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Vegas Voice Elder Hub News Letter



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www.vegasvoiceelderhub.org

Editors note: Thank you to our new volunteer, Dianne, from "Once A Nurse Always a Nurse" a group of retired nurses in Sun City Anthem for sending the following wonderful information. If I may suggest clipping it out and saving it for future reference:

HOW TO FIND A DOCTOR

Disclaimer: note we are not giving medical advice, only hints that would be helpful in navigating some issues regarding your health care.

- **Decide what kind of physician you are looking for:**
primary care or a specialist?
- **What area are you looking in?**
Within 5 miles. 10 miles?
- **If you have an HMO**
check with your directory to see what doctors are available.
- **If you already have a primary care doctor,**
seek their advice for a specialist.
 - **Ask around to your friends who they use.**
This is a good way to find out satisfaction with certain physicians.
 - **Check on Next Door under Recommendations tab;**
there are usually a lot of comments on physicians.
 - **Check Yelp under the doctor's name you are looking at,**
these reviews can be pretty personal and can give some good information.
 - **You can also check Healthgrades.com, or Vitals.com for reviews**
 - **Also you can check the Nevada state website for information on physicians you are considering:**
medboard.nv.gov/ and do a search on that website
 - **Some other points you may want to consider:**
This information can also be found on the website medboard.nv.gov
 - **Gender, do you want a male or female?**
Educational background
Languages spoken
 - **How many years have they been in practice?**
 - **What hospitals do they go to?**
 - **What are they certified in?**
 - **Once you have decided on a physician, call them!**

**YOU ARE READY TO CALL
NOW WHAT?**

*Do they have any openings?
and how long to get an appointment?*

When do they return calls? How timely are they in returning calls.

How long does it take to have a prescription refilled?

Pay attention to how courteous the staff is on the phone. This could be an indication of how you will be treated.

You can always visit the office to see how clean it is and the distance it is from your home.

If you've chosen a specialist and you need surgery, where do they perform their surgeries? Even ask about outpatient surgeries. Distance can make a huge difference.



Lines of Communication

The best way we have of getting news and notifications out to you is email. Our list is compiled strictly from addresses you have provided to us when we have asked if you wished to be contacted by The Vegas Voice or Elder Hub. However, the last notice Elder Hub sent received quite a few “bounce backs.” If you still wish to be kept informed about our shows, please go to www.thevegasvoice.net or www.vegasvoiceelderhub.org and fill out the contact us email form so we can add you to our “e-blast list.

Guardianship Nomination Form

Did you file your nomination form? Did you receive the identification card and paper work back from the Secretary of State's office yet? If the answer is no to either question, here are your options:

A: If you need a form www.thevegasvoice.net you can download it right from the home page.

B: Didn't get I.D back yet:

Secretary of State's office

555 East Washington Avenue, Suite 5200

Las Vegas, NV 89101

Phone: 702-486-2880

The following TIA information was medically reviewed: by [Graham Rogers, MD](#) on May 5, 2016 — Written by Jeannette Belliveau

(Transient Ischemic Attack (TIA))

Signs Your Could Be Heading for a STROKE

Knowing the signs of a TIA or mini-stroke can help you get the treatment you need as early as possible. Because 1 in 3 people who experience a TIA later experience a stroke, early treatment is essential.

Symptoms of TIA

It can be difficult to identify that you've had a TIA, but a few symptoms may indicate a mini-stroke. The symptoms may be fleeting. The most common symptoms of a TIA are:

Signs Your Could Be Heading for a STROKE ... continued

- vision changes
- dysphasia (trouble speaking)
- confusion
- balance issues
- tingling
- an altered level of consciousness
- dizziness
- passing out
- an abnormal sense of taste
- weakness or numbness on just one side of the body or face, determined by the location of the blood clot in the brain

Call 911 or go to the emergency room if you're having any of these symptoms.

Dysphasia

People with a TIA may temporarily find themselves unable to speak. After a TIA, people may tell their doctor that they had difficulty recalling words during the event. Other speech problems may include trouble saying a word or trouble understanding words.

This condition is called dysphasia. In fact, dysphasia is sometimes the only symptom of a mini-stroke. Trouble speaking indicates that the blockage or blood clot that caused the mini-stroke occurred in the dominant brain hemisphere.

Temporary blindness in one eye

Sometimes, a TIA manifests as a particular visual disturbance known as transient monocular blindness (TMB). In TMB, a person's vision in one eye becomes suddenly dimmed or obscured. The world turns gray or objects look blurry. This may last for seconds or minutes. Exposure to bright light can aggravate TMB. You may not be able to read words on white pages.

How long does a TIA last?

The symptoms of a TIA can last as briefly as one minute. Often, the symptoms are gone by the time you get to a doctor. Your symptoms may not be present while a doctor evaluates you, so you have to describe the event after your symptoms have disappeared.

Other risk factors

Other risk factors for TIA and stroke include:

- high cholesterol
- diabetes
- smoking
- obesity
- atrial fibrillation

According to one [study](#), men are more likely than women to experience TIAs, older people are also more at risk than younger people, and TIAs are reported most frequently on Mondays.

How is a TIA or mini-stroke diagnosed?

A TIA doesn't lead to permanent brain damage, but you still need an urgent medical examination if you have symptoms of a TIA. That's because the symptoms are identical to the symptoms of a stroke, and it isn't possible for you to tell whether they are related to a TIA or a stroke. The distinction requires a medical evaluation.

TIA symptoms are temporary and don't cause permanent damage to brain tissue. Stroke symptoms are permanent and do result in permanent damage to brain tissue. However, stroke symptoms may improve with time. Having a TIA puts you at risk of a stroke, because TIAs and strokes have the same cause.

The only way to tell the difference between a TIA and a stroke is by having a doctor look at an image of your brain with either a [CT scan](#) or an [MRI](#).

If you've had a stroke, it's likely that it won't show up on a CT scan of your brain for 24 to 48 hours. An MRI usually shows a stroke sooner.

In evaluating the cause of the TIA or stroke, you'll need an ultrasound to see if there's significant blockage or plaque in your carotid arteries. You'll also need an echocardiogram to look for blood clots in your heart. Your doctor may also take an [ECG](#) and [chest X-ray](#)

How can you prevent a TIA?

TIAs and other types of strokes are sometimes unavoidable, but you can take precautions to help prevent TIAs. Follow these TIA and stroke prevention tips.

Don't smoke.

- Avoid secondhand smoke.
- Eat a healthy diet with more fruits and vegetables.
- Maintain a healthy weight.
- Exercise regularly.
- Limit your alcohol intake.
- Don't use illicit drugs.
- Control your diabetes.
- Reduce your sodium intake.
- Limit cholesterol & fat intake
- saturated and trans fats.
- Make sure your blood pressure is under good control.
- Reduce stress.

Finally, Act FAST

Symptoms that come on suddenly and without warning could signify a stroke. The term "FAST" is an abbreviation

