

## Remember You Still Need to Mask Up at Valley



Even though state mask guidelines are relaxing for many public places on March 12, please remember medical-grade masks are still required in our hospital, clinics and service areas for patients, visitors, support people and staff. Hospitals and clinics care for the most vulnerable members of our community: fragile infants, patients with weakened immune systems, and many others who are not able to be vaccinated and/or are at high risk of severe illness from COVID-19. Masking up helps us protect them. [Remember, you still need to mask up.](#)

## Birth Center Now Allowing Two Support Persons



As we continue to see COVID-19 cases drop at Valley and within the surrounding community, the Birth Center has adjusted its visitor policy. Patients in our Birth Center are now allowed two support persons; the two people must be the same for the entire length of stay. Birth Center Emergency Department patients and those with a lactation appointment will continue to be allowed one support person. All support persons will be screened for symptoms of COVID-19 and must wear a mask. [See our current visitor policy.](#)

## DocTalk: Time to Get Back on Track—Real Advice About Preventing Colon Cancer from Colorectal Surgeon, Greta Bernier, MD



Colon cancer is the third most common cause of cancer and cancer-related deaths—151,030 people are expected to be diagnosed with this highly preventable disease in 2022. Screening is the best way to prevent this cancer and find it at early stages when it's most treatable. Learn why those age 45-49 should talk to their primary care providers to help decide if screening at this younger age makes sense given family history and other factors, with screening recommended for everyone age 50+. In this video, Dr. Bernier explains the different ways to be screened, why removing polyps is important, signs and symptoms, lifestyle changes to lower the risk and more—[get this life-saving information.](#)

## 7 Healthy Habits to Reduce Your Risk of Colon Cancer (& Chronic Disease!)



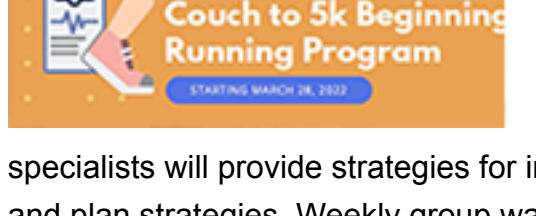
Many of the steps to reduce colon cancer risk are interconnected and improve overall healthy living. If these habits are part of your routine or you're actively working to adopt them, you can feel even better knowing you're helping prevent many other types of disease. [Find out what you can do today!](#)

## Pelvic Problems? Targeted Physical Therapy Could Improve Your Life



Pelvic floor problems may appear during pregnancy, after delivery or years after, and can affect all adults. Pain during urinating and intercourse, urinating too often, back, hip and tailbone pain and a list of many other conditions may be caused by pelvic floor problems. Linked to depression, social isolation, anxiety, and generally reduced quality of life, pelvic floor conditions affect people's health, relationships and self-image, but often go undiagnosed—sometimes for years. [Find out how physical therapy can help.](#)

## Couch to 5K Beginning Running Program—6 Weeks to Success!



Valley's Lifestyle Medicine team of physical therapists, dietitians and exercise specialists will provide strategies for injury prevention, fueling and plan strategies. Weekly group walk/runs, pre- and post-program testing, and fun with others while reaching a common goal of completing your first 5K. Six-week program costs \$75. [Learn more and sign up!](#)

## Valley Colleagues Share Selfie Tapestries as We Celebrate Women's History Month 2022



In our current moment at Valley Medical Center, women continue to lead. We are a predominately female organization that has shown true grit, resilience and hope during trying times. We thank everyone who identifies as a woman here at Valley for their strength, and we thank all of the women who have impacted and shaped who they have become. Several of our Valley team have shared their thoughts about Women's History Month, women who have inspired them, aspirations for the future and more—[read more.](#)

## At Risk of Pre-Diabetes? What You Need to Know about This Hidden Condition & Help If You Know You Have It



If your blood glucose level is higher than normal, but not high enough for you to be diagnosed with type 2 diabetes, you can have pre-diabetes without even knowing. It's estimated that one in three adults has pre-diabetes! Watch this video and learn how food is digested, how insulin helps you process sugars (glucose) in your blood, what happens when your pancreas doesn't make enough insulin or your body becomes resistant to it and more. In addition to testing, there are things you can do to prevent pre-diabetes, which leads to type 2 diabetes, heart disease and stroke. [Learn more here.](#)

## Valley Proudly Offers Accessible, Affirming and Inclusive Healthcare Services



During LGBTQ Health Awareness Week and at all times, Valley providers are there for our patients to speak openly about LGBTQ health, provide safe space to discuss concerns and offer accessible, affirming and inclusive healthcare services so that everyone can fully live their truth and a healthy life.

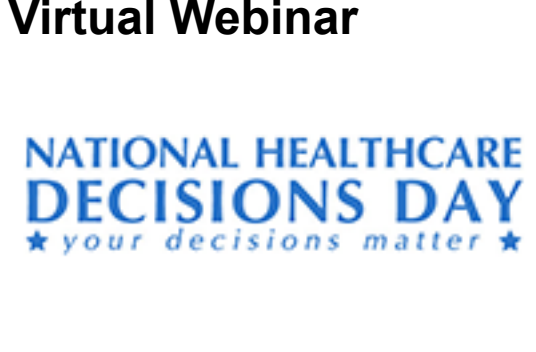
- [Find out about the care Valley offers to support patients who identify as lesbian, bi or assigned female at birth.](#)
- [Learn more about Valley's care for gay and bi men and getting connected to a provider who has a special interest or specialty in LGBTQ care.](#)

## Join the Valley Family—Now Hiring!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! Looking for: ED RNs | psychotherapists | speech language pathologists | HR recruiters | [See career opportunities.](#)

## Make Your Healthcare Wishes Known—April 16 Advance Care Planning Virtual Webinar



Advance care planning is the process of reflecting on our values and beliefs, then discussing wishes for what we want to have happen if faced with a critical medical situation. Those wishes are written down so family and care givers know what choices to make about our care and comfort, even when we are unable to communicate for ourselves. It's time to start having these conversations before a crisis happens, so our wishes are known, and our loved ones understand what to do. [Learn more & consider attending the free webinar.](#)



**No Buts About it—A Colonoscopy is an Essential Preventive Screen!**

Colon cancer is the third-largest cancer killer, but it can be prevented and treated when caught early. Valley offers convenient colonoscopy appointments you can schedule yourself. No referral or office visit required and no additional co-pay when you meet medical criteria.

To schedule an appointment or to get more information, call the Endoscopy Center at 425.690.3636.

**Endoscopy Center**  
UW Medicine  
VALLEY MEDICAL CENTER

**Love at first snuggle.**

We're here for your growing family.

[valleymed.org/choosevalley](http://valleymed.org/choosevalley)

**Birth Center Neonatal ICU Pediatrics**  
UW Medicine  
VALLEY MEDICAL CENTER

**FAMILY CARE**  
close to home.

**FIND A DOC**

**Primary Care**  
UW Medicine  
VALLEY MEDICAL CENTER

**DIY Disaster?**

When your project causes you to need a personal fix up, we're here to help.

**Urgent Care**  
UW Medicine  
VALLEY MEDICAL CENTER

**Skin Stressors Solved**

From acne and eczema to psoriasis, warts and beyond, our team provides comprehensive care and state-of-the-art treatment for skin, hair, and nail conditions.

**LEARN MORE**

**Dermatology Clinic**  
UW Medicine  
VALLEY MEDICAL CENTER

**Need help?**

Find free & low-cost housing, food, transportation, healthcare & more.

[ValleyCares.valleymed.org](http://ValleyCares.valleymed.org)

**VALLEY cares**

# Community Events

- **Free Vegetarian Meals in Renton**—Mar. 26, Apr. 16 & May 7, Noon – 2 PM  
Through a partnership between Renton Chamber of Commerce and Northwest Share, vegetarian food truck meals are being served at 625 S. 4th St., Renton.
- **2022 Free Car Seat Inspection Events**—Dates vary  
Certified technicians will check seats for recalls and correct installation, and answer safety questions. Bring your vehicle, car seat and car seat owner's manuals. Appointment required. [Check dates and locations. More inspection options.](#)
- [See all Valley classes, events and support groups.](#)

Caring for your community's **FUTURE.**

Public Hospital District Number 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for **75 YEARS.** Including Valley in your estate planning will allow us to continue caring for our community like family for generations to come.

**WE ARE valley**

**FOR MORE INFORMATION** about supporting Valley, please contact Carrie Murayama, Manager of Development & Volunteer Services, at 425.690.5956 or [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org).