



Making Communities

Healthier®

HavasuRegional.com

HAVASU REGIONAL MEDICAL CENTER NEWS + SPRING 2019



Make 2019 Your Best Year Ever

10 Tips to Help You Manage Your Stress, Sleep Better and Be Healthier

The beginning of a new year means a fresh start. It is an opportunity to tackle new projects, set new goals and find new opportunities to get and stay healthy — including reducing the amount of stress in your life. But why does stress

play such an important role in our health? There are a number of reasons, according to Dr. L. D. Lumpkin, LCSW, LISAC, a Behavioral Health Counselor in Lake Havasu City.

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Ask a Doc



Dr. Hitendra Chauhan, MD, is an expert in Gastroenterology in Lake Havasu City.

QUESTION: *When is the right time to schedule a colonoscopy?*

ANSWER: According to new recommendations from the American Cancer Society, those at average risk for colon cancer should begin screenings at age 45. Those at higher than average risk may need to be screened earlier, and more frequently and/or with specific

tests. Still, it's important to remember that colon cancer does not discriminate. It can happen to men and women of any age. Talk with your provider about colorectal cancer risks and discuss which screening method could be right for you and the appropriate timing. If you need a primary care provider, visit the "Find a Doctor" tab at HavasuRegional.com to get connected with one.

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A note from the CEO

As another year gets underway, we are so grateful that you continue to choose Havasu Regional Medical Center for your healthcare needs. A new year represents new opportunities for us to help you get and stay healthy so that you can enjoy all that our wonderful community has to offer.

This issue of *Making Communities Healthier* is packed with useful information and timely tips to help make 2019 your healthiest year yet, including ways to reduce your stress and boost your heart health.

From all of us here at Havasu Regional Medical Center, we wish you a happy, healthy and prosperous year. We look forward to further advancing our mission of Making Communities Healthier® and continuing to serve you and your family in 2019 and beyond. ■

Mike Patterson, CEO

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Make 2019 Your Best Year Ever

“Stress can cause depression or anxiety, increased blood pressure and weight gain, and can even lead to heart disease, among other detriments to your health,” Dr. Lumpkin says. “And while some level of stress is inevitable and can even be positive, it’s essential that we learn how to manage stress to maintain our physical and mental health, and protect our overall well-being.”

Stress, which is your body’s response to any demand or change, can come from a variety of sources, both positive and negative. It can be short-term or long-term and can present itself in a variety of ways.

“It’s important to identify the “stressors” in your life — those events or situations that cause you stress — and recognize how your body responds,” he says. “If you are aware of these factors, you can learn to manage your stress more effectively, which can help you sleep better and fight illness, among other health benefits.”

This year, consider improving your approach to stress management with these 10 helpful tips:

- 1. Be organized.** Prioritize your to-do lists and plan out your time, being realistic about how long tasks will take to complete.
- 2. Be flexible.** Planning can help prevent stress, but so can being ready to adapt when things don’t go quite as planned.
- 3. Be prepared.** If you know a stressful event is on the horizon, think through the situation and your options for responding.
- 4. Breathe.** Make it a habit to take moments to breathe deeply, stretch your muscles and relax. Relaxing the body and mind can do a world of good.
- 5. Exercise.** Incorporating physical activity into your daily routine can help improve your mood and prevent stress.
- 6. Eat healthy.** Give your body lots of energy by eating plenty of vegetables, fruits and protein.
- 7. Avoid excessive alcohol.** Refrain from drinking as a means to manage stress.
- 8. Treat yourself.** Read a book, listen to a favorite album, make plans with friends or enjoy a good laugh.
- 9. Talk to people.** Friends, family members or co-workers may be able to help you work through a stressful situation. And verbalizing your stress can help to physically relieve it.
- 10. Finally, ask for help.** If you feel out of control, depressed or too overwhelmed to cope, ask your doctor or a mental health professional for help. They can help you navigate and manage your stress.

If you would like to speak to a primary care provider or mental health professional about your stress, visit the “Find a Doctor” tab at HavasuRegional.com. ■

HEALTHY LIVING SPOTLIGHT

Five Surprising Ways to Boost Your Heart Health

You probably know that healthy eating and regular physical activity are critically important to maintaining good heart health. But there are a number of other things you can do to give your heart an extra boost that might surprise you.

Laugh.

Research has pointed to laughter having a number of benefits for your heart health, including increased blood flow and lowered stress levels. It turns out that laughter really is one of the best medicines, after all.

Have a little dark chocolate.

Yep. You heard us. Dark chocolate contains polyphenols, which reduce the number of cell-damaging free radicals in your body. Just don’t go overboard — research suggests indulging three times a month.

Be a good neighbor.

Next time you see your neighbor, say hi! According to a University of Michigan study, people who felt like a part of their community, trusted their neighbors and felt safe were 34 percent less likely to have a heart attack.

Spend time with your pet.

Some studies have shown that owning a pet can help increase physical activity and lower blood pressure.

Get a flu shot.

A study published in the *Journal of the American Medical Association* in 2013 showed that persons who received a flu shot reduced their risk of heart disease, stroke, heart failure or death from cardiac-related causes by roughly 36 percent. ■



COMMUNITY CALENDAR

Stop the Bleed Classes

In this course, you will learn how to save a life by stopping major bleeding when tragedy occurs.

Class dates:

Jan 29 May 28 Sept 26

Feb 20 June 26 Oct 30

Mar 25 July 30 Nov 13

April 23 Aug 27

All classes begin at 6pm and are held at the HRMC Learning center located at 1785 McCulloch Blvd LHC, AZ 86403. Please register by emailing Danielle.Stello@lpnt.net or calling 928-854-7549.

Adult Hands Only™ CPR

Learn early signs and symptoms of a heart attack as well as the simple steps of Hands Only™ CPR and the use of an AED.

Class dates:

Jan 9 Mar 13 May 15

Feb 5 April 24 June 11

All sessions are FREE to the community. No reservation required. For more information, call 928.453.0139.

Looking for a primary care provider?

Visit the “Find a Doctor” tab at HavasuRegional.com



Meet Arlan Mintz, MD

Dr. Mintz specializes in the treatment of brain tumors and injuries. He performs radiosurgery procedures utilizing the Edge Linear Accelerator at the Cancer Center of Western Arizona on the campus of Havasu Regional Medical Center. To make an appointment with a provider, visit the “Find a Doctor” tab at HavasuReigonal.com. ■



101 Civic Center Lane
Lake Havasu City, AZ 86403

Slow-Cooker Chicken Parmesan with Eggplant and Angel Hair Pasta

An easy-to-make, heart-healthy twist on an Italian classic.

1 med eggplant (peeled & finely chopped)	1/8 tsp. salt
Cooking spray	1/8 tsp. ground black pepper
1 28 oz. can of no-salt-added, crushed tomatoes	1 12 oz. package of whole-wheat angel hair pasta (broken into quarters)
1 tbsp. + 1/4 tsp salt-free Italian seasoning (divided)	2 tbsp. Parmesan cheese
2 lb. boneless, skinless chicken breasts (all visible fat discarded)	1/4 cup shredded, fat-free mozzarella cheese

- Peel the eggplant and finely chop it into small pieces, about 8 cups.
- Coat the bowl of a large slow cooker with cooking spray. Then, add chopped eggplant, crushed tomatoes and 1 tbsp. Italian seasoning into the slow cooker bowl. Stir to combine. Add chicken breasts into the slow cooker, combining them into the tomato and eggplant mixture. Sprinkle remaining 1/4 tsp. Italian seasoning, salt and pepper onto the chicken. Set the slow cooker to low for 7–8 hours or high for 3–4 hours.
- When almost ready to serve, remove chicken from slow cooker, along with 1/2 cup tomato-eggplant sauce. Break the angel hair pasta into quarters and stir pasta into the tomato sauce. Add chicken back into the slow cooker on top of pasta, pouring the removed 1/2 cup tomato-eggplant sauce over chicken. Top with parmesan and mozzarella cheese.
- Cover and cook until pasta is done, about 15-25 minutes. (Note that the pasta will cook faster if the slow cooker is on high.)
- Cut each chicken breast into 3 portions and serve with eggplant pasta. Serves 6.

*Recipe from the American Heart Association.
Find more healthy recipes at www.heart.org/recipes.

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Ask A Doctor

QUESTION: *What can I expect during a colonoscopy?*

ANSWER: A colonoscopy is an easier procedure than you might think. Shortly before, you will likely be given a pain medication and a sedative to minimize discomfort. The procedure itself takes about 30 minutes, during which any polyps (tissue growths) found will be removed by the doctor, and tissue samples will be sent for a biopsy. You will be instructed to follow a special diet the day prior to your colonoscopy, and you'll need to have someone to take you home following the procedure. ■

HRMC is partially owned or invested by physicians.

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.