

HEALTH NEWS *from the*

SPRING 2020

valley health SYSTEM

Doug Bradford tells
about the teamwork
*that saved
his life*

Also inside:

**SURVIVING A
POSSIBLE STROKE**

Another important
reason to call 911

**NEW PROSTATE
CANCER TREATMENT**

The quality-of-life
benefits it can offer

Compliments of

The Valley  *Health System®*

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

Doug Bradford, U.S. Coast
Guard Auxiliary



It's great to kick off spring – and baseball season – in Las Vegas! Here at The Valley Health System, we're proud to again be the Official Healthcare Partner of the Las Vegas Aviators, as well as the Official Health System of the Vegas Golden Knights. We hope you enjoy cheering on our local teams with us!

On the cover of this issue, we're pleased to introduce you to longtime baseball enthusiast and Navy veteran Doug Bradford. His story reminds us that medical emergencies can happen anywhere, anytime. We're so honored to have played a part in caring for him and all of the patients we serve throughout our healthcare system.

Looking ahead, we continue to build on our services, while also staying committed to providing the best possible patient experience. We're excited about the construction of our new patient tower at Centennial Hills Hospital to meet the growing needs of the community. We're also very proud of the great honor Henderson Hospital received recently with the Top General Hospital award from The Leapfrog Group.

As we gear up for summer, please know that we're here to support you and your family if a medical need arises. Best wishes for good health and a great season ahead.

Karla J. Perez
Regional Vice President



The Official Healthcare Partner of the Las Vegas Aviators



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Facts and symptoms you should know



Henderson Hospital is AGAIN named a Leapfrog Top Hospital

For the second consecutive year, Henderson Hospital was named a Top General Hospital nationally by The Leapfrog Group. This award is widely acknowledged as one of the most competitive honors American hospitals can receive and highlights Henderson Hospital's nationally recognized achievements in patient safety and quality. The recognition was given in December 2019, following Henderson Hospital's third "A" Hospital Safety Grade, also from The Leapfrog Group.

Learn more at hendersonhospital.com/leapfrog.

What is an LVO STROKE?

All strokes are serious medical emergencies, but not all strokes are the same.



The most common type of stroke is an ischemic stroke, which occurs when there is a blockage in a vessel supplying blood to the brain. When one of the major arteries of the brain is blocked, this is considered a large vessel occlusion or LVO stroke. This type of stroke tends to be more severe, and the treatment recommended is available only at certain hospitals, says interventional radiologist Raj Agrawal, MD. He is a physician on staff at Centennial Hills, Spring Valley and Valley hospitals – which are all specially equipped to treat LVOs.

What are the symptoms?

LVO strokes can have the same symptoms outlined in the BE FAST acronym on this page, as well as certain other symptoms that EMS workers are specially trained to detect. For example, patients may display certain abnormal

eye movements, or be unable to recognize a person or an object. It's extremely important that people call 911 right away at the first signs of a possible stroke, so that emergency responders can make an assessment and provide transport to a hospital that is equipped to provide the best possible treatment.

What does treatment entail?

A procedure called a mechanical thrombectomy is strongly recommended for treating LVO strokes, says Dr. Agrawal. This involves making a small incision, usually in the groin, and threading a catheter with tiny instruments to the site of the blockage to retrieve the clot. Having access to this advanced care can support better outcomes and recoveries, with less risk of serious disabilities like paralysis, and greater return to normal functioning. ■

Henderson Hospital recently earned certification as an Advanced Primary Stroke Center. This certification is held by all six Valley Health System hospitals and recognizes centers that make exceptional efforts to foster better outcomes for stroke care.



The Joint
Commission®



American Heart
Association®
American Stroke
Association®

CERTIFICATION

Meets standards for

Primary Stroke Center

To learn more about stroke services, visit valleyhealthsystemlv.com/stroke.

Recognizing the symptoms can help save your life or someone else's life. Just **B.E. F.A.S.T.**



BALANCE: Does the person have a sudden loss of balance or coordination?



EYES: Has the person lost vision in one or both eyes or have they had sudden double vision?



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME is critical! If you see any of these signs, call 911 immediately.

Cardiac Care *with heart*

"I would not be here if it weren't for the great quality of care."

—DOUG BRADFORD



Doug Bradford was getting set for a fun evening of baseball at the Las Vegas Ballpark last June, when life threw him a curveball.

He was there to host a public affairs booth for the U.S. Coast Guard Auxiliary's 80th anniversary and had forgotten his pull-cart, so he'd hefted his heavy boxes by hand into the stadium for the celebratory Las Vegas Aviators™ game. Two gentlemen kindly stopped to help him along the way, but by the time he walked to

the ramp which led to the main gate he was breathing heavily. Leaning against the walkway wall, he felt a calmness, a coolness and peace come over him. "That's the last thing I remembered, until I woke up," he recalls.

Henderson Hospital nurse Danielle Gillespie and her boyfriend, a City of Henderson firefighter, saw him fall to the ground and jumped into action. "My boyfriend and another firefighter checked for a pulse," says Gillespie. "He didn't have one, he wasn't breathing and no heartbeat, so they began CPR while I found an automated external defibrillator (AED)."

"That's what jolted me awake," says Bradford of the electric shock that brought him back to life. He'd gone into cardiac arrest, and his heart had stopped for several minutes. Once he awoke, he was taken to Summerlin

Hospital where doctors found that three of his arteries were almost completely blocked. "Open-heart surgery was the next step," Bradford says. "I can't say enough about the care at Summerlin Hospital's ICU ... the love and the care, you could feel it."

Bradford is back to his routine today and doing well. A Navy veteran, and after a career in the communications industry in Las Vegas, he continues to give back to the community as the Public Affairs Staff Officer for the Las Vegas division of the all-volunteer U.S. Coast Guard Auxiliary. He's also a longtime supporter of local sports and the proud dad of two sons – one a professional baseball pitcher for the Seattle Mariners and the other a proud member of the U.S. Navy.

"Baseball has always been a big part of our lives," he says, remarking on his 14 years coaching his sons, and the opportunity it offered for them to be "part of something bigger than themselves." That same feeling of teamwork and unity is what he felt from the caregivers at The Valley Health System, he says.

"Every time I did my daily walk around the nurse's station, everyone smiled at me," he says. "That simple gesture of offering a smile reassured me. 'You are lucky to be alive. You can get through this,' and it made me want to do better. That, and the fact my son emphatically said to me, 'God's not done with you yet.'"

"When I look back over what I've gone through, and the support I received, I would not be here if it weren't for the great quality of care from everyone at Summerlin Hospital." ■

“Cardiac rehab definitely gave me the support at a time when I needed it.”

—MEG LEIGHTON

Overcoming certain cardiac challenges can require an extra helping hand. That was the case for Meg Leighton, who found it in the cardiac rehabilitation unit at Desert Springs Hospital.

“I did not have a heart attack, but I had a history of high cholesterol and had not been feeling 100 percent, so my PCP sent me to Dr. Sanjay Malhotra, now my favorite cardiologist, for some tests,” she says. “It turned out I had a significant blockage in my left anterior descending artery (LAD) and had to have a stent put in” to help open the artery and improve blood flow.

To bolster her heart health and confidence after her procedure, Leighton completed 36 sessions of cardiac rehab over a four-month period, where she participated in activities including stretching, walking on the treadmill, limited weight lifting, and using an arm bike, recumbent stair stepper and elliptical.

“Cardiac rehab helped me understand how to gauge how much activity was appropriate and how to increase the activity at a rate that worked for me and my heart,” she says. “The staff was amazing to work with. It was also comforting to know they were watching the monitor while I was there and would be checking my vitals throughout each session.”

“The fact that they were expecting me and I’d made a commitment to be there helped hold me accountable and motivate me to continue to show up,” she adds. Also, it was helpful to meet other people going through similar issues and share stories with them.

It has been more than two years since her procedure, and she continues to pay close attention to her heart health and keeps in touch with her team from Desert Springs Hospital. “I highly recommend it for anyone who has had a procedure and is at all concerned about becoming more active again,” she says of cardiac rehab. “Again, I can’t say enough good things about the staff!” ■



Meg Leighton with her husband, George.

Cardiac services

All six Valley Health System hospitals offer **comprehensive cardiac services**; the following four locations offer open-heart surgery:

- Desert Springs Hospital
- Spring Valley Hospital
- Summerlin Hospital
- Valley Hospital

Learn more:

valleyhealthsystemlv.com/heart

Outpatient cardiac rehabilitation is available at Desert Springs and Summerlin hospitals. A physician order is required. For more information, call or visit:

Desert Springs Hospital

702-902-1700

desertspringshospital.com/cardiarehab

Summerlin Hospital

702-233-7470

summerlinhospital.com/cardiarehab

Managing diabetes the modern way

A doctor shares his insights

Article submitted courtesy of Samim Enayat, MD, of Enayat Endocrinology & Metabolism



Samim Enayat, MD

Checking blood sugars multiple times a day is a burden with which many patients with diabetes and their loved ones struggle. Fortunately, the growth in diabetes technologies has transformed lives, helping ease the physical and emotional stress often associated with the disease.

Continuous glucose monitors, or CGMs, have made living with diabetes not only more convenient, but also safer. These small devices are worn for 1-2 weeks at a time and check blood sugars continuously without the need to prick fingers and draw blood. Connected wirelessly to a remote device or smartphone, CGMs transmit data in real time, enabling one to simply glance down at his or her phone or smartwatch to view blood sugar levels. One of the best features of CGMs is the ability to share the data. The CGM user can decide to share their blood sugar data with a parent, significant other or physician at any time.

The ability of a parent to monitor a diabetic child's blood sugars in real time while that child is at school, playing sports or asleep provides an added sense of security for many families. I have patients who might be on vacation across the country and call my office to ask about their blood sugars. With CGMs, I can download their data at that moment and make the appropriate adjustments.

With rapidly advancing diabetes technology, it can be challenging for patients, loved ones and clinicians to keep track of what is available. However, it is essential for all involved to be aware of new devices that are designed to improve quality of life, convenience and blood sugar control. ■

For an extended version of this story, visit valleyhealthsystemlv.com/manage.



Did you know ...

Specialty diabetes care is provided at Desert Springs Hospital to help you stay healthy and on track with your wellness goals.

Desert Springs Hospital's Diabetes Treatment Center was the nation's first inpatient diabetes program to earn The Joint Commission's Certificate of Distinction for Advanced Inpatient Diabetes Care. Also, the outpatient diabetes program is recognized by the American Diabetes Association® and accredited by the American Association of Diabetes Educators. Services include the evaluation, treatment and ongoing education for adults with Type 1 or Type 2 diabetes. The interdisciplinary team, which includes certified diabetes educators and nurses, works closely with your primary care physician and offers comprehensive classes, individual appointments and free and discounted services to help you lead a longer, healthier life.

For more information, contact the Diabetes Treatment Center at 702-369-7560.

For a physician referral, visit valleyhealthsystemlv.com/help or call 702-388-4888.

IS GOUT *causing your pain?*



Gout is a painful condition that can be difficult to diagnose. Sometimes referred to

as “the disease of kings,” gout affects millions of Americans, including both men and women – although it is more prevalent among men.* Here, family medicine physician **Micheal McGrew, DO**, of Las Vegas Medical Group in Summerlin, discusses the condition, including symptoms, treatment options and more.



Q. What is gout?

Gout is a common, painful type of arthritis. It is the result of an accumulation of uric acid in the blood due to poor metabolism and diet. Uric acid forms sharp, needle-like crystals that accumulate in the joints, causing pain and swelling. It can also form painful stones in the kidneys. Gout most commonly occurs in men over the age of 30 and women over the age of 50. Men, post-menopausal women, people who are overweight and those over the age of 80 are at an increased risk.

Q. What parts of the body can gout affect?

Gout tends to affect one joint at a time, most commonly the big toe. It can also affect the elbows, wrists, fingers, knees and heels. Gout flares tend to happen more often at night and can be extremely painful. The pain is worse at the onset of gout and can last a few days to several weeks. Flares will continue to occur if nothing is done to stop the accumulation of uric acid.

Q. How is gout treated?

If you think you might have gout, make an appointment with your family physician. A basic lab test can determine the diagnosis and guide your treatment. As soon as you feel a gouty flare, a non-steroidal anti-inflammatory drug (NSAID) such as ibuprofen can offer relief (NSAIDs are not safe for individuals with kidney or liver disease or GI bleed). Other treatment options are available through your family physician. Please consult your physician before starting any treatment.

Q. Can gout be prevented?

Gout may be prevented through a safe weight-loss program discussed with your physician. A diet balanced in vegetables and whole grains and low in fat can also help. Drinking plenty of water to avoid dehydration is also important to avoid gout and gout flares. Limit or avoid alcohol and sugary drinks. If you have gout, you are likely to have other health-related issues. Make an appointment with your family physician so you can work together to help you get back on track to a healthy and happy lifestyle. ■

*Arthritis Foundation®

For help finding a family medicine physician, visit valleyhealthsystemlv.com/help or call 702-388-4888.



Summerlin Hospital offers new treatment for **PROSTATE CANCER**

SUMMERLIN HOSPITAL NOW OFFERS HIGH-INTENSITY FOCUSED ULTRASOUND (HIFU) TECHNOLOGY FOR PROSTATE CANCER PATIENTS, AND IS THE FIRST HOSPITAL IN NEVADA TO PROVIDE THIS TREATMENT FOR INDIVIDUALS WITH PROSTATE CANCER.



Sheldon Freedman, MD, FACS - Sheldon J. Freedman, Ltd.

Physicians Sheldon Freedman, MD, and Michael Verni, MD, have been providing HIFU in the Las Vegas area and participated in a five-year study on HIFU treatment even before its FDA clearance in 2015. The two now work with Summerlin Hospital to provide this quality prostate cancer treatment in a hospital setting.

"Prostate cancer, like any other cancer, is a life-changing diagnosis," said Dr. Verni. "To be able to provide curative treatment without radically altering [the] patient's and his family's quality of life is a very gratifying and game-changing experience."



Michael Verni, MD, FACS - Urology Center of Las Vegas

"About one of every nine men are diagnosed with prostate cancer, and it's the second-leading cause of cancer death in American men*," said Rob Freymuller, CEO and Managing Director of Summerlin Hospital. "Because cancer impacts so many southern Nevada residents, it's one of the most important service lines we provide, and it's vital that we have the medical expertise, technology, equipment, employee training and patient and family education to help our patients through a prostate cancer diagnosis, especially since it has a high survival rate when diagnosed and treated early." ■

*American Cancer Society®

What is HIFU?

HIFU is a minimally invasive procedure that offers reduced side effects compared to traditional cancer treatments to help patients maintain quality of life after treatment. The process eradicates prostate cancer with the precision focusing of soundwaves to a targeted spot. Using the heat created from the interaction between soundwaves and cancerous tissue, HIFU destroys the cancer cells. HIFU is a one-time outpatient procedure, and there is no radiation involved.

To learn more about cancer treatment options at Summerlin Hospital, visit summerlinhospital.com/cancercenter.

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 surgery is right for you.

Emergency tips and services

We've got you covered

OUR 24/7 EMERGENCY SERVICES IN AND AROUND LAS VEGAS INCLUDE:

- Seven hospital emergency departments at Centennial Hills, Desert Springs, Henderson, Spring Valley, Summerlin and Valley hospitals, and Desert View Hospital in Pahrump.
- Two freestanding emergency departments, including ER at Green Valley Ranch, an extension of Henderson Hospital, and ER at Blue Diamond, an extension of Spring Valley Hospital.
- Specialty care for kids at the Pediatric Emergency Department at the Children's Medical Center at Summerlin Hospital.

THE HEAT IS ON

Especially as temperatures rise, be aware of these potential health hazards:

- Heat-related illnesses and dehydration
- Food poisoning
- Swimming injuries and drowning
- Stings and bug bites



DID YOU KNOW...

The majority of scorpion stings cause local pain with minimal to no inflammation. However, approximately 10 to 30% of patients who are stung by scorpions can have a life-threatening reaction.* This is especially true in children less than 10 years of age, so they should get immediate medical care if they are stung by a scorpion, says Robert Wilkinson, DO, Medical Director of the Pediatric Emergency Department at the Children's Medical Center at Summerlin Hospital.

*UpToDate

TRAVEL TIPS

If you're planning to travel this summer, having certain medical information handy can make a difference in a medical emergency. Carolyn Hafen, RN, Emergency Room Director for Spring Valley Hospital, advises keeping the following information in a safe yet easily accessible place to bring to the ER:

- List of medications and the dosage you're currently taking, as well as information about any allergies to medication
- Names of your primary care physician and/or specialists with phone numbers (include area code with all phone numbers)
- Phone numbers for your local pharmacy and relatives/family friends who may be contacted
- Copy of your living will or advance directive if you have one
- Driver's license (or copy)
- Proof of insurance and an insurance contact phone number ■

Visit us at valleyhealthsystemlv.com/ed to learn more about our services, including current ER wait times and ER Reserve for non-life-threatening illnesses and injuries. In an emergency call 911 immediately.



Keeping in touch

The Valley Health System now offers a free app for smartphones. By downloading the Valley Health System app, users can quickly access information about all our hospitals, freestanding emergency departments and physician offices, along with a listing of services.

Desert View Hospital offers a monthly e-newsletter to share the latest news and health tips. To sign up for this, visit the hospital's homepage at desertviewhospital.com.



Award-winning care

Henderson Hospital recently received accreditation from The Joint Commission as a Primary Stroke Center and for its Total Hip and Total Knee Replacement program. The hospital also earned the 2020 Women's Choice Award® as one of America's best hospitals for patient safety.



Spring Valley Hospital has been reaccruited by The Joint Commission for its Total Hip and Total Knee Replacement program.

CONSTRUCTION UPDATES

Valley Hospital is adding a 20-bed observation unit for patients who need additional evaluation for a specific medical condition or diagnosis before they are either discharged or admitted to the hospital. This new unit is expected to open in June 2020.

Work continues on the five-story patient tower expansion at **Centennial Hills Hospital**. The tower is expected to be completed by early 2021, with the rest of the internal renovations completed by mid-2021. This addition will provide increased capacity in the Neonatal Intensive Care Unit, Intensive Care Unit and Intermediate Unit. The project will also expand key departments, including the inpatient pharmacy and the Post-Anesthesia Care Unit. Additionally, the shell for four additional operating rooms is being built, so the infrastructure will be in place for future expansion.



Expanding physician graduate medical education

Eight physicians will begin their Emergency Medicine residency in July. The three-year program will feature training in five emergency departments, along with a rural rotation at **Desert View Hospital** in Pahrump.

The Valley Health System also offers graduate medical education (GME) programs in Family Medicine and General Surgery.

For the latest news on The Valley Health System, visit valleyhealthsystemlv.com/news.

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

When Your Brain Needs the ER
Friday, May 15

AARP Smart Driver™ Courses*
Tuesdays: April 14, June 9
9 a.m. to 1 p.m.

Desert Springs Hospital

**The Future is Now with
Robotic Spine Surgery**
Tuesday, May 5

AARP Smart Driver™ Courses*
Tuesdays: April 21, May 19, June 16
1 to 5 p.m.

Desert View Hospital

Free Balance Screenings
First Tuesday of the month
Register at 775-413-6905

Henderson Hospital

**Stroke: Targeting Our
Aging Population**
Monday, May 11

AARP Smart Driver™ Courses*
Fridays: May 22, July 24
9 a.m. to 1 p.m.

Spring Valley Hospital

**Large Vessel Occlusion in
Acute Stroke**
Friday, May 15

AARP Smart Driver™ Courses*
Thursdays: April 9, June 11
8:45 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.

Summerlin Hospital

Do You Suffer From Heartburn?
Tuesday, May 12

AARP Smart Driver™ Courses*
Fridays: April 17, May 15, June 19
1 to 5 p.m.

Valley Hospital

Stroke Simulation

Thursday, May 21
10 a.m. to 12 p.m.
Main Lobby

A stroke can impair your vision, speech, manual dexterity, balance and coordination. At this event, you'll move through stations that simulate these impairments. This will increase your awareness of possible stroke symptoms and reinforce the importance of practicing good stroke prevention health habits.

AARP Smart Driver™ Course*
Friday, June 26
9 a.m. to 1 p.m.

**Cost: \$15 for AARP members;
\$20 for non-members. Lunch not
included. Refreshments served.*

*Price increase beginning with all
July classes: \$20 for AARP members;
\$25 for non-members.*

New Member Mixer

Tuesday, April 7, 11:30 a.m.
Henderson Hospital

Anthem and Tuscany Rooms

New to the Senior Advantage program after September 2019? If so, we would love to familiarize you with the program, the hospitals of The Valley Health System, and introduce you to our program coordinators. Feel free to bring a potential new member (age 55+). RSVP required at **702.835.9779**.

Senior Summer Series

All events begin at 11:30 a.m.

June: AARP's Smart DriverTEK class

This workshop is designed to help senior drivers learn about the safety technology they are likely to find in their new cars. Registration is required and is open to all seniors 55 and older, but limited to ONE of the following locations:

Friday, June 19
Spring Valley Hospital

Thursday, June 25
Centennial Hills Hospital

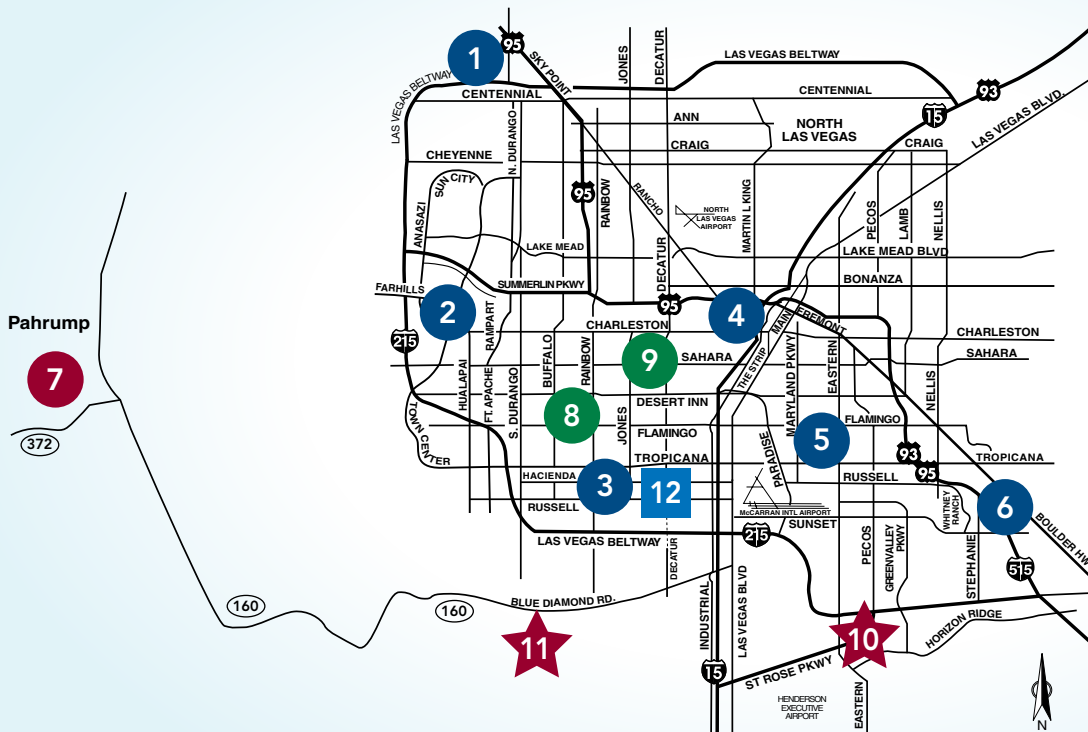
July: Buffets abound in our town ...
but is it possible to have fun and eat healthy? Absolutely, and we'll show you how while you enjoy a great lunch out with friends.

Members are limited to one buffet.

Tuesday, July 14
Suncoast's St. Tropez Buffet
9090 Alta Drive, 89145 or

Thursday, July 30
Sam's Town Firelight Buffet
5111 Boulder Hwy., 89122

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**
(an extension of Spring Valley Hospital)
9217 S. Cimarron Rd. at Blue Diamond
- 12 Valley Health Home Care**
5010 S. Decatur Blvd, Suite A

Find us on 

 @valleyhealthLV

 YouTube

HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

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