

SUMMER 2010

Living Healthy, Living Well • A Publication of GoldenCare

GOLDEN LIVING



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Valley
Medical
Center

Remarkable things happen here.™

Aging with Grace

Dear Friends,

In addition to wishing Rich Roodman, Chief Executive Officer of Valley Medical Center, the happiest of birthdays, I welcome him as one of the newest members of GoldenCare. While the GoldenCare program began with modest goals, GoldenCare has significantly enhanced its benefits over the past 24 years, thanks to Rich and his full support of the program. On behalf of the GoldenCare membership, I thank Rich for his vision and for making remarkable things happen with GoldenCare.



I'm excited to introduce GLOW, VMC's free women's wellness program designed by women, for women. The program will begin in September and includes seminars and events about health, communication, stress reduction and life-balance issues. Register now so you'll be sure to receive information about the September 30 kickoff event at ShoWare Center in Kent. Sign up at valleymed.org/Glow, phone 425.226.4653 or fill out and return the registration coupon on the back cover.

In this issue, we present two women's issues in light of recent information in the news: How often should women get a mammogram and whether long-term use of osteoporosis medications may actually lead to an increased risk of fractures.

I encourage you to visit The Healing Garden which is at its most lush this time of year. The garden has been recently enhanced by nine Florence Nightingale rose bushes, donated anonymously in honor of VMC nurses past, present and future, and marked with a commemorative bronze plaque. If you are interested in including Florence Nightingale roses in your garden at home, proceeds from the purchase of the Jackson and Perkins rose help support the Florence Nightingale International Foundation's mission of advancing nursing education, research and services worldwide.

Be happy and be well,

A handwritten signature in black ink that reads "Grace Dalrymple". The signature is fluid and cursive.

Grace Dalrymple, Membership Manager

The Valley Dividend Pays Off for Homeowners

The Valley Dividend grants Public Hospital District No. 1 homeowners credit toward their hospital bill from a portion of their paid property taxes, applicable to out-of-pocket expenses after all third-party and insurance payments have been made. The program is available for necessary inpatient hospital stays and a variety of surgical services. To find out if you qualify, call the Valley Dividend Hotline at 425.656.4058 after you've received your final hospital bill and all insurance, Medicare and other payers have completed their payments.



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 paul_friedrich@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 nearly 18,000 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 Sward, PO Box 50010, VMC1-019, Renton, WA 98055.

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

valleymed.org/docs

425.277.DOCS (3627)



Breast Screening Frequency **Guidelines**

Controversial Change in USPSTF Screening Guidelines

In November, the United States Preventative Services Task Force (USPSTF) submitted new guidelines for mammography and detection of breast cancer. They advised most women to start breast screening at age 50, not 40 and reduced recommended screening from yearly to every two years. They concluded evidence is insufficient to continue screening mammography in women 75 years or older and recommended against teaching breast self-exam.

American Cancer Society Recommends Screening Starting at Age 40

Despite recommendations by the USPSTF, the American Cancer Society continues to place no age limits on screening mammography benefits. They recommend annual screening mammography for all women over 40.

VMC Recommends Screening Mammograms Starting at Age 40

Shannon Markegard, a VMC Family Medicine physician, has experienced both the heartache of a late stage breast cancer diagnosis within her family, as well as the victory of early detection. "My recommendations are influenced by personal experience: My mom died of breast cancer at age 38 and I have numerous patients

diagnosed with breast cancer in their 30's and 40's who have beaten this disease. I want to find this cancer early to increase survival. I, along with most healthcare providers, continue to recommend annual screening mammograms starting at age 40. Mammograms, along with clinical and self breast exams, are all vital in detecting breast cancer early. I refer my patients, as well as myself, to The Breast Center at Valley Medical Center. I have full confidence in their digital mammogram equipment, technicians, and expert radiologists," says Dr. Markegard.



Shannon Markegard, DO

Digital Mammograms Play Key Role in Early Detection

Breast cancer is the second leading cause of cancer death, with one in eight women (12%) developing the disease. Breast cancer risks increase as women age. Numerous studies prove early detection is key to successful treatment.

Mammograms are the leading diagnostic tool for detecting breast cancer. The Breast Center at Valley Medical Center uses digital mammography offering a detailed, high-resolution look at the breast tissue to aid early detection.

Shannon Markegard, DO, practices at VMC Lake Sawyer Primary Care. She was voted "Best Physician" by readers of the Maple Valley/Covington Reporter. For information about The Breast Center or to schedule a mammogram appointment, please call 425.656.5588 or visit valleymed.org/breastcenter.

Active, Involved, Committed—

Living Life Like It's Golden

Walk into Rich Roodman's office and you're surrounded by nearly a dozen framed magazine covers touting Valley Medical Center as a "Best Place to Work." They are a reminder of one of the things Rich is most proud of in his career and the result of a lesson learned from his mother Estelle. With Rich's 62nd birthday nearly coinciding with Mother's Day, Rich reflects on his mother's influence on the successful programs and achievements at Valley Medical Center in his 27 years as its Chief Executive Officer.

Perplexed by her complicated Medicare bills, Estelle urged Rich to help other seniors like her. "This is ridiculous!" she said, as Rich recalls. "You need to figure out a way to help people like me who get all these Medicare bills and don't know what to do with them. And find some way for seniors to be able park closer to the hospital. It's just too darn far to walk." Rich found a planned senior membership program, GoldenCare, and brought it to VMC 24 years ago. Enhanced with Medicare insurance counseling and special parking privileges, VMC's GoldenCare membership benefits

have expanded through the years (see sidebar), as has the membership, which now exceeds 17,000.

Now that he's 62, Rich is one of GoldenCare's newest members and is especially proud of wellness aspects developed within the program. "The next big thing we added to GoldenCare was preventative healthcare. I am a physical fitness nut, so it's no accident VMC was the first hospital with a full-service wellness program through The Fitness Center. We also sponsor health screenings, flu shots, seminars and health fairs. These promote preventative care and have a positive social component, getting people together and reconnected."

For people requiring hospital care, Estelle encouraged Rich to give taxpayers a return on their investment in their community

hospital. "You can't give tax money back, but we designed a credit for those who paid property taxes to the hospital district," says Rich. "If you have an inpatient stay in the hospital or a qualifying surgical service, we will credit the part of the bill that is not covered by an insurance company from a portion of your property taxes."

While inspiring GoldenCare and the Valley Dividend, Estelle Roodman may also be partially responsible for those "Best Places to Work" awards framed in her son's office. "After my mom was widowed, she went to work in a hat factory," says Rich. "She was very outspoken and sensitive to the fact that I was a boss and she wasn't. She would remind me to be nice to the people I work with." That nugget of wisdom has evolved into a core principle for Rich's team approach at Valley Medical Center.



"As a new GoldenCare member, I attended our recent Senior Health Fair. Thank you to the nearly 800 others who participated—it was a great event and our most successful ever!"



Rich Roodman's Core Principles

Be nice to the people you work with.

Keep your eye on priorities. At Valley Medical Center, the #1 priorities are patient safety and quality patient care.

The difference between success and failure is creating an environment for success. Be open to new ideas and reach out to others for their expertise.

My management style is that of player/coach. I'd much rather coach, but occasionally I can't help myself and I want to take the field.



“We’ve added a lot of brick and mortar recently: The new, seven-story tower with the Emergency Department and The Joint & Spine Center, operating rooms and The Birth Center represent more than \$200 million in improvements. We’ve added other enhancements like neighborhood clinics, 23 specialty clinics and we’re the only suburban hospital in the Northwest with a Family Practice Residency.

“Those things, along with the technological advancements, are all important and something I’m very proud of. Nevertheless, I feel best about our staff—that includes employees, medical providers and volunteers. They collaborate to take care of patients and patients’ families. My proudest accomplishment is the state and national recognition of Valley Medical Center as a great place

to work. I value the staff. That’s what was driven home to me by my mom more than anything. That’s why I do my best to make staff feel supported with facilities and technology to help them put patient safety first and provide the best patient care possible,” says Rich.

“Over the years through GoldenCare, we’ve worked with great staff to provide an extension of hospital benefits to those who use our healthcare services most, our seniors. When we first started, people like my mom would show up with shoeboxes of bills and ask, ‘What do I do with these?’ The program has proven so popular, we’re continually trying to develop other benefits that have value to seniors. And yes, we’re adding more GoldenCare member parking spaces under the new Emergency Department Tower.”

GoldenCare Member Benefits

- Free one-on-one personal insurance counseling
- Reserved hospital parking
- Free seminars
- The Fitness Center monthly membership discount
- Annual low-cost flu vaccinations
- Quarterly low-cost cholesterol and glucose testing
- Medication and Emergency Documentation (MED) card
- *Golden Living* magazine subscription
- Free U.S. living will registry packet with Healthcare Directive and Durable Power of Attorney forms and free notary services
- Senior Health Fair
- Prescription Pad Pharmacy 10% discount
- VMC Gift Shop 10% discount
- VMC Trendz Café 15% discount

Sticks and Stones Can Break Your Bones,

But Can Your Osteoporosis Medication Cause Breaks Too?



Chances are you know someone with osteoporosis—maybe it's even you. Osteoporosis creates loss of bone mass and destruction of bone tissue. Fifty percent of women, and up to 25% of men over age 50, will break a bone due to osteoporosis, an event often leading to a downward spiral in physical and mental health.

In addition to treating osteoporosis with a combination of healthy living practices, a biphosphonate may be prescribed to inhibit or slow bone breakdown and increase spine and hip bone density, reducing the risk of fractures. Biphosphonates like Actonel, Boniva, Fosamax and Reclast, are the most effective medications. Many good studies have proven their safety and effectiveness for up to three to five years. Beyond five years of treatment, there is less certainty.

Two studies presented recently at the American Academy of Orthopaedic Surgeons annual meeting might indicate that long-term use of oral biphosphonates may lead to a certain type of atypical fracture in the femur.

What's the Verdict?

These studies represent only a small sampling of patients taking biphosphonates longer than five

years. More research is currently focused on how biphosphonates may change bone strength over time.

Vandita Samavedi, a VMC physician of Internal Medicine at Fairwood Primary Care recommends, "Patients should not stop taking their medication unless their doctor advises



Vandita Samavedi, MD

it. However, if you have been taking biphosphonates for four years, you may want to discuss the long-term implication

of taking these drugs with your doctor in conjunction with your specific risk factors for potential fractures. Your options may include taking a break from your biphosphonate medication or switching to another osteoporosis medication."

You may contact The Breast Center at Valley Medical Center to evaluate your specific risk factors for long-term use of bisphosphonates or for bone mineral density scanning. To request an appointment, please call 425.656.5588 or visit valleymed.org/breastcenter.

Osteoporosis Prevention and Management Tips

- 1 Eat calcium and vitamin D-rich foods, plus a daily 1200 mg calcium supplement.
- 2 Participate in moderate weight-bearing exercise at least three times a week.
- 3 Quit smoking as tobacco use contributes to weak bones.
- 4 Limit alcohol consumption to aid calcium absorption.

For those with osteoporosis, add these two practices:

- 5 Maintain good posture which helps avoid stress on the spine.
- 6 Fall-proof your home by eliminating obstacles.



Look Better, Feel Better, Live Better—Join The Fitness Center

The Fitness Center offers personalized services that surpass other health clubs. Free customized training with a certified fitness instructor, a personalized fitness program and all classes are included in your monthly dues, which are less than you would pay for a single personal training session at other gyms. For a limited time only, the enrollment fee is \$25, reduced from \$150.

Expert Staff Create Personalized Programs

Our exercise professionals will develop a customized program to meet your goals. Whether you are pursuing general fitness, health and wellness, weight loss, post-rehabilitation or have other special needs, the professional fitness instructors at The Fitness Center can help you get where you want to be.

Convenient Location and Free Parking

The Fitness Center is located on the first floor of the Talbot Professional Center at VMC. Free covered parking is conveniently located in the VMC parking garage. The Fitness Center is open Monday through Friday, 5:30 am to 9 pm and Saturdays, 7:30 am to 3:30 pm.

You'll Like What you See—You'll Love How You Feel

If you would like to join TFC, have questions or would like to schedule a free tour of the facility, please call 425.656.4006 or email Kim Burton at kim_burton@valleymed.org.



Join now for
just \$25!

Limited time offer only!

Join The Fitness Center and get free customized training with a certified fitness instructor, a personalized fitness program and all classes included in your monthly dues. Monthly dues are \$41.50 for GoldenCare members and \$46.50 for others. Additional family members are \$31.50 per month. Subject to medical screening guidelines. Cannot be combined with any other offer. Must be present at time of enrollment. Offer expires October 31, 2010.



Programs, Events, and Seminars

Minimally Invasive Surgical Options for Women

Get back to enjoying life! DaVinci® robotic technology offers women quicker recovery, less pain and less scarring.

Learn more about minimally-invasive gynecologic surgeries from trained, experienced VMC physicians. Advanced technology allows you to resume normal activities more quickly and costs no more than traditional surgery. **June 29, 6-7:30 pm**, Valley Medical Center Medical Arts Center; **July 7, 6-7:30 pm**, Covington Public Library; **July 15, 6-7:30 pm**, Maple Valley Public Library

Call today to register at 425.656.4636 or sign-up online at valleymed.org/events.

handmade scarf or yarn, please contact Christy Snavelly at 425.228.3440, x4860.

Can't Afford Medications?

RxHelpforWA is a program designed to help low-income, uninsured Washington residents get access to patient assistance where they may qualify for free, or nearly free, prescription medicines. Visit rxhelpforwa.org for more information.

Free Memory Loss 101 Seminar

Alzheimer's and dementia touches most families at some time. If you have questions or concerns about what is normal aging or something else, please come to Memory Loss 101, presented by the Alzheimer's Association. Evaluate symptoms and learn techniques for communicating with someone with Alzheimer's. Refreshments served. Call Chateau at Valley Center at 425.251.6677 for seminar dates and times.

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. July 16th, 1-2 pm. Class is \$5 and held at The Fitness Center. Class participation may require a medical clearance depending on medical history. Call 425.656.4056 to register.

Project Pink Scarf: Calling All Knitters

The Breast Center at VMC is calling all knitters to help create scarves for patients diagnosed with breast cancer. "The scarves provide warmth and hope and let patients know they are not alone in their battle against cancer," explains Sherry Kuzan, Manager of The Breast Center. If you would like to donate a new,



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 cancerlifeline.org.



Board of Commissioners
 Public Hospital District No. 1 of King County
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VMC's Board of Commissioners

valleymed.org



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Don Jacobson
 Secretary



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 4 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



Created by women for women. GLOW, VMC's FREE health and wellness program, empowers women to make healthy decisions for themselves and their loved ones. For a healthy body, mind and spirit, sign up for your FREE membership today!

Please print. Your contact information will remain strictly confidential.

First Name _____ M.I. _____ Last Name _____

Date of Birth ____ / ____ / ____ Phone Number _____

Mailing Address _____

City _____ State _____ Zip _____

Email Address _____

You are not required to provide an Email address. However, doing so will allow you to receive event information and Email newsletters with valuable health information.

Sign up at valleymed.org/GLOW, fax this form to 425.656.4030, or mail this form: Valley Medical Center - GLOW, PO Box 50010, VPN305A, Renton, WA 98058-5010.