



Under our Umbrella:

Alzheimer's-Dementia
Education

Cancer Association
of Havasu

Bosom Buddies
of Havasu

General Cancer Support

Men's Cancer Support

Diabetes Support in
Havasu

Fibromyalgia & Chronic
Fatigue Syndrome
Support Group

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**“Virtual Dementia Tour”
left me impatient and informed**
By Mike Aldridge

It's August in Lake Havasu. The monsoon season is upon us and the torrential rains are roaring down the washes throughout the city. Some of us rush to get home to avoid the flash-floods and get out of the weather. Others are sighing over the fact that the hot, humid weather will be temporarily suspended with some refreshing rain. We watch the sodden skies invaded by sharp, crooked streaks of lightning proceeded by piercing cracks of thunder. We count the seconds between the lightning and thunder and convince ourselves that the bolting streaks are closer than they really are. The neighborhood dogs bark out of fear and the kids are nervous, yet excited over the inclement weather. Darkness sets in as the thunderclouds drowned out the rays of a setting sun. Things are tense and then when we least expect it, the power goes out!

Disruption hits us without warning as we hear appliances shut-down and are instantly blinded with darkness. Our senses are immediately suspended as we feel around, trying to regain our bearings. We search for a flashlight or a book of matches and a candle. Illumination is a must. We eventually find something to shed some light as our natural instincts are now required to adapt. As soon as we light that candle or switch on a flashlight, the tension begins to ease. Our senses are renewed and we wait patiently for the power to return. Our minds race to the previous monsoon season when we promised ourselves that we would prepare for our temporary interruption of services. But most of us don't because it never lasts; at least when it comes to Monsoon season. When it comes to other issues or conditions, the results are often permanent. Welcome to the world of dementia.

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**Walk your way to
better health**

Partnership Connects Stroke Patients to Country's Best Neurologists Via Telemedicine

Havasu Regional Medical Center (HRMC) announced mid-august that it has expanded its stroke and emergency neurology treatment capabilities through a partnership with Specialists On Call, Inc. (SOC). This collaboration will deliver some of the country's best neurologists directly to the bedside of stroke patients within 15 minutes or less via telemedicine. Working together, local physicians and SOC's board certified, fellowship trained neurologists will treat patients suffering stroke or any other neurologic emergency.

Strokes are the 4th leading cause of death and number one cause of disability in the country. "Having tele-neurology service at HRMC is very exciting for us, since we will now provide day and night consultations for stroke and all other neurologic emergencies" said Doctor Michael Rosen, Chief Medical Officer at HRMC. "A neurologist is remotely available in less than 15 minutes to begin assessing the patient. We have the ability to treat most neurologic emergencies right here in Lake Havasu, instead of costly transfers out of town."

Emergency Department physician Michelle Hicks, MD, said "The teleneuro set up in the ED is very easy to use. The teleneurologists are expeditious and assist us in providing accurate diagnoses and appropriate disposition for the patients."

Specialists On Call currently provides teleneurology services to more than 300 hospitals nationwide and has conducted over 60,000 consultations via telemedicine since the company's inception. Their experience and commitment to clinical quality has earned them both the leadership position within the telemedicine industry as well as The Joint Commission's Gold Seal of Approval.

"With stroke, time is of the essence," commented Specialists On Call's CEO, Doctor. Joe Peterson. "We offer fast, high quality neurology care from highly trained neurologists. It's a win for the patients, their families and Havasu Regional Medical Center. We're thrilled to be working with them and making a real difference within their community."

Havasu Regional Medical Center is a licensed 181 bed acute care facility fully accredited by The Joint Commission. Providing 24 hour emergency services, it is also a state certified ALS Base Hospital, authorizing medical direction and support of pre-hospital care providers, fire department paramedic and ambulance personnel. The facility offers a full complement of patient-centered, community hospital and regional referral services in most major medical disciplines, including open heart and neurosurgery. More than 100 affiliated physicians and allied health professionals comprise the medical staff and represent a broad cross-section of specialty areas. More information can be found on its website at www.HavasuRegional.com.

Specialists On Call, Inc. (SOC) is the leading provider of physician consultation via telemedicine. The first Joint Commission-accredited telemedicine company, SOC provides more than 300 hospitals across the US including leading health systems with vital 24/7/365 on-demand access to highly qualified, telemedicine-experienced, board certified, fellowship trained specialty physicians. SOC reduces the cost of on-call coverage, provides otherwise hard to find specialty coverage, improves patient care & hospital financial dynamics, and improves the workplace satisfaction of physicians and staff at our hospital clients by reducing the call burden and providing specialty backup. For more information please visit www.specialistsoncall.com.

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453-8190

Community Health Fair

Saturday, October 5, 2013, 8:00 AM—Noon
At the Lake Havasu Aquatic Center—No Charge for admission



Soroptimists of Havasu will again work collaboratively with the **Havasu Community Health Foundation** to coordinate the annual **Community Health Fair**. The fair will feature a variety of fitness activities on stage. In recent years, the event has been “at capacity,” with a variety of vendor booths providing information, education, demonstrations, and screenings. Vaccinations will be available for Pneumonia, Influenza and Whooping Cough.

LabCorp technicians will be present at the Health Fair offering the screenings that are available year-round through the HCHF screening program. The program is intended to help those who are uninsured, under-insured, or who have prohibitively high deductibles on their health insurance to get commonly ordered lab screenings.

Through a generous gift from the **London Bridge Rotary Club**, the following labs, which would normally cost \$135 for all five tests, will be offered as a **HEALTH FAIR SPECIAL** for only \$100.00:

Complete Blood Count	\$ 15.00
Vitamin D	40.00
TSDH—Thyroid	35.00
Comprehensive Metabolic Panel	20.00
Lipid Panel	<u>25.00</u>
Total at every-day pricing	\$135.00
HEALTH FAIR SPECIAL PRICE	\$100.00

The HGB A1C screening will be available at every-day pricing of \$20.00. Also available at every-day pricing will be the following early-detection screenings which are supported by the **Cancer Association of Havasu**:

PSA	\$ 20.00
CA-125	\$ 50.00

Staff from Havasu Regional Medical Center will be on hand to schedule appointments for mammograms, which are supported by the **Cancer Association of Havasu**. The mammograms are available for only \$40.00 to those who are uninsured, under-insured, or who have prohibitively high deductibles. **Soroptimist** volunteers will have the registration forms available and will be prepared to accept payment for the screenings at the Health Fair.

Help support low-cost mammograms in Lake Havasu by participating in the **Cancer Association of Havasu's** annual fundraiser, also to be held October 5. The early registration discounted price of \$20 ends September 16.



Register on-line through a link on the HCHF website: www.havasucommunityhealth.org, or visit the HCHF office at 2126 McCulloch Blvd., Suite 7. Registrations will be accepted through Friday, October 4.

All About Eye Health

Stephanie L. Woo, O.D., F.A.A.O.

Some of the most common eye diseases are prevalent here in Lake Havasu City. Macular degeneration, glaucoma, and cataracts are some examples. What causes these eye diseases? How do you prevent any of these eye diseases? Is there a cure or any treatment?

Macular degeneration is a medical condition that affects the center of your vision, called the macula. It usually affects older adults (>50 y.o.) and is a leading cause of blindness. There is no definite research on what causes macular degeneration, although researchers highly suspect exposure to UV light, family history, smoking, and nutrition to play a role.

Ways to prevent macular degeneration:

Wear sunglasses every time you are outside (make sure that your glasses protect against UVA and UVB rays – this is very important!)

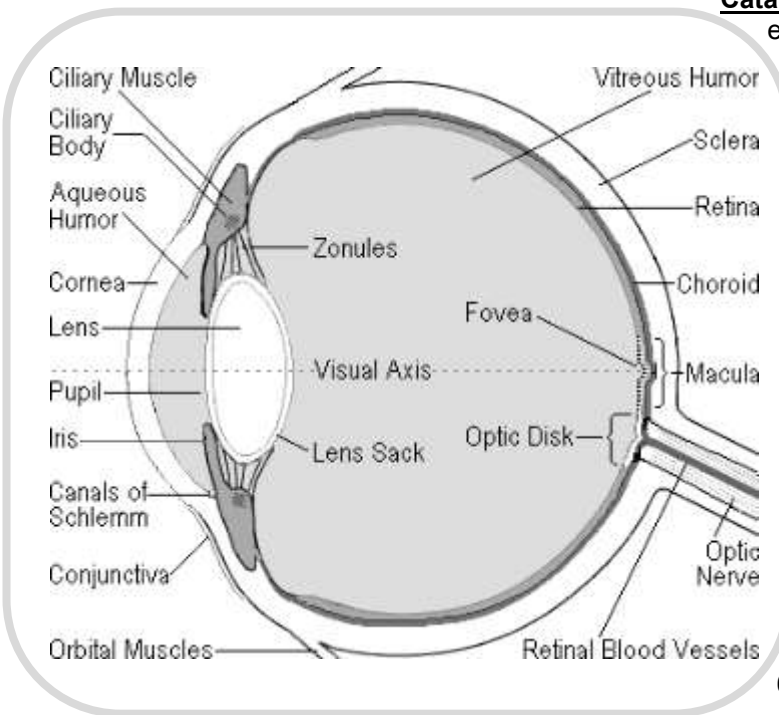
If you do not eat a lot of green, leafy vegetables, make sure you take a multivitamin and eye vitamin daily.

If you smoke – STOP! Macular degeneration is thought to be much more prevalent in smokers

Get an eye exam every year – your eye doctor will be able to tell if you have macular degeneration much sooner than you can detect it.

If you notice blurred or distorted vision, call your eye doctor right away

Glaucoma is an eye disease that affects the optic nerve, which is similar to a cable cord connecting the eye to the brain. It has been thought that high eye pressure causes glaucoma, and that this high pressure puts excessive force on the cells at the back of the eye, slowly killing them. Glaucoma is called the silent killer because there are usually no symptoms until it is too late. The best test for glaucoma is to see your eye doctor for a glaucoma work up. Certain tests done in a doctor's office can tell if you have glaucoma much sooner than symptoms appear. Early detection is key! Current treatments for glaucoma include eye pressure lowering drops and laser procedures to lower eye pressure. There is no cure for glaucoma.



Cataracts are where the lens that sits inside of your eye (located behind your iris – the colored part of your eye) gets cloudy, yellow, and rigid.

Everyone will get cataracts if you live long enough! Symptoms of cataracts are blurred vision, double vision, cloudy vision, bothered by glare, etc. Changing your glasses or contact lenses with NOT help clear up blurred vision caused by cataracts. The cure for cataracts is cataract surgery, where the cataract is taken out and replaced with a clear lens (the lens implant usually contains your glasses prescription!). Many patients are thrilled with the clarity of their vision after cataract surgery. Your eye doctor will be able to tell you if you have cataracts during a routine eye exam.

Early detection is critical in detecting eye diseases early and starting treatment. The American Optometric Association recommends annual, comprehensive eye exams every 1-2 years until age 60, and every 6 months to 1 year after age 60.

“Virtual Dementia Tour” left me impatient and informed *(Continued)*

By Mike Aldridge

Dementia is not a specific form of disease. It's a term that encompasses a wide range of symptoms involving the deterioration of the memory and other cognitive abilities associated with a person's everyday activities. Alzheimer's disease accounts for the vast majority of dementia cases. Vascular Dementia, associated with strokes, is the second most common form. Most of us know or know of, someone who suffers from dementia. Others have heard the stories of people forgetting their children's names or wandering aimlessly across town not knowing who they are or where they're at. But how do we truly know what it's like to live with dementia? How can we experience and understand the physical and mental challenges of those that are affected by dementia along with creating community awareness and support? The answer is the Virtual Dementia Tour (VDT) sponsored by the Havasu Community Health Foundation (HCHF).



Recently, I was invited by John Nygren of the HCHF to participate in the Virtual Dementia Tour. We met at the Hampton Inn (the Hampton Inn is donating the facility for the tour) and was greeted by the HCHF staff, and Dr. M.A. Kazmi, an expert on Alzheimer's disease and other forms of dementia. Before the tour began, I was given a short survey to fill out on my understanding of dementia and how it affects the patient and their caregiver. I was then fitted with a variety of apparatuses.

Janice Blake, the Vice-President of HCCF and a certified VDT Technician, then placed headphones on me and escorted me into a dark room. I was immediately thrown into the world of dementia as blaring noises such as sirens and continuous chatter and laughter inundated my ears via my headphones. While I was adjusting to the immediate turmoil, Janice started reading me a list of tasks to complete. However, because of the surrounding chaos, I didn't remember what most of them were? There were two tasks I could vaguely remember and both involved using my hands and my eyes. I wanted to take off my headphones immediately and ask Janice for some clarity but I was quite sure my request would fall on deaf ears.

I stumbled throughout the room desperately trying to remember what tasks were given me as I could only guess whether what little I could remember was correct. It was very difficult. I noticed someone in the corner sitting down reading something and ignoring me. I was quickly becoming frustrated. I finally accomplished the first job – or hoped I had. I couldn't find everything needed to accomplish the second task and concluded I would have to look somewhere else in the room, but had no idea where to start looking. I wasn't clear as to what to do.

I continued to wander around the room in a state of confusion and severe affliction. BOOM, something loud like the sound of an auto-wreck suddenly pierced my ears and I was visibly jolted. Yet, I noticed there was no other reaction from the other people in the room. I tried to focus on what they were doing and whatever it was, it didn't involve me. It was as if I was living in my own little world. What I was sure of was that I wanted this to end and END NOW! And eventually it did, but it felt like hours instead of minutes. As I exited the room, I quickly found myself removing the equipment. I was able to find a seat. I was free again and felt like a claustrophobic finally exiting a broken elevator. I took a deep breath and cherished what we often take for granted.

Linda Seaver, the co-director of the Alzheimer's Dementia program sat me down at a table so I could discuss my experience with the staff and Dr. Kazmi. "I just wanted it to end," I quickly concluded. Linda reassured me that this a very common response but those with dementia do not have that choice. She then took out my survey and she asked me the questions again. To no one's surprise, many of my answers were different. The focus was not only what it was like to have dementia, but the conditions that the caretaker often experiences such as anger, depression, exhaustion, sleeplessness, social withdrawal, and anxiety.

I then had an opportunity to ask questions along the lines of advances and treatment. Dr. Kazmi, a neurologist who specializes in dementia focused his discussion on the importance of using the brain to delay the onset of Dementia. The four components he emphasized were mental, physical, emotional and spiritual exercises. He then played us a video that he developed called "Alzheimer's Theme Park" which encourages people to go to his website, www.alzheimeristreatable.com.

I am again amazed by the work of the Havasu Community Health Foundation. President, Jeanie Morgan, reinforced their commitment to the patients and caregivers of Dementia within our community. She emphasized this tour is open to the public and you can make a reservation by calling (928) 453-8190. Dr. Kazmi will also be conducting an Alzheimer's Dementia Forum on Tuesday, November 5, 2013, at 4:00 p.m. Early arrival is encouraged as his lectures draw large crowds.

If you know someone with dementia, I encourage you to contact the Havasu Community Health Foundation at (928) 453-8190 for more information on community support and how you can experience the Virtual Dementia Tour.



Virtual Dementia Tour is a program that was developed by Second Wind in Marietta, Georgia. We have purchased the rights to use their scientifically validated method of simulating what it is like to live with dementia. We have volunteers who have been trained by Second Wind representatives to facilitate the Virtual Dementia Tour.

Healing Hearts and Touching Lives By Pat Foley, R.N.

Pat Foley, R.N. was the featured speaker at a public educational forum hosted by the Havasu Heart Society. Her topic was “Healing Hearts and Touching Lives.” The event was attended by the Havasu Heart Society support group, however, the message is relevant and important to everyone.

Pat is a member of the Cardiac/Pulmonary Rehabilitation Team at Havasu Regional Medical Center (HRMC). She graduated from Mercy College of Health Science in Des Moines, Iowa. Pat came to HRMC from Tucson in 2004, and prior to her current role worked for eight years in the Cardiac Cath Lab at HRMC. She has over 30 years of experience working with cardiac patients.

Much of the information shared during the presentation was taken from studies that were a joint effort of American Heart Association and the American College of Cardiology.

Coronary Artery Disease is the number one killer. CAD exists when there is a build-up of plaque (a waxy substance) in the arteries. Once you have it, you will always have it. The risk factors are:

- | | |
|------------------------------|---|
| Smoking | Stress |
| High Blood Cholesterol (LDL) | Related Heart Conditions (high blood pressure and diabetes) |
| Obesity | Family History |
| Lack of Exercise | |

Heart Attacks will be more damaging the longer treatment is delayed. Recognition of symptoms of a heart attack will minimize delays in seeking attention for ourselves and those we care for:

CLASSIC SYMPTOMS

- | | |
|--------------------|----------------------|
| Nausea or vomiting | Anxiety |
| Sweating | Crushing chest pain |
| Pale skin | Difficulty breathing |

Men and women may have some common symptoms, but there may be some differences:

WOMEN

- Nausea/vomiting
- Jaw pain
- Back pain

MEN

- Chest discomfort
- Arm Pain
- Shortness of breath

Anyone who is experiencing symptoms of heart attack should be transported to the hospital by ambulance. We should all be aware of these symptoms and insist that those who are experiencing them seek help immediately. Too frequently, the patient is in denial that what they are experiencing could actually be life threatening. It is important to dial 911, rather than let someone drive themselves or be driven by someone else. One in three hundred patients with chest pain who are transported in a private vehicle will experience cardiac arrest en route. Ambulance personnel are trained to treat symptoms and can provide medications and transmit EKG information prior to arrival at the Emergency Room. Activation of EMS decreases the delay times for patients.

For anyone experiencing an acute heart attack, where the coronary artery is blocked, opening the artery as soon as possible is critical. The goal is to do so within 90 minutes of arrival at the hospital. In 2012, the Havasu Regional Medical Center treated 38 patients experiencing acute heart attack within an average time of 62 minutes. As of the end of July, 2013, HRMC has treated 23 patients experiencing acute heart attacks within an average time of 61 minutes following the patient’ arrival at the hospital.

Pat shared the following statistics:

- 23% of heart attack patients have diabetes.
- Three quarters of all deaths among patients with diabetes are related to coronary artery disease.
- Patients experiencing the most severe type of heart attack (where the coronary artery is completely blocked) frequently delay as long as 1½ to 2 hours before seeking attention. Delays may be longer for women and the elderly who may experience symptoms other than chest pain.

Congestive Heart Failure is a condition that develops slowly over time. As the heart muscle weakens, it works harder to keep blood flowing through the body. As the weakened heart works harder it gradually becomes larger, eventually changing its shape.

- 5.7 million people in the United States have heart failure, almost 1.4 million are less than age 60.
- Congestive heart failure is the cause of more than 55,000 deaths each year in the U.S.
- Congestive heart failure affects people of all ages, from children to the elderly.
- Heart failure is responsible for 11 million doctor visits each year and more hospitalizations than all forms of cancer combined.

Continued on next page

Heart Valve Problems are another problem affecting the heart's function. Patients might experience stenosis where the opening has become narrow and restricts the flow of blood to the heart chambers. Another valve problem is regurgitation, where the valve does not function properly and allows blood to flow backward in the heart.

The Heart's Electrical System can be measured by an EKG. If the heart is not functioning properly, the EKG will display heart rhythm problems.

Pat's current position in the HRMC Cardiac Rehabilitation Center allows her and her team to help cardiac patients recover faster and achieve optimal health. Cardiac Rehab is a closely monitored rehabilitation program that includes education and exercise. It targets those who have coronary artery disease, such as angina, or who have had a heart attack. It is beneficial for those who had heart surgery: coronary bypass surgery, or heart valve surgery as well as those who have multiple risk factors.

The Havasu Regional Medical Center's Cardiac Rehabilitation Program includes a team of registered nurses and cardiologists to help patients learn what is beneficial and safe. It is designed to help patients become healthier, learn how to strengthen their hearts, and how to reduce their risk for future heart problems.

Efforts to improve adherence to healthy lifestyle choices is the cornerstone of prevention. Annual wellness exams will ensure that these management of risk factors is a team effort with each patient working with his/her physician.

The American College of Cardiology and American Heart Association jointly make these recommendations:

Exercise Goal: At least 30 minutes 7 days per week (minimum 5 days per week)

All patients should be counseled regarding the need for lifestyle modification:

Weight control

Increased physical activity

Alcohol moderation

Increased consumption of fresh fruits, vegetables, and low-fat dairy products.

Sodium—A high salt diet can cause high blood pressure and increase risk of cardiovascular disease

AHA recommends less than 1500mg sodium per day

Fluid—Drink 6-8 cups of water daily unless otherwise advised. Keeping hydrated is extremely important

STOP SMOKING

HRMC has Phase II and Phase III Cardiac Rehabilitation

What is Phase II Cardiac Rehabilitation?

Phase II Cardiac Rehabilitation is a medically supervised and monitored exercise out-patient program designed for those who have had a recent heart illness, heart surgery or heart procedures-angioplasty/stents. This program mixes regular physical exercise with risk factor modification and education in order to help with recovery and strengthen your heart and body.

Who is Eligible?

We will need a referral from your primary care physician, cardiologist or surgeon for cardiac rehab.

Insurance dictates whether this phase of rehab will be covered based on your diagnosis.

Cardiac Rehab is held on Monday, Wednesday and Friday. In addition to exercise you will attend one education class weekly that focuses on a heart related topic.

What is Phase III Cardiac Rehabilitation?

After Phase II Cardiac Rehab, you will most likely be eligible for Phase III Cardiac Rehab.

This program is not covered by insurance companies. There is a nominal monthly fee to attend.

Phase III is for patients who have successfully completed Phase II and are stable and independent.

Those who have risk factors for heart disease (Diabetes, high blood pressure, high cholesterol, physical inactivity, overweight or obesity, high stress)

Those who have known heart disease, but are not candidates for phase II are considered for this program.



Havasu Heart Society offers a series of monthly educational forums that are open to the public. As a partner under the **Havasu Community Health Foundation**, their goal is to provide information needed by the public to understand and control cardiovascular risk factors and improve quality and length of life for those who are living with cardiovascular disease. For more information on this and other HCHF programs, events, and services, visit www.havasucommunityhealth.org, or call 453-8190.

Lupus

by Rajitha L. Premaratne, M.D.
Board-Certified in Rheumatology

Systemic lupus erythematosus, referred to as SLE or lupus can have a wide range of symptoms and people often confuse lupus with other health problems. Lupus starts in people in their 20s and 30s. It occurs 10 times more often in women than in men. Lupus can be hard to detect because it has many varied symptoms, and they can come on slowly.

Lupus is a chronic (long-term) disease that causes inflammation. It can affect the skin, joints, kidneys, lungs, nervous system and other organs of the body. Most patients feel fatigue and have rashes, painful and swollen joints and fever. Lupus flares vary from mild to serious. Most patients have times when the disease is active, followed by times when the disease is mostly quiet

Lupus is an autoimmune disease. With lupus, the immune system misfires. Instead of producing protective blood proteins (antibodies), an autoimmune disease begins and makes "autoantibodies," which attack the patient's own tissues. These antibodies then get deposited in different organs and can cause significant inflammation and damage. Why this occurs is still not definitely known.

People with lupus often have features that are not specific to lupus. These include fever, fatigue, weight loss, blood clots and hair loss in spots or around the hairline. They may also have heartburn, stomach pain, and poor circulation to the fingers and toes. They may also develop a rash on sun exposure. Pregnant women can have miscarriages. It can damage the kidneys leading to kidney failure.

If your doctor suspects you have lupus from your symptoms, you will need a series of blood tests to confirm that you do have the disease. The most important blood screening test measures ANA, but you can have ANA and not have lupus. Therefore, if you have positive ANA, you may need more specific tests to prove the diagnosis.

There is no cure for lupus and its treatment can be a challenge. Treatment depends on the type of symptoms you have and how serious they are. Mild symptoms can be treated with nonsteroidal anti-inflammatory drugs referred to as NSAIDs. Anti-malarial drug are also used in lupus based on one's symptoms. For moderate to severe lupus stronger medications such as corticosteroids (e.g prednisone) or other stronger immunosuppressive maybe be needed.

Treatment of lupus has improved, and people with the disease are now living longer. But, it is still a chronic disease that can limit activities. Quality of life can suffer because of symptoms like fatigue and joint pain. Furthermore, some people do not respond to some treatments. Also, you may not be able to predict when lupus will flare. Such problems can lead to depression, anger, loss of hope or loss of the will to keep fighting.

Learn to live with lupus. Form a support system - A good doctor-patient relationship and support from family and friends can help you cope with this chronic and often unpredictable illness. Get involved in your care - Take all medications as your doctor prescribed, and visit your doctor often. Learn as much as you can about lupus and your medications, and what kind of progress to expect. Stay active - Exercise helps keep joints flexible and may prevent heart disease and strokes. Avoid excessive sun exposure - Sunlight can cause a lupus rash to flare and may even trigger a serious flare of the disease itself.

Lupus is a complex disease. As experts in diagnosing and treating autoimmune diseases such as lupus, rheumatologists can best advise patients about treatment options. Most people with lupus can live normal lives. To prevent serious problems, you should see your rheumatologist often if you have been diagnosed with Lupus. This lets your doctor keep track of your disease and change your treatment as needed.

If you are experiencing some of the symptoms for Lupus, consult with your primary care physician for a possible referral to a rheumatologist for further evaluation.

***“Support of HCHF comes from the private sector rather than taxpayer dollars.”
We touch the lives of our neighbors and friends through an office that is open 9-5
Monday through Friday with a very small staff and countless dedicated volunteers!***

Rheumatoid Arthritis

by Rajitha L. Premaratne, M.D.

Most people have heard the words “Rheumatoid Arthritis” but may have a limited knowledge of the symptoms and treatment for this disease. Rheumatoid arthritis (RA) is a long term disease that causes pain, stiffness, swelling and limited motion and function of many joints.

Any joint can be affected however the small joints of the hands and feet are most commonly involved. Stiffness of the joints that is typically worse in the morning are seen in patients with untreated RA. If you experience stiffness for a prolonged time in the morning this may be an indication of RA. Other symptoms that can occur with RA include: loss of energy, low fevers, loss of appetite and firm lumps, called rheumatoid nodules, beneath the skin in places such as the elbow and the hands.

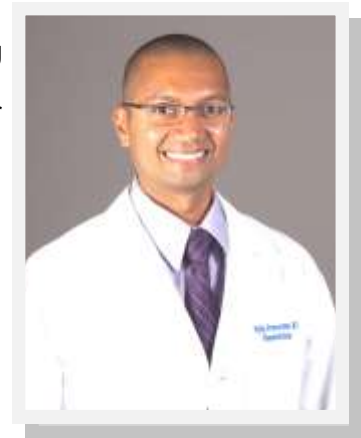
The cause of RA like many other rheumatological diseases is unknown. We do know that it is an autoimmune disease in which a person’s immune system does not work properly and starts attacking healthy tissue. RA is the most common form of autoimmune arthritis, affecting more than 1.3 million Americans. Women are affected more often and symptoms will typically begin when patients are in their 40’s to 60’s although onset can occur at any age.

RA can be hard to detect due to subtle symptoms such as achy joints or mild morning stiffness. For this reason if you or your primary care physician suspect a possible diagnosis of RA, you should see a rheumatologist, a physician that is specialized in the management and treatment of RA, for further evaluation and testing.

Diagnosis of RA depends on symptoms and results of a physical exam in conjunction with blood tests and imaging studies such as x-rays. There is no single test that confirms an RA diagnosis, however, a combination of the above testing will aid in diagnosing this disease.

Treatment for RA has improved greatly over the last 20 years. Current treatment options give patients good to excellent relief of symptoms and lets them keep functioning at, or near, normal levels. Unfortunately there is no cure for RA, only the management of symptoms. Good control of RA requires early diagnosis and, at times, aggressive treatment. Therefore patients with RA should begin treatment with disease-modifying antirheumatic drugs – referred to as DMARDs. Studies have shown that these drugs not only relieve symptoms but also slow down the progression of the disease. DMARDs are usually used along with non-steroidal anti-inflammatory agents or NSAIDs and/or low dose corticosteroids.

If you are experiencing some of the symptoms for RA, consult with your primary care physician for a possible referral to a rheumatologist for further evaluation.



Sometimes it pays to be wrong. . .

Grandpa John was celebrating his 100th birthday and everybody complimented him on how athletic and well-preserved he appeared. "Gentlemen, I will tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

"Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a walk."



NEW LOW-COST MRI SCREENING PROGRAM

Havasu Community Health Foundation has recently entered into an agreement with Arizona Coast Wide Open MRI to make low-cost MRI screenings available in our community. Because the pricing will vary for each procedure, the pricing will not be published. A doctor’s order will be required for each screening. This program will be for those who are uninsured or have high deductibles.

To learn more, call 453-8190. We are proud to offer this new service in Lake Havasu.

Post Hospital Care After Pneumonia

Even though pneumonia is a serious illness for most individuals contracting the disease, it can often be successfully treated at home. Seniors, however, or more specifically, those with compromised immune systems or other health issues, may require hospitalization. Because pneumonia causes fluid to be collected in the lungs as well as inflammation, seniors can experience difficulty in breathing. High fever and rapid heart rate often accompany the symptoms of pneumonia along with a cough and rapid, labored breathing.

Care provided in a hospital usually involves intravenous fluids and antibiotics. Hospital staff usually monitor vital signs such as temperature, pulse, and blood pressure, as well as breathing, to ensure the condition improves under their care. Most bacterial pneumonia responds well to antibiotics. Pneumonia caused by a virus is not treated with antibiotics as medicine does not kill viral infections. Viral pneumonia usually resolves on its own although a health care provider will likely treat the symptoms.

Release from the hospital may be a relief but does not indicate the senior has fully recovered. Pneumonia is particularly taxing on the body, resulting in a feeling of tiredness. It may take a while for the senior to regain strength and feel good again. This home recovery period can be crucial for pneumonia patients. In order to fully recover, it is important to follow the health care provider's directions. Be aware of your loved one's body and if you or he or she feel any slight decline, contact your doctor for advice.

Some things you can expect during the home recovery period include continuation of an antibiotic and an order by the doctor to keep hydrated. Medicine, including each and every dose, should be taken for as long as it has been prescribed. Failure to do so may allow levels of bacteria to remain, grow, and possibly cause a relapse. Drinking plenty of water aids the mucus membranes in the body to remain moist and healthy. If prescribed, a cough expectorant may help clear your loved one's lungs of excess mucus, but know that this type of medicine requires proper hydration to be effective.

The senior may be sent home with a nebulizer for breathing treatments. Make sure you, any other caregivers, and the senior, him or herself, are well-trained in using the machine for optimum effectiveness. Additionally, cool mist humidifiers or vaporizers help keep the air moist inside the home and may make breathing easier and ease lingering coughs.

Upon coming home, you may be asked to monitor the senior's heart rate and the number of breaths taken each minute during a state of rest. A higher than normal heart rate and/or excessive breathing may signify a relapse.

The senior can expect a cough and general fatigue to last for some time after pneumonia subsides. It is essential for the senior to get ample sleep as well as proper nourishment during this time. If nighttime sleep is interrupted, encourage a nap during the day. Rest helps the body's healing process just as maintaining a healthy diet can boost the immune system. It is important that the senior not smoke or venture outdoors if there is smoke from a fire in the air as this can hinder the breathing process and cause infection in the lungs. Alcohol consumption should be avoided as it can inhibit the effectiveness of antibiotics.

Above all, make sure you and the senior have plenty of help when you need it from family, friends, or other caregivers. Those close to the senior can help monitor progress as well as lend a helping hand around the house. Sometimes, just a little extra tender loving care can provide a much needed boost to becoming well.



Article Courtesy of Comfort Keepers

Serving Mohave & La Paz Counties
928-855-0005
866-757-995



Low-Cost Screenings

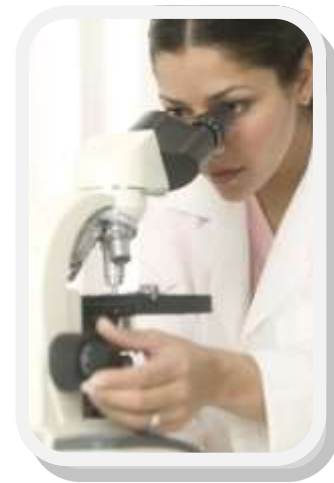
For those who are uninsured, under-insured, or have prohibitively high deductibles:

Hgb A1c	\$20.00
Urinalysis	\$15.00
Complete Blood Count	\$15.00
Vitamin D	\$40.00
TSDH-Thyroid	\$35.00
Comprehensive Metabolic Panel	\$20.00
Lipid Panel	\$25.00

The following screenings are subsidized by

Cancer Association of Havasu

CA-125	\$50.00
Mammograms	\$40.00
PSA	\$20.00
Skin Cancer Screening	\$50.00



To sign up for these screenings, visit the HCHF Office M-F 9-5
2126 McCulloch Blvd., Suite 7, Lake Havasu City, AZ 86403

*What you don't know
can hurt you!*

Upcoming Havasu Community Health Foundation Events & Activities

Special Events

- October 5 **Community Health Fair**, Aquatic Center
8:00—Noon
- October 5 **Breast Cancer Awareness Walk & Fun Run**
Hosted by Cancer Association of Havasu to support low-cost mammography and other local cancer-related programs
7:30 AM Rally South of the Aquatic Center
- October 18 **HEAT Bingo Party**
Hosted by Havasu Epilepsy Advocacy Team to support their education and support group as well as public advocacy to enable the community to have a better understanding of seizure disorders.
- November 20 **Elegant Evenings Fashion Show**
Hosted by Cancer Association of Havasu To support their education and support groups, low-cost mammograms, low-cost skin cancer screenings, and psa and CA-125 lab screening programs in our community
Tickets are available on-line or at the HCHF Office
- December 7 **Jingle Bell Walk & Ugly Sweater Contest**
Hosted by Havasu Health Walk Challenge To support programs in Lake Havasu to encourage residents of all ages to "Get on Your Feet."

Support Groups

- Cancer Association of Havasu**
- Bosom Buddies** 1st Wednesday 4:00
 - General Cancer** 3rd Tuesday 4:00
 - Men's Cancer** 2nd Monday 5:00
- Diabetes Support in Havasu**
- Lunch & Learn (Type 2) 2nd Wednesday Noon
 - Evening Support. 2nd Tuesday 6:00
- Fibromyalgia & Chronic Fatigue Syndrome**
Education & Support Noon
1st & 3rd Wednesday of each month
- Havasu Epilepsy Advocacy Team (HEAT)**
Education & Support Last Monday 1:00
- Inside Out—You are Beautiful**
- Eating Disorder Support Every Monday 6:00
 - Emotional Eaters 3rd Tuesday 6:00

*Support Groups meet in HCHF Meeting Room, 2126 McCulloch Blvd., Suite 5, unless otherwise noted.
See the HCHF website or call (928) 453-8190 for details about special events and other activities that are posted from time to time.*

Educational Forums

- 1st Tuesday of every month
- 4:00 PM **Health & Wellness 101**
 - 6:00 PM **Havasu Heart Society**
- Featuring discussions led by local health professionals.
The sessions are held at the Hampton Inn, 245 London Bridge Rd. They are free and open to the public.*

OUR CORE VALUES

We support and encourage healthy living

Educating with current information about good health choices is our job

Living longer by living smarter is our mantra

Life quality in Lake Havasu is improved because of our programs

News about health options in our community is conveyed through HCHF

Everyone in our community can access common wellness screenings

Support of HCHF comes from the private sector rather than taxpayer dollars

Success of HCHF is a result of the efforts of dedicated volunteers and staff.

Come see us in
The Shambles
We're open M-F
9:00 AM-5:00 PM



2126 McCulloch Blvd.
Suite 7
Lake Havasu City



Covering the Lake Havasu community with health resources

Brainy Broccoli Soup Recipe

- 2 TBL Butter
- 1/2 onion, chopped
- 1 clove garlic, pressed or chopped.
Cook onion and garlic in the butter for 3-4 minutes. Then add:
- 2 TBL flour—Mix flour into butter and veggies until a roue begins to form. Then add:
- 1/4 tsp. pepper
- 1/4 tsp. thyme
- 2 or 2 1/2 cups low fat milk (added very slowly, stirring until thickened each time.
- Salt (to taste)
- 4 cups chopped broccoli. Add broccoli and simmer the soup for 10 minutes, or until broccoli is tender.



From www.superhealthykids.com
Shown with home-made thyme-sprinkled crouton

Thoughts from our President, Jeanie Morgan

At Havasu Community Health Foundation, we have the privilege of working with very passionate volunteers. We hear presentations from local professionals on a variety of health-related topics. We hear testimonials about how small changes make big differences when it comes to our health.



It becomes apparent that if we would listen to and follow the advice we are given, we might be able to “live longer by living smarter.”

We urge you to take advantage of the information in this issue of Healthbeat, attend our annual Community Health Fair, and attend the educational forums offered by HCHF and our partner organizations.

We also urge you to listen to and follow your doctor’s advice. More than once, I’ve heard physicians express a lack of confidence that their patients will be compliant in making recommended lifestyle changes. The three we hear most regularly are “Stop smoking,” “lose weight,” “exercise regularly.”

The temperatures are starting to cool. If you are not already following your doctor’s advice to get regular exercise, we urge you to start a regular walking routine. It is something we can all afford to do.

We have some beautiful places to walk in Lake Havasu. You might be pleasantly surprised how much difference walking 30 minutes or more each day will make. Help someone else improve their health by inviting them to join you, and hold you accountable.

I would like to be a
**PARTNER IN
WELLNESS**

Please fill out the information below and mail to:

Havasu Community Health Foundation
P O Box 1410
Lake Havasu City, AZ 86405-1410

Name _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

I would like to be a guest speaker at one of your support groups or educational forums. My expertise is:

I would like to volunteer in the following area:

- Fund Development
 Program Development
 Other _____

Your tax-deductible donation will allow us to continue and expand health-related programs in our community.

Amount of Gift: \$ _____

Please make your check payable to:

Havasu Community Health Foundation
A 501(C) (3) Non-Profit Charitable Organization
TIN# 20-1839858