

HEALTH NEWS *from the*

FALL 2019

valley health SYSTEM

Choosing ROBOTIC SURGERY

*From doctor to
patient, a surgeon
shares her story*

Also inside:

BREATHING EASIER

Help for COPD
and more

**BREAST CANCER
AND GENETICS**

Plus mammogram
screening info!

Compliments of

The Valley  Health System®

Centennial Hills Hospital • Desert Springs Hospital • Henderson Hospital
Spring Valley Hospital • Summerlin Hospital • Valley Hospital

Colorectal surgeon and horse lover Leslie Browder, MD, FACS, FASCRS, tells about her personal experience with robotic surgery.

The Valley Health System®

- Centennial Hills Hospital
- Desert Springs Hospital
- Desert View Hospital
(an affiliate of The Valley Health System)
- Henderson Hospital
- Spring Valley Hospital
- Summerlin Hospital
- Valley Hospital



As Nevada's largest healthcare system, we're continually working to address your healthcare needs by providing high-quality care, adding more services and technology, educating your future doctors and nurses, and serving as a resource and partner to our communities' health. We are constantly striving to improve access to care, and will be breaking ground on a new patient tower at Centennial Hills Hospital in October.

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Why she chose robotic treatment

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Tackling your colonoscopy

As our facilities and services expand, our commitment to excellence remains steadfast. Lifesaving and life-enhancing care is made possible by a highly skilled team of providers and staff. This may include therapists providing outpatient services like pulmonary and cardiac rehabilitation to build strength and endurance. It also encompasses surgeons performing minimally invasive procedures to help you recover as quickly as possible.

On behalf of the 9,500+ members of The Valley Health System, thank you for choosing to receive care at our hospitals, emergency departments, therapy centers, wound care program, home healthcare service, and through our physician network, valleyhealthphysicians.com. We're honored to serve you and committed to providing you with a positive experience each time you come to us for care.

Best wishes for good health,

Karla J. Perez
Regional Vice President



The Official Health System of the Vegas Golden Knights



Centennial Hills Hospital is growing again!

To meet the continued demand for expanded services in the community, Centennial Hills Hospital is moving ahead on a master plan project that will begin with the build-out of a new five-story patient tower. The new patient beds added in phase one will bring the total bed count to 318 beds. This addition will provide increased capacity in the Neonatal Intensive Care Unit, Intensive Care Unit, Intermediate and Medical Surgical Units across the hospital. The project will also expand key departments, including the inpatient pharmacy, surgical services and the post-anesthesia care unit.

To learn more, visit centennialhillshospital.com/expansion.

Breathing easier with pulmonary rehab



David Leazer (front), Edwin Romprey and therapist Jessica Martin, RRT.

Tackling life's challenges can be better when you do it with others. That's the case for David Leazer and Edwin Romprey, who became friends through the Pulmonary Rehabilitation program at Centennial Hills Hospital.

"I was referred by my doctor at Nellis Air Force Base because I have COPD (chronic obstructive pulmonary disease) and shortness of breath," says Leazer, a retired U.S. Air Force member and Desert Storm veteran. During rehab, he performs different exercises to build his stamina. He's also learned breathing techniques and received tips on diet and nutrition. "It's been very beneficial to me," he says, commenting on the difference it made during a trip to China. "With the exercises that I was doing before I went, it really helped me as far as walking and climbing hills and steps."

Through the program, Leazer was introduced to retired U.S. Air Force veteran Edwin Romprey, who served in Vietnam and also has COPD. "We have a lot in common," says Romprey. Frequently, they take turns getting their vital signs monitored by their therapist, Jessica Martin, RRT, and then do their warmup exercises together. "We all kind of cheer each other on," Leazer says.

Romprey says that the help he's gotten with the "little things" has made a big difference. "Sometimes when you're having a hard time breathing, you forget to breathe," he says. He recalls how his therapist reminded him to breathe when he bends down to tie his shoes. Also, working on his endurance helps him keep up with activities like golfing and riding his Harley-Davidson® three-wheel motorcycle.

Both he and Leazer remarked on the supportive care they've received. "The therapist is knowledgeable, very caring, very personable," says Leazer. "I'm very pleased going through this program," Romprey concludes. "I know I need it, and I appreciate that it's there." ■

"Pulmonary rehabilitation is recommended for anybody who has COPD or any respiratory issues, such as pulmonary hypertension, emphysema, chronic bronchitis and others," says Samantha Lafata RRT, director of cardiopulmonary services & interventional radiology at Centennial Hills Hospital. Please call to learn more about the program, which is available at these two Valley Health System hospitals for patients with a physician referral:

**Centennial Hills Hospital
Pulmonary Rehabilitation**
702-835-9898

**Desert Springs Hospital
Pulmonary Rehabilitation**
702-902-1700



A Better Breathers Club support group for individuals with COPD and other lung diseases is held the second Tuesday of each month from noon to 1 p.m. at Centennial Hills Hospital, Conference Room 1. Caregivers and family members are welcome. For more information, call 702-629-1579.



FROM DOCTOR to patient

“Thanks to the great care I received at Valley Hospital, I was back to living my best life days after my robotic surgery.”

—DR. BROWDER

Choosing to have surgery is a big decision, even for a board-certified surgeon. When Leslie Browder, MD, FACS, FASCRS, learned she needed a hysterectomy because of fibroid tumors, she found herself in the same situation as many of her patients – busy with her work and her life, and wanting to find the best possible option for a swift recovery.

The benefits of robotics

As a colorectal surgeon, Dr. Browder was one of the first physicians in the Las Vegas community to begin using robotic surgery to treat colon conditions years ago, so she was already familiar with the benefits it can offer, such as less blood loss, less pain, less chance of infection and faster healing. “It takes a little more time for me in the operating room, but it’s less time for my patients in the hospital, less time healing, a greater chance for them to go back to their jobs, or if they need chemotherapy, to get back to it,” she says.

With this approach, the surgeon sits at a console next to the patient and controls tiny instruments that are inserted into the body through small incisions. “The robot can move better than my wrist does,” says Dr. Browder. Also, miniature cameras capture highly detailed images not visible by the human eye. “It adds a lot,” Dr. Browder says. ►

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

Decision made

After talking with her surgeon, Dr. Browder chose to have a minimally invasive procedure with the Valley Hospital team she knows well, in the robotic program that she helped to start. She recalls being home from surgery the next day and back to work in nine days. She took no narcotics after she left the recovery room and never needed pain pills.

For her, as for many of her patients, robotic-assisted surgery provided the treatment she was looking for. She notes that the program at Valley Hospital continues to grow and now includes multiple specialties. "I am a testimony to it," she says. "I'm lucky enough to have been able to start this program and continue to work there." ■

While traditional open procedures may be recommended in certain cases, minimally invasive robotic surgery is now being offered for a wide variety of conditions, from colorectal, prostate, gynecologic and kidney surgery to gallbladder surgery, hernia repairs, spine and weight-loss surgery. Robotic treatment with the da Vinci® Surgical System is performed at all six hospitals in The Valley Health System. To learn more, visit valleyhealthsystemlv.com/robotics.



Dan McBride, MD
Chief Medical Officer

Tips to help you prepare for surgery

No matter what kind of surgery you're having, there are steps you can take ahead of time to help support your recovery. Because everyone has unique needs, it's important to talk with your doctor about what's best for you. Here are some general tips from The Valley Health System Chief Medical Officer Dan McBride, MD, for the weeks leading up to your procedure.

- **Nourish your body.** Protein provides building blocks for muscle, bone and your immune system, which can be beneficial before and after surgery. Also, whole grains provide B vitamins to enhance your immune system and combat physical stress; and fruits and vegetables provide vitamins and minerals needed to repair collagen muscle, bones and cartilage – all big pluses for healing.
- **Avoid the “bad” foods.** Try to reduce or eliminate foods and drinks that don't add nutrition, as well as things that may add stress to your body, like regular sodas, desserts, caffeine and alcohol. Foods high in saturated fats, trans fats and refined carbohydrates – such as processed meats and processed snack foods – can trigger an inflammatory response in your body, which you should avoid.
- **Quit smoking.** Smoking can have a number of negative effects, such as reducing your body's blood flow and ability to heal, which can lead to infections and other problems. The sooner you can quit, the better, but stopping even the day before your surgery can be beneficial.
- **Plan ahead.** Talk with your doctor about any health concerns you may have, as well as what you can expect with your recovery. For example, will you need help at home, and when can you expect to be back to your regular routine?

After surgery, the same general principles apply, but there are dietary considerations to keep in mind. You will have higher calorie needs for healing. Also, eating more fiber and drinking at least 6-8 glasses of fluid each day can help you avoid constipation. Be sure to follow your doctor's instructions and attend your follow-up appointments.

Want more general health tips? Check out our free wellness portal at valleyhospital.net/wellness.

IMPROVING YOUR BALANCE

You might feel dizzy or off-balance for many reasons, and sometimes it's just a fleeting feeling – here one minute, gone the next. Other times, these problems can be more persistent and affect everyday life.

If you or someone you love is experiencing issues with unsteadiness or dizziness, specialized rehabilitation services through The Valley Health System may help you improve your balance and reduce your risk of injuries and other problems. Especially for older adults, falls can pose a serious risk. Getting help is important to stay as safe, healthy and independent as possible.

Symptoms and possible causes of balance disorders

James Horrocks, PT, is a nationally certified vestibular rehabilitation specialist and manager of outpatient therapy services at Spring Valley Hospital and provides therapy for patients with balance disorders. Along with dizziness and lightheadedness, symptoms may include a sensation of floating, blurred vision, nausea, vomiting and panic, he says. Also, some people may experience "vertigo," which can cause you to feel as though you or the room around you is spinning.

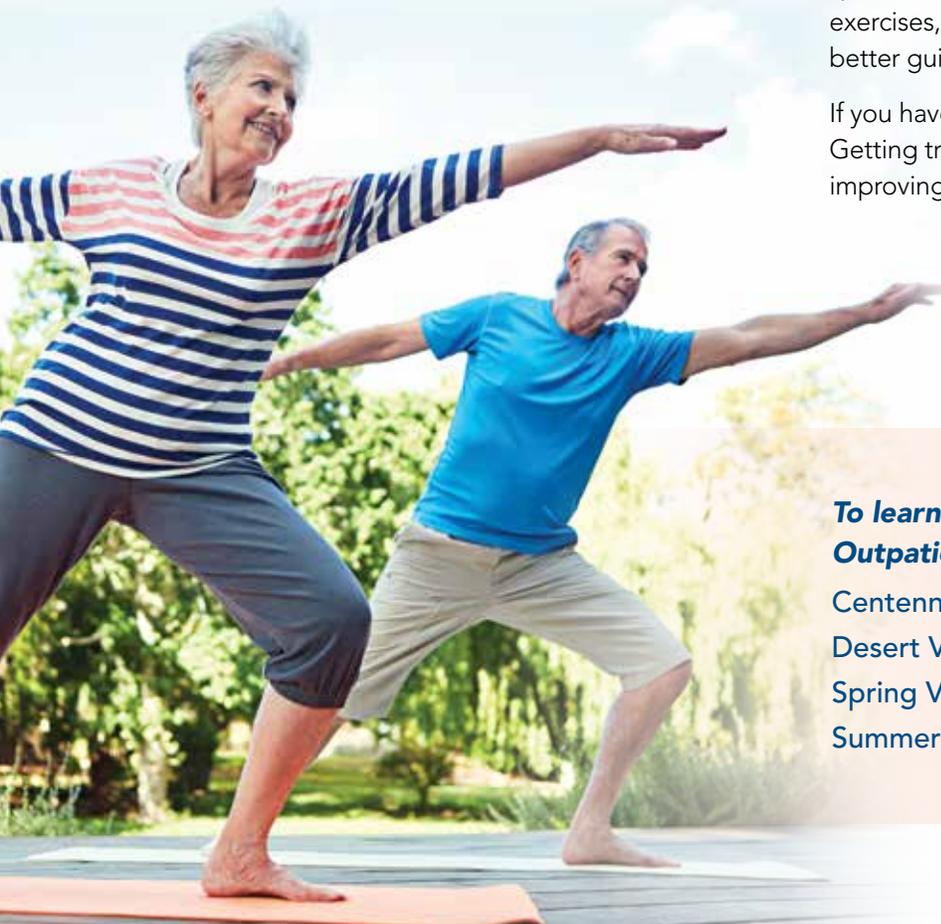
Balance issues may be associated with different medical conditions, such as stroke, traumatic brain injury, concussion, anxiety and migraine headaches, as well as conditions of the inner ear including Meniere's disease, vestibular neuritis and benign paroxysmal positional vertigo (BPPV).

Additionally, certain medications may cause problems, including some blood pressure medicines, codeine, antibiotics, anti-inflammatories, muscle relaxants and cardiovascular medications.

How therapy can help

"The focus of therapy is to challenge the balance system affected and enhance other balance systems that remain intact," Horrocks explains. The first step is to understand why certain symptoms are occurring. This in turn will determine what types of activities may be recommended. "Patients are taken through a series of activities that enhance the systems used by the body to maintain balance and recognize a person's place in space," Horrocks says. Examples may include walking exercises, posture training and vision training to help better guide movement.

If you have concerns, don't be afraid to ask for help. Getting treatment can be an important step in improving your safety and quality of life. ■



To learn more about services at our Outpatient Therapy Centers, contact:

Centennial Hills Hospital: 702-835-9898

Desert View Hospital: 775-413-6905

Spring Valley Hospital: 702-853-3950

Summerlin Hospital: 702-233-7470

Breast cancer *and genetics*

Article submitted courtesy of *Souzan El-Eid, MD, FACS*

In the breast cancer realm, we are always advocating for early detection. And, for so many, early detection can equate to a cure. When it comes to genetic testing as it pertains to breast cancer, when we know someone is a gene carrier or has a higher risk of carrying a harmful genetic mutation (such as BRCA1 or BRCA2), we want to screen them as early as possible.

There are a number of different companies that offer testing to determine if someone is carrying a specific genetic marker. These tests have evolved over the last few years, become more comprehensive and can test patients for a number of mutations at once as a gene panel testing. In the past, these tests would test for few genes; they now check patients for more than 80 possible mutations that are associated with syndromes and cancer in the human body. Patients that had gene testing prior to 2014 should be tested with the newest technology, covering the remainder of genes that we didn't have the ability to test for previously.

There are numerous pros to genetic examinations. First and foremost, if a test comes back negative for potentially harmful mutations, the patient may return to a regular screening regimen afterward. If a patient tests positive for a specific gene, we dive deeper with screening that applies to the specific cancers associated with that gene. Furthermore, it's imperative for the patient's family (women and men) to have testing as well, as they have a 50/50 chance of inheriting that gene.

With enhanced genetics technology and decreasing costs for patients (a full gene test now costs approximately \$250 as cash pay without insurance coverage), there has never been a better time to be proactive.

Genetic testing is here to stay. It should be a part of a routine health screening. Screen people before developing cancer. Ten percent of cancers are gene-related, for men and women. ■



Dr. Souzan El-Eid is a breast surgeon with Comprehensive Cancer Centers where she treats patients with cancer and non-cancer related diseases of the breast and has served as principal investigator for several clinical research trials. She currently serves as the Medical Director of the Breast Care Center and co-chair and co-moderator of the Breast Tumor Board at Summerlin Hospital and is a cancer liaison physician for its cancer program. Dr. El-Eid is passionate about mentoring the future generation of medical professionals. She is an Adjunct Associate Professor of General Surgery at Touro University Nevada and Adjunct Professor at UNLV School of Medicine. She was president of Clark County Medical Society from 2016 to 2017.



SCHEDULE YOUR OCTOBER MAMMOGRAM TODAY!

The Valley Health System is offering annual screening mammograms on weekdays during October 2019 for a cash price if not already a covered benefit of your insurance. Cash price includes the radiologist's reading fee and associated test costs:

- **2D mammography screening – \$90**
- **3D mammography screening – \$150**

Summerlin Hospital – 2D and 3D Mammography

Call: 702-233-7337. A physician's order is not required; self-referrals are accepted.

Criteria for self-referrals:

- Screening mammography only
- Ages 40 and over
- No implants
- No history of breast problems

Centennial Hills Hospital – 2D Mammography

Call: 702-629-1155. A physician's order is required.

Preventive measures TO KEEP INFECTIONS AWAY



It's reassuring to know that your hospital is taking extra steps to keep you safe. The risk of infection can be reduced with targeted strategies to stop the spread of germs. Here are some important preventive measures happening behind the scenes in The Valley Health System.

CLEANING AND DISINFECTING. Because germs can survive for long periods on hospital surfaces, great care is taken to keep patients' environment and equipment clean and disinfected, says Spring Valley Hospital's Manager of Infection Prevention Jennifer Roeder, BSN, RN, CIC. As an extra measure, ultraviolet light disinfection machines may be used to reduce harmful bacteria.

Proactive practices by staff, such as thorough hand hygiene, also play a key role. Each Valley Health System facility has an "Infection Preventionist" who makes sure that everyone is taking the right safety measures.

TOOLS THAT IMPROVE CARE. What if hospitals could receive a warning of possible problems before they occur? They can within The Valley Health System, thanks to electronic medical records that provide alerts for possible infection.

Another tool supporting better patient care is rapid microbiology testing. This can speed up the diagnosis time for infections, providing results within hours and even minutes.

EFFECTIVE TREATMENT. While extensive safety efforts are being made, germs may still be transmitted while patients are in the hospital, or sometimes they may be incubating in the body before patients arrive for inpatient care.

"If a patient is colonized (which means they carry harmful germs but do not have signs of infection) or has an infection with a multidrug-resistant organism, special measures will be taken to ensure that these types of germs do not spread to other patients," says Roeder. Isolation precautions may be taken and appropriate antibiotics become a top priority. The focus is on helping everybody get the best and safest care possible. ■

WHAT ROLE CAN YOU PLAY?

The Valley Health System wants you to feel empowered to speak up for your care! If you are a patient, wash your hands with soap and water or use hand sanitizer often, and ask healthcare workers and your visitors to do the same. Patients are more at risk for infection when they have an invasive device such as a urinary catheter, are going for surgery or have a surgical incision. Ask your nurse or physician about ways to reduce your risk.

To learn more about our hospitals, visit valleyhealthsystemlv.com.

To make advanced emergency services more accessible in the community, **ER at Blue Diamond** will be opening soon on the northwest corner of Blue Diamond and Cimarron. This new full-service freestanding emergency department is an extension of **Spring Valley Hospital's** emergency department and will provide 24/7 emergency care, as well as advanced imaging services such as CT, ultrasound, X-rays and an on-site laboratory. To learn more, visit valleyhealthsystemlv.com/er.

All babies born at a participating **Valley Health System** hospital will receive a **Vegas Born onesie**. Pictured here in her mini fan gear is newborn Audrina Teel.



GME residents from VHS Family Medicine and General Surgery.

Graduate Medical Education

To address the need for physicians to serve the ever-growing population, **The Valley Health System** has established a graduate medical education program to train primary care and specialty physicians. Ten family medicine residents and 17 general surgery residents entered the inaugural class in June. Meanwhile, **Valley Hospital** welcomed 24 new residents and four fellows to its family medicine, internal medicine, orthopedic surgery and neurology programs and gastroenterology and pulmonary/critical care fellowships. **Valley Hospital** has been a teaching hospital since 2006 and has a total of 90 residents and fellows.

RECENT AWARDS

Valley Hospital's Acute Rehabilitation Unit was recognized as one of the top 10 percent of inpatient rehabilitation facilities in the U.S., according to a ranking of 868 facilities in the IRF database of Uniform Data System for Medical Rehabilitation (UDSMR®) in 2018. It was cited for effective, efficient, timely and patient-centered care.

Centennial Hills, Desert Springs, Spring Valley, Summerlin and **Valley hospitals** earned reaccreditation as Chest Pain Centers from the American College of Cardiologists. **Henderson Hospital** is also accredited and falls under a different review period.

Centennial Hills Hospital earned The Joint Commission Gold Seal of Approval® for Total Hip and Total Knee Replacement. **Spring Valley Hospital** has also earned this distinction.

Henderson Hospital was awarded a second consecutive "A" in Spring 2019 from The Leapfrog Group, a national organization committed to improving healthcare quality and safety. This follows Henderson Hospital's Leapfrog recognition in December 2018 as one of only 35 Top General Hospitals in the U.S.

Four hospitals earned awards from Healogics® for their high healing rates and patient satisfaction scores. **Desert Springs** and **Spring Valley hospitals** earned the Robert A. Warriner III, MD, Center of Excellence Award, while **Centennial Hills** and **Valley hospitals** earned Center of Distinction awards.

Tips and insights to tackle your colonoscopy with confidence



You're not alone if you feel a little anxious about scheduling your colonoscopy. But the more

you know about this procedure, the more you can see that it's easier (and quicker) than you may think – and it could possibly save your life. Here, board-certified gastroenterologist and internal medicine physician **Carmelo Herrero, MD, FACG, AGAF**, of South Hills Gastroenterology, discusses this important screening.

Q. Why should I get screened?

Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention. Also, it is the third most common cancer in men and in women. This is a cancer that can be prevented or detected early with regular screening.

Q. What's the procedure like?

A colonoscopy is typically done under sedation or light anesthesia; hence there is no discomfort or awareness during the procedure. The colonoscope used in the test is a flexible tube that can be gently maneuvered through the large intestine. The exam usually takes 10 to 15 minutes, longer if multiple polyps are found and removed. Afterward, a decision is made about any follow-up colonoscopies. Typically, when the results are normal and there no other risk factors, screening is recommended every 10 years.

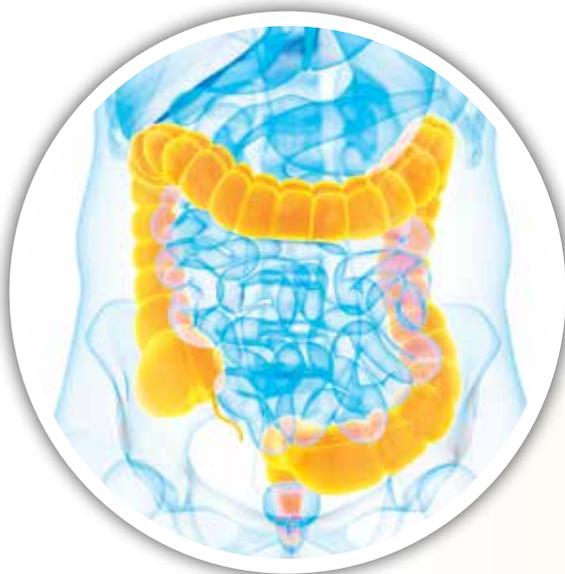
Q. What does preparation entail?

Typically, your gastroenterologist will talk with you and make an assessment prior to scheduling the procedure to educate you and determine the best way to prepare. A colonoscopy requires a thorough cleansing of the bowel. It's important to follow the instructions in regard to laxatives and diet. This will optimize success at detecting all possible lesions or polyps during the exam.

Q. When should I start having colonoscopy exams?

Current recommendations from the American Cancer Society suggest to begin screening colonoscopies at age 45. While there are several stool tests that can screen for cancer, colonoscopy is considered the "gold standard" because it is the only test that can screen and prevent cancer by removing polyps. ■

Gastroenterologists are trained on the performance of both diagnostic and therapeutic colonoscopies. For help finding a gastroenterologist or other specialist, visit valleyhealthsystemlv.com/help or call 702-388-4888.



REGISTRATION REQUIRED:
Call 702-388-4888 or visit
valleyhealthsystemlv.com/saevents.



Calendar of events

SEMINARS BEGIN AT 11:30 A.M. AND INCLUDE LUNCH UNLESS OTHERWISE NOTED

Centennial Hills Hospital

**Centennial Hills Hospital
Update to the Community**
Wednesday, November 6

AARP Smart Driver™ Course*
Tuesday, December 10
9 a.m. to 1 p.m.

Desert Springs Hospital

AARP Smart Driver™ Courses*
Tuesday, October 15
Tuesday, November 19
Tuesday, December 17
1 to 5 p.m.

28th Annual Community Health & Diabetes Fest

Saturday, November 9, 9 a.m. – Noon
FREE, no RSVP required

This annual event features a variety of FREE health screenings such as: vision, BMI, foot checks and blood pressure, along with many health and wellness vendors with a focus on diabetes. (Screenings are subject to change.) Face painting will also be available for the kids.

This FREE event is open to the community and also includes refreshments and giveaways! Plenty of parking available.

Call 702-853-3008 if you need a replacement card.

For information on other Valley Health System community events, visit valleyhealthsystemlv.com/events.

*Cost: \$15 for AARP members; \$20 for non-members.

Desert View Hospital

Free Balance Screenings
1st Tuesday of the month
8 to 9 a.m.
RSVP: 775-413-6905

AARP Smart Driver™ Courses*
Monday, October 14
Monday, November 11
Monday, December 9
Noon to 4 p.m.

Henderson Hospital

**Blood Drive, Community Event
& Trunk or Treat**
Thursday, October 31
Blood drive in the main lobby
10 a.m. to 3 p.m.
Community event & Trunk or Treat
4 to 6 p.m.

Lung Force Walk

Join us on Saturday, November 9
at 10 a.m. To register, visit
hendersonhospital.com/lung.

AARP Smart Driver™ Course*
Friday, November 22
9 a.m. to 1 p.m.

Spring Valley Hospital

AARP Smart Driver™ Courses*
Thursday, October 10
Thursday, December 5
9 a.m. to 1 p.m.

Summerlin Hospital

Breast Cancer in Today's World
Tuesday, October 22

AARP Smart Driver™ Courses*
Friday, October 18
Friday, November 15
Friday, December 20
1 to 5 p.m.

Valley Hospital

**Meet the "A" Team! (Acute Care
Rehab and Wound Care)**
Tuesday, October 15

AARP Smart Driver™ Course*
Monday, December 2
9 a.m. to 1 p.m.

Valley Health System Senior Advantage Annual Holiday Health Fair

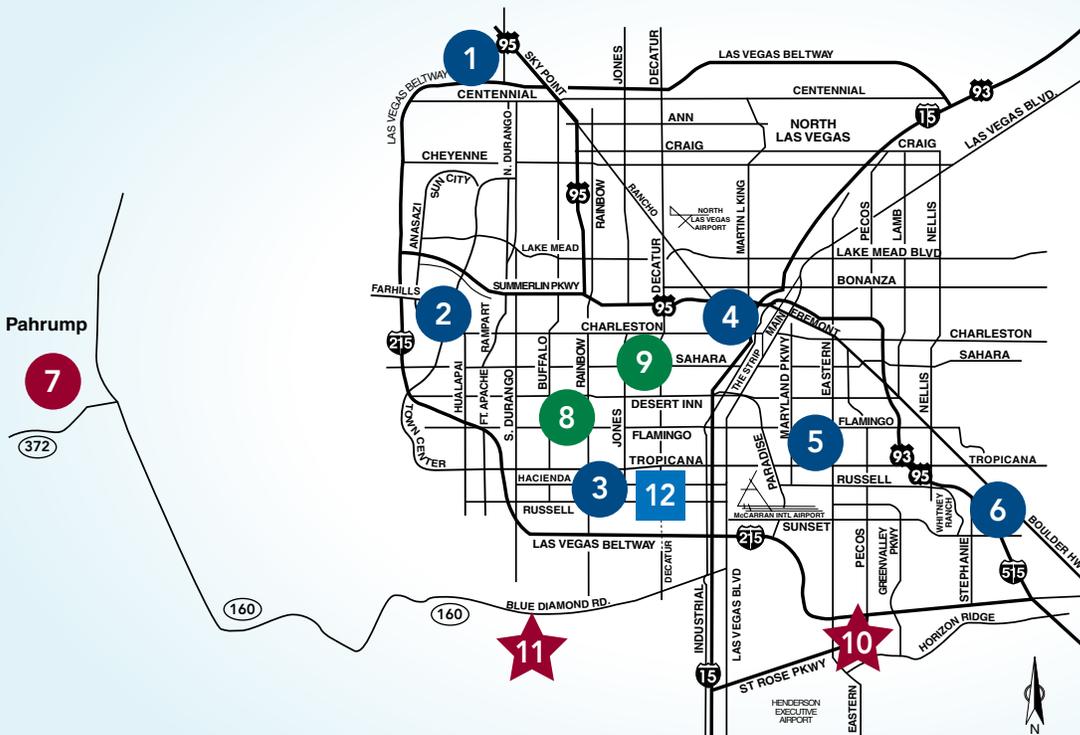
Saturday, December 7

1 to 3 p.m. (NEW TIME!)

**Location: Desert Springs Hospital
FREE, no RSVP required**

- Over 60 Health & wellness vendors
- FREE Health & wellness education
- FREE Health screenings: blood pressure, vision, spine, BMI, foot checks and more. (Screenings are subject to change.)
- Tasty treats & beverages, photo booth & giveaways
- Plenty of PARKING available!

Our healthcare family *is growing...*



- 1** Centennial Hills Hospital
6900 N. Durango Dr. at Elkhorn
- 2** Summerlin Hospital
657 N. Town Center Dr. at Hualapai
- 3** Spring Valley Hospital
5400 S. Rainbow Blvd. at Hacienda
- 4** Valley Hospital
620 Shadow Lane at Alta
- 5** Desert Springs Hospital
2075 E. Flamingo Rd. –
2 blocks west of Eastern
- 6** Henderson Hospital
1050 W. Galleria Dr.
- 7** Desert View Hospital
(an affiliate of The Valley Health System)
360 S. Lola Lane, Pahrump
- 8** Spring Mountain Treatment Center
7000 West Spring Mountain Rd.
- 9** Spring Mountain Sahara
5460 West Sahara Ave.
- 10** ER at Green Valley Ranch
(an extension of Henderson Hospital)
2581 St. Rose Parkway, Henderson
- 11** ER at Blue Diamond *(Opening soon!)*
(an extension of Spring Valley Hospital)
9217 S. Cimarron Rd. at Blue Diamond
- 12** Valley Health Home Care
5010 S. Decatur Blvd, Suite A



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on Facebook



@valleyhealthLV



HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

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