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in Maricopa HEALTH GUIDE

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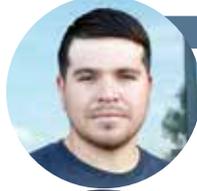
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Scottsdale, AZ 85260

WHERE DO YOU GET YOUR MEDICAL SERVICES? MARICOPANS RESPOND

WHAT MEDICAL SERVICES DO YOU RECEIVE IN MARICOPA?
WHAT MEDICAL SERVICES DO YOU GO OUT OF TOWN FOR?

	IN TOWN	OUT OF TOWN
 Barb Frankenhoff	We don't receive any.	We go out of town for our heart doctor.
 Nicole Allen	Urgent care and primary care.	Hospital. We need a hospital here. Absolutely, we need a hospital here.
 Salvador Rocha	Um, none.	Usually, my wellness checks.
 Carol McGranahan	My doctor is here.	Everything else.
 Ed Leiman	None.	Well, my primary physician is out of town, I have a dermatologist out of town and a urologist out of town.
 Joyce Breul	Blue Cross, Blue Shield.	It's not that far, I just go to Casa Grande. Ultrasounds and stuff like that.

ON THE COVER: Eighteen-month-old William Coley and pediatrician Dr. Dawn Sorenson at Banner Health Center. Photo by Victor Moreno



MAYOR PRICE TALKS ABOUT PROCESS OF LURING HOSPITAL TO MARICOPA



When asked what they want most in Maricopa, a question frequently asked of residents formally and informally, the top three responses include a hospital. As far back as incorporation, the idea has resonated and was arguable even “promised” by some leaders. But bringing a hospital to Maricopa in the boom-or-bust economy of the last decade has not been possible.

The previous great hope had been Dignity Health purchasing property at 44274 W. Smith-Enke Road in 2012. With plans tossed by the Great Recession, that property has remained vacant. However, that has not ended the City’s efforts with that company or other medical organizations to develop a medical center.

Mayor Christian Price shared some insights on the process.

1. “You have to define the box before you think outside the box.” A standard hospital has not been part of the conversation since the recession. The City continues to look at Maricopa’s consumer base and what new ideas in the field might be appropriate for a city of 50,000. An emergency room is a long-standing idea, and a micro-hospital of 12-45 beds has also been examined.
2. “This is a hot potato with no guaranteed success ratio. This is a post-recessionary world we’re living in.” Healthcare

3. “Tax incentives are all gone.” Price said residents who moved from rural areas of the Midwest often talk about hospitals built in cities much smaller than Maricopa on tax incentive programs. Those program, he said, no longer exist.
4. “We continue to do what we have been doing, maintaining the relationships with Dignity, with Banner, with Abrazo Health. Dignity has a foothold . . . Banner is testing the waters in specialty care. What is their best bang for their buck?” Banner Health has its health center on Porter Road. Along with 18.5 acres of

land, Dignity operates urgent and primary care centers in Maricopa. That does not necessarily translate to a future hospital for either company, as each is going through internal changes that also involve the evolution of medical care.

5. “They have to make sure the cash flow is there and the workforce is there.” A relatively large number of healthcare workers reside in Maricopa and work out of town. Whether they would be a good fit for the kind of hospital that may develop in the city is a different question. The biggest question is whether Maricopans would make enough use of a small local hospital to not only keep its doors open but allow it to flourish.

All conversations about new ideas for medical treatment centers are still in early stages. Neither the City nor the mayor want to make promises, but Price said he will inform the public if and when there is development.



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BRAINHEARING A NEW APPROACH IN HEARING AIDS

Ric Felder of The Hearing Centers of Arizona explains the latest technology in hearing aids.

Q Technology has been advancing rapidly in the last decade. What is the latest breakthrough in hearing technology?

I would definitely say the development of BRAINHEARING technology by Oticon. BRAINHEARING takes a completely different approach to hearing healthcare, and it has made a huge difference in the lives of our patients.

Q How is BRAINHEARING different; aren't hearing aids just fancy amplifiers?

Absolutely not. Today's devices consist of very fast, miniature computer processors. In fact, an advanced hearing device today has more processing power than the average laptop computer! What makes BRAINHEARING technology different is the direction they have aimed the technology.

Q What does BRAINHEARING do different?

The standard approach falls short as we do not hear with our ears. The ears are only responsible for gathering sound information and delivering it to the brain and that is where hearing actually happens, in the brain. It is not



enough to just pick up sounds; complete hearing is the action of identifying, separating, organizing and focusing on a particular sound or voice in a crowd. BRAINHEARING technology gets completely away from the task of trying to overmanage sound within the device and instead focuses on supplying the brain all the information it needs from the listener's environment so the brain can do the job it was designed to do. The processor inside the device is so fast it can scan the listener's environment 100 times per second!

Q Are they more expensive than standard technology?

BRAINHEARING technology is available at the same price points as standard technology, so you do not have to pay more to take advantage of this superior approach to hearing healthcare.

Q Why do your customers buy from you?

Personalized service and options combined with the absolute best price points, value at all technology levels and a 3-6 week rehabilitative process. You will not get that at your big box store or off the internet. Also, our price points on technology levels are very comparable to the big box and chain stores as we are part of the American Hearing Aid Associates buying group and partnered with William Demant corporation.

The Hearing Centers of Arizona
 21300 N John Wayne Parkway,
 Suite 116 (Inside Vidal Medical Clinic Office)
 520-494-3285
 HearingCenterAZ.com



20917 N John Wayne Parkway
 Suite A105, Maricopa
(833) 793-7773

According to the American College of Prosthodontists, it is estimated that approximately 178 million Americans are missing at least one or more teeth, and 40 million Americans are missing all of their teeth.

Most common reasons for losing teeth:

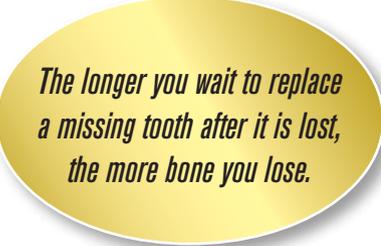
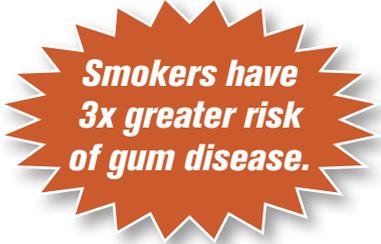
- Decay (cavities)
- Gum and bone disease
- Trauma

Losing a single "back" tooth may:

- Cause surrounding teeth to shift and drift downward
- Affect the way you chew food
- Cause long term damage to facial structure
- Cause bone loss
- Affect the way you speak

Losing a front tooth can pose:

- Social and psychological issues



Four Options to Replace a Missing Tooth



OPTION 1:
Do Nothing

Bad news:

- Substantial cost down the road
- Continue to lose bone
- Adjacent teeth to shift
- May cause further loss of teeth



OPTION 2:
Dental Implant

Bad news:

- Most expensive

Good news:

- Most effective, functional & aesthetically pleasing
- Helps maintain bone in area of jaw & prevents teeth from shifting
- Nearest thing to a natural tooth



OPTION 3:
Dental Bridge

Good news:

- Less expensive

Bad news:

- Continue to lose bone
- Difficult to keep clean
- Adjacent teeth must be cut down



OPTION 4:
Removable Partial Denture

Good news:

- Least expensive

Bad news:

- Remove teeth every night
- Not able to chew or taste food well
- Can be uncomfortable



Q&A

Dr. Alex Stewart
Board Certified Podiatrist
MARICOPA FOOT AND ANKLE

Q Bunions are a widespread and painful ailment; how do you treat them?

Bunions are a pervasive problem. They usually presents as pain and deformity at the big toe joint. If you have bunions, we recommend seeing a podiatrist sooner rather than later as they may worsen and become more challenging to treat. There are several non-surgical options available. However, surgical correction may be the most optimal choice yet with minimal down-time. I commonly perform a

bunion procedure that enables mobility the day of surgery.

Q Would orthotics help with my foot pain?

Orthotics are a great conservative option to decrease foundational pain. Heel pain is a common problem that can be relieved with proper support. Additionally, we have several other treatment options that have great success in reducing pain and helping people resume their daily activities. As with many foot issues, heel pain can become a chronic condition, so early treatment is recommended.

Q Are diabetics at risk for more foot complications?

Yes. Diabetes-related complications can lead to a wide range of foot problems.

Some common issues that diabetics encounter are infections, neuropathy, poor circulation, and ulcerations/wounds. It's recommended that people with diabetes have their feet checked at least once per year. This is important for early detection of any potential complications.

Q Do you treat emergencies such as sports injuries or fractures?

We handle many sports-related injuries such as ankle sprains and wounds as well as foot and ankle fractures. We're available 24 hours a day in case of emergency. To avoid the hassle and cost of an E.R. visit, we offer in-office imaging to diagnose accurately and begin treatment immediately.

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Dr. Alex Stewart

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I HAD AN ACCIDENT, WHAT'S IT TO ME?

By John A. Donohue, D.C.

You hear a loud bang! You then feel your body whip around in your vehicle. "What just happened," you utter to yourself, or worse you black out. Perhaps you wake up and don't know where you are, or maybe you saw it coming. Depending on the severity, you either go to the E.R. by ambulance or by someone you know. Maybe you don't feel it's that bad at the time and just go home. If you choose to go home, at minimum, please ice the pain areas. It may be more severe than you believe it to be at that time. Inflammation is a process,

so it is very common to feel OK at the scene of the accident and then feel it more severely as time goes on. When there is little damage to your vehicle or the other vehicle, people assume that there could not be any damage to the passengers. Most accidents occur in approximately 1/4 of a second. It is for this reason we are injured, even with low impacts. Many so-called experts will use Delta V or change in velocity to explain that you cannot be hurt at the speed you were traveling and cite a number of everyday things that happen at

that speed in which people are not injured. They will show you the obvious — there is little or no damage to the vehicle. Why is it that you hurt so much? They left out that one thing that we mentioned earlier, the 1/4 of a second impact time. That is what we call the acceleration time. You can go 0-60 in a sports car over 6 seconds and feel yourself get pushed back in your seat a little, but 0-60 in a 1/4 of a second and stopping abruptly creates a whipping and snapping feeling that you will never forget. That is a much more severe impact to the body.



There are many levels of severity. Some of the variables include size, age, gender and body condition. Additional factors such as front impact, rear impact and side impact affect the outcome. In all cases, we are dealing with vehicles that are several thousands of pounds and create a multitude of injuries and symptoms. Due

to these facts, you can be left with permanent ligament damage from as little as 1-2 miles per hour. The injuries and symptoms can be magnified exponentially as the speed of the vehicles increase. Pay attention to all the symptoms you are experiencing and tell all the healthcare providers every symptom,

regardless of their specialty. It keeps everyone on the same page and you never know how one detail can help in finding your most accurate diagnosis. There are many missed diagnoses because the patient did not think the symptoms were intense enough or relevant to the accident, or that doctor. There are numerous diagnoses due to automobile accidents such as concussion, ligament instability, pituitary gland injury, etc. that go undetected every day. Make sure your doctor is experienced with auto injury care and familiar with the long list of symptoms and diagnoses. I use a team approach, utilizing facilities and specialists in the injury field.



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5 TIPS FOR HEALTHY EYES

1 Control your diabetes and blood sugar.

According to the National Institutes of Health, one third of the 285 million people with diabetes also have diabetic retinopathy, a disease that occurs when high blood sugar levels cause damage to the blood vessels of the retina, deep inside the eye. A third of those cases are vision-threatening. If you've been diagnosed with diabetes, work with your doctor or endocrinologist to ensure your A1C blood sugar level stays in a healthy range. Get annual eye exams to ensure any retinopathy is identified early, so it can be treated.



2 Protect your eyes from external threats, seen and unseen.

We know that we should wear safety glasses when we're working with power tools and sunglasses to protect ourselves from UV radiation outside, but do you know about HEV? HEV, or high energy visible light, refers to the high-energy portion of the visible blue light spectrum, from 380-500nm. This type of light has always been present in nature, but we have dramatically increased our eye exposure to HEV, as it is emitted from the LED screens of the phones and tablets we spend so much time with, at close range. Studies have shown that HEV light may cause digital eye strain, disrupt circadian rhythms affecting sleep and may increase risk of macular degeneration. Consider a blue light filter for your phone or tablet, and ask your eye doctor about blue-light blocking lens technologies.

3 Get proper nutrition.

We can all support our ocular health through a diet rich in antioxidants, colorful fruits and vegetables, and omega 3 fatty acids. However,

if you've been diagnosed with or have a strong family history of age-related macular degeneration, additional supplements may be beneficial. Talk to your doctor about whether the AREDS2 formulation is right for you.

4 Quit smoking.

Smoking is harmful to many of the body's systems. In the eyes, smoking dramatically increases the risk of diabetic retinopathy, cataracts, macular degeneration and Uveitis (an inflammatory condition of the eye). It can also exacerbate Dry Eye Syndrome.

5 Schedule annual eye exams.

Get regular eye exams, especially if you have a family history of eye problems such as glaucoma or macular degeneration. Many early cases of glaucoma have no overt, outward signs, meaning someone could have good vision but could be developing irreversible damage to the internal structures of the eye. By detecting this and other conditions early, patients have the best treatment options and outcomes.

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COMMUNITY RESOURCES



Banner Casa Grande Medical Center, part of the nonprofit Banner Health, is a regional medical center boasting the neighborhood convenience of a community hospital while leveraging the clinical expertise of one of the nation's leading health systems. The state-of-the-art facility cares for patients through all phases of life, offering adult and pediatric Emergency and Trauma Care, Women's Care, Maternity Services, Surgical Care, Orthopedics, Laboratory Services, Medical Imaging, Rehabilitation, and more.

Located at 1800 E. Florence Boulevard in Casa Grande, the hospital serves Casa Grande, Coolidge, Eloy, Arizona City, Florence, Maricopa and other communities in Pinal County. It is integrated with the nationally recognized Banner Medical Group, bringing primary care, pediatric, orthopedic and surgical specialists to Pinal County. Banner Urgent Care in Casa Grande serves patients who need immediate medical attention, but whose conditions don't require emergency medical care.

BannerHealth.com/CasaGrande

BANNER CASA GRANDE MEDICAL CENTER

Emergency & Trauma Care

Banner Casa Grande operates a comprehensive Emergency department, providing emergency medicine and trauma care to adult and pediatric patients. It follows Banner's "Door-to-Doc" triage process, ensuring that patients receive the most appropriate care as quickly as possible.

Cardiology Services

The cardiac catheterization lab provides lifesaving medical care, including stent placement and balloon angioplasty, to stop or prevent heart attacks.

Surgical Care

Banner Casa Grande's hallmark surgical program features eight operating suites equipped with advanced medical technology and the latest in surgical robotics, including the da Vinci Xi[®] Surgical System, enabling surgeons to provide minimally invasive inpatient and outpatient surgery.

Orthopedics

Expert orthopedic care is delivered through the Banner CORE Center for Orthopedics at Banner Casa Grande, a collaboration between Banner Health and The CORE Institute.

Gastroenterology

Digestive health is essential to one's overall health and well-being.

Imaging Service

Onsite inpatient and outpatient medical imaging services



Banner Casa Grande also offers comprehensive breast imaging such as:

- Digital and 3-D mammography for screening and diagnosis
- Breast ultrasound and breast MRI
- Stereotactic biopsy, ultrasound-guided biopsy and needle localization

WOMEN AND INFANTS SERVICES

OB/GYN Care

Banner Casa Grande delivers family-centered maternity care from obstetrician/gynecologists and other women's health and newborn care experts.

Newborn Care

Newborns at Banner Casa Grande are cared for in their mother's room to help promote

family bonding and provide opportunities for breastfeeding support.

Rehabilitation

Banner Casa Grande's evidence-based approach to rehabilitation helps patients achieve the best possible medical outcomes in the most efficient and effective manner. It is the only facility in Pinal County to offer three disciplines of adult and pediatric rehabilitation: physical therapy, occupational therapy and speech-language pathology.

LOCATION

Banner Casa Grande Medical Center
 1800 E. Florence Blvd 1st Floor
 Casa Grande, AZ 85122

For more information, please call (520) 381-6300 or visit us online at Bannerhealth.com/casagrande





BANNER CASA GRANDE MEDICAL CENTER SLEEP CENTER HELPS TREAT SLEEP DISORDERS

Sleep disorders can be dangerous and potentially life threatening if not treated by a medical professional. Disorders such as sleep apnea can have a very negative affect on your health. Banner Casa Grande Medical Center's Sleep Center is an outpatient facility, designed for those who are seeking a better night's sleep.

Sleep apnea is a potentially serious sleep disorder that leaves you feeling tired all day, even though you may have slept through the night. Even during seven or eight hours of sleep, someone with sleep apnea may experience the following symptoms:

- Frequent stops in breathing during sleep
- Non-refreshing sleep that may keep you sleepy all day
- Snoring
- High blood pressure
- Sore throat
- Headaches
- Memory loss

Banner Casa Grande's Sleep Center understands that sleep apnea and other sleep disorders can take a toll on your overall health if not diagnosed or treated.

"About 80 percent of people don't know they have sleep apnea, so they go undiagnosed," said Michael Eichenberg, senior director of the sleep medicine program at Banner Health. "It's important people get treated if they think they may be suffering from sleep apnea. Medical conditions such as diabetes, heart attack, stroke and even sudden death have been linked to this disorder. Our medical experts can help determine if you or a loved one may suffer from untreated sleep apnea, or any other sleep disorder that may be negatively affecting your life."

If you or a loved one decide to seek treatment for sleep disorders, our dedicated sleep specialists

can help diagnose and treat whatever issues you may be suffering from. Banner Casa Grande's Sleep Center includes:

Sleep specialist physician consultations –

A specialist will talk to you about your sleep problems and determine the best course of action to treat your disorder.

Home sleep apnea testing or in-lab sleep study –

A sleep test will determine what happens to your body while you sleep. Sleep experts will monitor your breathing, heart rate and oxygen level. The test can be done either overnight at the sleep lab or at your home through a take-home sleep apnea test.

In addition to sleep apnea, the Sleep Center also provides comprehensive and compassionate care to adults and children for other sleep disorders, such as:

- Snoring
- Insomnia
- Narcolepsy
- Parasomnias
- Restless leg syndrome
- Movement disorders
- Sleepwalking and sleep talking
- Night terrors
- Obesity hypoventilation syndrome
- Nocturnal hypoxia
- Idiopathic CNS hypersomnia

For more information about sleep disorders and what treatment may be right for you, please talk your primary care physician, and ask for a referral to the Banner Casa Grande Sleep Center or call us directly at (480) 412-3684 to make an appointment. For more information about Banner Casa Grande Medical Center, please visit www.BannerHealth.com/casagrande.



Do you dream of getting a good night's sleep?

Approximately 22 million Americans suffer from a disorder known as sleep apnea. The sleep center at Banner Casa Grande diagnoses and treats Obstructive Sleep Apnea and other sleep disorders in children and adults.

- Are you tired and doze off during the day?
- Do you have high blood pressure?
- Do you snore?
- Is your neck size larger than 16 inches (for women) or 17 inches (for men)?
- Have you been told you stop breathing during sleep?

If so, it may be time to put your sleep problems to rest. We can examine your sleep issues at home or with an overnight sleep study at our center. Ask your doctor if a sleep study is right for you or your child.

Sleep Center Appointments: (520) 381-6423

 **Banner**
Casa Grande
Medical Center

BannerHealth.com/CasaGrande



BANNER CASA GRANDE'S OUTPATIENT WOUND AND HYPERBARIC CENTER HELPS PATIENTS HEAL FASTER

Wound care is a highly specialized service, and, from time to time, Banner Casa Grande Medical Center's Outpatient Wound and Hyperbaric Center treats some of the most severe cases one could possibly imagine. This includes those that are non-healing or extremely difficult to treat.

Every year, more than 6 million people in the U.S. suffer from chronic wounds caused by a variety of conditions, including diabetes and other circulatory problems. Diabetic patients suffer from some of the most severe wound cases, like ulcers.

Unfortunately, half of all diabetics have or will develop neuropathy (numbness, weakness or pain) or some type of nerve damage in the lower portion of their body. This often happens in the legs or feet. This condition can then lead to gangrene, in which body tissue dies, and ultimately can require amputation.

Technology and specialized treatment like hyperbaric oxygen therapy helps the experts at Banner Casa Grande's Outpatient Wound and Hyperbaric Center promote and accelerate the healing process for patients suffering from diabetic foot ulcers, soft tissue infections and other conditions. Hyperbaric oxygen therapy uses 100-percent oxygen to help improve the circulation of blood to wounds and to other damaged tissues to help fight infection, reduce swelling and promote healing.

Other wound conditions treated at the Outpatient Wound and Hyperbaric Center include:

- Arterial insufficiency ulcer
- Compromised grafts and flaps
- Necrotizing soft tissue infections
- Carbon monoxide poisoning
- Crush injury and traumatic ischemia
- Venous stasis ulcers

- Gas gangrene
- Chemical or thermal burns
- Air or gas embolism
- Radiation tissue damage
- Venous spider bites
- Osteomyelitis (Refractory)
- Compartment syndrome
- Post-radiation tissue injury
- Pressure ulcers
- Post-operative wounds

In addition to offering leading-edge wound care technology, the hospital also has physicians who are trained in hyperbaric oxygen therapy and wound management. Nurses at Banner Casa Grande trained in the care of serious and chronic wounds, and our staff can assist patients with appointments, medical records and any health insurance processing.

Patients who suffer from these conditions can have their primary care physician refer them to Banner Casa Grande's Wound and Hyperbaric Center. Once a thorough examination is completed, our physicians will develop a comprehensive and individualized treatment plan. Patients and their loved ones can participate in that plan, and are given the tools, education and resources they need to help care for their wound between visits.

Banner Casa Grande's Outpatient Wound and Hyperbaric Center is open Monday through Friday, 8 a.m. to 4:30 p.m., and is located at 1400 E. Florence Blvd. To make an appointment, please call (520) 381-6150.

For more information about Banner Casa Grande and its Outpatient Wound and Hyperbaric Center, please visit www.BannerHealth.com/casagrande.



Don't let a wound that won't heal keep you from kicking up your heels.

Sometimes, wounds don't heal as quickly as they should. If not treated, these wounds can cause additional problems. At Banner Casa Grande Wound Center, we will create an individualized care plan, including the use of hyperbaric oxygen therapy, if needed, to speed up healing. We'll help you feel confident to effectively care for these wounds in between visits and get you back in the swing of things.

Wound Care Appointments: (520) 381-6150 • Mon–Fri, 7:30 a.m.–4:00 p.m.

 **Banner**
Casa Grande
Medical Center

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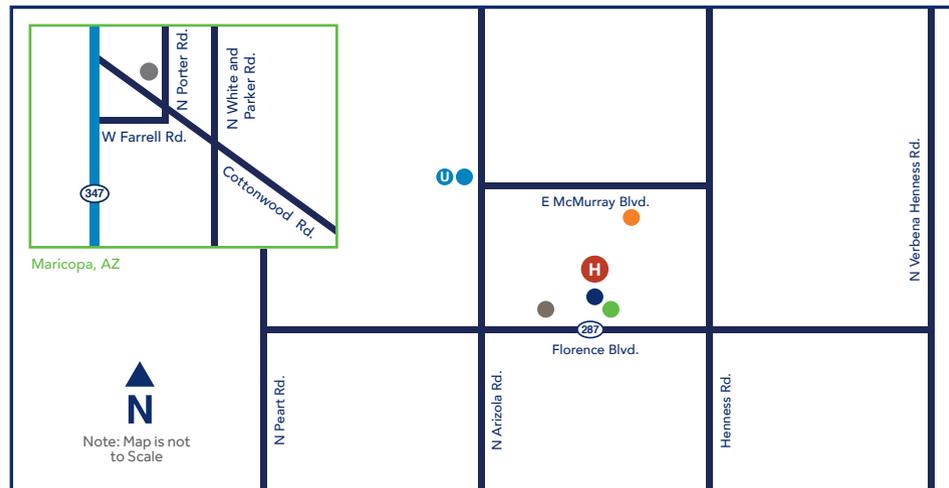
The right therapy, right here at home.

Rehabilitation therapy is one of the key ways to get people back on the road to good health. You have convenient and effective physical, occupational and speech therapy right in your hometown. Upon referral from a physician, you'll be evaluated by an experienced therapist and an individualized treatment plan will be customized to meet your specific needs so you can get back to enjoying life as quickly as possible.

Appointments: (520) 381-6326 • Physician referral is necessary.



BannerHealth.com/CasaGrande



Banner Health Serving Pinal County, including Casa Grande, Coolidge, Eloy, Florence, Arizona City and Maricopa

- H Banner Casa Grande Medical Center**
 1800 E. Florence Blvd.
 Casa Grande, AZ 85122
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- U Banner Urgent Care**
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 Casa Grande, AZ 85122
 (520) 316-0688
 Open daily from 8 a.m. to 9 p.m.
- B Banner Occupational Health Clinic**
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 (520) 381-6787
- B Banner Children's Banner Health Clinic**
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YourAZBraces.com

San Tan Oral Surgery

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480-659-9820

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Suite 108
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4 Smiley Dental

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21116 N. John Wayne Parkway
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5 Treasured Smiles Children's Dentistry

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6 Sun Life Family Health Center

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7 Anytime Fitness

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AnytimeFitness.com
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Copper Sky Recreation Complex

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Maricopa-AZ.gov

Longevity Athletics

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8 Native Grill & Wings

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Be Awesome Youth Coalition

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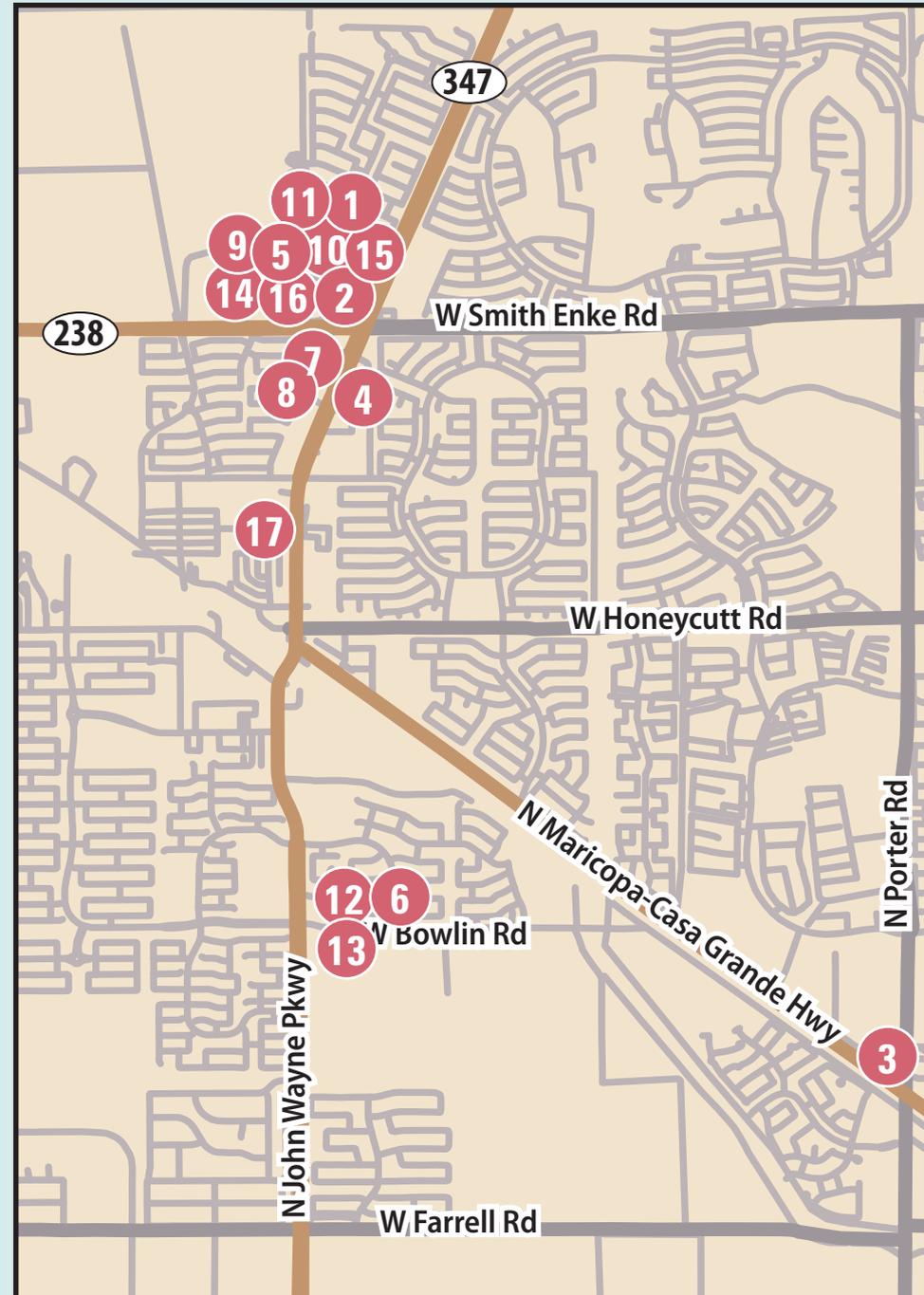
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PROTECT YOUR KIDS FROM HARMS OF PRESCRIPTION DRUGS

By Priscilla Behnke



Perhaps you've seen the popular GIF (pronounced with a hard G) of Lucile Bluth from the cult classic "Arrested Development" winking. It's from the episode where the narrator explains that she has been taking her medication with alcohol because she mistook the drowsy-eye, no-drinking warning as a winking eye suggestion to take with alcohol.

It's funny, and we can laugh, and I did. But as parents we should be aware of more than just where our GIFs are sourced. Because as former Fox News commentator Eric Bowling said in a recent interview about his son's overdose last year, the Not My Kid Syndrome is deadly.

For example, did you know that according to the Arizona Youth Survey one out of 10 eighth graders in Pinal County has misused a prescription drug? Or that the problem only gets worse as they get older? By the time they are seniors it is one in eight.

Last month, 7.3 percent of our youth misused pain relievers here in our county. Compound this with the fact that one out of every three pill-popping teenagers isn't using water to coax it down their throat but alcohol. It's what

makes medication misuse, because the method teens are using (combining a prescription drug with alcohol) is dangerous and final. Not just addicting.

What is a parent to do? If you are like most working parents, you aren't at home during latch-key times. You're stuck on a congested 347. You can't be helicopter parents. The good news is you don't have to be. Here are three things you can do to protect your kids from the harms of prescription drugs.

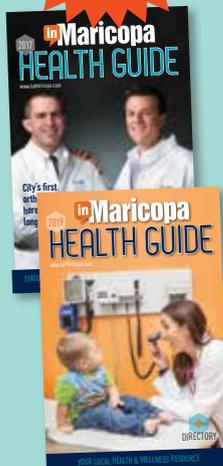
- 1 Safeguard medications in your home.** Availability equals access and the less access there is, the less likely your kids can start abusing the medications in your home. If they know you're keeping an eye on the medications in your home and that there will be consequences for them getting into them they won't use them. The Be Awesome Youth Coalition has complimentary locks for medications. Contact us today to get yours.
- 2 Learn.** Educate yourself about the medication's youth are abusing and the risks involved. Today we have the information right on our phones. You can visit BeAwesomeYouth.life or Parents.org for valuable, current information.
- 3 Communicate with your kids.** In that same interview with Mr. Bowling, when asked if he would have done anything differently, he said he would have talked more about the issue. The Not My Kid Syndrome is deadly. Parents.org has great resources on how to talk to your kids, or you can reach out to the Be Awesome Youth Coalition directly for more information.

At Be Awesome we believe you hold the most influence with prevention. For more resources on how to prevent substance abuse in your home, connect at BeAwesomeYouth.life.



Priscilla Behnke is director of Be Awesome Youth Coalition.

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SUN LIFE FAMILY HEALTH CENTER — TRUSTED CARE. CLOSE TO HOME.

By **Renée Louzon-Benn**

The staff at Sun Life Family Health Center truly care about the people we serve. It has been our legacy since Sun Life started. We began in Casa Grande, as an outgrowth of the Arizona Job College, which provided job training for migrant and seasonal farm-workers. The farm workers who were interested in health services were trained at the Center. Over time, as the training funds ran out, the health funds kept coming and the job college became solely a health facility.

SUN LIFE'S HISTORICAL JOURNEY TO AND IN MARICOPA

In 1976, the Center became incorporated as a 501(c)3 not-for-profit, which staffed one full-time and one part-time physician. In the first year, the Center provided 12,000 patient visits. In March 1977, the Center moved from the Job College to Cottonwood Lane. This move provided a larger facility, allowing the Center to increase staffing to three full-time and three part-time physicians. This new facility was built to offer laboratory, X-ray and pharmacy services as a convenience for patients. By 1978, the Center had introduced family dentistry and women's health and maternity care services (OB/GYN), now providing an array of services to the community, and truly being a "family health center."

The Center saw the start of growth to communities outside of Casa Grande, starting with the Center's second office in Maricopa in 1980.

The Center became established as a Federally Qualified Health Center (FQHC) in 1981, allowing a shift in funding from migrant grants to the Community Health Center Program grant. The

Center operated on a sliding-fee schedule; patients paid according to their income. This was by no means a "free clinic," as there was a minimum fee charged. This meant the Center was able to ensure that everyone in the community was eligible to use its services, regardless of income or insurance status. Even in these early years, the goal was to offer good, quality, conventional care, focusing on preventative health services. This level of care supported continued growth, and, by 1984, the organization was operating four offices in the County.

In 2001, the organization saw construction of its Maricopa Family Practice office and, in 2015, Sun Life moved Maricopa's family practice to a new, larger facility and added pediatric care and a pharmacy. Sun Life then renovated the original Maricopa office to provide OB/GYN services at Sun Life Center for Women.

From the humble beginnings, Sun Life has grown from a small office with one full-time and one part-time physician to staffing 61 health care providers at 13 offices in nine communities in Pinal and Maricopa Counties.

Sun Life Family Health Center has been serving the community of Maricopa for over 38 years. Sun Life has an unwavering dedication to providing our patients and the community comprehensive, trusted and affordable healthcare close to home. Over the years, we have grown our services to meet the changing needs of our communities. This includes offering integrated behavioral health, wellness education and most recently ensuring our communities have access to medication by opening our Maricopa Pharmacy to the public.



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SIMPLE TEST COULD IDENTIFY COMPLEX PROBLEMS

By Valerie Jacobs, MD PhD

Many people are suffering every day with food sensitivities and just don't know it!

Food sensitivities have been linked to many health problems in both adults and children. From inflammatory conditions like skin rashes and digestive issues (including bloating, weight loss difficulties, and abdominal pain) to behavioral changes in children, including ADHD, food sensitivities, although not life threatening (like some food allergies), can be quite life disrupting. What's the difference between a food allergy and a food sensitivity?

Food allergies, like those children with peanut allergies, can be dangerous and are driven by a specific antibody produced by the immune system called IgE. Food sensitivities are created when the immune system generates a different type of antibody, IgG, that cannot create anaphylaxis (a life threatening situation where an airway can

be compromised) like IgE, but cause the aforementioned miserable conditions. Luckily, there are now reliable blood tests to measure both IgE and IgG antibodies.

By the time I see kids in the office, most know if they have a food allergy, especially because the reaction is so dramatic. It's the more subtle reactions, typically driven by IgG, that can be challenging for many providers to spot. We use an assay that has over 30-years of successful identification of 96 different food sensitivities (see image to the right of a sample

report). The test measures all four sub-classes of IgG (IgG1-IgG4), which gives a comprehensive representation of the body's response to each food. In younger children, this data can be obtained from a simple finger prick.

If you or someone in your family are not at your optimum health and don't know why, consider this test. It can provide critical information to help understand how food can be both positively and negatively affecting your health and may be the key to the door to a healthier you.

"I am so grateful to Health Matters for identifying my food allergies. As a 36-year-old woman in good health, I could not pinpoint a cause for the severe abdominal pain I was experiencing. Health Matters not only identified the food culprits but also uncovered I was at risk for heart disease. I am so grateful for the early identification and the solutions they provided."
 — COLLEEN FLYNN

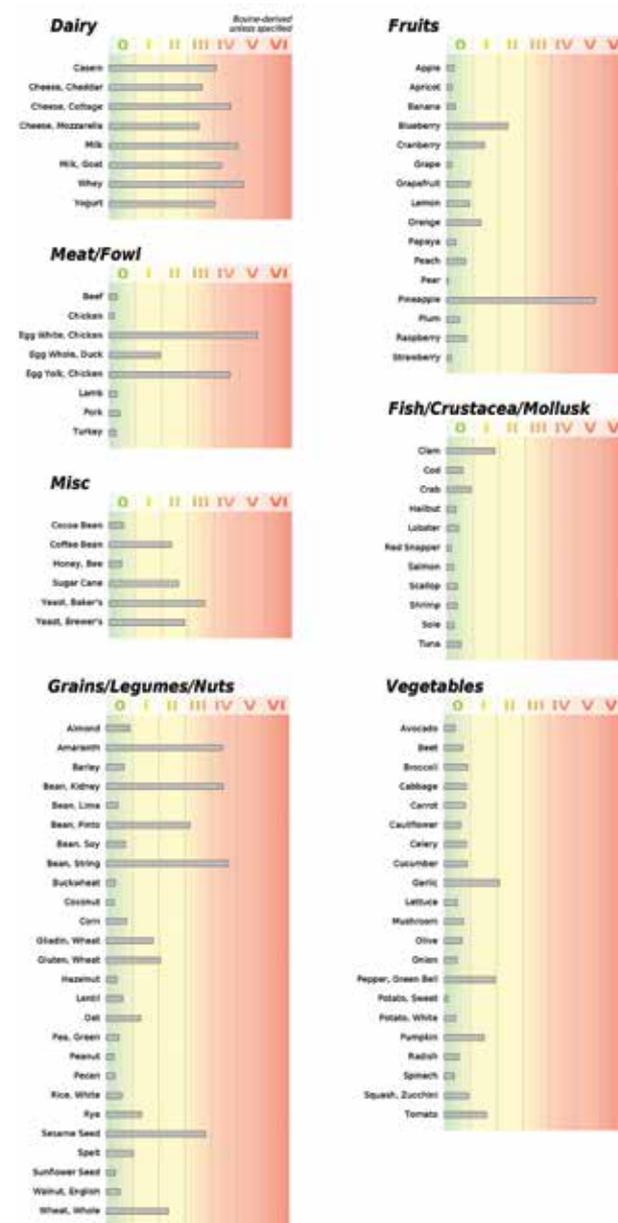
Like one recent patient, you might be surprised at the results: "I don't have any allergies and took the test because my wife did. The results shocked me! Little did I know, some foods – even ones I specifically chose because I thought they were good for me – are causing inflammation that contributes to my chronic back pain and belly fat. After limiting the identified foods, I lost weight and felt better almost immediately."

Call us to schedule a time to come to our office to draw your blood. It takes approximately two weeks to get the results, at which time we will meet to review them in detail and help you design a diet or elimination plan. You will also receive a detailed color information booklet specific to your health for your reference.

If you have any questions about this test or how it might be helpful for you, do not hesitate to give us a call. We look forward to helping you on your wellness journey.



Dr. Valerie Jacobs is a board certified pediatric physician at Health Matters with a focus in Complementary and Alternative Medicine (CAM). She is a member of the Integrative Medicine



section of the American Board of Pediatrics who practices acupuncture, Reiki and has special interest in nutrition, mental health and behavioral health. Dr. Jacobs believes in and practices with a holistic approach to primary care.

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SENIORS, TAKE CONTROL!

By Sherioly Curry, MDiv., CSA

As life expectancy increases, Seniors (people 65 and older), strive to maintain control of their independence. Independent and senior communities are in demand like never before. They are popping up all over the east valley of the Phoenix metroplex.

Seniors are making demands to meet their active independent lifestyles. They are eating healthier to maintain their health and therefore their independence longer. Financial planning is done to make sure money is there as they age.

If seniors are doing all this, why then, are they still failing to take control of their burial needs? Decisions around end of life and burial plans haven't been spoken about and are often left to those remaining to struggle through. End of life and the days that follow are one of the most stressful times on remaining family. Many families are torn over what the wishes of mother or father (sister or brother) were. Why would anyone want

to leave their family with these questions and decisions? Begin conversations around end of life and burial plans BEFORE they are needed.

Seniors, decide now what your wishes are for end of life. Write it all down in a Living Will. Who will be the medical and financial power of attorney? Get those documents written and signed BEFORE they are needed. Seniors will still remain in control of all decisions unless they become incapacitated through an adverse life event or their mental state becomes altered.

Pre-planning and pre-paying are the greatest gift a person can leave for those remaining behind. When this is done, then everyone can be notified that plans have been made and what the final wishes are — everything from burial or cremation, which funeral home is responsible to who is to preside over the service and what music to have. Seniors can even state what charity to contribute to in lieu of flowers!

This can be done by visiting several funeral homes and their grounds to decide where the final resting place will be. Consult with their representative to choose the plan that is best.

In closing, seniors, take control of your end of life decisions along with your active life decisions. Do it to be kind to the loved ones left behind and make sure your final wishes are carried out.

Sherioly Curry owns and operates Comfort Keepers, serving Maricopa and surrounding areas for over 10 years, offering a variety of services to give comfort and peace of mind.



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By **Suzie Hessman**, owner of **FitLife Med Spa**
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work and have you fill out a symptom checklist. Then Dr. Robert Lundell or NP Elvira Quijas, match your blood work and symptoms into the dosing software to find the right dosage for your needs. The appointment takes only 30 minutes. The only thing you feel is the lidocaine shot. You may start to feel the effects in as little as 72 hours. **We optimize your hormones to help you look great a feel great!**



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Description/Ingredients: Smoked Salmon, scrambled eggs, kale and chives served with toasted Naan Bread and low-fat cream cheese
Nutritional info: Under 500 Calories
Price: \$8



POACHED SALMON TROON FIT

Description/Ingredients: Poached Salmon, court bouillon, lemon, olive oil, chives served with a tomato, cucumber and asparagus salad
Nutritional info: Under 500 Calories
Price: \$17

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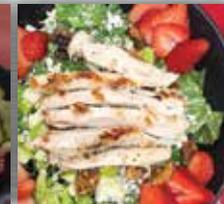


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USDA LAUNCHES INTERACTIVE DATA TOOL TO HELP RURAL COMMUNITIES ADDRESS OPIOID CRISIS

The U.S. Department of Agriculture (USDA) Rural Development has launched an interactive data tool to help community leaders build grassroots strategies to address the opioid epidemic.

Opioid addiction poses a monumental challenge for rural communities across the country, but especially in small, rural communities with limited resources, according to the Phoenix office. Two projects currently in use in Arizona are Addiction Resource Center and Arizona Opioid Epidemic Act.

The Opioid Misuse Community Assessment Tool enables users to overlay substance misuse data against socioeconomic, census and

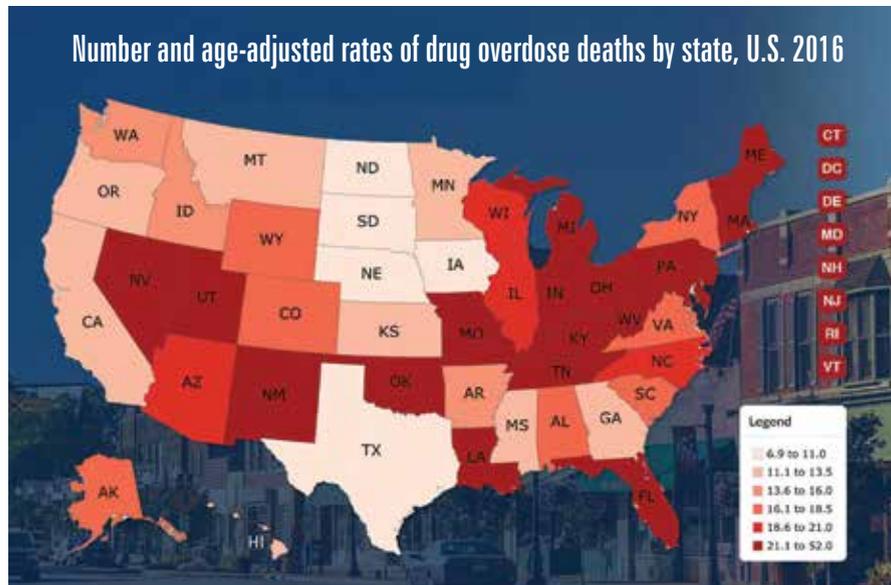
other public information. This data will help leaders, researchers and policymakers assess what actions will be most effective in addressing the opioid crisis at the local level. The tool is free and available to the public.

Rural Development partnered with the Walsh Center for Rural Health Analysis at NORC at the University of Chicago to create the Community Assessment Tool. NORC at the University of Chicago is a non-partisan research institution that delivers reliable data and rigorous analysis to guide critical programmatic, business and policy decisions. Government, corporate and

nonprofit organizations around the world partner with NORC to transform increasingly complex information into useful knowledge. The Walsh Center focuses on a wide array of issues affecting rural providers and residents, including healthcare quality and public health systems.

Approximately 72,000 Americans died from drug overdoses in 2017, an increase from 64,000 the year before. And 49,000 of the overdose deaths in 2017 involved an opioid. Many of these deaths have been fueled by the misuse of prescription pain medications.

[USDA.gov/Topics/Opioids](https://www.usda.gov/Topics/Opioids)



VIRTUAL COLONOSCOPY BECOMING REALITY FOR MORE PEOPLE

Colorectal cancer deaths are slowly declining, but shocking racial and ethnic disparities remain.

According to the American Cancer Society, Latinos living in the United States are more likely to develop and die from this disease than those in many Central and South American countries. African-Americans are at least 41 percent more likely to die from colorectal cancer than whites.

Both groups are also less likely to get screened, and their cancers are often found later.

What can be done? A growing number of medical groups, patient advocates and members of Congress say virtual colonoscopy – known medically as CT colonography – can overcome cultural stigmas and anxiety associated with this screening.

“CT colonography can attract those who would otherwise not be screened, allow doctors to remove more polyps before they become



cancers and help people avoid getting this disease,” said Carolyn Aldigé, president and founder of the Prevent Cancer Foundation.

Virtual colonoscopy is an American Cancer Society-recommended screening exam. Mayo Clinic doctors were among the first to report on the effectiveness of the procedure. Studies show that it is as accurate as standard colonoscopy in most people — including those 65 and older. Virtual colonoscopy increases screening rates where it is offered in the United States and abroad.

Michael Sapienza, president and CEO of the Colon Cancer Alliance, said the virtual exam can “jump-start screening by offering access to a less-invasive option that millions of screening age who choose not to be tested find more appealing.

The prep is the same, but the virtual exam is far less invasive than standard colonoscopy. The CT scanner uses low-dose X-rays to make 3-D, moving images of the colon that doctors examine for polyps and cancer.

The test does not require sedation. It is over in minutes. And you may not need someone to drive you to the exam. Afterward, you can go back to daily activities.

Medicare is among a shrinking number of insurers that does not cover the test. Thirty-six states require that insurance policies sold in their state cover virtual colonoscopy. Insurers who take part in federal exchanges are required under the Affordable Care Act to cover the exam. CIGNA, UnitedHealthcare, Anthem, Blue Cross Blue Shield, Aetna and other insurers cover these tests irrespective of ACA requirements.

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