

SENIOR  Advantage *from the*

valley health SYSTEM

WINTER 2019

I'm Living Proof

*... there is fantastic
cardiac care within
The Valley Health System*

INSIDE:

How acute rehab
helped Lori Temple
recover from a fall
with confidence

Mark your calendar
for 2019 seminars
and more!

Compliments of

The Valley  Health System®

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

Rodney Myrick tells
about his lifesaving
heart attack care.



Tucked away in our chest, beating about 100,000 times per day and powering approximately 2,000 gallons of blood throughout our bodies, is our heart.* Most of us take this vital organ for granted, noticing it mostly after exertion, a bout of heartburn, a nightmare or – most seriously – chest pain.

Our six Valley Health System hospitals are all accredited chest pain centers, and devoted to the rapid diagnosis, intervention and treatment of chest pain. We want everyone to know the signs and symptoms of a possible heart attack, and have included them at the bottom of this page. Listening to our bodies and getting the medical help we need is vitally important, whether we are identifying a potential problem or recovering from a medical condition with support from providers and rehab professionals.

To help the community stay informed about important health topics, we provide opportunities throughout the year to learn and get involved. Take a look at our upcoming calendar of events for 2019 – it’s packed with great programming featuring physicians and experienced hospital staff sharing helpful, informative health information. We also offer a monthly Senior Advantage e-newsletter, which includes more information about special events, support groups and cardiac education. To join our Senior Advantage program, visit valleyhealthsystemlv.com/sa.

Best wishes for a healthy holiday season and new year,

Karla J. Perez
Regional Vice President

*American Heart Association®



Know the warning signs of a possible **heart attack**

While some heart attacks occur suddenly, the American Heart Association says that most start slowly with mild pain or discomfort.

CALL 911 IF YOU EXPERIENCE:

- Pain or discomfort in the chest
- Discomfort in other areas of the upper body, including the arms, back, neck, jaw or stomach
- Shortness of breath (with or without chest discomfort)
- Other signs, including breaking out in a cold sweat, lightheadedness, nausea or vomiting

EVEN IF YOU'RE UNSURE, DON'T WAIT. TAKING FAST ACTION COULD POSSIBLY SAVE YOUR LIFE.

Learn about our advanced cardiac services at valleyhealthsystemlv.com/cardiac.

A series about Valley Health System patients sharing their lifesaving experiences

I'm Living Proof

there is fantastic cardiac care within The Valley Health System.

~ Rodney Myrick



When Rodney Myrick suddenly felt pain in his chest and then down his arm and in his jaw, he knew right away what was happening. “Unfortunately, this was my second heart attack,” he says.

Myrick had no doubt that he was in good hands when he arrived in the emergency room at Henderson Hospital for emergency cardiac care. He’s worked for The Valley Health System (VHS) for over a decade and has been running the Sterile Processing Department at Henderson Hospital since it opened in 2016. He has great trust in all of the VHS facilities and says that receiving treatment in “his” hospital was particularly special. What stood out most was how caring the staff was, as well as the quality of care he received, he says.

To treat his cardiac emergency, Myrick underwent coronary angioplasty to open two narrowed arteries and restore blood flow to his heart. He returned a month later to have a third artery treated. “I got excellent care,” he says, noting that the emergency team acted swiftly to provide treatment within the prescribed window and support the best possible outcomes. “I feel absolutely wonderful,” he says.

“I’m determined I’m going to live a long life; this isn’t going to slow it down,” says Myrick, who is a husband, father and grandfather. Recognizing his symptoms and getting treated quickly saved his life a second time. “I just want people to know if you’re having chest pain, get it looked at. It’s a chance to continue living and be there for the next day.” ■

See a video of Rodney’s story and get to know other Valley Health System patients at valleyhealthsystemlv.com/rodney.

A high standard of HEART CARE

All Valley Health System hospitals have received Chest Pain Center Accreditation with Primary Percutaneous Coronary Intervention (PCI) by the American College of Cardiology. Hospitals with this designation have proven exceptional competency in treating patients with heart attack symptoms and have primary PCI, also known as coronary angioplasty, available 24/7 every day. This is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack.



ACC
Accreditation
Services



In collaboration with
American Heart Association
Hospital Accreditation





Just the LEG UP she needed!

After breaking her leg in a biking accident just days before her 60th birthday, Lori Temple was determined to get the healing started immediately. She had surgery at Desert Springs Hospital to help repair the damage and was thrilled to be able to move into the hospital's Inpatient Rehabilitation Center for intensive therapy. "The people there took me into their arms," she says. "It was really impactful what they did to help me get better." >



Back on her feet thanks to rehab, and pictured (left) with her therapy team, Lori Temple has tackled recovery with positivity.

Temple has a busy career as chief information officer for the University of Nevada, Las Vegas, and she needed to learn how to tackle certain everyday tasks before she could return to her routine and her home. The staff picked up on her energy and tailored her care around what would work for her.

“It was very clear that the objective every day was to help patients get from where they were to the next step,” Temple recalls. “The compassionate, comprehensive care is amazing.”

During the week and a half she spent in the rehab center, she had a minimum of three hours of intensive therapy five days per week, and 24-hour nursing support to provide extra comfort and reassurance.

“I wasn’t able to put any weight at all on my foot,” she explains. In physical therapy, she did exercises to strengthen her arms and other muscles – the kinds of exercises that would make it possible for her to go home.

With help from occupational therapists, she was able to master personal tasks, like getting dressed and making her bed. Her spouse took pictures of their house,

including their bathroom and hallways, so the rehab team could arrange for the equipment Temple would need when she went home.

“The home transition was amazing,” Temple says. “I could get dressed by myself, take a bath by myself, wheel around the house by myself.” She also began working from home as she continued exercises to support her ongoing recovery. “To be able to do all those things when I came home was so important.”

She’s tackled all of the hard work with a sense of humor and continues to be inspired when she thinks about her hospital team and the therapist who would push her to do “five more.”

“I couldn’t have been happier with the rehab center,” she says. ■

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“There were times when I was just so scared, and they would bolster me up. Because they did their piece so well, I am able to do the pieces I need to do to get my life back on track.”

– LORI TEMPLE
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Visit valleyhealthsystemlv.com/rehab to learn more about our rehab services.



Count on us for REHAB CARE

The Valley Health System offers comprehensive rehab services to help patients regain strength and independence after a surgery, stroke, injury or other medical diagnosis.

Inpatient rehabilitation

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

Outpatient therapy

- Centennial Hills Hospital
- Spring Valley Hospital
- Summerlin Hospital
- Desert View Hospital - Pahrump
(physical therapy only)

Cardiac rehabilitation

- Desert Springs Hospital
- Summerlin Hospital

Pulmonary rehabilitation

- Desert Springs Hospital
- Centennial Hills Hospital

SENIOR Advantage

APPLICATION FORM

Register now to get your Senior Advantage membership card.

Membership is open to all adults age 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 \$10, made payable to Senior Advantage.

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



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

Physician Referral Line
702-388-4888

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

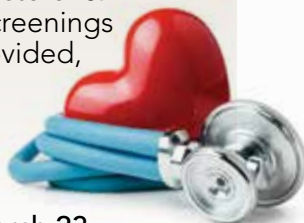
Centennial Hills Hospital

Thursday, January 17
Joint Pain

Annual Heart Health Clinic

Friday, February 22
10 a.m. to Noon
Main Lobby

Free cholesterol & glucose screenings will be provided, along with a Q&A with staff.



Saturday, March 23

How to Avoid the Loss of a Limb

AARP Smart Driver™ Courses

Tuesdays, February 12 and April 9
9 a.m. to 1 p.m.

Desert Springs Hospital

Tuesday, February 12

Get to the Heart of the Matter

Tuesday, March 12

Coping with Loss and Change in the Senior Years

AARP Smart Driver™ Courses*

(South Magna Conference Room)

Tuesdays, January 15, February 19, March 19
1 to 5 p.m.

**AARP class fees: \$15 for AARP members, \$20 for non-members (paid directly to AARP). Lunch not included. Refreshments served.*

Desert View Hospital

Free Balance Screenings

February 5, March 5
Register at 775-413-6905

AARP Smart Driver™ Courses*

Mondays, January 14, February 11, March 11
Noon to 4 p.m.

Henderson Hospital

Monday, January 14

Wound Care

Monday, February 11

Your Total Joint Replacement

Monday, March 11

Colon Cancer Awareness

AARP Smart Driver™ Courses*

Fridays, January 25, March 22
9 a.m. to 1 p.m.

Spring Valley Hospital

Wednesday, February 6

Digestive Tract Health

Heart Health Open House

Thursday, February 14
1 to 3 p.m.

Blood pressure checks, Q&A with cardiac and neuro staff, and more!

Thursday, March 7

Managing Urinary Incontinence

AARP Smart Driver™ Course*

Thursday, February 14
8:45 a.m. to 1 p.m.

Summerlin Hospital

Tuesday, January 22

Advanced Wound Care & Hyperbaric Therapy

Go Red for Women Walk

Friday, February 1
Noon to 12:30 p.m.
Meet in Main Lobby

Wear red and walk around the block. *No registration required.*

Tuesday, February 26

Heart Health

Tuesday, March 26

Bladder Cancer and Enlarged Prostate

AARP Smart Driver™ Courses*

(Medical Office Building, Family Conference Room)

Fridays, January 18, February 15, March 15
1 to 5 p.m.

Valley Hospital

Tuesday, January 15

Joint Mobility

Friday, February 15

The Amazing Heart!

Friday, March 15

Colorectal Cancer Awareness

AARP Smart Driver™ Course*

Monday, March 4
9 a.m. to 1 p.m.



For information on other Valley Health System community events, visit valleyhealthsystemlv.com/events. Call 702-853-3008 if you need a replacement card.

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

Information in *Senior Advantage* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of either Centennial Hills Hospital Medical Center, Desert Springs Hospital Medical Center, Desert View Hospital, Henderson Hospital, Spring Mountain Treatment Center/Spring Mountain Sahara, Spring Valley Hospital Medical Center, Summerlin Hospital Medical Center, Valley Hospital Medical Center, The Valley Health System or any of its facilities or Universal Health Services, Inc. Physicians are independent practitioners who are not employees or agents of The Valley Health System. The system shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2018. All rights reserved. Printed in the U.S.A.

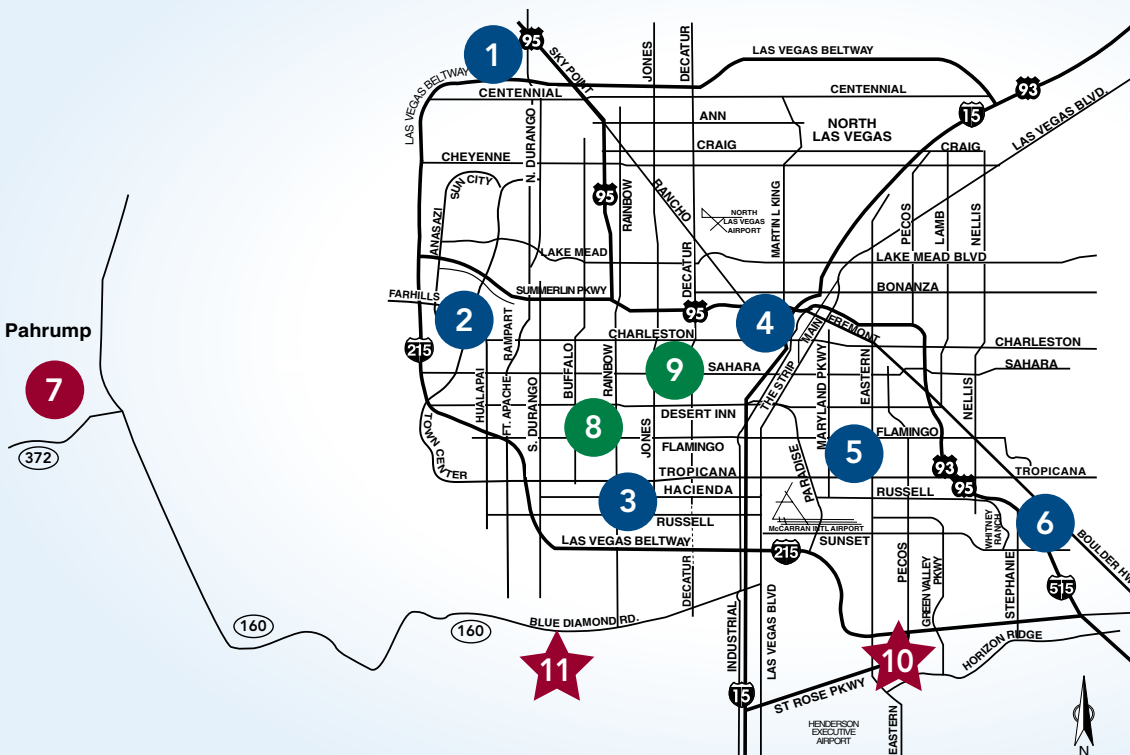
The Valley Health System
Marketing Department
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Las Vegas, NV 89144

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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
2581 St. Rose Parkway,
Henderson
- 11** Coming Summer 2019!
ER at Blue Diamond