

GOLDEN LIVING

A Publication of GoldenCare

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*Living Healthy,
Living Well*

WINTER 2010

Remarkable things happen here.™



Aging with Grace

Dear Friends,

We hope you enjoyed warm and wonderful holidays! H1N1 “swine” flu is finally winding down, and seasonal flu is on the rise. We hope you stay healthy and flu-free this winter!



Looking for a few good photos

In the 60 years since Public Hospital District No. 1 of King County (a.k.a) Valley Medical Center was formed, many community leaders have served on the Board of Commissioners. We are looking for missing photographs of a few past commissioners, listed below, so that we may commemorate the service they

have provided and we need your help. If you know these individuals or their families and can put us in contact with someone who may have photographs, please contact the GoldenCare office at 425.226.4653 or mail photos to GoldenCare, P.O. Box 50010, Renton, WA 98058.

Elmo L. Wright	1947-53
Rudolph H. Seppi	1947-52
Frank D. Hanley	1947-56
Fred Nelsen	1952-58
James M. Clark	1953-60
John Lotto.....	1960-67
Emerson Thatcher.....	1965-66
Harriett Gruhn.....	1975
John Selig.....	1977-79

New at VMC in 2010

The Valley Medical Center Renton Landing Urgent Care Clinic will open in February at 1205 N. 10th St., Suite A, in Renton. Hours are 8 am to 8 pm, Monday through Friday and 8 am to 4 pm on Saturday and Sunday. Don't miss the grand opening of the Emergency Services South Tower on January 16. And please also join us February 16 during National Heart Health Month for important health screenings and education (see the back cover for details).

Our goal is to provide the highest levels of quality care and medical innovation. We're here where and when you need us, conveniently close to home. Be well!

Grace Dalrymple, GoldenCare Manager

Valley Medical Center Provider and Services Directory Now Available!

It's not too late to get a copy of the 2009-2010 Provider and Services Directory. Please mail in the coupon below to GoldenCare, P.O. Box 50010, Renton, WA 98058, and we will mail a directory to you. Please allow two to three weeks for delivery.



YES, please send my free copy of the 2009-2010 Valley Medical Center Provider and Services Directory.

Name of GoldenCare Member _____

Address _____

City _____

State _____ Zip _____

Golden Living is published by Valley Medical Center (Public Hospital District No. 1 of King County). Material contained in *Golden Living* is intended to supplement—not replace—information received from your physician or other healthcare provider. To be added or removed from the mailing list, please contact caroline_mcglasson@valleymed.org or call 425.226.4653.

About GoldenCare The GoldenCare program at Valley Medical Center was started in 1986 as a way to help seniors receive personalized assistance with their medical paperwork. Today, GoldenCare is over 19,000 members strong and serves to promote senior health and wellness through health education and programs such as the annual flu shot campaign. Personal help with medical paperwork is still available today.

About Valley Medical Center Public Hospital District No. 1 of King County—Valley Medical Center—is the oldest PHD in Washington state. Our publicly elected Board of Commissioners consists of Don Jacobson, Carolyn Parnell, Sue Bowman, Anthony Hemstad, and Aaron Heide, MD. To learn more about VMC, or to express your views, please write to Sandra Sword, PO Box 50010, Renton, WA 98055.

**Find the doctor
who's right for you:**

www.valleymed.org

425.656.INFO (4636)



Open House!

Emergency Services South Tower

Join us Saturday, January 16 from 9 am to 4 pm for a community open house. Enjoy refreshments, tours and convenient, complimentary valet parking. The new Emergency Services South Tower will be the new home of:

- Emergency Services & Level III Trauma Center – third (main) floor
- Critical Care Center – fourth floor
- Joint and Spine Center – fifth floor
- Helipad on the roof for emergency transport
- Two floors of underground parking that could serve as a community disaster recovery area
- Additional capacity (floors six and seven) for future growth and program development

The Emergency Services department and Critical Care Center will open to patients in February.

The new Joint and Spine Center will be ready to receive patients in April, and will include large, private patient rooms, a dedicated rehabilitation gym and a spacious conference room for patient education.

Matters of the Heart



The heart is an eternal source of fascination. It is the strongest muscle in the body, and it is never at rest. It is the life force, responsible for delivering oxygen-rich blood throughout the body. Sometimes, this efficient system goes awry. Smoking, a fatty diet and inactivity are the most common culprits, but sometimes it is simply your genes. Symptoms and conditions may precede a heart attack, such as with chest pain (angina), or be the result of a heart attack or heart muscle disease, as in congestive heart failure.

Chest Pain (Angina)

Angina is the name for chest pain or discomfort which occurs when an area of the heart muscle isn't getting enough oxygen. Angina is not a disease itself, but a symptom

of coronary artery disease. Coronary artery disease results when fatty deposits (called plaque) build up in the walls of the arteries, reducing blood flow to the heart. Plaque deposits may be hardened or they may be soft and sticky, which make them more likely to break loose and cause clots and blockage, resulting in a heart attack or stroke.

What it Feels Like

Angina may be hard to identify. The pain can come and go. While it may feel like chest pressure or like someone is squeezing your heart, it can also feel like simple indigestion. You may have pain in your shoulders or neck, or even in your jaw or back. Everyone is "wired" a bit differently.



Terry Block, MD

"Angina may be stable, and controlled by medicine, or it may be unstable and the sign of an impending heart attack," explained Terry Block, M.D., cardiologist. "The important thing is *never* to ignore these symptoms. Make an appointment with your doctor for an evaluation right away. If you do ignore these warnings, the coronary artery may block completely, causing a heart attack. Remember, if the pain doesn't go away, be safe and call 9-1-1."

Congestive Heart Failure

Despite the name, the heart hasn't actually given up! Congestive heart failure is a condition where the heart has lost its ability to pump powerfully and instead quivers weakly, depriving

Valley Medical Center Receives Certificate of Need Approval for Elective Heart Angioplasty

the heart and organs of much-needed oxygen. The condition enlarges the heart and worsens over time. As a result, you may tire easily and have trouble catching your breath with simple exertion, like walking up a flight of stairs. Sometimes even a cough or symptoms thought to be respiratory are a sign of heart failure. With heart failure, fluids accumulate in the lungs and can cause the legs to swell. Heart failure is a serious and potentially life-threatening illness and should be evaluated and monitored by a cardiologist.

“Many people are fearful of exercise after a heart attack,” said Dr. Block. “They are worried it could trigger another one. The best thing you can do is to make the lifestyle changes necessary to prevent another heart attack, while taking the life-prolonging medications prescribed by your doctor. You want to stop smoking, eat right and exercise appropriately for your condition. I highly recommend regular participation in a supervised cardiac rehabilitation program. You will be carefully monitored and will soon regain your confidence. Life after a heart attack should be enjoyed!”

Terry Block, M.D., practices at Southlake Clinic. Ask your doctor for a referral. Valley Fitness Center offers a cardiac rehab program with EKG monitoring and supervision by specialized cardiac rehabilitation nurses. Cardiac rehabilitation is covered by many insurance companies. Call 425.228.3440 ext. 4991 for more information or to register.

After a rigorous, 24-month quality review, the Washington State Department of Health has granted Valley Medical Center a Certificate of Need to perform elective Percutaneous Cardiac Interventions (PCI). Also called cardiac angioplasty, the procedure involves threading a balloon-tipped catheter from the groin to the heart to clear a clogged artery. The balloon catheter is removed, but a small wire mesh stent may be left in its place to permanently hold the artery open. The stent may be bare metal, or it may be coated with medication to further prevent blood from clotting at the site.



“Interventional cardiologists at Valley Medical Center very successfully perform more than 150 of these procedures a year on an emergency basis,” explained Kathryn Beattie, M.D., chief medical officer. “In fact, VMC is a regional leader in saving lives in the ER by quickly performing angioplasty in the event of a heart attack. Our cardiologists perform another 150 elective cardiac angioplasties each year; however, the state required these scheduled procedures be performed at a hospital that also provided open heart surgery. We were able to show that the quality and outcomes of our cardiac intervention program warranted a Certificate of Need. Now the residents of South King County—and our interventional cardiologists—can enjoy the convenience of staying in the community for elective cardiac angioplasty.”

How is it Done?

With a scheduled cardiac angioplasty, your doctor will perform a thorough physical exam, review your medical history and order a series of tests. These will likely include a chest X-ray, electrocardiogram (ECG) and blood tests. You will also have an imaging exam called a coronary angiogram. A small amount of dye is injected into the arteries of your heart through a catheter threaded through the groin. As the dye is distributed, doctors note where the dye slows or abruptly stops, indicating a blockage. You will remain awake for both the angiogram and the angioplasty, made comfortable with the use of a local anesthetic injected into the groin. Both procedures are performed in our new, state-of-the-art cardiac catheterization lab.

Who is a Candidate?

Cardiac angioplasty is recommended when plaque build-up within the arteries is too severe to be improved through lifestyle changes alone. It may also be recommended if you've had a heart attack in the past, or have chest pain that is getting worse over time. Not everyone is a candidate for cardiac angioplasty; your cardiologist can help you determine your best options for improved heart health.



Walk

Your Way to Better Health

It doesn't get any easier than this: just lace up a sturdy pair of shoes and you're on your way to better health and fitness. A regular walking program can help you lose weight, improve muscle tone, lower cholesterol and lift your spirits. Find a buddy and get started today!

Volksmarching

For a fun change of pace, try volksmarching (also called volkswalking). You can choose from organized, staffed events or self-guided walks. Both offer a great way to see our beautiful state, pedestrian-style. Local clubs, members of the Evergreen State Volkssport Association (ESVA), offer a variety of 5km (3.1mile) or 10km (6.2 miles) walks. These events are noncompetitive and walkers choose their own distance and pace. There are no joining requirements; you can just show up and participate. For local club contacts (there are several in South King County) and upcoming walking events, visit www.ESVA.org.

Mall Walking

Area malls offer a dry, well-lit place to walk. They are the perfect solution to our wet Northwest winters. Call your local mall or inquire at the information booth to see if walkers are allowed to use the mall before stores open.

Walk Faster, Live Longer?

Could be. A long-term study reported in Paris at the July 2009 IAGG* World Congress of Gerontology and Geriatrics linked longevity and walking pace. Researchers tracked 34,000 walkers (average age near 74) for 10 to more than 20 years. Faster walkers (3 miles per hour or better) were twice as likely to be alive after 10 years than their slower peers (less than 1 mile per hour). The survival gap widened even further after 15 years. Walking speed as a predictor of longevity held regardless of gender, race or health. Of course, slow walking is certainly better than not walking at all. The key is to keep moving, at every age.

*International Association of Gerontology and Geriatrics

Understanding Glaucoma

January is National Glaucoma Awareness Month

Early Detection Saves Sight—Call The Eye Center and schedule a comprehensive eye exam today: 425.656.5345

Known as “the silent thief of sight,” glaucoma is caused by a slow build-up of fluid pressure within the eye that eventually causes irreparable damage to the optic nerve. Glaucoma is the second leading cause of blindness, but the loss of sight is so gradual it goes unnoticed until the disease is severe. “Vision loss from glaucoma is not reversible, but medications and surgery are used successfully to slow progression of the disease,” explained Michael Solomon, D.O., board certified ophthalmologist at The Eye Center.

Early detection is vital to preserving vision. The Glaucoma Research Foundation recommends a comprehensive, dilated eye exam every one to two years from age 55 to 64, and the same exam every six months or annually age 65 and older. “The biggest risk factor for glaucoma is being 60 years of age or older,” said Todd Johnston, M.D., also a board certified ophthalmologist at The Eye Center. “We can’t stress enough the importance of a regularly scheduled, dilated eye exam.”

To learn more about the group of diseases that are glaucoma, visit www.vmcvision.org.



Dr. Michael Solomon
Board-certified ophthalmologist



Dr. Todd Johnston
Board-certified ophthalmologist

Valley Fitness Center Class Schedule

Call 425.656.4006 to register. All classes are \$5 each and held in Valley Fitness Center unless otherwise noted. Class participation may require a medical clearance depending on medical history.

Abs and Back Clinic

Strong abdominal and back muscles help prevent injuries and pain, and improve physical performance. Learn how to safely and effectively train these core muscles. This is a hands-on class, so wear comfortable clothing. January 25, 1-2 pm.

Beginning Weight Training

New to weight training or need a refresher course? Learn the basis for a well-rounded weight-training program in a comfortable setting. February 22, 1-2 pm.

Balls and Bands Class

Learn simple exercises you can do at home using the body ball and exercise bands. We will explain correct ball size, proper exercise form, and how to use exercise bands. March 26, 1-2 pm.

Thirty-Minute Circuit at Home

No time to exercise? Now there's no excuse! Learn to do a fun and exhilarating 30-minute workout. The circuit will be a combination of resistance and cardiovascular exercises. Wear comfortable clothing. We recommend that you take Beginning Weight Training prior to attending this class. April 12, 1-2 pm.



Free Health Seminars

Call 425.656.INFO (4636) for more information or to register. All seminars are held in the First Floor Auditorium of VMC's Medical Arts Center. Unless otherwise noted, refreshments open at 5:30 pm; seminars begin at 6 pm.

National Heart Health Month

Learn CPR, the warning signs of stroke and how to use a Public Access Defibrillator and enjoy heart-healthy treats. Our regular cholesterol and blood sugar screens will be available for \$20. Offered in partnership with the Renton Fire Department and the Washington Neuroscience Institute. February 16, 8am-noon.

Joint Replacement Surgery

Does joint pain prevent you from doing the things you enjoy? Imagine the difference a joint replacement surgery could make in your life. February 18.

Back and Neck Pain

Discover leading-edge solutions now available to manage chronic back and neck pain. March 9.

Sleep Better/Sleep Smarter

Don't lose another night's sleep. Join us and learn about sleep apnea and other treatable sleep disorders and how you can sleep better at night and enjoy increased energy during the day. April 7.

Relief from Back Pain

Learn about diagnosis and treatment of spine conditions that can relieve chronic back pain. April 28.

Stroke Awareness

Do you know the warning signs for stroke? Join us as we discuss key warning signs and symptoms, risk, prevention and treatment of stroke. May 6.

Programs and Events

Diabetes Education Program

Valley Diabetes Center offers a variety of classes and individual appointments at convenient times. Our programs are recognized by the American Diabetes Association and taught by certified diabetes educators, registered nurses and registered dietitians. These classes include:

- Diabetes self-management educational series
- Diabetes review
- Nutrition education class to help reduce cholesterol, high blood pressure and prevent diabetes
- Management of diabetes during pregnancy

Classes are covered by most insurance providers. Call 425.656.5377 to register.

Cardiac Rehab

Cardiac Rehab offers EKG-monitored programs for people who have had cardiac problems. These programs are covered by many insurance companies. Call 425.228.3440 ext. 4991 to register.



In partnership with Valley Medical Center, Cancer Lifeline provides classes and exercise programs, resources and emotional support for all people living with cancer:

patients, survivors, family members, friends and co-workers. All programs and services are free of charge. For more information and to find out about support services and classes at Valley Medical Center call 425.656.INFO (4636) or visit www.cancerlifeline.org.



Board of Commissioners
Public Hospital District No. 1 of King County
Valley Medical Center & Clinics
400 South 43rd Street
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Renton, WA 98058-5010

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VMC's Board of Commissioners

www.valleymed.org



Don Jacobson



Carolyn Parnell



Sue Bowman



Anthony Hemstad



Aaron Heide, MD

Board of Commissioners Meetings

VMC Board of Commissioners meetings are open to the public and we encourage you to attend. We strive to be a transparent organization and welcome insights and suggestions from the community members we serve. Meetings are held on the first and third Mondays of each month at 3:30 pm in the Boardroom in the Northwest Pavilion on the VMC campus, unless changed by public notice. Meetings that fall on a holiday (Martin Luther King Day, Presidents' Day, Labor Day) are held the next business day.

Contact the Board

- **Email:** CommissionersEmail@valleymed.org
- **Phone:** 425.228.3440 ext. 5312
- **Mail:** Valley Medical Center
Board of Commissioners
PO Box 50010
Renton, WA 98058-5010

BE WELL

This event will be held at the Medical Arts Center, rooms A and B. To register please call 425.656.INFO (4636).



National Heart Health Month

Tuesday, February 16, 8 am-noon

February is National Heart Month. Cholesterol, glucose and blood pressure screens will be available for \$20 and your results will be available in minutes. Fasting is required. Following your screenings please join The Renton Fire Department and the Washington Neuroscience Institute in the auditorium for a presentation on stroke prevention, CPR, and how to use a Public Access Defibrillator. Please call to register for your screening, presentations will last an hour and will reoccur each hour. Heart-healthy snacks will be provided.

