

HEALTH NEWS *from the*

WINTER 2022

# valley health SYSTEM

SPECIAL  
ORTHOPEDIC  
ISSUE

## *Keeping you* **MOVING**

Get to know our new  
orthopedic hospital

An orthopedic surgery team at  
Valley Health Specialty Hospital

### *Also inside:*

**TIPS TO PREPARE FOR  
ORTHOPEDIC SURGERY**

**NEW TECHNOLOGY AND  
ADVANCES IN CARE**

**ASK THE DOCTOR:  
OSTEOPOROSIS**

*Compliments of*

The Valley  Health System®



## Orthopedic Services

### Joint Surgery

Total joint replacement for knees and hips

Computer-navigated joint replacement

Revisions of hip and knee arthroplasty

Arthroscopic surgery of the shoulder, knee, foot and ankle

### Spine Surgeries

Back, neck and spine surgery

Robot-navigated spine surgery

Hand, wrist and elbow shoulder

Sports-injury related surgery

Podiatry surgery

Fracture Care

## Taking time out for a KNEE REPLACEMENT

Leonard Freehof, CEO of Spring Valley Hospital, recalls dealing with osteoarthritis in his knee for almost 20 years.



Russell T. Nevins, MD.

For a long time, he managed his pain with the skilled support of his orthopedic surgeon, Russell T. Nevins, MD. He knew that he would eventually need knee replacement surgery, but he put it off for as long as he could. "With my career, and my job, I didn't want the down time," he says.

Finally, in summer 2021, he reached a breaking point. "Every step, every day for at least the last six months was very painful," he says. "It was time to get it done. It was affecting my gait and my back."

On August 5, he had knee replacement surgery with Dr. Nevins at Spring Valley Hospital - supported by a caring team he knows well.

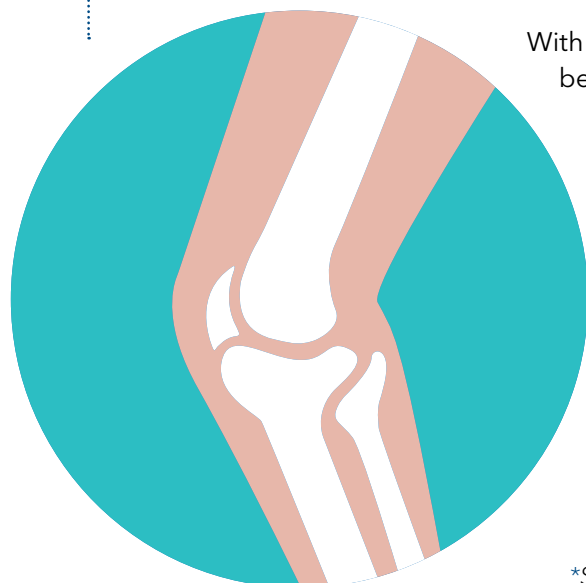
"For years, we've been working closely with physicians. We're Joint Commission certified," he says of the hospital's joint replacement program. "That's another reason I chose to go to Spring Valley Hospital - because of the experience and high-quality care, certification, infrastructure and outstanding outcomes we have."



Leonard Freehof, CEO of Spring Valley Hospital, on his way to recovery

With great care and a successful surgery behind him, he's now excited to be well on his way to recovery. "I'm looking forward to being able to golf, one of my favorite weekend activities ... and just getting back to the things that I enjoy doing," he says. ■

Read more of Freehof's story, including what helped speed his recovery, on our blog at [valleyhealthsystemlv.com/blog](https://valleyhealthsystemlv.com/blog).



\*Services vary by hospital

## Building healthy bones and joints at every age

Aches, pains and orthopedic injuries can happen throughout life, especially as we age. Taking steps to build strong bones can make a difference. Here's helpful information to know.



### The life stages of your bones

**Childhood and Adolescence.** This is a critical time to develop healthy bones for life. "Up to 90 percent of peak bone mass is acquired by age 18 in girls and age 20 in boys, which makes youth the best time for your kids to 'invest' in their bone health," according to the National Institutes of Health (NIH).

**Between Ages 20 and 30.** Although your body is no longer forming new bone as readily as before, your bones will reach their peak strength during these years, according to the American Academy of Orthopedic Surgeons (AAOS).

**Between Ages 30 and 50.** Around this time, you gradually start to lose bone. Even though your bones are continually regenerating, you typically begin losing more bone than is replaced after about age 40. That's why it's important to continue maintaining bone health.

**Ages 50+.** For women, menopause can have a big impact. Dramatic drops in estrogen can result in rapid bone loss, says the AAOS. Falling can be a concern for both older women and older men, who are also at risk of low bone mass and fractures.

### Good nutrition + physical activity = healthier bones & joints

To nourish your bones and joints, eat a healthy diet with foods that are plentiful in calcium and vitamin D. Also, avoid smoking, limit alcohol use and maintain a healthy weight to help reduce pressure on your joints.

Dairy products like milk, yogurt and cheese can provide a good source of calcium, along with foods such as broccoli, sardines, salmon, tofu and green leafy vegetables like kale (which can be healthy choices if you're lactose-intolerant).

To help absorb the calcium you eat, your body needs vitamin D. When you're in the sunlight, your skin produces vitamin D. Certain foods—such as fatty fish or vitamin-D fortified products—may also be a source. Sometimes, supplements may be recommended.

How exercise can help. Weight-bearing and resistance exercises like walking, jogging and weightlifting can help keep bones strong. Meantime, lower-impact activities like swimming and biking strengthen muscles with less stress on your joints. Don't forget to warm up and cool down. Before beginning a new exercise program, talk with your doctor. ■

No matter what your age, ask your doctor about ways to strengthen your bones. For help finding a doctor, visit [valleyhealthsystemlv.com/doc](https://valleyhealthsystemlv.com/doc).

Article reviewed by Shirley Rodriguez, DO, Las Vegas Medical Group - Centennial Hills





**NOW OPEN:**

# Valley Health Specialty Hospital

**This is the first hospital in the area to offer both specialty orthopedics and inpatient rehab in one location.**



Residents of Southern Nevada now have even greater access to high-quality orthopedic care since the opening in August of Valley Health Specialty Hospital, an extension of Spring Valley Hospital.

“We have newly renovated and upgraded the facility over the past few months since finalizing the acquisition and are excited to now offer this convenient additional location for patients needing high-quality orthopedic surgery,” said Karla Perez, Regional Vice President of The Valley Health System. “The majority of our patients will be able to return home on the same day as their procedure, but we also offer inpatient care for those who may need additional monitoring or assistance during their initial recovery.”

The new hospital features five surgical suites and a 10-bed inpatient nursing unit for post operative orthopedic patients, along with a 56-bed acute rehabilitation center and outpatient services for physical, occupational and speech therapy services for adults. ➤

## **Surgical care with Rapid Recovery\***

“As a hospital dedicated to orthopedic surgery, we follow very specific protocols and best practices to help provide the highest level of preoperative, surgical and postoperative care,” said Tony Adams, CEO of Valley Health Specialty Hospital. This includes a Rapid Recovery protocol for joint replacement—a process designed to guide patients through orthopedic surgery and recovery and return them to an active lifestyle as quickly as possible.

With this protocol, patients are mobilized within one hour of their hip or knee replacement surgery. The program also uses an approach to postoperative pain control that utilizes very little if any opioid pain medication. This allows patients to ambulate sooner and participate in physical therapy sessions up to three times per day with little postoperative pain. This can lead to a shorter hospital stay and quicker return to activities of daily living.

## **Inpatient and outpatient services to help support recovery**

Along with advanced surgical care, the hospital also offers a 56-bed acute rehabilitation center to provide specialized rehabilitation services for patients recovering from stroke, surgery illness or injury. The center is staffed by healthcare providers in the disciplines of physical therapy, occupational therapy, speech therapy, nursing and social work. Inpatient rehab care is individualized for each patient to help them regain mobility, function and independence.

As part of the continuum of orthopedic and rehabilitation care, the Outpatient Therapy division provides outpatient physical, occupational and speech therapy, Monday through Friday. The Outpatient Therapy Center is open to any patient who could benefit from therapy; a physician referral is required. ■

**The Valley Health Specialty Hospital is located at 8656 W. Patrick Lane (cross street Durango).  
Learn more at [valleyhealthspecialty.com](https://valleyhealthspecialty.com),  
or call 702-777-7100.**

*\*The rate at which each patient recovers from their elective surgery depends on a number of factors unique to each patient, and the “Rapid Recovery” concept is not intended as a guarantee for a quick or rapid recovery.*



## **SERVICES AT VALLEY HEALTH SPECIALTY HOSPITAL**

Orthopedic Surgery: Hip and knee replacement surgery; fracture care; arthroscopic surgery of the shoulder, elbow, knee and ankle; hand surgery and sports medicine.

Inpatient Rehabilitation: Specialized care for people recovering from debilitating injuries or illnesses including stroke, Parkinson’s and other brain and neurological disorders; spinal cord and back injuries; orthopedic surgeries; and other conditions.

Outpatient Rehabilitation: Physical, occupational and speech therapy for people who were injured at work or playing sports, or are recovering from major injury or illness.



# Tips to prepare for ORTHOPEDIC SURGERY

Getting ready for surgery can be scary. However, planning ahead can help you feel more confident and prepared for success. Here are some tips from area physicians to help support your best possible recovery.



Archie C. Perry,  
Jr., MD.

## Prepare your home for your needs after surgery.

"You may not view them as such now, but after surgery, you will have a heightened sense of awareness of the numerous hazards and obstacles in your house," says board-certified orthopedic surgeon Archie C. Perry, Jr., MD. "By making the following adjustments, your house can be a more conducive environment to your post-surgery needs."

- Fix and/or be aware of any uneven flooring in your house or uneven concrete on your driveway or patio.
- If you have steps leading up to your house, try wiggling the railing to gauge its stability, and tighten the screws if necessary.
- If you have outdoor steps without a railing, discuss installing one, especially if your surgery will take place during the winter months.
- Set up a temporary bedroom for yourself if your bedroom is not on the main floor. If there are items you may need from another level of the house, be sure to collect them prior to surgery and have them at a close distance. Keep in mind that this room should be a low-traffic area of the house because you will need plenty of rest.



Mark Allen, DO

## Be ready to get on your feet after your procedure.

"Total joint replacement procedures have advanced surgical techniques and recovery protocols that can dramatically reduce pain and increase patient function earlier after total joint replacement than past times," says board-certified orthopedic surgeon Mark Allen, DO, who is fellowship trained in adult reconstruction of the hip and knee.

"All patients are now required to walk within a few hours after their hip or knee replacement with the assistance of physical therapy. If they are doing well enough, they can be discharged home the same day if appropriate support at home is available. This is a notable difference compared to recovery protocols in place as few as 10 years ago." ■

For the full version of this article and more tips,  
go to [valleyhealthsystemlv.com/blog](https://valleyhealthsystemlv.com/blog).

Note: Photo was taken prior to the COVID-19 precautions currently in place.

## The lowdown on high heels: Tips for your feet



Troy Watson, MD

Taking preventive steps to possibly avoid orthopedic problems is important, too. To help protect your feet, consider these tips from Troy Watson, MD, a fellowship trained

orthopedic surgeon who specializes in the foot and ankle. "Of course, my first recommendation would be to not wear high-heeled shoes for optimal foot health, but if the night calls for them, there are a few tips that may reduce having sore feet and aggravating certain underlying conditions such as bunions," he says.

- 1 Look for shoes that are the most comfortable right out of the box (with ample cushioning in the forefoot to pad the ball of your foot).
- 2 Open-toe shoes as a general rule may be better than closed-toe heels.
- 3 Try and avoid stiletto-type heel shoes (which can sometimes lead to ankle injuries).
- 4 Carry your high-heeled shoes while walking to a venue; then slip them on when you arrive.
- 5 Consider commercially available inserts for heels.



# Technological advances *and innovations*

**As more people look to orthopedic surgery to help them stay active and relieve pain, here are three new offerings at The Valley Health System that are helping to customize and advance care.**



## Robotics for knee surgery

"Knee replacement surgery is one of the most common and most successful surgical procedures performed in all of medicine. Nevertheless, we are always working on perfecting our surgical technique and the implant materials to make our surgical outcomes even better," says orthopedic surgeon Steven Nishiyama, DO, PhD.

One way surgeons are doing this at Valley Hospital is with robotics technology to further individualize treatment for each patient.

**Steven Nishiyama,  
DO, PhD.**

"During surgery, the surgeon and robot work in tandem to create a 3-dimensional virtual map of the patient's knee from which a surgeon can create a custom, real-time, individualized, virtual surgical plan for each patient based off of their own anatomy and surgical needs," Dr. Nishiyama explains. "The technology is able to account for minuscule anatomic differences that can help a surgeon more accurately and more reliably execute the surgical plan." ➤

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



**Kevin R. Sharif, MD**

## Robotics for spine surgery

New robotics technology is also being used at Centennial Hills and Henderson hospitals for patients needing spine surgery for degenerative disc disease and other conditions.

"This technology combines computer navigation and robotics to deliver precise minimally invasive spine surgery in the Las Vegas Valley," says Kevin R. Sharif, MD, who performed the first case at Henderson Hospital using the Mazor X Stealth™ Edition Robotic Guidance Platform. For patients, benefits of this technology can include reduced exposure to radiation; a smaller and more precise area of operating on the spine due to the 3D imagery; an anticipated faster recovery time; and lower rates of infection.



**I. Michael Schneier,  
MD**

I. Michael Schneier, MD, who performed the first case at Centennial Hills Hospital, says, "Surgical robotics is not the future – it is very much here, at the present time, and I believe it has become the standard of care at Centennial Hills Hospital Medical Center."



**Ronald Hillock, MD**

## Pain management for knee surgery

Managing pain is key to getting patients back on their feet and recovering after orthopedic surgery. To support patients following knee surgery, Centennial Hills Hospital is the first acute care hospital in Las Vegas that offers the iovera® treatment as part of its pre-operative pain management treatment for primary and revision total knee replacement surgery.

The iovera® treatment is a clinically proven, non-opioid, pain management solution that uses the body's natural response to cold to relieve pain. "Iovera is a revolutionary system for post-op pain control in knee surgery," said Ronald Hillock, MD, orthopedic surgeon. "It offers a 90-day block to pain, something we have only dreamed of achieving prior to this time. It will enhance the surgical experience for all our knee surgery patients." ■

**Visit our hospital websites to learn more about these and other advanced orthopedic services throughout The Valley Health System.**

## Taking care of knees and hips

To help support hard-working joints, Steven Nishiyama, DO, PhD, stresses good health habits. "The keys to keeping your knees and hips in good health include weight reduction, regular physical activity and low-impact exercises," he says. "Keeping a healthy diet and controlling blood sugar are also vital."

Three kinds of exercise are important for people with hip and knee pain, he adds. These include range-of-motion exercises like yoga or Pilates; aerobic exercises, such as walking, cycling, swimming; and strengthening exercises like weight training or resistance training.

**Want to learn more from Dr. Nishiyama? Visit our blog at [valleyhealthsystemlv.com/blog](http://valleyhealthsystemlv.com/blog).**

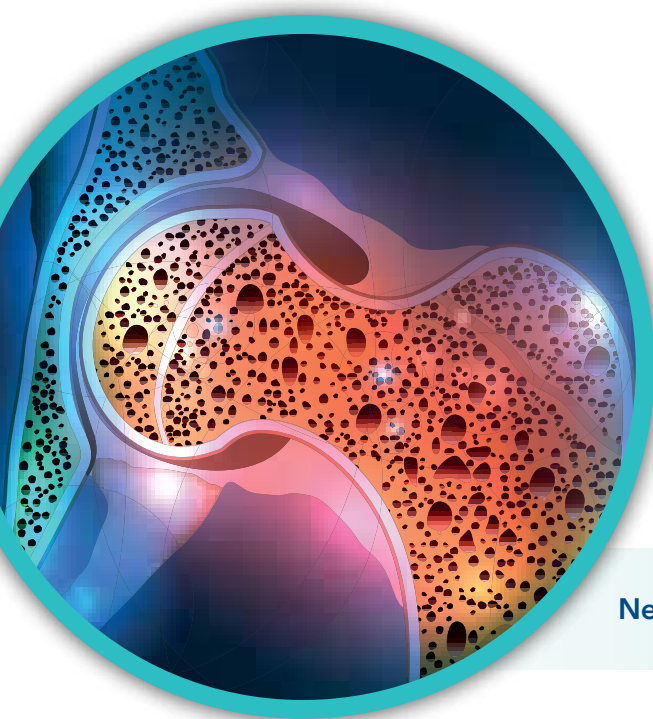


# Could I be at risk *for osteoporosis?*



One in two women and up to one in four men will break a bone in their lifetime due to osteoporosis,

according to the National Osteoporosis Foundation. Yet for many people, this disease can go unnoticed until a fracture occurs. Here, family medicine physician **Rommel DeVera, DO**, of Las Vegas Medical Group - Spring Valley Primary Care, explains what you should know about risk factors, diagnosis and more.



## Q. What is osteoporosis?

Your bones are alive and are continually rebuilding themselves. However, with osteoporosis, the body cannot keep up in creating new bone to replace the bone that is lost. As a result, bones weaken, increasing the risk of fractures. Even something as minor as sneezing or bumping into a piece of furniture can sometimes lead to a broken bone, and the effects can be potentially devastating.

## Q. What are the symptoms and risk factors?

Often, symptoms may not be present; but over time, some people may notice a loss of height, stooped posture, or pain in the lower back due to weakening of the vertebra. Women and people of White or Asian descent are at greater risk of osteoporosis. Men are affected, too. Having a family history of osteoporosis, a smaller body frame, smoking, excessive alcohol consumption, lack of physical activity, and low calcium intake are also risk factors.

## Q. How can I know if I have osteoporosis?

The best way to diagnose osteoporosis is with a bone density test, sometimes called a DEXA scan (or DXA). This quick and painless exam uses X-rays to measure the amount of calcium and other minerals in your bones, or your bone mineral density (BMD). The results provide two numbers. Your T-score tells your bone density compared to that of a young, healthy individual of the same sex; and your Z-score compares your bone density to people of your same age and sex.

## Q. How can osteoporosis be prevented and treated?

Building strong and healthy bones when you're young can reduce your risk of osteoporosis later in life. However, at all ages, it's important to take care of your bones. This includes eating a healthy diet with calcium and vitamin D, getting regular exercise, limiting alcohol and avoiding smoking. (See page 3.) Medications and supplements may sometimes be recommended. Talk with your doctor about steps you can take. ■

Need help finding a doctor? Visit [valleyhealthsystemlv.com/doc](http://valleyhealthsystemlv.com/doc).

## LATEST NEWS from The Valley Health System

### Expanding Access to Care

**ER at Valley Vista**, a freestanding ER extension of **Centennial Hills Hospital**, opened on January 17. It is located on the northeast corner of North Decatur and Elkhorn in North Las Vegas and is open 24/7.

**Elite Medical Center**, an extension of **Valley Hospital**, is located at 150 E. Harmon Avenue, off the Las Vegas Strip. The freestanding ER offers emergency care, imaging (radiology) services, laboratory services and COVID-19 testing. It is open for care 24/7.

**Henderson Hospital** opened four new patient floors in its new tower, expanded its emergency department capacity and opened a parking garage. To meet the continual demand for Birthplace services, the hospital added antepartum rooms for expectant mothers, more neonatal intensive care unit suites and will add more labor-delivery-recovery suites this year.



### Enhancing Our Services

**Centennial Hills, Desert Springs, Summerlin** and **Valley** hospitals have achieved certification as Gluten-Free Food Service Facilities. The teams are proud to serve delicious meals for any diet preference on a daily basis. This designation portrays their commitment to provide quality food for patients.

To help families of babies in the neonatal intensive care unit stay connected with their newborns, **Centennial Hills, Henderson, Spring Valley** and **Summerlin** hospitals offer real-time

video streaming on any online device. The NICVIEW® 2 web camera system features password-protected access so parents and other approved people will only view their own child.

Valley Hospital is commemorating 50 years of caring for residents and tourists of Southern Nevada. To learn more historical and fun facts about Valley Hospital, visit [valleyhealthsystemlv.com/about/blog](http://valleyhealthsystemlv.com/about/blog).

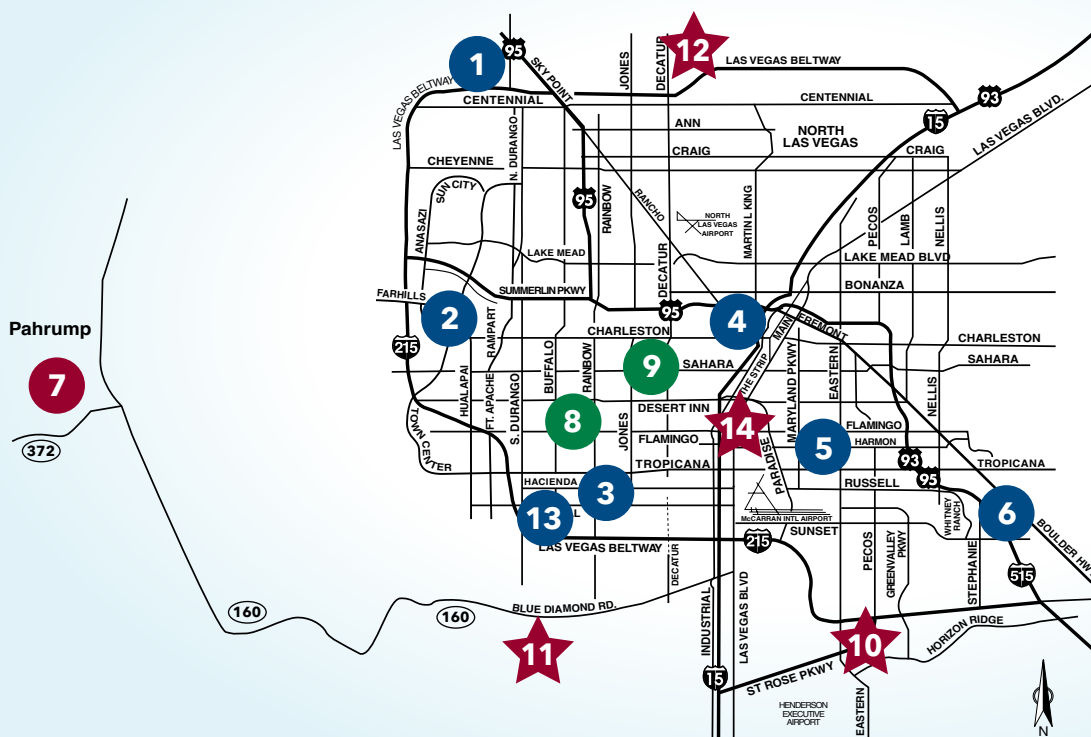


### AWARD-WINNING, HIGH-QUALITY CARE

**The Valley Health System** earned multiple American Heart Association Achievement Awards for implementing quality improvement measures that ensure cardiovascular patients receive efficient and coordinated care, ultimately leading to more lives saved, shorter recovery times and fewer returns to the hospital. Awards were in the areas of heart attack, stroke care, heart failure, weight loss, patient safety and total hip and knee replacement.

For more news, follow us on social media and visit [valleyhealthsystemlv.com/news](http://valleyhealthsystemlv.com/news).

## Our healthcare family is growing...



- 1 Centennial Hills Hospital**  
6900 N. Durango Dr. at Deer Springs Way
- 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., Henderson
- 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**  
(an extension of Spring Valley Hospital)  
9217 S. Cimarron Rd. at Blue Diamond
- 12 ER at Valley Vista**  
(an extension of Centennial Hills Hospital)  
7230 N. Decatur Blvd. at Elkhorn
- 13 Valley Health Specialty Hospital**  
(an extension of Spring Valley Hospital)  
8656 W. Patrick at Durango
- 14 Elite Medical Center**  
(an extension of Valley Hospital)  
150 E. Harmon, Las Vegas Strip

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### HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

**Karla J. Perez**  
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The Valley Health System

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CEO/Managing Director  
Centennial Hills Hospital

**Chris Loftus**  
CEO/Managing Director  
Desert Springs Hospital

**Sam Kaufman**  
CEO/Managing Director  
Henderson Hospital

**Leonard Freehof**  
CEO/Managing Director  
Spring Valley Hospital

**Robert S. Freymuller**  
CEO/Managing Director  
Summerlin Hospital

**Claude Wise**  
CEO/Managing Director  
Valley Hospital

**Susan Davila**  
CEO  
Desert View Hospital  
(an affiliate of The Valley Health System)

**Tony Adams**  
CEO/Managing Director  
Valley Health Specialty Hospital

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