

SPRING 2019

# HealthSmarts

## Yoga

Strong bodies  
and minds  
for all ages

## Banner Health Nurse On-Call

Program provides  
peace of mind

## Supplement drinks

Providing  
what you're  
missing

# A Growing Understanding

Fighting Alzheimer's: Early  
warning signs and groundbreaking  
discoveries in treatment

# Here's to Your Health!

We're excited to introduce the first Health Smarts for 2019!



This publication is all about helping you develop your own "Health Smarts." For some of you, this will be the first issue you've received and we say, "Welcome." For those of you who have been a part of our

readership over the years, we want to say, "thank you." Our goal for all our readers is to bring you relevant information about health issues, steps to living a healthier lifestyle and practical tips to manage the issues we all face as we age. You'll even find a crossword puzzle for fun and to help "exercise" your brain.

Speaking of the brain, kicking off this new year we'll be exploring the promising advances being made in Alzheimer's research at the Banner Alzheimer's Institute and Banner Sun Health Research Institute. You'll also meet a couple dealing with that diagnosis, and what they're doing to educate others about this disease. Along with some tips on building your brain power, we've also included a high-protein recipe to foster brain health. This issue isn't just about your brain, but also about your heart. We've included a feature on congestive heart failure to help you understand more about this condition. Other topics include Banner Health Network physicians who let us know how they respond to questions from patients like you in our "Doc Talks" feature. If you suffer from Age-related Macular Degeneration, we'll tell you about treatment options to help deal with this eye disease. Learn how yoga can help increase flexibility and improve balance. We'll also talk about nutritional supplement drinks

and why doctors may recommend them to their patients. You'll also read about our Nurse On-Call service, which is available to you 24/7 if you have a medical question or are looking for the best option to seek care to treat your symptoms.

You are receiving this magazine because you are a Medicare beneficiary and your physician participates with Banner Health Network and the Medicare Shared Savings Program (MSSP) ACO. The Shared Savings Program ACO is an innovative new approach to keeping Medicare beneficiaries well through highly-coordinated care. You didn't have to sign-up, there is no cost to you and it does not change your Medicare benefits in any way. You will also receive this magazine three times per year and get health reminders to keep you on track with your medical care.

As a reminder, Banner Health nurses and others from our medical team are available if you develop a serious new health condition, become chronically ill, are hospitalized for an extended period or just need extra help getting back on your feet. And you can reach our Nurse On-Call at (602) 747-7990 or (888) 747-7990.

We look forward to working with you and your doctor this year. It is a privilege to support you in achieving your best personal health.

Wishing you a healthy year,

A handwritten signature in black ink, appearing to read 'Ed Clarke'.

Ed Clarke, MD  
Banner Health Network Chief Medical Officer

**COVER STORY**

**8 Armed and ready**  
Battling Alzheimer's: Early warning signs and groundbreaking discoveries in treatment

**4 Doc Talk**  
If a patient has a question, what's the best way to reach you?

**5 Be Well**  
Recovery from heart failure

**6 On Call**  
Banner Health Nurse On-Call program provides peace of mind

**12 Get Moving**  
Yoga: Strong bodies and minds for all ages

**13 From the Pharmacy**  
A brighter outlook

**14 Good Eats**  
Supplement drinks can provide a healthy balance of nutrition

**15 Health Smarts Crossword**

**16 Healthy Living Calendar**



8

12



**NEED TO CONTACT MEDICARE?**

800-MEDICARE (800-633-4227)  
www.Medicare.gov

**REPUBLIC MEDIA**  
**CUSTOM PUBLISHING**

CREATED BY REPUBLIC MEDIA  
CUSTOM PUBLISHING  
A division of The Arizona Republic  
200 E. Van Buren St., Phoenix AZ 85004

**NOTICE OF NONDISCRIMINATION**

Discrimination is Against the Law: Banner Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Banner Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Banner Health provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

General Manager: Cami Kaiser  
Creative Development Director: Isaac Moya  
Editor: Jim Williams  
Design: Rachel Tullio  
Cover Photo: Rick D'Elia



Banner Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Banner staff.

If you believe that Banner Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with the Banner Patient Relations Services Center Director, P.O. Box 16423, Mesa, AZ 85211-6423, or call 602-747-6880, fax 480-

*If you no longer wish to receive this magazine: Please notify us at healthsmarts@republicmedia.com or 602-444-2235. Be sure to include your full name, address, city and zip code as it appears on the mailing label of the publication.*

684-6325 or email bannerhealthpatientrelations@bannerhealth.com. You can file a grievance in person, or by mail, fax, or email.

If you need help filing a grievance, the Banner Patient Relations Services Center Director is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, D.C. 20201 800-868-1019, 800-537-7697 (TDD). Complaint forms are available at hhs.gov/ocr/office/file.

# If a patient has a question, what is the best way to reach you?



We always educate our patients that if they have any question to call our office, no matter how big or small it may seem. The patient also has access to a patient portal if they would prefer to email about an issue or concern if after hours. If it is a serious or sensitive issue, I will speak to them

personally via phone or in person, whichever they prefer. I try to make myself available to all my patients to answer any issue or concern they have; it is definitely a priority to me. The key to a good patient-physician relationship is communication in whatever form it takes; we want to work together with our patients to improve their health.

Richard Fowler, MD  
Internal Medicine  
Arizona Center for Internal Medicine



It would depend on the type of question. For urgent questions, a phone call to the office is always best. For routine questions, the MyBanner Patient Portal is phenomenal. I really like this method of communication. To me, it's like old-time doc meets twenty-

first century technology. The patient can ask the question any time of the day and the doc can answer the question anytime of the day. I would typically have two 20-minute blocks of time per week to answer Patient Portal questions, more or less as needed.

Sarah Payne, DO  
Division Medical Director  
Banner Palliative Care & Hospice



Technology has become an integral part of our lives, changing the way we communicate. In the past, patients would call the office, wait for several hours to a day, before receiving a response. However, Banner's secure online portal allows patients to contact providers

directly. I respond to a larger number of patients in a more effective and personal manner. For those who wish to talk to providers over the phone, this method is still available. All in all, the utilization of technology has allowed me to provide better care to my patients.

Kothandapany Shalini, MD  
Internal Medicine  
Banner Medical Group



The best way to reach me is through the patient portal. Now, most practices have a portal set-up to allow patients to see lab results or any other diagnostics ordered by their physician. This also allows direct access to message the provider. When

I see a new patient, I always encourage getting onto the portal. If they call the office and there's a wait, it's automated and it may even go to an after-hours call center. This just frustrates the patient. So, for easier access, it's best to use the portal.

Cheryl Villamor-Nierva, MD  
Family Practice  
Banner Medical Group



## RECOVERY FROM HEART FAILURE

### Commitment to follow-up care makes recovery possible

By *Elise Riley*

Your watch doesn't wrap around your wrist comfortably anymore. Your ankles have lost their shape. You're experiencing shortness of breath. You might be suffering from heart failure.

While the name of this diagnosis sounds serious and the symptoms of it are very serious, the good news is that people can manage their heart failure.

People often think heart failure and heart attack are one in the same. While both have common causes and are forms of heart disease, heart attack happens suddenly, when arteries to the heart are blocked, cutting off blood flow. Heart failure develops over time, occurring when the heart cannot keep up with the body's demand for blood and oxygen.

#### Alarming numbers

The latest statistics for people living with heart failure is alarming. The American Heart Association says an estimated 6.5 million adults in the United States have heart failure. That number is expected to rise to 8 million by 2030. Symptoms for heart failure include shortness of breath,

fatigue or exhaustion, and swelling in the lower portion of the body.

"It's very common," said Dr. Fredric Klopff, cardiologist with Cardiac Solutions, a Banner Health Network practice. "Someone will feel fine and then develop respiratory symptoms, they'll gain weight, they'll notice swelling, and within a few days or a week they'll be in the emergency room."

#### Unexpected issues

At the hospital, doctors will conduct diagnostic tests to assess heart and kidney function. The primary goal is to get rid of fluid, which can weigh up to 20 or 30 pounds. While it's common for heart failure patients to have existing heart issues — a history of heart attack, for example — you can experience heart failure with no history of heart trouble.

"I have a few people in the hospital right this minute who didn't know they had heart issues," Klopff said. "It's not a normal part of aging. Things like osteoarthritis might happen to all of us. But heart failure implies there's an underlying heart issue."

Not only is heart failure serious,

it's also quite expensive to treat. The Centers for Disease Control and Prevention estimates that each year, heart failure-related services, prescriptions and lost work cost more than \$30.6 billion.

"It's the most expensive diagnosis for hospitalization," Klopff said. "And it's also one of the most common reasons for someone to be re-admitted to the hospital."

#### Diet changes

That's one of the reasons follow-up care is so important. After discharge, Dr. Klopff's patients can join a heart failure clinic that tracks their progress while also instructing them on lifestyle changes to keep them healthy. That includes taking a diuretic to stop fluid retention and making immediate changes to diet.

"Simply put, salt is the enemy," Klopff said. "The more salt we eat, the more fluid we retain, and we might gain a few pounds in a day. We encourage people to weigh themselves every day."

Patients must adhere to a diet of less than 2 grams daily of added salt, and monitor their weight daily. Once the heart failure clinic knows a patient has gained a bit of weight, the team can conduct blood tests and adjust medication.

As a result of those efforts, Klopff and his team at Cardiac Solutions have lowered their patient readmission rate by 50 percent, he said.

"With management, most people can live a full and healthy life," Klopff said. "It's a chronic health issue. The vast majority of people, even those who have severe heart weakness, can manage it."

If you've ever found yourself wondering whether your symptoms are severe enough to justify a trip to urgent care or whether you should wait to see your primary care doctor, Banner Health Network's free, round-the-clock Nurse On-Call phone service can help you decide which medical setting is best for you.

"There are a lot of considerations that go in to the advice we give," said Jennifer Robinson, R.N., director of Banner Health Network's Nurse On-Call.

"When a caller tells us their symptoms and provides a bit of their medical history, we can evaluate the situation and determine, based on the time of day as well, whether urgent care or their doctor's office is more appropriate. There are 20

# ON-CALL HELP

Banner Health Nurse On-Call program provides peace of mind

*By Debra Gelbart*



**REACH OUT** To reach Nurse On-Call free of charge 24 hours a day, seven days a week, call 602-747-7990 or 888-747-7990

registered nurses who all rely on their experience and clinical judgment to align a caller with the most appropriate level of care based on his or her individual needs."

Robinson emphasized that only experienced, specially trained nurses from a variety of backgrounds — including emergency care, acute care and



pediatrics — are part of Nurse On-Call.

### **When NOT to contact Nurse On-Call**

If you're experiencing the following life-threatening symptoms:

- Shortness of breath
- Dizziness severe enough to impair your mobility
- Chest pains

- Signs of a stroke (difficulty speaking, drooping face, sudden-onset weakness in a limb)
- Severe bleeding that will not stop  
Don't phone Nurse On-Call, Robinson advised. "Call 911 immediately," she said. "Don't try to drive yourself or have a loved one drive you to the E.R. Wait for an ambulance to transport you, because paramedics can

start taking care of you right away in the ambulance."

### **If symptoms are less severe...**

For less severe medical issues such as:

- Sprained ankle
- Bad cough
- Stomach pains

Nurse On-Call can be the perfect way to get guidance about which medical setting is best. And if you're already a patient within Banner Health Network, the nurse you reach on the phone will have access to your medical records if you give the nurse permission to view them.

Robinson recommends not looking on the internet to diagnose yourself if you think you may be dealing with a medical issue. "Try to steer clear of the internet when you're worried about symptoms," Robinson said. "There is just too much misinformation out there."

It's a better idea to phone Nurse On-Call, Robinson said. "If appropriate, we can advise a caller about how to care for themselves or a loved one at home and we alert the caller to what to watch for in the next days. We can email the caller information and we follow up with a phone call back to them in 24 hours to see how the caller or their loved one is doing."



## The fight against Alzheimer's

# ARMED AND READY

Early warning signs and groundbreaking discoveries in treatment

By Meghann Finn Sepulveda | Photos by Rick D'Elia

It began with a few too many pauses during a conversation one day that alarmed Kathy Norris-Wilhelm. Her spouse, Jean Norris-Wilhelm also started to misplace things more frequently around the house. The couple knew something was wrong. Testing determined that Jean had mild cognitive impairment. But her symptoms gradually worsened. Desperate for answers, she underwent a complete neurological evaluation. A PET scan revealed that Jean had Alzheimer's disease. At only 55 years old, the diagnosis came as a shock. Determined not to give up, the couple sought treatment at Banner Alzheimer's Institute (BAI).

### More than memory loss

One of the most widely known signs of Alzheimer's disease is memory loss, but some changes in memory

and how the brain processes information can be part of typical age-related change, according to the Alzheimer's Association.

"A minor lapse in retrieving information or having slower recall is considered a normal part of aging," said Alireza Atri, MD, PhD, Banner Sun Health Research Institute (BSHRI) director. "But memory loss that becomes consistent as opposed to occasional and affects a person's ability to function could be a sign of Alzheimer's disease or another medical condition."

Other symptoms may include challenges with executive functions that can impact daily life activities, such as organizing finances, paying bills, keeping a calendar, starting or completing tasks, judgment and decision-making skills. Experts say that mental functions can also be impacted and may lead to confusion,

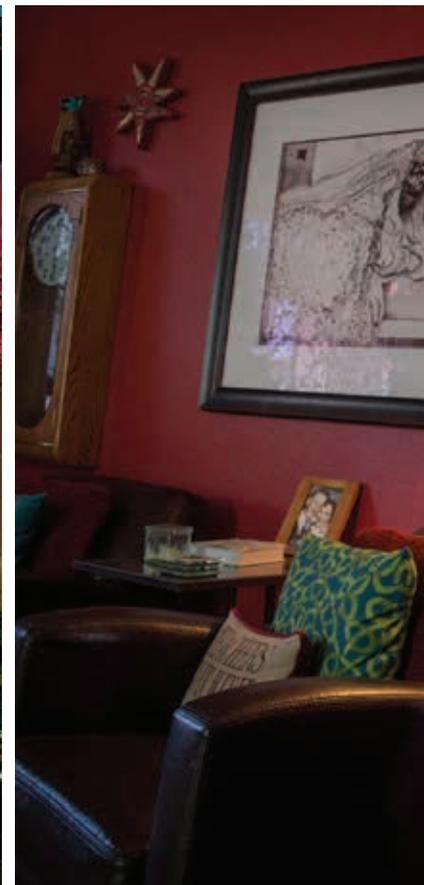
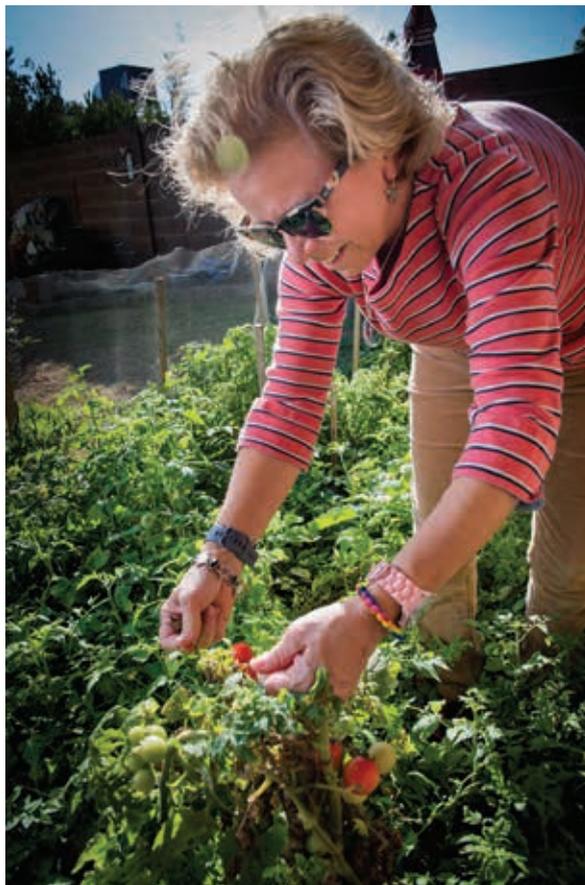


## SUPPORT AND BOOST YOUR BRAIN

Did you know you can reduce your risk of cognitive decline by making key lifestyle changes that can greatly impact your brain, body and heart health?

Dr. Atri shared simple ways individuals can keep their brain healthy:

- Manage blood pressure, glucose, cholesterol and body mass index
- Don't smoke
- Avoid needless medications and supplements – they can be brain toxic
- Reduce stress and engage in activities that are fun and relax you
- Have a positive perspective on life
- Connect with others and be socially engaged
- Exercise the brain – do new things that are challenging and effortful
- Engage in regular, physical activity including getting your heart pumping (and a little sweating) as well as light weights and stretching



misplacement of personal items, difficulty navigating, or changes in language, vocabulary, mood or personality.

"If any of these symptoms are present, a prompt discussion with your health care provider is a good idea to address any concerns and identify the cause, including any potential medical conditions," Dr.

Atri added.

At Banner Alzheimer's Institute in Phoenix, and Banner Sun Health Research Institute in Sun City, a multi-disciplinary team of experts work closely together to thoroughly evaluate, accurately diagnose and treat any conditions that may be the cause, including diseases like Alzheimer's, and to care and support

patients and their loved ones.

"We partner with the patient and their trusted partners to perform a personalized, comprehensive and holistic interview and examination to assess lifestyle, along with past and current daily activities and mental abilities," Dr. Atri explained. "Patients also undergo tests of mental function, blood work and brain

after her diagnosis.

"We had no idea if it would work, but we felt that even if Jean didn't benefit from the clinical trial, maybe others would," said Kathy.

Ongoing research in healthy brain aging and studies for individuals with Alzheimer's disease, dementia or memory loss is conducted both at BAI and BSHRI. Both locations

#### KNOWLEDGE IS POWER



Learn more about the diagnosis, treatment and support services available at Banner Alzheimer's Institute for individuals and family members at [banneralz.org](http://banneralz.org).

is not a cure yet for Alzheimer's, the goal is to slow down the progression of symptoms and to improve or maintain quality of life for individuals and their families."

#### A positive outlook

Determined to face the disease with dignity and grace, Kathy and Jean began to rally. They enlisted the help of family and friends to raise money for the Alzheimer's Association and participated in the organization's Walk to End Alzheimer's.

"The support we received was amazing," Kathy recalled. "We feel like it's our mission to educate people about Alzheimer's disease, especially in young individuals, help them get the resources they need and find a cure."

Kathy and Jean also made significant changes to their lifestyle by incorporating more whole and plant-based foods into their diet. They also began exercising daily and tending to their outdoor garden, a special area of the home where Jean feels most at peace.

The couple is encouraged by the results they have seen from Jean's treatment. And while they acknowledge there will be challenges along the way, they are filled with gratitude.

"Life is what you make it," Kathy said. "We don't take a day for granted."

imaging to identify what exactly is occurring in the brain to determine the causes and to treat them."

#### Targeted treatments

Following an evaluation at Banner Alzheimer's Institute in 2016, Jean began exploring options for clinical trials. She successfully qualified for an investigational drug study shortly

offer care for patients and provide access to cutting-edge clinical trials, support groups for loved ones and educational classes and events.

"Patients and families have access to a team of compassionate clinicians to help guide and support them, as well as cutting-edge diagnostic tools and promising therapies," Dr. Atri said. "Although there



# YOGA: Strong bodies and minds for all ages

Flexibility, muscle toning and tranquility  
just some of the benefits *By Julie Maurer*



An active body is a healthy body, and some are finding yoga to be the best tool for keeping strong.

"Yoga creates flexibility, which is really important for seniors because as we get older, we lose our range motion," said Barbara Holt, Banner Health Network Board of Directors member and certified yoga instructor. "It enhances well-being by creating a sense of tranquility through an introspective practice by focusing your vision inside rather than always looking out."

She added the strength built while doing yoga makes everyday tasks easier to do, such as bending over to pick up things and tying shoes. In addition, it can also alleviate back pain. She noted yoga creates more space between the vertebrae to help relieve back pain and increase range of motion.

"There are floor and standing poses you can do each morning to

help release the muscles in your back," Holt said. "If they are not worked on a regular basis, these muscles get tight and pull on the back, causing pain. Yoga teaches you how to bend consciously, so that you do not injure your back."

## Building core strength

Another benefit of yoga is that it creates strength in the core muscles. "Our biggest fear as seniors is to fall and not be able to get up — if we can create strong core muscles, we won't have to worry about that," Holt said.

Yoga also increases circulation in the legs and also improves breathing. "You learn to expand your rib cage and create room for the lungs to open more fully — that's important because, as we age, our breathing becomes more constricted," Holt said.

She added that through Silver Sneakers programs, many places,

such as the YMCA and health clubs, offer yoga classes for free.

Cindy Via, MSN-L, BSN, BAOM, RN, an RN Manager with Banner Desert Cardiac and Pulmonary Rehabilitation, sees many health benefits from yoga and recommends it to her patients.

"Yoga has been shown to calm the mind and decrease stress levels. Yoga is being used in a few Cardiac Rehab centers across the country and has shown to help lower blood pressure, decrease stress hormones, provide an overall calmness and improve balance," Via said.

## Calm and focus

She notes patients have reported an increase in self-confidence to carry out daily activities and also see physical and social improvements, in addition to feeling more alert with a calm sense of focus.

And one of the ideal things about yoga for her patients, Via said, is there are many different types to meet different needs.

"Some types of yoga can be modified such as sitting in a chair instead of lying on the floor. There are different levels of yoga ranging from a beginner level to advanced level of yoga and many studios offer various types of yoga," Via said. "Search out a yoga studio in your area to find a type and level of yoga that you will feel comfortable starting with."



# A brighter outlook

## Innovative treatments for wet macular degeneration help halt vision loss

By Leigh Farr

The leading cause of vision loss in the United States, age-related macular degeneration (AMD) is a deterioration of the retina. But with early detection, the latest treatments for this medical condition can stop the disease in its tracks, and in some cases restore lost vision.

"Only a decade and a half ago, macular degeneration was a devastating diagnosis. The whole paradigm shift from vision loss to remarkable preservation, and in many cases restoration of some of the lost vision, has been huge," said Jordan Graff, MD, FACS, a research scientist and ophthalmologist at Barnet Dulaney Perkins Eye Center.

This disease typically starts as the dry type which is less severe. In 10 percent of patients, it progresses to wet AMD when abnormal blood vessels leak fluid into the retina. Symptoms of wet AMD may appear suddenly and include general haziness and a blind spot in your field of vision.

"Wet macular degeneration af-

fects a small percentage of patients, but it progresses more rapidly and can cause severe vision loss or even blindness," said Mary Martin, a clinical pharmacist at Banner Health.

### Effective Treatments

Dry AMD can be slowed by sufferers through various methods. One of the biggest ways is by giving up smoking. Other methods that help slow the disease include eating a healthy diet and taking special vitamin supplements. Wet AMD, on the other hand, is managed with medication.

Currently there are three drugs prescribed — Lucentis, Eylea and Avastin. Also known as anti-vascular endothelial growth factor, the drugs slow the progression of the disease and in some cases, restore lost vision by blocking the growth of abnormal blood vessels harming the retina. They are given via injection initially every four weeks, sometimes followed by less frequent dosing.

The drugs have been shown to be very effective. In clinical trials for Lucentis, 95 to 97 percent of patients treated did not go on to experience vision loss. And 30 to 40 percent of participants regained lost vision. Studies show that Eylea and Avastin

are equally beneficial.

The American Academy of Ophthalmology does not recommend any one drug over another.

The annual costs for the medications vary greatly, ranging from less than \$200 for Avastin to more than \$2,000 for Lucentis or Eylea.

### Painless Procedure

Having performed nearly 30,000 injections during his career, Dr. Graff says treatment for AMD is painless.

"We've developed techniques that are very comfortable for the patient. They won't see a needle, and we numb the eye so they might feel a little pressure, but it's not painful," he said.

According to Dr. Graff, the benefits far outweigh the risks. "These drugs are remarkably safe," he said.

"When patients ask, 'what are my risks of doing it?' I tell them the risk of not treating it is severe vision loss. Yes, there are risks to the injection, but the risk of hemorrhage or infection in the eye or retinal detachment, any serious issue is less than 0.1 percent."

Dr. Graff is excited about treatments in the pipeline for wet AMD. Research scientists at Barnet Dulaney Perkins Eye Center are leading clinical trials designed to make therapy easier and more effective for patients. Promising treatments involve gene modification, stem cells and devices that allow sustained release of medication.

"The future for macular degeneration is very promising," says Dr. Graff. "We are already on the verge of the next paradigm where we can restore vision."



# A little help goes a long way

## Supplement drinks can provide a healthy balance of nutrition

By Michelle Jacoby

With confident and inspiring names such as Boost, Ensure and Impact, nutrition supplement drinks have become a staple in health and nutrition, particularly for those with eating challenges. Doctors order them for patients whose appetites have been disrupted because they are recovering from surgery, sickness or critical illness.

And consumers can buy them at their local grocery store or pharmacy to supplement their daily intake of essential vitamins and minerals.

### Get your 'essentials'

"These drinks, which are meant to supplement meals, are essentially

complete, balanced nutrition in a compact, manageable serving," said Margaret O'Brien, registered dietitian and certified diabetes educator with Banner Health Network. "There are many potential uses for them for people of all ages and health conditions."

According to O'Brien, these nutrition drinks provide a healthy balance of protein, carbohydrate and fat, especially for older people.

"Many times, seniors have increased needs due to illness, injuries and other health conditions," she said. "Rich in protein, vitamins and calcium, these drinks can provide the needed nutrition if the person doesn't feel like eating or isn't able to eat."

### Healthy option

"If you are trying to lose weight, it is best to change your eating habits to include more healthy foods,

## HIGH PROTEIN DISHES

### White Bean Sausage Soup

8 oz. mild Italian turkey sausage links, cut into 1/2-inch slices  
 1 medium onion, chopped  
 1 tsp. bottled minced garlic  
 2 cans (15 oz.) cannellini (white kidney) beans, rinsed and drained  
 1 can (14.5 oz.) no-salt-added diced tomatoes, undrained  
 1 can (14 oz.) reduced-sodium chicken broth  
 1-1/2 cups water  
 1 tsp. Italian

seasoning, crushed  
 1/4 tsp. ground pepper  
 4 cups coarsely chopped kale or spinach

Cook sausage, onion and garlic in a large saucepan 5



to 10 minutes or until the sausage is browned and the onion is tender. Drain off fat. Stir in beans, tomatoes, broth, the water, Italian seasoning, and pepper. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Stir in kale (or spinach). Simmer, uncovered, 1 to 3 minutes more or until the kale is tender (or the spinach is wilted).

### Honey-Soy Broiled Salmon

1 scallion, minced  
 2 tbsp. reduced-sodium soy sauce  
 1 tbsp. rice vinegar  
 1 tbsp. honey  
 1 tsp. fresh ginger, minced  
 1 lb. center-cut salmon fillet, skinned, cut into 4 portions  
 1 tsp. toasted sesame seeds.

Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic



like fresh fruit and vegetables, whole grains and lean meats.," she said. "These drinks can be a good assistant because they provide a healthy option to making bad food choices, especially if you're pressed for time or on the go."

For people concerned about the ingredients found in these drinks like added sugar and fats, O'Brien suggests doing your homework and, most importantly, reading the labels.

"You can pick products that don't have corn syrup or hydrogenated vegetable oils," she said. "It's about knowing why you want to use these drinks, what your purpose is, and what your goal is and then choosing the product that best fits your needs."

1	2	3	4			5	6	7	8	9
10				11		12				
13					14					
15				16				17		
18			19				20			
	21						22			
			23			24				
25	26	27			28			29	30	
31					32					33
34				35				36		
37			38				39			
40						41				
42							43			

**ACROSS**

- 1 Con
- 5 Composer Erik
- 10 Lockerroom item
- 12 Bitter humor
- 13 Chess start
- 15 King, in France
- 16 Part of some German names
- 17 Penn of "House"
- 18 Holdup man
- 20 Style
- 21 Toss
- 22 Without — (risky way to work)
- 23 Like neon
- 25 Do some laps
- 28 Gaggle members
- 31 Highway division
- 32 Ad section
- 34 Maximum amount

**DOWN**

- 35 West of films
- 36 France's Côte —
- 37 Deed transfer time
- 40 Spacey or Kline
- 41 Dine at home
- 42 Artery opener
- 43 Church offshoot
- 1 Squall
- 2 Excuse
- 3 "Anchors —"
- 4 Fellows
- 5 Autograph
- 6 Ulna's place
- 7 Hired
- 8 Overrun

- 9 Lace's place
- 11 Consume to survive
- 14 Edvard Grieg, for one
- 19 Filth
- 20 Partners
- 24 Fail to follow suit
- 25 Pants
- 26 Spot for ten-spots
- 27 Smitten
- 29 Peaceful
- 30 Steamy
- 33 Lott of the Senate
- 35 Mouthwash flavor
- 38 Sermon subject
- 39 "— Kapital"

bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

Toast sesame seeds by heating a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Preheat broiler. Line a small baking pan with foil and coat with cooking spray.

Transfer the salmon to the pan, skinned-side down (discard marinade). Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Source: *EatingWell.com*

**PUZZLE ANSWERS ONLINE**

At [BannerHealthNetwork.com/members/healthsmarts](http://BannerHealthNetwork.com/members/healthsmarts)

---

## Healthy Living **CALENDAR** *To find more classes near you, visit [BannerHealth.com/calendar](http://BannerHealth.com/calendar).*

### **Banner Brain Health Program**

Apr. 4, 9:30 a.m. – Noon  
Cahill Senior Center, 715  
W 5th St, Tempe

June 12, 9 – 11:30 a.m.  
Banner Sun Health Research  
Institute, 10515 W Santa  
Fe Dr., Sun City

Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory.

By starting with a discussion of the difference between “normal aging” and something more serious, and a self-assessment, the Brain Health Program can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health. Limited to



20 participants each session. RSVP at [BannerAlz.eventbrite.com](http://BannerAlz.eventbrite.com)

### **Emotional Changes: Understanding symptoms beyond memory loss**

May 15; 10 – 11:30 a.m.  
Banner Sun Health Research  
Institute, 10515 W Santa  
Fe Dr., Sun City

It is well recognized that Alzheimer's disease causes memory loss. This program focuses on helping you better grasp the common emotional changes that may occur

in the person with AD. Learning to better understand emotional changes can help you to increase your level of empathy and reduce caregiver frustration. Register at [BSHRI.eventbrite.com](http://BSHRI.eventbrite.com).

### **Healthy Living with Diabetes**

Learn how to manage your blood sugar to optimize health and vitality. Class is free, but registration is required. Call (602) 230-CARE (2273) to reserve your seat.

#### *West Valley*

Banner Peoria Corporate Office  
16155 N 83rd Ave, Suite 201, Peoria  
Tuesday, Apr. 23; 1 – 3 p.m.  
Tuesday, May 21;  
10:30 a.m. – 12:30 p.m.  
Tuesday, June 25; 1:30 – 3:30 p.m.

#### *East Valley*

Thursday, Apr. 25; 1 – 3 p.m.  
Thursday, May 23; 10 a.m. – Noon  
Thursday, June 27; 1:30 – 3:30 p.m.

## **For life's potential emergencies**

Have you ever wondered, is this an emergency? If you aren't sure, or you need a nurse's advice about where to get care, call us. We are here to help. **24 hours a day.**

**Banner Health Nurse On-Call: (602) 747-7990 or (888) 747-7990**