

thrive

“I Just Wish I would have had the Lump Checked when I First Noticed It”

She didn't fit the profile. Healthy. Under forty. A mom. And yet there it was, plain as day. A lump in her right breast. Day after day Leah rationalized, "I'm young. I don't have any screaming risk factors." Day after day she pushed it to the back of her mind—for five whole months.

"But then this lump, now the size of a caterpillar, began pushing on the side of my bra's underwire. The discomfort drove me to get it checked out at Valley's Breast Center," says Leah. "The mammogram quickly led to a biopsy. Within two weeks of my mammogram, I had been diagnosed with stage three breast cancer and was sitting in Dr. Wheeler's office facing a double mastectomy."

Leah's surgeon, Heather Wheeler, MD, at Valley Medical Center's Surgical Specialty Clinic, also removed 20 of Leah's lymph nodes, four of which contained cancer cells. Her mastectomy was coordinated with a plastic surgeon who placed expanders in Leah's chest for future implants.

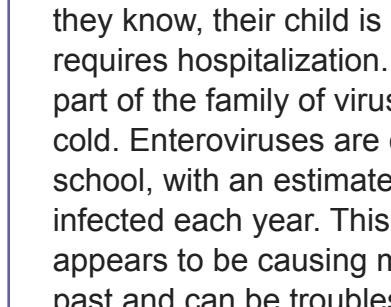
As a patient of Valley Medical Center's Breast Cancer Multidisciplinary Clinic, Leah's plan of care was coordinated among her care team for subsequent radiation, chemotherapy and reconstructive surgeries, which she is still undergoing.

"I've been through six surgeries, six weeks of radiation and 18 weeks of chemo. My treatment plan was very clear and I felt good knowing the doctor's tumor board had reviewed my case as a group and agreed on the plan collaboratively. All along the way, I have known exactly what to do and when.

"I just wish I would have had the lump checked out when I first noticed it. I was told I would have probably been facing only stage one cancer instead, which would have been a lot easier," says Leah.

Leah's 2 Pieces of Advice for Women

1. If you find a lump, get it checked right away, no matter what you think it is.
2. For women who avoid screening mammograms because they find them uncomfortable, know this: the new machines are not your mother's mammograms. They are much more comfortable. Besides, four minutes of minor discomfort is nothing compared to a potential year fighting breast cancer.

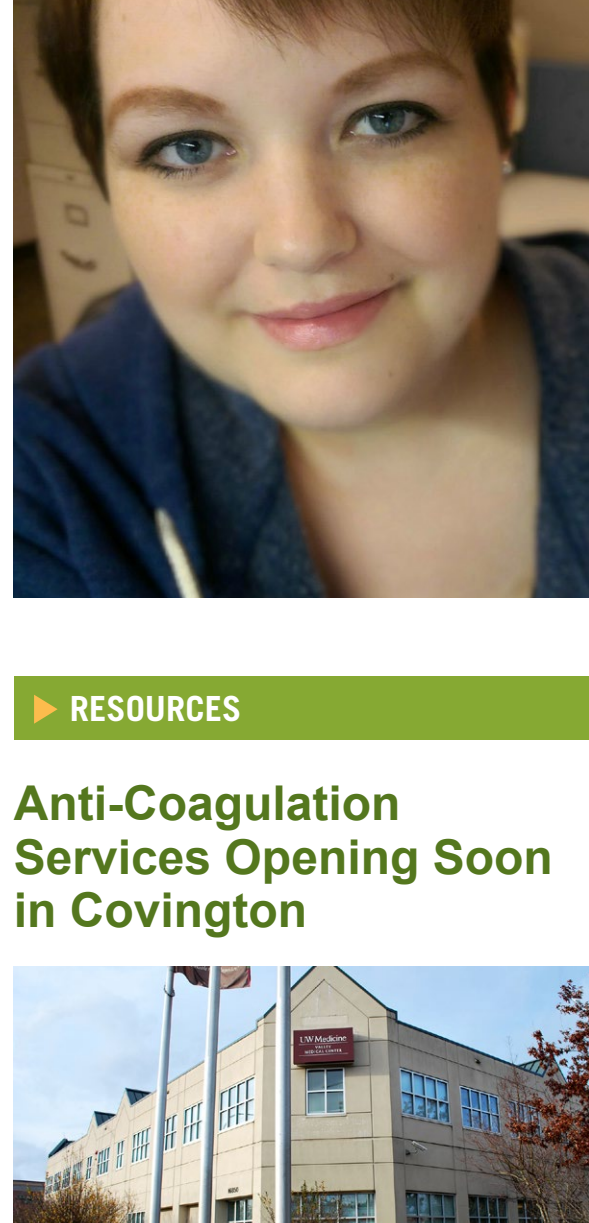


View video about the collaborative, cohesive care at Valley Medical Center's Breast Cancer Multidisciplinary Clinic.

Request an appointment for a mammogram online or call The Breast Center at 425.656.5588.

[View Dr. Wheeler's profile and video.](#)

Fall 2014



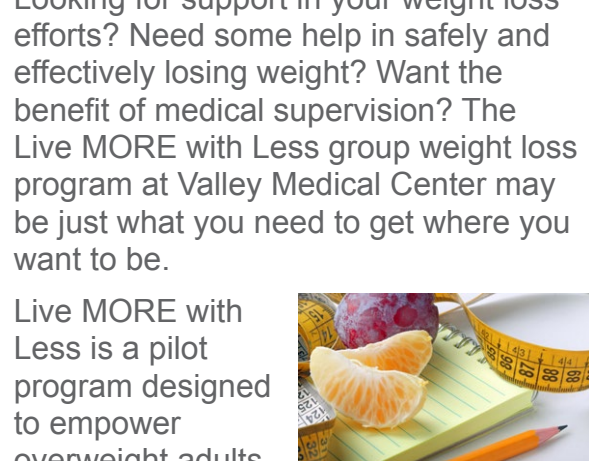
► RESOURCES

Anti-Coagulation Services Opening Soon in Covington

Valley Medical Center is pleased to announce the opening of a satellite Anticoagulation Clinic in Covington on October 13. The clinic will be based at Valley Medical Center's **Covington Clinic North location**. Hours will be 8 AM – 5 PM on Monday, Wednesday and Friday. Our goal is to ensure that patients always receive the best quality of care. This location will be more convenient for many of our patients living in the hospital district's southern region. The clinic will be staffed by our current Anticoagulation Clinic pharmacists. Point of care (finger-poke) testing will be offered. Appointments may be made by calling 425.228.3440, ext 3373.

Live MORE with Less Group Weight Loss Program

Friday, October 31 – March 25



Looking for support in your weight loss efforts? Need some help in safely and effectively losing weight? Want the benefit of medical supervision? The Live MORE with Less group weight loss program at Valley Medical Center may be just what you need to get where you want to be. Live MORE with Less is a pilot program designed to empower overweight adults ages 18 – 65 to begin or continue their weight loss journey through group medical visits. Group medical visits have been shown to have better outcomes than meeting one-on-one with a physician. In addition to participants having one-on-one time with their physician during six monthly 2-hour visits, our group learning program includes:

- Whole-foods nutrition
- Body awareness
- Health
- Weight loss
- Discussion about the experience of making changes

Sessions are Scheduled as Follows:

- Friday, October 31, 2014 3 – 5 PM
- Wednesday, December 2, 2014 3 – 5 PM
- Monday, January 5, 2015 3 – 5 PM
- Monday, January 26, 2015 3 – 5 PM
- Friday, February 27, 2015 3 – 5 PM
- Wednesday, March 25, 2015 3 – 5 PM

Visits are billed like a regular office visit with your doctor and have no additional fees. Sessions are held at Valley Family Medicine, Valley Professional Center, 3915 Talbot Rd. S, Suite 401, Renton. Join us on a journey toward a healthier weight. Contact the Valley Family Residency Clinic at 425.656.5352 and reserve your Live MORE with Less spot. Call the same number with questions or for more info.

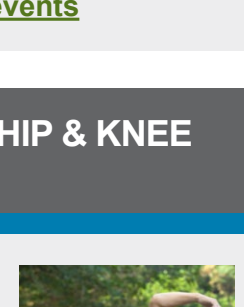
► SEMINARS AND EVENTS

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 SEMINAR: WHAT'S NEW IN BREAST CANCER SCIENCE: TARGETING HER-2

Thursday, Oct. 16, 6 – 7 PM
Medical Arts Center Auditorium
Navanshu Arora, MD
[Register here](#)



GLOW: PINK THE RINK

Friday, Oct. 17, 7:35 PM
Thunderbirds v. Prince George
Hockey Game, Showare Center
\$6 ticket discount with discount code; proceeds provide mammograms for uninsured, high-risk women
[valleymed.org/glowevents](#)



FREE SEMINAR: HIP & KNEE REPLACEMENT

Thursday, Oct. 23, 6 – 7 PM
Medical Arts Center Auditorium
William Barrett, MD
Orthopedic
[Register here](#)




FREE SEMINAR: CELEBRITY CURTIS AIKEN'S HEALTHY COOKING DEMO & DIABETES EDUCATION

Thursday, Nov. 6, 6 – 8 PM
Medical Arts Center Auditorium
[Register here](#)

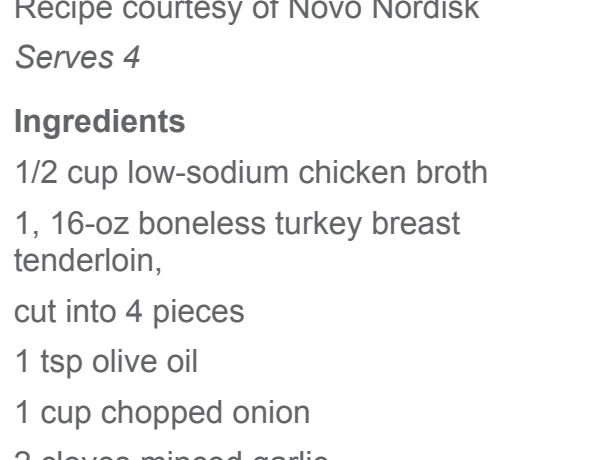


FREE SEMINAR: NUTRITION STRATEGIES TO MAINTAIN YOUR WEIGHT THIS HOLIDAY SEASON

Thursday, Nov. 13, 6 - 7 PM
Medical Arts Center Auditorium
Jenn Wyss, Fitness Instructor
[Register here](#)



► HEALTHY & DELICIOUS



Turkey Tenderloins with Herb Mushroom Sauce

Recipe courtesy of Novo Nordisk
Serves 4

- Ingredients**
- 1/2 cup low-sodium chicken broth
 - 1, 16-oz boneless turkey breast tenderloin, cut into 4 pieces
 - 1 tsp olive oil
 - 1 cup chopped onion
 - 2 cloves minced garlic
 - 1/2 cup chopped celery
 - 4 cups sliced mushrooms
 - 1/2 cup chopped fresh parsley, divided
 - 1/2 tsp poultry seasoning
 - 1/2 tsp marjoram
 - 1 tsp salt-free herb seasoning blend
 - 1/2 cup white cooking wine
 - 1 tsp cornstarch
 - 2 tbsp water
 - 6 cups red potatoes, cut into 1-inch cubes

Directions
In a large sautépan over medium-high heat, add chicken broth. When boiling, add turkey breast pieces and cook for 5 to 6 minutes, turning once. Remove turkey pieces and set aside. Add olive oil, chopped onion, and garlic to sautépan. Cook 1 minute. Add celery, mushrooms, 1/4 cup fresh parsley, poultry seasoning, marjoram, salt-free herb seasoning blend, and white cooking wine. Cook for 2 minutes and add turkey pieces back. Mix cornstarch with water and add to sautépan. Cover and reduce heat; simmer for 15 minutes. Meanwhile, steam red potato cubes and sprinkle with remaining 1/4 cup fresh parsley. Serve turkey tenderloin pieces with mushroom sauce over potatoes.

Nutritional Content per Serving
Each serving contains 307 calories, 2 g fat, 70 mg cholesterol, 332 mg sodium, 5 g fiber and 38 g carbohydrates.

► THRIVE WEBSITE

► PREVIOUS NEWSLETTERS

Back Issues of *Thrive* are Available Online
[Click here](#) to view back issues of *Thrive*.



Top Five Tips for Avoiding EV-D68—What you Need to Know to Keep your Family Healthy

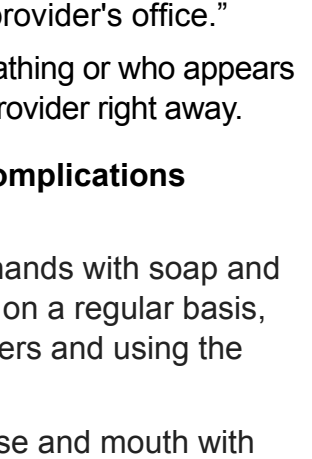
We've all seen the news stories lately, the ones where parents thought their child had a cold and the next thing they know, their child is having trouble breathing and requires hospitalization. Enterovirus D68 is the culprit, part of the family of viruses that includes the common cold. Enteroviruses are common as kids head back to school, with an estimated 10 million to 15 million people infected each year. This particular type of enterovirus appears to be causing more severe cases than in the past and can be troublesome for children with asthma.

Symptoms and Transmission

Illness associated with the EV-D68 infection typically lasts about a week. Children may have severe cold symptoms with runny nose, sneezing and cough. But the illness can escalate quickly in some cases and cause difficulty breathing or wheezing.

The virus is typically transmitted through close contact with an infected person, or by touching objects or surfaces contaminated with the virus and then touching the mouth, nose or eyes.

"While it is easy to panic when watching the news or reading the newspaper about children hospitalized with enterovirus, it is important to remember most children will not get dangerously ill from this virus," says Ginger Allen, MD, a family medicine physician at Maple Valley Clinic.



Take Special Care if Your Child has Asthma

"However, if your child has asthma, he or she is at higher risk of having respiratory complications," says Dr. Allen. "If you do not already have an asthma action plan, consider seeing your provider to develop one before your child becomes sick. Your provider can help ensure asthma is optimally controlled before cold and flu season hit full force."

Dr. Allen adds, "While there is not a vaccine or medication for D68 enterovirus, remember you can protect yourself and your children from the flu. Flu vaccines are now available at your primary care provider's office."

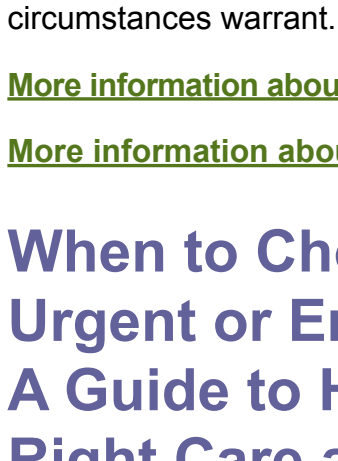
Remember, anyone with difficulty breathing or who appears seriously ill should see a healthcare provider right away.

Top Tips for Avoiding Infection/Complications from EV-D68

1. Everyone should wash their hands with soap and water for at least 20 seconds on a regular basis, especially after touching diapers and using the restroom.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Avoid kissing, hugging and sharing cups or eating utensils with people who are sick.
4. Stay home from work, daycare or school if you are sick.
5. Children and adults with asthma need to take their medication as prescribed, have an asthma control plan with their healthcare provider and contact their healthcare provider if symptoms worsen even after taking medication.

[View Dr. Allen's profile and video](#)

While Risk of Ebola at Valley is Minimal, Valley is Prepared



Valley treats patients with infectious diseases daily. But what special safeguards have been put in place with the emergence of Ebola as a minimal, but existing risk?

Collaborative Planning with the Experts

For more than a month, Valley Medical Center's infection prevention specialists have been working closely with Valley's Medical Director of Infectious Disease, Michael Hori, MD, Urgent Care Medical Director Todd Bouchard, MD, and Emergency Department staff, as well as our UW Medicine sister hospitals and the Seattle-King County Public Health Department, to make sure Valley is prepared for patients with potential Ebola infection. This collaborative work has taken place using recommendations from the Centers for Disease Control.

Front-line Screening, Isolation Response & Protective Gear for Staff

VMC's infectious disease response includes proactive, front-line patient screening for international travel in the reception areas and effective, detailed protocol for placing patients with suspected infectious diseases, like Ebola, malaria and measles in appropriate isolation. Valley's ED, Urgent Care and Primary Care clinics are equipped with appropriate protective gear for our caregivers.

As in any case of suspected infectious disease, Valley will be in close contact with the Seattle-King County Public Health Department. The health department will work with Valley and Harborview to coordinate transport and care at Harborview for any patient suspected with Ebola.

Ebola Transmission & Symptoms

If you are not living or caring for someone with Ebola, it is not an easily acquired disease. Ebola is spread only through direct contact (with open skin or mucous membranes) with blood or bodily fluids from infected individuals or animals. Ebola virus is not contagious until symptoms appear. You cannot get Ebola through the air, water or food.

Symptoms of Ebola may appear between 2 to 21 days after exposure and include fever, headache, muscle pain, weakness, diarrhea, vomiting, abdominal pain and bleeding. Treatment includes plenty of IV fluids which has been a challenge in the affected countries.

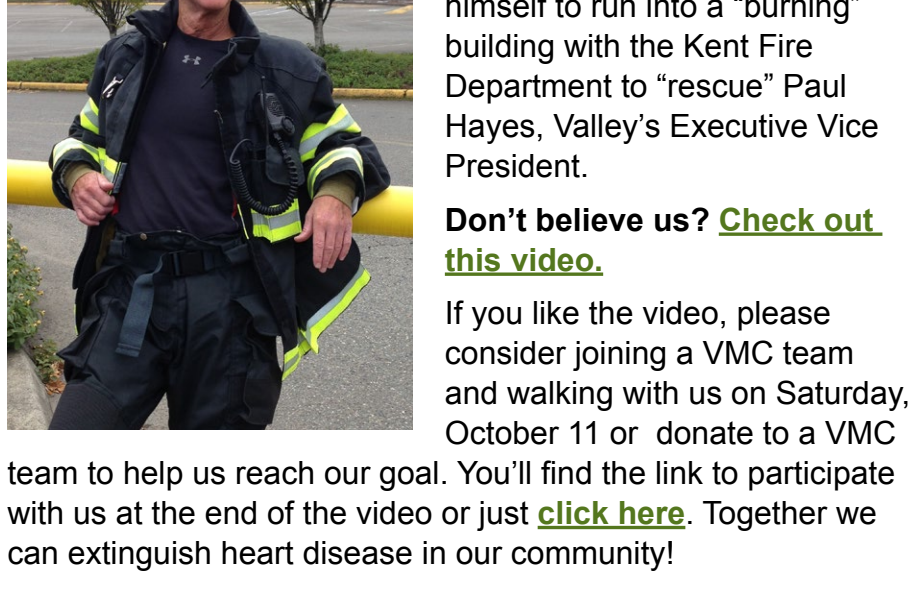
While there is no approved vaccine, medical researchers are working on one.

The Bottom Line from Valley's Infection Prevention Team

Because of Valley's experience in regularly handling infectious disease and the recent planning that has taken place to prepare for a possible Ebola patient, Valley infection prevention leaders are confident that everything necessary is in place to properly handle such a case to protect caregivers and the community. Following CDC guidelines, Valley is prepared to rapidly identify patients with possible infectious diseases and has the protocol, equipment and lines of communication in place to quickly isolate suspected cases and coordinate subsequent care with public health and Harborview, should circumstances warrant.

[More information about Ebola from King County Public Health](#)
[More information about Ebola for parents](#)

When to Choose Primary, Urgent or Emergency Care—A Guide to Helping You Pick the Right Care at the Right Time



Primary Care

Primary care providers serve as personal health advocates for you and your family. Your primary provider will work with you to monitor and improve your health through all life's stages, while coordinating care with specialty clinicians as needed.

Looking for a Primary Care Provider? Check out VMC's [Find-a-Doc tool](#) and find a primary care provider to build an ongoing relationship for your overall health. [View our primary care locations](#) and find a clinic convenient to you.

When to Go to Primary Care or Urgent Care?

In general, it's best to try to see your primary care provider for non-emergencies first since your provider knows you and is monitoring your overall health over time.

Urgent Care

However, if you need to see a healthcare provider after hours or during the weekend, on short notice or your primary care provider is not available at a time convenient to you, urgent care offers a great option. Choose walk-in care or make a reserved appointment.

Valley Medical Center's [urgent care clinics](#) offer care for acute illness, minor injuries, flu shots, sports physical exams, pregnancy tests, back strain, x-rays and other ambulatory services.

Urgent care hours are:
Mon. – Fri., 8 AM – 8 PM and weekends, 8 AM – 4 PM

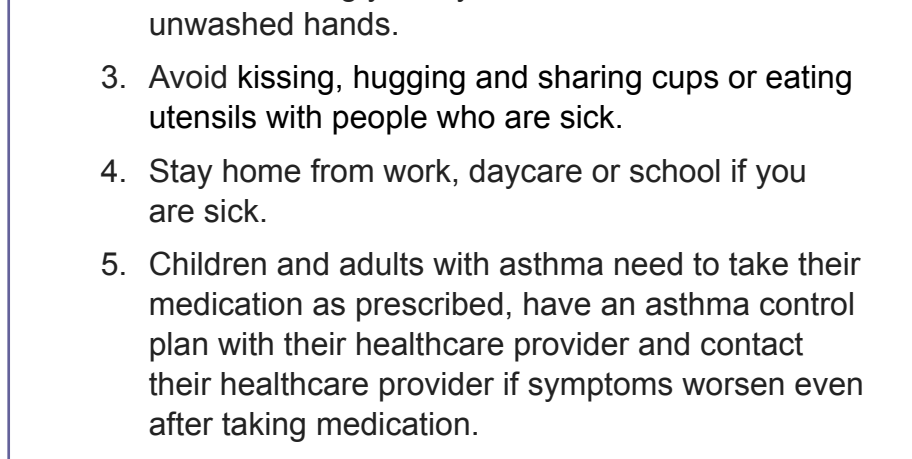
For reserved appointments, call 425.656.4000:
Mon. – Fri., 8 AM – 8 PM and weekends, 8 AM – 4 PM.

Where's the nearest VMC Walk-in Urgent Care?

It's always a great idea to know in advance where you might go if you need care after hours, on a weekend or for a minor accident. [View our five urgent care locations and find one closest to you.](#)

Urgent vs. Emergency Care

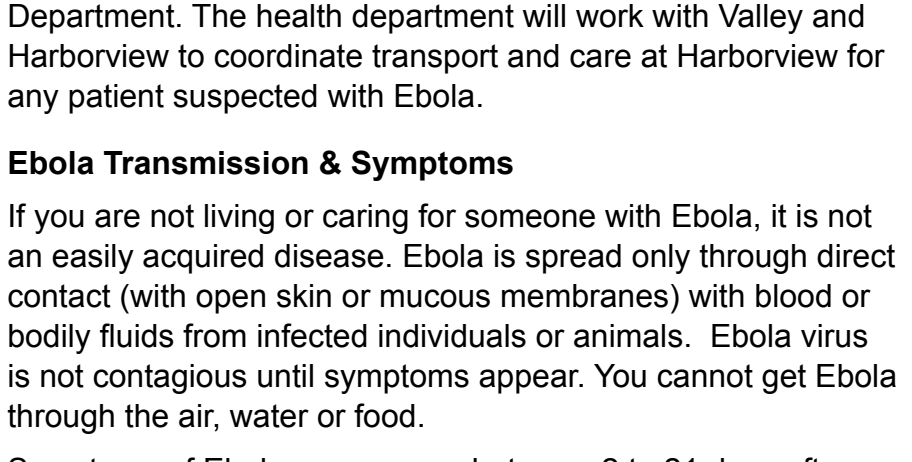
Emergency care is best used for serious and life threatening illness or injury. [View list of circumstances and conditions](#) to help you know when to choose urgent or emergency care.



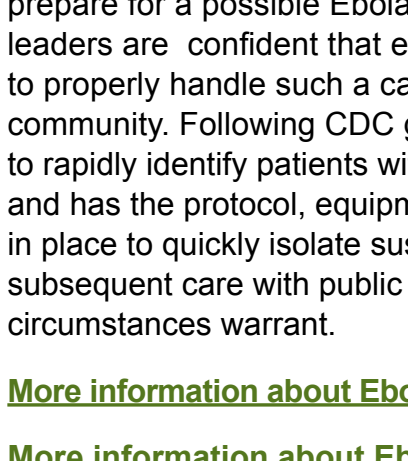
VMC's Electronic Medical Records Ensure Continuity of Care Throughout the VMC Network

If you have established a relationship with a physician at a [VMC primary care clinic](#), then any visit you make to one of our [urgent care clinics](#), our [Level III Emergency Department](#) or a [VMC specialty clinic](#) is linked to your VMC electronic medical record. All of your VMC providers can access your health information within our system to provide you with the best possible care. You can track your VMC healthcare through your online [VMC MyChart account](#).

Check out VMC's Heart Walk-inspired Rescue!



The UW Medicine system is the signature sponsor at this year's American Heart Association Puget Sound Heart Walk on Saturday, October 11. Valley Medical Center is participating with UW Medicine and has a fundraising goal of \$30,000.



To show you how dedicated we are to this cause, Valley's CEO, Rich Roodman took it upon himself to run into a "burning" building with the Kent Fire Department to "rescue" Paul Hayes, Valley's Executive Vice President.

Don't believe us? Check out this video.

If you like the video, please consider joining a VMC team and walking with us on Saturday, October 11 or donate to a VMC team to help us reach our goal. You'll find the link to participate with us at the end of the video or just [click here](#). Together we can extinguish heart disease in our community!