THE NEW HENDERSON HOSPITAL
gets set to welcome the community

I'M LIVING PROOF
Karen McKay's life-saving neurological treatment

THE COMPREHENSIVE REFLUX CENTER
Advanced care and equipment—all under one roof

Opening soon ...
Our newest acute care hospital in Henderson is almost ready for patients! We’re excited to officially be part of the Henderson community, and look forward to our opening in a few weeks. You can learn more about the services offered and our upcoming October 22 open house on page 6.

This edition is filled with stories about new technology available at our hospitals, from diagnosing and treating acid reflux to healing hearts and brains.

However, it’s not just technology that heals. It’s the expertise and special training of the physicians, the nurses who are by your side throughout your hospital experience, and the many other staff members who contribute to your care in cardiology, surgery, radiology, respiratory, therapy and lab services. There are still others keeping your room clean, your meals tailored to your preferences and dietary restrictions, and the air conditioning and TV working for your comfort. To me, it is the finest definition of teamwork to care for the hundreds of patients in our hospitals every day.

You can learn more about our hospitals by visiting our site at www.valleyhealthsystemlv.com, or by following us on social media to stay abreast of the latest happenings and behind-the-scenes activities in our hospitals.

Wishing you a happy, healthy autumn,

Karla J. Perez
Regional Vice President
I’m Living Proof that recovery from a complex neurological disorder is possible, with technology and expertise at Valley Hospital

~ Karen McKay

For Karen McKay of Pahrump, June 2014 was a perfect time to plant flowers with her neighbor. However, the day quickly turned into a medical emergency for the 68-year-old. She pointed to her own car and asked, “Whose is that?” Concerned, her friend asked her more questions. Karen became belligerent and said she had no idea what her friend was talking about. Her friend dialed 911 and an ambulance raced Karen to the local hospital, where she learned she had a mass in her brain. “When I learned I had to go to a hospital in Las Vegas for more advanced care, I was terrified,” Karen says.

The team at Valley Hospital’s emergency department transferred her to the intensive care unit. She was diagnosed with an arteriovenous malformation (AVM), and doctors said she was in imminent danger of massive bleeding in her brain.

An AVM is an unusual jumble of blood vessels that cause multiple irregular connections between the arteries and veins. Left untreated, the AVM could rupture, causing further medical complications of a stroke and hemorrhage in the brain, or brain damage.

Treating a complex vascular disorder requires specialized Interventional Neuroradiology treatment like biplane angiography. Using advanced techniques, Raj Agrawal, MD, an interventional radiologist with Desert Radiology, performed a procedure using small catheters inserted through blood vessels into the brain to reduce the blood flowing into the AVM. He then used Onyx® to plug up the vessels.

Because traditional surgery wasn’t involved, Karen was monitored overnight and went home the next day after spending a total of five days in the hospital.

“Valley Hospital saved my life,” says Karen. “I’d go back in a heartbeat if I had to.”

Valley Hospital offers a comprehensive range of neurological services, including the diagnosis and treatment of stroke, minimally invasive treatments for aneurysms and other complex neurological procedures, neurosurgery, acute rehabilitation care and advanced therapeutic care. To learn more about Karen McKay’s story, go to valleyhospital.net/mckay.
Heart OF THE MATTER

When 22-year-old Samantha Blankenship first began feeling unexplained pain in her fingers and toes last May, she had no idea it was the result of an uncommon and potentially fatal heart infection.

“I’m a healthy person,” says Samantha. “I go to the gym, I go hiking, I eat good food.” So when she started having joint pain and swelling that would wake her up in the middle of the night, she wasn’t sure what was wrong.

At first, she thought it might be rheumatoid arthritis (RA) or possibly Lyme disease. It wasn’t until she was asked about chest pain during a visit to the emergency room at Spring Valley Hospital that the pieces started to come together. “The night before, I’d woken up with chest pain,” she recalls. “I’d never had anything like that before.”

Samantha was diagnosed with endocarditis, an infection of the inner lining of the heart chambers and valves. Doctors discovered a growth on her mitral valve, which caused her blood to flow back to her heart instead of out to her body. “That was a lot to take in,” Samantha says.

On May 31, Cardiovascular and Thoracic Surgeon Nauman Jahangir, MD, performed a mini mitral valve replacement on Samantha. Minimally invasive valve surgery is an area of special interest at Spring Valley Hospital and is provided for appropriate patients. “It offers a more cosmetic result as well as a quicker return to normal life activities,” Dr. Jahangir says.

The procedure performed on Samantha entailed removing the damaged valve and replacing it with a new biological valve. “I chose to have a pig’s valve because I didn’t want to take Coumadin® (a blood thinning medication), which has an impact on getting pregnant,” Samantha says.

Today, Samantha’s heart is beating strong, and she is grateful for the care she received from Dr. Jahangir. “He’s very confident, and he did a great job in surgery,” Samantha says. “He put my parents at ease. They saw his confidence, and they felt comfortable with him.”

For more information about cardiac care at Spring Valley Hospital Medical Center, visit springvalleyhospital.com/cardiology.
SEPTEMBER IS Atrial Fibrillation Month

Desert Springs Hospital marks two “firsts” in cardiac care

AN ALTERNATIVE TO LONG-TERM WARFARIN THERAPY

In April, Desert Springs Hospital became the first hospital in Nevada to offer patients with non-valvular atrial fibrillation an alternative to blood thinner medication with the newly approved WATCHMAN™ Left Atrial Appendage Closure (LAAC) implant. The state’s first two WATCHMAN LAAC cases were performed by Erik Sirulnick, MD, with HealthCare Partners, and Gaston Vergara, MD, with Heart Center of Nevada. Arjun Gururaj, MD, of Nevada Heart & Vascular Center, is also trained to perform the procedure.

WATCHMAN works by closing off the left atrial appendage (LAA) of the heart to keep harmful blood clots in the LAA from entering the blood stream and potentially causing a stroke. Over time, patients may be able to stop taking warfarin. The one-time implant procedure can be beneficial for patients who have risk factors such as excessive bleeding or bruising while taking blood thinners.

ADVANCED TREATMENT FOR ARRHYTHMIAS

Desert Springs Hospital was the first hospital in the state to use an innovative therapy known as Stereotaxis Epoch® solution to treat cardiac arrhythmias. This procedure can be life-changing for patients like active retiree Pamella Blair, who was in and out of the hospital for years because of her heart condition.

Stereotaxis is a technology that helps doctors treat arrhythmias with less risk of damaging the delicate heart muscle. It uses magnets to move a very soft catheter through the blood vessels and heart, explains Erik Sirulnick, MD, a physician with HealthCare Partners, who treated Pamella. With this minimally invasive procedure, doctors are able to deliver treatment with greater precision and accuracy.

Before the procedure, Pamella was always afraid that something might trigger her arrhythmia, but not anymore. “I’ve been able to exercise again,” she says. “Just the mental, emotional, as well as the physical relief, it’s just been amazing.”

For more information about cardiac care at Desert Springs, visit desertspringshospital.com/cardiac.

As defined by the American Heart Association (AHA), ATRIAL FIBRILLATION (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to blood clots, stroke, heart failure and other heart-related complications. An estimated 2.7 million Americans are living with AF, the AHA says.
“We are excited to bring residents in Henderson much-needed access to emergency care, women’s services, surgical services and comprehensive care,” says CEO Sam Kaufman, who has been a resident of Henderson for 25 years.

Highlights of the hospital’s welcoming and modern design include a video wall to feature babies born at the hospital, all private patient rooms and special, built-in elements to protect against infection and reduce noise.

“Our primary goal is to create a better, more quiet patient experience, with a focus on patient safety,” Kaufman says. “When people walk into Henderson Hospital, we want them to say, ‘This is where I want to receive my healthcare.’

TIMELY EMERGENCY CARE AND MUCH MORE

Ensuring a high level of patient satisfaction has been a key driver in the development of the hospital. An important part of this involves implementing processes and procedures to minimize ER wait times. The emergency department will feature a variety of spaces to care for patients depending upon their medical condition, from emergency to mental health.

Henderson Hospital will also offer inpatient and outpatient surgical services, including ear-nose-throat, orthopedic, gynecology, urology, spine and endoscopy procedures, as well as advanced cardiology services, such as angioplasty, stenting and pacemaker insertions. Additionally, inpatient and outpatient gastroenterology services will be provided.
Please join us for our community open house on October 22 from 11 a.m. to 1 p.m. for guided department tours and refreshments.

Henderson Hospital is located at 1050 W. Galleria Drive in Union Village. For more information, visit www.hendersonhospital.com.

Also, to reduce noise, which can offer a direct healing benefit for patients, the hospital has specialty acoustics in patient rooms and nursing stations, and a silent nurse call system, which uses wireless phones instead of overhead paging.

THE DEFINING DIFFERENCE
While the promise of new technology and modern amenities is exciting, the patient experience will set Henderson Hospital apart, Kaufman says.

“When patients are asked what’s different about Henderson Hospital, we want them to say it’s the way we take care of them,” says Kaufman. “Everyone, from the housekeepers to the nurses and doctors, is dedicated to service excellence. You can’t underestimate that.”

THE START OF AN AMAZING RIDE BEGAN IN LAS VEGAS
In 1979, Alan B. Miller had a vision. He saw a healthcare company that would put patients first, provide high quality care and build long-term relationships with the communities it served. His vision became a reality when he founded Universal Health Services, Inc. (UHS). For nearly 40 years, UHS has been a leader in the healthcare management industry, a remarkable accomplishment that few companies achieve.

With Mr. Miller’s direction and leadership, UHS established The Valley Health System, which has grown and prospered from a single hospital acquired in 1979 to a large, comprehensive, integrated health network that includes six acute care hospitals: Valley Hospital Medical Center, Desert Springs Hospital Medical Center, Summerlin Hospital Medical Center, Spring Valley Hospital Medical Center, Centennial Hills Hospital Medical Center and the new Henderson Hospital, scheduled to open later this year.

The vision and determination that Mr. Miller had in 1979 to establish a company based on ethics, integrity, perseverance and teamwork has helped UHS become the premier provider of quality healthcare services in southern Nevada. Mr. Miller and UHS employees remain committed to the Company’s mission formulated when it was founded: to provide superior quality healthcare services that patients recommend to family and friends; physicians prefer for their patients; purchasers select for their clients; employees are proud of; and investors seek for long-term returns.
If you’re among the many people suffering with chronic heartburn and acid indigestion, you can now find individualized evaluation and treatment at the Comprehensive Reflux Center at Centennial Hills Hospital. The new center offers a highly skilled medical team and advanced equipment, with a focus on minimally invasive procedures.

“Gastrointestinal reflux occurs when stomach acid enters the esophagus where it’s not supposed to be,” says Gastroenterologist Vijay Jayaraman, MD. Aside from being extremely uncomfortable, if left untreated reflux can also potentially lead to more serious problems, including esophageal cancer.

Advanced testing, such as wireless pH monitoring to assess the frequency and duration of symptoms, helps ensure an accurate diagnosis. Dr. Jayaraman says that non-surgical alternatives, such as medication, can be effective in treating most people. If additional care is needed, the focus should be on minimally invasive procedures.

Having access to modern care proved life-changing for Jay Kennedy, a patient at the Comprehensive Reflux Center, who first felt the discomfort of acid reflux decades ago. “It’s a horrible feeling,” he remembers.

Jay was diagnosed with a precancerous disorder called Barrett’s esophagus, which occurs when the tissue of the esophagus lining is replaced by tissue similar to the intestine lining. Dr. Jayaraman treated Jay’s condition endoscopically with radiofrequency heat ablation to kill precancerous and cancerous cells. This causes the esophagus tissue to revert back to normal and eliminates the risk of cancer. “The results are terrific,” Jay says.

“It’s unique to have these capabilities and equipment all under one roof,” Dr. Jayaraman says of the resources at the Comprehensive Reflux Center. “The more we can do minimally invasively, the better it is for the patient.”

For more information, visit centennialhillshospital.com/comprehensive-reflux-center. To contact the center directly, call 702-835-9857.

Could you have reflux disease?

Many people occasionally have indigestion or heartburn. If you experience acid indigestion more than twice a week for a few weeks, you may be among the approximately 20 percent* of Americans suffering with gastroesophageal reflux disease (GERD). The Comprehensive Reflux Center at Centennial Hills can provide evaluation and treatment, if needed.

*National Institutes of Health
In good hands

Nothing is more precious than your child's health. When special medical needs arise, you can count on Children’s Medical Center at Summerlin Hospital to provide advanced care and treatment in a setting designed just for kids.

Mom Monica Orr experienced this firsthand in 2015, when her 4-year-old daughter Madalyne underwent surgery at Children’s Medical Center. Madalyne’s symptoms started with a tummy ache. A series of diagnostic tests put her in the care of Pediatric Urologist Andrew H. Hwang, MD, who found and removed a cyst near Madalyne’s bladder, and then corrected an area of the bladder that had not developed properly.

“It was a scary time for all of us, not knowing what was wrong with Madalyne, but they were empathetic and discovered the problem quickly and addressed it,” Monica says of the hospital staff. She particularly recalls the support of the child life specialists, who comforted her daughter throughout her treatment. “They were so patient,” Monica says.

Children’s Medical Center specializes in caring for kids from birth through adolescence. A multidisciplinary team of pediatric nurses and clinicians works closely with specialists to deliver the highest quality care possible. An affiliation with Intermountain Healthcare’s Primary Children’s Hospital gives your child access to advanced services and specialists, and a coordinated transfer process to and from Salt Lake City, if needed.

A kid-friendly ER … and so much more

A Pediatric Emergency Department, with child-sized equipment, beds and supplies, helps young patients feel comfortable. Our online ER Reserve® program lets you request a time in the emergency department up to 12 hours in advance for non-life-threatening illnesses and injuries by visiting summerlinhospital.com/er-reserve.

In addition to emergency care, pediatric services and features also include:

- Surgery
- Outpatient therapy: physical, occupational and speech therapy
- Imaging
- Neonatal and pediatric intensive care units
- Respiratory services
- Special sedation program for children who need diagnostic procedures
- All private rooms
- A playroom with toys and activities for all ages
- A parents’ lounge

*ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1. Some insurance plans may not cover an ER visit if it is deemed urgent care or may apply different copay. Please check your covered benefits with your insurance provider for details. ER Wait Time is an average provided for informational purposes only. Standard text message and data rates apply.

If you need a pediatrician or specialist, call Direct Doctors Plus® at 702-388-4888.
To learn more about Children’s Medical Center, visit summerlinhospital.com/justforkids.
Dealing with an unexpected medical problem can be tough. You don’t want to overreact, but you don’t want to take any chances, either. Jeff Davidson, MD, Medical Director of Emergency Services at Valley Hospital, provides some guidance on when to go to the ER.

Q: Is it necessary?
An important question to ask yourself is whether emergency care is necessary. If you don’t go, could this endanger a person’s life or seriously harm the person’s health? If the answer is yes, then you should seek emergency care right away.

Q: How do you know if a problem is serious?
There are certain problems that definitely constitute “emergencies,” such as: possible heart attack or stroke, sudden or extreme difficulty breathing, bleeding that will not stop, deep cuts, sudden and severe headache or abdominal pain, seizures, major burns, suspected poisoning and possible broken bones.

Q: What are the signs of a possible heart attack?
Some of the most common symptoms of a possible heart attack for both men and women are: chest pain or discomfort, upper body discomfort and shortness of breath. You can find more information about both heart attacks and strokes on the American Heart Association website. Call 9-1-1 immediately if you think you might be having a possible heart attack or stroke.

Q: What if you have a minor medical problem but don’t want to wait for care?
If you’re choosing the ER for convenience, keep in mind that treatment in the emergency department can cost more than the same care in your doctor’s office.* You can call your doctor if you are unsure what to do.

**ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1. Some insurance plans may not cover an ER visit if it is deemed urgent care or may apply different copay. Please check your covered benefits with your insurance provider for details. ER Wait Time is an average provided for informational purposes only. Standard text message and data rates apply.

Visit erjustgoteasier.com for online access to ER wait times and ER Reserve**, which lets you request an appointment in the Emergency Department up to 12 hours in advance for non-threatening illnesses and injuries.
Calendar of events

Due to orientation for our Henderson Hospital employees, we will have limited classes this fall because the conference room spaces are booked. But don’t worry – we have planned many fun and educational community events, listed below, to keep you busy and help you stay healthy. We hope you can join us!

25th Annual Health & Diabetes Fest
Saturday, October 1
New location – Boulevard Mall
3528 South Maryland Parkway
Las Vegas, NV 89169
Noon to 3 p.m.

It’s Desert Springs Hospital’s 25th year hosting the Health & Diabetes Fest! To make the celebration grander, we are changing the venue to the Boulevard Mall, where we will have dozens of vendors/community partners who will offer information, giveaways and health screenings such as: blood pressure checks, body mass index (BMI) checks, peripheral artery disease screening coupons and foot exams. There will be a kids corner, hands only CPR and exercise demonstrations, healthy food samples and a selfie booth to help celebrate!

Heart & Stroke Awareness
Friday, October 14
Spring Valley Hospital
10 a.m. to 1 p.m.

Are you interested in keeping your heart and brain healthy? Stop by our fall Heart & Stroke Health mini-event and talk with our cardiac and stroke educators, dietitians, and learn hands-free CPR to help save someone’s life.

Two free seminars will be offered as part of this event:
• Amandeep Dhillon, MD, neurology intensivist, on stroke from 11:30 a.m. to noon
• Nauman Jahangir, MD, CVT, on valvular heart disease from noon to 12:30 p.m.

Registration for the seminars is required, and attendance is limited! Visit springvalleyhospital.com/healthyheart to register. Seminars will be held in Conference Room B. Lunch will be included.

Community Open House
Saturday, October 22
Henderson Hospital
1050 W. Galleria Drive
Henderson, NV 89011
11 a.m. to 1 p.m.

See what makes Henderson Hospital special at this community open house. Get an inside look at our new facility before the doors officially open to patients. This event is free and open to the public. It will include guided tours through the surgery department, maternity unit and emergency department.

Holiday Health Fair, especially for adults 55+
Saturday, December 17
Valley Hospital
11 a.m. to 1 p.m.

Join us for a festival holiday health fair and get a jumpstart on a healthy new year! We’ll have dozens of vendors, several screenings, refreshments and raffle prizes.

$55 Mammogram Screenings
Weekdays in October
Call 702-369-7710 to register
Centennial Hills Hospital – physician’s order is required
Summerlin Hospital – Self-referrals accepted upon meeting criteria*

*Criteria for self-referrals include screening mammogram only; age 40+; no implants; no history of breast problems.

For more information on Valley Health System community events, visit www.valleyhealthsystemlv.com/events.
The Valley Health System
is here for you.

We are dedicated to delivering quality care to residents in the communities we serve.

1. Centennial Hills Hospital Medical Center
   6900 N. Durango Dr. at Elkhorn

2. Desert Springs Hospital Medical Center
   2075 E. Flamingo Rd. – 2 blocks west of Eastern

3. Spring Valley Hospital Medical Center
   5400 S. Rainbow Blvd. at Hacienda

4. Summerlin Hospital Medical Center
   657 N. Town Center Dr. at Banbury Cross Dr.

5. Valley Hospital Medical Center
   620 Shadow Lane at Alta

6. Henderson Hospital
   **COMING FALL 2016**
   1050 W. Galleria Dr.
   Henderson, NV 89011

Follow our hospitals on Facebook
@valleyhealthLV

HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

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