

HEALTH NEWS *from the*

SPRING 2017

# valley health SYSTEM

## I'm Living Proof

*that amazing recoveries  
happen at Desert  
Springs Hospital*

### **THE POWER OF ACUTE REHAB**

Harry and Geri Morodomi  
share their story

### **COLORECTAL CANCER CARE**

David Gardner and his doctor  
celebrate treatment success

Jeff Pelton describes how he  
survived a venomous spider bite.

*Compliments of*

The Valley  Health System®

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



Since 1979, The Valley Health System has been providing health services to residents and visitors in our community. Today, we are pleased to provide a nine-hospital integrated delivery network, with seven acute care hospitals and two behavioral health facilities throughout southern Nevada. Comprehensive services provided include acute rehabilitation, outpatient physical therapy and wound care, behavioral health for adults and seniors, and home health, along with

primary care physicians and specialists. Our goal is to help our patients receive the care they need in a comfortable, safe environment.

Enhancing the patient experience in our hospitals takes a blend of expertise, technology, compassion and education. You'll see how we do that as you read in this edition of *Health News* the stories about Jeff Pelton, whose spider bite turned almost deadly; David Gardner, who is successfully fighting colorectal cancer; Harry Morodomi, who learned to walk again after suffering a stroke; and the Gray family, who welcomed their baby boy, Adonis, in January.

Throughout the year, our readers are invited to attend the special events we host, including our May 20 Health Fair at Centennial Hills Hospital (see details on page 11). For adults 55 and better, we also offer our Senior Advantage program filled with health-related lectures and fun events. To learn more, visit our website at [www.valleyhealthsystemlv.com/senior-advantage](http://www.valleyhealthsystemlv.com/senior-advantage).

Best wishes for a happy, healthy spring!

Karla J. Perez  
Regional Vice President

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## A new look for our websites

We recently unveiled a new look for our websites, with richer content about conditions and services we treat, the support groups and classes that meet at our hospitals, and online registration for special events.

Our websites also help former patients access an online patient portal for information about past hospital visits, connect future employees with our human resource professionals, help area residents find new physicians, and offer a variety of stories about the patients and employees of The Valley Health System.

Learn more at [www.valleyhealthsystemlv.com](http://www.valleyhealthsystemlv.com).



# I'm Living Proof

*that amazing recoveries happen in the ICU at Desert Springs Hospital.*

~ Jeff Pelton, 43

**J**eff Pelton was helping a friend set up fireworks last July, when he felt something jump from his arm to his forehead. He tried to slap it off, and about a half hour later his face began to swell.

He went to a nearby ER and was prescribed antibiotics. "They said it looked like a boil," he remembers. A couple of days later, the swelling had continued. "It was huge," Jeff says. "It looked like a golf ball under my skin between my eyes." He went back to the same hospital for treatment, then another. Despite being prescribed more antibiotics, he didn't feel well. He was shaking, sweating and having trouble breathing.

In September, he caught a common cold and within three days was really sick. This time, he went to Desert Springs Hospital Medical Center. Doctors there quickly determined that Jeff had been bitten by a venomous brown recluse spider in July. A CT scan revealed that venom from the bite was going into his nose and sinuses. "They said my organs were shutting down," Jeff says. Given the severity of his condition, doctors induced a coma to give his brain a chance to rest and heal. It was uncertain if he would survive.

Jeff spent 13 days in a coma in the ICU, before waking up and spending another 10 days recovering. "They were all awesome," Jeff says of his nurses and care providers at Desert Springs Hospital. "When I needed anything, they were there."

Jeff is grateful to his family, his girlfriend who hardly left his side, and to everyone who did not give up hope for his recovery. "Without my friends, family and Desert Springs Hospital, I don't know if I would have survived," he says. ■

***"It is without question that Jeff would not be with us today without all that you did for him ... miracles happen in your ICU department because of what you do and who you are."***

~ Jeff's Family

Brown recluse spiders are between 1 and 1-1/2 inches long, with a dark brown, violin-shaped mark on their upper body and light brown legs. Their bite is venomous and can cause symptoms such as: chills, itching, general discomfort, fever, nausea, a reddish or purplish color in a circle around the bite, sweating and a large sore in the area of the bite. If you or someone you're with is bitten, call 9-1-1 or poison control.\*



\*National Institutes of Health

# Colorectal cancer treatment at SUMMERLIN HOSPITAL



Discover the robotic technology that changed David Gardner's life.

David was diagnosed with rectal cancer last June, three days after retiring from his career as a science teacher. "I was blindsided," he recalls of getting the diagnosis. When he met with Board-certified Colorectal Surgeon Roger Hsiung, MD, he was encouraged to learn that he was a candidate for minimally invasive robotic-assisted surgery.

In the past, treatment for rectal cancer often required removing cancerous parts of the anatomy and leaving the patient with a permanent colostomy bag. Robotic-assisted surgery can precisely target the cancer and allow many patients, like David, to maintain normal bowel function, explains Dr. Hsiung, who specializes in advanced surgical and minimally invasive robotic techniques.

During a robotic colorectal procedure, the surgeon sits at a console about 5 to 10 feet away from the patient. "Tiny instruments that simulate a human wrist and high-definition 3D cameras access remote surgical sites where human eyes can't see and human hands can't reach," Dr. Hsiung explains. Greater precision means less impact on surrounding areas of the body, which results in less pain. "I was amazed at how fast the recovery was," David says. "There was no pain. It didn't hurt."

Along with surgery at Summerlin Hospital, David's treatment included radiation, chemotherapy and a temporary ostomy bag to give his body time to heal. The last step is to remove the bag and return his normal bowel function. "Then I'll be good as new," he says.

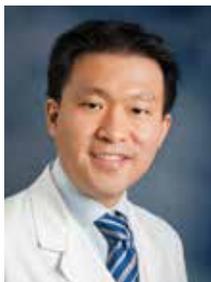
Today, David strongly advises people to have their regular colonoscopy screenings. "It's really a good idea, and I didn't do it," he says. A science lover at heart, he is grateful for the "cool" technology and reassuring medical care that gave him a second chance at a happy retirement. "I got my life back," he says. ■



Top photo: David Gardner (right) poses with Colorectal Surgeon Roger Hsiung, MD, who, directly above, provides a closer look at Summerlin Hospital's advanced robotic equipment.

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

## Treatments are advancing, but *prevention* is still the best policy



**Roger Hsiung,  
MD, FACS,  
FASCRS**  
Chief of Colorectal  
Surgery  
Summerlin Hospital  
Colon and Rectal  
Clinic of Las Vegas

Of cancers that affect both men and women, colorectal cancer is the second leading cause of cancer-related deaths in the U.S., according to the Centers for Disease Control and Prevention (CDC). The good news is that it can be prevented with regular screenings.



### Q. What are the symptoms?

Colorectal cancer is often called the “silent killer” because most people don’t have symptoms, especially in the early stages. The number one symptom that may occur is a change in bowel activity. This can mean different things to different people, such as changes in appearance of stool and greater or less frequency of bowel movements.

### Q. Are colon and rectal cancer different?

Yes, even though they are often talked about together, they are treated differently. Rectal cancer tends to be more complicated, due to anatomical reasons. Altogether, the colon and rectum are about 5 feet long. The colon takes up about four-fifths of this, and therefore colon cancer tends to be more common.

### Q. How has treatment changed?

Thanks to advancements in medicine, treatments continue to improve. Minimally invasive robotic-assisted surgery can offer a more precise way to target cancer and can offer other benefits, such as less pain, faster recovery and preservation of normal bowel function. (See article on page 4.) Screening is key to preventing colorectal cancer.

### Q. When should I be screened?

Regular screening should begin at age 50 for men and women with average risk, who do not have a family history of colorectal cancer. A screening colonoscopy enables physicians to look inside the rectum and colon. If they find polyps, which may turn into cancer, they can be removed during the procedure. Talk with your doctor about your risk factors and when you should be screened. ■

If you need to find a doctor for colorectal cancer screening or would like to schedule an appointment to discuss treatment, please call Direct Doctors Plus® at 702-388-4888 or visit [www.valleyhealthsystemlv.com/find-a-doctor](http://www.valleyhealthsystemlv.com/find-a-doctor).

# Celebrating new beginnings *at Henderson Hospital*



*"It was a great experience"*

Ashanti and Tyre Gray were expecting their first baby and were excited to tour The Birthplace at Henderson Hospital when the new facility opened last fall. They knew just a few minutes into the tour that it was the right place for them. >



Ashanti and Tyre Gray welcomed their baby boy, Adonis, on January 5, 2017, at Henderson Hospital. (Photo courtesy of the Gray family)



"The head nurse was awesome, very patient," Tyre says, expressing the warm welcome that he and Ashanti both felt. "The facility felt secure, and I liked the way it was set up," Ashanti adds. "It made the decision easy."

Several weeks later – and five days before his scheduled delivery date – Tyre Adonis Gray came into the world, weighing 7 lbs., 15 oz. Ashanti says she began feeling cramps early that morning but didn't realize her labor had started. Hours later, Tyre rushed out of work to get to the hospital.

One of the things that surprised Ashanti most was how relaxed she felt when it came time for the delivery. The hospital team gave her confidence and put her at ease, she says. "I felt like everybody knew what they were doing, so I didn't have to worry," she remembers.

"You establish a rapport with the nurses," Tyre says, noting the extra care the nurses took to ensure a smooth transition when it was time for them to change shifts. "That was comforting," he says.

Both mom and dad are overjoyed as they settle into their role as new parents. "It's like a whole different level," Ashanti says of the love they feel.

The Grays predict that Adonis will hear the story of his birth many times. "The team at Henderson Hospital did an awesome job to make sure our hopes and dreams for having our baby there came true," Tyre says. ■

The Valley Health System hospitals provide welcoming, family-friendly maternity services, with maternity suites designed for privacy and comfort. For information about Birthplace tours and upcoming childbirth classes, please visit [www.valleyhealthsystemlv.com/events](http://www.valleyhealthsystemlv.com/events).

The  
**Birthplace**  
at Henderson Hospital  
A Member of The Valley Health System™

# “We just fell in love with Valley Hospital”

– Geri and Harry Morodomi

**Harry Morodomi’s goal was to get back home with his wife, Geri, after suffering a stroke in December 2016. His hard work during inpatient rehabilitation, and the support of his wife and therapy team, helped him get there.**

“It all happened unexpectedly,” Geri remembers of Harry’s stroke. She’d gone shopping in the morning. When she returned home a little later, she found Harry lying on the floor. He was conscious, but his speech was slurred. After some resistance, Harry agreed they needed emergency help, and Geri called 9-1-1.

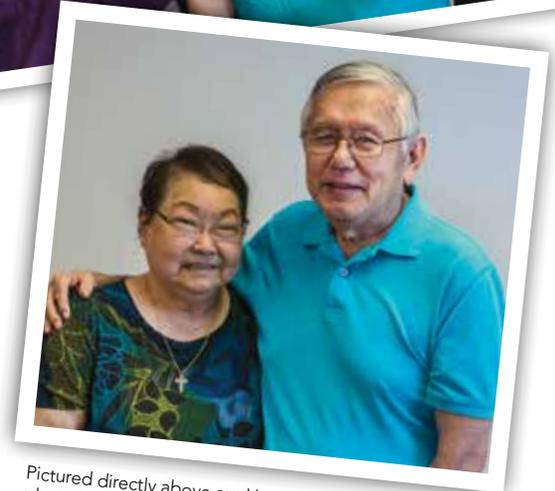
Harry, 71, had suffered a hemorrhagic stroke, explains Jill Pichette, MS, CCC-SLP, Director of Rehabilitation and Therapy Services. This can occur when a weakened blood vessel ruptures and there is bleeding in the brain. His condition was treated with medication, and four days after his stroke he continued his recovery in Valley Hospital’s acute rehabilitation center.

Andrea E. Pernell, DO, Medical Director of Valley Hospital’s acute rehab unit, notes that a goal of inpatient rehabilitation is to help patients become as independent

as possible. Three hours of daily therapy are provided, plus patients receive 24-hour support from therapy nurses, which makes a big difference, she says.

“Anything Harry wanted, they were there for him,” says Geri, who was at the hospital each day. One of the therapists that Harry became especially close to worked with him on walking so he would be able to make it up several steps into the house when he went home. “He even showed us how to get in and out of the car and gave me hints and clues,” says Geri, who wanted to learn everything she could about how to help her husband.

Harry returned home on January 20 and is now working on his continued recovery. Geri gets a little teary when she talks about the compassion and support of the hospital staff. “We were so happy with the care,” she says. “I’ll refer anybody I know to Valley Hospital.” ■



Pictured directly above are Harry and Geri. In the top photo is Harry with his therapy team (from left) Scott Peterson, OT; Aaron Cook, PT; and Casey Moore, COTA.

## Recognize these signs of stroke and act **FAST**

The most common symptoms of a possible stroke can be remembered by this acronym:



**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 9-1-1 immediately.

If these symptoms appear, **DON'T WAIT!** Call 9-1-1 or seek medical attention right away.

For information about acute rehabilitation services in The Valley Health System, visit [www.valleyhealthsystemlv.com/acuterehab](http://www.valleyhealthsystemlv.com/acuterehab).



Chief Nursing Officer John A. Coldsmith is pictured with Nevada State College nursing student LaVon Elias-Jones (center) and Care Coach Katie Vilorio, RN.

## Centennial Hills Hospital embraces compassion in caring

Sometimes a simple act of kindness and compassion can change a person's life. That's the essence of a special program at Centennial Hills Hospital that is helping to shape the nurses of tomorrow.

Caring Science was created through a partnership between Centennial Hills Hospital and Nevada State College (NSC), explains Chief Nursing Officer John A. Coldsmith, RN, MSN, DNP (c), NEA-BC. It is based on the Human Caring Theory of Dr. Jean Watson, who established "Ten Caritas Processes," he notes. "Caritas" in Latin means love for all.

Since the program was initiated two years ago, student nurses practice the caritas process at the hospital under the guidance of staff nurses and their clinical instructor. While at the hospital, the students learn the importance of being compassionate and kind, while they focus on their clinical nursing skills, explains Rob Reynoso, MSN/Ed, BSN, RN, CEN, Lecturer and Clinical Instructor at NSC.

**The Valley Health System hospitals are looking for exceptional people who share our vision and values. Find your new career opportunity at [www.valleyhealthsystemlv.com/careers](http://www.valleyhealthsystemlv.com/careers).**

LaVon Elias-Jones will graduate from NSC this year. She recalls taking care of her first patient. "I thought about how I'd feel with the same diagnosis," she says. "I asked my Care Coach if I could go talk to him," LaVon remembers. "He told me about his family, how he'd come to Las Vegas to be with his sister. He said he was depressed about his condition, but having caring people around him made him feel like he had a fighting chance."

Through her experiences with the Caring Science program, LaVon says she has found a supportive and welcoming environment at Centennial Hills Hospital. "Maybe one day I can be a Care Coach," she says. ■

***Save the date!***  
**Centennial Hills Hospital**  
**will host its annual Community**  
**Health Fair on Saturday,**  
**May 20, from 11 a.m. to 1 p.m.**  
***See the calendar on page 11***  
***for more details.***

# Spring Valley Hospital opens a *hybrid operating suite*

## THE NEW SPACE SUPPORTS OPTIMAL OUTCOMES FOR MINIMALLY INVASIVE HEART PROCEDURES



**Nauman Jahangir, MD**  
Chief of  
Cardiovascular and  
Thoracic Surgery  
Spring Valley Hospital

Spring Valley Hospital recently unveiled its \$1.8 million hybrid cardiac operating suite. The 930-square foot suite is used for advanced procedures like thoracic aneurysm repairs, minimally invasive heart surgeries and cardiac catheterizations.

“A hybrid suite allows us to do all the operating and imaging in the same room with little or no disruption

to the patient,” explained Nauman Jahangir, MD, cardiovascular thoracic surgeon for The Valley Health System hospitals. “With this particular environment, we are also able to perform more advanced cardiac procedures in a minimally invasive manner.”

### PATIENT BENEFITS

Patients may initially need one procedure, such as a balloon angioplasty for heart attack; but a hybrid operating suite can be quickly converted to accommodate a more advanced procedure, such as open heart surgery, if needed. This means patients who need a higher level of care can be treated at one time, rather than ending one procedure and scheduling another surgery later.

**Minimally invasive procedures can be done with tiny incisions and may lead to shorter hospital stays, faster healing and less scarring.**

**For information about these and other surgical procedures, visit [www.valleyhealthsystemlv.com/surgery](http://www.valleyhealthsystemlv.com/surgery).**

Also, advanced imaging equipment helps physicians better visualize patients’ organs, tissues and vessels, which can lead to optimal surgical outcomes.

### SPECIAL FEATURES

The hybrid suite is equipped with the GE Discovery™ IGS 740 equipment, the first laser-guided fluoroscopy (imaging) machine in southern Nevada.

Because of the laser guiding, the imaging equipment can be moved to a precise location around the OR table and capture 3-D images of vessels and blockages from head to toe. An extra-long OR table tilts in multiple directions to give physicians the best angle for operating. Also, Indigo-Clean™ light fixtures and bacteria-reducing flooring help proactively kill bacteria, thus reducing the risk of infections. ■

*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.*

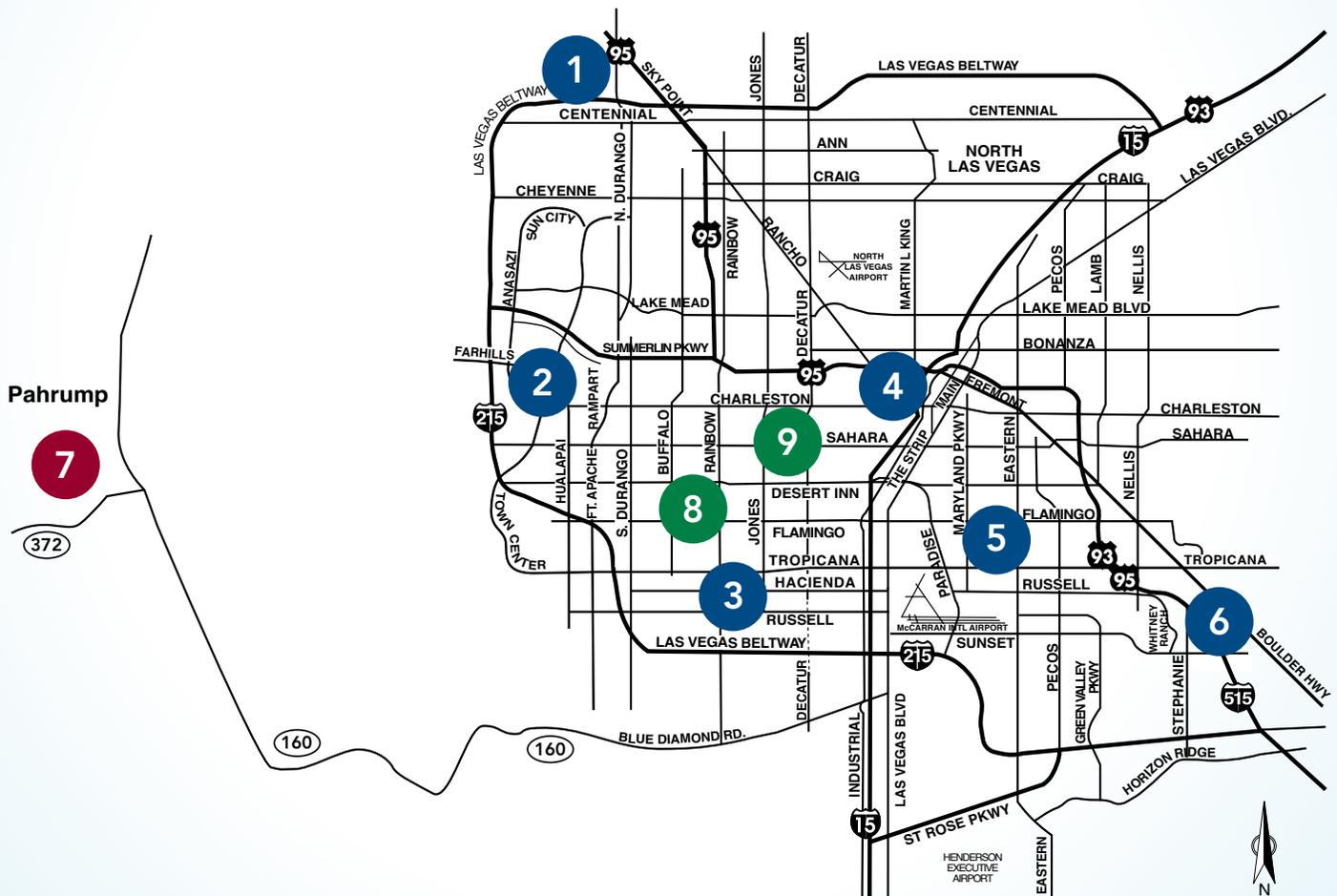


# Our healthcare family *is growing* ...

The Valley Health System, Desert View Hospital (an affiliate of The Valley Health System) and Spring Mountain behavioral health services are here to serve our community.

In southern Nevada, our hospitals are often named after the communities they serve, but we are still part of one integrated network, dedicated to delivering high-quality care to our patients

The hospitals are pleased to provide medical care in Las Vegas, Henderson and Pahrump, Nevada, and our sister companies, Spring Mountain Treatment Center and Spring Mountain Sahara, offer behavioral health services.



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

**2** Summerlin Hospital Medical Center  
657 N. Town Center Dr.  
at Banbury

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

**4** Valley Hospital Medical Center  
620 Shadow Lane  
at Alta

**5** Desert Springs Hospital Medical Center  
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.

**SENIOR**  **Advantage**



Reservations are required for all events. Please call our Direct Doctors Plus® referral line at 702-388-4888 or go to [www.valleyhealthsystemlv.com/saevents](http://www.valleyhealthsystemlv.com/saevents) to register.

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

**Centennial Hills Hospital**

**Digestive Health**  
Wednesday, April 19

**Wound Care**  
Thursday, June 22

**AARP Smart Driver™ Course\***  
Conference Room 2  
Tuesday, June 6  
9 a.m. to 1 p.m.

**Desert Springs Hospital**

**How's Your Mental Health?**  
Friday, May 12

**AARP Smart Driver™ Courses\***  
Tuesday, April 11  
Tuesday, May 9  
Tuesday, June 13  
1 to 5 p.m.

**Henderson Hospital**

**Deciding Tomorrow Today...**  
Wednesday, May 17

**Breast Cancer: The Journey from Diagnosis to Treatment**  
Wednesday, June 7

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

**Spring Valley Hospital**

**A Healthy Spine: Getting Your Quality of Life Back**  
Wednesday, April 19

**Could I Have Had a Stroke?**  
Tuesday, May 16

**A Better PSA Test for Prostate Cancer**  
Tuesday, June 13

**AARP Smart Driver™ Course\***  
Monday, June 12  
9 a.m. to 1 p.m.

**Summerlin Hospital**

**Find Out How Healthy Your Eyes Are with an Eye Screening**  
Monday, April 24

**Recognizing the State of Your Mental Health**  
Monday, May 22

**Five Things You Need to Know About Cremation**  
Monday, June 26

**AARP Smart Driver™ Courses\***  
Medical Office Bldg., Family Conf. Rm.  
Friday, April 21  
Friday, May 19  
Friday, June 16  
1 to 5 p.m.

**Valley Hospital**

**Hand Aches and Pains: Causes and Treatment**  
Tuesday, April 18

**Breathe Easy with Respiratory Therapy**  
Friday, May 19

**The Walking Wounded ... Wound Care for Your Feet**  
Monday, June 19

**AARP Smart Driver™ Course\***  
Wednesday, June 21  
9 a.m. to 1 p.m.

**Annual Community Health Fair**

**Centennial Hills Hospital**  
**Saturday, May 20**  
**11 a.m. to 1 p.m.**

- Free gift for the first 100 attendees
- Free and low-cost screenings: Glucose, cholesterol, blood pressure, COPD and more
- American Red Cross blood drive
- MAKO robotic demonstration
- Health and wellness information
- Meet Centennial Hills Hospital staff and physicians
- Fun for the kids
- Raffle
- Refreshments

Remember to show your Senior Advantage card for admission to all hospital seminars. Call 702-853-3008 if you need a replacement card.

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



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Monday through Friday from 5 a.m. to 5 p.m. PDT, except for holidays.

After hours, visit [www.valleyhealthsystemlv.com/find-a-doctor](http://www.valleyhealthsystemlv.com/find-a-doctor)  
and complete a referral form. We'll respond within 24 hours on business days.



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