

# HEALTH WELLNESS

## QUARTERLY

### Spring 2014

Special Supplement to The Glendale Star and Peoria Times

## Learn symptoms of a stroke

John C. Lincoln Health Network wants you and your loved ones to know the risk factors and classic symptoms of stroke. When you suspect a stroke, think 'F.A.S.T.' and call 9-1-1 immediately.

Think F.A.S.T.

F – Face: Does it droop to one side?

A – Arms: Are they equally strong?

S – Speech: Is it slurred or garbled?

T – Time: When stroke strikes, call 9-1-1 immediately!

Think of stroke as a “brain attack” – a true emergency, like a heart attack. By blocking or rupturing a blood



**A physician takes a patient's blood pressure. High blood pressure is the No. 1 modifiable risk factor for stroke.**

vessel in the brain, stroke interrupts the oxygen supply, killing nearly two million brain cells each minute. Rapid medical treatment, that's started within one to

three hours after the onset of symptoms, can make the difference between a lifetime of disability and full recovery.

Offering a higher stan-

dard of stroke treatment and education, both John C. Lincoln North Mountain and John C. Lincoln Deer Valley Hospitals are certified as Primary Stroke Centers by DNV Healthcare, an international certifying agency approved by the US Centers for Medicare and Medicaid Services. North Mountain was previously accredited as a Stroke Center by the Joint Commission. These certifications demonstrate the commitment to excellence in providing care that can significantly improve outcomes for stroke patients.

Visit [JCL.com/stroke](http://JCL.com/stroke) for more information.



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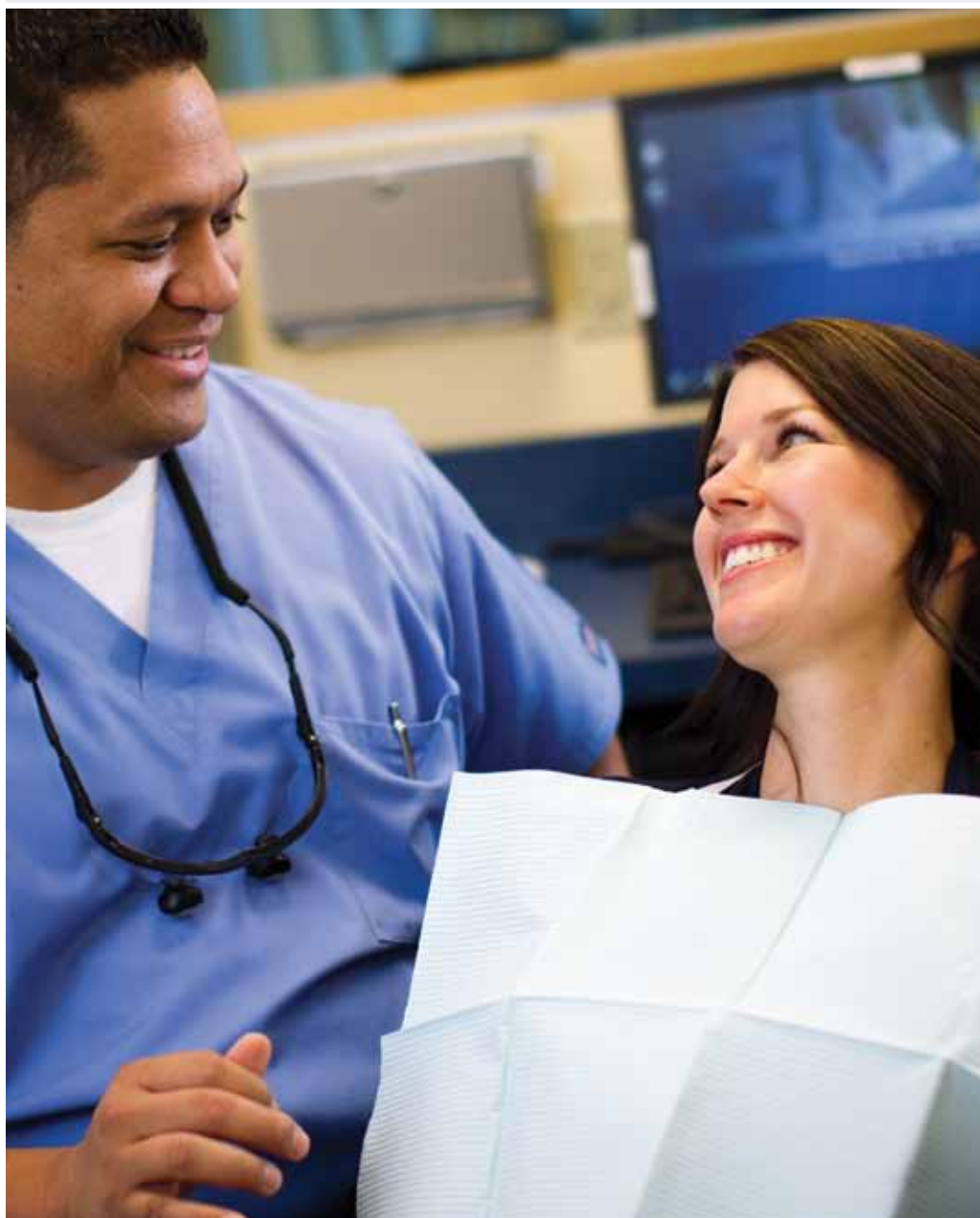
### Specialists ready to treat pain

Spine problems can be multi-faceted. Thanks to research and advances in spine care, Sonoran Spine Center offers effective conservative and surgical treatments. We strive to maintain nonsurgical care, but have excellent surgeons if conservative approaches fall short of the goal. We specialize in all things spine, and diagnose problems relating to the cervical, thoracic and lumbar spine including; back or neck pain, disc herniations, failed back surgery, occupational and sports medicine, osteoporosis, scoliosis, pinched nerves, spinal arthritis, spinal stenosis, spinal trauma, spondylolisthesis, and tumors, cancer, and infections of the spine.

Sonoran Spine Center also has a team of physical medicine and rehabilitation specialists who provide

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# The Sports Club at Arrowhead ~ Not your ordinary fitness club

The Sports Club at Arrowhead, the West Valley's newly updated 35,000 SF state-of-the-art facility, features new equipment with no waiting or time limits and offers 45+ complimentary weekly classes ranging from Les Mills Body Combat to Deep Relaxation with Hypnotherapy. On-site childcare is available so you can enjoy your workout. This friendly private club is equipped with a professional certified staff to assist its members from beginners to triathletes. And that is just the beginning.

Outside the Sports Club,

Fitness Members enjoy Arrowhead Country Club's other first-class amenities including 2 pools plus a newly updated heated lap pool, outstanding junior programs and a full social calendar with family-friendly events. Relax with new and old friends or colleagues in the beautifully updated Clubhouse. The main dining room features great food, excellent service and striking golf course and lake views. Casual and patio dining are also available in the Lounge and Grill.

Arrowhead is pleased to introduce its new Sports



Spin Class is just one of the 45+ complimentary weekly classes offered at Arrowhead Sports Club.

Club Director, Nick Morgan, who brings 14 years of experience to the Club and is a certified personal trainer. Nick and his professional team invite you to experience the Sports Club at Arrowhead firsthand as a complimentary Member for a Day. Call 623-561-9630 to schedule your visit today, or come to the Open House April 26 and 27 and try one of the complimentary fitness classes.

Arrowhead Sports Club is one block, south of Loop 101, off 75th Avenue in Glendale. Visit [JoinArrowhead.com](http://JoinArrowhead.com) for more information.

## Hospice of the Valley helps Valley patients and their families

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 often as needed. Home care aides provide personal care services. 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 provided in the patient's home; the West Valley is served by staff at the agency's clinical



Sonya Rodriguez, a Hospice of the Valley nurse in the West Valley, with patient Victoriano Rodriguez.

office in Peoria. Patients also receive care in skilled nursing facilities, assisted living facilities and group homes.

Hospice of the Valley has 16 inpatient hospice homes, including locations in Peoria, Glendale, Sun City, Surprise and Goodyear, for patients who need round-the-clock care.

The agency offers special programs to patients with dementia, cancer, heart and lung disease.

In addition to hospice care, the agency offers Arizona Palliative Home Care, a program for patients with late-stage chronic illness who are not quite ready for hospice but want assistance at home. The agency also offers Home Health medical services for patients not on hospice who are homebound or unable to leave home without considerable assistance. Information: [hov.org](http://hov.org) or 602-530-6900.

## Arrowhead Sports Club OPEN HOUSE



**Saturday, April 26 ~ 9am-1pm**  
**Sunday, April 27 ~ 1pm-5pm**

We invite you to join us for our Open House and experience firsthand the West Valley's newly updated 35,000 SF state-of-the-art Sports Club featuring new equipment, 45+ complimentary weekly classes, 3 pools, all in a friendly private club atmosphere.

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The Midwestern University Dental Institute is located at 19369 North 59th Avenue in Glendale, just south of Loop 101 freeway. Visit us for more information at [www.mwuclinics.com/az/di](http://www.mwuclinics.com/az/di) or call 623-537-6000 to schedule an appointment.

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Raquel Welch, Wigs.

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expertise and excellence in conservative treatment of musculoskeletal problems specifically addressing pain issues and restoring functionality. Our physicians will diagnose the problem and develop individualized plans to relieve, reduce or manage pain to help patients return to everyday activities quickly without invasive procedures like surgery or heavy reliance on medica-

tions. We diagnosis and treat back and neck pain, lower extremity pain, muscle pain syndromes, occupational and sports medicine, and upper extremity pain.

Visit [www.sonoranspine.com](http://www.sonoranspine.com) for more information, or call 480-962-0071 to schedule an appointment. We have six statewide locations - Gilbert, Mesa, Peoria, Phoenix, Scottsdale, and Show Low.

Banner Boswell celebrates multi-year honor

Truven Health Analytics has named Banner Boswell Medical Center in Sun City to its annual list of the nation’s 100 Top Hospitals for the third consecutive year, placing it among an elite group of hospitals nationally.

Nearly 3,000 hospitals in the country are eligible for the 100 Top Hospital Award.

“To receive this distinction for the third consecutive year in a row is certainly testimony to the commitment of our physicians, staff and volunteers to deliver excellent patient care,” said David Cheney, chief executive officer at Banner Boswell.

Truven Analytics uses objective research and independent public data to compile its list of the 100 Top Hos-



pitals, looking at a hospital’s overall performance, including patient care, operational efficiency and financial stability.

The 100 Top Hospitals award measures hospital performance across a variety of areas, including mortality, inpatient complications, patient safety, average patient stay, patient satisfaction, adherence to clinical standards

of care and readmission rates.

Recently, the nonprofit hospital was named one of the nation’s 50 Top Cardiovascular Hospitals by Truven Health Analytics, recognized as a facility providing quality care to older adults by the Nurses Improving Care for Healthsystem Elders (NICHE) and now being named one of the 100 Top Hospitals based on overall organizational performance for the third year in a row by Truven.

Banner Boswell Medical Center specializes in heart care, cancer care, stroke care, orthopedic surgery, physical rehabilitation, neurosciences and stroke care, skilled nursing and emergency care.

For more information, visit [BannerHealth.com/Boswell](http://BannerHealth.com/Boswell).

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For the third year in a row, Banner Boswell Medical Center has been honored by Truven Health Analytics as one of the Top 100 Hospitals in the U.S.—the only hospital in Phoenix. We’re proud to be recognized for things that really matter, including more lives saved, shorter hospital stays and fewer complications for our patients. Because the best reward is providing you and your family world-class care.



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# State Farm agent provides steps to prepare for disabling injury

By YVONNE J. KNAACK, CLU  
STATE FARM® AGENT

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Ste 101  
623-937-3311  
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We depend on our paychecks to cover our expenses: groceries, housing, transportation—and those are just the basics. When a person is unable to work due to a disabling injury or illness, the financial impact of lost paychecks can be devastating.

An income interruption due to a disability isn't something you can afford to ignore. According to the Social Security Administration, more than one in four 20-year-olds will become disabled at some point before they retire. And 50 percent of working Americans would suffer financial issues in less than a month if they lost their paycheck. Twenty-five percent would have problems immediately—within a week—according to the Life and Health Insurance Foundation for Education (LIFE Foundation).

Here are some steps you can take right now:

**Help protect your paycheck** - When the unexpected happens, disability insurance can help. Disability insurance essen-

tially replaces a portion of your income—generally about 40–60 percent—if you can't work due to accident or sickness, says Matthew Tassey, CLU, ChFC, LUTCF and past chairman of the LIFE Foundation. "Disability insurance should be a priority," he says. "We always have expenses."

**Find the right fit** - There's no one-plan-fits-all approach to disability insurance. Some employers offer disability coverage, whether long-term or short-term, so check with your company's benefits manager to see if you have coverage, and if so, what that coverage provides. If you don't have it, you can purchase an individual plan.

Some terms to know when shopping for disability insurance:

\* Elimination period: Refers to the length of time you need to be disabled before you receive payment.

\* Benefit period: Refers to the length of time benefits will last.

"The quicker the money

comes your way and the longer it pays, the more expensive it is," Tassey says. And he points out that, on average, a 30-year-old non-smoking healthy male can receive \$1,000 a month up to age 65 for about \$30 a month. His benefits would begin after 90 days.

**Learn more** - In recognition of National Disability Income Insurance Month in May, the LIFE Foundation has created a website that explains the basics of disability insurance, contains video testimonials from real people and provides calculators for determining how much insurance you need and estimating your lifetime earnings. You can also calculate your personal disability quotient online.

To learn more, contact me or a State Farm agent where you live. Visit YvonneKnaack.com.

The information in this article was obtained from various sources. While we believe it to be reliable and accurate, we do not warrant the accuracy or reliability of the information. The information is not intended to replace the advice of a qualified professional. Nor is it intended to effect coverage under any policy. State Farm makes no guarantees of results from use of this information. We assume no liability in connection with the information nor the suggestions made.

## Stay stroke S.M.A.R.T at HealthSouth's event

In a world of fast-paced developments in technology, it's important to stay informed of new advances—especially when it comes to healthcare. Many technologies used in therapy can promote recovery and benefit a wide range of patients.

Skilled and caring therapists, with the addition of advanced technology, can make the difference in how successfully a patient returns to independence.

HealthSouth Valley of the Sun host a Stroke S.M.A.R.T (Stroke Management and Rehabilitation Technologies) event for the public and clinicians on May 21, from 4:30 to 6:30 p.m. Enjoy refreshments and be entered for various raffle prizes as you tour technology booths in our 6,000 sq. ft. gym. A special presentation titled Neurological Recovery Following Stroke will be given by neurologist Dr. Michael A. Epstein, M.D. at 6 p.m. R.S.V.P. by May 16 to Gina Gardner at 623-334-5423.

### Rehabilitation Technologies

Clinicians at HealthSouth Valley of the Sun offer a higher level of care through rehabilitative treatments with the following technologies:

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- Bioness NESS L300®
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HealthSouth Valley of the Sun Rehabilitation Hospital is a 75-bed inpatient rehabilitation hospital that offers comprehensive inpatient and outpatient

rehabilitation and home health services. Serving patients throughout the Phoenix area, the hospital is at 13460 N. 67th Ave. in Glendale and online at [www.healthsouthvalleyofthesun.com](http://www.healthsouthvalleyofthesun.com). For more information or to attend the Stroke S.M.A.R.T. event, call 623-334-5423.



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# The changing face of medicare

Medicare choices used to be simple. You could just use original Medicare, paying a Part B premium, a deductible, and co-pays. Also available were the “Medicare HMOs” or more precisely Medicare Advantage plans. Most had no monthly premium and had a built-in drug plan. And, of course, Medicare Supplements which would be paired with a stand-alone drug plan.

For a while, “private fee for service plans” – PFFS – were hot until the companies realized how expensive they were.

Now all the talk is about “special needs plans” for Medicare eligibles with a chronic disease like diabetes, a full range of cardiovascular problems, and breathing prob-



Dan Miller  
Medicare Plan Broker

lems like COPD. Medicare, in their great wisdom, decided everyone benefits from these plans which keep better track of patients who often need to see the doctor to prevent complications.

These plans – called SNPs (snips) – have low or no client costs for doctor visits, have a low annual “maximum out of

pocket” cost, and have better care management systems to monitor a patient’s progress.

An important additional benefit is anyone whose doctor will confirm the diagnosis of one of these chronic diseases can sign up for a plan anytime during the year with the plan becoming effect the first of the following month.

Those of you requiring insulin know the cost is high, but there are plans offering low-cost or no-cost insulin all year long.

Let me help you find the right plan and you can benefit within a few weeks.

To contact Dan Miller with Generations Consulting Group LLC, call 602-579-0019, or e-mail danmilleraz@gmail.com.

## Freedom Plaza Peoria launches Internet Café

Freedom Plaza Peoria residents are leveraging technology in ways they never thought possible, thanks to Connected Living, an award-winning social platform designed specifically for senior living communities.

Connected Living integrates social networking, distance learning, and community resources into one easy-to-use interface. Residents can access a customized home page that allows them to surf the web in a protected environment and choose from activities like email, digital photography, audio books, music or online shopping.

By combining innovative programming with one-on-one support from a team of specially trained ambassadors, Connected Living empowers residents to pursue their Optimum Life® through social engagement and lifelong learning opportunities.

Sam Jones, Freedom Plaza’s Connected Living Ambassador, is enthusiastic about the program and how it will enrich the lives of so many residents and families.

“It’s a great idea,” says Sam. “Residents

MORE FREEDOM PLAZA ON 14

Heart attack...COPD...Diabetes...asthma...insulin use... breathing problems...heart failure...peripheral artery disease (PAD)...emphysema...pulmonary fibrosis...pulmonary hypertension...swelling of the legs, etc.

If you are a member of a **Medicare Advantage** plan (HMO,PPO,etc), there may be a better plan for you if you suffer from one of the afflictions mentioned above. You may sign up NOW for a “special needs plan” offered by the major insurance companies.

**You could benefit from low cost or no cost insulin, drug coverage during the coverage gap, low cost eyeglasses/hearing aids, transportation to medical appointments, & more.**

**Let me help you find the right plan and you can benefit within a few weeks.**

**Dan Miller 602-579-0019**  
danmillaz@gmail.com



## Standing Tall After a Spinal Cord Injury

“After I was diagnosed as traverse myelitis, all I could think of was how will I work to care for my family? Thank goodness I chose HealthSouth Valley of the Sun for my rehabilitation. Everyone encouraged me to keep working hard. I did and now I can proudly drive my work truck, put in a hard day’s work, and, most importantly, support my family. Thank you HealthSouth.”

Our spinal cord injury rehabilitation program has helped patients with:

- All levels of spinal cord injuries
- Congenital defects like Spina Bifida
- Spinal cord conditions such as spinal muscle atrophy and spine surgeries like laminectomies
- Spinal viruses like traverse myelitis, Guillain-Barré syndrome and MS



The Joint Commission Disease-Specific Care Certification in Brain Injury Rehabilitation, Cardiac Rehabilitation and Stroke Rehabilitation

For a no-cost in-home screening, call **623 334-5361.**

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Valley of the Sun Rehabilitation Hospital

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St. Joseph’s Westgate Medical Center opening May 12. The fourth Dignity Health hospital in Arizona which include Chandler Regional and Mercy Gilbert Medical Center and St. Joseph’s Hospital and Medical Center.

## St. Joseph’s Westgate opens May 12

The newest hospital in the Dignity Health system, St. Joseph’s Westgate Medical Center, 99th Avenue just north of Glendale and west of the 101 Freeway.

A community open house will be May 10 from 9 a.m. to noon. Community members and their families are invited to tour the campus, sign-up for a free stroke screening (reservations required, call 877-602-4111), partake in a health and safety fair including free booster seat giveaways, a Kids Zone, with appearances from local sports team mascots and enjoy food tasting provided by local restaurants. For more information on the community day and the hospital, go to [www.stjosephswestgate.org](http://www.stjosephswestgate.org).

The facility will provide Valley residents with a new alternative to receive high quality healthcare services. Dignity Health already operates three hospitals in the Valley, including Chandler Regional and Mercy Gilbert Medical Centers and St. Joseph’s Hospital and Medical Center, which is home of the Barrow Neurological Institute in central Phoenix.

The new facility includes an emergency room, 24 inpatient beds, two operating rooms and diagnostic services. For the most complex medical cases, patients will benefit from the clinical integration with St. Joseph’s in central Phoenix.

The hospital will initially employ 200 staff and will have the capacity to expand to 200 inpatient beds as demand grows. The 35-acre medical campus will house community physicians and outpatient partners, giving patients one location for their healthcare needs.

“St. Joseph’s Westgate Medical Center will be a vibrant medical campus right in the heart of the West Valley,” says Gregg Davis, President of St. Joseph’s Westgate Medical Center. “The campus is designed to be a model for the nation’s changing healthcare environment and will change as medicine and the community evolve.”

The campus will serve as a collaborative venture in partnership with physicians in the West Valley to enhance and better manage the delivery of healthcare to patients in the area.

## Sanderson Mobility Department: making vehicles for everyone

One of our greatest freedoms is the freedom to get in a vehicle and go wherever we want. Mobility is important to everyone. New technology is allowing more and more people the freedom to travel.

Over 100 years ago, Henry Ford set out to build a vehicle everyone could drive and afford. He made transportation readily available for all of America. Today, Sanderson Ford, one of the largest Ford dealerships in the nation is expanding on Henry Ford’s vision in the new Sanderson Mobility Department. We specialize in providing readily available transportation for people with special needs at affordable prices.

Sanderson offers various conversions for every vehicle in the Ford line up. We can provide hand controls, lifts, transfer seats, and even fully equipped ramp vehicles. Ford also has a program to reimburse



Sanderson Mobility. It’s about Freedom. The road to independence starts with the freedom to get there.

you for the first \$1,000 you spend.

Sanderson Mobility is located inside the 65 acre auto complex of Sanderson Ford at 6400 North 51st Avenue,

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For more information, contact Mobility Specialist, Fred Scelzo in the Sanderson Mobility department at 623 842 8600.

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# Central Dental Care: A great smile was never so easy

Hi, I am Dr. Mark Espinoza and I love to see people smile with their new implant teeth in a day. I love to see the happiness new implant teeth brings to my patient's life. Prior to implant teeth, many of my patients were living a life of seclusion, insecurity, pain and suffering. In some cases, the condition of their mouths became so poor that it led to isolation, no longer being able to smile with fam-

ily and friends. I've shed many tears of joy with my patients because of the huge positive life-changing impact that teeth in a day provides. My patients are able to eat what they want, not what they have to. Their health is dramatically improved. Come in so I may do the same for you. I want you to smile again. At Central Dental Care, we are committed to providing the highest quality

dentistry to all of our patients. Through clear communication, education, motivation and excellent care, we share the responsibility along with our valued patients in having them experience the benefits of a healthy mouth and a beautiful smile. A healthy mouth supports one's overall health and well being thereby allowing them to live a life free of disease and infection. 99.7 percent of



Dr. Mark Espinoza, owner & operator adults believe a smile is an important social asset and

improves career success. Central Dental Care specializing in many of the following:

- Same day crowns
- Permanent implants in one day
- Fast braces
- Cosmetic smile makeovers
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For consultation regarding your oral health and a great looking smile, please call us at 602-943-7297 or email us at centraldental-careaz@gmail.com.

## Exercise – How to maintain it most when we turn 50?

As we get older our need to move is crucial for our physical, mental, and emotional well-being. Below are tips to maintain our exercise regimen:

a.) Start now. If you do have medical problems bothering you, check with your physician what type of exercise regimen you are allowed to have.

b.) Ask for help. If you start an exercise regimen and felt that you can only reach a certain amount of time or workout regimen, listen to what your body is telling you. And if you need a professional trainer as well to achieve best results do ask for help.

c.) Have a partner. In case you loose focus, have a spouse, partner, friend or an exercise buddy to give you the needed encouragement.

d.) Eat right. Plenty of vegetables and fruits as well as lots of water will give the best results.

e.) Mental Exercise. Do not forget to exercise your brain. That includes daily puzzles, challenging your brain to remember what significant event happened yesterday, a month ago, a year ago and so forth... Even remembering the birthdates of your grandkids is a form of mental exercise.

f.) Do housework. This can be a part of your exercise regimen. Household work will give you the benefits of bending, stretching, and balancing.

g.) Rest. If you felt you need to rest in between exercises, then do it, it refreshes, strengthens, and lets your body heal to achieve your optimum level of functioning.

Spring is here, it is time to move, enjoy life, and smell the roses ... through exercise.

Shirley Soden, RN, BSN, MBA./HCM  
School Administrator Cactus Wren Training Program, LLC  
11024 N. 28th Dr. Suite 265 • 1833 W. Main St. Suite 138  
602-741-5526 • [www.cactuswrentrainingprogram.com](http://www.cactuswrentrainingprogram.com)

## About Terry Gavin of A-1 Filters & Softeners

A life-time resident of Centralia-Chehalis in Washington state and owner and operator of Chehalis Well Drilling for 36 years, Terry Gavin was well-known by people in the area for his honesty and knowledge in water well drilling and water filters and softeners. He very much enjoyed talking to people and has gone out of his way to help the public in need. He was known for his fairness and kindness. In his 36 years of business, Terry became so well-known that his business referrals came by word of mouth. Terry retired six years ago and to this day, still gets calls from past and new customers. While Terry is retired, he still enjoys the calls for his knowledge in the field. Two years ago, Terry and his wife, Kathy, decided to move to Arizona for a change of life, and of course, the sun. Since mov-

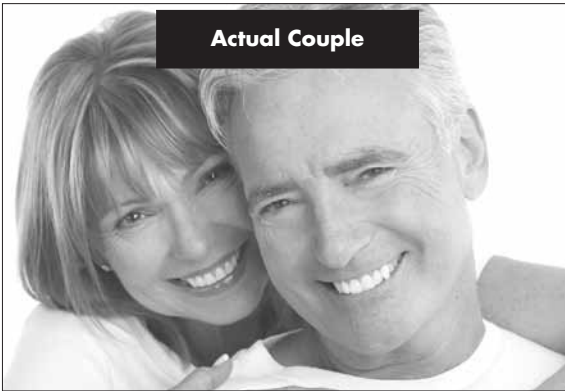


The Clack Water Specialist Control

ing to Glendale, Terry has made his way around the neighbor hood, remodeling bathrooms. But at the same time, he missed his past business and decided to start a new business of selling water filters and softeners. Keep in mind: Terry Gavin works for the customer and is well trusted and friendly. So if you need someone you can count on for a job well done, then you need to call A-1 Filters & Softeners at 602-752-4338.

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## Lighting That Runs on Autopilot

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- Optional Occupancy Sensor provides maximum automation

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RJ Kraemer

for replacement bulbs

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ing solution that delivers up to 94% in lighting savings.

Featuring SunSense Technology, this unique system combines radiant and energy efficient LEDs with bright and limitless daylight to deliver a blend of light, day or night. The Solatube Smart LED System is smart way to brighten dark areas.

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- Avoid stumbling on the rug with improved visual clarity

## Entryways

- Make a lasting impression on visitors with a brighter, more colorful space

- Deter potential intruders at night with LEDs that turn on automatically

## Closets

- Resolve color issues by filling dim closets with bright daylight

- Save money with the Occupancy Sensor that triggers when the space is occupied

## Bathrooms

- Deliver bright daylight to help eyes focus on detail tasks like applying makeup and reading medicine bottles
- The optional Occupancy Sensor automatically activates LED lights, ensuring safety while conserving energy

Contact RJ Kraemer at 623-214-3669 for information.



Grandparents raising Grandchildren can find support at Benevilla's new location at Peoria Main Library.

## Benevilla's new office at Peoria Main Library offers many popular services

Benevilla's new office will be housed in the Peoria Library at 8463 W. Monroe St. The new office will be staffed by several members of the Benevilla team who look forward to offering all the Benevilla services to Peoria community.

Benevilla offers appointments with an Information and Referral Coordinator who can connect members with all the services they may be looking for. Consultations are free and information can be provided on any subject. "We run the gamut from finding in-home services for seniors, to finding parenting classes for families," said Jane Bruzzese, Senior Director of Programs. "We know what services are out there and we want to assist people in finding the help they need."

At the Peoria location Benevilla offers the opportunity to sign up and train as a volunteer. Volunteer opportunities range from assisting a home-bound senior with grocery shopping, to assisting with the children at the Benevilla Preschool, Wirtzie's.

For more information about the newest Benevilla location or Benevilla services, call 623-584-4999 or visit us online at [www.Benevilla.org](http://www.Benevilla.org).

# The consequences of untreated hearing loss

Many people are aware that their hearing has deteriorated, but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid. Unfortunately, too many wait years, even decades, before getting treatment.

In fact, those who have difficulty hearing can experience such distorted and incomplete



Carrie Pavell, BC-HIS

communication that impacts their professional and per-

sonal lives, at times leading to isolation and withdrawal.

Studies have linked untreated hearing loss to:

- Irritability, negativism and anger
- Fatigue, tension, stress and depression
- Avoidance or withdrawal from social situations
- Social rejection and loneliness
- Reduced alertness and increased risk to personal safety



Carrie Pavell, BC-HIS

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## Benevilla's New Location in Peoria

at the Main Peoria Library: 8463 W. Monroe St. Peoria, AZ 85345



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# Beatrice Keller Clinic explains Mohs Micrographic Surgery

New treatments for skin cancer are appearing and evolving rapidly in recent years. However, one surgical technique has more than stood the test of time. Developed by Dr. Frederick Mohs in the 1930s, Mohs micrographic surgery has, with a few refinements, come to be embraced over the past decade by an increasing number of surgeons for an ever-widening variety of skin cancers.

Today, Mohs surgery has come to be accepted as the single most effective technique for removing Basal Cell Carcinomas and Squa-

mous Cell Carcinomas (BCCs and SCCs), the two most common skin cancers. It accomplishes sparing the greatest amount of healthy tissue while also most completely expunging cancer cells. Cure rates for BCC and SCC are an unparalleled 98% or higher with Mohs, significantly better than the rates for standard excision or any other accepted method.

The reason for the technique's success is its simple elegance. Mohs differs from other techniques in that microscopic examination of all excised tissues

occurs during rather than after the surgery, thereby eliminating the need to "estimate" how far out or deep the roots of the skin cancer go. This allows the Mohs surgeon to remove all cancer cells while sparing as much normal tissue as possible. The procedure entails removing one thin layer of tissue at a time. As each layer is removed, its margins are studied under a microscope for the presence of cancer cells. If the margins are cancer-free, the surgery is ended. If not, more tissue is removed from the margin where the cancer cells

were found, and the procedure is repeated until all the margins of the final tissue sample examined are clear of cancer. This way, Mohs surgery eliminates the guesswork in skin cancer removal, producing the best therapeutic and cosmetic results.

In the past, Mohs was rarely chosen for Melanoma surgery for fear that some microscopic melanoma cells might be missed and end up spreading around the body (metastasizing). However, efforts to improve the Mohs surgeon's ability to identify melanoma cells

have led to special stains that highlight these cells, making them much easier to see under the microscope. Thus, more Mohs surgeons are now using this procedure with certain melanomas. With the rates for melanoma and other skin cancers continuing to skyrocket, Mohs will play an ever more important role in the coming decades. © 2013 The Skin Cancer Foundation

For more information or to schedule an examination, please call Beatrice Keller Clinic at 623-584-2127.

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Joel R. Cooper, D.O.



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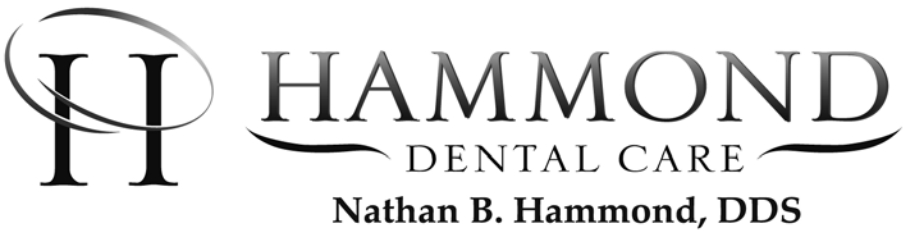
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## Make 21st Century your medical home

At 21st Century Family Medicine, we offer quality medical care on a personal level. From newborns to the elderly, we provide comprehensive care. We brought together the time-honored traditions of Family Medicine in modern, friendly environment, utilizing the latest tools and technologies to serve you better. Our goal is to work with you in combining your past medical history with current diagnoses from hospitalists and specialists to create a patient-centered focus to optimize your health care. We are your medical home and your safe haven. We welcome you and your loved ones and look forward to working with you toward the goal of enhanced total health.

Diplomat of the American Osteopathic Board of Family Physicians, Dr. Joel R. Cooper earned his medical degree at Arizona College of Osteopathic Medicine, Midwestern University. He has been a long time advocate of Family Medicine and primary care and believes that a greater emphasis on primary care and prevention is key to a healthier America.



**21st Century Family Medicine welcomes you and your loved ones and look forward to working with you toward the goal of enhanced total health.**

Jacqueline A. Frasca, NP is originally from New York. Jacqueline graduated from Stony Brook University in New York with her Masters in Nursing in the year 2005. She has been practicing as a Family Nurse Practitioner since 2006 and joined 21st Century Family

Medicine in 2011. Her areas of interest include women's health issues and pediatrics. Jacqueline is married and a mother of two children. For more information, please call us at 623-247-1081 or visit our website at [www.21stcenturyfamilymedicine.com](http://www.21stcenturyfamilymedicine.com).

## Join the happy residents at Royal Oaks

Imagine living in a vibrant Sun City retirement community with all the advantages of your previous home, but without the household tasks, maintenance, utilities, repairs, property taxes, and other worries. Royal Oaks invites you to tour our warm, welcoming senior community - an environment with creature comforts, amenities, and high-quality healthcare services.

The incredible ladies and gentlemen who live here flourish in this well-designed, comfortable community where our attentive services, maintenance free living, full schedule of activities, and comprehensive support for health and wellness enables retirees be all they can be.

There are a variety of Sun City retirement communities to consider, but Royal Oaks is unique: it is the only full Lifecare community in



**Residents Bob and Barb Munter**

Sun City and one of only a handful of CCRCs in the country who have been granted an "A" rating by Fitch, giving a major stamp of approval to the community's financial picture.

Call 623-815-4132 to schedule a tour, or visit [www.RoyalOaks.com](http://www.RoyalOaks.com) to see floor plans.

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educate patients about their dental health, but concentrate on expensive and invasive procedures. Instead, we pride ourselves on the conservative, quality dental care we provide for our patients.

Hammond Dental Care accepts most major insurances. We offer an in-office dental insurance plan for patients and families who do not have insurance to make sure they get the best dental care possible. This plan offers up to 60% savings on various procedures.

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  - Implant Crowns and Implant-Retained Dentures

For more information, visit [www.HammondDentalCare.net](http://www.HammondDentalCare.net), or call 602-942-3200 (Glendale), or 623-328-7346 (Surprise).

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## Arizona School of Dental Assisting

I just wanted to say that this school is amazing! Not only do they teach what you need to know about dental assisting, but they help find the right type of dentistry field that is best for you. The class size is small, which is so perfect, you get that one-on-one attention with the instructor. You actually build a great professional relationship with them and a great bond with your classmates.

This was the best decision I made; the results I got from this school were just great. I worked in the orthodontic field for about six years, but I never pursued an education in the field. All the experience I had wasn't really paying off, just because I didn't have the certificate saying that I went to school and got taught the material. To my surprise, after attending this school, I actually learned a lot. I just knew the basics, and they gave more knowledge about the field that I love. The school's curriculum consisted of half hands-on and half book work. They also gave you the chance to request more time on the side to help you understand what they were teaching you.

Thanks to the amazing instructor, Mrs. Lisa, and Brittany for all the help you gave me. I got an amazing location to do my internship in the orthodontics field. I'm glad I made the choice to come here. Time went by too quickly, but I know that I received all the right material to help me with my career. I will never forget, nor regret, the experience I got here at Arizona School of Dental Assisting.

**Vanessa Gibson, ASDA student**



**Arizona School of Dental Classes**

I have now been attending Arizona School of Dental Assisting for five weeks and I just love everything about this school. It's hands on and the instructors are great. I really am in disbelief at how much I have learned in such a short amount of time. Lisa and Brittany are great. Not only are they awesome women, but they are such good teachers. Anything you have questions on, they have an answer and they make sure you know and understand every single thing we do in class.

I have never been more excited to start a new career and it is because of this school that I feel like I will finally have my dream job. I cannot thank Lisa enough for what she has brought into my life. If you are having second thoughts about this school, or just thinking, hmmm, should I do this, stop thinking it and just do it. You will not regret it and you will not only be given the tools for a great career, but you will feel accomplished and smart. Not to mention, you can make great friends along the way.

Thank you, Lisa, Brittany and the Arizona School of Dental Assisting. I love you all; you have changed my life.

**Katrina Sager, ASDA student**

For more information, call us at 602-678-7061, or visit our website, [www.azdentalassistants.com](http://www.azdentalassistants.com).

## Airman and Family Center offers programs for airmen and families

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, and meet other expectant parents.

Heart Link; The transition from singlehood to married life can be a difficult process. It is a program designed to familiarize civilian spouses with the military and alleviate issues.

Military Family Life Consultants (MFLC) provides short-term, non-medical counseling to service members and their families. MFLC program provides support for a range of issues including: relation-

ships, crisis intervention, stress management, grief, and occupational.

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 that includes, but not limited to, on-and off-base information and referral, parent training, support group, relocation assistance, financial management, and school information.

For more information, call 623-856-6550, e-mail [56fss.fsfr@luke.af.mil](mailto:56fss.fsfr@luke.af.mil), or visit [LukeIDS.com](http://LukeIDS.com). The center is at 7282 N. 137th Ave. Bldg. 1113, Luke AFB, AZ 85309.

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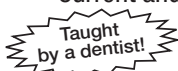
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**Dignity Health**  
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## Science Care sets standards for donor program

Science Care, the nation’s leading whole body donor program supports life through medical research, education and training. Since opening in 2000, the Phoenix-based company has distinguished itself as the leading whole body donor program with state-of-the art, hands-on medical training facilities and services nationwide. Accredited by the American Association of Tissue banks, Science Care has helped set the standard for excellence and quality for non-transplant tissue banks everywhere.

Science Care donor program serves as a link between those that wish to donate their body to science and the medical researchers and educators who rely on human tissue to advance medicine. Without the gifts of whole body donors, the rate of innovation



in surgical devices, implant technologies and minimally invasive techniques would be much slower. Researchers need human tissue to help develop new treatment options for those suffering from life impacting and debilitating diseases such as macular degeneration, blocked arteries, osteoporosis and many others.

There are also benefits to donors’ families. Most people

will qualify as donors and upon acceptance there is no cost to the family. This includes transportation, cremation and the return of cremated remains.

The Science Care community outreach team is available to speak to your civic or community group at no cost. For information, visit [www.ScienceCare.com](http://www.ScienceCare.com), or call 800-417-3747. Donation Services Coordinators are available 24 hours a day.

## FREEDOM PLAZA: Internet Cafe,

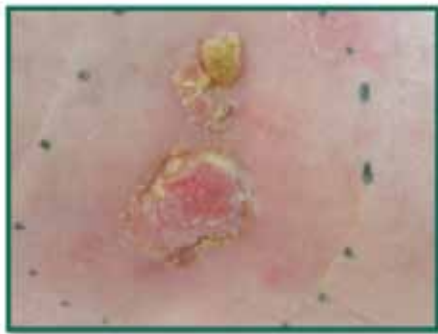
From 5 can communicate with each other, as well as their family and friends, and keep up with everything going on in the community. The Connected Living computers offer several senior-friendly features, like a touchscreen and a trackball mouse.”

Sam can often be found in the Connected Living Internet Café answering a question or guiding a resident through a website. “I enjoy meeting people and helping them use the computers.”

To learn more about Freedom Plaza Peoria and the Connected Living program, call 877-362-1466.

**FREEDOM PLAZA PEORIA**  
A Life Care Community  
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Pre-treatment



Nine weeks after treatment

## Skin cancer is the most common form of cancer in the United States

Many patients with basal cell or squamous cell skin cancers will be treated surgically with excellent results. For selected patients who cannot be treated surgically, HDR Brachytherapy provides an effective treatment alternative with few side effects.

HDR Brachytherapy for skin cancer is:

- Customized for each individual patient
- Non-invasive
- Non-scarring
- Performed in a convenient outpatient setting

**FAST:** For appropriate patients, HDR Brachytherapy provides optimal convenience and minimal disruption of a demanding day-to-day schedule.

In comparison to a course of standard radiotherapy, HDR Brachytherapy is considerably shorter (6-10 treatments vs. 30 lasts for about 3-5 minutes.

**POWERFUL:** HDR Brachytherapy delivers a highly concentrated dose of radiation using the most advanced, state-of-the-art 30 channel Nucletron microSelectron® Digital HDR unit and the latest version of the Oncentra® treatment planning software.

**PRECISE:** In contrast to standard radiotherapy, HDR Brachytherapy focuses on the tumor with a more superficial beam. As a result, HDR Brachytherapy results in less radiation delivered to a patient’s

deeper, healthy tissues.

Radiation therapy is an effective, less invasive treatment option for many different types of skin cancer, including basal cell carcinoma, which accounts for 90% of all skin cancers in the US, without surgery. Patients treated with radiation typically experience less scarring, which is especially important in highly visible areas, such as the face and neck.

Arizona Oncology treats patients with external beam radiation, High Dose Rate (HDR) Brachytherapy and chemotherapy treatment options for skin cancer.

For information, call 888-972-CURE, or visit [ArizonaOncology.com/skin](http://ArizonaOncology.com/skin).

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# TOGETHER: A BETTER WAY TO FIGHT SKIN CANCER.

**Skin cancer is the most common form of cancer in the United States.**

For patients with basal cell or squamous cell skin cancer, HDR Brachytherapy provides an effective treatment option with few side effects and excellent cosmetic results. Radiation can also help treat melanoma, a less common, but more serious form of skin cancer because of its tendency to spread.

If you or someone you love is diagnosed with skin cancer, explore your options. Together with The US Oncology Network, Arizona Oncology brings the expertise of nearly 1,000 physicians nationwide to the delivery of our patients’ care. At Arizona Oncology, we believe together is a better way to fight.

**Benefits of HDR Brachytherapy for Skin Cancer**

- Customized for each individual patient
  - Performed in a convenient outpatient setting
- Non-invasive and less scarring
  - Shorter treatment times than conventional radiation

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



# When seconds counted, Debi counted on us to save her life.

As the third most common cause of death in the country, a stroke can lead to irreversible damage to the brain. So when it strikes, every second is crucial. Fortunately for Debi, John C. Lincoln Hospitals excel in advanced stroke care. So when she arrived at the hospital, the stroke team kicked into high gear. And, today, she's at the top of her game.

To read Debi's story, visit [JCL.com/Debi](http://JCL.com/Debi).



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