

# thrive

## From Nurse to Patient to Everest—the Climb to a Life Changing Hip Replacement Surgery

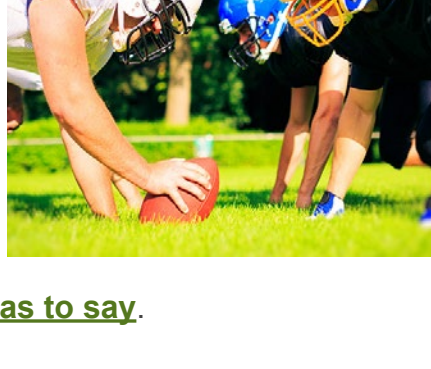
Trevor Lanz is easily described as a busy guy. Between his job as an Assistant Nurse Manager at Valley Medical Center, frequently volunteering at community events, and a passion for weekend hiking, Trevor is constantly on his feet and on the move. For years Trevor maintained his active schedule despite significant physical pain.



[Find out about Trevor's journey to pain-free living.](#)  
[Learn about joint replacement at a free Oct. 5 seminar.](#)

## How Many is Too Many Concussions? Q&A with a Pediatric Neurologist

*CTE Found in 99 Percent of Deceased NFL Players.* The NFL players in this recent headline were found to have chronic traumatic encephalopathy (CTE), a progressive degenerative disease affecting people with repeated concussions. One of Valley's child neurologists is frequently asked by parents, "How many is too many concussions?" [Learn what she has to say.](#)



## Does Breastfeeding Affect the Risk of Childhood Obesity?

Valley Family Medicine Residency physicians reviewed over a dozen studies with more than 76,000 infants. [Learn what they found about the connection between breastfeeding and the risk of childhood obesity.](#)



## Is a Brisk Walk Really as Good as a Sweaty, Heart-pounding Run?

Researchers analyzed the health of some 48,000 runners and walkers mainly in their 40s and 50s. They found that, mile for mile, brisk walking lowers the risk for diabetes, high cholesterol and high blood pressure as much as running does. [But there is a difference—find out what it is.](#)



## Serious About Sepsis

Sepsis. It's a scary sounding word. And quite honestly, it is a scary diagnosis. Sepsis is when your body becomes overwhelmed by an infection and can no longer fight it. Any kind of infection—strep throat, a urinary tract infection (UTI), influenza, infected wounds, etc. — can lead to sepsis, tissue damage, organ failure and death. Simply put: Sepsis is a medical emergency!



[Stay safe and learn sepsis symptoms today.](#)

## Lung Cancer Screening Can Save Your Life

Valley Medical Center's Cancer Services has been approved for a \$25,000 award from the Whedon Cancer Detection Foundation to provide free CT screening for lung cancer to low income patients. [Learn more about the screening criteria.](#)



## You're Invited to Collaborate with Valley through our Patient & Family Advisory Council

Valley's Patient & Family Advisory Council partners patients and families with members of the healthcare team to provide guidance on improvements to the patient and family experience.



Interested in learning more or participating?

Visit [valleymed.org/pfac](#).

Questions?  
 Email [patientexperience@valleymed.org](mailto:patientexperience@valleymed.org) or call 425.228.3440, ext. 8760.

## Volunteer Organization Provides Medical Care for some of our Community's Most Vulnerable Citizens

Most Saturday mornings, volunteer physicians, nurses, interpreters, and administrative support staff arrive at the Salvation Army Church and Community Center to set up and operate Renton RotaCare, a free clinic for families and individuals unable to obtain health insurance but in need of non-emergency care. [Learn more about this care-centered, community partnership.](#)



## Trying to Cut Down on Bread? See How to Make Easy & Delicious Turkey Lettuce Wraps

Join Dr. Long Nguyen (Cascade Clinic), Dr. Fairsiang-Hwa "Shawn" Chen (Fairwood Clinic), Dr. Kristin Parker (Cascade Clinic), and special guest Cody as they demonstrate this healthy entree. It may even inspire other lettuce wrap creations! [Check out the video.](#)



## GLOW: Things You Auto Know

**FREE Event**

**Oct. 18, 6 – 8 PM**

- Car Talk 101: Learn the terminology to talk confidently with your mechanic
- Get maintenance tips including checking your auto's fluid levels, tire tread depth & snow chain installation
- Marvel at an air bag blow out demo & Brotherton's Auto EKG technology
- Schedule your annual mammogram
- Learn about Valley's other women's health services
- Red wine tasting with healthy antioxidants provided by Sleight of Hand Winery
- Dine on delicious hors d'oeuvres
- Meet Miss Washington 2017
- Prize drawings
- Registration limited to first 300



Hosted by **Brotherton Cadillac Buick GMC, Renton**

[More Info | Register](#)

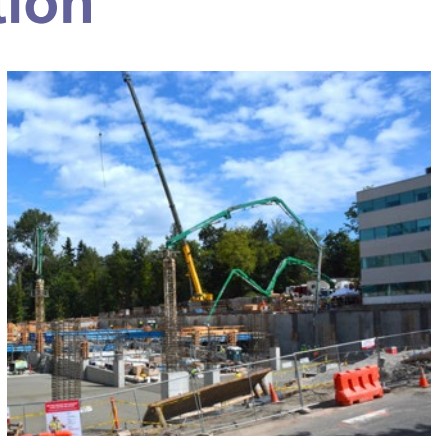
## Heart & Stroke Walk 2017

Join us on **Saturday, October 14** for the annual Puget Sound Heart & Stroke Walk, a non-competitive 5K at the Seattle Center. It kicks off with a healthy living festival where friends, family, and patients are invited to participate and then [walk with the Valley team](#). Remember, for every hour of exercise you could add two hours to your life! If you can't join us, you can support the American Heart Association's local efforts to reduce cardiovascular death and disability with your [donation to Valley's Heart Walk team](#).



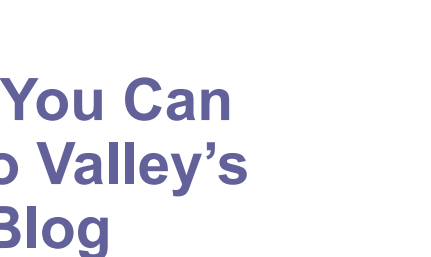
## Patient Parking Affected at Valley's Main Campus During Construction

To better serve our community and patients, Valley Medical Center's main campus is expanding the North Parking Garage, then building a new medical office building. Garage construction will continue through 2018. Office building construction will begin in late 2017. During construction, lot parking parallel to Talbot Road (Lot A) is greatly reduced. The North Garage remains open, with intermittent floor closures. The South Tower Garage is unaffected. All self-parking on campus is free and valet parking is available in three locations. [See & print parking flyer for details about self-parking and low/no-cost valet.](#)



## For Health News You Can Use, Subscribe to Valley's "We Are Valley" Blog

Valley's [We Are Valley blog](#) combines current news on wellness, women's health, children's health, joint & spine, cancer and what's happening at Valley, your community hospital.



[Sign up to receive monthly news](#) on the topics that interest you.

Fall 2017

### ▶ RESOURCES

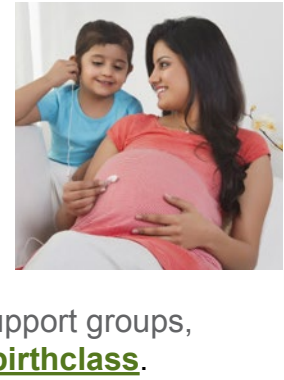
## Check Out Urgent Care Wait Times & Get In Line Online



Urgent Care is a great choice when you can't wait for an appointment with your primary care provider, or when you need medical care after hours for **non-life threatening conditions**. No appointment necessary—just walk right in or get in line online before you go. Wait times are typically shorter, and co-pays and out-of-pocket costs are usually lower than an ER visit. [View wait times](#) from valleymed.org home page.

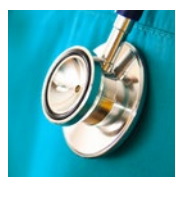
## Birth Center Tours & Birth, Parenting & Prenatal Water Exercise Classes

Register early for a FREE Birth Center tour—tours fill quickly. Plan to take a tour 6 – 8 weeks prior to your due date. For a complete listing of tours, classes and support groups, see [valleymed.org/birthclass](#).



## Looking for a doctor?

Visit [valleymed.org](#) or call 425.277.DOC5 (3627) to find a physician, or [valleymed.org/clinics](#) for a clinic list.



## Cardiac Rehab

**Cardiac Rehab** offers EKG-monitored programs for people with cardiac issues. Covered by many insurance companies. Call 425.228.3440, ext 4991 to register.



## Pulmonary Rehab

Participate in activities with less shortness of breath and learn how to live better by managing your lung condition.



Interested?  
 Call 425.251.5137 or visit [valleymed.org/lung](#).

## Cancer Lifeline

### Cancer Lifeline Services, Resources and Classes

Cancer Lifeline provides emotional support, resources, educational classes and exercise programs designed to support people in all stages of the cancer process. [Find out more.](#)

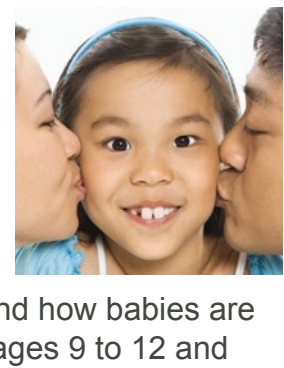
### ▶ SEMINARS AND EVENTS

## FREE CLASSES

### As Girls Grow Up

**Saturday, Sept. 30, 1 – 4 PM**

Class covers physical and emotional aspects of puberty, including menstruation, body changes, sexuality and how babies are conceived. For girls ages 9 to 12 and their parents or caregivers.

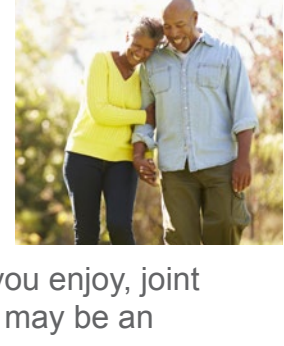


[More Info | Register](#)

### Hip & Knee Replacement Seminar

**Thursday, Oct. 5, 6 – 7 PM**

When degenerative joint disease or an injury make it too painful for you to participate fully in the activities you enjoy, joint replacement surgery may be an excellent option.



Learn more from Joint Center Medical Director & Orthopedic Surgeon, William Barrett, MD.

[More Info | Register](#)

### BodyWorks

**Wednesday, Oct. 18, 6 – 9:30 PM**

Tips & tools for improving family eating and activity habits. For tweens ages 9 – 14, their parents and caregivers.



[More Info | Register](#)

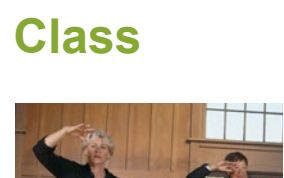
### Prescriptive Exercise Information Sessions

[More Info | Register](#)



### FREE: Tai Chi Balance and Exercise Class

All are welcome, including stroke survivors and caregivers.



**Beginner's Class** Thursdays, 5 – 6 PM

[More Info | Register](#)

**Intermediate/Advanced Class** Tuesdays, 5 – 6 PM

[More Info | Register](#)

## LOW-COST CLASSES

### Prenatal Water Fitness

Fee: \$50 for 5 weekly sessions

1-Month Series on Tuesdays & Thursdays



**Next class: Sept. 26 – Oct. 19, 2017, 6:15 – 7 PM**

Are you expecting? This low-impact conditioning class allows you to stay fit with minimal risk.

[More Info | Register](#)

### TangoStride for Stroke Survivors

Class is open to stroke survivors and their partners who are able to stand with or without assistance.



\$12 per class per couple

[More Info | Register](#)

### ▶ SUPPORT GROUPS

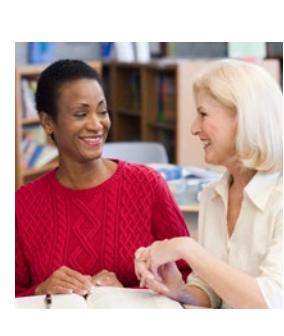
## Stroke Club

**Next meetings: Oct. 10 & Nov. 14, 2017**

[Learn more.](#)

Questions?

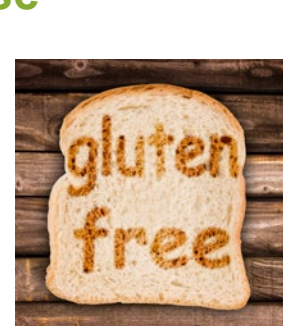
Email [strokecenter@valleymed.org](mailto:strokecenter@valleymed.org).



### Support Group: Gluten Intolerance / Celiac Disease

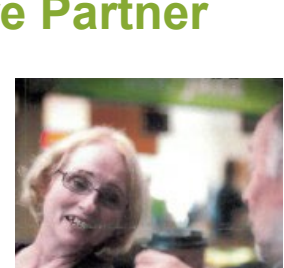
**Next meeting: Oct. 17, 2017, 7 – 9 PM**

[Learn more.](#)



### Staying Connected—For People with Early Stage Memory Loss and their Care Partner

In this FREE, 4-week, 90 minute, Alzheimer's Association program, participants and a care partner learn: how to cope and live with having early memory loss.



Pre-registration is required, please call 206.529.3872.

### ▶ PREVIOUS NEWSLETTERS

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



*This newsletter is for general information, and any specific questions or concerns about any of these topics should be brought to your physician.*