

Livingwellaz

HEALTHCARE NEWS YOU CAN USE FOR YOUR WHOLE FAMILY

MAY 2016

IN THIS ISSUE | 2 Top events and support groups

Ladies, listen up:

Yours is not your father's, husband's or brother's stroke

By Susan Lynne Fuchs

Just as women's heart attack symptoms differ from men's, so too do their symptoms for stroke.

"Women having strokes often sense something is just not right," said family physician Karla Birkholz, M.D., wellness medical director for HonorHealth. "It's important for women to believe their intuition and seek help in a hurry."

"Where women are different than men is in the presentation of the stroke," said Sara Pena, M.D., a family medicine physician for the Dignity Health Medical Group and a professor/affiliated faculty at the Department of Family Medicine at Creighton University School of Medicine at Dignity Health St. Joseph's Hospital and Medical Center.

Optimal therapy — the administration of stroke treatment medication — is in the first three hours so time is crucial for survival and a good outcome, Birkholz said. "Call 911 immediately," she said.

Risk factors

National Stroke Association statistics show 55,000 more women than men have a stroke every year. According to Kothandapany Shalini, M.D., internal medicine specialist at the primary care Banner Health Center in Chandler, stroke is the third-leading cause of death for women. It's the fifth-leading cause of death for men.

Some women who have a higher risk for clots increase their stroke risk when they take birth control pills, said Birkholz, noting that the majority of young women can take the pill safely.

"Women of all ages need to be aware that inflammation of the arteries adds to their stroke risk," Birkholz stressed. "The toxic effect of too much sugar, flour and processed foods, stress, too little sleep and no exercise can increase the development of plaque inside blood vessels which can then rupture and create blood clots."

Stroke risk for older women rises if they are obese or on hormone replacement therapy medication, Pena said. Other stroke risks for women — smoking, high cholesterol and diabetes — are the same as men's, she said.

► **STROKE**, continued on page 2

► Stroke symptoms

In addition to weakness on one side of the body and slurred speech (common when all people have strokes), the National Stroke Association says women's stroke symptoms can include:

- Loss of consciousness or fainting
- Sudden general weakness or visual deficit
- Sudden trouble walking, dizziness, loss of balance or coordination
- Difficulty or shortness of breath
- Confusion, unresponsiveness or disorientation
- Sudden behavioral change
- Agitation
- Hallucination
- Nausea or vomiting
- Pain
- Seizures
- Hiccups

MORE INFO: National Stroke Association stroke.org; 800-STROKES (787-6537)



Thinkstock

FORTY-TUDE

Small lifestyle adjustments can ease the transition to the big 4-0

BY DEBRA GELBART

If you're heading toward 40, experts say there are steps you should take to increase your odds of remaining fit and active in the future.

Doctors unanimously say avoiding cigarettes is the most important thing to do to prevent accelerated aging.

"You can do all kinds of other things to prevent aging, but if you smoke they won't make as much of a difference as quitting smoking," said Denise Millstine, M.D., an internal medicine physician who specializes in women's health and who is director of integrative medicine at Mayo Clinic in Scottsdale. "There are now indications that smoking when you're younger — even though disease may not show up for decades — can be more powerful in a negative way than exposure later in life."

Cigarette smoke has more than 4,000 chemicals in it, said Mark Carter, M.D., an internal medicine physician at Abrazo Central Campus in Phoenix. Scientists don't yet know the dangers of all of them, he said, but many of them can damage your DNA and "cause you to age faster, inside and out."

Fewer calories in, more out

As you approach 40, said Jennifer Simone, M.D., a gynecologist and medical director of HonorHealth's Center of Excellence in Minimally Invasive Gynecology, "your metabolism slows down and the gastrointestinal system becomes less efficient. If you change nothing about your eating or exercise habits, you will gradually gain weight." She advises cutting back on dairy and simple carbohydrates and lowering caloric intake.

After turning 40, Simone said, you'll begin to lose about half a pound of muscle mass every year, but you can slow that process by exercising.

"At least 30 minutes of exercise a minimum of five times a week — whether it's yoga, Pilates, weight training or cardio (or ideally a combination of various types of exercise) — helps retain muscle mass, boost immune function, manage cholesterol levels, lower blood pressure and improve your mood," Simone said. If you're not an exercise fan, she said, find something that you like to do that you'll stick with, whether it's walking the dog, taking a spin class or trying Zumba.

► **FORTY-TUDE**, continued on page 3

Are you pouring on the pounds?

Your sports drink may be giving you more than expected.

HONORHEALTH™

There's a reason they say "ask your doctor." Contact your HonorHealth doctor to answer your questions or call 623-580-5800 to find a doctor who can.

HonorHealth.com/healthyaz

Forty-tude

► continued from the cover

Know your numbers

Keep your heart healthy by controlling blood sugar and lipids (which include cholesterol and triglycerides) — which are what preventive cardiologist Sarika Desai, D.O., calls “the main pillars of cardiology.” Desai is affiliated with Abrazo Arrowhead Campus in Glendale.

Heart disease and diabetes may be preventable if abnormalities in these numbers are detected early,” she said, adding you should get your numbers checked yearly through a blood test. The other critically important indicator to monitor is blood pressure (BP), Desai said. “It’s not okay for your systolic blood pressure (the top number on the BP reading) to show a trend above 140 for any period of time,” she said. Prolonged minimally elevated blood pressure can lead to serious problems including congestive heart failure, she noted.

Zzzs help keep you young

Most of us need between seven and nine hours a night of sleep, said Simone and Desai.

“Without enough sleep,” Simone pointed out, “we’re more susceptible to developing disease, including cancer. Sleep is so important for rejuvenation of the body’s functions, for immune system health, mood elevation and weight management.”

Desai is often concerned that a patient who is not sleeping well may have obstructive sleep apnea, a condition in which breathing stops momentarily multiple times a night from too-relaxed muscles in the throat blocking the airway. Left untreated, sleep apnea can lead to an abnormal heart rhythm called atrial fibrillation. Among those who are overweight, weight loss sometimes can eliminate sleep apnea.

If you need help sleeping better, Simone recommends natural supplements — such as melatonin — rather than over-the-counter medications that can have unwanted side effects.

Responding to hormones in flux

The way doctors consider hormone replacement therapy (HRT) has changed significantly in the past five years, Millstine said. A decade or more ago, she explained, HRT was thought to be completely safe. Then, about five years ago, after studies concluded there’s a possible correlation between orally administered hormones and some cancers, HRT was considered dangerous and recommended only sparingly for women in severe distress from approaching menopause.

Today, she said, doctors believe that hormones administered through the skin rather than orally are safer because the body processes medication very differently through skin absorption. “Most women helped by HRT are willing to accept a small risk in exchange for the significant benefits they get,” Millstine said.

aZ HEALTHCARE BRIEFS

Midwestern University Eye Institute

The Arizona College of Optometry and the Midwestern University Eye Institute are offering free comprehensive eye assessments for infants between six and 12 months of age through the InfantSEE program.

The Eye Institute, which offers eye care from licensed optometrists and third- and fourth-year optometry students under faculty supervision, partnered with InfantSEE earlier this year. InfantSEE is a public health program managed by Optometry Cares – the AOA Foundation, and is designed to ensure that eye and vision care becomes an integral part of infant wellness care. Under this program, optometrists provide a no-cost comprehensive eye and vision assessment for infants within the first year of life regardless of a family’s income or access to insurance coverage.

For more information or to schedule an

appointment, call 623-537-6000 or visit MWUClinics.com.

St. Joseph’s lung transplant program

Dignity Health St. Joseph’s Hospital and Medical Center has jumped to No. 2 in the nation for the amount of lung transplantations performed in 2015. St. Joseph’s transplant team at its Norton Thoracic Institute has completed nearly 450 lung transplants to date, including 93 last year.

Prior to the launch of the St. Joseph’s program in 2007, many Arizona lung transplant candidates had to travel out of state for the complex procedure. Lung transplants at the Phoenix hospital have strong outcomes with one-year survival rates above the national average — near 90 percent.

Currently, nearly 1,500 people nationwide are awaiting a lung transplant. To learn more about registering as an organ donor, visit Donate Life online at DNAZ.org.



DO YOU HAVE CATARACTS?

The doctors at Barnet Dulaney Perkins Eye Centers have been leading the way in lens replacement surgery for over 35 years in Arizona. If you have cataracts, let us educate you about your choices.

Schedule Your Eye Exam Today!

Barnet • Dulaney • Perkins
EYE CENTER

602-955-1000
WWW.GOODEYES.COM

PHOENIX • MESA • GOODYEAR • CHANDLER • SUN CITY • SURPRISE

AR-000514886-01

PAID ADVERTISEMENT

Supercharged Memory Makes Teacher Most Popular Man on Campus

Once-forgetful, absent-minded college professor now seldom forgets a name

David Larsen, a professor at a large western US university, may be the most popular man on campus; and that is not sitting well with his fellow professors.

“They call me a show-off,” laughs Larsen.

Photographic Memory?

While his engaging teaching style breathes life into dry subject matter, it’s the professor’s impressive, new memory powers that account for his popularity.

Larsen can do what few other professors at his university can — he remembers more names, of more students, in more of his classes, than you could imagine.

Never Forgets a Name

That’s not all. Outside of the classroom, on campus, and off campus, when Larsen spots one of his students, he’ll go out of his way to greet them by name.

The Professor’s Secret

Larsen credits his transformational memory improvement to a breakthrough, memory-awakening compound developed by a team of neuroscientists.

“Names used to leave me within five minutes of introductions,” admits the professor.

“But after taking this memory formula, I can now remember every student in my classes!”

Developed by Dr. Thomas B. Shea, the director of UMass Lowell’s Laboratory for Neuroscience,

and his team, the prescription-free breakthrough called Perceptiv® helps older brains feel and function years younger, often in as little as two weeks.



Dr. Thomas B. Shea

Just like Professor Larsen, participants in clinical studies also experienced increased recall with improved memory scores.

One Nevada woman is thankful she learned of Dr. Shea’s discovery.

Incredible Turnaround

After giving just two caplets a day to her mother, who had suffered brain impairment, Lorraine M., Henderson, Nevada, witnessed an “incredible turnaround!”

“The change in her personality, mood and cognitive ability was just amazing,” says Lorraine.

“The only factor that changed was that we added Perceptiv to her regimen twice daily.”

Caregivers on the Front Line

There’s no better example of the formula’s remarkable effect on the brain than their first clinical trial, a landmark 28-month study published in the *American Journal of Alzheimer’s Disease & Other Dementias*.

Researchers selected a group of seniors suffering from early signs of memory impairment.

A Plea

At the end of the 12-month period, caregivers of study participants were so impressed with their family member’s improvement, they requested a 16-month extension.

“Going back to the way things were before was not an option,” said one caregiver.

Pharmacist Shawn M. has also seen the revitalizing power of Dr. Shea’s formula.

Strange Behavior

The pharmacist has called his mother’s recent metamorphosis, “absolutely remarkable.” He was at wit’s end, watching his 78-year-old mother’s mental state spiral out of control.

“She began wandering around her house at night, hiding things,” says Shawn.

Dreaded 3:00 AM Call

Her mental confusion and forgetfulness only seemed to grow worse. “Then, she started calling me in the middle of the night, sometimes at 3 am,” says Shawn. “It was very unnerving.”

As a pharmacist, he didn’t believe any of the prescriptions he had available were appropriate for her type of memory impairment.

Then, he remembered reading a newspaper article about Perceptiv; that it was so effective it was awarded a US patent.

Backed By Research

He could trust the formula, too. Perceptiv had a solid scientific record.

The ingredients were supported by 35 peer-reviewed publications resulting from over 20 years of research by Shea and his team, with funding from the Alzheimer’s Association, the National Institute on Aging, the American Federation for Aging Research, and the National Science Foundation.

Her Mind Awakens

In a short period of time, the compound made dramatic changes in Shawn’s mother. “It was absolutely remarkable what happened,” smiles Shawn.

“In two to three weeks, we had our mother back!”



Shawn M. and his mother

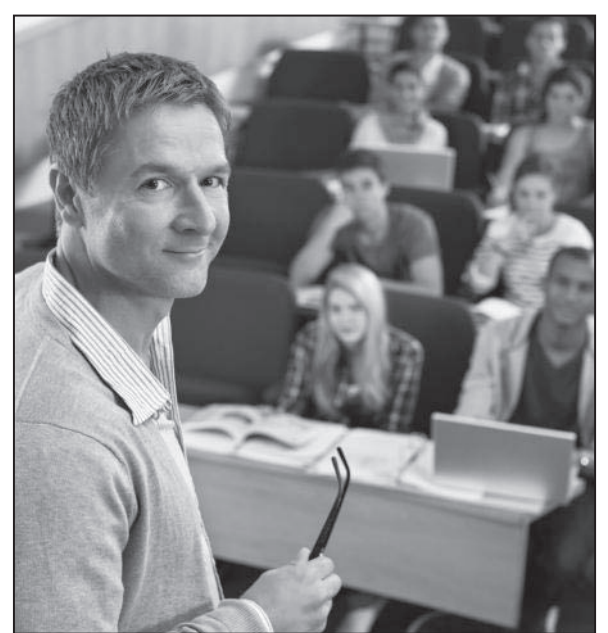
Circling the Wagons

After the age of 40, the human brain is under constant assault by mind-dulling factors like poor circulation, free radicals, cerebral toxins, nutrient, and neurotransmitter deficiencies.

Knowing this, Dr. Shea’s team took a different approach to managing brain health; one that he called, “protect and defend.”

Clear Thinking

“We suspected that by protecting and shielding the brain, we might see improvements in clarity, memory recall speed, and mental focus,” says the neuroscientist.



University professor David Larsen, who once had difficulty remembering his students’ names, can now never forget one thanks to a new, memory-saving discovery.

He was right. In seven independent clinical studies, the Perceptiv compound was shown to be an equal-opportunity brain revitalizer, improving cognitive performance, not only in healthy adults, but also in those with cognitive impairment.

Razor’s Edge Memory

In addition to improving memory and one’s overall mental clarity, studies show Perceptiv may help reduce cognitive decline due to aging.

If you feel that you are not as sharp as you used to be, that your memory may be getting worse, or that you feel confused and ‘out of it’ more than you’d care to admit, then Perceptiv is designed especially for you.

Mentally Confident

Try PERCEPTIV, Risk-Free, by calling our toll-free number.

Call now and find out how you can get a free

30-day supply. Now you can experience the memory improving benefits of Perceptiv, completely risk-free!!

How Fast is Your Brain?

Remember to also ask for your free brain speed test. It’s easy to do. Now you can take a before-after snapshot of your brain and actually see Perceptiv working.

Those who call quickly will also receive a free copy of Dr. Shea’s Healthy Brain seminar. It’s an eye-opening presentation on how old brains can feel young, again.

Call 1-888-255-5767 now. Reserve your risk-free supply of Perceptiv.

Don’t wait, call now to get your free brain speed test, and a free copy of Dr. Shea’s Healthy Brain seminar.

Supplies are truly limited, so call now.