See all classes and events, including virtual birth center tours, support groups, doc talks and classes for a healthier you.

### Straight Talk from a Heart Doc—Caring for Your Heart

Heart health is key to overall health—no matter your age. Learn from our medical experts about the latest in heart health, including screenings, prevention strategies, and the latest in heart medications. Find out what you can do to improve your heart health and live a healthier life.

### Take Charge to Prevent Diabetes

Diabetes is a chronic condition that affects how your body turns food into energy. If you have diabetes, it means your body doesn’t make enough insulin, a hormone that allows your body to use glucose, the energy source your cells need to function. Diabetes increases the risk of heart disease and stroke, and other health problems.

### Know the BP facts

Blood pressure, or blood pressure (BP), is the force exerted by the blood against the walls of your arteries every time your heart beats. Blood pressure is measured in two numbers:

- **Systolic blood pressure** is the pressure in your arteries when your heart contracts and pumps blood through your body.
- **Diastolic blood pressure** is the pressure in your arteries when your heart relaxes and fills with blood.

A normal blood pressure reading is below 120/80 mmHg. High blood pressure, also called hypertension, is a blood pressure that is consistently too high. It is said that you have high blood pressure if you have a reading of 130/80 mmHg or higher. High blood pressure raises your risk for stroke, heart attack, kidney disease, and other serious health conditions.

### Take survey here

2023 Community Health Needs Assessment

Help Us Care for Our Community: Take the 2023 Community Health Needs Assessment Survey

### What to Do if Sadness, Extreme Worry

If you’re feeling sad, worried, or scared all the time, and it’s making it hard to do things you normally enjoy, you might have depression. Talk to your doctor about what you’re feeling, and they can help you get started on the right treatment. Ask your doctor about checking for depression.

### Where There’s a Cure for a Demand

Cancer is a group of diseases that cause abnormal growth of cells. Cancer can lead to more serious problems, including death. There are many different types of cancer. The National Cancer Institute estimates that in 2023, about 20% of all deaths in the United States will be due to cancer.

### Parents can do a lot to help their kids prevent type 2 diabetes

Type 2 diabetes is a condition that affects how your body uses sugar. The most common type of diabetes is type 2 diabetes. It is a chronic condition in which the body does not make enough insulin, or does not use insulin well. Type 2 diabetes is more common in adults, but it can also develop in children.

### Your Cord Blood Matters.

What to do if sad, extreme worry.

Cord blood is the blood that remains in the umbilical cord after birth. It contains a type of blood stem cells that can be used to treat a variety of conditions, including certain types of cancer, immune disorders, and genetic diseases. Cord blood can also be used to treat other family members who need a stem cell transplant.

### A Helping Hand for Your Hands—Meet Valley’s Hand Therapy Team

The therapy team uses a variety of techniques to help you regain strength and function in your hands.

### Learn more and see FDA

Learn more and see FDA approved medications.

### Resource Rep, Patient Service Rep, PCA/HCA (Nursing Assistant), Surgical Technician and more. See all job

Sign up for our career information sessions and learn about the wide range of opportunities available at Valley Medical Center.

### Doctor's office visits...

Valleymed.org/mychart—

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- Know the BP facts
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## Appreciate a Caregiver

In celebration of National Caregiver Appreciation Month, we’re honoring all the people who have given their time, talent, and love to care for someone they love. Thank you for your dedication and hard work. We are grateful for you.

### Consider donating your baby’s cord blood—

Donating your baby’s cord blood could be a way to help others. Cord blood is the blood that remains in the umbilical cord after birth. It contains stem cells that can be used to treat a variety of conditions, including certain types of cancer, immune disorders, and genetic diseases.

### Make a holiday gift that gives to all.

On Monday, Dec. 19, we’re hosting a special gift giving event in our Great Hall. Each gift purchased will support our mission to provide outstanding care for our community. Thank you for your support.

### Sign up for a doc talk video

Dr. Maccio, Ob/Gyn, gives practical insights about what to watch for and how to get help if you or someone you care about may be at risk for high cholesterol.

### Straight Talk from a Heart Doc—Caring for Your Heart

Heart care that actually still good, that could save you $25/box or more if you've got expired tests that are actually still good. If you've got expired tests that are actually still good, that could save you $25/box or more. If you've got expired tests that are actually still good, that could save you $25/box or more. If you've got expired tests that are actually still good, that could save you $25/box or more.