

# goldenlife

## Communication, Kindness and Trust Lead to this Patient Enjoying Life Cancer-free

"A diagnosis of cancer is always scary. But you have to hope for the best and keep living your daily life," says 80-year-old Freeman, a patient who found help and hope from Dr. Daniel Simon, a urologist at Valley Medical Center's Urology Clinic. Two years ago, Freeman was diagnosed with an aggressive form of bladder cancer. Now, he's cancer-free and continuing to follow up with Dr. Simon to ensure he stays that way.

### Finding the Right Doctor

Freeman initially sought a urologist when he noticed his flow of urine had slowed down. At first he thought little of it, assuming it was just a simple prostate issue. After seeing four different urologists without finding relief, he started to lose trust in medical providers and began to think something more significant was happening.

"We met with a handful of urologists before Dr. Simon. Many of them were rough or lacked bedside manner. Nobody we went to seemed to treat Freeman right," remembered Freeman's wife, Doreen.

### Finding the Treatment Comfort Zone

"When Freeman first came to me, it was clear that he needed more than just medical care," says Dr. Simon. "He needed a provider he could trust—someone who would involve him in the decision making for his own healthcare. Together, Freeman, Doreen and I adjusted treatment options and care plans over the course of a few months before landing on something we were all comfortable with."

It was in Dr. Simon's office that it was determined Freeman had an aggressive form of bladder cancer, called carcinoma in situ, which needed to be treated quickly. Freeman underwent a resection surgery to remove some of the cancerous tissue from the lining of his bladder. Then he was prescribed a weekly bladder wash treatment designed to drastically reduce the likelihood of progression and recurrence of the cancer.

"After the experiences we'd had with other treatment plans, we were hesitant at first. But Dr. Simon was always gentle with us, and respectful to us both, so we knew we could trust him," says Doreen.

When asked about his recovery, Freeman says, "Finding a good doctor is incredibly important when you're dealing with something like cancer." His wife chimes in alongside him to elaborate, "It's not just the doctors, but the whole team of people at the doctor's office. At Valley, they always knew that I would be there right by Freeman's side during his care and they treated us both with kindness and respect."

### Living and Loving Life

"Knowing that I'm cancer-free is an incredible breath of fresh air," says Freeman. "I still need to be aware, but I'm very relieved to be out of the woods for now. You know, Doreen and I don't travel much these days, but I'm really looking forward to making a road trip to this year's family reunion in Oregon."

Freeman will check in with Dr. Simon for another 3-month follow-up visit later in January. In his daily life, Freeman focuses on continuing to enjoy retirement: He plays dominos with friends; competes with Doreen during card games; and putters in the yard.

**Urology Clinic physicians, Dr. Simon and Atreya Dash, MD, offer minimally invasive treatment options for both male and female patients and are specialists in endoscopic, laparoscopic and da Vinci® robotic surgery.**



**Daniel Simon, MD**  
Urology Clinic



**Atreya Dash, MD**  
Urology Clinic

Want to learn more about the Urology Clinic at Valley? Visit [valleymed.org/urology](http://valleymed.org/urology) or call 425.656.4110

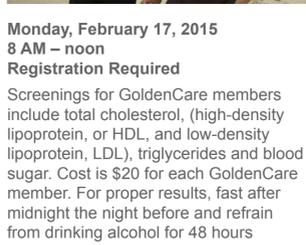
Watch Dr. Simon's video | Watch Dr. Dash's video

## Winter 2015



### RESOURCES

## Cholesterol & Blood Sugar Screens



**Monday, February 17, 2015**  
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 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. By appointment only.

Call 425.226.4653 to register.

## 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.

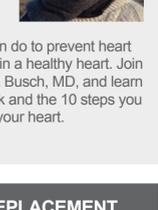
View upcoming events here or call 425.656.INFO (4636)

## HEART MONTH: FREE BLOOD PRESSURE & BLOOD SUGAR CHECKS

### Go Red Day

**Friday, February 6,**  
10 AM – 2 PM

McLendon's Hardware, 440 Rainier Ave. S, Renton



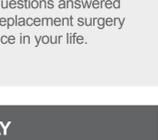
**Saturday & Sunday, February 14 & 15,**  
10 AM – 2 PM

IKEA, 601 SW 41st St, Renton

## DON'T MISS A BEAT! 10 STEPS TO A HEALTHIER HEART

**Thursday, February 19,**  
6 – 7 PM

Medical Arts Center Auditorium, 4011 Talbot Rd S, Renton



There's a lot you can do to prevent heart disease and maintain a healthy heart. Join Cardiologist Joshua Busch, MD, and learn what puts you at risk and the 10 steps you can take to protect your heart.

Register here

## HIP & KNEE REPLACEMENT SEMINAR

**Thursday, February 26,**  
6 – 7 PM

Medical Arts Center Auditorium, 4011 Talbot Rd S, Renton



If therapy and nonsurgical treatments haven't helped you reduce joint pain enough to participate in the activities you enjoy, join William Barrett, MD, Orthopedic Surgeon, get your questions answered and find out if joint replacement surgery can make a difference in your life.

Register here

## GLOW SPA DAY

**Saturday, March 14,**  
10 AM - 1 PM

Lake Wilderness Lodge, 22500 SE 248th St, Maple Valley



Set aside a few hours just for you for wellness, relaxation and a little pampering at GLOW's Spa Day at tranquil Lake Wilderness Lodge.

- Natural, lakeside setting
- Health & wellness experts
- Mini fitness classes
- Doc Talks & seminars
- Functional health assessments

Registration not required—just drop in. Not a member? [Join Today!](#)

## 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.

## Cancer Lifeline

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

## Lung Force Expo

Friday, March 27

Renton, 20,000 deaths

Forum for patients with lung diseases. Includes lunch, presentations, exhibits. \$10 [Register here](#)

## HEALTHY & DELICIOUS



## Asian Rainbow Salad

(Heart Healthy & Gluten-free)

### Ingredients

- 1/2 cup fresh green beans
- 1/2 cup snow peas
- 1 cup cauliflower florets
- 1 cup sliced water chestnuts, drained
- 2 large radishes, thinly sliced
- 2 green onions, thinly sliced
- 1/4 cup red onion, slivered
- 1 tablespoon grated fresh ginger (or 1 teaspoon powdered)
- 1/4 cup seasoned rice wine vinegar

### Directions

Remove strings and ends from green beans and snow peas. Combine with cauliflower florets broken into small pieces. Add water chestnuts, radish slices, and onions.

Mix ginger with seasoned rice wine vinegar and pour over vegetables. Mix well. Cover and refrigerate for two hours or more. Stir occasionally and just before serving.

Serves four

Each serving contains about 30 calories, 6 g carbohydrates, 1 g protein, 0 g fat, 12 mg sodium, and 3 g fiber.

### DONATE



## Shop at Fred Meyer and Fred Meyer 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.



### 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, 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.

### GOLDENCARE WEBSITE

### PREVIOUS NEWSLETTERS

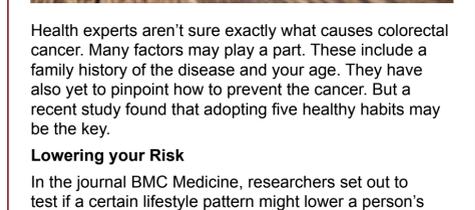
Back Issues of *Golden Life* Are Available Online.

[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.

## Adopt These 5 Habits for Better Colon Health



Health experts aren't sure exactly what causes colorectal cancer. Many factors may play a part. These include a family history of the disease and your age. They have also yet to pinpoint how to prevent the cancer. But a recent study found that adopting five healthy habits may be the key.

### Lowering your Risk

In the journal BMC Medicine, researchers set out to test if a certain lifestyle pattern might lower a person's risk for colorectal cancer. To do so, they first created a healthy lifestyle index. This index took into account five behaviors:

1. Staying at a healthy weight
2. Not smoking
3. Getting regular physical activity—at least 30 minutes of moderate exercise most or all days of the week
4. Limiting alcohol—no more than 2 drinks for men and 1 for women in a day
5. Eating a healthy diet—more fruits, vegetables and fish, but less red and processed meats

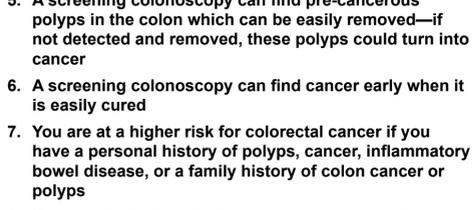
With this index in hand, researchers rated the lifestyles of more than 173,500 adults for 12 or more years. What did they find? Each healthy behavior that a person followed lowered his or her chance for colorectal cancer by 12%. Combining all five could amount to a 60% drop in risk for the disease.

### The Benefits Add Up

Many people struggle to keep up healthy habits. Nineteen percent of Americans still smoke. Eight out of ten people don't exercise enough. And nearly one-third are overweight or obese. Yet, making just one lifestyle change may help. For instance, adding more fiber through fruit, vegetables and whole grains to your diet may lower your risk for colorectal cancer.

Need more incentive than that to strive for a healthy lifestyle? Consider this: You may also live longer. Past research has noted longer life spans in people who adopt healthy habits. Following three or more of them can add up to many more years. They can lower your chance for heart disease and other related conditions. Ongoing studies have also noted a drop in other types of cancer, such as those of the lung and breast, when people stop smoking or make other healthy changes.

## 10 Reasons to get Screened for Colon Cancer



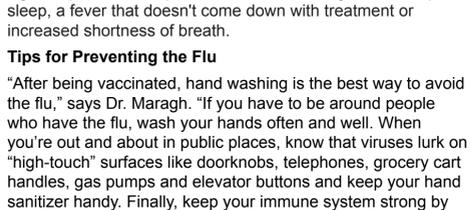
In preventing colorectal cancer, lifestyle changes may not be enough. Regular screenings are vital, too. They can help find the cancer early, before symptoms develop, when it's easier to treat. Experts recommend everyone age 50 or older be screened for the disease. Unfortunately, too few people follow this advice. Here's why it's worth your time and effort to be screened:

1. In 2014, Colorectal cancer is estimated to be the cause of more than 50,000 deaths in the U.S.
2. Colorectal cancer will result in approximately 1 death every 10 minutes - it is one of the top 3 cancer killers in the U.S.
3. 1 of every 20 Americans will be diagnosed with colorectal cancer in their lifetime—72,000 men and 65,000 women were diagnosed with colorectal cancer in the U.S. in 2014
4. Colon cancer is more common in men and women over age 50
5. A screening colonoscopy can find pre-cancerous polyps in the colon which can be easily removed—if not detected and removed, these polyps could turn into cancer
6. A screening colonoscopy can find cancer early when it is easily cured
7. You are at a higher risk for colorectal cancer if you have a personal history of polyps, cancer, inflammatory bowel disease, or a family history of colon cancer or polyps
8. You are at a higher risk if someone in your family has had colorectal cancer or polyps or another type of cancer (breast, ovarian, or uterine)
9. Only HALF of all individuals who should be screened for colorectal cancer get the test
10. A screening colonoscopy can save your life!

Talk to your primary care doctor to see if it's time for you to have a colonoscopy. At Valley Medical Center, you can get in for a colonoscopy quickly (usually within 10 days), no office visit is required and no additional co-pay is necessary when you meet [medical criteria](#).

For more information, visit [valleymed.org/colonoscopy](http://valleymed.org/colonoscopy).

## Tips for Steering Clear of Flu



"If you haven't already been vaccinated, it isn't too late! Protection lasts throughout the flu season, which usually peaks in January or February and continues into the spring," says Seattle & King County Public Health. According to the Centers for Disease Control, hospitalization rates for flu have risen to 92 per 100,000 people this season, primarily due to the H3N2 strain. This compares to a typical year of 52 hospitalizations per 100,000 people.

"Even though one of the prevalent strains this year, H3N2, is less well covered by the vaccine, the vaccine does cover the other three strains very well and will likely lessen the severity of H3N2. So it's worth it to get the vaccine," says Leticia Maragh, MD, a primary care physician at VMC's Newcastle Clinic.

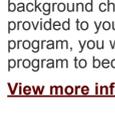
### What to Do if You Think You May be Getting the Flu

If you think you're getting the flu, see your doctor as soon as possible to get an antiviral medication such as Tamiflu or Relenza. These can help reduce flu severity and the length of time you're sick. Then stay home. Drink lots of fluids, rest and treat your fever with acetaminophen or ibuprofen. Those over age 65 are at higher risk of complications from flu. Warning signs of possible complications include a cough that disrupts sleep, a fever that doesn't come down with treatment or increased shortness of breath.

### Tips for Preventing the Flu

"After being vaccinated, hand washing is the best way to avoid the flu," says Dr. Maragh. "If you have to be around people who have the flu, wash your hands often and well. When you're out and about in public places, know that viruses lurk on "high-touch" surfaces like doorknobs, telephones, grocery cart handles, gas pumps and elevator buttons and keep your hand sanitizer handy. Finally, keep your immune system strong by eating healthfully, drinking plenty of water or other fluids and getting enough sleep."

Flu vaccines are available through your [VMC Primary Care Clinics](#)—just call for an appointment with a nurse. Or you can walk-in to any of [VMC's Urgent Care clinics](#).



**Dr. Leticia Maragh** is a family medicine physician who cares for patients ages 0 to 100 at **Newcastle Clinic**, Newcastle Medical Pavilion, 7203 129th Avenue SE, Suite 100, Newcastle. To make an appointment, call 425.656.5406.

## Pneumonia Vaccination Update

In accordance with CDC guidelines, Valley Medical Center Primary Care advises that adults age 65 and older get the pneumococcal conjugate vaccine and the pneumococcal polysaccharide vaccine. Check with your primary care provider to see if you already have received both vaccines.

## Looking for an Interesting, Social Way to Give Back to Your Community?

## Consider Volunteering at Valley Medical Center!



Volunteers are an integral part of the VMC team. Nearly 250 volunteers donate more than 40,000 hours of their time each year. Like all staff at VMC, our volunteers make our patients and their families their highest priority.

### Who can help?

Valley's Volunteers in Action are in special need of volunteers to work as patient escorts to various campus destinations, gift shop sales people, messengers and courtesy van drivers.



Volunteers need to be able to serve 4 hours per week at Valley Medical Center. We will ask you for a 6-month commitment. A background check, TB test and flu shot are required and will be provided to you free of charge. As a member of our volunteer program, you will attend a scheduled orientation and training program to become familiar with your new duties.

[View more info and get application form.](#)