSA CONF. ROOM

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

### FREEDOM PLAZA/BALLROOM

13373 N. Plaza Del Rio Blvd., Peoria

### GRANDVIEW TERRACE HEALTH AND REHAB

14505 W. Granite Valley Dr., Sun City West

### LA LOMA VILLAGE HEALTH AND 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

### SALVATION ARMY

17420 N. Ave. of the Arts, Surprise

### SUN HEALTH CENTER FOR HEALTH & WELLBEING

14719 W. Grand Ave., Surprise

### THE COLONNADE

19116 N. Colonnade Way, Surprise





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**Wednesday,  
 March 4, 10 a.m.**

Wickenburg  
 Community Hospital  
 520 Rose Lane  
 Wickenburg

**Thursday,  
 March 5, 2 p.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
 Surprise

**Tuesday,  
 March 10, 10 a.m.**

Sun Health Center for  
 Health & Wellbeing  
 14719 W. Grand Ave.  
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**Tuesday,  
 March 17, 10 a.m.**

Sun Health Center for  
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