

Senior & Circle

A NORTHWEST HEALTHCARE RESOURCE



Northwest Medical Center

6200 N. La Cholla Blvd. • Tucson, Arizona 85741
(520) 742-9000 • NorthwestMedicalCenter.com

Oro Valley Hospital

1551 E. Tangerine Rd. • Oro Valley, Arizona 85755
(520) 901-3500 • OroValleyHospital.com

Choosing a Primary Care Provider: Northwest Allied Physicians

When it comes to maintaining good health, it takes a village — a multidisciplinary team of experts — to provide comprehensive health care. It's not unusual for your preventive care regime to include regular visits to more than one doctor: a family physician, an obstetrician or gynecologist, and any specialist involved in treating chronic conditions, such as an allergist, dermatologist, orthopedist or cardiologist, for example.

However, it's important to have one team leader quarterbacking your health care, so to speak. This person is your primary care physician and serves as the main gatekeeper for your care. Choosing a primary care physician may be the most important step in caring for your health.

What is a primary care physician?

Your primary care physician (PCP) is the doctor you typically see for an annual physical, i.e., your main health care provider for non-emergency care. Your PCP performs routine tests that are needed at various stages throughout your life to monitor your health and diagnose and treat medical problems. If needed, your PCP can refer you to a specialist if a serious illness requires special management. A PCP serves as the chief facilitator for other physicians involved in your care, making sure that all the components— from treatments to prescribed medications — work together effectively, for your good health. A PCP will provide preventive care based on their knowledge of your unique health history, heredity, and other factors. He or she will also provide you with health education, so you can make informed decisions about your lifestyle, nutrition, and physical activity.

A PCP is typically a family practitioner or an internist, although some obstetricians may function as PCP for their patients. A family practitioner is a generalist who can treat children and adults of

**To find a physician to meet your needs,
visit NWAlliedPhysicians.com**

all ages and may also provide basic gynecologic care and perform minor surgery. An internist is a doctor who has completed a residency in internal medicine and is trained to care for adults of all ages and treat many different medical problems, from common to complex illnesses.

The advantage of having a PCP over using a walk-in clinic or urgent care center for routine health maintenance is continuity: an ongoing relationship with a single medical professional with in-depth knowledge about you and your health history, family

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SENIOR CIRCLE

1980 West Hospital Drive, Suite 207

For claims assistance,
call 469-8194.

Mammogram appointments,
call 469-8810.

Blood screening appointments
& other reservations,
call 469-8194.

Physician referral, call toll-free
1-866-NW4WELL (694-9355).

Your comments are always
welcome. Please call us at
469-8194.

**SUMMER
2011**

H2O for Good Health

By Lorraine Manciet, M.D. Ph.D.
Family Medicine

With summer in full swing, and whether you're an athlete or just enjoying the outdoors, it's important to drink plenty of water to stay properly hydrated. Sounds simple, but dehydration is more than a matter of being hot and thirsty — if not recognized and treated, it can become a serious health emergency.



More than half of the body's weight is water, so it's important to keep a proper level of fluid in the body to support the body's functions, like maintaining proper body temperature, removing waste and lubricating joints, to name just a few.

Dehydration occurs when the body has lost more fluid than has been replaced through drinking water and other liquids. Our body loses water when we breathe, sweat, urinate and have bowel movements. Dehydration can also occur as a result of illness. Fever, vomiting and diarrhea all deplete the body's fluids, particularly if the illness is prolonged.

Dehydration is generally classified as mild, moderate or severe (depending on the amount of fluid lost and not replaced). The condition is easily treated when recognized early, but if dehydration persists or worsens, it can become a life-threatening health emergency. Mild dehydration is a loss of three to five percent of body weight; moderate, six to nine percent body weight; and severe, more than 10 percent of body weight lost.

Symptoms of Dehydration

MILD:

- Dry or sticky mouth
- Low urine output or dark colored urine
- Headache
- Sleepiness
- Muscle cramps
- Reduced sweat or tear production

SEVERE:

- Dizziness
- Lightheadedness
- Shriveled skin
- Heart palpitations
- Lethargy (extreme sluggishness)
- Confusion

Due to low body weight, infants and young children are particularly susceptible to dehydration. The elderly also have a higher risk. As the body ages, its ability to conserve water is reduced and the brain's ability to sense dehydration decreases as well. This means that dehydration can progress to a serious level more quickly than you might think.

By the time you feel thirsty, the body has already lost significant amounts of fluid, so don't rely on thirst as the only indicator of whether you're properly hydrated (see sidebar for dehydration symptoms).

Severe dehydration can be life-threatening, causing seizures, brain damage or death. If someone is experiencing symptoms of severe dehydration, call 911 or go immediately to the nearest ER. Intravenous fluids and hospitalization may be necessary to treat moderate to severe dehydration.



For mild dehydration, drinking fluids — water, a sports drink or an electrolyte solution — is usually sufficient treatment. Drink small amounts of fluid slowly. Larger quantities drank quickly may cause vomiting.

Prevention

To prevent dehydration, drink plenty of water each day. A popular rule of thumb is the "8 x 8" rule: eight servings of eight-ounce cups of water daily. According to the Mayo Clinic, food accounts for 20 percent of total daily fluid intake, so 2 liters of water or other beverages daily (just over 8 cups), along with a normal diet should be adequate. The Institute of Medicine recommends men should consume approximately three liters (about 13 cups) and women should consume 2.2 liters (about 9 cups) of total fluids daily. Liquids other than water, such as tea and coffee, count toward daily intake, but because they have caffeine, they are also diuretics, which cause the body to lose fluid. Therefore, it's best to get most of your fluid intake from non-caffeinated beverages and consume tea, coffee and sodas in moderation.

You may need more water if you have a fever, are taking certain medications, are vomiting or experiencing diarrhea, suffer from certain medical conditions such as diabetes, hypertension, a bladder infection or kidney stones, are outside during hot weather, are exercising, are pregnant or breastfeeding or are dieting. Talk with your doctor about your diet, exercise habits and any health conditions that may impact your body's fluid requirements and risk for dehydration.

To learn more, visit OroValleyHospital.com and click on the Health Resource Library link, then type "dehydration" in the search box. You can also call Dr. Manciet's office at (520) 825-0300.

About the Author:

Lorraine Manciet, M.D. Ph.D., Family Medicine Physician. Dr. Manciet is a fourth generation Tucson native. She enjoys treating patients of all ages and genders and is especially interested in women's health.

Sources: National Institutes of Health, www.nlm.nih.gov, American Academy of Family Physicians, www.familydoctor.org, Mayo Clinic, www.mayoclinic.com

WELCOME PETER HANNA, M.D., M.H.S.A.

Family Medicine

Dr. Peter Hanna is a family medicine physician who enjoys treating patients of all ages. Learning about his patients, listening to their needs, and guiding them with treatment plans is important to him. Dr. Hanna's practice philosophy is to see his patients when they are ill in a timely manner and involve them in their plan of care.

Dr. Hanna was inspired to family medicine because it encompasses all aspects of medical care and problem solving, regardless of age or gender. Dr. Hanna is fluent in Arabic.

Dr. Hanna accepts most insurance and has same or next day appointments. To schedule an appointment with Dr. Hanna, please visit NWAlliedPhysicians.com.

Northwest Allied Physicians at Ranch Vistoso

13101 N. Oracle Road, Suite 100

Oro Valley, AZ 85739

Please note: Dr. Hanna's practice will move to

7588 N. Oracle Road in Oro Valley in the fall.

For more information, call his current office at 825-0300.

Member of the medical staff at Oro Valley Hospital and Northwest Medical Center.



DR. HANNA

WELCOME REX COOLEY, D.O.

Orthopedic Surgeon

Dr. Rex Cooley is a board-certified orthopedic surgeon specializing in knee, shoulder and hip replacement procedures, sports medicine, arthroscopic shoulder and knee surgery, and fracture care.

After suffering knee injuries resulting in surgery during high school, Dr. Cooley became a physical therapist before he decided to go on to be an orthopedic surgeon. With this background, he understands both the rehab and the surgical aspects of orthopedic injuries as he works to get his patients back to their normal activities. He helps his patients make educated decisions by taking the time to answer questions about their diagnosis and treatment options.

Dr. Cooley cares for patients of all ages. In his free time, he enjoys scuba diving, golf and soccer.

Northwest Allied Physicians at Orange Grove

1871 W. Orange Grove Road, Suite 135

Tucson, AZ 85704

Phone: 520-382-3050

Member of the Medical Staff of Northwest Medical Center and Oro Valley Hospital



DR. COOLEY

CALENDAR of EVENTS

ADVISORY BOARD

Help us plan for the future of our chapter. All are welcome. To RSVP, call 469-8194.
All meetings are held in the Senior Circle Office, 1980 W. Hospital Dr., #207 from 10 a.m. - 11 a.m.

- Tuesday, August 9
- Tuesday, October 11
- Tuesday, September 13

LECTURES

See page 5 for events, speakers and dates.

TRIPS

Reservations are required. Seating is limited. You must have a reservation to board the bus. To RSVP, call 469-8194.

Place: Harrah's Ak' Chin Casino
Location: Phoenix, Arizona
Date: August 4 - Day Trip
Cost: Free
Departure: 8:30 a.m. from Aaron Brother's Picture & Frame at the Foothills Mall
Return: Departing Casino at 4 p.m.
Note: Bus will not wait for late arrivals. Picture ID is required. Players club number required on reservation form.

LUNCH BUNCH

Dutch treat luncheon — an opportunity to meet new friends and explore new restaurants. Reservations are required for the Lunch Bunch. All lunches begin at 11:30 a.m. **PLEASE DO NOT ARRIVE BEFORE 11:15 A.M.** To RSVP, call 469-8194.

- Friday, August 12 — Macaroni Grill
Location: 2265 W. Ina Rd.
- Friday, September 9 — Macayo's
Location: 7360 N. Oracle Rd.
- Friday, October 14 — World Sports Grille
Location: 2290 W. Ina Rd. (at Foothills Mall)

LOOK GOOD, FEEL BETTER

A free program that teaches beauty techniques to women undergoing cancer treatment.

Date: Fourth Monday of the month
Time: 9:30 a.m. - 11:30 a.m.
Location: Event Center, Adjacent to The Women's Center
6060 N. Fountain Plaza Dr., #130
Information: American Cancer Society at 323-4200

AARP'S 55 ALIVE MATURE DRIVING SCHEDULE

For Information — Call AARP Driver Safety at 1-888-227-7669

ALZHEIMER'S SUPPORT GROUP & LEARNING SEMINARS

Alzheimer's Support Group
Date: First Tuesday of Every Month
Time: 3 p.m. – 4:30 p.m.
Location: Oro Valley Hospital
Meet in the Front Lobby
1551 E. Tangerine Rd., Oro Valley

Alzheimer's Learning Seminars
Date: Third Tuesday of Every Month
Time: 3:30 p.m. – 4:30 p.m.
Location: Oro Valley Hospital
Meet in the Front Lobby
1551 E. Tangerine Rd., Oro Valley

LIVING WITH CANCER SUPPORT GROUP

Open to newly diagnosed patients as well as long term survivors, significant others, family and friends.

Date: Second Thursday of the Month
Time: Noon - 1:15 p.m.
Facilitator: Jeanne Harvath, LCSW
Cost: Free
Location: The Event Center
6060 N Fountain Plaza Dr., Suite 130
Inside the Fountain Plaza Medical Office Building

CALENDAR of EVENTS

GAME DAY

Enjoy a day of fun with other Senior Circle members. **You now have 2 locations to choose from!** To RSVP, call 469-8194. Seating is limited.

Northwest Medical Center, in the Senior Circle Office
1980 W. Hospital Drive, Suite 207

Time: 1 p.m. to 3:30 p.m.

- Game Day: Wednesday, July 20
- Game Day: Wednesday, August 17
- Game Day: Wednesday, Sept 21
- Game Day: Wednesday, October 19

Oro Valley Hospital, in Classroom B
1551 E. Tangerine Road

Time: 2 p.m. - 4 p.m.

- Game Day: August 23
- Game Day: September 27
- Game Day: October 25

FITNESS CLASSES

Location: The Event Center, 6060 N. Fountain Plaza
Drive, Suite 130

Cost: \$7 per person, per class

Yoga

- Every Tuesday
- Time: 1:30 - 2:30 pm

Tai Chi

- Every Friday
- Time: Noon - 1 p.m.

Qi Gong

- Every Friday
- Time: 10:45 - 11:45 a.m.

Living Well is an educational series presented by Senior Circle to provide information on living

with and managing chronic diseases. The topics are presented by physicians and offer the latest thought and clinical information about the subject.

The free classes are held at Oro Valley Hospital, 1551 E. Tangerine Road, Classrooms A and B. Class times are from 3:30 - 4:30 p.m.

The Living Well lecture schedule is as follows:

- **Sept. 14:** Skin Care - Keri Ruffell

Space is limited. Registration is required.

To register, call 866-NW4WELL (866-694-9355) or register online at OroValleyHospital.com by clicking on the "Community Education" tab.



COMMIT TO BE FIT

Commit To Be Fit Monthly Lectures in Oro Valley



The Commit To Be Fit program includes a free monthly lecture series which is held the first Thursday of each month at 7 p.m. at Oro Valley Hospital.

Upcoming lectures include:

Date **Topic & Speaker**

Aug. 4 Sleep Seminar - Jyotsna Sahni , M.D.

Sept. 1 How is Your Cholesterol? - Gregory Koshkarian, M.D.

Oct. 6 Spine Health & Rehabilitation - Thomas Coury, M.D.

Space is limited. Registration is required. To register, call 866-NW4WELL (866-694-9355) or register online at OroValleyHospital.com by clicking on the "Community Education" tab.

Touch My Heart at Oro Valley Hospital



Learn more about improving your health by attending a free monthly lecture series held the last Wednesday of each month (except in July) at 6:30 p.m. at Oro Valley Hospital.

- **August 24**

Communicating with your Physician About Heart Health Issues - Paul Bejarano, M.D.

- **September 28**

Emotional Management - Speaker TBD

- **October 26**

Social Contacts for a Healthy Heart - Gordon K. Watson, M.D.

Space is limited. RSVP is required.

Call 866-NW4WELL (866-694-9355) or go online at OroValleyHospital.com and click on the "Community Education" tab.

The Sleep Centers of Oro Valley Hospital

The Sleep Centers of Oro Valley Hospital offer two convenient locations to serve you or your family for sleep disorders.

How do you know if you have a sleep disorder?

The most common symptoms of a sleep disorder are:

- Snoring
- Excessive daytime sleepiness
- Irritability
- Itchy, tingly sensations in your legs while resting
- Morning headaches
- Inability to concentrate
- Forgetfulness
- Loss of energy
- Mood or behavior changes
- Night-time heartburn

What can a sleep study do for you?

Most sleep disorders can be treated and can improve quality of life.

What can I expect during a sleep study?

Sleep studies require an overnight stay in The Sleep Center. The

LOCATIONS

Oro Valley: 1521 East Tangerine Road, Suite 269, Oro Valley, Arizona 85755; Phone: 520-901-6212

Northwest: 6350 N. Camino De La Tierra, Tucson, Arizona 85741; Phone: 520-901-6212

outpatient, non-invasive sleep study records your sleep patterns, breathing, oxygen level, muscle tone, heart rate and rhythm, as well as the brain's electrical activity. Sensors are taped to various parts of your body for the technologist to record the study.

How can I schedule a sleep study?

Sleep studies are covered by most insurance plans, including Medicare. To schedule a sleep study, talk to your physician and ask to be referred to The Sleep Centers of Oro Valley Hospital.

For more information please call 866-NW4WELL or visit The Sleep Centers of Oro Valley Hospital at OroValleyHospital.com.

Choosing a Primary Care Provider

Continued from Page 1

background, past injuries or illnesses, allergies and risk factors for certain diseases.

Choosing the right doctor for you

You and your PCP will be together for a long time, so making the right choice is important. You may ask family and friends for recommendations, check with other health providers you may know or consult with your local hospital for a physician referral.

As you begin your search for a primary care provider, consider the following tips from the National Institutes of Health:

- Does the physician participate in your insurance plan (also known as an "in-network provider")? If not, the amount of your co-payment for seeing the physician may be higher.
- Is the physician accepting new patients?
- Is the practice located in an area close to your home or work location? Are the office hours convenient for your schedule?
- What is most important to you in a good PCP? General health and wellness? Experience in the treatment of certain chronic diseases?

- What about your personal preferences? Do you feel more comfortable with a male or a female doctor? A young doctor or an older physician? A warm, casual and friendly communication style or one that is more formal?
- Does the physician use a conservative or aggressive approach to medical treatment? Does he or she ask about the patient's preferences regarding specific types of medical treatments?
- Is the physician easy to reach by phone? Does he or she use (and encourage patient contact) via email? Are office staff members friendly and helpful?

For help in choosing a doctor in the Tucson area, visit NWAlliedPhysicians.com and click on the Medical Staff link (found at the top of the page) for information about our physicians including name, specialty, geographic location and gender. Or, for personal assistance in matching you with a physician who meets your needs, call our Physician Referral Line at 866-NW4WELL (866-694-9355).

This information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip you with information and facilitate conversations with your physician that will benefit your health.

Sources: National Institutes of Health www.nlm.nih.gov; Agency for Healthcare Quality and Research www.ahrq.gov; WebMD www.webmd.com; American Medical Association www.ama-assn.org



A NORTHWEST HEALTHCARE RESOURCE

- UC
- P
- HOV
- HNMC
- HF
- R
- GV

Membership Application

*Enriching the lives of adults age 50 and over one member at a time through
friendship, exercise and wellness programs, activities, education and discounts.*

Membership Services Information: 1-800-211-4148

NORTHWEST HEALTHCARE				Use the space below for second membership - Same address only			
Member's Last Name		Middle Intl.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.	Member's Last Name		Middle Intl.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name			Check one <input type="checkbox"/> 50-64 <input type="checkbox"/> over 65	First Name		Date of Birth	Check one <input type="checkbox"/> 50-64 <input type="checkbox"/> over 65
Area Code/Phone Number		Date of Birth					
Address			Apt #	Are you retired? Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired <input type="checkbox"/>			
City		State	Zip	What are your favorite hobbies and past times?			
I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. SIGNATURE: _____				I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met. SIGNATURE: _____			
Are you retired? Yes <input type="checkbox"/> No <input type="checkbox"/> Semi-retired <input type="checkbox"/>				How did you hear about Senior Circle?			
What are your favorite hobbies/past times?				Last 4 Digits SSN* Member # 1 _____ Confidential			
GIFTS	Membership(s) is a gift from: Name			Last 4 Digits SSN* Member # 2 _____ Confidential			
	Address			Can we help you with any health or lifestyle concerns?			
	City		Send Gift Card? <input type="checkbox"/> Yes <input type="checkbox"/> No				
	State		Zip				
MEMBERSHIP FEES				SAME ADDRESS ONLY			
<input type="checkbox"/> One-Year Membership \$15.00 (SC1)				<input type="checkbox"/> Two - One-Year Memberships \$27.00 (TW1)			
<input type="checkbox"/> Two-Year Membership \$27.00 (SC2) Save 10% ←				<input type="checkbox"/> Two - Two-Year Memberships \$51.00(TW2) Save 15% ←			

TO PAY BY CHECK: Return your completed application along with a check made payable to Senior Circle.

TO PAY BY CREDIT CARD: Complete the credit card information below and return your application.

Name on Credit Card: _____ Credit Card Type: _____
 Credit Card #: _____ Expiration Mo/Yr: ____ / ____ Security Code: _____

***NOTE: Last 4 digits of SSN are required for processing credit cards.**

Return this form to your local Senior Circle Office: **Senior Circle Office**
 Northwest Medical Center & Oro Valley Hospital
 1980 W. Hospital Drive Suite 207
 Tucson, AZ 85741

45-day money-back guarantee. Certain conditions apply. See Chapter for details. Benefits subject to change without notice.
 Memberships non-transferable. Senior Circle Association is a non-profit organization.
 If you have any questions, contact Joanie Johnson at 520-901-3631.

SCREENING PROGRAMS

It is important that we take responsibility for our own health. One of the easiest places to start is with preventive care. Many studies have reinforced the idea that prevention can help avoid disabilities and chronic conditions through early diagnosis. The Senior Circle program is pleased to announce that the following screenings are now being offered. To schedule a screening:

- Call the provider's number listed on this page.
- Identify yourself as a Senior Circle member.

NOTE: It is mandatory that you identify yourself as a Senior Circle member when calling to schedule a Senior Circle screening or you will be charged for a regular office visit.

HEARING SCREENING

Tests for hearing loss and general ear health.

This test is offered through Carlson ENT (520-797-8789), Tucson Ear, Nose and Throat (520-575-1272), Valley ENT (formerly Southern Arizona Ear, Nose and Throat, 520-792-9702) and Arizona Hearing Specialists (Tucson - 742-2845, Green Valley - 648-3277, Ventana - 742-2845).

These providers also offer our members discounts on hearing aids and hearing aid services.

LOW-COST BLOOD/CARDIAC SCREENINGS

- Complete Blood Count (CBC) and Chemistry Profile (Met. Comp.) \$35
- Lipid Profile \$35
- Complete Blood Count (CBC), Met. Comp. & Lipid Profile \$70
- Prostate-Specific Antigen (PSA) \$79
- Cardiac Calcium Screening \$115

To make an appointment for Senior Circle blood work, call 469-8194. Note: Medicare covers 100-percent of medically necessary blood work with the appropriate diagnostic codes on a doctor's order. Preventive or routine blood work often is not covered by insurance. Blood screenings are available at Rancho Vistoso Urgent Care, Continental Reserve Urgent Care, La Paloma Urgent Care,

Northwest Urgent Care at Orange Grove, Northwest Urgent Care at Duval Mine Road, Oro Valley Hospital and Northwest Medical Center. No appointment is required for blood screenings. Upon arrival, you must show your Senior Circle membership card.

PODIATRY SCREENING

A screening for foot problems — including bunions, hammer toes, diabetic ulcers, etc. — is offered by Steve Abrams, DPM (297-7209).

ORAL/DENTAL

Services offered by Jose Osete, DDS (797-4551) and Hiram Cervantes, DDS (797-4551). They offer our members discounts on dental services.

MAMMOGRAPHY SCREENING

Northwest Healthcare offers discounted digital screening mammograms to members of Senior Circle. The cost is \$119 and must be paid at the time of the screening. This is a special offer for Senior Circle members and cannot be billed to an insurance plan. If you require a diagnostic mammogram, the discount does not apply as most insurance plans cover these exams. To schedule a screening mammogram, call 469-8810 and let the scheduler know that you would like the **Senior Circle screening mammogram**. Upon arrival you must show your Senior Circle membership card.

SCREENING DEXA SCAN

Northwest Healthcare offers discounted DEXA Bone Density scans to members of Senior Circle. The cost is \$175 and must be paid at the time of the screening. Please follow the same procedure as the Mammogram Screening (above).

CHIROPRACTICS

Chiropractic services offered by Dr. Richard Casabona (498-1111). Offering a 10-percent discount on all services to Senior Circle members.