

goldenlife

Act FAST! While Prevention is Best, Knowing Stroke Symptoms & Quickly Responding can Reduce Damage



"It's significantly easier to *prevent* a stroke than treat someone who's had a stroke. But if a stroke occurs, it's significantly easier to *treat* if people come in *early*," says Michael Previti, MD, Medical Director of Valley's nationally-recognized Stroke Center.

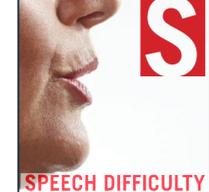
The leading cause of adult disability and the fourth leading cause of death in America, strokes cut off blood flow and oxygen to the brain. Although more strokes occur in the elderly, it's also a major problem among middle-aged people. That's why it's important for everyone to recognize stroke symptoms and act FAST to get medical help—doing so can save your life, or the life of a friend or loved one, and limit disabilities.

FAST Test for Stroke

Dr. Previti has had numerous patients out having fun with friends whose lives were saved because the friends recognized a stroke symptom and immediately called 9-1-1. Dr. Previti is a proponent of everyone knowing the FAST test for stroke because it's effective and so easy to remember.

FAST Test for Stroke

Primary symptoms include:



"I'm excited to be at Valley Medical Center because of the nationally-recognized level of care Valley provides," says Dr. Previti. "But I'm really passionate about stroke prevention and early detection of stroke which will keep more people in our community working and able to enjoy their lives."

[Watch this American Heart and American Stroke Association video](#) demonstrating the distinctive body language of stroke.

Reduce your risk of stroke with [these prevention tips](#)

[Neuroscience Institute](#) 425.917.6209

[Rehabilitation Services](#) 425.251.5165

January 2014



▶ RESOURCES

Valley Medical Center Only Hospital in State Named by Medicare as a Best Hospital for Joint Replacement

Valley Medical Center has been named one of 97 best hospitals in the nation for joint replacement, according to Medicare, the **only hospital in Washington state** to achieve this status. In evaluating the hospitals, Medicare looked at how often its beneficiaries were readmitted within 30 days of discharge and how often serious complications occurred after the operation.

The Medicare evaluation considered the outcomes of all Medicare beneficiaries receiving joint replacement between July 2009 and June 2012, nearly 1.8 million patients. About 95 percent of hospitals nationwide were identified as only average and another 95 hospitals rated below average.



Kaiser Health News recently assembled a list of the hospitals Medicare rated highest for joint replacement from Medicare's extensive report. [View Kaiser's list of Medicare's best hospitals for joint replacement.](#)

Led by Medical Director, William Barrett, orthopedic surgeon, Valley Medical Center's joint replacement program has also been ranked #1 in Washington for Joint Replacement for the past four years by HealthGrades® 2013.

Want to know more about joint replacement?

[Attend VMC's free doc talk](#) on Thursday, February 27, and see Dr. William Barrett's demonstration of a joint replacement surgery with real instruments and faux bones.

valleymed.org/joint

GoldenCare Blood Sugar & Cholesterol Screening

Friday, February 14
9 AM – 11:30 AM

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

Call 425.226.4653 to register.

FREE Seminars & Events

Maintaining the best health possible should be a priority. Give yourself a well-earned 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

Free Blood Pressure & Blood Sugar Checks

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

▶ HEALTHY & DELICIOUS



Blender Bean Dip

Just in time for Seahawks' Superbowl Sunday, try this take on a healthy, low fat bean dip.

Ingredients

- 1 15.5-ounce can beans (red kidney beans, navy beans or black beans)
- 1 14.5-ounce can diced tomatoes, with chilies and spices added
- 1 tablespoon powdered cumin
- 1 tablespoon chili powder
- 1/2 cup fresh cilantro

Optional garnish: 1 small can sliced black olives

Directions

Drain and rinse beans and put into blender. Drain tomatoes and add to blender. Add cumin, chili powder and cilantro, reserving a few sprigs of cilantro to chop and use as garnish. Blend to desired consistency. Refrigerate. Sprinkle dip with chopped cilantro (and optional sliced black olives) and serve with baked corn tortilla chips (blue-corn tortilla chips make it more Seahawks-y) or toasted whole-wheat pita triangles.

Makes 2 cups

Each 1/2-cup serving contains about 56 calories, 3 g protein, less than 1 g fat, 0 mg cholesterol, 10 g carbohydrates, 4 g fiber, and 492 mg sodium.

▶ GOLDENCARE WEBSITE

▶ PREVIOUS NEWSLETTERS

Back Issues of *Golden Life* Are Available Online

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

If This is Your First Time Receiving Golden Life

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

Valley Medical Center Receives American Heart and Stroke Association's Highest National Recognitions for Stroke Treatment & Care



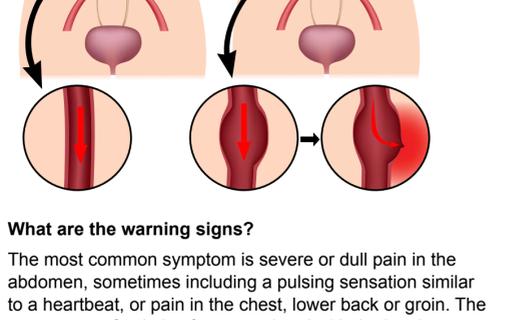
Valley Medical Center is nationally recognized for achievement in stroke treatment, receiving the American Heart Association and American Stroke Association's 2013 Get with the Guidelines Stroke Gold Plus Quality Achievement Award. The award recognizes VMC's commitment and success in implementing excellent care for stroke patients, according to evidence-based guidelines.

VMC has also been recognized as a recipient of the association's Target: Stroke Honor Roll, for improving stroke care. **This Honor Roll designation is the AHA/ASA's highest distinction** awarded for Valley's achievement in delivering tissue plasminogen activator, or tPA, within 60 minutes of arriving at the hospital (known as 'door-to-needle' time) to at least 50 percent of the hospital's eligible ischemic stroke patients. Later this year, VMC will be recognized at the International Stroke Conference and included in the publications *U.S. News & World Report* "Best Hospitals" issue and *Stroke* for this achievement.

AAA: Not just an Automobile Club, a Silent Killer

There is a silent killer among us. Known as Triple A, or AAA, abdominal aortic aneurysm is the third leading cause of death in men over age 60 and when AAA ruptures, it carries a 75-90% mortality rate.

AAA is an aneurysm (blood-filled bulge) occurring in the abdominal aorta, an artery located behind the belly near your back that carries blood to the lower part of the body. You don't feel it and, until it ruptures, you rarely have symptoms.



What are the warning signs?

The most common symptom is severe or dull pain in the abdomen, sometimes including a pulsing sensation similar to a heartbeat, or pain in the chest, lower back or groin. The occurrence of pain is often associated with the imminent rupture of the aneurysm.

What are the risk factors?

Multiple factors appear to play a role in the development of an AAA. Primary risk factors include:

- Age greater than 60
- Male*
- Family history (first degree relatives such as father or brother)
- Genetic factors
- Elevated fats in the blood
- High blood pressure
- Diabetes

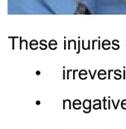
*While only 2-3 percent of women appear to be affected by AAA, age, smoking, and heart disease are each associated with increased risk of AAA in women.

AAA Often goes Undiagnosed

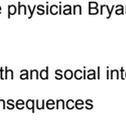
It is estimated that more than a million people are living with an undiagnosed AAA. Often found by accident during a screening for back or abdominal pain, Valley Medical Center's Vascular Clinic surgeons repair these deadly bulges.

People who are at risk for AAA need to be screened with a simple non-invasive test known as an ultrasound or sonogram. If detected before rupture, the vast majority can be treated successfully. With endovascular repair, the hospital stay is short (one day on average) and recovery is rapid.

The Vascular Surgery Clinic at Valley Medical Center provides comprehensive vascular surgical services to treat conditions such as AAA. 425.656.5568 valleymed.org/vascular

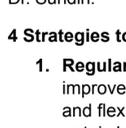


Shahram Aarabi, MD



Sherene Shalhub, MD

Avoid Taking the Fall: 4 Steps to Reducing Your Risk of Falls



"A tumble from a missed step. A slip near a wet bathtub or shower. A stumble on a throw rug. A trip on something unexpected in a dark room. These circumstances, and there's plenty of others, can lead to a fall and serious harm, such as a hip fracture or head injury," says Family Medicine physician Bryan Sundin, MD.

These injuries can lead to:

- irreversible decline in health and social interactions
- negative psychological consequences
- economic loss

Serious consequences indeed. In fact, more than 30 percent of senior adults fall each year. If you have a fall, you have a 50 percent risk of another fall. Between 2008 and 2011, 2688 patients were transported by ambulance to Valley's Emergency Department due to a fall.

"Given the potential for serious harm and serious decline in lifestyle following a fall, it's important to ask your doctor if you are at high risk of falling and take action to reduce your risk," says Dr. Sundin.

4 Strategies to Reduce Your Risk of Falls

- 1. Regular exercise is important.** Activities that help you improve or maintain good balance, strength. Coordination and flexibility are best. Consider walking, water workouts or tai chi. Check out the [Fitness Center at VMC](#).
- 2. Make sure you can see.** Have your vision checked every year. Aging eyes can make it hard to read small print, judge distances and identify objects in your way.
- 3. Manage your medications.** Talk to your primary care physician about medications you might be taking that increase your risk of falls. Your doctor may consider weaning you off certain medications.
- 4. Make your home a safe place.** Good lighting, clutter-free floors and stairs, items in reach, and properly fitting footwear are all important basics for maintaining a home to reduce your risk of falls. King County's [One Step Ahead Fall Prevention & Resources](#) for Seniors program offers a detailed online list of home hazards that might lead to falls. It's important for you to know what they are so you can eliminate them from your living environment. View the [home modification checklist](#).

Still concerned about preventing falls in your home?

King County Emergency Medical Services (EMS) will provide FREE home assessments and make recommendations for you. To qualify, you must:

- Be 65 years or older
- Live independently in King County outside of the City of Seattle
- Be at high risk for falls as assessed by a healthcare professional or have fallen in last six months and called 9-1-1

Low income individuals may be eligible for installation of fall safety devices. Contact King County EMS at 206.263.8544 for more information about eligibility or to schedule an appointment.

Bryan Sundin, MD, practices Family Medicine at Highlands Clinic. 425.656.5500

Looking for a doctor?

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