



**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

Havasu Epilepsy  
Advocacy Team

Havasu Hoop Love

Havasu Health  
Walk Challenge

Havasu Heart Society

Inside Out—Support for  
Eating Disorders

Pet Partners® of  
Havasu

Located in *The Shambles*  
2126 McCulloch Blvd.#7  
Lake Havasu City, AZ

**Mailing Address:**

P. O. Box 1410  
Lake Havasu City, AZ  
86405

Phone: (928) 453-8190  
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## Consummate Volunteer Retires

Kathy Hodel recently announced she would be resigning as a volunteer with the Cancer Association of Havasu.



Kathy invested over 22 years with both the Cancer Association and the Havasu Community Health Foundation and the organizations which preceded them.

As a member of our hospital foundation board (when our local hospital was non-profit) she was involved with many improvements. Her position as President of our local hospital foundation allowed her to attend Good Samaritan Hospital Foundation functions in Phoenix. She found this very exciting and was honored to serve in that capacity.

One of her biggest local challenges, was successfully raising funds for a new Oncology Center here in Lake Havasu. She was honored to lead the way in the fundraising effort and serve as chair of the ribbon-cutting ceremony. The community came together to ensure our residents did not have to leave Havasu for cancer treatments. At the ceremony, over 800 donors had the opportunity to celebrate the opening of the new cancer center. Many tears of joy were shed during the ceremony.

As a Cancer Association volunteer, Kathy was actively involved in numerous fundraising events. Funds raised over the years have allowed the development of low-cost screening programs, valuable support groups, educational forums, educational publications and television programs. Funds have also provided scholarships for numerous 2nd year nursing students at MCC.

While serving on the Havasu Community Health Foundation Board, she was instrumental in expanding the number of partners under the HCHF umbrella. She is a perfect example of the difference one passionate person can make in their local community when they work collaboratively with others who share a common vision.

Kathy has made an lasting impact on wellness in Lake Havasu. We wish her well and thank her for her service.

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A fun fundraising event—London Bridge Beach Park, Beachcomber Boulevard



To participate, register on-line at <http://thecolordash5k.com/lake-havasu-city-arizona.html>

## Havasu Community Health Foundation

# Healthbeat

2013/14 Winter Edition

Submit comments and ideas to [jeanie1@citlink.net](mailto:jeanie1@citlink.net), P. O. Box 1410, Lake Havasu AZ 86405, 453-8190

### **PARTNERS IN WELLNESS** Sponsoring this issue of HEALTHBEAT



### **Partner in Wellness Recognition Levels:**

	<b>Annual Giving</b>
<b>Platinum</b>	<b>\$20,000</b>
<b>Gold</b>	<b>\$10,000</b>
<b>Silver</b>	<b>\$ 5,000</b>
<b>Bronze</b>	<b>\$ 1,000</b>

*Donors at these levels are entitled to receive a recognition plaque and recognition gift. They are also able to define multiple HCHF or partner events, programs or services they wish to support.*

**Business or Civic Organization Recognition**      **\$500**

**Individual Recognition**      **\$250**

*Donors at these levels are entitled to receive recognition gift.*

### **Sponsorship of Public Relations Materials**

*Your logo will be displayed in our Partner in Wellness Section of our Website \$2,500/year or \$250/month*

**Quarterly Print HEALTHBEAT** \$5,000/year or \$1,500/quarter  
**Weekly Electronic HEALTHBEAT** \$2,500/year or \$50/week

## Early Orthodontia Treatment *by Dr. Ryan Bullen*

The American Association of Orthodontists' recommends that all children be screened at age 7 to evaluate the growth and development of the teeth and jaws. While not all children need orthodontic treatment at this age, some severe problems can be reduced and the self-esteem of the young patient improved dramatically. This early type of orthodontic treatment is called "The First Phase" which begins ideally after all four of the permanent first molars and all four of the permanent central incisors have come into the mouth. Most orthodontists place braces on only some of the teeth since the remaining baby teeth will fall out shortly after Phase 1. Many first phase treatments also use some type of growth modification device like an expander, habit appliance (to stop thumb or finger sucking), functional appliance (to reduce an overbite), or headgear. Following the first phase of treatment, retainers are used to maintain the results achieved. Between the two phases of treatment, patients are seen at regular intervals so that the orthodontist can evaluate the loss of the baby teeth, and the arrival of the remaining permanent teeth. Also, a

periodic x-ray will help your doctor make sure that everything is developing as desired. There is a 3 to 4 year observation period in between orthodontic phases and the second phase of treatment usually begins after the last primary tooth is lost or about the same time the 12-year-molars erupt into the mouth.

So why would anyone want their children to have two phases of treatment? The answer is simple, in certain cases where early treatment is needed, the orthodontist will achieve results he cannot achieve in a single treatment later in life. Many girls finish growing by the time their second molars are in place. Teeth that erupt into the wrong place, through the wrong tissue, may never look as good even if their position is corrected later on. Extractions and surgery that might have been avoided with early intervention may become necessary. Most important however is the improvement in self-esteem that occurs when a child is given a pretty smile to go with them through the socially awkward junior high years.

Dr. Ryan Bullen was raised in northwestern Arizona and has recently returned to work alongside

his father Dr. Carl Bullen of Kingman, AZ who has been practicing orthodontics for 25 years. Dr. Bullen is a qualified orthodontist who has two doctorate degrees along with specialty training certificate in orthodontics. As orthodontic specialists Dr. Bullen and his father straighten teeth for both children and adults using braces and Invisalign treatments. The father-son team is now working together in Lake Havasu City after taking over the orthodontic practice of Dr. Ron Cook who recently retired after over 40 years of private practice.

Dr. Bullen maintains membership in numerous prestigious professional organizations, including the: American Dental Association, Arizona Dental Association, American Association of Orthodontists, and Pacific Coast Society of Orthodontists.



## What it means to me to be a caregiver, *by Denise Paine*



I am a caregiver in Expressions at Prestige Assisted Living, here in Lake Havasu City. Caregiving is not just about the many daily routines that we assist or perform for our residents. To me, it is really all about "One's Life."

Dementia patients differ from person to person, as does their illness. I thought just by completing the daily activities, being a good listener, applying my trained skills and techniques, that was what being a caregiver was all about. But, it's not. Caregiving has taught me more than that. It has taught me to reach within my very own soul and reflect on the many lives that I currently care for and have cared for in the past.

It is what our residents have given to me and I hope I have given to them.

The joy to make us smile, joy to make us feel special and the joy to just hold each other's hand and feel the warmth of love. That is what it means to me to be a caregiver.





# Havasu Community Health Foundation

These events are intended to raise awareness of :

- The high incidence of cardiovascular disease and our ability to manage controllable risk factors
- Recognition of symptoms of cardiac emergency
- What to do when symptoms occur - for ourselves or for someone in our presence
- Knowledge of resources in our own community

Havasu Community Health Foundation

Located in The Shambles  
2126 McCulloch Blvd, #7  
Lake Havasu City

P O Box 1410  
Lake Havasu City, AZ  
86405-1410

**453-8190**

## A Fair of the Heart &

## Heart Health

## Awareness Walk

**February 22, 2014**



*At the Nautical Inn, Lake Havasu City*

**8:30-Noon** *Registered walkers can check in at the clubhouse and walk the course laid out on the golf course golf cart paths. Register on-line or at HCHF office.*

**9:00-Noon** *Visit the health fair, where you can have lab screenings, blood pressure checks, learn hands-only CPR, visit a computer station where you can learn about your specific risk factors, and much more.*

**1:00-3:00** **Panel Discussion** *featuring local cardiovascular professionals. Seating is limited. A nominal reservation of \$5 will ensure your seat and enter you into a drawing.*

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)

## ExerciseRewards Program *by Dale Bailey, Havasu Fitness*

**NEW JANUARY 2014.** Many insurance companies are learning the true importance of health and wellness as preventive medicine. Working out is one way you can decrease your chances for many medical issues later in life. The ExerciseRewards program gives members ages 16 to 65 the opportunity to be paid for working out.

When a member is seeking fitness services, they should first check with their health care provider to see if they offer an ExerciseRewards Program and if the facility they wish to work out in is

contracted to participate in the ExerciseRewards program.

Members who receive fitness services are responsible to pay the contracted fitness facility directly and will be reimbursed by their health care provider through a contracted third party. The contracted facilities are required to submit monthly utilization reports to insure the member has met the required criteria set by their health care provider for reimbursement.

### Example

*ACB health care plan includes the*

*ExerciseRewards program. To qualify for reimbursement you must work out a minimum of 8 times per month at a contracted facility. If you meet the required activity level you will receive a \$20 per month reimbursement. The reimbursement will be sent to you via a third party service contracted to provide reimbursement to qualifying members.*

Contact your health care provider **today** and ask about the ExerciseRewards Program.



Be active.  
Be healthy.  
Be REWARDED!



## Proceeds of Movie Premier Support Cancer Programs

Partners in the London Bridge Raceway Park were pleased to be able to present a \$10,000 check to officers of the Cancer Association of Havasu Friday, November 22 in the conference room in their facility where they are moving methodically to bring their dream of building a high-quality local racing facility to fruition.

Long before the first race at the raceway, the partners are already giving back to their local community. On October 24, they hosted a premier showing of "Snake & Mongoose," based on a true story about the love/hate relationship between racing celebrities Don "Snake" Prudhomme and Tom "Mongoose" McEwen. Mudshark Brewery donated their facility and provided hors d'oeuvres, wine and beer, for a pre-premier party where "Snake" and "Mongoose" were both present to sign autographs and visit with the crowd. Movies Havasu donated four theatres for the premier to accommodate the 549 fans who attended. The Raceway Park officials are proud that their promotional efforts resulted in the highest attendance of any special showing nationwide. It was one of three "premiers" attended by both Don Prudhomme and Tom McEwen. Both celebrities were impressed with the hospitality of our town and the people they met while in Lake Havasu. Countless local volunteers were involved in planning and executing the successful premier showing of the movie.

Before any of the premiers, a benefactor committed to donating proceeds of the premier showings of "Snake and Mongoose" to the Leukemia Foundation in memory of Tom McEwen's son who was always at the racetrack with his dad and adored by fans before the boy was stricken with leukemia and died. Because Dennis Cissell's wife, Bonnie, is an active volunteer with the Cancer Association of Havasu, the raceway partners were able to convince the benefactor to allow the

proceeds of the Lake Havasu event to remain in our community to support local cancer-related programs. Raceway partners reached into their own pockets to round the amount of the donation up to \$10,000.

Ed Eastridge, a consultant, who is helping move the raceway park project forward reported that the City of Lake Havasu has received Army Corps of Engineers approval, a conditional use permit is now in place, and progress is being made in negotiating a lease for the development phase of the project. Work toward a development agreement will begin early next year.

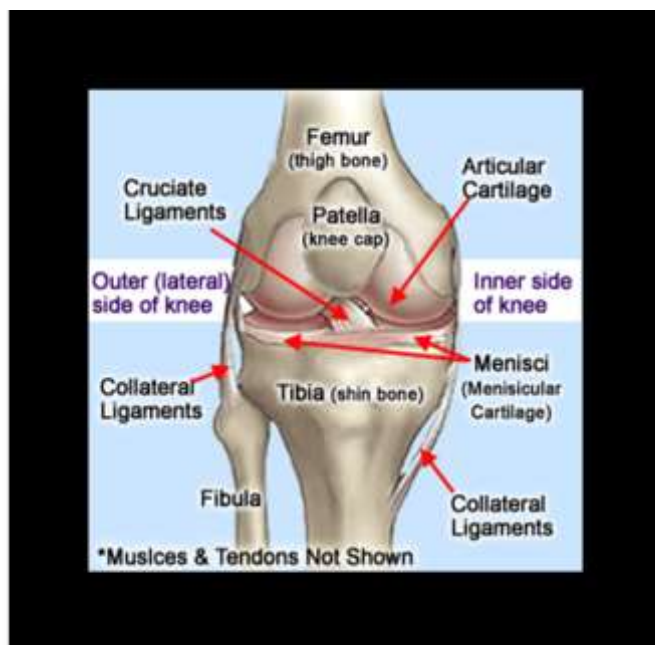
*Shown in the photo are Scott Ward, Ed Eastridge and Denny Cissell, representing partners in the London Bridge Raceway Park presenting a \$10,000 check to Bonnie Cissell, Secretary and Carole Cathcart, Chairperson of the Cancer Association of Havasu.*



# The Knee—The Largest Joint in Your Body

By Terry Wintory, D.O.

## The Anatomy of the Knee



The **KNEE** is the largest joint in the body and we start abusing it very nearly from birth. We crawl on the front of them as infants, fall on them as toddlers, and find every imaginable way to injure them as adolescents and young adults. It's no surprise then that as adults we start to notice the aching, the stiffness and swelling, and the loss of strength that is the payback for all those years of abuse. As we age the problems may show up as deformity too, with loss of motion, bowing or knock knees. It's when the pain or deformity makes life a struggle that patients come into the office wanting to know what can be done to improve their knees and lives. In this article we'll talk about **Injury** and **Disease** as sources of pain and deformity, and we'll go over many of the **Treatments** that are available.

**Injury** happens at all ages, men and women, athletic and sedentary, usually without warning, and frequently followed by an expletive. The very young fall out of chairs and beds, slip on wet surfaces, climb monkey bars, ride bikes, and collide with each other creating forces that the knee simply can't tolerate. And of course, the senior population struggles with stairs, ladders, tubs, wet floors and pickle ball. What all of these have in common is an injury to the **Bone, Ligament, Cartilage, or Joint**. So let's talk about fractures, ligament and cartilage injuries, and dislocations.

A **Fracture** is a break of any of the four bones around the knee joint. The thigh bone is the

**Femur**. It forms the two large knuckles, like the rockers of a rocking chair, and it rests on the floor of the joint created by the **Tibia**, or shin bone. In front, of course, is the kneecap or **Patella**. And on the outside of the knee is a smaller bone called the **Fibula** that anchors ligaments for stability. Any one or combination of bones can be fractured in an injury.

A **Dislocation** occurs when one or more of those four bones slides out of place. Sometimes they slip out with trivial activity such as twisting right or left while standing with full weight on the leg. Some people have a hereditary problem in which the kneecap sits in a very shallow groove offering no resistance to dislocation. And on occasion, the usually young patient will simply push it back in place. Other people suffer catastrophic dislocations of the entire joint, typically in motor vehicle accidents, especially motorcycles, requiring emergency surgery to save the leg. All dislocations are not created equal.

Another common problem is a torn cartilage, or **Meniscus**. These are C-shaped pieces of soft gristle, like your nose and ears are made of, and they act like shock absorbers for the knee. You have two in each knee and they can tear more than once, so you get several chances in life to tear a cartilage. You would know your meniscus is torn if it's very sore at the inside or outside of your knee, the knee pops, swells, and maybe even locks in a way so that you can't fully bend or straighten it, and it comes on suddenly.

**Ligaments** are the tough, fibrous hinges that hold the knee together. They are not muscles. They get injured when the knee suffers an abnormal twist, such as in a fall or sporting event. They tear when the forces are just too great to withstand, and their injury causes the knee to become at least temporarily unstable. These are the often torn cruciate and collateral ligaments.

**Disease** is the second category of causes of knee problems. Though some of these are inherited, others develop over time or even following injury. **Infection** can occur anytime from a minor break in the skin, kneeling on a hard surface, a cut or penetrating wound to the knee. Many young athletes, especially young boys, develop painful knees because their bones are not strong enough to resist the pull of their muscles. This condition is called **Osgood-Schlatter** for the doctors who described it. Some diseases come on later in life and may be related to heredity and diet. **Gout** is an example. It causes very abrasive crystals to form in the joint which lead to redness, pain, swelling and eventually arthritis. Other conditions we hear about are **Rheumatoid Arthritis**

and **Psoriasis**. Both can cause a great deal of pain and suffering in the knee. And finally **Osteoarthritis** is the wear-and-tear, worn out joint that so often interferes with the "Golden Years" or "Rust Years" as my patients call them.

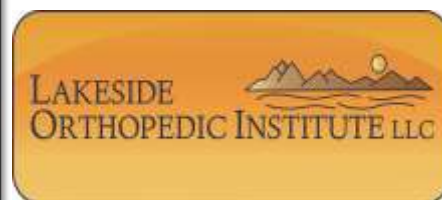
So now let's talk about **Treatment** and what can be done about all these knee problems. First and foremost, the one thing we know now is that the best treatment for almost all types of arthritis is **Exercise**. Joints at rest become stiff and muscles weak. But **Activity Selection** is also important because some movements, like impact, jumping, twisting can aggravate a knee. Some specific exercises, like knee extension machines, load weight on the kneecap and will cause more rapid deterioration. Walking, swimming, and bicycling rarely do harm. I've told my patients for 35 years, if you can only own one piece of exercise equipment for general health, and the knees in particular, the answer is a stationary bike. The basics always are worth trying. **Ice** helps for most injuries to the knee and **Heat** helps in the later stages of healing. **Ace wraps** and **Support Sleeves** can also relieve pain. **Physical Therapy** too can help with pain relief, strength, conditioning, and education.

**Anti inflammatory medicines**, NSAIDS, work very well for at least 85% of the population. They relieve pain and swelling and are non-narcotic and non-steroid, but they can upset the stomach, cause bleeding or ulcers, and decrease blood flow to the kidneys. If your blood and organs are healthy they can make a huge difference in your pain and activity level. The most common ones are Aleve and Advil without a prescription. You should never exceed the recommended doses and when in doubt check with your doctor.

**Cortisone injection** will always be administered in a doctor's office. This is a much stronger anti-inflammatory and works well for almost everyone but can only be used several times a year. If you are diabetic it can also make your blood sugars rise temporarily. Many doctors will also prescribe specific medicines for gout, rheumatoid arthritis, and other conditions.

With all patients, treatment eventually comes down to **live with it** or **fix it**. All of the exercises, therapy, and medicines help in living with it. Fixing it usually comes down to **Surgery**. If the bones are broken, the ligaments are torn, or the joint has worn down to bone-on-bone, surgery will usually be the recommendation of choice. This may involve repairing the bone with plates and screws, sewing the ligaments back in place, making repairs with a knee scope procedure, or saying enough is enough and replacing the whole knee with a metal and plastic replacement joint, or **Total Knee**.

Your doctor is fully aware of all these choices and a trip to the doctor does not mean you have to have surgery. Even when it's recommended, you have choices and are always entitled to a second opinion. All we want is for you to stay active and enjoy life. How you get there is a team decision.



## Silver and Fit *by Dale Bailey, Havasu Fitness*

Silver & Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver & Fit provides eligible members with no-cost or low cost fitness memberships and older adult-oriented group exercise classes, through arrangements with certain health plans. Silver & Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Networks Incorporated.

If your health plan offers Silver & Fit and you would like more information about Silver & Fit classes, please contact Havasu Fitness at 92 S Acoma Blvd, or call 928-453-4900. You may also visit Silver & Fit at [www.silverandfit.com](http://www.silverandfit.com). Silver & Fit is a federally registered trademark of American Specialty Health Incorporated.





# Havasu Community Health Foundation

Proceeds from this fun, fitness event will support the programs and services of HCHF and our health-related partners:

- Alzheimer's-Dementia Education
- Cancer Association of Havasu, including Bosom Buddies of Havasu
- General Cancer Support
- Men's Cancer Support
- Diabetes Support in Havasu
- Fibromyalgia & Chronic Fatigue Syndrome Support
- Havasu Epilepsy Advocacy Team
- Havasu Health Walk Challenge
- Havasu Heart Society
- Havasu Hoop Love
- Inside Out
- Pet Partners® of Havasu

## Havasu Community Health Foundation

Located in The Shambles  
2126 McCulloch Blvd, #7  
Lake Havasu City

P O Box 1410  
Lake Havasu City, AZ  
86405-1410

Phone: (928) 453-8190  
Fax: (928) 453-8236

## 3rd Annual Line Dance



on the  
**London Bridge**  
*March 8, 2014*  
*2:00 PM*

*Electric Slide, Straight 8 & Cotton-Eyed Joe*

*Plan to stay and dance under the bridge*  
*3:00-5:00 PM*

*Music by Art Michaud*  
**Call (928) 453-8190**

*\$10/person if paid by February 28, \$15 March 1-7, \$20 day of event*

[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)



## Vitamin D Deficiency & Osteoporosis *by Summer Tilgner, FNP*

Vitamin D deficiency is a growing concern for patients worldwide. Vitamin D deficiency has been linked to symptoms such as: fatigue, muscle ache, depression, bone and muscle weakness, fractures, fibromyalgia-like symptoms and even cancers. Many patients are found to be deficient in vitamin D through a simple blood test ordered by your provider.

Vitamin D is not found in many foods we eat on a daily basis. Strong sources of vitamin D are sunlight, egg whites, white fish and whole milk. To get the recommended amount of vitamin D in one day, the average person would need to consume 20 glasses of milk. SPF also blocks the absorption of vitamin D from sunlight, while lotions and make-up often carry SPF which block vitamin D absorption.

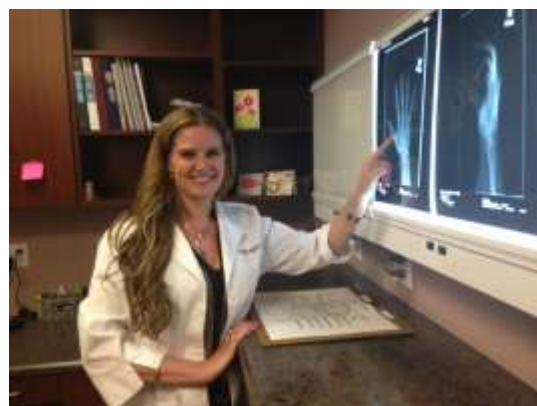
Due to worldwide cancer scares we often over protect ourselves from the sunlight. Calcium and

vitamin D work together to strengthen your bones, if you are taking a calcium supplement but are vitamin D deficient, the calcium will not strengthen your bones the way that it should. Vitamin D and calcium are vital in the prevention of osteoporosis.

Osteoporosis is a silent disease that results in weak bone, increasing your risk for hip, wrist and vertebral fractures. Many patients are not aware of this brittle bone disease until they sustain a fracture. Risk factors for osteoporosis include: history of smoking (even if you quit 30 years ago), family history of osteoporosis, history of other rheumatological problems, long term use of steroids, loss of height, caffeine intake and thyroid problems.

Bone density testing is simple and easy to do, testing is covered by Medicare and most insurances. Preventing

osteoporosis is straight forward and inexpensive. Adequate intake of calcium and vitamin D as well as a well rounded diet can decrease your chances of osteoporosis. Exercise is also an important part of prevention, weight bearing exercise can also decrease a patient's risk. The National Osteoporosis Foundation offers guidelines for supplementation and this can be found at [www.NOF.org](http://www.NOF.org). Patients should consult with their physicians prior to starting supplements.



## Anterior Approach, Total Hip Replacement *by Theron Tilgner,*

Osteoarthritis (regular arthritis) is a debilitating disease, which affects 50 million Americans. Arthritis is a progressively degenerating disease affecting the joints, the disease is characterized by the breakdown of cartilage. A thorough, hands on physical exam, detailed history of symptoms and X-ray, diagnose arthritis.

Treatments for arthritis should always include: anti-inflammatory use, arthritis specific medicines, physical therapy and exercise, corticosteroid and viscosupplement injections. All patients should consider conservative treatment options prior to considering surgical treatment options. Once a patient has failed conservative treatment options and comes to the decision to undergo total joint replacement for joint pain relief, patients should

educate themselves and write down all of their questions to ask their orthopedic surgeon.

The anterior-approach total hip replacement is an option for certain patients meeting criteria outlined by their surgeon. The anterior-approach hip replacement is a tissue-sparing alternative to traditional hip replacement. The approach allows for a less-invasive technique for the patient, which results in less pain, faster recovery and improved mobility because the muscle tissues are spared during surgery. The technique allows for your surgeon to work between your muscles without detaching them.

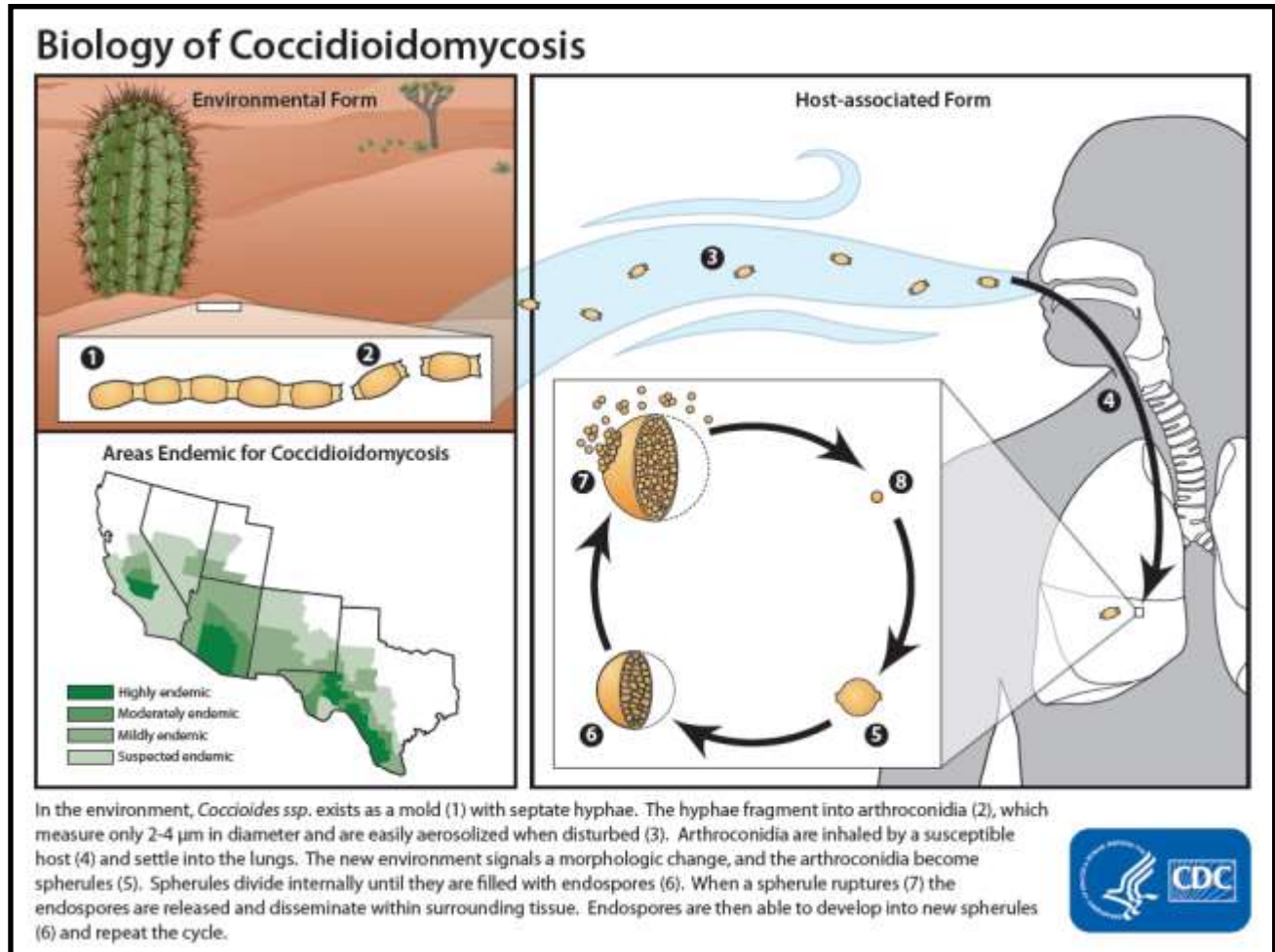
Keeping muscles intact helps to prevent dislocation, the incision is performed at the front of the hip instead of the back allowing for less pain during recovery and while sitting. Discuss your options

with your orthopedic surgeon and be sure to write down your questions.



# Valley Fever in Lake Havasu *by A. Nick Awad, M.D., D.A.B.R.*

Valley fever, Coccidioidomycosis, in Lake Havasu medical community also known as "Cocci", is an illness caused by fungus that lives in the dry soil. When the soil gets disrupted, the fungal spores are breathed into the lungs and can cause infection. It makes us wonder: "Do we have more cases because we are disrupting the soil in our beautiful Lake Havasu as our city grows and/or more residents enjoy a lifestyle of 4-wheeling, enjoying ATV's in and around our city?" Arizona accounts for 60% of the nation's total reported cases, which have tripled in Arizona over the last decade. Nearly 13,000 new cases were reported in 2012. The CDC and Prevention announced a Congressional task force to bring the national attention to Valley Fever through public education and promoting early diagnosis by having early screening with a chest X-ray, which is now available at a low cost through HCHF, if prescribed by your physician. For details call (928)453-8190.



At least 30% - 60% of the people who live in an endemic area are infected with the fungus at some point in their lives. The 40% who are infected will develop symptoms such as cough, fever, exhaustion, rash, chest pain, night sweats, joint pain, muscle aches, headaches, weight loss, and lack of appetite. Some symptoms can last for weeks or even months. While most people with symptoms will get better without treatment, those who experience prolonged symptoms should check with their doctor so they can avoid development of severe disease infection outside the lungs or chronic symptoms. Certain groups of people are at higher risk for developing severe disease, such as those using steroids for asthma or who have weakened immune systems. In 2012, 12,920 cases of Valley Fever were reported to the Arizona Department of Health Services.

## Valley Fever Awareness Week

Each year, the Governor's Office issues a proclamation declaring the 1st or 2nd week of November as Valley Fever Awareness Week. The Arizona Department of Health Services works with the Valley Fever Center for Excellence to promote awareness and enhance recognition of Valley Fever among the public and healthcare providers.

*Dr. Awad is the Medical Director of Lake Havasu Imaging Center in Lake Havasu*



## Low-Cost Screenings & Diagnostic Procedures

*For those whose health insurance will not cover the procedures:*

### Lab Work

Complete Blood Count	\$15.00	Comprehensive Metabolic Panel	\$20.00
Free T4	\$15.00	Hgb A1c	\$20.00
Lipid Panel	\$25.00	T3 Uptake	\$10.00
TSDH-Thyroid	\$35.00	Urinalysis	\$15.00
Vitamin D	\$40.00		

### Other

MRI - commonly ordered procedures with order from physician

X-rays and report with order from physician

*Prices for these tests will vary per procedure. Call 453-8190 for more information*



*The following screenings are subsidized by*  
**CANCER ASSOCIATION OF HAVASU**

### Lab Work

CA-125	\$50.00
PSA	\$20.00

### Other

Mammograms	\$40.00
Skin Cancer Screening	\$50.00

*To take advantage of these screenings and diagnostic procedures, go to HCHF Office in The Shambles*  
**2126 McCulloch Blvd, Unit 7**  
**Lake Havasu City, AZ 86403**  
**453-8190**

## Upcoming Havasu Community Health Foundation Events & Activities

### Special Events

- January 11 **Color Dash**, London Bridge Beach Park  
10:30 AM (See page 2)
- February 1 **Cancer Ball**—Venetian Masquerade  
Black Tie and Mask optional, but encouraged  
Hosted by **Cancer Association of Havasu**  
See HCHF Website for more information
- February 12 **Fibromyalgia and Chronic Pain Forum**  
9:00—Noon at Eagles Lodge
- February 22 **IMPROVE YOUR HEART HEALTH AWARENESS**  
(See page 4)  
**Heart Health Awareness Walk**  
8:30—Noon on Golf Course at Nautical Inn  
**A Fair of the Heart Heart-Specific Health Fair**  
9:00—Noon, Nautical Inn Convention Center  
**Panel Discussion**  
Featuring Cardiovascular Professionals  
1:00—3:00, Nautical Inn Convention Center
- March 8 **Line Dance on the London Bridge**  
*Don't miss this 3rd annual event*  
(see page 8)  
2:00—Meet team leaders in English Village  
2:30—Ascend to the London Bridge  
3:00—5:00 Dance under the bridge to the  
Music of Art Michaud  
*Help us beat the 2012 record of 1041 dancers*

### Education & Support

- 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 2nd Wednesday Noon
- 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
- 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

**W**e support and encourage healthy living

**E**ducating with current information about good health choices is our job

**L**iving longer by living smarter is our mantra

**L**ife quality in Lake Havasu is improved because of our programs

**N**ews about health options in our community is conveyed through HCHF

**E**veryone in our community can access common wellness screenings

**S**upport of HCHF comes from the private sector rather than taxpayer dollars

**S**uccess 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

## Barbecued Salmon with Fresh Raspberry Salsa

- 4 4-5 ounce fresh skinless salmon filets about 1-inch thick
- 1/8 teaspoon salt and ground black pepper
- 3 tablespoons bottled barbecue sauce
- 2 nectarines, pitted and chopped
- 3/4 cup fresh raspberries
- 1/4 cup coarsely chopped toasted pecans



Rinse fish, pat dry with paper towels. Sprinkle salmon with 1/8 teaspoon each salt and pepper. Brush 2 tablespoons of the barbecue sauce on both sides of the salmon.

For charcoal grill, cook salmon on greased grill rack directly over medium coals for 8-12 minutes or until salmon flakes when tested with a fork, turning once halfway through grilling.

For raspberry salsa, in medium bowl, combine nectarines, raspberries, pecans, and the remaining 1 tablespoon barbecue sauce. Serve salmon with salsa and lemon wedges.

### Thoughts from our President, Jeanie Morgan

When I was a young mother, my phone rang early one morning, and my mother tearfully told me my father was gone. It was mind-numbing news. I knew he had been off work for nearly two weeks with a bad case of flu. I didn't learn until later he had told his doctor that he was also experiencing chest pain. At that time, diagnostic procedures were not nearly as advanced as they are today. An EKG showed nothing alarming. He died in his sleep a few days later. He was only 54.



There were risk factors. As a young child, he had whooping cough and rheumatic fever. He smoked. His mother died of a stroke. However, he was very active, not overweight, and when I pause to reflect, I realize my mother was ahead of her time in serving well-balanced, nutritious, low-fat meals.

My passion for health-related volunteerism grew out of that tragic loss. My volunteerism evolved into the opportunity I enjoy today—working for a local, health-related non-profit.

I hope you will plan to attend our first heart specific health fair on February 22, 2014. Statistics tell us 1/3 of us will eventually die from cardiovascular disease or stroke. Please take advantage of this new opportunity to gain a better awareness of warning signs, as well as your own risk factors and learn how you can better manage those that are controllable.

We each have the power to make a positive impact, through daily choices, in both the length and the quality of our lives.

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 to grow and expand our local health-related programs.

Amount of Gift: \$ \_\_\_\_\_  
Please make your check payable to:

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