

# HEALTH WELLNESS QUARTERLY

## Spring 2016

Special Supplement to The Glendale Star and Peoria Times



Dr. Ryan Stevens | ArrowheadDermatology.com

## DYING TO BE TAN

**Ryan Stevens, MD**  
Arrowhead Dermatology

The numbers are in and they are alarming. Melanoma, once thought to be a disease affected older adults, is now the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for young people 15-29 years old. A recent study has found the incidence of melanoma in children, adolescents and young adults increased more than 250 percent since 1973, and young women are more commonly affected. Experts link the female predominance to women's use of tanning beds.

The International Agency for Research on Cancer (IARC) classifies tanning devices amongst the most dangerous forms of cancer-causing radiation. Studies discovered a 59% increase in the risk of melanoma in those who have been exposed to UV radiation from tanning beds. Those who use tanning beds before age

30 increase their lifetime risk of melanoma by 75%. These numbers are scary, and melanoma isn't the only problem related to tanning bed use, as the risk of several other skin cancers increase as well.

Some states prohibit the use of children under 18 to use an indoor tanning bed, but in Arizona they can still be used with parental consent. Arrowhead Dermatology joins other dermatologists, physicians, and organizations in the fight to protect minors from the dangers of indoor tanning. Always remember that skin cancer is treatable if detected early and if you have a suspicious mole or lesion, we strongly encourage you to schedule an appointment.

May is Melanoma Awareness Month. We have three convenient locations to serve all your skincare needs. While we are accepting new patients, you may ask your doctor for a referral or call direct to schedule at: (623) 487-3003.

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## HealthSouth Provides Crucial Care for Stroke and Brain Injury Victims

# HEALTHSOUTH

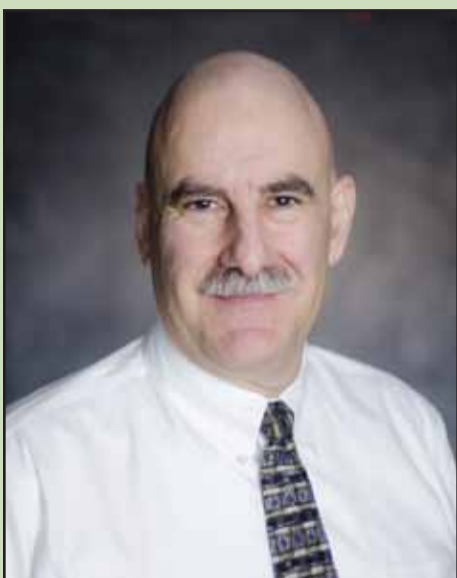
Valley of the Sun Rehabilitation Hospital

When you or a loved one experience the trauma of a stroke or brain injury, the journey through recovery does not end after being discharged by an acute care hospital. A patient's ability to function at the highest level possible is greatly dependent on the rehabilitation therapies received. Choosing where rehabilitation takes place is a crucial decision made by the patient, yet many do not understand the difference in services offered by an acute care rehabilitation hospital and a skilled nursing facility.

An acute rehabilitation hospital is REQUIRED to provide frequent visits by an attending physician, include a multidisciplinary team approach, offer RN oversight and availability 24 hours per day, and, perhaps most importantly, provide 3 hours per day of physical, occupational, and/or speech therapy. Skilled nursing facilities are NOT REQUIRED to meet these strict requirements; however, they often promote themselves as a rehabilitation facility. By asking a few simple questions you can easily identify whether it is an acute rehabilitation hospital or a skilled nursing facility.

Is the facility licensed as an acute rehabilitation hospital or a skilled nursing facility?

*How many hours of therapy will you be receiving per day?  
Will you be seen by a physician daily?  
Is there a pharmacy on site?*



Michael Kravetz, M.D.  
Medical Director at Valley of the Sun

HealthSouth Valley of the Sun Rehabilitation Hospital is located in Glendale and offers the highest level of inpatient, outpatient, and home health rehabilitation services. Recently, Valley of the Sun was the first hospital in Arizona to be certified by the Joint Commission in Brain Injury rehabilitation, as well as renewing their certification in stroke rehabilitation. For more information about how to select your hospital, visit [HealthSouthValleyOfTheSun.com](http://HealthSouthValleyOfTheSun.com) and select the Patients & Family tab or call us at 623.878.8800.



## Seniors Find Engaging and Supportive Lifestyle at La Siena

At La Siena, a retirement community located in north central Phoenix, wellness is a way of life. Owned and operated by Senior Resource Group (SRG), La Siena offers extraordinary amenities and signature wellness programs designed to provide residents the resources and motivation to live healthy, active and enjoyable lives as they choose.

Take for example the incredible health and wellness offerings provided to residents at La Siena. Here, residents find a wide range of functional fitness options including group fitness, yoga, walking club, personal training and more.

Augmenting these wellness offerings are La Siena's gourmet dining, resort-style amenities, recreational, educational and social programming, plus the freedom from day-to-day home maintenance. The full complement of these services and programs offers residents an array of choices and the time to enjoy more of the things

they love.

And if needs change, La Siena can provide supportive assisted living care services all within an enriching environment, that can be personalized based on individual needs to help with day-to-day activities. Backing La Siena's programs and services is the community's accreditation from The Commission on Accreditation of Rehabilitation Facilities (CARF) - an international, nonprofit organization that accredits health and human services providers - providing the assurance that the highest standards of quality care are maintained.

Located in North Central Phoenix, La Siena is in close proximity to many popular destinations including Squaw Peak, the trails of the Phoenix Mountain Preserve, numerous golf country clubs, downtown Scottsdale, and several upscale dining and shopping venues.

To learn more, please call 602.635.6968 or visit [www.SRGseniorliving.com](http://www.SRGseniorliving.com).

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# HEALTH WELLNESS QUARTERLY

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**The Glendale Star & Peoria Times**

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# SAFER STRONGER SOONER

After an accident or illness, HealthSouth Valley of the Sun Rehabilitation Hospital helps patients regain independence in record time, making a real difference you can measure. In fact, 81 percent of inpatient rehabilitation hospital patients return home, compared to 45.5 percent of similar patients in skilled nursing facilities according to one study\*. We are committed to helping patients return to their independent lives safer, stronger and sooner.

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\*Federal Register, Vol. 76, No. 152, August 8, 2011

\*\*Dobson|DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

## Want to Feel Better About Yourself? Do Yoga



Glendale Community College offers multiple yoga classes and variations for all ages in order to help with stress, movement, flexibility and general health. Here, students learn chair yoga outdoors in the spring air!

### By Joshua Moke, GCC Exercise Science Student

Poor thoughts about how you look can lead to negative outcomes. Some of these may be body shaming and disordered eating like anorexia or bulimia.

Yoga can truly help change how you see yourself and help prevent these detrimental outcomes.

Both men and women have a tendency to objectify themselves to what other's think they should look like. According to a recent study done by Anne E. Cox of Washington State University, you can change how you view your own body by simply adding yoga to your life.

Q: How do I change how I feel about myself with yoga?

A: Yoga focuses on being in the present and mindful of the body as you move through the poses. This increases the awareness of

the personal body as you see it, not what other's think.

Q: How long before I see results?

A: Consistency is key here. You will see a shift in your thinking of yourself in as little as two months, with only the addition of two or three classes a week.

Exercise has been associated with improved self-image for quite a while. Being mindful of the body helps decrease the negative effects, like body shaming, and increase health and fitness reasons to exercise. As you can see, with the focus on your own body and the improvements you are making, your self-image can greatly improve.

Check out the *Yoga and More* program at the GCC Fitness Centers. For more information, contact Margo Bates at 623-845-3341.

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Our pediatrics area is designed to help your children feel comfortable while visiting the dentist, no matter their age. Our faculty and students remain attentive to each patient and parent during each visit, whether it is for an exam, cleaning, filling, or other dental treatment.

## Hospice of the Valley serves West Valley patients and their families



Anabell Castro-Thompson, nurse practitioner and Hispanic program director for Hospice of the Valley, visits a patient

Hospice of the Valley provides compassionate care to people with life-limiting illnesses and their families in West Valley communities.

Core services are provided by a hospice team consisting of a physician, nurse, social worker, chaplain, home care aide and volunteer. Help is available 24/7.

Physicians assess the patient, prescribe medications, and manage symptoms; nurses make in-home visits as needed. Home care aides provide personal care services, such as bathing and dressing. Social workers help with advance care planning and offer emotional support. Chaplains provide spiritual counseling to those who request it. Volunteers assist patients and support families.

Most hospice care is pro-

vided in the patient's home.

Patients also receive care in skilled nursing facilities, assisted living facilities and group homes. The West Valley is served by staff based at the agency's clinical office in Peoria.

West Valley inpatient hospice homes are available for short-term stays for patients needing round-the-clock care in Glendale and Surprise.

The not-for-profit agency offers special programs to patients with dementia, cancer and lung disease. Palliative care is available for people with late-stage serious and chronic illness who are not yet ready for hospice.

Hospice care is covered by Medicare and most insurance companies. Information: [hov.org](http://hov.org) or 602-530-6900.

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# HEALTHY AGENTS WITH HEALTHY POWERS

By Sharon D. Ravenscroft, Esq.



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If you want to be in the best medical health, it is important to be sure that you are in the best legal health. That is, that you have identified agents with complete legal authority to make decisions about the health care you need – when you are unable to make the decision yourself.

The **medical healthcare power of attorney** identifies an agent, such as a trusted family member or friend, who can give consent to medical treatment if you cannot, such as consent for surgery or hospitalization. An alternate agent should also be listed in case your first agent cannot be reached. For example, if your spouse is your agent and both of you are in an accident, then an alternate agent is needed.

Different from other states, the Arizona statute also allows you to authorize your health care agent to make decision about whether you are buried or cremated. Before this law, if you died without being married, then all of the members in your family could have input in how you were to be buried or cremated. If a person died without having family, then it could be difficult to

have a mortuary carry out any burial or cremation.

Another difference from other states is the ability to have a **mental healthcare power of attorney** which helps avoid costly court intervention if you or someone you love suffers from mental illness, brain injury, dementia or Alzheimer's. The mental healthcare agent and the doctors can insist on medication being taken and can have a person admitted to a psychiatric hospital unit until the medications are stabilized. This documents avoids the need for court intervention for you to get the best health care possible.

If a person does not have these healthcare powers of

attorney, then their loved ones have to go to court to get authority to help them. Court involvement requires two sets of attorneys, since the person needing the health care needs separate counsel. In addition, a court investigator must evaluate the person and a hearing is held in open court—in about 45 days after the request is made. Time, money and privacy is saved by appointing an agent through healthcare powers of attorney. Along with the healthcare power of attorney, the healthcare declaration, commonly called the “living will,” and the financial power of attorney give added direction and protection during times of illness.

Sharon D. Ravenscroft, Esq., The Cavanagh Law Firm, PA, with offices in Phoenix and Sun City, can be reached at (623) 815-7451 or [sravenscroft@cavanaghlaw.com](mailto:sravenscroft@cavanaghlaw.com) For more information see: [www.sharonravenscroft.com](http://www.sharonravenscroft.com). Sharon's practice focuses on the preparation of Wills, trusts, powers of attorney, and premarital agreements, along with probate and trust administration.

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# Wellness University Advances in Treatment of Neuropathy



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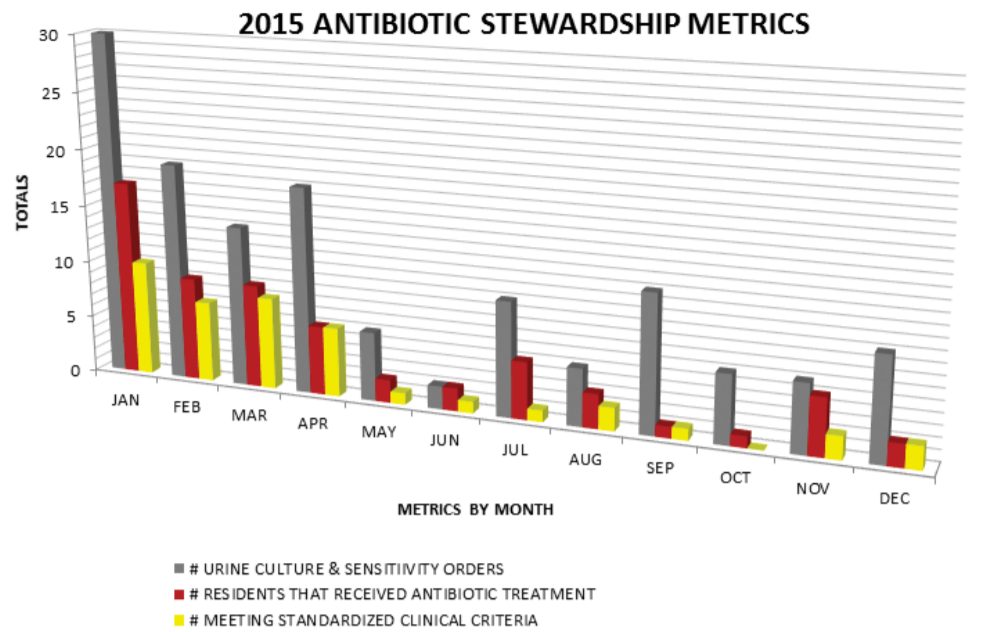


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Presented by  
**Dr. Timothy C. Gerhart, D.C., D.A.B.C.I., Dipl. Ac.**  
Chiropractic Internist and Physician

# Antibiotic Stewardship at Glencroft Senior Living



Antibiotic resistance is now one of the most urgent national and global public health threats. To respond to the threat, healthcare facilities are putting programs in place to promote optimal use of antibiotics. An innovative stewardship protocol has been working well at Glencroft Senior Living since early 2015. The protocol is aimed directly at the root cause of antibiotic resistance – the overuse of antibiotics. An important feature of the protocol is collection of surveillance data on all cases where antibiotics are prescribed. Status reports on prescribing habits and quarterly goals for improvement are communicated to prescribers by Glencroft's medical director – Dr. Marie Rink.

Early results just reported to the Quality Assurance committee show a substantial decrease – more than 50% - in unnecessary antibiotic prescribing, with attendant improvements in quality of life for residents. The most

significant result has been the virtual elimination of antibiotic-associated diarrhea due to overgrowth of toxic bacteria secondary to antibiotics killing off “friendly” bacteria. There have been

no cases of this feared complication for the last two quarters of 2015.

The Glencroft stewardship team continues to work closely with physicians and prescribing nurse practitioners to sustain and extend these results. Current work in 2016 is focused on the use of devices such as urinary catheters and related procedures. “We are committed to providing both safe and effective care to our residents. This includes paying close attention to the things we do to them while we're doing things for them”, says Milissa Watkins – VP of Health Services at Glencroft.

For more information please contact 623-847-3100.



## DO YOU REALLY want to trust your legal documents to a website?



**Sharon Ravenscroft, Esq.,**  
The Cavanagh Law Firm,  
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Lin Sue Cooney, director of community engagement

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## What Works For Chronic Disease



Dr. Timothy Gerhart, D.C.,  
D.A.B.C.I., Dipl.Ac.  
Renovare Wellness By Design

To really help those suffering with chronic (over 90 days) conditions, we must move beyond labeling symptoms to understanding the multiple, interactive root causes. We use testing to measure what isn't working properly so that we can create a treatment program to add enough of the "good stuff" and remove enough of the "bad stuff" to engage your remarkable natural healing abilities.

**Seeking to understand the root causes and then focusing treatment on the causes rather than the symptoms makes all the difference!**

For many, the name of the disease (label) is of little importance – we are interested in the deeper layer of what are the root causes of your conditions or disease. For someone with Fatigue, Anxiety, Depression, Memory & Sleep problems, Stroke, TBI, Osteoporosis, Fibromyalgia, Neuropathy, or Chronic Pain, **we are more interested in the person with the disease than the name of the disease.** What works is putting together the

puzzle of why you aren't healing and then helping you create a treatment and Lifestyle program that fits your unique needs to

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take the time with our patients to explain their treatment options and inform them of additional preventative care.

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## Airman and Family Readiness - never the wrong place to go...



**Bundles for Babies;** If you are an active duty member or spouse of an active duty member who is expecting a baby or is a new mother assigned to an Air Force installation, you are encouraged to contact the Airman & Family Readiness Center to sign up for a "Bundles for Babies" class. It is an opportunity to learn about parenting skills, finances, meet other expectant parents, and receive a bundle including Large canvas tote bag w/AFAS logo, Thermal receiving blanket, Hooded Towel and washcloth, White knit crib sheet, Printed knit crib sheet, 3 pack sleep-n-play, 5 pack onesies, 2 pair booties, 2 bibs, and 3 burp cloths. Classes are open to all ranks and are not limited to a first pregnancy.

**Heart Link;** The transition from singlehood to married life can be a difficult process and marrying an military member can pose its own unique challenges. Heart Link is a program designed to familiarize civilian spouses with the military and alleviate some of these issues.

From military protocol to traditions and lingo, Heart Link teaches civilian spouses what their military counterparts deal with on a daily basis. Spouses are introduced to the military community. They have an important role to play, which is keeping up the home front while their spouses are deployed and being a source of support for the Airmen.

Heart Link, which is geared toward newlyweds, is designed

We are never the wrong place to go!

to help connect military members with their spouses. By integrating spouses into the military it helps to enhance mission readiness. Participants learn about military protocol and military and Air Force traditions including the role of coining and the Air Force song. Learning these things helps them understand military culture.

Military Family Life Consultants (MFLC) provides short-term, non-medical counseling to Service Members and their families. MFLCs augment existing military support programs worldwide. Through the MFLC Program, licensed clinical providers assist Service Members and their families with issues they may face through the cycle of deployment - from leaving their loved ones and possibly living and working in harm's way to reintegrating with their community and family. The MFLC program provides support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-education-

al presentations on reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child and Youth Program and specifically for the summer DoDEA/CYP summer enrichment program. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures that issues do not impair operational readiness.

Exceptional Family Member Program (EFMP); is designed to provide support to military family members with special needs. EFMP Services include a variety of personnel, medical, and family support functions.

The Exceptional Family Member Program- Family Support (EFMP-FS) is community support function provided by the Airman and Family Readiness Centers (A&FRC) that includes, but not limited to, on-and-of-base information and referral, parent training, support group, relocation assistance, financial management, and school information.

Contact us for more information: 623-856-6550, e-mail us at [56fss.fsfr@luke.af.mil](mailto:56fss.fsfr@luke.af.mil), or visit [LukeIDS.com](http://LukeIDS.com)

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CapTel 840i

display, try the CapTel 2400i! The tablet-style display and helpful graphic menus make it easy to use. Do you need larger caption sizes? No problem!

The extra large display screen on the CapTel 880i helps make sure you don't miss a word

No matter what you are most comfortable with, there is a CapTel phone for you! There are even apps to enjoy CapTel captions on your cell phone or mobile device.

When it comes to your conversations, trust your calls to CapTel.

For more information, contact local Outreach Representative Ron Dreyfus at 224-261-4817 or visit [www.CapTel.com](http://www.CapTel.com).

## Numerous options available for chronic headache management

By Jason C. Reinhart, DO

Headaches are one of the most common symptoms a person can experience. Over 45 million Americans suffer from recurring headaches, and of these, 28 million suffer from migraine. Chronic headache sufferers may have increased incidence of anxiety, depression, sleep disturbance, and chronic fatigue symptoms.

Most often, headaches are benign, and are of the tension or migraine type. However, headaches may occur secondary to other medical conditions, and one should inform their health care provider if they are newly experiencing headaches or if headaches have changed in any way.

Once a headache occurs, abortive medications are fast-acting and can be effective in controlling the pain but are not intended to reduce the overall occurrence of the headaches.

When it comes to treatment, some headache sufferers will respond to lifestyle modification alone while others will require management through the use of a preventive medication or other specific therapy.

Headache preventive therapy is the management of headaches through the use of a daily medication, and is a staple of headache man-



Jason C. Reinhart, DO

agement. While only about 10% of migraine sufferers who are appropriate for this therapy are on it, nearly 40% are candidates. A number of options are available including BOTOX® therapy that may offer hope for those that have not responded to alternative therapies.

Living a healthier lifestyle is certainly one of the most effective ways to manage headaches. Lifestyle modification, regular preventive treatment, and physician follow-up will best assure optimal headache control and the best quality of life.

Arizona Neurology Associates has several west valley locations and can be reached at 855-505-3876.

## Tooth Talk with Dr. Singh and Dr. Iniquez

**Reasons to Consider Dental Implants** - Without the root structure of a natural tooth the jawbone can shrink making your face look older. There are no loose parts. An implant is stable and comfortable. Normally, it will serve its owner for life. Dental Implants LOOK and FEEL like natural teeth. Dental implants help you eat, chew, smile, talk and look completely natural. **This functionality imparts social, psychological and physical well-being.** When both the tooth and root are damaged, the best permanent replacement is a dental implant in conjunction with a ceramic custom crown and abutment.



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Dental implant-supported replacement teeth look, feel and function like natural teeth. This means that you can eat and drink whatever you choose. But most importantly, dental implants improve quality of life in a very concrete way. People who have felt embarrassed and worried because of their tooth problems are often overwhelmed by what new permanent teeth can do for their self-esteem.

Contact us today at 623-934-6400 to schedule an appointment with our office if you are considering dental implants.

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For more information on skin cancer and treatment please visit [ArizonaOncology.com/skin](http://ArizonaOncology.com/skin).



The US Oncology Network is supported by McKesson Specialty Health. © 2014 McKesson Specialty Health. All rights reserved.

## Seven Skin Cancer Prevention Tips to Protect Yourself from the Sun's Harmful UV Rays

More than two million people in the United States will be diagnosed with skin cancer this year. It is the most common form of cancer in this country, but it is also one of the most preventable. Arizona Oncology is reminding the community about the importance of protecting their skin from the sun and other sources of ultraviolet (UV) radiation.

UV rays are invisible to the naked eye and are more intense in the summer, at higher altitudes, and in areas closer to the equator. Overexposure to ultraviolet radiation from the sun causes sunburn (erythema), skin cancer, premature aging (skin wrinkling), cataracts (gradual clouding of the lens of the eye), immune system suppression, DNA damage and dilated blood vessels.

The most important way for a person to lower his or her risk for skin cancer is to avoid exposure, either from the sun or other sources, such as tanning lamps. The American Cancer Society recommends the following seven practices for sun safety:



1. Protect skin with clothing, such as long sleeve shirts and hats with broad brim.
2. Avoid being outdoors when the ultraviolet light is strongest, particularly between the hours of 10:00 a.m. and 4:00 p.m.
3. Seek shade
4. Use sunscreen and lip balm with a SPF of 30 or more on areas of the skin exposed to the sun.
5. Products should be used on hazy or overcast days.
6. Wear wrap-around sunglasses with at least 99 percent UV absorption to provide the best protection for the eyes and the skin around the eyes.
7. Avoid other sources of UV lights, such as tanning beds and sun lamps.

To learn more about skin cancer screening, prevention and treatment, visit [ArizonaOncology.com/skin](http://ArizonaOncology.com/skin) or give us a call at 888-972-CURE.

## Desert Valley Pediatric Dentistry & Orthodontics committed to superior dental services

At Desert Valley Pediatric Dentistry & Orthodontics our team is committed to providing superior comprehensive dental services comfortably to our patients. It is important to us that we help guide our patient's oral health with the right foundation, which ensures them to carry habits throughout their lives that are necessary and beneficial for their overall health. We believe that every child should have a dental home, and we are here to serve all of our patients with the



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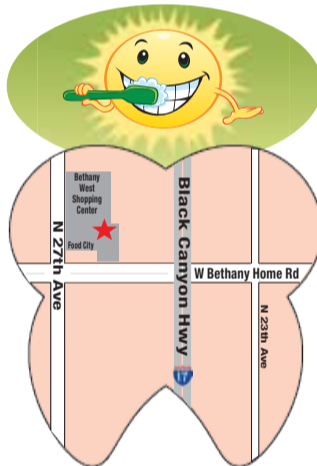
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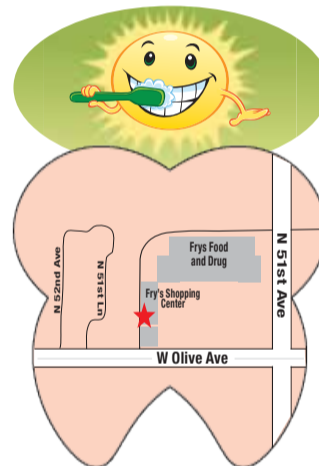
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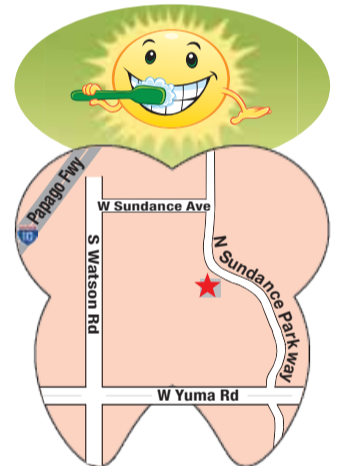
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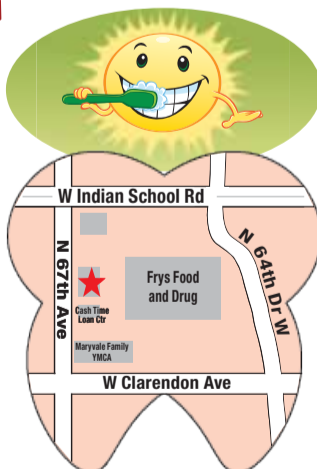
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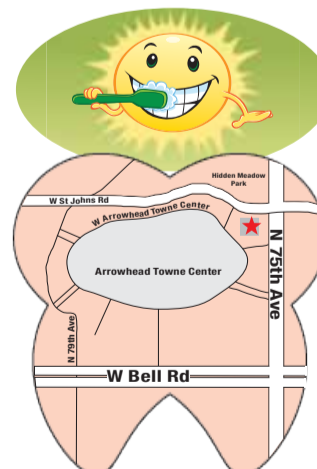


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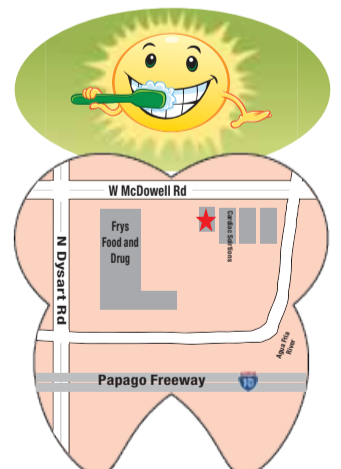
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## Snoring During Pregnancy May Cause Serious Harm to Mother & Child



Laura L'Heureux, DO  
Womenzzz Sleep Health

Snoring while pregnant may not just be bothersome to the spouse, but research shows that it also may cause significant harm to both the mother and child. Snoring is a symptom of obstructive sleep apnea which when untreated may cause high blood pressure, heart attack, stroke, diabetes and depression.

During pregnancy, the effects can multiply. Left untreated it can cause maternal pregnancy-induced hypertension, seizures, gestational diabetes, blood clots in the lungs, cardiomyopathy (dilation of heart chambers) and depression and is associated with a much higher risk of emergent cesarean section and hospital death. The negatives continue for the unborn child with increased risk of

poor intrauterine growth and childhood obesity.

Women with apnea may not know they're snoring and often come to their physicians knowing only that they feel fatigued and are extremely sleepy during the day. Sleepiness is normally experienced during the first and second trimesters of pregnancy so this is often overlooked as worthy of investigating further. Other risk factors for women include a neck circumference of 15 inches or greater, body mass index (BMI) of 35 or more, high blood pressure, and polycystic ovarian disease.

Pregnant women thought to be at risk or who know they are snoring should consider an evaluation and sleep study by a physician board certified in sleep medicine.

Home testing can usually be done now for the convenience of the patient. It's essential for the health of mom and child that sleep apnea during pregnancy be evaluated and treated.

Laura L'Heureux, DO, is the nation's first physician with dual board certification in Sleep Medicine and Obstetrics & Gynecology. Her practice, Womenzzz Sleep Health, located at 13949 W. Meeker Blvd., Suite D in Sun City, is limited to sleep medicine. To learn more, visit [www.womenzzzsleephealth.com](http://www.womenzzzsleephealth.com) or call 623-466-9251.



## ARIZONA SKIN INSTITUTE Accepting New Patients

Jay G Mehta, DO  
Board Certified  
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Arizona Skin Institute



"As a nurse and as a wife, you want to think that you can do it all, with Benevilla, I felt like I had a partner in caring for my loved one."

-Rosemary McKay,  
Caregiver for Restorative Therapy Member

Restorative Therapy is a unique option within the Benevilla Life Enrichment program for those who have completed physical therapy, have had a recent fall, or who want to regain or maintain the strength that they have.

For more information on Benevilla's Restorative Life Enrichment Program, please call 623-584-4999 or visit [www.Benevilla.org](http://www.Benevilla.org).



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### Benevilla's Sun City Restorative Life Enrichment Program



Benevilla Restorative Life Enrichment Program member using the stationary bike to regain strength.

Members at the Benevilla Life Enrichment Programs experience feelings of independence, belonging, and friendship as they join in activities that challenge them to stay physically, mentally, and socially active. With six programs in the West Valley, caregivers and families have peace of mind knowing that their loved one is in an inviting and respectful setting with the support that they need.

#### Restorative Therapy Option

Restorative Therapy is a unique option within the Life Enrichment program. Members, who are done with physical therapy, have had a recent fall, or who want to regain or maintain the strength that they have may opt to join the Restorative Therapy Program.

#### How the Restorative Therapy Program Works

The member's doctor signs off on the member's ability

to receive continuing restorative therapy. The member's Licensed Physical Therapist comes to the program and meets with the member, their caregiver, and a Restorative Enrichment Partner. Veteran's Administration contracts may cover Restorative Therapy and Benevilla also offer's half day rates. Sessions may be up to 45 minutes and may be split up throughout the day.

Our unique health options include: Power Walking, Spinning Club, Fit & Flexible, Better Balance Club, Dimensional Dancing, Cardio Drumming, Power Walking, Chair Yoga, Theraband Class, Free Weights Fitness and more.

Located in Sun City, the Benevilla Restorative Life Enrichment Program is open Monday through Friday. Please call 623-584-4999 to set up a tour or for more information.

## Periodontal disease affects as many as 80 percent of U.S. adults

Periodontal disease (gum disease) can affect as many as 80 percent of U.S. adults. Traditional treatments of moderate and severe forms of the disease involve invasive surgical procedures. However; over the past two decades, a local dentist - Dr. Gordon Wilson - has dedicated his professional career to eliminating the need for such invasive surgical procedures.

"When I graduated from dental school, the standard of care for patients with gum disease was to perform four quadrants of scaling and root planning, also known as deep-cleaning," said Dr. Wilson. "A month later, the patients would return for a re-evaluation. If they still had pockets, we were supposed to refer them to a periodontist for further treatment."

Unfortunately, all-too-often, this referral process led to angry patients. "Patients simply didn't want to have traditional gum surgery. So, in 1998, I became one of the first four dentists in the world licensed by MDT to perform LANAP." LANAP stands for Laser Assisted New Attachment Procedure.

It was Dr. Wilson's continual dedication to professional improvement that led him to another discovery about seven and a half years ago - Perio Protect. "In 2008, I was becoming more and more disappointed with my LANAP results. Most of the time, my patients were getting good results, but sometimes the results weren't very good at all. I felt like I was doing something wrong, but I eventually realized that the patients had different home-care methods. These differing home-care methods affected the outcome of the laser procedure. People with good home-care had better results than people with poor home-care. I needed to standardize the home-care so that everyone could get good results. That's when I discovered the Perio Protect Method."

"I took the best aspects of the Perio Protect Method and combined them with the best aspects of the laser procedure, eventually developing five individual protocols for treating each of the five different stages of



Dr. Gordon Wilson, DDS

periodontal health. Now, our results are so amazing that we offer a money-back guarantee if our patients don't eliminate at least 75 percent of their periodontal pockets and bleeding points within six months of starting treatment." Dr. Wilson calls his protocols "Therapeutic Laser Care", or TLC 4 Gums. His protocols are patent-pending, and he trains dental offices all across the U.S. to perform them.

With TLC 4 Gums, Dr. Wilson is able to custom-tailor periodontal therapy to each individual's specific periodontal needs in order to treat gum disease in the least-invasive and most cost-effective manner possible. As an Arizona-licensed general dentist, he is highly skilled in all disciplines of dental care including laser and cosmetic dentistry, oral surgery, root canal therapy, dentures, implants, crowns, bridges and preventive dentistry. Dr. Wilson has been featured on Good Morning Arizona, Good Evening Arizona, The Wellness Hour, ABC 15, FOX10, The Arizona Republic and Today's Arizona Woman. He has been recognized locally, nationally and internationally for his excellence in dentistry.

He offers free consultations to discuss your dental needs, and is happy to answer any questions someone may have about their dental needs. For more information, visit his website at [www.tlc4gums.com](http://www.tlc4gums.com). To schedule a free consultation, call 623-455-5859.

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**Dr. Gordon Wilson** is an Arizona licensed general dentist who is highly skilled in all disciplines of dental care including cosmetic dentistry, oral surgery, root canal therapy, dentures, implants, crowns, bridges, and preventive dentistry. He has been recognized locally, nationally and internationally for his excellence in dentistry.



"Dr. Wilson and his staff are the BEST! I had cosmetic dentistry done on my upper front teeth and everywhere I go, people tell me how gorgeous my teeth and smile are. He is the BEST dentist in the Phoenix area—and not hard on the eyes either!" —Sandy L.

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## How is Precision Massage different from other Massage Venues?

Precision Massage, LLC is solidly based in Precision Neuromuscular Therapy (PNMT). Whether we are using this approach exclusively or are integrating it with our general massage, every therapist in the office has had this training. The therapists at Precision Massage are committed to providing a therapeutic experience, whether or not you are being treated for a specific painful condition or interested in a full body massage. Your session is customized.

What makes PNMT special is the way it approaches soft-tissue therapy. More



than a technique or modality, PNMT is really a way of thinking, applying clinical reasoning in soft-tissue therapy.

Three broad principles apply to PNMT. First, PNMT is deductive, for every symptom a client may experience, there are multiple possible causes. How

can you get to the most likely source as efficiently as possible? That is what we concentrate on. Second, PNMT is science based instead of philosophically based. We have conducted many clinical research studies relevant to the work and are always combing the literature to find more. Third, PNMT

is client based. Since the causes of every symptom can be different, each client should get a session created exactly for them, rather than a routine or recipe. There is no shoulder routine, low back routine, or set of specific tests you do for every person who walks in your door. One size fits nobody.

For more information contact:  
 Stacey Munoz, LMT CNMT BS RYT500  
 Owner of Precision Massage office (602) 714-9077  
[www.precision-massage.com](http://www.precision-massage.com)

## Home Again Medical can help with swollen feet

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Janet Crowl, OT/L ATP

Your blood vessels carry blood through your body. The arteries go from the heart to the very small capillaries. At the capillary level the Oxygen and nutrients are exchanged within the tissue (good in and bad out). The return of the blood is achieved through the venous system. The arterial system is dependent on the heart to provide enough pressure to get it to the tips of your toes and fingers. The venous system uses "pressure" valves to move the blood back to the heart. As our body changes throughout our lives the valves in our legs do not close as efficiently as when we were young. The inability to close efficiently leads to swelling.

Compression stockings provide pressure to the leg to prevent the swelling. Compression stockings generally are done in light, medium or moderate, and heavy compression levels. Your physician will either tell you the amount of compression or give you a prescription for the amount of compression that you need. The compression is tightest at the ankle to assist the venous system to return the fluid toward the abdomen to allow the fluid to recirculate.

For more information call 602-272-0707 or visit us at [www.home-again-medical.com](http://www.home-again-medical.com)

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## Flu Season: It's Not Over Yet

**Matt Bean, MD**  
 HonorHealth Medical Group

Spring training may be over, but the flu season is not. This year, the influenza season is more severe and longer lasting and could continue through May.

It's not too late to get a flu shot, and it's your best bet to prevent the flu. Next, follow good handwashing practices and keep your hands away from your face and eyes.

If you or a family member do get the flu, here are survival tips:

- Shop early. Shop while everyone is well, just in case. You'll need tissues, fluids and over-the-counter medication to help with symptoms while the virus runs its course.
- Isolate yourself – or your family member. Stay home from work or school so you don't infect others. Follow good hand washing practices. Have a well person in your house clean and disinfect surfaces to protect other family members.
- See your primary care physician as soon as possible. Anti-viral medications make a difference in the severity of the flu but work best in the first 72 hours.

Dr. Bean has a specialty in family medicine and practices with HonorHealth Medical Group with locations throughout the Valley, [honorhealth.com/locations](http://honorhealth.com/locations). Same-day appointments are available seven days a week at a location near you by calling 623-580-5800.

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**Kelli McNell-Nadjafi**  
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\*Borrowers remain responsible for occupying the home as their primary residence, keeping up with property maintenance and staying current on paying property taxes, required insurance and any homeowners' fees. The balance of the loan, including accrued interest and fees, becomes due when the borrowers do not use the home as their primary residence or fail to meet their responsibilities under the terms of the loan.

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