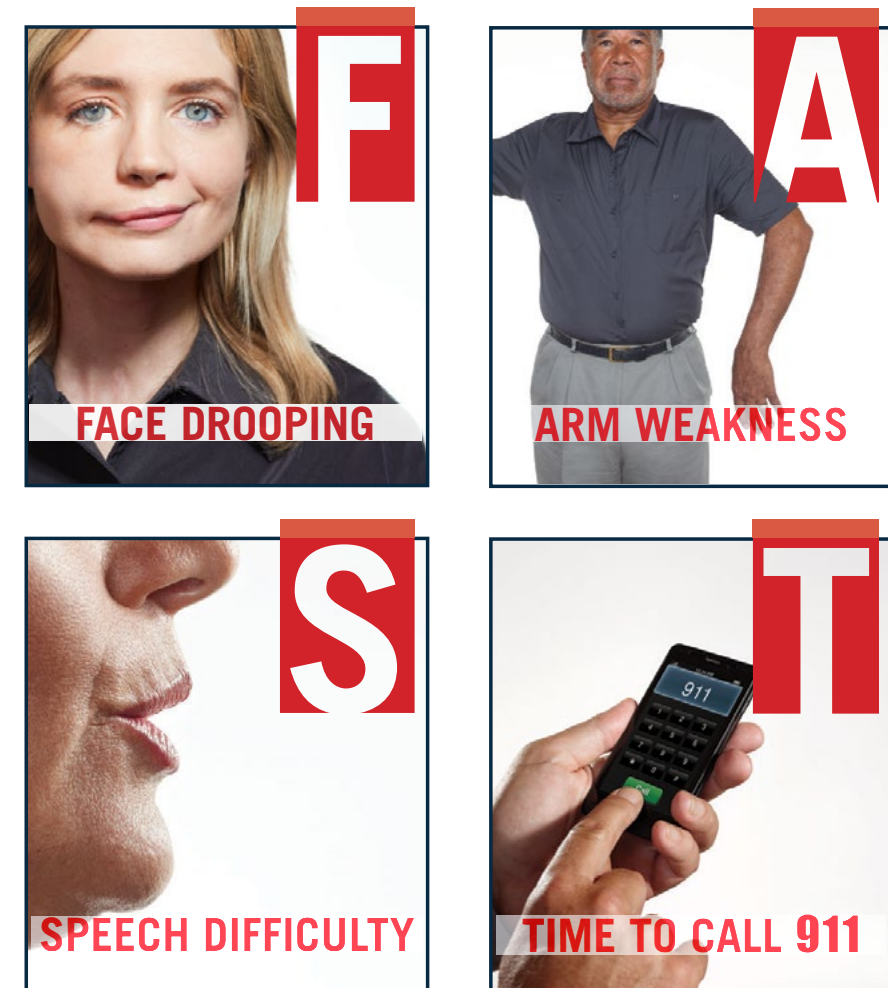


# thrive

## React FAST—Knowing the 4 Ways to Recognize a Stroke Can Make All the Difference in the Life of Someone you Care About

Would you know how to recognize if a friend or family member is having or just had a stroke? Knowing the symptoms and reacting quickly can make all the difference in whether that person gets back to a normal life or suffers disabling damage.

Take a few minutes to [watch the video](#), created by The Stroke Center's Medical Director, Michael Previti, MD. You'll learn four easy ways to identify and react to stroke. What you learn might help to save the life of someone you know.



Remember—even the best Stroke Center can't provide the highest level of care unless the patient arrives at the hospital quickly. With stroke, every minute matters. Time is brain.



Valley's Stroke Center team is nationally recognized at the highest level for stroke treatment. They received the 2013 Get With the Guidelines Gold Plus Quality Achievement Award and also achieved the Target: Stroke Honor Roll designation for improving stroke care.

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

### Eat Right for Healthier Sight

The right diet can help improve eye health and ward off eye problems.

Try these foods to help keep your eyes healthy:

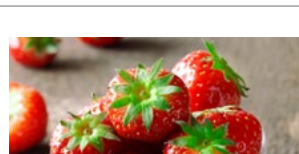
**Nutrient-rich kale**, which can help protect against sunlight damage, cataracts and macular degeneration.



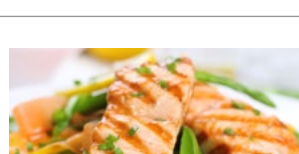
**Sweet potatoes**, which are rich in beta carotene and may help thwart macular degeneration.



**Strawberries**, which are rich in vitamin C and may help reduce the risk of cataracts.



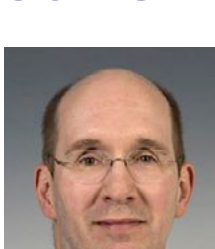
**Omega-3 fatty acid-rich salmon**, which can help manage dry eyes and reduce the risk of macular degeneration.



**Green tea**, which is loaded with antioxidants and may help protect against macular degeneration and cataracts.



### New Ophthalmologist Joins The Eye Clinic



Please join us in welcoming **Richard S. Dohoda, MD**, to Valley Medical Center. Dr. Dohoda brings extensive experience from the civilian and military communities as a general ophthalmologist with an emphasis in cataract surgery.

Dr. Dohoda retired from the Navy as a Captain where he served in a variety of positions including Director of Surgical Services, Chairman Risk Management, LASIK refractive surgeon and flight surgeon with U.S. Marines. He served our nation's wounded soldiers, sailors and Marines in the Medical Board program at Madigan Army Medical Center.

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

For an appointment, call 425.656.5345

### GLOW Spa Day

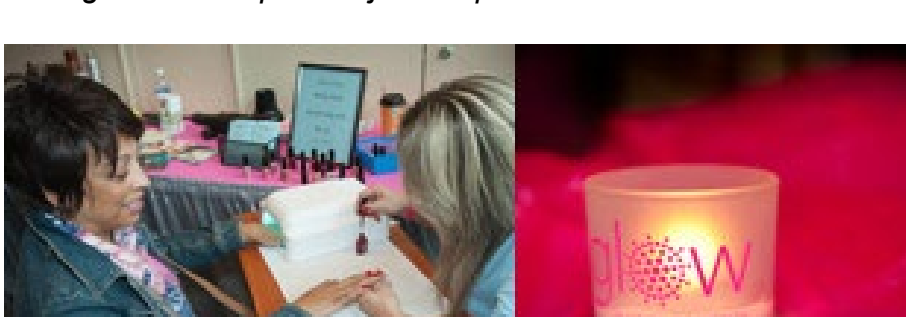
A FREE Event to Treat Yourself like the Special Person you Are



Saturday, March 8, 10 AM – 1 PM

Lake Wilderness Lodge 22500 SE 248th St, Maple Valley

No registration required—just drop in!



Set aside a few hours just for you for wellness, relaxation and a little pampering at GLOW's Spa Day at tranquil Lake Wilderness Lodge.

- Natural lakeside setting
- Health, wellness and beauty experts
- Mini fitness classes: Zumba, Cardio Sculpt, Pilates & Yoga (please bring your own mat)
- Women's health Doc Talks
- Healthy eating seminar
- Functional health assessments
- Affordable beauty solutions
- Nutritious snacks
- And more!

A FREE event just for GLOW members. Not a GLOW member? [Sign up here](#).

Want to invite a friend who's not a GLOW member yet? It's not too late to join and enjoy the Spa Day fun! Friends can [register](#). GLOW members will be emailed invitations to upcoming events.

## 12<sup>TH</sup> BABY DIAPER DERBY

AND INFANT NUTRITION, FEEDING & SAFETY FAIR

Birth Center Neonatal ICU Pediatrics

UW Medicine VALLEY MEDICAL CENTER

BABIES R'US

### Be a World Champion Parent and Join Us on Saturday, March 29, Noon – 3 PM

#### Babies R'Us/Toys R'Us, SouthCenter

In addition to the Diaper Derby races, get expert advice from a team of Valley's childbirth experts, including obstetricians, nurses and breastfeeding consultants.

More than 120,000 babies received their remarkable start at Valley's Birth Center. Help us celebrate our own 12th man victory by participating in Valley's **Most Spirited 12th Baby Photo Contest**.

Starting now, enter your baby in the photo contest on **Facebook**. You can 1) post a photo on your page and tag it "Valley Medical Center"; 2) post a photo on [our wall](#) or 3) email a photo to [marketing@valleymed.org](mailto:marketing@valleymed.org).

Babies up to age two are eligible to enter. Winner will be announced Saturday, March 29 at this event. The prize is a sweet gift basket from Babies R'Us. We're in, are you?

Interested in more wellness activities for young families? [Join Pitter Pitter](#), Valley Medical Center's health and wellness club for new and expecting parents. It's FREE and will keep you posted on Valley's newest services and family events!

### March 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.

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)

#### FREE DOC TALK: PROTECTING YOURSELF AGAINST COLON CANCER

March 27, 6 – 7 PM  
Medical Arts Center Auditorium, 4033 Talbot Road South, Renton

Colorectal cancer is the one cancer that can be prevented through regular screenings. But preventing colorectal cancer is even better than finding it early. Join gastroenterologist Hyon Chong Kim, MD and oncologist Keith Leung, MD at this FREE seminar and learn about the risks for developing colon cancer, including things you can do to help prevent it, the importance of proactive screening and the treatment options available.

[Register here](#) or call 425.656.4636.

#### CIRCLE OF SECURITY: RELATIONSHIP BUILDING FOR PARENT AND BABY

A FREE 8-week class beginning April 3, 6:30 – 7:30 PM  
Medical Arts Center Auditorium, 4033 Talbot Road South, Renton

Learn more about this award-winning program designed to enhance close relationships between parents and children by learning how to be more perceptive to your baby's signals.

[Register here](#)

#### GLOW 5K RUN/WALK

Sunday, April 13, 9:20 AM  
Renton Landing

Come on out and show your 12th Man and Woman spirit at the 2014 Seahawks 12K Run/GLOW 5K Run/Walk at The Landing—it's sure to provide a morning of fun for the whole family.

The GLOW 5K Run/Walk tours The Landing and surrounding Renton neighborhoods. A Half-Mile Kids Run will be completely contained within The Landing.

To get the event t-shirt, and support the fundraising effort for A Better Seattle, [register for the event](#) and get a special discount using the code: GLOW5. Or you can run/walk in the 5K for FREE by just showing up.

#### EAT SMART: THE MUST-KNOW ESSENTIALS OF GREAT NUTRITION

April 17, 6 – 7 PM  
Medical Arts Center Auditorium, 4033 Talbot Road South, Renton

Join us for this FREE seminar and refresh yourself on the basics of good nutrition.

- Learn easy, no-measuring portion sizes
- The perfect plate: What should a meal look like?
- Making it doable: Developing a weekly meal plan
- The 5 key habits you can master
- Making smart choices: Grocery shopping tips & how to read a nutrition label

[Register here](#)

#### HEALTHY & DELICIOUS



#### Simple Salmon with Dill Sauce

Serves six

**Ingredients**  
1 salmon fillet (approximately 2 pounds)  
2 tablespoons low-sodium soy sauce  
Coarse black pepper

**Dill Sauce**  
1/2 cup low-fat sour cream  
1/2 cup finely chopped cucumber that has been lightly salted and drained  
1 teaspoon chopped fresh dill (or more to taste)

Combine and stir

**Directions**  
Preheat oven to 450 degrees. Rinse salmon fillet and place skin-side down on a flat baking pan. Pour soy sauce over salmon and sprinkle with pepper. Roast salmon using the 10-minute rule—approximately 10 minutes per inch of thickness at the thickest point. If you want to brown the top, brush lightly with olive oil and sear the salmon before roasting, or run briefly under broiler. Serve salmon hot or cold with dill sauce.

Each serving contains approximately 288 calories, 5 g carbohydrates, 31 g protein, 17 g fat, 292 mg sodium, and 0 g fiber.

#### DECIDING WHERE TO HAVE YOUR BABY? SCHEDULE YOUR FREE TOUR OF VALLEY'S BIRTH CENTER

Come visit! Free tours are offered throughout the week. Registration is required. [Schedule your free tour now](#).

Don't assume your hospital offers vitally important services on-site to help ensure you and your baby's comfort and safety. [Make sure to take this list with you](#) when choosing where to have your baby.

#### THRIVE WEBSITE

#### PREVIOUS NEWSLETTERS

Back Issues of *Thrive* are Available Online

[Click here](#) to view back issues of *Thrive*.

