

thrive

A Healthy Change of Heart Leads to an AHA Award for Cardiac Rehab Patient George Namie

He didn't fit the outward profile of someone ripe for heart attack: normal weight, middle-aged, still working and had given up smoking five years prior. But that's what happened to George Namie in December 2013. In a just a few minutes, George's life changed and his focus for the year become rebuilding a healthy, active self.

After his heart attack, George came to Valley Medical Center's Cardiac Rehab Clinic extremely weak and short of breath. Yet he was determined to keep a positive attitude, even on days when he wasn't feeling his best. Though he faced additional challenges like surgery to treat his congestive heart failure and a second round in cardiac rehab, George became stronger and his endurance increased. And his smile grew even bigger.

Nominated for his accomplishments over the year by his Cardiac Rehab nurse, George was recently recognized with the American Heart Association's prestigious 2014 Lifestyle Change Award.

George's Action Plan for a Lifestyle Change

1. Stop smoking
2. Set a goal – George's goal was to be able to go back to work and he's planning to return this spring to an active, seasonal job at a local golf course
3. Make exercise a top priority every day – George continues to walk one hour daily at the mall
4. Eat nutritious, heart-healthy foods – low sodium to reduce fluids and lean proteins to build muscle mass
5. Continue the healthy habits learned in Cardiac Rehab

"I was never a fan of walking and I didn't care to walk in the elements. But then I found the mall. The weather is consistent and keeps me out of the elements. I enjoy seeing familiar faces every day. Now I look forward to my walks." – George Namie

For offering the most advanced practices available in cardiovascular and pulmonary rehabilitation, Valley Medical Center's Cardiac Rehab program recently earned the prestigious American Association of Cardiovascular and Pulmonary Rehabilitation certification. [Learn more about Valley Cardiac Rehab.](#)

January 2014



▶ RESOURCES

FREE Seminars & Events

Maintaining the best health possible should be a priority. Give yourself a wellness advantage by keeping informed on health issues that matter most to you and your family.

Valley Medical Center is dedicated to improving the health of the community by offering seminars and events led by our expert physicians and healthcare specialists.

Presentations cover a wide range of topics, so keep checking our line-up for the events of most interest and importance to you.

[Sign up here](#) or call **425.656.INFO (4636)**

IS YOUR NECK A PAIN?

Thursday, January 30, 6 – 7 PM

Medical Arts Center Auditorium
4033 Talbot Rd S, Renton
Christopher Howe, MD, Orthopedic Surgeon

FREE HEART MONTH HEALTH SCREENING

Saturday February 1, 10 AM – 2 PM

Renton Fire Station 13, Benson location
18002 108th Avenue SE

Saturday February 8, 10 AM – 2 PM

Renton Fire Station 11, Downtown location
211 Mill Avenue South

All Heart @ the Hospital
Valentine's Day

Friday, February 14, 11 AM – 2 PM
Valley Medical Center, Main Lobby

Saturday February 15, 10 AM – 2 PM

Renton Fire Station 12, Renton Highlands
1209 Kirkland Avenue NE

COLON CANCER AWARENESS DAYS

Monday & Tuesday, February 24 & 25, 9 AM – 2 PM

Valley Medical Center, Main Lobby
Information about screening, nutrition & a giant walk-through display!

HIP & KNEE REPLACEMENT

Thursday, February 27, 6 – 7:30 PM

Medical Arts Center Auditorium
4033 Talbot Rd S, Renton
William Barrett, MD, Orthopedic Surgeon

How your Pediatrician can Help Prevent Childhood Obesity

About 17 percent of children and adolescents between the ages of 2 to 19 years old – or 12.5 million – are considered obese as measured by the National Health and Nutrition Examination Survey using body mass index.

Statistics show that 15 percent of all Seattle residents are obese while 27 percent of children and 55 percent of adults in south King County are obese. These are very startling statistics which is why addressing childhood obesity is a top priority for us at VMC.

Why should you care about this issue? Obese children are at risk for having high blood pressure and high cholesterol which sets them up for cardiovascular disease later in life. Obesity also increases the risk for impaired glucose tolerance and type 2 diabetes and this is not all – obese children may also develop health issues related to breathing problems such as sleep apnea and asthma, joint problems, fatty liver disease, and gall bladder disease. The list goes on and on and I didn't even get to the psycho-social factors such as poor self-esteem. So, you can see why this is an issue worthy of our attention! [Read more.](#)

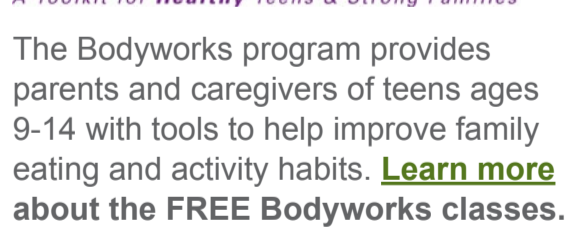


Callie Byrd, MD, is a pediatrician at Valley Medical Center's Covington Clinic South. 253.395.1960

FREE BodyWorks Class Series Helps Older Children & Parents Learn about Healthy Eating & Activity

The Bodyworks program provides parents and caregivers of teens ages 9-14 with tools to help improve family eating and the activity habits. [Learn more about the FREE Bodyworks classes.](#)

▶ HEALTHY & DELICIOUS



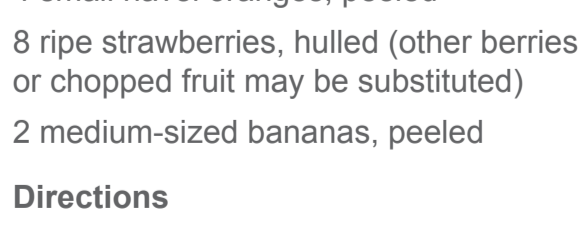
A Fruity Way to End the Meal

Serves four
Ingredients
1 cup low-fat vanilla yogurt
2 tablespoons crystallized ginger, finely chopped
4 small navel oranges, peeled
8 ripe strawberries, hulled (other berries or chopped fruit may be substituted)
2 medium-sized bananas, peeled

Directions
Place the yogurt in a small bowl. Add the ginger and stir briskly for one minute or until the yogurt has a saucelike consistency. Set aside. Cut each orange crosswise into five slices. Cut each orange crosswise into four slices. Cut each banana crosswise into 14 slices. Spoon 1/4 cup ginger sauce onto each of four eight-inch dessert plates and spread the sauce over each plate. Arrange the fruit equally on each of the plates and serve.

Each serving contains about 197 calories, 5 g protein, 1 g fat (4 percent calories from fat), 3 mg cholesterol, 45 g carbohydrates, 5 g fiber, and 44 mg sodium.

▶ THRIVE WEBSITE



Making Exercise Fun Helps You Leave Excuses at the Door: 5 Ways to Improve your Activity Mindset



Thinking about exercise as a chore that you have to do can make regular exercise more difficult to accomplish. Looking forward to it as a break from your regular routine can make exercise fun. The extra bonus is that doing just about any type of exercise for 10 minutes boosts your mood afterward.

1. Figure out which fitness activities you enjoy most and incorporate them into your exercise routine. Try to vary what you do so you don't get bored.
2. Get a buddy and let exercise time double as a social activity. Walk with a friend or family member, or sign up together for an exercise class.
3. If you haven't exercised in a while, start with low to moderate intensity activity to prevent injury and boost confidence. Once you get stronger, then you can progress to longer, more varied activities.
4. Exercise in short spurts, such as three 10-minute walks. It's easier to carve out short times and it's good for you to take activity breaks, especially if you sit a lot during the day.
5. If you're concerned about exercising outdoors for safety reasons, find indoor walking areas (like malls) or join a local gym. Find a gym with group classes you like that you can schedule into your week.

[Find out more](#) about The Fitness Center at Valley Medical Center.

New MRI Technology at Valley

Valley Diagnostic Imaging Services recently upgraded its MRI scanners with TiM (Total Imaging Matrix) technology which produces nearly motion-free images for diagnostic interpretation.

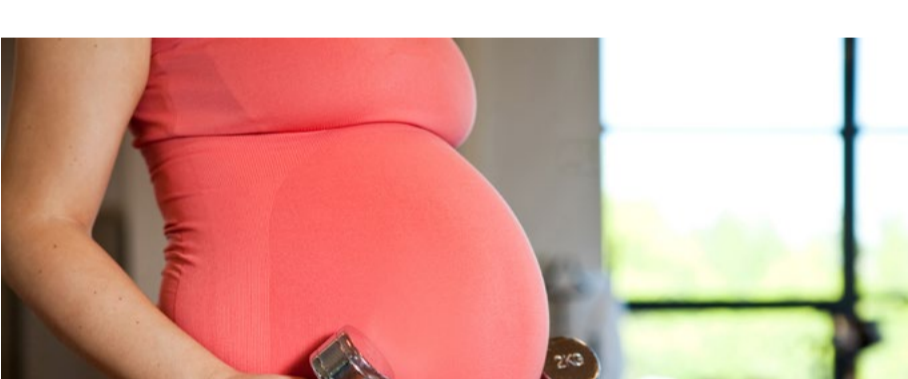


Here's what you can expect:

- Improved image resolution and quality
- Speedier scanning saves you time
- Designed for a more comfortable experience

Valley Diagnostic Imaging 425.656.5550

6 Tips for Exercising Right during Pregnancy



Regular, gentle exercise during pregnancy can help you feel better overall and help you maintain a healthy weight.

1. Walking is an Ideal Start

If you were exercising before pregnancy, walking 30 minutes a day is a great way to maintain activity. Not exercising regularly before pregnancy? Start with five minutes of exercise and add five minutes each week until getting to 30 minutes. Swimming and stationary cycling are also great choices. [Check out Valley's twice-weekly Prenatal Water Exercise classes.](#)

2. Avoid Falls

Because pregnancy shifts your center of gravity, avoid biking, step aerobics, horseback riding, skiing and any other exercise that could cause a fall. Also avoid scuba diving and any activities in which you might be hit in the abdomen, such as lacrosse or hockey.

3. Be Aware of How You Feel

When you exercise, your activity should not cause you pain, shortness of breath or excessive fatigue. Listen to your body: If it doesn't feel right, stop.

4. Modify Your Crunch

Performing unmodified abdominal crunches during pregnancy can injure and tear abdominal muscles, causing the serious harm. Talk to your doctor or midwife about the best way to keep abdominals conditioned. After the first trimester, avoid exercising while lying on your back because the baby's weight may affect your blood circulation.

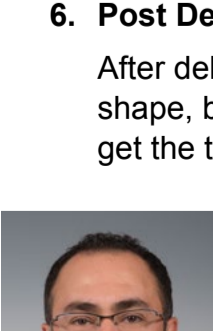
5. Squeezing Strength can Ease Delivery

Exercising your pelvic floor during the labor you conceive can help strengthen it to ease your time and delivery. Pelvic-floor exercises are called Kegel exercises. To find your pelvic floor muscles, stop urination midstream: Those are the pelvic floor muscles. While sitting, tighten the pelvic floor muscles and hold for 5 seconds. Relax 5 seconds. Do this 4 to 5 times, three times a day, working up to 10 second holds.

Pelvic tilts are also beneficial. These help strengthen the abdominal and back muscles and prevent backache during pregnancy. You can do tilts while standing by squeezing your buttock muscles and rolling your hips forward.

6. Post Delivery, Wait for the Thumbs Up

After delivery, regular exercise can help you get back in shape, but don't start up your fitness program until you get the thumbs up from your doctor or midwife.



David Baghdassarian, MD, practices at Valley Women's Healthcare Clinic with offices in Auburn, Covington and Kent. 425.939.9654

[Learn more about Valley Women's Healthcare Clinic](#)

[Find out more about Valley's Birth Center](#)

[Register for a free tour](#) of Valley Medical Center's Birth Center