

SENIOR  Advantage from the

# valley health SYSTEM

SUMMER 2018

## *Helpful tips* FOR YOUR ORTHOPEDIC SURGERY

.....  
WARREN WOLFE SHARES  
THE KEY TO HIS RECOVERY

### INSIDE:

Find specialized care for  
hard-to-heal wounds

Join us for upcoming  
seminars, the Diabetes  
Fest and more!

Compliments of

The Valley  Health System®

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



Our bodies are amazing machines, and just like our well-used vehicles and appliances, they need repairs from time to time.

Our knees, hips, spines, shoulders, elbows, feet and ankles are often taken for granted until something wears down or breaks. Sometimes orthopedic surgery is an emergency, and other times, it's your choice to have a knee or hip replacement, spine surgery or rotator cuff repair.

If orthopedic surgery is in your future, this edition will prove invaluable. First, we introduce you to Warren Wolfe, who underwent successful spine surgery, followed by inpatient rehabilitation at Valley Hospital. We also brought together orthopedic surgeons, nurses and physical therapists to provide helpful tips. We highly encourage anyone considering joint surgery to attend one of our Joint Camps (see page 4 for details). To enhance your recovery, we offer outpatient physical therapy at Centennial Hills, Desert View, Spring Valley and Summerlin hospitals.

In this edition, we also discuss the importance of wound care. Pahrump resident Phil Schultz received effective outpatient treatment at Desert View Hospital after visiting facilities in other states. Left untreated, a wound can morph into a more serious medical situation, so be sure to ask your physician for a referral to one of our wound care centers. Our goal is to always make the hospitals of The Valley Health System your number one choice.

Sending best wishes for your continued good health.

Karla J. Perez  
Regional Vice President



## Have you heard about the new *blood pressure guidelines?*

The American Heart Association and the American College of Cardiology lowered the threshold for high blood pressure (hypertension) last November, generally defining it as 130/80 mm Hg or higher. This means that more Americans are now considered hypertensive. The new guidelines emphasize earlier treatment to help prevent related health problems such as possible stroke, heart disease and others.

The National Institute on Aging says “there are important considerations for older adults in deciding whether to start treatment for high blood pressure, including other health conditions and overall fitness.” Be sure to talk with your doctor about managing your risk.

**For help finding a doctor, call 702-388-4888.**



# Giving his chronic foot wound **THE BOOT**

Especially for people with diabetes, wounds can be difficult to heal. This was the case for Phil Schultz, who injured the bottom of his foot while traveling and developed a sore that persisted for months.

He didn't notice right away when the injury occurred because he had lost some feeling in his feet due to diabetic nerve damage. As soon as he saw that his foot was punctured, he knew he needed to see a doctor. "I went right to the podiatrist," he says.

The doctor advised Schultz about the signs of infection, which can be very serious and even lead to possible amputation in some cases. In the following months, the wound would get a little better, then open up again. Schultz saw multiple doctors and tried different treatments, but nothing worked. "I couldn't seem to get rid of it," he says. Along with the discomfort, he became depressed. "I used to walk and ride my bike a lot," he says. But he worried this might make the problem worse, so he stopped exercising.

He realized he needed specialized care, and began treatment with the wound care team at Desert View Hospital, near his home in Pahrump. He saw the staff there three times a week and followed a regimented, individualized plan, which included wearing a protective boot to help with healing. With dedicated care, the wound closed up, and for the first time in many months Schultz felt relieved. "I was thrilled," he says.

After suffering with his wound for a long time, Schultz found the healing and peace of mind he needed right in his community. Going to Desert View "was the difference," he says. ■

Specialized wound care through The Valley Health System helps support healing for diabetic ulcers, pressure sores, surgical incisions and other persistent wounds.

## **Desert View Hospital**

775-751-7505

Pahrump

## **Centennial Hills Hospital**

702-835-9777

Northwest Las Vegas

## **Desert Springs Hospital**

702-369-7571

Southeast Las Vegas

## **Henderson Hospital (NEW!)**

702-963-7350

W. Galleria/Gibson

## **Spring Valley Hospital**

702-853-3853

Southwest Las Vegas

## **Summerlin Hospital**

702-233-7979

Western Las Vegas

## **Valley Hospital**

702-671-8660

Las Vegas Medical District

From left are Wendy Hirschi, James Boone, Phil Schultz and Maria Van House.



# Tips *for a successful* orthopedic surgery

**T**he Valley Health System is committed to keeping you on your feet with advanced care for your bones, joints and more. Here, we've gathered tips from surgeons, nurses and physical therapists for you to use before and after surgery. Please note that all suggestions may not apply to all patients. Talk with your surgeon about what's best for you.

Visit [valleyhealthsystemlv.com/orthotips](http://valleyhealthsystemlv.com/orthotips) for an extended version of this article with more tips.

## JOIN US FOR JOINT CAMP!

Attending a Joint Camp session can help you get ready for orthopedic surgery. For information about classes and locations, visit [valleyhealthsystemlv.com/jointcamp](http://valleyhealthsystemlv.com/jointcamp).

## OUTPATIENT PHYSICAL THERAPY CENTERS

**Centennial Hills Hospital campus • 702-835-9898**

6850 N. Durango Drive, Suite 201, 89149

**Desert View Hospital • Off-site • 775-413-6905**

1500 E. Highway 372, Suite F, Pahrump, 89048

**Spring Valley Hospital campus • 702-853-3950**

5380 S. Rainbow Blvd, Suite 100, 89118

**Summerlin Hospital campus • 702-233-7470**

653 N. Town Center Drive, Suite 117, 89144

## Before surgery

*"As it involves spinal procedures/surgeries, I always recommend a second opinion evaluation."*

Thomas Dunn, MD - Back, Neck, Spine Surgeon - Las Vegas

*"Ask your physician if he/she thinks you may benefit from attending physical therapy before surgery."*

Christine Derhake, PT, DPT, OCS, FAAOMPT, ATC - Outpatient Physical Therapist - Summerlin Hospital

*"Attend the Joint Camp class for elective orthopedic surgery to learn what to expect and how to prepare for success."*

Jessie Lee, PT, DPT, PES - Acute/Inpatient Physical Therapist - Summerlin Hospital

## After surgery

*"Your nurse/nursing assistant will have you at the edge of the bed or in a chair within four hours of returning from surgery. Early mobilization is key to recovery."*

Joleen Solem, RN

*"Work with your physical therapist (PT) for early mobility beginning post-surgery day one to promote recovery."*

Jessie Lee, PT, DPT, PES

*"Every surgery has different recovery times. Speak with your PT and physician regarding expectations for the time of recovery needed after your surgery."*

Christine Derhake, PT, DPT, OCS, FAAOMPT, ATC

**“Exercising up to the day before your surgery helps to improve your strength, range of motion and endurance.”**

Nicole Grimaldo, MBA, BSN,  
RN - Nurse Navigator - Spring  
Valley Hospital

**“Choose a care partner who can be available during your hospital stay and help when you return home. Ideally, they will stay with you 24 hours a day, and are physically capable and willing to help you with activities like toileting, bathing and dressing.”**

Lisa Nichols, PT - Director of Therapy  
Services - Desert Springs Hospital

**“Talk with your surgeon about the recovery time before you can return to specific tasks or activities (e.g., driving) so you can make any necessary arrangements.”**

James Horrocks, PT - Manager  
of Outpatient Therapy Services -  
Spring Valley Hospital

**“Think about how you will care for yourself (dressing, bathing, stairs) after surgery, and obtain appropriate equipment beforehand so you can work with it and make sure you are safe.”**

Shelley Louthan, OTR/L - Director  
of Rehab & Therapy Services -  
Henderson Hospital

### **Before and after surgery**

Eat a heart-healthy, high-protein diet and stay hydrated to help the healing process.\* Having a realistic expectation of what your pain goal is will actually help decrease your pain.”

Joleen Solem, RN - Program Coordinator - Summerlin Hospital

**“Be prepared and dedicated to your physical therapy.”**

Michael Bradford, MD - Hip/  
Knee/Joint Replacement Surgeon -  
Henderson & Northwest Las Vegas

**“Move, move, move! Orthopedic and spine procedures are performed to restore function and get rid of pain. Moving helps prevent complications and improve outcomes.”**

Kevin Debiparshad, MD -  
Orthopedic/Spine Surgeon -  
Las Vegas, Henderson & Laughlin

**“... Choose static, non-rocking seating with armrests, a high and supportive back and firm seat cushion where the seat height is taller than your knee level.”**

Lisa Nichols, PT

**“Early rehab/therapy after orthopedic surgeries can improve your function and prevent residual pain.”**

Devin Meade, PT, DPT, MTC, CSCS  
- Outpatient Physical Therapist -  
Centennial Hills Hospital



Warren with his wife Olga (right) and stepdaughter Christina Gutierrez. Warren is a volunteer in Christina's elementary school classroom!

### ***Bouncing back from spinal surgery***

Warren Wolfe was working in his yard one day when an underlying problem with his back suddenly “got really bad.” He tried pain management, but it didn’t provide the help he expected. On May 9, 2018, he had spinal fusion surgery at Valley Hospital with orthopedic surgeon Daniel Lee, MD.

After 48 hours of flat bed rest, his recovery “took off,” he says. He was transferred to Valley Hospital’s inpatient rehab, where the staff made him feel like a “VIP.” His therapists got him up performing everyday activities and even had him practice cooking an egg to prepare for his return home. “I went from being on my back to walking around the whole hospital the last day with a walker.”

Soon after, he was walking unassisted at home under the supervision of his physical therapist and continuing to advance. “Without the rehab, I wouldn’t be where I am today,” he says. ■

\*Check with your doctor before making dietary changes.



# SENIOR Advantage

## APPLICATION FORM

### **\$5 ENROLLMENT SPECIAL AVAILABLE NOW!**

**Enroll today through October 31, 2018, and  
SAVE 50%\* on the lifetime membership fee.**

*Membership is open to all adults ages 55 and better. This is not an insurance plan of any type. Your information will be kept confidential. Questions? Call 702-853-3008.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Apt. # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (including area code) \_\_\_\_\_

Date of birth \_\_\_\_\_

Email address \_\_\_\_\_

**To join, complete this application and send it to the address below with a check or money order for \$5\*, made payable to Senior Advantage.**

**Senior Advantage  
Centennial Hills Hospital Outreach Office  
6900 N. Durango Drive, Las Vegas, NV 89149**

\*Original enrollment fee \$10. Offer expires October 31, 2018.



## **LIVING WELL. FEELING WELL. STAYING WELL.**

Senior Advantage offers free and discounted services to help enhance the health and well-being of adults ages 55 and older.

### **Members are entitled to:**

- Health News/Senior Advantage magazines
- Special events, such as seminars, health fairs and members-only luncheons
- Discount club (in partnership with local businesses)
- Prescription discounts
- Wellness classes

### **Exclusive member benefits**

The Valley Health System may waive your deductible for inpatient hospitalization if you are a member of Senior Advantage and are covered by Medicare Insurance Part A. Some restrictions may apply; please contact the Senior Advantage message line at **702-853-3008** if you have questions.



## **CONNECT WITH US!**

**Centennial Hills Hospital Medical Center**  
6900 N. Durango Dr., Las Vegas, NV 89149  
centennialhillshospital.com

**Desert Springs Hospital Medical Center**  
2075 E. Flamingo Road, Las Vegas, NV 89119  
desertspringshospital.com

**Henderson Hospital**  
1050 W. Galleria Dr., Henderson, NV 89011  
hendersonhospital.com

**Spring Valley Hospital Medical Center**  
5400 S. Rainbow Blvd., Las Vegas, NV 89118  
springvalleyhospital.com

**Summerlin Hospital Medical Center**  
657 N. Town Center Dr., Las Vegas, NV 89144  
summerlinhospital.com

**Valley Hospital Medical Center**  
620 Shadow Lane, Las Vegas, NV 89106  
valleyhospital.net

**Direct Doctors Plus®**  
Physician referral line • 702-388-4888

**REGISTRATION REQUIRED:**

Call 702-388-4888 or visit  
[valleyhealthsystemlv.com/saevents](http://valleyhealthsystemlv.com/saevents).

# Calendar of events

Seminars begin at 11:30 a.m. and include lunch unless otherwise noted

## Centennial Hills Hospital

Friday, September 21  
COPD

Friday, October 5  
Infection Prevention

**AARP Smart Driver™ Courses\***  
Tuesdays, October 9, December 11  
9 a.m. to 1 p.m.

## Desert Springs Hospital

Tuesday, September 11  
Stop the Bleed – Help Save Lives

### Diabetes Fest

Saturday, October 13, at  
Desert Springs Hospital  
9 a.m. to Noon

Free health screenings,  
health and wellness vendors,  
refreshments and giveaways

Tuesday, October 23  
Hernia: Causes, Symptoms  
and Treatment

Tuesday, November 13  
Colonoscopy Screening and Bowel  
Incontinence

**AARP Smart Driver™ Courses\***  
Tuesdays, September 18,  
October 16, November 20  
1 to 5 p.m.

**\*AARP class fees:** \$15 for AARP  
members, \$20 for non-members  
(paid directly to AARP).  
Light refreshments served.

## Desert View Hospital – Pahrump

**Free Balance Screenings**  
Tuesdays, October 2,  
November 6  
Call 775-413-6905 to register.

**AARP Smart Driver™ Courses\***  
Mondays, September 10,  
October 8, November 12  
Noon to 4 p.m.

## Henderson Hospital

Monday, September 10  
Medicare Changes for 2019

### Blood Drive, Community Event & Trunk or Treat

Wednesday, 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.

**AARP Smart Driver™ Courses\***  
Fridays, September 28,  
November 30  
9 a.m. to 1 p.m.

## Spring Valley Hospital

Monday, September 24  
Transcatheter Aortic Valve  
Replacement (TAVR)

Monday, October 22  
Concierge Medicine

**AARP Smart Driver™ Course\***  
Monday, October 8  
9 a.m. to 1 p.m.

## Summerlin Hospital

Tuesday, September 25  
Men's Health & Wellness

Tuesday, October 30  
Stop the Bleed – Help Save Lives!

Tuesday, November 27  
Cardiac Cath Lab Spotlight

**AARP Smart Driver™ Courses\***  
(Medical Office Building,  
Family Conference Room)  
Fridays, September 21,  
October 19, November 16  
12:45 to 5 p.m.

## Valley Hospital

Wednesday, September 19  
Finding Your Passion at Any Age

Wednesday, October 17  
Medicare Changes for 2019

**AARP Smart Driver™ Course\***  
Friday, September 14  
9 a.m. to 1 p.m.

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

For information on other  
Valley Health System  
community events, visit  
[valleyhealthsystemlv.com/events](http://valleyhealthsystemlv.com/events).



**Karla J. Perez**  
Regional Vice President, The Valley Health System

**Sajit Pullarkat**  
CEO/Managing Director, Centennial Hills Hospital

**Ryan Jensen**  
CEO/Managing Director, Desert Springs Hospital

**Susan Davila**  
CEO, Desert View Hospital (Affiliate of Valley Health System)

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

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

**Alan Eaks**  
CEO/Managing Director, Spring Mountain Treatment Center/  
Spring Mountain Sahara (Affiliate of Valley Health System)

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

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

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on Facebook

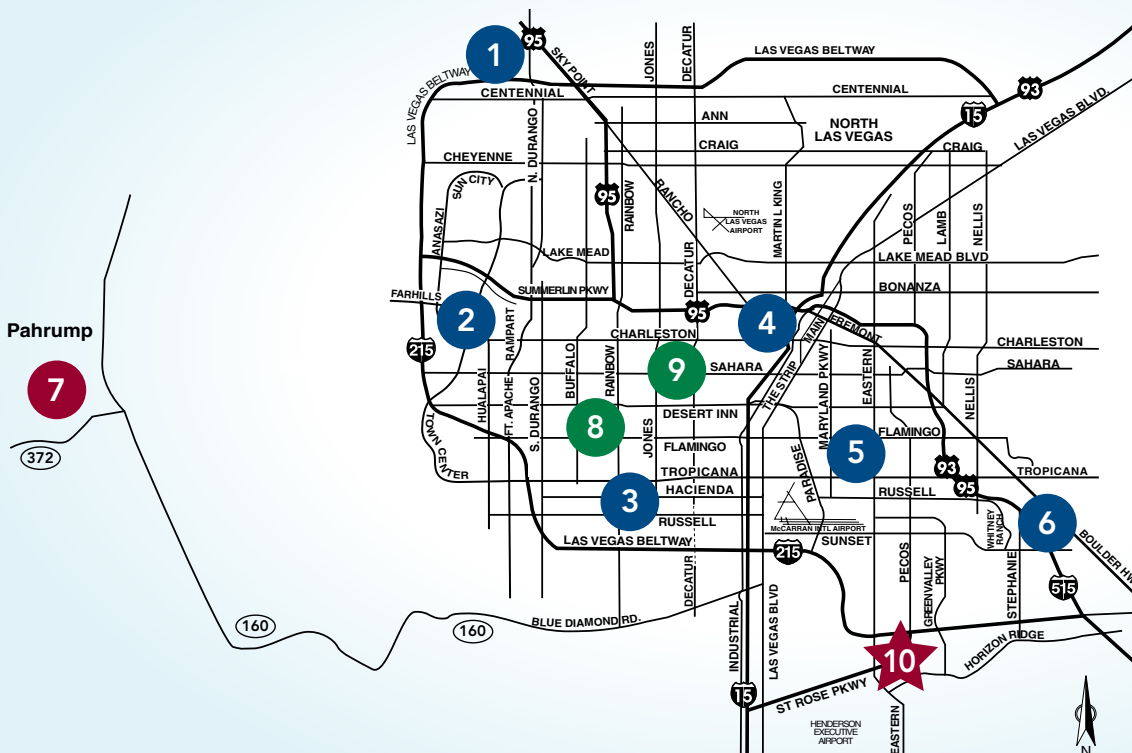


@valleyhealthLV

YouTube



## 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, NV
- 8** Spring Mountain  
Treatment Center  
7000 West Spring Mountain Rd.
- 9** Spring Mountain Sahara  
5460 West Sahara Ave.
- 10** Coming Soon!  
ER at Green Valley Ranch  
St. Rose Parkway and  
Coronado Center