

Healthy Man

A Publication of Yuma Regional Medical Center

SPRING/SUMMER 2011

A Healthy YUMA

See coupon on page 2
for a discounted
cholesterol screening

Combating High Cholesterol

According to the American Heart Association, adults age 20 or older should have their cholesterol checked at least once every five years.

If you find yourself battling high cholesterol, the good news is you have the power to manage the condition.

One step toward combating high cholesterol includes making the right food choices. Foods that help lower high cholesterol include:

- Oatmeal
- Salmon
- Almonds
- Olive Oil

“Each person’s total cholesterol number depends on several factors, including family history,” says Augustine Lau, M.D., an internal medicine physician on the Medical Staff at Yuma Regional Medical Center. “Eat a healthy diet and get or stay physically active to fight the rise of cholesterol, and speak with your physician for ways to lower your number.”

Consult your primary care physician regarding your high cholesterol risks or visit www.yumaregional.org and click “Find a Doctor” to see physicians accepting new patients.





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Steps to Help **Avoid Cancer**

When it comes to health maintenance, most men know the importance of taking care of their tickers. However, colon health may not be on the top of their minds.

Take these steps to help reduce your risk of colon cancer:

- Maintain a healthy weight.
- Eat at least five servings of fruits and vegetables each day.
- Limit the amount of red meat in your diet.

According to the American Cancer Society, colon cancer is largely preventable. If you don't have a family history of the disease

or other risk factors, the recommended age to begin colon screening is 50.

“Most experts see a spike in colon cancer risk around the time patients reach age 50,” says Seth Miller, M.D., a gastroenterologist on the Medical Staff at Yuma Regional Medical Center. “If we can screen for and remove polyps early, we can decrease the risk of colon cancer by up to 90 percent, according to the most recent literature.”

To learn more about colon health, visit www.yumaregional.org and search “colon,” or consult your primary care physician for information.

Chain REACTION



Healthy Yuma 2011 has challenged each citizen in Yuma County to adopt healthy eating and lifestyle habits to collectively lose 140 tons of fat this year.

Along with founders Yuma Regional Medical Center and the *Yuma Sun*, coordinators of Healthy Yuma 2011 are providing tools and support to help residents establish healthier habits that will last a lifetime.

“Men who pledge to change their behaviors and succeed in making better choices can feel so much better within weeks,” says Carl Myers, M.D., retired oncologist and coordinator of Healthy Yuma 2011. “Our hope is that better health practices will continue in our community throughout 2011 and beyond.”

The American “Weigh” of Life

Healthy Yuma 2011 includes three areas of focus: nutrition to achieve and maintain a healthy weight, adequate and safe daily exercise, and restriction of smoking and alcohol and drug use. If everyone in the community loses 10 percent of their body weight, Healthy Yuma 2011 will reach its goal of 140 tons by year’s end.

“I am very concerned that unless we make changes, we will lose our standard of living,” Dr. Myers says. “By focusing on what we can do ourselves, we can start a chain reaction that will benefit our community as a whole in the near future.”

7 Objectives for Better Health

Many health trends are moving the unhealthy way — smoking is prevalent and obesity rates are soaring. Healthy Yuma 2011’s seven objectives can help turn our community around.

✧ Healthy Yuma 2011

Objective	Savings
Lose 140 tons of fat	\$5.6 million
Eat more vegetables and fruits and less fat, salt and sugar	\$5 million
Motivate 5,000 new exercisers	\$1 million
Inspire 2,000 families to adopt the 5-2-1 Almost None Program	Priceless
Assist 4,000 people to quit smoking	\$3 million
Enable 2,000 people to decrease drinking	\$1 million
Create a culture that enables 500 drug users to succeed in quitting	\$1.25 million

For more information about Healthy Yuma 2011, visit www.HealthyYuma2011.com.



I chose Yuma...

“There was never a question in my mind that I would return to Yuma to begin my Gastroenterology practice. I grew up here and am proud to be a part of such a welcoming community. With the support of Yuma Regional Medical Center, I look forward to making a positive impact on the future of healthcare in Yuma.”

...and I'm
glad I did!

Seth Miller, M.D.

Yuma Regional Medical Center Welcomes

Seth Miller, M.D. attended medical school at the University of Arizona College of Medicine in Tucson. He also completed his residency and Gastroenterology fellowship there.

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Caring for the growing needs of our communities