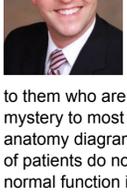


goldenlife

What You Need to Know about Prostate Health—Urologist Daniel Simon, MD, Answers your Questions



Q. As a urologist, what is the biggest health concern for men?

A. Men are most often concerned with prostate health. Prostate disease, specifically prostate cancer and prostate enlargement (benign prostatic hyperplasia or BPH), are such common conditions that most men are either personally affected, or know men close to them who are. Despite this, the prostate remains largely a mystery to most people. Until they come face to face with the anatomy diagrams in the exam room of a urologist, the majority of patients do not know where the prostate is located or what its normal function is.

Q. What are the risk factors and symptoms?

A. The biggest risk factors for prostate cancer are age, family history and race. Prostate cancer is more common in older men, especially in men over 65 years old. Men with a first degree relative (brother or father) with prostate cancer have over a two-fold increased risk of developing prostate cancer. Also, African Americans traditionally have higher rates of prostate cancer. Most patients with prostate cancer do not have any symptoms, though in advanced cases, prostate cancer can cause blood in the urine, urinary obstruction or bone pain. On the other hand, prostate enlargement (BPH) commonly shows symptoms, including increased urinary frequency both during the day and nighttime, straining to urinate, decreased force of urination and dribbling. The only clear risk factor for BPH is age.

Q. Are there any new treatments or new information about this concern?

A. In May of 2012, the U.S. Preventive Services Task Force recommended against screening for prostate cancer using a blood test that measures prostate-specific antigen, or PSA, because it can identify cancers that are so slow growing that they might never be harmful. We, along with the American Urologic Association and many others, feel this recommendation does men a great disservice because not screening guarantees missing many dangerous cancers. It is true that the PSA test is not a perfect test: there is no PSA level that guarantees the absence of cancer, and most men with an elevated PSA do not have cancer. However, PSA remains the only widely available test to help identify men with prostate cancer before symptoms develop.

We know that most cases of prostate cancer are not fatal. We are increasingly able to determine which men should be treated aggressively, and which can be closely observed in order to safely avoid any negative effects of treatment. It is always worthwhile to consult a urologist, who can evaluate your particular situation.

Q. What are the screening recommendations by age?

A. The optimum age to begin and end screening has not been established. We recommend that PSA screening be considered in men with risk factors for prostate cancer starting at age 40. For men without risk factors, we recommend screening be considered starting at age 55. After that, screening should be individualized to each patient. If significant risk factors such as a strong family history, African American race or an abnormal baseline PSA are present, then screening should be considered on a regular basis after that. In general, we believe that prostate cancer screening should end at age 70, or earlier, in cases where life expectancy is less than 10 years.

Q. What message would you want to send the women who are reading this about the health of the men in their lives?

A. Without generalizing too much, women tend to be more proactive about their health and routine screening, while men can stick their head in the sand, only to emerge once symptoms drive them to the doctor's office. It is natural for men to have concerns about screening. I encourage women to open a dialogue with the men in their lives about screening, and to help them seek the answers to allow them to make the most educated and informed decisions about their health.

Dan Simon, MD and Atreya Dash, MD both practice at Valley's Urology Clinic. If you have questions or concerns about your prostate health, call the Urology Clinic at **425.656.4112**. valleymed.org/urology

April 2014



▶ RESOURCES

Pencil it In! Senior Health Fair Scheduled for Friday, September 5, 9 AM – 1 PM

The Senior Health Fair is shifting from a spring event to fall. Mark your calendar for Friday, September 5 at Valley Medical Center's Medical Arts Center. It's a free event featuring informative health presentations, health screenings, senior services and resources, refreshments and a chance to mingle with friends.

Massage Does a Body Good! Book Yours Today

Studies prove massage not only eases sore muscles and reduces inflammation, but the health benefits extend far beyond that:

- Helps reduce anxiety and depression
- Improves sleep
- Boosts your immune system
- Raises mental alertness
- Curbs headaches
- Increases blood flow, helping shuttle toxins away

Ready to have your stress, aches and fatigue massaged away? Our skilled, licensed massage therapists will relax your muscles and offer a customized blend of stress-reducing and therapeutic treatments. Options include:

- 30 minutes (relaxation/therapeutic) \$50
- 60 minutes (relaxation/therapeutic) \$77
- 90 minutes (relaxation/therapeutic) \$115

Payment forms accepted/differ by therapist and include: cash, check, debit/credit cards.

Monday – Friday: 8 AM – 7 PM
Saturday: 8 AM - Noon

Call today to make your appointment, 425.656.4006.

Looking for a doctor?

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

GoldenCare Blood Sugar & Cholesterol Screening

**Tuesday, June 10
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.

Stroke Club

Share Your Experiences, Make Supportive Friends, Learn New Skills

The Stroke Club is a support group designed for stroke survivors, their family members and caregivers. Each session includes guest speakers, support materials, opportunities for discussion and socialization. Topics are tentative and may change based upon group need and facilitator availability.

The group meets the last Tuesday of the month at VMC's Medical Arts Center. **View the 2014 Stroke Club schedule** with meeting specifics, including dates, topics, time and location.

For more information, call Rehabilitation Services at 425.228.3440, ext 5665 or visit valleymed.org/rehab.

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.

Breaking News!

Heart failure patients may now qualify for cardiac rehab exercise therapy through Medicare and other insurance programs.

Our heart failure patients have demonstrated many benefits from exercise including more stamina, ability to walk longer distances, less shortness of breath, and frequent assessments.

The Cardiac Rehab program at Valley Medical Center is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. Our specially trained RN's and exercise physiologists provide a medically monitored exercise program with EKG monitoring and close communication with the referring physician.

To find out more information about whether you would be eligible, please call us at 425-228-3440, ext. 4991.

Cancer Lifeline

Extensive resources include support groups, classes and cancer programs. For details, visit cancerlifeline.org or call 1.800.255.5505.

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.

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)

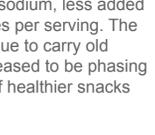
HIP & KNEE REPLACEMENT

**May 29,
6 – 7:30 PM**

Medical Arts Center Auditorium, 4033 Talbot Road South, Renton

William Barrett, MD, Orthopedic Surgeon

[Register here](#)



Snack Happy!

New Items to Munch at the Present Place Gift Shops

If you find yourself wandering into the hospital gift shops to buy yourself a snack, you'll notice some delicious, new options on the shelves. The gift shops are introducing a greater variety of snacks intended to be kinder to your heart and waistline. You'll find less added sugar, lower sodium, less added fat and lower calories per serving. The gift shops will continue to carry old favorites, but are pleased to be phasing in a greater range of healthier snacks and beverages.

▶ HEALTHY & DELICIOUS



Florentine-Swiss Omelet for One

Ingredients

2 large eggs
1 tablespoon water

About 1/2 cup shredded spinach, fresh or frozen (defrost and squeeze out the water)

1 thin slice reduced-fat Swiss cheese

Directions

Break eggs into a small bowl. Add water and beat vigorously with whisk. Heat a nonstick eight-inch skillet on medium heat. Pour in eggs. Watch carefully. When egg begins to firm, lift with a spatula and let uncooked egg run underneath. Top with cheese and spinach. Fold over and turn off heat. There will be enough heat to warm the spinach and melt the cheese.

Serves one

The omelet contains about 190 calories, 20 g protein, 9 g fat (42 percent calories from fat), 370 mg cholesterol, 1.5 g carbohydrates, less than 1 g fiber, and 215 mg sodium. (Gluten-Free)

▶ GOLDENCARE WEBSITE

▶ PREVIOUS NEWSLETTERS

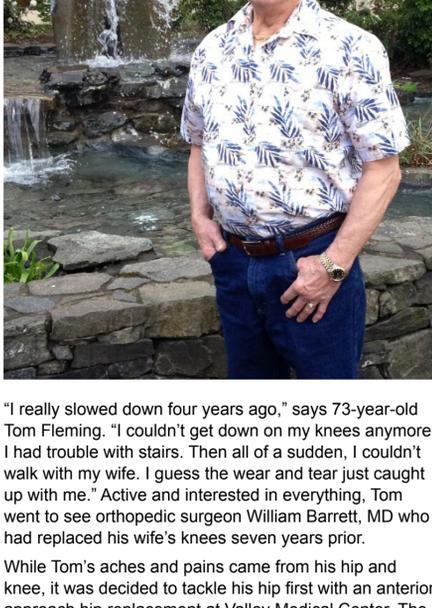
Back Issues of *Golden Life* Are Available Online.

[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.

From Slo-Mo to Bionic in Less Than 10 Months



"I really slowed down four years ago," says 73-year-old Tom Fleming. "I couldn't get down on my knees anymore. I had trouble with stairs. Then all of a sudden, I just couldn't walk with my wife. I guess the wear and tear just caught up with me." Active and interested in everything, Tom went to see orthopedic surgeon William Barrett, MD who had replaced his wife's knees seven years prior.

While Tom's aches and pains came from his hip and knee, it was decided to tackle his hip first with an anterior approach hip replacement at Valley Medical Center. The anterior approach offers a smaller incision with less injury to the muscles and tendons and a shorter, less painful recovery for many. Tom healed quickly from his surgery. In just 17 days he was back to work as a facilities engineer.

"I made a point of keeping on working soon after surgery," says Tom. "Exercise following surgery is hard. For me, the best way to exercise is to keep working at my job which keeps me on a schedule and moving all the time. I make a game out of walking around the warehouse."

Lying on his side during his hip recovery, Tom's shoulder began causing him serious pain. The x-rays revealed a worn out shoulder joint, most likely caused from his earlier days of heavy lifting as a truck mechanic. Four months after his hip replacement, Tom had his shoulder joint replaced at Valley by Dr. Arntz, a colleague of Dr. Barrett's. While replacing the joint, Dr. Arntz also repaired a torn rotator cuff. Tom's shoulder pain disappeared and just three weeks after surgery, with the help of a spray gun and his wife, he painted a fence.

While he was able to walk easier following his hip replacement, knee pain continued to linger. Five months after the shoulder replacement, Tom went back to Dr. Barrett for a knee replacement. Again, Tom enjoyed a speedy recovery, returning to his job three weeks later. "Getting out of surgery, the hurting is gone," says Tom. "The healing is a different thing. It's uncomfortable for a while, but it's only temporary."

It's been seven months since his last joint replacement. What's up with Tom now? The end of April, Tom is scheduled to revisit Valley's Joint Center when Dr. Arntz replaces his other shoulder. Next year, he plans to have his other knee replaced. Tom is looking forward to feeling even better than ever.

"A lot of people call me the Bionic Man now. I can't say it's been easy—the recovery has been hard work. But getting the replacements is just what I needed to stay active and bring me back up to speed. I like to go fishing and camping. I do a lot of yard work to maintain my third of an acre. I can do those things now. It's been such an exhilarating experience—I would recommend replacement surgery to anyone."

Want to learn more about joint replacement?

Attend the Hip and Knee Replacement Doc Talk presented by one of Tom's orthopedic surgeons, William Barrett, MD on Thursday, May 29, 6 – 7:30 PM at Valley's Medical Arts Center Auditorium. [Register now.](#)

Keep Yourself in Cherry Condition by Adding Fruit and Vegetables to Your Day

What do bananas on your cereal, onions in your chili, and pears for your dessert have in common? They're great ways to get the fruits and vegetables you need to help you live a healthy, active life.

Activity Level Determines the Calories you Need

According to the USDA, a woman in good health and 50 years old or older should get 2,000 to 2,200 calories a day if she is active. Active means walking more than 3 miles per day at 3 to 4 mph in addition to daily activities. A woman who is moderately active—walking 1.5 to 3 miles a day at 3 to 4 mph in addition to daily activities—should have 1,800 calories a day; a woman who gets little daily activity should have 1,600 calories a day.

A man in good health and 50 years old or older should get 2,400 to 2,800 calories a day if he is active; 2,200 to 2,400 calories a day if he is moderately active; and 2,000 calories a day if he is mostly sedentary.

Fight Disease and Weight Gain

Getting the right amount of nutrient-rich foods can help you stave off chronic diseases and weight gain as you age. Poor diets can contribute to the development of some cancers, high blood pressure, heart and kidney disease, obesity, diabetes and other serious illnesses.

Use Rainbow of Fruit and Vegetables, Rather than Supplements

In addition to getting protein from chicken, fish, low-fat or fat-free dairy and beans, focus on a rich variety of produce, including dark green, red and orange vegetables. Produce is packed with nutrient-rich, disease-fighting substances that work together to protect good health. The USDA underscores the need for fresh fruits and vegetables rather than pills or supplements.

Frozen Fruit and Vegetables are a Good Alternative to Fresh

Although fresh fruits and vegetables are the preferred choice, they may be cost prohibitive or unavailable. Fresh frozen foods are the closest alternative to fresh in nutritional value and are a good alternative. You can also buy low-sodium canned vegetables or wash them off prior to cooking to reduce the sodium content. Look for canned fruit packed in its own juice rather than in heavy syrup to reduce the calories and sugar content. Consume high-calorie fruit juices sparingly.

Questions About Your Nutrition?

Ask your primary care physician. If you are managing diabetes, Valley's Diabetes Education & Nutrition Clinic offers personal nutritional guidance and an American Association of Diabetes Educators-recognized program. valleymed.org/diabetes

Staying Active Helps Maintain Independent Living

It's never too late to start being more active. With today's medical technology and scientific advances, the average life expectancy for men and women is increasing. With longer lives, people are placing greater importance on healthy lifestyle to maintaining independent living. Keeping moving throughout the day with exercise and/or household tasks helps maintain strength, balance and flexibility and is healthy for your heart.



Short, Moderate Activity Intervals are Beneficial

Exercise is a great way to keep active, but should be approached with caution. Exercise does not have to be vigorous to be beneficial. A walk around the neighborhood or 30 minutes working in the garden can be helpful for body and mind. Also, if 30 minutes of exercise at one time seems too much, research now suggests that three 10-minute intervals spread out over the day is just as effective.

If you have an existing medical condition, or are just starting to increase your activity or start an exercise program, be sure to consult your health care provider—make sure the activities you choose are designed with your health and wellness in mind.

Questions About Exercise or Starting an Exercise Program?

Contact your primary care provider. Need to find a primary care provider? For a free physician referral, visit valleymed.org/doc or call 425.277.DOCS (3627).

Looking for a Fitness Center Without the Attitude?

Check out The Fitness Center at Valley Medical Center. Our highly skilled, fitness exercise professionals work with you one-on-one to create an exercise plan that meets your fitness needs and provide you with support along the way. Visit valleymed.org/fitness or call 425.656.4006 to arrange a tour.