

SENIOR  Advantage *from the*

valley health SYSTEM

SUMMER 2019

Game ON!

Living your best life in
your 50s and beyond

.....

Senior Advantage member
Steve McMillan shares his secret
to a good quality of life

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INSIDE:

Vein conditions and the
signs you shouldn't ignore

Foods that can help
fight chronic diseases

Compliments of

The Valley  Health System®

Centennial Hills Hospital • Desert Springs Hospital • Henderson Hospital
Spring Valley Hospital • Summerlin Hospital • Valley Hospital



Summer is in full swing, literally, with the introduction of the Las Vegas Aviators and the new Las Vegas Ballpark in southern Nevada. We're excited to be the Official Founding Healthcare Partner for both the Aviators and the Ballpark, and we're looking forward to seeing friends, family and fans gather for a good time. Remember, when it comes to healthcare, we have your home base covered.

Socializing and maintaining positive relationships are keys to a good quality of life. Our happiness and well-being can also be impacted by our physical health and attention to nutrition. From understanding what may cause troubling symptoms in our legs as we age, to learning which foods can reduce inflammation in our bodies, staying informed can help us prevent chronic diseases and feel better.

Research has also identified loneliness as having a negative impact on our health,* and this contributed to our recent enhancements to our Senior Advantage program (see details below). Plus, we're offering our Summer Enrichment series and our annual \$5 membership program through Labor Day – a perfect “just because” gift for family and friends.

Wishing you a season filled with good health, good times and great memories,

Karla J. Perez
Regional Vice President



*National Institutes of Health

The Official Healthcare Partner of the Las Vegas Aviators



SENIOR Advantage

Updates to your membership ...

You will notice that the Senior Advantage events calendar looks a little different, since we've made a few changes in an effort to keep the program fresh and innovative. The hospital-specific educational seminars are now quarterly, while the special summer events will continue with creative indoor activities for your enjoyment. Added to the program are the New Member Mixers. If you joined the program during 2019, watch your mailbox for your personal invitation to our very first mixer, designed to introduce you to the hospitals of The Valley Health System and all the great benefits of the Senior Advantage program.

Hope to see you soon!

“*Being in my 50s, with life experience and a bit of wisdom, I focus on what's important to me – a good work-life balance, spending time with great friends and family, and maintaining my health. The Senior Advantage program offers a nice mix of social, educational and health-related activities that interest me.*”

Steve McMillan
New member
Senior Advantage



What are your *legs* telling you?

If you're among the many older adults with leg swelling and pain, these symptoms could signal an underlying health issue.



Mohi Alkadri, MD
Interventional
Cardiologist,
Heart Center
of Nevada

Swelling in the lower extremities can be associated with heart disease, kidney and liver disease, and in many cases, venous insufficiency, says interventional cardiologist Mohi Alkadri, MD. Venous insufficiency occurs when the valves in the veins fail to function properly, causing blood to pool in the legs. This can sometimes lead to varicose veins, which are enlarged, twisted veins that often appear blue or purplish in color.

If you notice swelling and other warning signs (see right), it's important to talk with your doctor. "Ignoring these signs can have harmful effects, including leg ulcers, infections and even worse," Dr. Alkadri says.

What can you do?

Along with seeking a medical evaluation, lifestyle modification is very important, says Dr. Alkadri. For example, losing weight, wearing compression stockings to improve blood flow, and eating a healthy, low-salt diet can reverse symptoms and prevent progression in many cases, he says. For some people, oral supplements may also be recommended.

What minimally invasive treatments can help?

A number of procedures are available that can be performed minimally invasively, with most patients returning to their daily activities immediately.* An example includes endovenous laser ablation. With this image-guided treatment, a fiber optic laser is inserted into the diseased vein, causing the vein to collapse and blood to be rerouted to healthier vessels. Other procedures may use heat or injections to close diseased veins.

Not only can treatment address medical concerns, but it can also improve the appearance of legs and ankles. Care continues to advance to help make treatment easier and better for patients. ■

*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

When should you see a doctor?

Here are warning signs to see a doctor, says Dr. Alkadri.

- Swelling in the lower extremities that worsens as the day goes on
- Leg cramps in one or both sides, especially when walking, which improve with resting
- Skin changes including swelling, skin discoloration or even ulceration
- Painful legs
- Restless legs syndrome at night

Need help finding a doctor?
Call 702-388-4888 or visit
valleyhealthsystemlv.com/doc

From hospital care to home health care ... *We've got you covered*

Seventy-one-year-old Wolfgang Leithardt had quadruple bypass surgery six years ago and needs skilled medical support, but he wants to keep living at home and maintain his independence. His solution? At-home therapy and nursing services through Valley Health Home Care.



Over the past year or so, Leithardt's care team has visited him on and off as needed. They assist him with exercise to help keep his strength up, and support him with personal tasks through occupational therapy. "It's almost like family," he says of his nurse Christine, physical therapist Sarah, occupational therapist Kevin, and certified nursing assistant Monica. "You can trust them, they're friendly, they're efficient ... I would refer them to everybody. They're very helpful, and they keep me out of the hospital."

Home care services are available for conditions that can include wound care, cardiac care, geriatric care, diabetes care education, infusion therapy, respiratory care, medication management education and others.

Being a hospital-based agency enables an integrated, connected patient experience and facilitates smooth transitions, whether people are returning home after a hospital stay or need help for a chronic or new medical condition, says Executive Director Mick Crawford. "Therapists and nurses are licensed in the state of Nevada and serve under the supervision of the patient's family doctor," he adds.

He clarifies that home care is not intended to be an emergency service, rather it is restorative and supportive of independence. "We want to bring a customer service focus and really have a huge impact on the individual." ■



Could you qualify for covered benefits?

In order to qualify for services, certain criteria must be met. You must be referred by a physician, require intermittent skilled care, be homebound and reside in the greater Las Vegas area, Henderson or Boulder City. If you're unsure whether you qualify, a no-cost assessment can be provided. Many insurances are accepted. "If you meet the criteria and have Medicare, services are 100 percent covered – no copays, no deductibles," Crawford says.

To learn more or for an assessment, please call 702-382-3030.

How do we age in a healthy way?

An anti-inflammatory diet can play an important role

Aging adults may experience a higher risk of chronic disease, according to the U.S. Department of Health and Human Services. Time and time again, inflammation has shown to be one of the primary reasons behind pain and disease.

Many people may be familiar with acute inflammation and the symptoms that may occur when we stub our toe or roll our ankle. Acute inflammation generally causes redness or swelling. In most cases, it lasts for a relatively short period of time. On the other hand, chronic inflammation is persistent and goes on for years. It can cause serious problems such as osteoarthritis, lupus, Crohn's disease and various cardiovascular diseases.



Article provided courtesy of Haley Bishoff, dietetic intern at Spring Valley Hospital.

What role does food play?

The “standard American diet” is high in trans and saturated fats, refined sugars and starches, and highly processed products.* Foods such as red meat, cakes, cookies, butter and soda contain arachidonic acid, a fatty acid that triggers an inflammatory response in our bodies. Products that contain added sugars also have a pro-inflammatory effect. According to the *American Journal of Clinical Nutrition*, processed sugars trigger the release of inflammatory cell-signaling compounds called cytokines. Long-term consumption of typical Western diet foods and added sugars can lead to chronic inflammation, causing organs and other bodily systems to fail.

Now, the answer to the long-awaited question: What should we be eating? Vegan, vegetarian and Mediterranean diets, or those such as the Dietary Approaches to Stop Hypertension (DASH), all have protective, anti-inflammatory effects.* These diets have one main thing in common: They are primarily plant-based. It's recommended that our diet consist of mostly fruits, vegetables, soy, nuts, extra virgin olive oil, fatty fish and whole grains. These foods can decrease inflammation, with the help of their phytochemical and antioxidant properties. Consuming a diet high in plant-based foods can play a role in preventing many chronic diseases, helping us live a higher quality of life as we grow older. ■

*“Inflammation and Osteoarthritis.” *Today's Dietitian*, Oct. 2016, www.todaysdietitian.com/newarchives/1016p48.shtml



SENIOR Advantage

APPLICATION FORM

\$5 ENROLLMENT SPECIAL AVAILABLE NOW!

**Enroll now through Labor Day (September 2, 2019)
and SAVE 50%* on the lifetime membership fee.**

Membership is open to all adults ages 55 and better. This is not an insurance plan of any type. Your information will be kept confidential. Questions? Call 702-853-3008.

Name _____

Address _____

Apt. # _____

City _____ State _____ Zip _____

Telephone (including area code) _____

Date of birth _____

Email address _____

**To join, complete this application and send it to the
address below with a check or money order for \$5*,
made payable to Senior Advantage.**

**Senior Advantage
Centennial Hills Hospital Outreach Office
6900 N. Durango Drive, Las Vegas, NV 89149**

*Original enrollment fee \$10. Offer expires September 2, 2019.



LIVING WELL. FEELING WELL. STAYING WELL.

Senior Advantage offers free and discounted services to help enhance the health and well-being of adults ages 55 and better.

Members are entitled to:

- Health News/Senior Advantage magazines
- Special events, such as seminars, health fairs and members-only luncheons
- Discount club (in partnership with local businesses)
- Prescription discounts
- Wellness classes

Exclusive member benefits

The Valley Health System may waive your deductible for inpatient hospitalization if you are a member of Senior Advantage and are covered by Medicare Insurance Part A. Some restrictions may apply; please contact the Senior Advantage message line at **702-853-3008** if you have questions.



CONNECT WITH US!

Centennial Hills Hospital Medical Center
6900 N. Durango Dr., Las Vegas, NV 89149
centennialhillshospital.com

Desert Springs Hospital Medical Center
2075 E. Flamingo Road, Las Vegas, NV 89119
desertspringshospital.com

Henderson Hospital
1050 W. Galleria Dr., Henderson, NV 89011
hendersonhospital.com

Spring Valley Hospital Medical Center
5400 S. Rainbow Blvd., Las Vegas, NV 89118
springvalleyhospital.com

Summerlin Hospital Medical Center
657 N. Town Center Dr., Las Vegas, NV 89144
summerlinhospital.com

Valley Hospital Medical Center
620 Shadow Lane, Las Vegas, NV 89106
valleyhospital.net

Physician Referral Line
702-388-4888

REGISTRATION REQUIRED:
Call 702-388-4888 or visit
valleyhealthsystemlv.com/saevents.

Calendar of events

SEMINARS BEGIN AT 11:30 A.M. AND INCLUDE LUNCH UNLESS OTHERWISE NOTED

Centennial Hills Hospital

Grandkids Day Out!

Teddy Bear Clinic

Wednesday, August 7

10 a.m. to 12 p.m.

Call 702-388-4888 to register.

AARP Smart Driver™ Courses*

Tuesday, August 13

9 a.m. to 1 p.m.

Desert Springs Hospital

AARP Smart Driver™ Course*

Tuesdays, July 16, August 20,

September 17

1 to 5 p.m.

Health at Heart

5 to 7 p.m.

Thursday, July 18

Palliative Care vs. Hospice &

How to Use Advance Directives

Thursday, August 15

Acid Reflux/GERD Signs

& Symptoms

Thursday, September 19

Smoking Cessation

RSVP: 702-894-5555

Desert View Hospital

Free Balance Screenings

Tuesdays, July 2, August 6,

September 3

8 to 9 a.m.

Call 775-413-6905 to register.

AARP Smart Driver™ Courses*

Mondays, July 8, August 12,

September 9

Noon to 4 p.m.

Henderson Hospital

AARP Smart Driver™ Courses*

Fridays, July 26, September 27

9 a.m. to 1 p.m.

Spring Valley Hospital

AARP Smart Driver™ Course*

Tuesday, August 6

9 a.m. to 1 p.m.

Summerlin Hospital

AARP Smart Driver™ Courses*

(Medical Office Building,

Family Conference Room)

Fridays, July 19, August 16,

September 20

1 to 5 p.m.

Valley Hospital

AARP Smart Driver™ Course*

Monday, September 9

9 a.m. to 1 p.m.

***AARP class fees:** \$15 for AARP members, \$20 for non-members (paid directly to AARP). Lunch not included. Refreshments served.

For more Valley Health System community events visit
valleyhealthsystemlv.com/events.



If you need a replacement card call 702-853-3008.

Senior Summer Enrichment Series

Christmas in July

Thursday, July 18, 11:30 a.m.

Centennial Hills Hospital

Conference Rooms 1 & 2

(lunch included)

Help us prepare for your Senior Holiday Health Fair this year, as we create our own décor. Holiday wreaths, ornaments and other project materials will be provided. Your wreath creations will be incorporated into our holiday décor, and then donated to a local charity.

The Mob Museum Tour

300 Stewart Ave.

Thursday, August 22, 9:30 a.m.

Join us for a guided tour and explore the real stories of Mob history inside the restored 1933 former courthouse and post office building. We will cover the cost of admission, and you are responsible for your own transportation and parking fees.

Space is limited. Please register early.

New Member Mixer

Saturday, September 14, 11:30 a.m.

Spring Valley Hospital

Conference Room A

(lunch included)

New to the Senior Advantage program in 2019? If so, we would love to familiarize you with the program, the hospitals of The Valley Health System, and introduce our program coordinators. Feel free to bring a potential new member (age 55+).

RSVP: 702-835-9779

**NEW
member
event!**

Karla J. Perez
Regional Vice President, The Valley Health System

Sajit Pullarkat
CEO/Managing Director, Centennial Hills Hospital

Ryan Jensen
CEO/Managing Director, Desert Springs Hospital

Susan Davila
CEO, Desert View Hospital (Affiliate of Valley Health System)

Sam Kaufman
CEO/Managing Director, Henderson Hospital

Leonard Freehof
CEO/Managing Director, Spring Valley Hospital

Troy Mire
CEO/Managing Director, Spring Mountain Treatment Center/
Spring Mountain Sahara (Affiliate of Valley Health System)

Robert S. Freymuller
CEO/Managing Director, Summerlin Hospital

Claude Wise
CEO/Managing Director, Valley Hospital

Information in *Senior Advantage* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of either Centennial Hills Hospital Medical Center, Desert Springs Hospital Medical Center, Desert View Hospital, Henderson Hospital, Spring Mountain Treatment Center/Spring Mountain Sahara, Spring Valley Hospital Medical Center, Summerlin Hospital Medical Center, Valley Hospital Medical Center, The Valley Health System or any of its facilities or Universal Health Services, Inc. Physicians are independent practitioners who are not employees or agents of The Valley Health System. The system shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2019. All rights reserved. Printed in the U.S.A.

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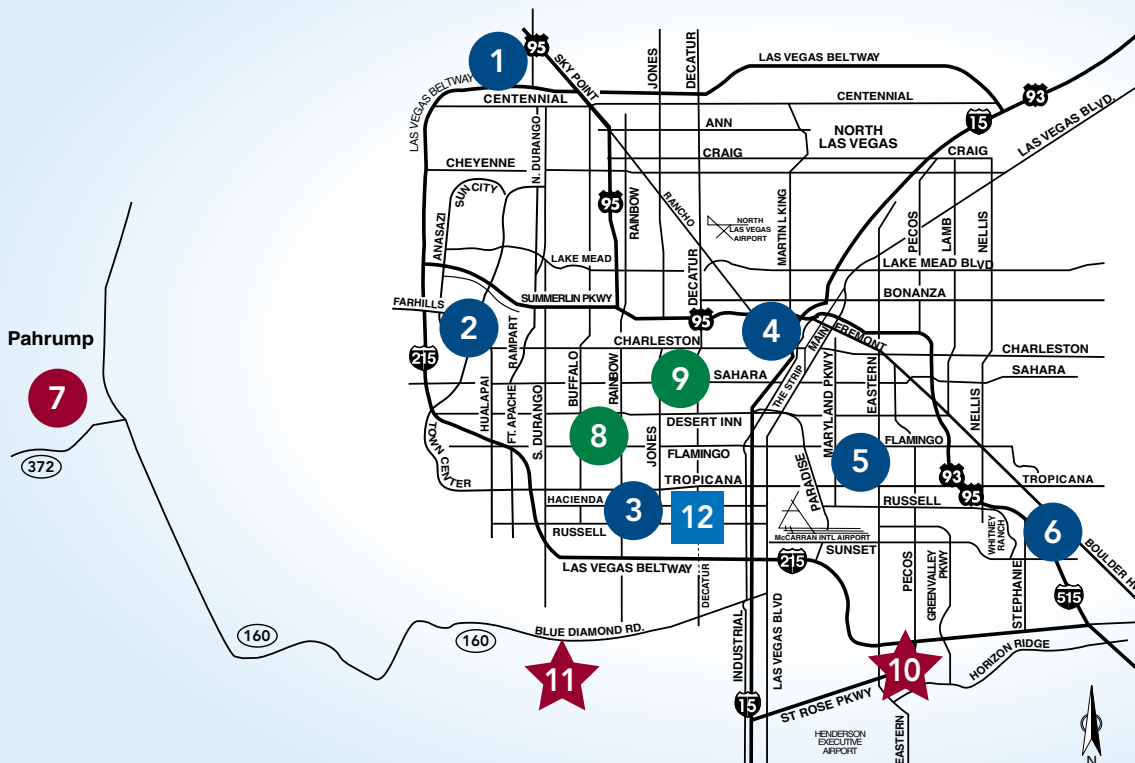
Follow our hospitals
on Facebook



@valleyhealthLV



Our healthcare family is growing...



- 1** Centennial Hills Hospital
6900 N. Durango Dr. at Elkhorn
- 2** Summerlin Hospital
657 N. Town Center Dr.
at Hualapai
- 3** Spring Valley Hospital
5400 S. Rainbow Blvd.
at Hacienda
- 4** Valley Hospital
620 Shadow Lane at Alta
- 5** Desert Springs Hospital
2075 E. Flamingo Rd. –
2 blocks west of Eastern
- 6** Henderson Hospital
1050 W. Galleria Dr.
- 7** Desert View Hospital
(an affiliate of The Valley
Health System)
360 S. Lola Lane, Pahrump
- 8** Spring Mountain
Treatment Center
7000 West Spring Mountain Rd.
- 9** Spring Mountain Sahara
5460 West Sahara Ave.
- 10** ER at Green Valley Ranch
(an extension of Henderson Hospital)
2581 St. Rose Parkway,
Henderson
- 11** Coming Summer 2019!
ER at Blue Diamond
(an extension of Spring
Valley Hospital)
- 12** Valley Health Home Care
5010 S. Decatur Blvd, Suite A