

senior **advantage** *from the*

# valley health SYSTEM

WINTER 2017

## Understanding *memory loss*

---

**WARNING SIGNS AND  
BENEFITS OF  
EARLY DIAGNOSIS**

### **INSIDE:**

Henderson Hospital  
now open!

Assessing your  
mental health

Calendar of events

*Compliments of*

**The Valley  Health System®**

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



It's been a busy year for The Valley Health System. Along with expansions at Centennial Hills and Spring Valley hospitals, we opened Henderson Hospital, which you can read about below. Our goal is to continually find innovative ways to improve our patients' lives, whether it's adding specialty services like our Outpatient Physical Therapy at Spring Valley Hospital, providing new technology that can be used for medical procedures, or delivering education through our Senior Advantage program and other outreach initiatives.

Other programs dedicated to helping improve the lives of residents are our Geropsychiatric Unit at Desert Springs Hospital and Behavioral Health Unit at Valley Hospital. These programs are highlighted on the next page in our ask-the-doctor article about mental health. We also bring you a story about the cognitive issues that may affect people we know.

I hope you find the articles informative and helpful if you know someone having difficulties. Thank you for taking the time to read this edition, and discovering more about The Valley Health System.

Karla J. Perez  
Regional Vice President

# The new Henderson Hospital is now open!

## WHAT DOES HENDERSON HOSPITAL OFFER?

The 130-bed acute care hospital is dedicated to advanced patient care, including:

- Cardiology
- Stroke care
- Intensive care
- Intermediate care
- Medical/surgical care



*A Member of The Valley Health System\**

[www.hendersonhospital.com](http://www.hendersonhospital.com)

Follow us on Facebook

**For a FREE physician referral  
call 702-388-4888.**



# Assessing your *mental health*

Along with staying physically healthy, it's also important to take care of your mental health. If you're struggling with depression or another mental health issue, help is available. **Dodge Slagle, DO**, Clinical Program Director of the Geropsychiatric Unit at Desert Springs Hospital Medical Center, offers insight.

**Q: What kinds of mental health issues do seniors typically face?**

Seniors can suffer from the same conditions as younger people, such as anxiety, bipolar disorder and schizophrenia. Declines in cognitive, memory and language abilities can also have an impact (see story on page 4). Depression is the most prevalent mental health problem among older adults, according to the Centers for Disease Control and Prevention (CDC).

**Q: What treatments are available?**

Treatment may involve medication, psychotherapy or a combination of both. In many cases, different forms of behavioral therapy – for instance encouraging a person who is depressed to get more involved in the community – can help. Getting support from family and friends, or from community resources like support groups, can also be beneficial.

**Q: How can The Valley Health System help?**

Most older patients with a mental condition can and should be treated on an outpatient basis; other times, a hospital is the only safe place to stay until a patient gets stabilized. The Geropsychiatric Unit at Desert Springs Hospital Medical Center and the Behavioral Health Unit at Valley Hospital Medical Center offer dedicated inpatient care to help adults who are suffering with mental health issues.

**Q: When should I seek help for a mental problem?**

Any time your life is impaired or you're not getting the satisfaction you feel is appropriate, you should consider getting help. Also, if you're having thoughts of suicide or hopelessness, or having trouble taking care of yourself, talk with your doctor right away. ■

For information about admission criteria to the Geropsychiatric Unit at Desert Springs Hospital Medical Center, visit [www.desertspringshospital.com/geropsych](http://www.desertspringshospital.com/geropsych) or call 702-894-5508.

To learn about mental health services at the Behavioral Health Unit at Valley Hospital Medical Center, visit [www.valleyhospital.net/behavioralhealth](http://www.valleyhospital.net/behavioralhealth) or call 702-671-8550.



# Coping with *memory loss?* YOU'RE NOT ALONE

More than 16 million people in the U.S. are living with cognitive impairment, including an estimated 5.1 million Americans age 65 and older who may currently have Alzheimer's disease, according to statistics cited by the Centers for Disease Control and Prevention. >



If you or someone you love shows signs of memory loss (see sidebar), talking with your doctor and getting treatment early can help slow the progression of this condition. It can also provide an opportunity to plan and discuss the best path forward.

“There is some relatively mild memory loss that comes with aging,” notes Dodge Slagle, DO, Clinical Program Director of the Geropsychiatric Unit at Desert Springs Hospital Medical Center. “Maybe it takes longer to think of a name, but you still remember it. When people forget very meaningful things, such as how to get home, it’s probably time to intervene,” he says.

There’s no simple test to determine if you have Alzheimer’s, but doctors can use diagnostic instruments to screen for memory loss, Dr. Slagle says. Evaluation by a neurologist, mental health professional and/or geriatrician can support a more accurate diagnosis. “Family members are sometimes hesitant to point out the patient’s deficit; they don’t want to hurt their loved ones’ feelings or offend them,” he notes. But patients may not always remember what they’re forgetting, so having a relative or friend’s input is important.

**Talk with your doctor if you or a family member has concerns about a cognitive condition. Helpful information can also be found on the Alzheimer’s Association website at [www.alz.org](http://www.alz.org).**

“The treatment we have today is better at preventing the condition from getting worse than reversing what’s been lost,” Dr. Slagle says. “Eventually, the condition will catch up, but the treatments do help.”

While Alzheimer’s is the most well-known form of cognitive impairment,\* other neurocognitive disorders can impact memory and thinking, including brain injury, vascular conditions such as a stroke, and dementia with Lewy bodies, which exhibits symptoms of both Parkinson’s disease and Alzheimers, Dr. Slagle says.

Also, memory problems can sometimes be caused by medications or conditions, such as depression, drug interactions and thyroid problems. In these cases memory impairment may be reversed with successful treatment.

Friends and family members may wonder how to best support a loved one with cognitive decline. Dr. Slagle suggests you consider, “What are the most caring things you can do, knowing the situation?”

“Caregivers need lots of support as well,” Dr. Slagle notes. Giving them a break, such as staying with their loved one for a few hours, can make a big difference. ■

## 10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER’S\*

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood/personality

\*Alzheimer’s Association

## SPECIALIZED CARE AT DESERT SPRINGS HOSPITAL

The Geropsychiatric Unit at Desert Springs Hospital Medical Center provides individualized treatment for seniors with emotional or cognitive problems, including support with goal setting, coping strategies, stress management and problem solving. The unit features 32 private rooms with 24-hour nursing care.

For information on the admission process and patient criteria, visit [www.desertspringshospital.com/geropsych](http://www.desertspringshospital.com/geropsych) or call the intake coordinator at 702-894-5508. Referrals are available 24 hours per day, seven days per week.

# 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  
[www.centennialhillshospital.com](http://www.centennialhillshospital.com)

**Desert Springs Hospital Medical Center**  
2075 E. Flamingo Road, Las Vegas, NV 89119  
[www.desertspringshospital.com](http://www.desertspringshospital.com)

**Desert View Hospital (Affiliate of Valley Health System)**  
360 S. Lola Lane, Pahrump, NV 89048  
[www.desertviewhospital.com](http://www.desertviewhospital.com)

**Henderson Hospital**  
1050 W. Galleria Dr., Henderson, NV 89011  
[www.hendersonhospital.com](http://www.hendersonhospital.com)

**Spring Valley Hospital Medical Center**  
5400 S. Rainbow Blvd., Las Vegas, NV 89118  
[www.springvalleyhospital.com](http://www.springvalleyhospital.com)

**Summerlin Hospital Medical Center**  
657 N. Town Center Dr., Las Vegas, NV 89144  
[www.summerlinhospital.com](http://www.summerlinhospital.com)

**Valley Hospital Medical Center**  
620 Shadow Lane, Las Vegas, NV 89106  
[www.valleyhospital.net](http://www.valleyhospital.net)

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

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

# Calendar of events

## Centennial Hills Hospital

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Wednesday, January 25:

Acid Reflux

Wednesday, March 22:

COPD

### Heart Health Event

Friday, February 24

10 a.m. to Noon

Main Lobby

(refreshments included)

Q&A with our Cardiac and Stroke Coordinators

Free blood pressure checks and cholesterol screenings (fasting recommended for best results)

### AARP Smart Driver™ Course\*

Tuesday, February 7

9 a.m. to 1 p.m.

Conference Room 2

## Desert Springs Hospital

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Friday, January 13:

Start Your Year More Relaxed with Meditation

Friday, March 10:

Part One: Why Eye Screenings Are So Important

### AARP Smart Driver™ Course\*

Tuesdays, January 10,

February 14, March 14

1 to 5 p.m.

#### \*AARP class fees:

\$15 for AARP members,

\$20 for non-members.

## Henderson Hospital

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Thursday, January 12:

Hearing in the New Year

Wednesday, February 15:

A Healthy Heart ...

When Failure is Not an Option

Wednesday, March 15:

Chronic Pain and

Medication Management

## Spring Valley Hospital

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Wednesday, January 18:

Frontiers in Minimally Invasive

Sinus Surgery

Thursday, February 23:

Valve Diseases and How to

Cure Them

Tuesday, March 14:

Conservative Treatment Options

for Joint Pain and Injuries

### AARP Smart Driver™ Course\*

Monday, March 13

9 a.m. to 1 p.m.

## Summerlin Hospital

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Monday, January 23:

Robotics in Colorectal Surgery

Monday, February 27:

Start Your Year More Relaxed with Meditation

Monday, March 27:

Part One: Why Eye Screenings

Are So Important

### AARP Smart Driver™ Course\*

Fridays, January 20,

February 17, March 17

12:45 to 5 p.m. - *New start time!*

Medical Office Building,

Family Conference Room

## Valley Hospital

### New location:

**Shadow Lane Conference Room, first floor of hospital**

### Seminars

11:30 a.m. to 1 p.m. (lunch included)

Wednesday, January 25:

Female Urinary Incontinence

Wednesday, February 15:

What Can I Do for My Swollen Legs?

Wednesday, March 22:

Introduction to the Field of Interventional Radiology

### AARP Smart Driver™ Course\*

Wednesday, March 15

9 a.m. to 1 p.m.

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.



**Karla J. Perez**

Regional Vice President, The Valley Health System

**Sajit Pullarkat**

CEO/Managing Director, Centennial Hills Hospital

**Andrea Parente Davis**

COO, 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

**Robert S. Freymuller**

CEO/Managing Director, Summerlin Hospital

**Elaine Glaser**

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 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. ©2017. All rights reserved. Printed in the U.S.A.

**The Valley Health System**

Outreach Department  
6900 N. Durango Drive  
Las Vegas, NV 89149

PRSRT STD  
U.S. POSTAGE  
PAID  
PERMIT NO. 322  
PONTIAC, IL

You may have received this mail because your address appears on a purchased mailing list. The companies from whom we purchase mailing lists are responsible for removing your name if you do not wish to be listed. To add or remove your name and address from our mailing list, please contact The Valley Health System Marketing Department; the Direct Marketing Association, Farmingdale, N.Y.; or log on to <http://www.dmchoice.org>.



Follow our hospitals  
on Facebook



@valleyhealthLV

YouTube



## Your **NEW** Doctor is Just a Phone Call Away

### Direct Doctors Plus<sup>®</sup>

is our free physician referral line  
that you can call to:

- Find a physician or specialist
- Learn about a doctor's  
background and location

**EASY, CONVENIENT & FREE**

Direct Doctors Plus<sup>®</sup> offers live, personal help in English and Spanish,  
**Monday through Friday from 5 a.m. to 5 p.m.**

**CALL TODAY: 702-388-4888**

