

## Dear Reader:



Did you know that most people who have a heart attack, with the right care and commitment to rehabilitation, have the opportunity to make a full recovery? With modern medicine, they can get a second chance at life. But don't wait to have an attack to make a change. If you have the signs and symptoms of heart disease, changing your lifestyle now can make a difference.

What would it feel like to have a heart attack? Read on to find out. Also learn about the DASH diet, hands-only CPR, heart-healthy apps for your smart phone and what to look for when reading food labels. Other topics covered in this issue include atrial fibrillation, angina and the use of blood thinners.

You are receiving Smart & Healthy magazine because you are a Medicare recipient and your physician participates with Banner Health Network and the Medicare Pioneer Accountable Care Organization. You didn't have to sign-up, there is no cost to you, and it does not change your Medicare benefits in any way.

As a result of your physician's participation, you have access to a variety of free services to support your good health. For example, if you are hospitalized or diagnosed with a serious condition, you may be contacted by a Banner Health nurse case manager. He or she will work with you and your doctor to make sure you have the best opportunity to recover and/or maintain your health. Be sure to take advantage of this health advocate, there is no charge for case management services – it's free.

Need advice about resolving a health issue you are experiencing now? Our triage nurses can assist you. Call them at Banner Health Network's Member Experience Center at 602-747-7990, 24 hours a day.

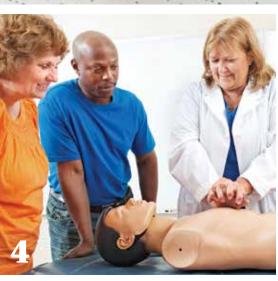
To your health,

Dr. Nishant (Shaun) Anand **Chief Medical Director** 

### Heart Issue 2015 / Contents



- COVER STORY
- 8 Heart attack:
  Recovering from a heart attack
  isn't just possible, it's expected.
  Now you need to prevent No. 2!
- 4 Hands-only CPR method is key to 'staying alive'
  It's easier to learn than you think.
- 6 DASH to a healthy diet
  Diet is shown to lower blood
  pressure and reduce cholesterol
- 11 Read the signs
  Food labels are tools for
  heart-healthy eating
- 12 Exercise for people living with agina
  Improve symptoms, lessen changes for a heart attack
  - 13 5 apps for heart healthy living
  - 14 Skipping a beat?
    Pay attention.
    Atrial fibrillation is one of the common heart disorders
  - 15 New blood thinners
    Advantages and
    disadvantages
  - 16 Healthy living events and activities





## REPUBLIC MEDIA CUSTOMPUBLISHING

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

Creative Development Director: ISAAC MOYA

Editor: JIM WILLIAMS

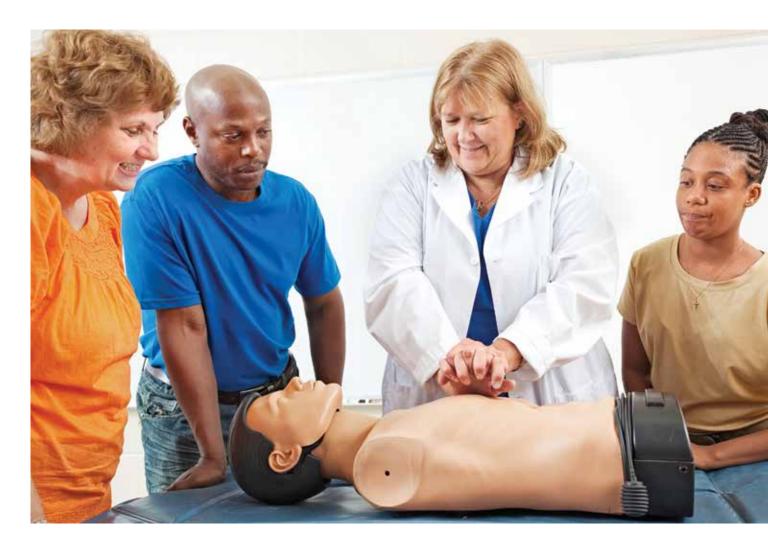
Sr. Managing Art Director: TRACEY PHALEN Editorial Coordinator: NICK KOSTENKO

Design: RACHEL TULLIO

Cover Photography: RICK D'ELIA



If you no longer wish to receive Smart & Healthy magazine: Please notify us through email at smarthealthy@republicmedia.com or by phone at 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.



# Hands-only CPR method a key to 'Stayin' Alive'

New technique increases likelihood of someone stepping in to save a life By Kristine Burnett

ost of us believe that, if given the opportunity, we would take every step necessary to help save someone's life. Cardiopulmonary resuscitation (CPR) is one technique that almost anyone can perform in the event of an emergency in which a person's breathing or heartbeat has stopped, such as a heart attack or near drowning. However, despite its proven effectiveness, findings suggest that many bystanders

do not perform CPR when the time comes — either because they do not know how or they are unwilling to try.

"Surveys and other reports show that the likelihood of a bystander actually stepping up and performing traditional CPR, which the American Heart Association describes as including both chest compressions and rescue breathing, is very low," said Darlene Parrott, RN, MSN, a clinical education specialist with Banner Health. "People are often fearful of doing something wrong or even of becoming infected by giving mouth-to-mouth breaths."

#### **Increasing chance** for survival

She says the fear and anxiety associated with conventional CPR led to bystanders only administering the lifesaving technique about 27–33 percent of the time. There is, however, an alternative that is slowly but surely increasing the chances that someone will perform CPR.

"Hands-only CPR is a method in which the rescuer never stops to give breaths," she explained. "As more people become aware of the method, more lives are being saved."

Parrott says handsonly CPR, which has been recommended by the



"Hands-only CPR is a method in which the rescuer never stops to give breaths. As more people become aware of the method, more lives are being saved.

American Heart Association since 2008, entails two steps:

- Call 9-1-1
- Give chest compressions at a rate of 100 compressions per minute

"A good rule of thumb for giving compressions at the right pace is to do it to the tune of the song, 'Stayin' Alive,'" she noted. "We have found that people who use the hands-only technique actually give better quality CPR. The value of CPR is in moving oxygen that's already in the bloodstream to the brain to keep it alive."



#### STAYIN' ALIVE

Learn to help

Everyone is encouraged to complete CPR training. Banner Health Network hosts complimentary Valley-wide CPR information classes on a quarterly basis. Call 602-230-CARE for more information on classes, and to find a date and location that is convenient for you.

#### **Proper steps**

Parrott outlines the following steps for performing chest compressions:

- Place your right hand in the center of the victim's chest
- Place your left hand over the right and lock your fingers together
- Straighten your arms and lock your elbows
- Use your back to push down on the chest in a rocking motion
- Push hard and fast, compressing at least two inches at a rate of at least 100 compressions per minute
- Keep your arms locked to minimize fatigue

While the hope is that a person can administer CPR until emergency responders arrive, fatigue sometimes sets in. Parrott says it's important for people to do as much as they can and to remember that any effort they make has a meaningful impact.

"Something is certainly better than nothing when trying to save a life."

DASH to a healthy diet

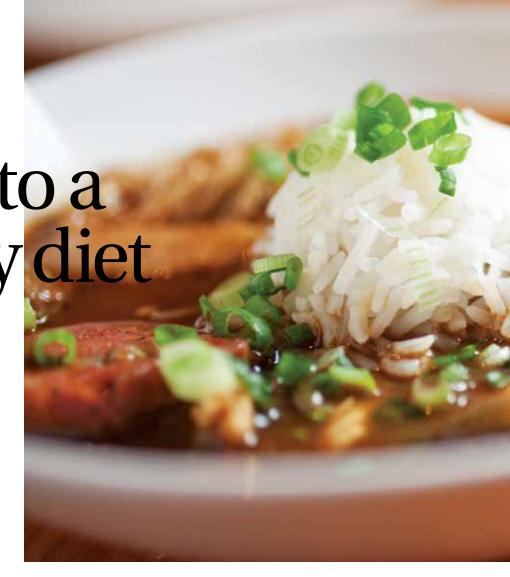
Diet shown to lower blood pressure, reduce cholesterol

By Gremlyn Bradley-Waddell

hink diets aren't for you? The DASH diet will make you reconsider.

That's because the DASH approach – the acronym stands for Dietary Approaches to Stop Hypertension - is not a diet focused on weight loss but a research- and evidence-based eating plan that the National Heart, Lung, and Blood Institute (a part of the U.S. Department of Health and Human Services' National Institutes of Health) introduced years ago.

Hypertension, or high blood pressure, is known to damage the body and be a risk factor for stroke and coronary heart disease, according to the Institute, and it also puts individuals at risk for other medical conditions like heart failure, kidney disease and blindness.



#### Sensible, balanced

The DASH diet, however, has been shown to lower blood pressure, reduce cholesterol and improve insulin sensitivity (good for diabetes prevention and for those who have diabetes), all without the use of medication, said Margaret O'Brien, a Banner Health certified diabetes educator and registered dietitian. And it's also appropriate for most anyone of any age, she said.

"You should always check with a doctor before going on any diet, but the DASH diet is really a

#### SAMPLE DASH

A 1,800 to 2,000-calorie diet which would be appropriate for most seniors — would include for the following:

- √ Grains: 6 to 8 servings a day
- ✓ Vegetables: 4 to 5 servings a day
- ✓ Fruits: 4 to 5 servings a day
- products: 2 to 3 servings a day
  - ✓ Lean meats, poultry and fish: 6 or fewer servings a day
  - √ Nuts, seeds and legumes: 4 to 5 servings a week
  - √ Fats and oils: 2 to 3 servings
  - √ Sweets: 5 or fewer a week

## 20-Minute chicken creole

This quick Southernstyle dish contains no added fat and very little added salt in its spicy tomato sauce Source: Deliciously Healthy Dinners

Prep time: 15 minutes Cook time: 20 minutes Yields: 4 servings Serving Size: 11/2 C

#### **Ingredients**

12 oz boneless, skinless chicken breast, cut into thin strips 1 C canned whole peeled tomatoes, chopped 1 C chili sauce (look for lowest sodium version)

1½ C green bell pepper, rinsed and chopped 11/2 C celery, rinsed and chopped 1/4 C onion, chopped 1 tbsp garlic, minced (about 2-3 cloves) 1 tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried) 1 tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried) 1/4 tsp crushed red pepper

½ tsp salt

Cooking spray

#### **Directions**

1. Spray sauté pan with cooking spray. Preheat over high heat. 2. Cook chicken in sauté pan, stirring for 3-5 minutes. Reduce heat. 3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boil over high heat, and then reduce heat to simmer. 4. Simmer, covered,

sensible, well-balanced eating plan that encourages a lot of fruits and vegetables and fat-free or lowfat dairy items and more moderate amounts of whole grains, lean meats, nuts, seeds and beans," she said. "It's a healthful way for all of us to eat, and it's designed to be a plan that you and your entire family can stay on for life."

There are several versions of the plan, some of which are more focused on weight loss or weight management and even vegetarian and reduced-sodium options, and individuals with food allergies and sensitivities can partake as well. While DASH limits the consumption of sweets, sodium, red meat and sugary beverages, "that doesn't mean you can't include those things from time to time in small quantities," O'Brien said.

#### What your should know

According to the Institute's website, the number of daily servings from food groups will depend on your daily calorie, or energy, needs.

Of course, O'Brien said, the benefits you achieve from the diet are directly related to the efforts you put toward following it. And, luckily, it's pretty easy to follow. O'Brien recommended phasing in small changes slowly, or maybe focusing on one meal (like breakfast or lunch) at a time, "so it's not an all-or-none proposition, which can make you miserable."

for 10 minutes

If you want to focus on improving your lunchtime meal, for example, she suggested swapping out processed foods for more natural versions - skip the deli counter meats and cheeses and opt for a chicken breast sandwich made at home - and switcing your beverage from cola or whole milk to water or a lower-fat version of milk, preferably one-percent or skim.

For more information, visit www.nhlbi.nih.gov, search DASH.



#### RECOVERY FROM HEART ATTACK ISN'T JUST POSSIBLE, IT'S EXPECTED

#### By Elise Riley

# George Tooze, 60, is living proof of the rule, "time is muscle."

As an emergency room nurse, Tooze knows how critical it is to quickly treat heart attack.

"I was driving, and all of the sudden it felt like somebody stuck a knife through my chest," he said. "I knew exactly what it was."

It was a heart attack, and Tooze, a Chandler resident, needed treatment immediately.

"The heart muscle is like brain tissue," said Dr. Ashish Pershad, a cardiologist and the director of the interventional cardiovascular training program at Banner-University Medical Center Phoenix. "It can only survive for six hours at most without permanently suffering some damage. If a patient shows up within six hours of having symptoms, a lot of times they have no heart muscle damage."

In short: time is muscle.

Tooze just happened to be driving on McDowell Road near Banner University Medical Center this past February when he felt the pain.

"I pulled in. They took one look

at me, and I was off to the cath lab," he said.

(NOTE: This patient was near a hospital when his heart attack happened. If you think you are having a heart attack, call 911. It is not safe to drive yourself to the hospital.)

Tooze had an angioplasty, where doctors inflated a tiny balloon in a constricted artery to reestablish blood flow. Two stents were inserted to keep the vessels open. Just 33 minutes after he felt the initial pain, Tooze's heart attack was treated.

"The goal is an hour and a half, and I had the balloon expanded 33 minutes after I felt the chest pain," Tooze said. "It was so fast, I suffered no actual heart damage."

Less than two days after his heart attack, Tooze went home. And his story isn't unusual – today heart attacks are treatable and manageable, particularly when patients get help quickly and manage their risk factors.

#### **Treatable**

While his treatment was extremely fast, Tooze's story of recovery isn't unusual. Heart attack is not just something that's treatable, it's also something that patients can recover from nearly completely. Massive, first-time heart attacks that are immediately fatal are rare.

"The biggest advancement we've made is that most everyone who

## 3 questions for your doctor

Protect your heart by being prepared with the information you need. Ask your primary care physician these three questions:

- ✓ Do I have any risk factors for heart disease?
- √ How can I best control my diabetes, high blood pressure or cholesterol to reduce my risks?
- ✓ Should I take a low-dose (baby) aspirin if I believe I am having a heart attack?



"You need to make some lifestyle changes. But for the most part your longevity, and your quality of life are unchanged after you have a heart attack."

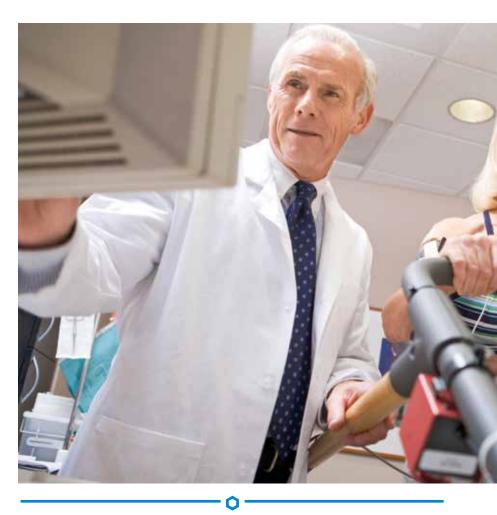
reaches the hospital and gets treatment does well. Unless they've sustained heart damage — their life isn't impacted after a heart attack," Pershad said. "The biggest challenge is to modify risk factors so you don't sustain a second heart attack. That's the goal: after you've suffered the first one, you don't want to have a second one."

#### Recovery

There are a variety of lifestyle adjustments that heart attack patients must make: quitting smoking, focusing on nutrition, and getting proper exercise. Cardiac rehabilitation helps patients learn how to exercise properly and develop an exercise routine to stay healthy.

"You're in an actively monitored program the first few months after the heart attack," Pershad said. "It's been shown to have a good effect on motivation and positive reinforcement. It also prevents depression. It's highly encouraged for at least a few months after heart attack."

Patients are also likely to begin



#### **SIGNS OF A HEART ATTACK**

There are many symptoms of heart attack, but these are the most common. Not everyone experiences the same symptoms or in the same severity. If you experience any of these symptoms and think you could be experiencing a heart attack, call 911 immediately. Remember, time is muscle.

#### **SYMPTOMS**

Chest pain: An aching or pressure in the chest. It could stop and then return.

General upper body pain: From the jaw to the shoulders or arms, shooting pain that's not located in the chest.

Stomach pain: It could feel like indigestion or heartburn.

Shortness of breath or lightheadedness: You might feel dizzy or have difficulty catching your breath.

#### Sweating or nausea:

Vomiting and sweating are also common symptoms.

In women: Women most often feel shortness of breath, not classic chest pain.

taking medications to heal the heart muscle and prevent another attack. Common medications include blood thinners and cholesterol reducers.

"You need to make some lifestyle changes," Pershad said. "But for the most part your longevity, your quality of life are unchanged after you have a heart attack."



#### Manage risk factors

It's also important to work with a primary care physician to manage risk factors. Tooze has type II diabetes, high blood pressure and high cholesterol. He's going to work with an endocrinologist to help manage the diabetes and improve his nutrition. He's also following up with a cardiologist to make sure there are no other blockages that could cause an attack. He said that recovery after heart attack has a lot to do with attitude.

"You can't just sit there and wait to see if anything else is going to happen," he said. "If you go to cardiac rehab you can do all the things you've done before."

# Read the signs

Food labels are tools for heart-healthy eating

#### By Joan Westlake

utrition Fac

Eating heart healthy includes reading the labels on packaged foods. At the Banner Heart Hospital and Banner Baywood Medical Center, registered dietitian Tanja Todorovic teaches the basics of understanding the information and applying it to your daily menu.

"It is extremely important to read food labels in order to make healthy choices," she said. "I find that most patients have a fairly good

> understanding of label reading and most do read labels. But they tend to be confused about serving sizes."

Always start by looking at the serving size listed on the food label. Note that all the calorie and nutrient information on the label is for one serving. If you eat more

than the serving size listed, you consume more calories and nutrients.

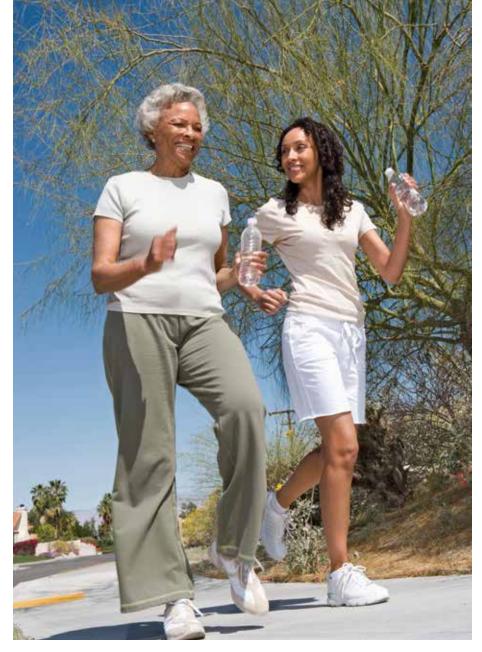
Todorovic emphasized that in addition to these general heart healthy guidelines, individuals still need to choose a wide variety of foods to make up a healthy, well-balanced diet and gradually increase regular physical exercise, as they are able.

#### Use labels to follow these heart-healthy dietary standards:

- ✓ Calories –Select foods that are rich in nutrients and lower in calories. Too many calories can lead to weight gain.
- ✓ Total fats Try to choose foods with less than 5 grams total fat per serving.
- √ Saturated fat, trans fat and cholesterol - Minimize these as they are not heart-healthy.

- √ Sodium Look for lower sodium foods that will help you keep under 2,300 milligrams per day.
- √ Total carbohydrates and sugars - If you have high triglycerides, choose foods with fewer total carbohydrates and less added sugars.
- ✓ Dietary fiber Include foods with at least 3 grams of fiber per serving.

Tune-up your label savvy as well as other heart healthy habits at free Living Well with Heart Disease classes taught by Banner Health Network educators. For more information, call (602) 230-CARE (2273).



# Benefits of exercise for people living with angina

Improve symptoms, lessen chances for heart attack

ngina is described as chest pain and discomfort often experienced when the heart doesn't get enough oxygen. More than 7 million Americans suffer from angina, according to the National Heart, Blood and

Lung Institute. The best way to prevent angina is to embrace a healthy lifestyle and incorporate regular exercise.

#### Types of angina

Angina is a symptom of a narrowing or blockage in blood flow

to the heart. It can also be a sign of an underlying heart condition like high blood pressure, anemia or pulmonary hypertension.

There are several types of angina that range from mild to severe.

"Stable angina is the most common and usually has been happening for a while without the severity or frequency increasing, and without occurring at rest," said Todd Perlstein, MD, a cardiologist at Banner Health Network.

Stable angina is often predictable and pain can be managed with rest or medication.

"Unstable angina is usually more frequent, more severe, or occurring at rest," Perlstein added. "It is a sign that a heart attack may occur soon and emergency medical care is needed."

#### Symptoms and diagnosis

Patients with angina typically experience pressure or tightening of the chest that can last a few minutes.

"If pain lasts more than 20 minutes, it usually indicates that a heart attack is happening" Perlstein said. "Discomfort can also be felt in the arms, neck, jaw and back and is often accompanied by shortness of breath, and sometimes heavy sweating or nausea."

A heart stress test or cardiac catheterization is used to confirm the diagnosis.

#### **Risk factors**

Risk factors include advanced age, obesity, sedentary lifestyle, active or passive smokers, high cholesterol and family history.

"The presence of any vascular disease, such as stroke or peripheral artery disease (PAD) increases one's risk for angina," Perlstein said.

Risk factors are important but may not tell the whole story.

"Some patients with no risk factors develop angina, and some patients with every risk factor never develop angina," said Perlstein.

#### **Treatment and prevention**

Medication and exercise can help to control stable angina. Unstable angina generally requires hospitalization and involves intensive medication therapy and cardiac catheterization to identify the blockages in the blood vessels to the heart.

Moderate-intensity daily exercise such as walking, swimming or cycling can help to avoid the progression to unstable angina or heart attack.

"Patients with angina can perform any type of exercise under the guidance of a physician," Perlstein said. "An exercise program that includes aerobic or strength training should begin with light activity and gradually increase in duration and intensity."

Experts recommend starting with an extended warm-up period to give the heart extra time to adjust to exercise.

"If angina begins to happen during exercise, stop and rest immediately," Perlstein said.

Be sure to talk to a physician before starting a new exercise regimen.

# 5 apps for heart-healthy living

By Brian Sodoma

There are so many options when looking for a smart phone or tablet application to up your heart-health quotient; but these five choices are free, or very inexpensive and are worth checking out.



#### **INSTANT HEART RATE**

There are hundreds of heart monitor apps, but this one has been a top performer for more than four years. Why? Even medical professionals are stunned by its accuracy. Simply place your finger on your camera lens to get an accurate heart rate reading. Input your results into a log before and

after exercise and during rest periods to see if your heart rate is in a healthy range. Available for Android and iPhone for \$1.99.



#### **IBP BLOOD PRESSURE**

Well worth the 99-cent investment, this app helps you track and analyze blood pressure readings and brings plenty of colorful graphs, charts, alerts and more. Critics love how easily it syncs with other devices like blood pressure readers, regardless of whether they are on an Apple or Android platform.



#### RUNTASTIC

Exercise is critical for heart health, but too many fitness-tracking apps complicate matters with more options than a user needs. Runtastic (no, you don't need to be a runner) has been applauded for simplicity from day one. Track your walks, map them with GPS, keep a diary of your accomplish-

ments and even receive motivational messages from other users. Hugely popular, and free for both iPhone and Android users.



#### **READ: PERSONALIZED MEDICAL** & SCIENTIFIC JOURNAL

Access the latest cardiovascular studies and clinical trials from the New England Journal of Medicine, Lancet and other medical publications. This app effectively mines the public medicine library for you. A powerful, informative tool that

is also free for both Android or iPhone owners.



#### **SPARKPEOPLE**

A healthy heart depends on a balanced diet. SparkPeople allows you to track food and physical activity, but registered dietitians love how it isn't preachy with diet tips. Instead the app works with your profile to offer target ranges for foods and nutrients. And like Runtastic, you gain access to

an online community of others who may have similar diet needs or restrictions. Also free on both iPhone and Android platforms.



Atrial fibrillation is one of the most common heart disorders

By Debra Gelbart

our heart could be quivering right now and you may not even know it. Atrial fibrillation, also known as a-fib, is the most common serious heart rhythm disorder in people over 65. The American Heart Association estimates that 2.7 million Americans live with a-fib.

"Atrial fibrillation is a shortcircuiting or interruption of the normal rhythm in the upper chambers of the heart known as the atria," explained Andrew Kaplan, M.D., an electrophysiologist and director of the Heart Rhythm Center at Banner Heart Hospital in Mesa. "It can lead to an erratic, often rapid heartbeat, but up to 20 percent of patients with a-fib

don't experience any symptoms." A-fib can be diagnosed during a routine medical exam.

#### What's happening in your heart

Normally, your heart contracts and relaxes in a very steady pattern. But with atrial fibrillation, the upper chambers of the heart beat irregularly (called a "quiver") and aren't able to effectively move blood into the ventricles, the lower chambers of the heart. This results in blood pooling instead of flowing, Dr. Kaplan said, which raises the risk of clotting, which in turn increases the risk of stroke.

According to the American Heart Association, untreated atrial fibrillation doubles the risk of heart-related deaths and causes a five-fold increased risk for stroke.

How do you know if you might be at risk for a-fib? "If you have high blood pressure, valve

disease, lung disease, obesity, sleep apnea, diabetes or thyroid abnormalities, your chances of developing a-fib are increased," Dr. Kaplan said. "Patients with hypothyroidism (underactive thyroid) who don't take the necessary amount of medication or suddenly stop taking their medication may be at even greater risk," he said. A-fib may also be caused by an anatomical irregularity in the atria of your heart, such as "a distortion of the architecture of the muscle of the atria, due to scarring and enlargement from underlying medical conditions," Dr. Kaplan said.

#### **Treatment**

Treatment options for a-fib include medications that slow down the heartbeat; a procedure called electrical cardioversion that delivers an external electrical shock to the chest to reset the heartbeat; and catheter ablation, a procedure that relies on radiofrequency energy (similar to microwave heat) to destroy a small area of heart tissue causing the irregular heartbeats.

But the best "treatment" is prevention, Dr. Kaplan said. "Reaching an ideal weight, being screened for sleep apnea, controlling blood pressure, reducing caffeine and alcohol intake and getting plenty of regular exercise can all help minimize the likelihood of developing a-fib," he said. "A healthy lifestyle really can make a difference."

# New Blood Thinners: Advantages and disadvantages

Understanding the factors, treatments

By Joan Westlake

or more than six decades, Warfarin has been the standard anticoagulant (blood thinner) medications for the treatment and prevention of stroke and blood clots. Recently, a new generation of drugs was introduced known as targetspecific anticoagulants.

The four currently approved by the Food and Drug Administration are:

- Dabigatran (Pradaxa)
- Rivaroxaban (Xarelto)
- Apixaban (Eliquis)
- Edoxaban (Savaysa)

Stephanie Schneck, an ambulatory clinical pharmacy specialist and part of the Banner Clinical Pharmacy Services team, says that the difference in how Warfarin and the newer medications work is the range of clotting factors they target.

"There are numerous factors involved in clotting," she said. "Warfarin targets many in what is known as the 'clotting cascade' while the new medications affect just a few. There are advantages and disadvantages to both types of medications."



#### Advantages of the new anticoagulants:

- Reduced need for routine monitoring
- Fewer drug interactions
- Less restrictive diet. Patients can eat their green veggies!
- Fixed daily doses, as opposed to the need to customize for patients
- Effective within hours rather than days
- Slightly reduced risk of bleeding

#### Disadvantages of the new anticoagulants:

- No antidote in case of an overdose
- Higher cost
- No test to detect levels in

- blood. It could be too high or too low in certain patients.
- Patients with kidney problems need to take special precautions

"Your physician weighs many physical and lifestyle factors to decide which medication will yield the best results for you," Schneck said.

"If you are on a stable and wellmanaged Warfarin program, I would hesitate changing what is working for you. But, that is a discussion to have with your prescribing doctor. Always, if you have questions or concerns about your medications, a trusted pharmacist is a great resource for you."

## calendar / Healthy Living Events



#### **CLASSES AND SUPPORT GROUPS**

Banner Health Network offers a variety of lifestyle management programs to provide participants skills and education to manage common chronic health conditions. Healthy lifestyle classes are also taught on a regular basis. Classes are offered at Banner facilities Valley-wide. Dates and times vary by location. For information and registration, call 602-230-CARE (2273) or 480-684-5090. All classes are free.

#### **Living Well with Diabetes**

This is a four-part series to learn diabetes self-management skills. Topics include monitoring, medications, nutrition and meal planning, exercise and preventing complications.

#### **Living Well with COPD**

This is a two-part series to learn about lung disease, better breathing skills, symptom management and preventing complications.

#### **Living Well with Heart Disease**

This is a three-part series to learn heart-healthy lifestyle tips, how to identify warning signs of heart disease or stroke, how to manage risk factors and what to do in an emergency.

#### Eat Healthy, Be Active

This is a series of six interactive workshops to help people attain and maintain a healthy weight, reduce risk of chronic disease and live a healthy, active lifestyle.

#### MORE SEMINARS AND CLASSES

# Taking Care of Your Heart: Eating Heart Healthy

Banner Boswell Medical Center's free education series teaches people about their heart and how to manage chronic heart disease. Presentation topics vary throughout the year.

### June's featured topic:

#### Eating Heart Healthy.

Location: Banner Boswell Medical Center Support Services, Memorial Hall West, 13180 N. 103rd Drive in Sun City. For information, call 602-230-CARE (2273)

#### **Free Heart Healthy Eating class**

Banner Heart Hospital offers a free "heart healthy eating" class from 11 a.m. to noon the first and third Tuesday of each month in the fourth floor lobby of the hospital, which is located at 6750 E. Baywood Avenue in Mesa. Anyone from the community is invited to attend. For information, call 480–854–5401.