

# goldenlife

## Game Changer! Age Changes the Rules for Diet and Exercise

We've all heard the saying "We are what we eat." More and more research is showing how our food selections and activity level impact our overall health. We now know that the risk of nearly every disease, from cancer to diabetes, can be reduced by the lifestyle choices we make.

As we age, the changes in our bodies directly alter the rules of the game for eating and exercise. Here are some tips to help you to achieve your optimal health this year.

### Hydration is key

Thirst decreases as we age and our bodies are not as efficient in adjusting fluid levels. These changes can lead to dehydration in seniors. Keep a water bottle nearby during the day to help yourself stay hydrated.

### Add balance to your exercise routine

Falls are one of the leading causes of injury among aging adults. The good news is that balance exercises can significantly limit your chance of falling. Daily practice is important. [Try these exercises at home.](#)

### Flavor without sodium

Due to a change in how we experience taste and smell with age, it can be tempting to add extra salt to your meals. To reduce the negative effects of added sodium on your system, try using herbs to flavor your food instead.

### Pack in the nutrients

As calorie needs decrease with age, finding the right foods, packed in vital nutrients, is a key to successful meal planning. Avoid high calorie soft drinks and eat the rainbow of fruits and vegetables to get the best nutritional bang per calorie.

George Burns once said "If I knew I was going to live this long, I would have taken better care of myself." Making a few changes in how you play your game can make your life much more pleasurable along the way.

For more help choosing the right foods and activities, visit the Lifestyle Medicine & Fitness Center at Valley Medical Center. We have physical therapists, dietitians and exercise specialists to help you find the program that is right for you so you can be your best, healthiest you! Our Healthy Foundations program is a 16-week, lifestyle modification program with medical nutrition counseling, meal planning, physical therapy as needed, prescriptive exercise program, Fitness Center membership, group support, and more. Your insurance may even provide coverage for your participation.

Want a tour or have questions? Call 425.656.4006.

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

## Winter 2016



### ▶ RESOURCES

### Cholesterol & Blood Sugar Screens

Thursday, February 11, 2016  
8 AM – Noon  
Registration required

Screenings for GoldenCare members include total cholesterol, (high-density lipoprotein, or HDL, and low-density lipoprotein, LDL), triglycerides and blood sugar. Cost is \$20 for GoldenCare members. For proper results, fast after midnight the night before and refrain from drinking alcohol for 48 hours before your test. Immediate results. By appointment only.

Call 425.226.4653 to register.

### Events & FREE Seminars

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.

[View upcoming events here](#) or call 425.656.INFO (4636)

### IS YOUR SHOULDER A PAIN? SHOULDER REPLACEMENT AS AN OPTION

Thursday, February 4, 6 – 7 PM  
Medical Arts Center Auditorium  
Craig Arntz, MD, Orthopedic Surgeon



[More info](#) | [Register](#)

### STROKE CLUB

Tuesday, February 9, 6:30 PM  
Tuesday, March 8, 6:30 PM



Medical Arts Center, 1st floor, Room C

Stroke survivors and caregivers, bring your sense of humor, questions & a meal item to share. Free, meets monthly, 2nd Tuesday of the month.

[View more info](#)

### LIVING BRAVE: THE SKY'S THE LIMIT! GLOW 5TH ANNIVERSARY

Wednesday, Feb. 24, 6 – 9 PM  
Museum of Flight



Embrace your strengths and struggles and take a fun, educational journey that will help transform how you live, love, parent and lead. Grab a friend and join us for dinner, interactive activities and inspiration.

Tickets \$30 each  
**Keynote Speaker Susan Mann**  
President, Brené Brown Education & Research Group



[More Info](#) | [Register](#)

### HIP & KNEE REPLACEMENT

Thursday, February 25, 6 – 7 PM  
Medical Arts Center Auditorium  
William Barrett, MD, Orthopedic Surgeon



[More Info](#) | [Register](#)

### Looking for a doctor?

Visit [valleymed.org](http://valleymed.org) or call 425.277.DOCS (3627) to find a physician, or [valleymed.org/clinics](http://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.



### CancerLifeline

Extensive resources include support groups, classes and exercise programs. For details, visit [cancerlifeline.org](http://cancerlifeline.org) or call 1.800.255.5505.

### Memory Boost for Cancer Survivors

The University of Washington's Memory Health Research Program and Fred Hutchinson Cancer Research Center are offering a non-medication treatment option for cancer survivors with cognitive concerns as a result of their cancer treatment. This treatment consists of a 7-week, group-based memory skills workshop that aims to improve thinking abilities, mood and quality of life. If you are concerned about your memory following cancer treatment, or a loved one's, memory following cancer treatment, please contact 206.667.7930 or email [wellness@uw.edu](mailto:wellness@uw.edu).

### ▶ HEALTHY & DELICIOUS



### Super Healthy Egg Muffins

12 muffins

**Ingredients**  
1 Tbsp olive oil, coconut oil or grass-fed butter  
2 organic bell peppers, diced (any color)  
1/2 yellow onion, diced  
2 cups organic baby spinach  
10 eggs  
4 organic chicken sausages, chopped into bite size pieces (True Story® brand from Costco is good)  
1 cup shredded cheese (Any cheese you like works great!)

1 tsp sea salt  
1/2 tsp black pepper  
1/4 tsp red pepper flakes, optional

**Directions**  
Preheat oven to 350 degrees.  
Heat large skillet to medium heat and add oil or butter.  
Add bell pepper and onions. Sauté for 3-5 minutes until tender and starting to brown.  
Next add sausage. Cook for a few minutes until slightly browned (the sausages are already fully cooked).  
Last add fresh spinach and cook until wilted.

Season mixture with 1/2 tsp sea salt, pepper and red pepper flakes.  
To assemble, add veggie and sausage mixture to individual muffin tins evenly.

In a separate container, whisk together eggs and season with 1/2 tsp sea salt and pinch of black pepper.  
Pour egg mixture evenly into each muffin tin.  
Top with cheese.

Bake in 350 degree oven for 30 minutes until the eggs are no longer runny.  
For a crispy, cheesy top, broil the muffins for 5 minutes.

Once cooled, store in an airtight container in the fridge for up to 5 days.

*Serving suggestion: Two of these make a great breakfast or have one for an afternoon snack. You can heat them up or they also taste great cold.*

Provided by Angela Freed, Certified Nutritionist Lifestyle Medicine & Fitness Center 425.656.4006

### ▶ GOLDENCARE WEBSITE

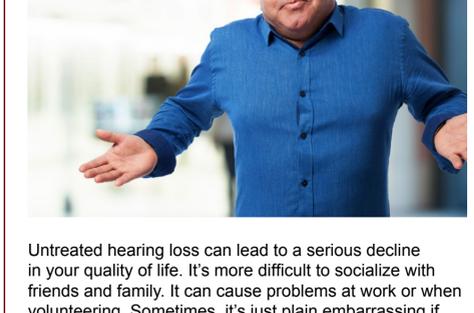
### ▶ PREVIOUS NEWSLETTERS

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

**If This is Your First Time Receiving GoldenLife**

Welcome to all of our new GoldenCare members! *GoldenLife* is our quarterly e-newsletter, keeping you current with what's going on that may interest you.

## What did You Say? I Didn't Hear You.



Untreated hearing loss can lead to a serious decline in your quality of life. It's more difficult to socialize with friends and family. It can cause problems at work or when volunteering. Sometimes, it's just plain embarrassing if you miss a crucial piece of conversation.

### Take the Low-cost National Hearing Test over Your Phone

The National Hearing Test is an accurate, scientifically-validated hearing screening test, developed with funding from the National Institutes of Health. This not-for-profit, low cost screening (\$5) is taken over a phone to help you determine if you need a complete hearing evaluation. It has no financial connection with any hearing products or services.

### How does the test work?

Through your phone, you will be asked to identify spoken numbers through a background noise. You receive your results immediately and they will be categorized in one of three ways:

- Within expected normal range
- Slightly below normal range
- or
- Substantially below normal range

If your test results show a slight or substantial hearing loss, you are encouraged to have your hearing professionally evaluated.

### Take the hearing test now.

For a limited time, AARP members can take the National Hearing Test FREE!

Valley Medical Center's Ear, Nose & Throat Clinic has a certified audiologist on staff who can provide hearing evaluations. If you have questions or would like an appointment for further evaluation, call 206.575.2602. [valleymed.org/ent](http://valleymed.org/ent)

## Do You Leak when You Sneeze? Kegel Exercises can Help You Stop the Leaks



By Cynthia Lewis, MD, Urogynecologist, Women's Surgical Specialists

It's no fun to pee unexpectedly when you sneeze. Doing Kegel exercises on your own can be very helpful in strengthening the muscles below the bladder to help control urination and reduce leaking. What's a Kegel? Kegel exercises involve squeezing the muscles of the pelvic floor to strengthen them. Both men and women can benefit from performing Kegel exercises.

### Recommended routine for Kegel exercises

- Start by pulling in and holding a pelvic muscle squeeze for 3 seconds then relax for an equal amount of time (3 seconds).
- Do this for 10 repetitions three times a day. It can take up to 3 – 4 months to see results.
- Increase your contraction hold by 1 second each week until you are contracting for a 10 second squeeze.
- Remember to rest and breathe between contractions.
- For women, when you start, do the exercises while lying down. As you get stronger, do an exercise set both sitting and standing.

Many women come to the Women's Surgical Specialists Clinic and say they are doing their Kegel exercises diligently. However when checked during the exam, it turns out they are doing them incorrectly— and are not experiencing the benefits of their effort. Because pelvic muscles are hidden from view, it is difficult to know if you are doing Kegel exercises correctly.

### Tips to help you find the right Kegel exercise muscles

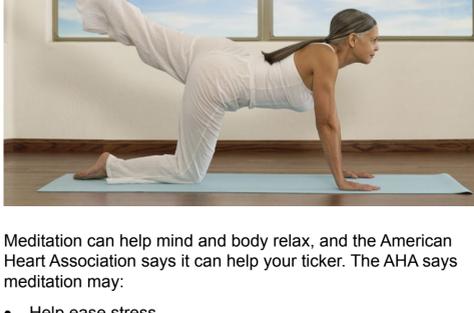
- Try to stop your urinary stream. If you succeed, then you have identified the right muscles to exercise. This is a learning tool. Do not stop your urine frequently as there is concern that this may create problems with bladder emptying.
- Imagine you are going to pass gas, then squeeze the muscles that would prevent that gas from escaping from your rectum. Exercising the muscles around the rectum will also strengthen those around the pelvic organs.
- For women, [download the Kegel Exercises Instruction sheet](#) to help you ensure you are doing the exercises correctly and benefitting from your efforts.
- For men, [find Kegel exercise instructions here.](#)
- Do not hold your breath while exercising.
- Remember not to tighten your stomach and back muscles or squeeze your legs together—these muscles should be relaxed as you isolate and contract just your pelvic muscles.
- You don't have to do this alone! If you are not sure if you are doing the exercises correctly, ask your doctor or nurse at a pelvic or urology exam to check if your squeeze is working the right muscles.

- GET A PERSONAL TRAINER FOR YOUR PELVIC FLOOR! Ask your doctor for a referral to a physical therapist with expertise in pelvic floor muscle rehabilitation. There are many excellent, specially trained female therapists who treat women with urinary incontinence, prolapse and pelvic pain. They will also evaluate your back and abdominal strength, your walk and your posture as these also affect how your pelvic muscles work.

For women who want to learn more about pelvic floor problems, including what they are and what surgical and non-surgical treatment options there are, check out The American Urogynecologic Society (AUGS) [patient website](#). This article was adapted from information on the AUGS website.

**Questions about men's or women's urologic treatments or want to connect with a physician? Visit [valleymed.org/urology](http://valleymed.org/urology). Interested in an appointment? Call Women's Surgical Specialists at 425.656.4110 or the Urology Clinic at 425.656.5365.**

## Meditation May Help Your Heart



Meditation can help mind and body relax, and the American Heart Association says it can help your ticker. The AHA says meditation may:

- Help ease stress
- Reduce blood pressure
- Improve your sleep
- Help you focus on healthier activities
- Supplement, but not replace, other heart-healthy behaviors, such as healthy diet and exercise

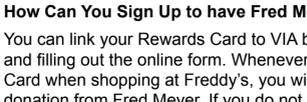
Meditative activities are varied. Look for a stress reducing, meditative activity that you feel comfortable with.

- Listening to your favorite music while walking
- Tai chi or yoga
- Mindful meditation or relaxation response meditation
- Prayer

[Learn more](#)

### ▶ DONATE

## Shop at Fred Meyer or Amazon and They Will Donate to Valley's Volunteers in Action



Valley Medical Center's Volunteers in Action is now participating in the **Fred Meyer Community Rewards Program**.

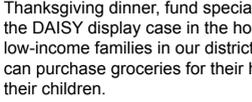
Now you can support VIA just by shopping at Fred Meyer with your Rewards Card. The donation VIA will receive is related to how many customers select VIA as their Community Rewards organization and how much they shop.

**How Can You Sign Up to have Fred Meyer Donate to VIA?**  
You can link your Rewards Card to VIA by [clicking this link](#) and filling out the online form. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping VIA earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one for free at the Customer Service Desk of any Fred Meyer store.



### What is AmazonSmile?

When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. Find out how to [sign up to support Volunteers in Action](#).



### Why Support VIA?

In addition to serving the hospital with their time and talents under hospital staff direction and supervision, our VIA organization is a valuable financial contributor to Valley. The VIA organization uses the money it raises through the gift and flower shops, special vendor sales and now Fred Meyer's Community Rewards and AmazonSmile, to fund scholarships for Valley employees to further their professional development, purchase vans for our free shuttle service, sponsor the NICU Family Thanksgiving dinner, fund special purchases around Valley, like the DAISY display case in the hospital main lobby and provide low-income families in our district Fred Meyer gift cards so they can purchase groceries for their holiday meals or buy gifts for their children.