

HEALTH NEWS *from the*

FALL/WINTER 2018

# valley health SYSTEM

## I'm Living Proof

*Patients from  
last year's tragedy  
share their stories*

**SAVED AT SPRING  
VALLEY HOSPITAL**

Malcolm Matsuoka's  
swift heart attack care

**CENTENNIAL HILLS  
HOSPITAL'S FIRST SET  
OF TRIPLETS!**

Supporting healthy  
starts in the NICU

Rylie Goltart, here with  
her service dog "Grace,"  
tells about her recovery  
following the October 1,  
2017, shooting in Las Vegas.

*Compliments of*

**The Valley**  **Health System®**

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

# The Valley Health System®

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



I have been fortunate enough to work for The Valley Health System for more than 35 years. While many facets of healthcare have changed, the power of the human spirit has not. I've watched our team help patients overcome seemingly insurmountable obstacles, and provide quiet comfort in times of sorrow. I've also met many people who are determined not to let their circumstances define them, or allow their medical situation to alter their goals and dreams.

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This includes Rylie Goltart and Sheldon Mack, both hospitalized with critical injuries received on October 1, 2017. They have made incredible strides in their recoveries. Theirs are stories of triumph, and a testament to the power of the human spirit.

We've packed this edition with inspirational patient stories, some great information from physicians and the latest news around our hospitals. And, with hockey season in full swing, we are especially excited to be the Official Health System of the Vegas Golden Knights! The Knights made an incredible impact on our community during their inaugural season, and we're excited to be part of their extended family. If you are a hockey fan, look for us at Toshiba Plaza outside T-Mobile Arena on November 24 for Hockey Fights Cancer™ night. We will also be partnering with them on another "Vegas Born" baby campaign, so stay tuned to our social media sites (listed on the back cover) for more details.

Best wishes for good health,

Karla J. Perez  
Regional Vice President



## We're bringing high-quality ER care to you!



The Valley Health System is opening freestanding emergency departments in the Las Vegas Valley to increase access to 24/7 care in fast-growing communities, as well as provide advanced radiology and lab services.

**Opening soon** - The ER at Green Valley Ranch, an extension of Henderson Hospital, is located at 2581 St. Rose Parkway, Henderson, NV 89074.

**Coming Summer 2019** - Work has also begun on the ER at Blue Diamond, located on the northwest corner of Blue Diamond and Cimarron in southwest Las Vegas.

Stay tuned for updates by visiting us on Facebook or at [valleyhealthsystemlv.com](http://valleyhealthsystemlv.com).



# Malcolm's amazing heart attack recovery

**"WE WERE JUST FORTUNATE THAT WE ENDED UP AT SPRING VALLEY HOSPITAL."**

*—Fran and Malcolm Matsuoka*



Two weeks after the heart attack, Malcolm and Fran flew back to Honolulu to see their two grandchildren perform at their Iolani School's Dance Showcase.

*The Matsuokas were enjoying a "staycation" in Las Vegas when Fran had a strong premonition that something bad was going to happen. Because of this, they took it easy and spent time relaxing in their hotel room, rather than playing separately in the casino, which Fran says was a good thing because she was there to help Malcolm when he suddenly began to experience severe chest pain.*

First responders were in their room within minutes, and Malcolm was taken to Spring Valley Hospital, where Fran says that "everybody was just so efficient" and got Malcolm into the cath lab right away. Cardiologist Sanjay Malhotra, MD, explained that Malcolm was having a STEMI heart attack caused by a blockage in his artery, and he needed immediate treatment to open the artery and restore his blood flow. "We are committed to getting this procedure done in a super-fast fashion," says Dr. Malhotra.

Dr. Malhotra later told Fran that while Malcolm was in the procedure, his heart went into ventricular fibrillation and had to be shocked six times to get it into a regular rhythm. The issue was resolved swiftly, and Fran was thrilled to see that Malcolm was his old self when he woke up, with no negative cognitive effects. The doctors and nurses were "just fabulous," Fran says. "They took such wonderful care of him. We are so thankful to Dr. Malhotra for not giving up on Malcolm."

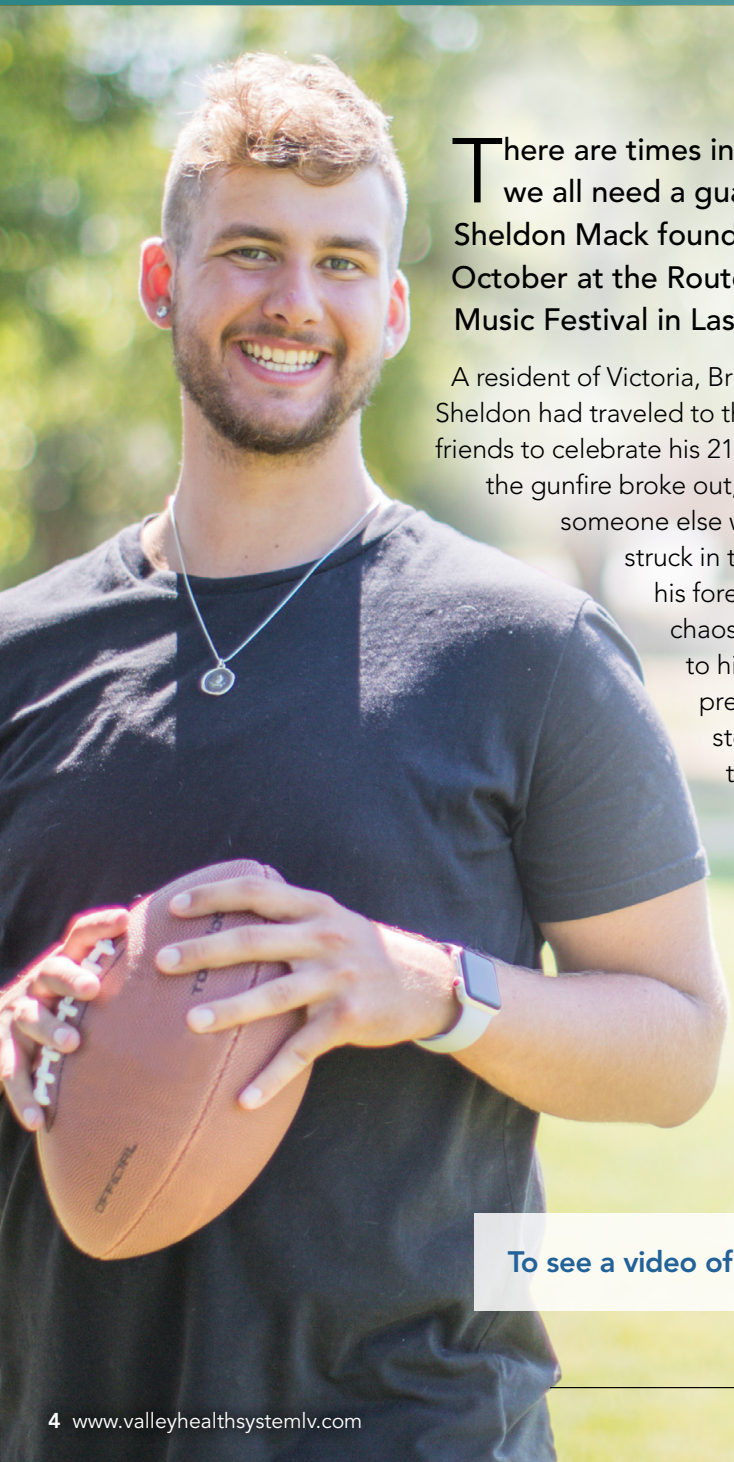
Malcolm continued his recovery with outpatient cardiac rehab at Desert Springs Hospital and is doing great. He and Fran say that his desire to see their grandchildren grow up kept him fighting. Plus, he and Fran have a bucket list to work on. Fran calls his great outcome the result of miracles, including going to Spring Valley Hospital for care. "I cannot say enough about them," says Malcolm. "We are very grateful." ■

**Spring Valley Hospital has specially trained physicians and nursing staff to treat a broad range of emergency and non-emergency heart conditions, as well as advanced diagnostic and imaging technology to test for and diagnose heart disease. To learn more, visit [springvalleyhospital.com/cardiac](http://springvalleyhospital.com/cardiac).**



# We're Living Proof ...

*... that there are great people and a great hospital in  
Las Vegas. ~ Sheldon Mack*



**T**here are times in life when we all need a guardian angel. Sheldon Mack found his last October at the Route 91 Harvest Music Festival in Las Vegas.

A resident of Victoria, British Columbia, Sheldon had traveled to the concert with friends to celebrate his 21st birthday. After the gunfire broke out, he was helping someone else when he was struck in the abdomen and his forearm. Amidst the chaos, a stranger came to his rescue, applying pressure to his stomach to contain the bleeding and staying with him until he arrived at Desert Springs Hospital, where he underwent emergency surgery to repair a ruptured colon and a broken arm.

Shortly after the shooting, during an interview with ABC World News Tonight anchor David Muir, Sheldon spoke about the unidentified man who helped him, "He wouldn't leave my side, saved my life." Shortly after that story aired, Sheldon had a chance to personally thank his hero from that night, Jimmy Grovom, of Orange County, California, who visited him at the hospital.

Sheldon's father, former CTV Vancouver Island news anchor Hudson Mack, said of his son's recovery, "The heroism of first responders and bystanders was matched only by the community support and kindness we received during this ordeal, from authorities and the people of Las Vegas to our friends at home and people we have never met."

Sheldon spent 10 days receiving specialized care at Desert Springs Hospital before he was cleared to return to Victoria to continue his recovery. "Desert Springs Hospital treated us like family," Sheldon's dad said. "Thank you to all the hospital administrators, nurses, physicians and everyone who helped save our son's life." ■

To see a video of Sheldon Mack's story, visit [valleyhealthsystemlv.com/sheldon](http://valleyhealthsystemlv.com/sheldon).



*As we mark a year since the tragedy in Las Vegas on October 1, 2017,  
we remember the lives of those lost  
and honor the fighting spirit of the many survivors.*

*... that great things happen at Valley Hospital.*

~ Rylie Goltart

**W**hen shots rang out at the concert in Las Vegas last October, then-18-year-old Rylie Goltart immediately called her dad, who was also at the concert, to tell him she was okay. Moments later, everything changed.

As the gunfire continued, Rylie was hit in the back by one of the bullets. A local off-duty firefighter came to her aid as her dad, a longtime detective with the Las Vegas Metropolitan Police Department who was helping other victims, rushed to be with her. "My heart felt broken ... I couldn't get back to her fast enough," said Richard Goltart in a news story\* about that night.

Together, Rylie's dad and the firefighter transported Rylie to Valley Hospital, where doctors performed an exploratory surgery on her abdomen to see if she was bleeding internally. She wasn't, but the bullet was fragmented in her vertebrae and had paralyzed her temporarily. Rylie underwent surgery with neurosurgeon John Anson, MD, who skillfully removed the bullet, and her family recalls that she began to regain feeling almost immediately. She then spent two weeks at Valley Hospital before heading to a rehab facility in Colorado that specialized in spinal injuries.

A former high school soccer player, Rylie has had to relearn many things, including how to walk. She has come a long way with hard work, determination and the support of her family, friends, medical team and service dog, "Grace."

While the road back has been challenging, she says she is feeling better, physically and mentally. "Thank you to all the amazing nurses, doctors and staff at Valley Hospital. I wouldn't be where I am today without their help." ■



To see a video of Rylie Goltart's story, visit [valleyhealthsystemlv.com/rylie](https://valleyhealthsystemlv.com/rylie).

\*Las Vegas Review-Journal, <https://www.reviewjournal.com/crime/shootings/las-vegas-shooting-victim-moves-forward-with-recovery/>



The Allen-Estavan triplets, Milan, Maliya and Malani.

# Specialized care for our *special arrivals*

History was made at Centennial Hills Hospital in June when the first set of triplets was born there. Weighing just over 3 pounds each, they needed the specialty services only a Level III neonatal intensive care unit (NICU) could provide.

Mothers Rickisha Allen and Leilani Estavan chose to have their babies at Centennial Hills Hospital because of its specialized NICU care. Allen says her OB-GYN Lamarr Tyler, DO, helped them with their decision and knew it would be the “best” for their baby girls.

Dr. Tyler and Allen’s maternal-fetal medicine physician, Joel Schwartz, MD, supported her throughout her pregnancy, helping her get to 32 weeks, when the triplets were born by cesarean section. The newborns spent nearly one month under the watchful eye of specialty neonatal clinicians who helped them grow and thrive so that they could go home.

“I loved my doctors and everyone in labor and delivery was so nice. I felt like we were well taken care of,” says Allen. “The NICU was amazing,” she adds, remarking on how supportive the nurses were during their babies’ stay. Today the triplets are settled in at home and are doing great. “They’re really happy babies, always smiling,” Allen says. ■

## What is a *neonatal intensive care unit*?

The Valley Health System has four hospitals with maternity services. All of the hospitals also have Level II neonatal intensive care units for infants who are moderately ill. Centennial Hills, Spring Valley and Summerlin hospitals also have Level III NICUs to treat seriously ill or premature infants. Each NICU has specially trained personnel, such as neonatologists, nurse practitioners, NICU-trained nurses, respiratory therapists, physical therapists and occupational therapists who provide comprehensive care for high-risk newborn infants including premies and those with complex and critical illness.



Rickisha Allen and Leilani Estavan with their baby girls.

NICU care within The Valley Health System is provided at Centennial Hills Hospital, Spring Valley Hospital, Summerlin Hospital, and Henderson Hospital, which recently opened an 8-bed Level II NICU. Learn more at [valleyhealthsystemlv.com/nicu](http://valleyhealthsystemlv.com/nicu).



# *Emergency team undergoes* **disaster preparedness training** *in Alabama*

Hospitals can play a vital role when disasters occur, so being ready is critical. "With our proximity to the Las Vegas Strip, McCarran Airport and UNLV, we want as many tools and resources at our disposal so we can provide quick care to a large number of emergent patients," said Ryan Jensen, CEO of Desert Springs Hospital.

To help staff prepare for potential emergencies so that they are equipped to respond effectively, five members of the hospital's emergency team attended a five-day training program at the Center for Domestic Preparedness in Alabama. Specialty training focused on mass casualty incidents and chemical, nuclear and explosive events.

"The training was specific to my profession as an ER nurse," said Brooke Backer, RN, emergency department bedside educator. "We learned everything from triage tools to putting on a hazmat suit correctly to decontaminating casualties to setting up transport. Everything we learned is vital if one of these events occurred in Las Vegas."

Days were long with classes from 7:30 a.m. to 6 p.m. "On the last day we had a mock event – Hurricane Chuck – which hit land and could potentially affect the chemical plants, rail lines and highways," said Backer. "There was also a fault line, which could lead to earthquake activities. Meanwhile, the hotels were full of evacuees, so we were expected to possibly see and treat a very large number of people. This really tied our training together to show what we learned and what to expect during an actual event."

Undergoing the training was physically demanding and intense for the emergency team, said Jensen, "but our staff's goal is to continue training others so together, we are more prepared for whatever and whoever comes through our doors." ■

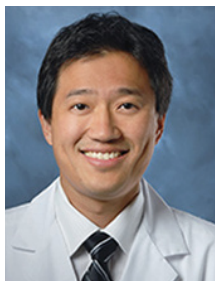
**In addition to disaster preparedness, Desert Springs Hospital continues to provide advanced care for heart attack, stroke and other life-threatening emergencies. Learn more at [desertspringshospital.com/ready](http://desertspringshospital.com/ready).**



The emergency team learned how to prepare for everything from earthquakes to chemical disasters.



# What is a **FECAL MICROBIOTA TRANSPLANT (FMT)**?



Let's get the icky part out of the way first: Yes, a fecal microbiota transplant involves exactly

what you imagine. But if you're suffering from an antibiotic-resistant gut infection or other gastrointestinal diseases like irritable bowel syndrome (IBS) or Crohn's disease, FMT may provide life-changing benefits in as little as one treatment. Here, Gastroenterologist **David Shih, MD, PhD**, of the Comprehensive Digestive Disease Center of Nevada shares what to know about FMT and its benefits.

## **Q. Why would someone need a fecal microbiota transplant?**

The digestive tract is filled with billions of helpful bacterial cells. When these cells, called the microbiome, are in balance, the digestive system runs smoothly. But when the microbiome is thrown out of balance by an infection, a course of antibiotics or an inflammatory disease like Crohn's disease or IBS, FMT can help restore a healthy colony of bacterial cells to the gut.

## **Q. Who benefits from FMT?**

Today, the ideal candidate for FMT is someone suffering from a *Clostridium difficile* (C. diff) infection that has been unresponsive to standard antibiotic therapy. Researchers are also exploring how FMT can benefit patients facing other gastrointestinal diseases like IBS or Crohn's disease. By transplanting the gut microbiome from a person with a healthy digestive tract into a patient with a compromised digestive system, the donor's gut flora reproduce and resolve hard-to-treat infections like C. diff.

## **Q. If you think you (or a loved one) could benefit from FMT, what are the next steps?**

Start by asking your primary care physician for a referral to a gastroenterologist certified by the Food and Drug Administration to perform FMT. It's also important to assess the risk factors included in FMT, so talk with your care team to determine if FMT is right for you. ■

**If you're suffering from C. diff or another chronic gut ailment, FMT treatment is available at Valley Hospital, Spring Valley Hospital and Summerlin Hospital.**

**For a referral to a gastroenterologist approved to perform FMT, visit [valleyhealthsystemlv.com/gi](http://valleyhealthsystemlv.com/gi).**





## ***Sending a warm welcome***

Claude Wise is the new CEO for **Valley Hospital**. He joins us from Summerlin Hospital, where he served as chief operating officer and in other executive positions for 11 years.



## **Adding new services**

- **Henderson Hospital** now offers an Advanced Wound Care & Hyperbaric Therapy Center and a Level II neonatal intensive care unit (NICU).
- Services at **Desert Springs Hospital** now include outpatient pulmonary rehabilitation for people with severe and/or chronic lung disease.



## **INVESTING IN NEW TECHNOLOGY**

- **Spring Valley Hospital** is the first in Nevada to offer MOSES™ laser treatment technology for urinary stones and benign prostatic hyperplasia.
- **Summerlin Hospital** now offers 3D mammography technology in its Breast Care Center. In June, it added new technology to improve the detection of certain bladder cancers.
- **Valley Hospital** added two new cardiac catheterization labs in February and will be adding a second interventional radiology lab.
- da Vinci Xi® surgical systems, allowing surgeons to perform highly-complex, yet minimally invasive surgeries, are available at **Centennial Hills, Desert Springs, Henderson, Spring Valley, Summerlin and Valley hospitals.**



## **EXPANDING TO MEET YOUR NEEDS**

- **Centennial Hills Hospital** has expanded its mother-baby patient care rooms to the third floor to accommodate the growing number of deliveries.
- **Henderson Hospital** will add another 28 private rooms this fall.
- **Spring Valley Hospital** opened the final two patient care floors of its new tower in August, adding a total of 72 private rooms for patients who are recovering from orthopedic surgery, neurological issues or other medical and surgical conditions.
- **Summerlin Hospital** opened a 36-bed patient care unit for adult oncology and medical/surgical patients in May. It also expanded the Birthplace with a new maternal triage unit, another surgical suite and renovations to the NICU.
- **Valley Hospital** opened an 18-bed patient care unit in May for medical/surgical and intermediate medical care (IMC) patients.



**For the latest news on The Valley Health System, visit [valleyhealthsystemlv.com/news](http://valleyhealthsystemlv.com/news).**



# Keeping joints healthy *into your 50s and beyond*



Oh, those aching joints. You may think that arthritis is just something you'll have to bear as

you age, but non-surgical interventions and surgical treatments can help keep you functional and pain-free into retirement and beyond. Here, **Steven Nishiyama, DO, PhD**, of Desert Orthopaedic Center shares tips for keeping hips and knees mobile.

## **Q. What is the most common knee or hip issue for adults older than 50?**

The most common hip and knee disorder in adults 50 or older is osteoarthritis. It is the most common form of arthritis, affecting more than 27 million adults in the United States alone. Osteoarthritis is a progressive loss of joint cartilage and often results in pain, deformity and stiffness.

## **Q. How is osteoarthritis treated?**

Typical treatment starts with non-surgical management including pain medicines like Tylenol® or nonsteroidal anti-inflammatories to help reduce pain and swelling in the joint. Exercise and physical therapy can help increase range of motion and flexibility and strengthen muscles, decreasing joint pain. If these interventions aren't making a significant benefit, cortisone or other injections can relieve pain and reduce inflammation, but their effectiveness varies by patient. In situations of joint deformity, braces can provide stability and pain relief. If nonoperative treatment options are unsuccessful, the next best step is to pursue hip or knee replacement.

## **Q. What can I do to keep knees and hips in good shape?**

The keys to keeping knees and hips in good health include weight reduction, regular physical activity and low impact exercise. Keeping a healthy diet and controlling blood sugar are also vital. Some evidence suggests that glucosamine and chondroitin supplements may help—talk to your doctor about what's right for you.

## **Q. What else should patients know before pursuing treatment for joint problems?**

Although I am a surgeon by calling, I stress to my patients to do everything possible to prevent surgery. Hip and knee problems often cause quality of life issues and my objective is to help you achieve your best quality of life. Although surgery is sometimes unavoidable, my focus is on treating the problem as a whole, encouraging patients to pursue lifestyle changes that can improve outcomes before and after surgery. If surgery is necessary, I do my best to make the experience as pleasant and painless as possible. ■

For more on osteoarthritis with Dr. Nishiyama, read the extended interview available on the Valley Hospital System website at [valleyhealthsystemlv.com/nishiyama](http://valleyhealthsystemlv.com/nishiyama).



# SENIOR Advantage



## REGISTRATION REQUIRED:

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

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

### Centennial Hills Hospital

#### Joint Pain

Thursday, January 17

#### AARP Smart Driver™ Course\*

Tuesday, December 11  
9 a.m. to 1 p.m.

### Desert Springs Hospital

#### AARP Smart Driver™ Courses\*

Tuesday, November 20  
Tuesday, December 18  
Tuesday, January 15  
1 to 5 p.m.

### Desert View Hospital

#### Free Balance Screenings

Tuesday, December 4  
Tuesday, January 8  
8 to 9 a.m.  
Call 775-413-4905 to make  
an appointment.

#### AARP Smart Driver™ Courses\*

Monday, December 10  
Monday, January 14  
Noon to 4 p.m.

### Henderson Hospital

#### Wound Care

Monday, January 14

#### AARP Smart Driver™ Courses\*

Friday, November 30  
Friday, January 25  
9 a.m. to 1 p.m.

### Spring Valley Hospital

#### Solving Knee and Hip Problems

Thursday, January 10

#### AARP Smart Driver™ Courses\*

Monday, December 10  
Thursday, February 14  
9 a.m. to 1 p.m.

### Summerlin Hospital

#### Insight into Cardiac Cath Lab Procedures

Tuesday, November 27

#### AARP Smart Driver™ Courses\*

Friday, November 16  
Friday, December 21  
Friday, January 18  
12:45 to 5 p.m.

### Valley Hospital

#### Joint Mobility

Tuesday, January 15

#### AARP Smart Driver™ Course\*

Friday, December 14  
9 a.m. to 1 p.m.

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

## Senior Fall HEALTH FAIR

Spring Valley Hospital  
Saturday, November 17  
11a.m. to 1p.m.

- Over 60 health and wellness vendors
- Health and wellness education
- Free health screenings (subject to change)
  - Blood pressure
  - Vision
  - Depression
  - Glucose/cholesterol checks
  - Spine
- Refreshments
- Giveaways

No RSVP required for  
this event.

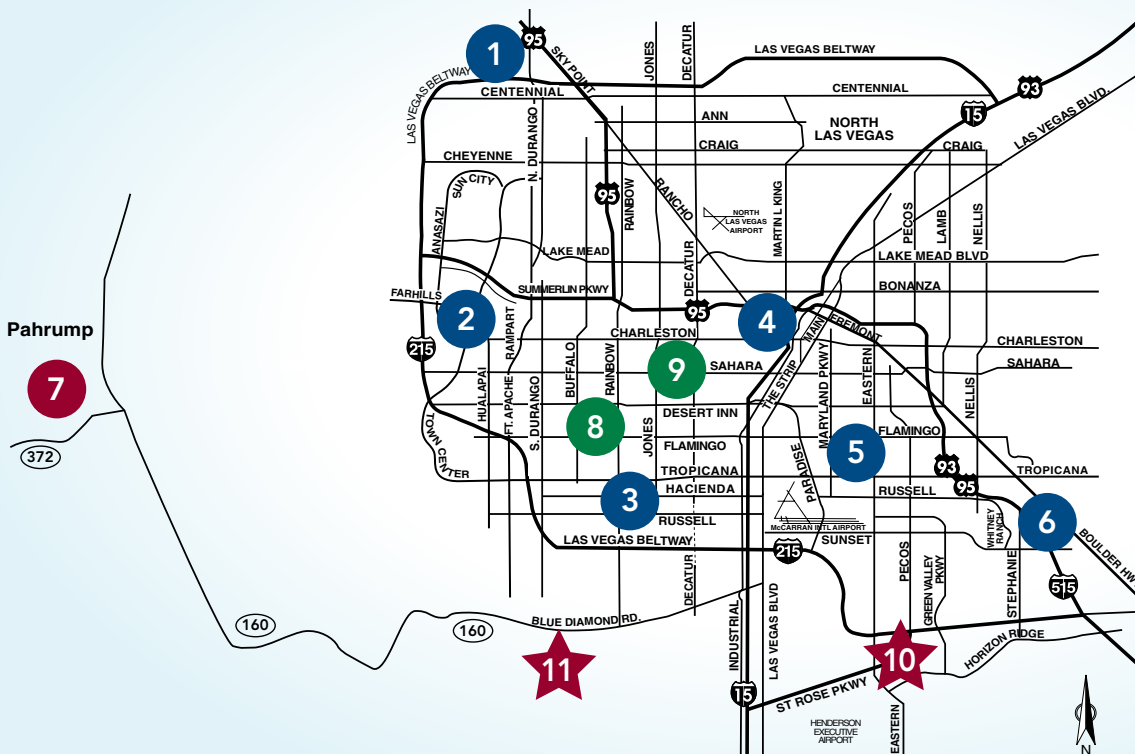
Call 702-853-3008 if you  
need a replacement card.

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





# 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 Coming Soon!**  
**ER at Green Valley Ranch**  
2581 St. Rose Parkway,  
Henderson
- 11 Coming Summer 2019!**  
**ER at Blue Diamond**



Follow our hospitals  
on Facebook



@valleyhealthLV



## HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

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