

senior advantage *from the*

WINTER 2018

valley health SYSTEM

**I'm living
proof...**

*of the power of
cardiac rehab*

.....
BILL WILSON GETS
BACK TO HIS ACTIVE
LIFE WITH REHAB




INSIDE:

Seminars to start your year off right

Helpful tips for managing pain

Compliments of

The Valley  Health System®

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



As we begin 2018, I want to wish you a year ahead filled with health and happiness, and thank you for your overwhelming support of our hospitals and healthcare providers during the tragedy last autumn in Las Vegas. The kindness and generosity we experienced were humbling, and our gratitude is immeasurable.

To help you live your healthiest life possible, this edition is packed with a variety of practical tips. Good health takes work, and for people recovering from a major heart episode, our cardiac rehabilitation programs at Desert Springs and Summerlin hospitals emphasize encouragement and education. We've also included a story on coping with pain.

As always, we're featuring a variety of interesting Senior Advantage seminars. We appreciate your feedback and suggestions for future seminars, and invite you to share your thoughts with your outreach coordinator – Kathleen, Donna or Sherise.

Again, thank you for your support and well-wishes.


Karla J. Perez
Regional Vice President

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A heartfelt thank you to our community

The Valley Health System extends a heartfelt thank you to all first responders – EMS and civilians – who transported patients to our hospitals during the October tragedy. It is a sight our employees and medical staff will never forget, and we are grateful for everyone's quick actions, which helped save lives that night.

We also wish to thank the entire community for the tremendous outpouring of support to the patients, their families and friends, hospital staff and physicians. We received countless donations of water, snacks, meals, flowers, blankets, cards and posters from residents, restaurants, food trucks, entertainers, hotel-casinos, nightclubs, schools, non-profit organizations and community groups. Your generosity was overwhelming and humbling.


**Heroes
AMONG US
10.1.17**



“I’m living proof..

*that cardiac rehab can put you
back on the road to good health.*”

– Bill Wilson, Cardiac Rehab Patient

Las Vegas resident Bill Wilson is an avid cyclist who found himself experiencing shortness of breath during his bike rides. Diagnosed with a 90 percent blockage in one artery, he underwent successful balloon angioplasty and opted for outpatient cardiac rehabilitation to help regain his strength.

Cardiac rehabilitation is recommended for anyone who has a major cardiac procedure such as treatment for a heart attack, artery blockage or cardiac surgery, or a diagnosis of congestive heart failure.

“We emphasize the three Es,” says Rebekah Ehler, RN, cardiac rehab coordinator for Summerlin Hospital. “Exercise, education and encouragement.” The medically supervised program focuses on recovery, addressing risk factors that can lead to heart disease and developing healthier habits to reduce cardiac mortality.

This is also the focus at Desert Springs Hospital, where Wilson went for his rehab. “Along with supervised exercise, we look for ways to reduce our patients’ risk for heart disease,” says Sarah Sarich, RRT, cardiac rehab coordinator for Desert Springs Hospital. “We discuss nutrition, stress reduction, medication management, smoking cessation, diabetes management, and safe and effective exercise at home.”

Wilson, who works out regularly, appreciated the method of training used by his cardiac rehab team. “They are very competent, very patient and they monitor you very closely,” he says. “It gives you a sense of confidence, and I noticed that with other cardiac rehab patients as well.”

Now recovered from his procedure, Bill is glad to be back on his bike, cycling anywhere from 30 to 50 miles each week with his wife through one of his favorite places, the Clark County Wetlands. “We think of Las Vegas as flat, but there are lots of sustained, challenging hills, and you must pace yourself,” he says. And thanks to cardiac rehab, it’s not a problem. ■



**Outpatient cardiac
rehabilitation is available
at Desert Springs and
Summerlin hospitals.**

**FOR MORE INFORMATION,
CALL OR VISIT:**

Desert Springs Hospital:

702-902-1700

desertspringshospital.com/cardiacrehab

Summerlin Hospital:


702-233-7470

summerlinhospital.com/cardiacrehab

A physician order is required.

Tackling your **ACHES AND PAINS**

TIPS FROM HEALTHCARE PROFESSIONALS



Back, knees, hips, hands ... As we age, our bodies begin to protest some of the wear and tear of decades spent exercising, playing sports or performing repetitive motions. Sometimes pain is caused by a new injury or one that didn't heal properly, an autoimmune disease or nerve damage. In some cases, an over-the-counter or prescribed medicine might help; in other situations, surgery might be required. Each person's pain situation is unique, and should be managed accordingly. Here, professionals share their insights. >

If you need help finding a doctor to help with pain management, please call Direct Doctors Plus® at 702-388-4888 or visit valleyhealthsystemlv.com/doctor.



Ready for her dancing shoes

After Maggie Latham, 61, pictured above, had both ankles replaced due to a work-related accident and arthritis, her feet were in terrible condition. “I couldn’t move my right foot at all,” she says. “But I knew I needed physical therapy and I didn’t want to take pain pills.”

Happily, she found the Outpatient Therapy Center at Spring Valley Hospital. “I was meant to be here,” she says. Physical therapist James Horrocks taught her multiple exercises that she uses on both feet. “I’ll push my feet up, down, side to side, clockwise and counter-clockwise,” she explains. “Then I’ll move onto the weight machine, do stretches and work on my balance. I can walk again, and since I love dancing, I want to wear small heels, not my sneakers. Plus, when James stretches my foot with his hands, he has helped straighten up my toes a bit, too.”

Latham has some advice for others who are considering therapy. “Go for it, even if it hurts. It’s hard work, but stick with it. It will be worth it in the long run and much better than taking pain pills.”

TOM HUNT, MD, family medicine program director for The Valley Health System graduate medical education program, says that for people with arthritis, activities like stretching, exercise and weight management are very important. The Arthritis Foundation recommends acetaminophen (Tylenol®) as a first-line medication to treat arthritis.

Additionally, patients with a history of addiction or alcoholism (including family history) should inform their physician or dentist prior to a procedure, or when being prescribed pain medicine. “We may choose to use a different medication, or follow a patient more closely, knowing that some medications prescribed for post-operative care can be addicting,” says Dr. Hunt. “We want to treat pain appropriately yet also minimize complications such as relapse or dependency.”

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JAMES HORROCKS, physical therapist and manager of outpatient therapy services for Spring Valley Hospital, suggests exercise,* which he says is a powerful activity to decrease or eliminate pain. “Stretching is also important as muscles that aren’t stretched become tight, restricting motion, which can cause pain. Tight muscles can also create joint compression, which can lead to early arthritis.” Applying heat and ice appropriately also has the ability to reduce inflammation, increase circulation and promote relaxation. Finally, lifestyle can make a positive difference. Engaging in worthwhile activities with others can generate wellbeing and reduce stress, which is associated with mild to severe medical conditions.

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SAJU JOSEPH, MD, FACS, program director of the graduate medical education surgery program for The Valley Health System, says that preparation can help reduce post-operative pain. “To reduce pain before surgery, three key activities are to stop smoking, exercise and eat well.”

After surgery, activity is the key to a faster recovery. Moving helps circulation return to the injured area and heals nerves. As for post-surgery medications, “narcotics are the last resort since they have significant side effects and often slow healing.” Anti-inflammatory medications are used to reduce the cause of pain, and can be supplemented with activities like meditation, massage, Reiki and even chewing gum. ■

To read about drug-free ways to manage pain, visit springvalleyhospital.com/drugfree.

*Before starting a new exercise program, consult a physician.

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 _____

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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

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

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

Calendar of events

Seminars begin at 11:30 a.m. and include lunch unless otherwise noted

Centennial Hills Hospital

Friday, January 19
Your Brain and the ER

**10th Anniversary
Community Celebration**
Help us celebrate
10 years of quality care

Saturday, January 20
11 a.m. to 1 p.m.
Hospital Main Lobby

First 100 people receive a special gift.

Free screenings, giveaways and fun for everyone.

**Heart Health Event:
Q&A with Cardiac and
Stroke Coordinator**
Wednesday, February 21
10 a.m. to Noon

Free cholesterol and blood pressure screenings, giveaways and refreshments.

Friday, March 16
General Nutrition for Overall Health

AARP Smart Driver™ Course*
Tuesday, February 13
9 a.m. to 1 p.m.**

***AARP class fees:** \$15 for AARP members, \$20 for non-members (paid directly to AARP).
****Light refreshments served.**

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 valleyhealthsystemlv.com/events.

Desert Springs Hospital

Tuesday, January 23
Fad Diets: Do They Work?

Tuesday, February 13
With a Healthy Heart, the Beat Goes On

Tuesday, March 13
Late Life Depression: Recognizing and Understanding Signs, Symptoms and Effects

AARP Smart Driver™ Courses*
(South Magna Conference Room)
Tuesdays, January 16, February 20, March 20
1 to 5 p.m.**

Desert View Hospital

AARP Smart Driver™ Courses*
Mondays, January 8, February 12, March 12
Noon to 4 p.m.**

Henderson Hospital

Monday, January 8
Colon Cancer

Monday, February 12
Heart Health

Thursday, March 29
Digestive Health

AARP Smart Driver™ Courses*
(Anthem and Tuscany Conference Room)
Fridays, January 26, March 23
9 a.m. to 1 p.m.**

Spring Valley Hospital

Friday, January 12
Open-Heart Surgery Procedures

Friday, February 9
Non-surgical Treatment for Cardiac Conditions

Friday, March 9
Minimally Invasive Urology

AARP Smart Driver™ Course*
Friday, February 23
9 a.m. to 1 p.m.**

Summerlin Hospital

Tuesday, January 30
Sex After Menopause

Tuesday, February 27
Get to the Heart of the Matter

Tuesday, March 27
Eat Right, Future Bright

AARP Smart Driver™ Courses*
(Medical Office Building, Family Conference Room)
Fridays, January 19, February 16, March 16
1 to 5 p.m.**

Valley Hospital

Wednesday, January 24
A New Year's Commitment to Better Wound Care

Wednesday, February 28
Personal Medical Review

Wednesday, March 21
Meal Prep for Small Households

AARP Smart Driver™ Course*
Monday, March 19
9 a.m. to 1 p.m.**



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

Elaine Glaser
CEO/Managing Director, Valley Hospital

The Valley Health System
Outreach Department
6900 N. Durango Drive
Las Vegas, NV 89149

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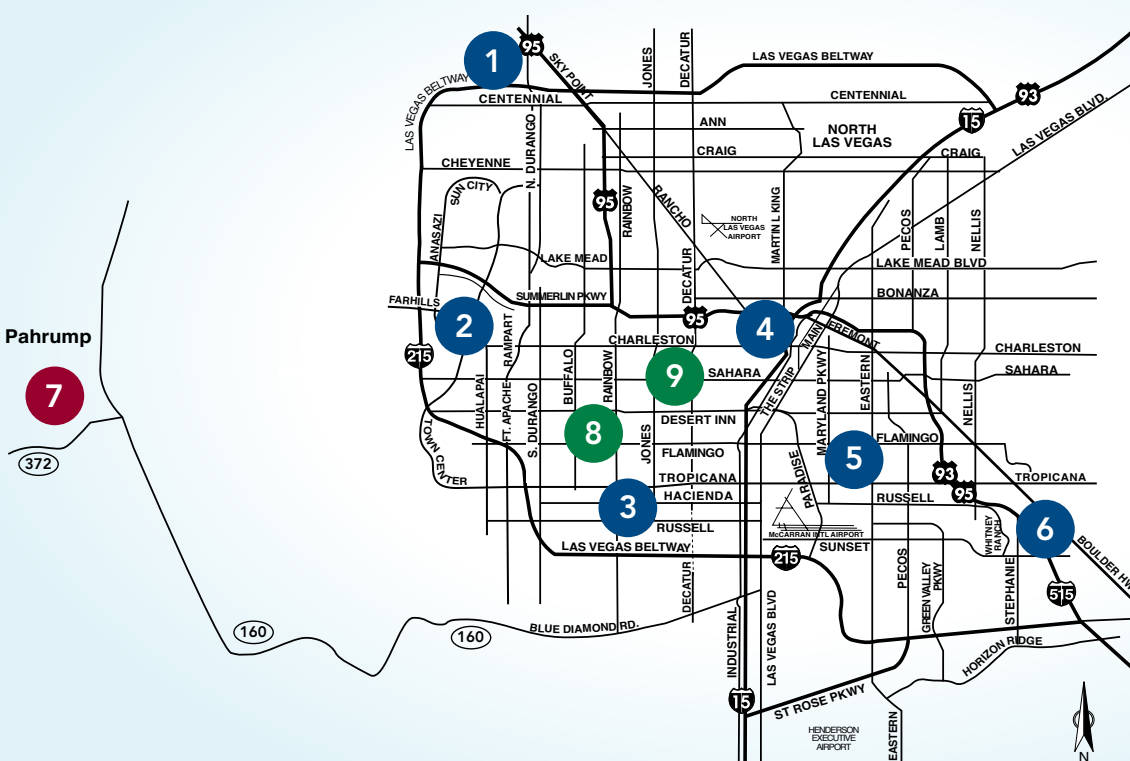


@valleyhealthLV

YouTube



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, NV
- 8** Spring Mountain
Treatment Center
7000 West Spring Mountain Rd.
- 9** Spring Mountain Sahara
5460 West Sahara Ave.