

Healthy You

“In every walk with nature, one receives far more than he seeks.”
—John Muir



Gratitude and faith

WITHOUT FAIL, each year after the long, dark months of winter, spring returns. In winter, before we see any changes, we have faith that the days will stretch out, the trees will bud, and the flowers bloom. We expect the earth to renew itself again and again on this yearly cycle.

Now that we are well into the annual spectacle that is spring, it is a perfect time to have gratitude for and faith in your body's own rhythms. Here are a few ways to get in tune with those rhythms and maximize your health:

Get moving outside. Just being out in the fresh air, walking or hiking in the warmer weather, will help revitalize your body—and your spirit. Moving daily helps your body be healthier than if you don't move, and being outside in the sun can provide you with additional vitamin D.

Indulge in lighter tastes. After a long winter eating heavier foods like potatoes, turnips, and squash, spring brings a bevy of lighter, snappier young vegetables to enjoy. Be on the lookout for nutty asparagus, aromatic fennel, and peppery radishes to liven up your dinners and give you a boost in healthy vitamins and minerals.

Sleep well. Sleep is the time when our bodies and spirits heal themselves, combating the stress of each day. Make sleep a priority so your body has time to renew itself.

The changing of seasons is best met with gratitude, wonder, and awe. This is the same way the Sisters of St. Joseph of Peace approached their mission to start a hospital for loggers and fishermen in the Pacific Northwest 125 springs ago.



Celebrating 125 years of promoting community health

SAVE THE DATE!

Relay For Life

When: Saturday, Aug. 13—
24-hour event; 10 a.m.

opening ceremony

Where: Kelso High School

Info: A high-energy event that celebrates the lives of those who have battled cancer and reminds us all that while we are winning this battle, fighting cancer is a year-round priority. Call 361-676-6378 or email cowlitzrelay@hotmail.org.



I Understand Breast Cancer Support Group

When: Fourth Monday of each month, 6:30 to 8:30 p.m.

Where: PeaceHealth conference rooms C/D

Info: Courageous and compassionate women supporting one another. First hour is educational; second hour is group sharing.

Call **360-747-5958**.



Timothy Randall, MD
Family Medicine
PeaceHealth Medical Group—
Lakefront
1718 E. Kessler Blvd.
Longview, WA
360-747-5800



PATIENT PROFILE ★

One woman's journey through cancer

LISA BOSWELL, a vibrant woman practicing a healthy lifestyle, was surprised to find a lump in her breast.

Lisa, who is pictured above with her husband, Eric, at Relay For Life, had had regular mammograms with no symptoms or red flags that anything might be wrong and no family history of breast cancer. A friend helped Lisa quickly get an appointment; ultrasounds; and a biopsy, which confirmed she had stage I breast cancer, triple negative. Later, she also had the BRCA genetic testing, which was negative.

When Lisa and her primary care provider, Tim Randall, MD, were discussing her diagnosis and why it had happened, Dr. Randall said, “Things like this happen for one of three reasons—bad genes, bad behavior, or bad luck.” They decided Lisa had some bad luck!

Dr. Randall and the rest of Lisa's care team—surgeon Mario Forte, MD; medical oncologists Prakash Thapaliya, MD, and Stephanie Roberts, PA-C; radiation oncologist C.R. Kim, MD; and breast coordinator Kelly DeRosier—were all accessible, knowledgeable, and helpful. Lisa feels she received excellent care at every turn during her cancer journey, which included breast surgery, three months of chemo, and six weeks of daily radiation treatments.

Today Lisa is cancer-free. She still has follow-up checkups every three months since her cancer was somewhat aggressive. Throughout her journey, she has been extremely grateful for the support of family and friends. She tries not to focus on the normal worry of the cancer coming back and has learned to be grateful for everything.

“I'm not making light of that,” she says. “It's truly a different approach to each day and every interaction.”



Visit peacehealth.org/st-john-cancer to learn more about the cancer services available in our community.



PATIENT PROFILE ★

PULMONARY REHAB

A breath of fresh air

FIVE YEARS AGO, Reditha Brenneman was diagnosed with COPD and asthma. She felt terrible. She had a hard time breathing and needed oxygen at all times. She usually ended up in the hospital at least once a year.

Getting motivated. Reditha's pulmonologist, Sholeh Bagheri, MD, wanted her to get help with her breathing and with motivation. She encouraged her to sign up for Pulmonary Rehab at PeaceHealth St. John Medical Center, where she could be monitored and still have her oxygen with her during exercise.

Going for it. Reditha put in the effort and decided to “go for it!” She worked out twice a week for an hour. The rehab staff encouraged her all the way. If one thing didn't work, they offered other suggestions for her to try.

Reditha Brenneman encourages others who want to breathe easier to consider pulmonary rehab and “just go for it!”

“They worked with me and were awesome!” shares Reditha.

Keep on keepin' on. Reditha continued exercising at home and walking more. She also changed her eating habits—getting off sugar—and lost 40 to 50 pounds. Nearly a year after graduation from the Pulmonary Rehab program, she now walks her dogs every day.

Worth the effort. Today Reditha feels better. She plans to lose more weight. Reditha encourages others who want to breathe easier to consider pulmonary rehab and “just go for it!”



Find out if Pulmonary Rehab could help you feel better—ask your doctor for a referral or call **360-414-7384** for more information.



Perimenopause: Almost there

Learn what those early signs and symptoms typically mean

IT'S A BIT OF A SHOCK: You've just had your first hot flash.

"What's going on?" you ask yourself as you yank off your sweater. "I can't be menopausal. I'm still having periods."

Welcome to perimenopause—and a quick biology lesson.

A time of transition

Menopause is actually a point in time. On average it occurs around age 52. It's when a woman has gone through 12 consecutive months without any periods. Once you have gone 12 consecutive months without a menstrual period, you have officially reached menopause and perimenopause is over.

Perimenopause is the phase leading up to menopause. It means *around menopause*. For some women it can be challenging. It's a transitional time of hormonal flux. Estrogen and progesterone levels tend to fall and rise unevenly, causing more fluctuations. You may begin having menstrual cycles in which your ovaries do not release an egg (ovulate). Progesterone levels are typically low when this occurs.

More to the point, at least for your comfort level, it's also when most of the changes we usually attribute to menopause occur—such as hot flashes (those infamous surges of heat) and night sweats (sweating bouts intense enough to disturb sleep).

Among the other tipoffs that you're in perimenopause:

- Irregular periods. As ovulation becomes less predictable, menses can be longer, shorter, heavier, or lighter; come more often; or be skipped—as in, here one month, gone the next two, and then back again. (An important note: Even though your periods may be erratic, you can still get pregnant.)

Though changes in bleeding are normal as you near menopause, you should still tell your health care provider

about them. Abnormal vaginal bleeding—such as bleeding that is extremely heavy or lasts longer than seven days or occurs closer than 21 days apart—should be reported to your health care provider. It is important to keep a menstrual calendar that tracks:

- Mood changes, memory lapses, or poor concentration. It can be a vulnerable window of time for the onset of mood disorders, such as anxiety or depression.
- Difficulty sleeping, including trouble falling or staying asleep.
- Vaginal dryness, which can make sex painful.
- Bladder problems, such as infections and urinary incontinence.
- Weight changes, including gaining weight around the waist.

It's personal and unique

There's a lot of variability with perimenopause. Typically, it begins in your 40s and lasts for several years, but there's no guarantee of this timetable. And the changes you experience may vary from mild to severe.

What's certain is that perimenopause is a natural rite of passage, and there's help if the changes are disruptive. Talk to your health care provider for advice.

Lots of life ahead

Maybe the best take on perimenopause is to think of it as a reminder to take care of yourself. You still have a lot of living to do. A third of life occurs beyond menopause. And you want the rest of your life to be a healthy one.

So be good to your body now—eat wisely, exercise regularly, maintain a healthy weight, don't smoke (or quit if you do), and see your doctor for recommended checkups and health screenings.

Cancer Support Group

When: First and third Thursdays of each month, 2:30 to 4 p.m.

Where: Cancer Center Resource Room

Info: Providing education and support through the cancer journey for patients, friends, and family. Call Beth Rivers at **360-414-7968**.



To keep your weight from creeping up during perimenopause, try regular exercise. It may help calm those hot flashes too.



Maria Magnuson, ARNP, Nationally Certified Menopause Practitioner (NCMP), Member of the North American Menopause Society
Women's Health
PeaceHealth Medical Group—
Women's Health Pavilion
1660 Delaware St.
Longview, WA
360-414-2800

Should you be screened for **cancer**?

Your primary care provider can help you decide

Spot check

Take steps to find and prevent skin cancer

It's easy to forget about the risks of skin cancer when you've been bundled up all winter. But just because your skin hasn't seen the sun in months doesn't mean you shouldn't be vigilant about the disease.

Your first step: Check your body for changes that could be skin cancer—the disease is highly treatable when caught early.

Do a head-to-toe search, and use a mirror to see areas like your back. Tell your doctor if anything looks unusual, such as a mole or spot that:

- Has uneven borders
- Is more than one color
- Is larger in diameter than a pencil eraser
- Looks different from your other moles or has changed over time

Next: Protect your skin from the sun's harmful rays:

- Wear a broad-spectrum, water-resistant sunscreen with an SPF of at least 30—even on cloudy days.
- Stay in the shade often, especially from 10 a.m. to 4 p.m.
- Dress for protection: Wear long pants, a long-sleeved shirt, sunglasses, and a hat.
- Avoid tanning—including indoor tanning. Use a sunless tanning product if you want a bronzed look.

CANCER SCREENING TESTS can often save lives by finding cancer early, providing a vital heads-up before you might notice a lump or other worrisome symptoms.

But it's not always easy to know which screenings you need or when to get them—particularly since screening guidelines change. “Cancer screenings don't have one-size-fits-all guidelines,” says Stephanie Roberts, PA-C. “They typically have different recommendations based on things like age or even personal preferences.”

One person who can help you sort through the maze of cancer guidelines is your primary care provider.

“They can answer your questions, explain the various tests, and help determine a screening approach—for cancer and other diseases—that is right for you,” Stephanie says.

A closer look

Some screening guidelines that have shifted in recent years include those for breast, prostate, and colon cancer.

Breast cancer. Our breast team supports mammograms starting at age 40 for women at average risk. This is in line with National Comprehensive Cancer Network guidelines.

Prostate cancer. The American Cancer Society (ACS) advises men to talk to their doctor about whether to be tested for prostate cancer beginning at age 50.

Men with a family history of the disease (a father or brother who had prostate cancer before age 65) and African American men should have that conversation at age 45.

According to the ACS, the potential risks and benefits of testing and treatment are complicated, and men need to

understand both before making a decision about screening.

Colon cancer. Testing options (starting at age 50) include colonoscopy and sigmoidoscopy. Both are invasive and require prep work most people dislike. But they can find cancer—or the polyps (abnormal growths) that may become cancer—early, when treatment is often most successful.

Noninvasive stool tests are another option, but they can't detect polyps. And a positive result will probably require more tests, including a colonoscopy.

Don't go it alone

Your primary care provider knows your personal risk factors for cancer, such as your medical and family history, and those can influence when and how often you're screened.

“With your provider's help, you can make an informed decision about testing that's right for you,” Stephanie says.



Stephanie Roberts, PA-C
Lower Columbia Regional
Cancer Center
1615 Delaware St.
Longview, WA
360-414-7878



Don't have a primary care provider? Our Personal Concierge Services team can help. Call **360-414-7512**, or email phmg/longview@peacehealth.org.



WOMEN'S HEALTH

Q I've been hearing about well-woman checkups. What are they, and what's involved?

A This is a once-a-year visit to your primary care provider for a general health check. For women it includes a breast exam and a Pap test if needed.

A well-woman checkup can help you learn what screenings and tests you may need and when you need them. Depending on your age, health, and other medical conditions, your provider may suggest routine screening for:

- Breast and cervical cancers
- Diabetes
- High blood pressure
- High cholesterol
- Osteoporosis
- Depression
- Sexually transmitted infections

Your provider may ask you about things like your lifestyle and any medications you take.

Your answers can help your provider understand—and discuss—your risk factors for diseases that could affect your future. He or she can also make sure you are up-to-date on immunizations.

If you haven't had a regular checkup for a while, put making an appointment at the top of your to-do list. No matter what your age, checkups are important and one of the best things you can do to stay healthy.



Morgan Evans, DO
Family Medicine
PeaceHealth Medical Group—
Lakefront
1718 E. Kessler Blvd.
Longview, WA
360-747-5800

VEIN HEALTH

Q What can I do to get rid of varicose or spider veins?

A The first line of treatment is to try several lifestyle-related actions:

- Exercise regularly to improve leg strength.
- Maintain a healthy body weight.
- Eat a low-salt diet rich in fiber.
- Wear compression stockings.
- Elevate your legs when you're resting.
- Avoid sitting or standing still for long periods.

If your veins cause you pain, itchiness, swelling, or other symptoms, talk with your doctor about possible medical treatments. A few of the most common include:

- Sclerotherapy
- Surface laser treatments
- Endovenous techniques
- Surgery—for very large veins

If you're having pain, even if it's just a dull ache, don't hesitate to get help.

Even if you don't need to see a doctor about your varicose veins, you should take steps to keep them from getting worse. The single most important thing you can do to slow down the development of new varicose veins is to wear gradient compression support stockings as much as possible during the day.

➔ Learn more at peacehealth.org/st-john-surgery.



George Fortner, MD
Vascular Surgery
PeaceHealth Medical Group—
Surgery
1615 Delaware St.
Longview, WA
360-501-3500

HEART

Q My provider wants me to have an electrocardiogram (EKG). What is that?

A An EKG is a painless test that records the heart's electrical activity.

Many heart problems change the heart's electrical activity in distinct ways. Consequently, doctors can use an EKG to diagnose many different heart problems.

For example, an EKG can detect heart attacks that are in progress or that happened in the past.

Other things it can reveal include:

- A lack of blood flow to the heart muscle (heart disease)
- A heart that doesn't pump forcefully enough (heart failure)
- A heartbeat that is too fast, too slow, or irregular (an arrhythmia)

When you have your EKG, a nurse or technician will tape soft, sticky patches called electrodes onto your skin.

There are special types of EKGs, so ask your doctor what kind you need. The standard one is done while you're resting and completely still. It can only find a heart problem if it occurs during the test.

But some problems come and go or only happen during exercise. So you may need an EKG that uses a small device to record your heart's electrical activity for up to 48 hours or one that's done while you exercise.



Sandi Rosenzweig, ARNP
Family Medicine
PeaceHealth Medical Group
812 Ocean Beach Highway,
Suite 200
Longview, WA
360-636-6900

Heart Health Nutrition

Join our two-hour heart health group class to learn about lifestyle changes that can help prevent and treat heart disease.

➔ Call **360-636-4943** for more information.

SAVE THE DATE!

Heart and Stroke Walk

When: Saturday, May 14; festivities start at 8:30 a.m.; walk starts at 9:30 a.m.

Where: Lake Sacajawea

Info: Join PeaceHealth and the American Heart Association for a 5K (3.1-mile) walk to inspire healthy behaviors and raise funds to help fight heart disease and stroke. Call **503-820-5300** or email pdxinfo@heart.org to learn more or to sign up.

Healthier You

CLASSES & EVENTS



SAVE THE DATE!

Baby Reunion

When: Tuesday, Nov. 29, 6 to 7 p.m.

Where: ●

Info: For all parents who have attended childbirth classes at PeaceHealth St. John Medical Center in the previous six months. This is a time to show off your new baby and reconnect with class members and other new families. Come share birth stories and the ups and downs of life with a new baby. Call **360-501-3700** for dates or register online.

Prediabetes

When: Fridays, May 20, June 17, 10 a.m. to noon

Where: ◆

Info: This group class will cover what you need to know about prediabetes to successfully manage your condition. Call **360-636-4943** to register.

Heart Health: Nutrition

Where: ◆

Info: Join our two-hour heart health group class. Learn about lifestyle changes that can help prevent and treat heart disease. Call **360-636-4943** for date and time of next available class.

WEIGHT MANAGEMENT

One-to-One Individual Weight Loss Program

Where: ◆

Info: Educators will help you set goals and support you as you begin your individualized program. Physician referral not required. Call **360-636-4943** for more information. \$250.

Medicare Weight Management Program

Where: ◆

Info: Medicare provides coverage to qualified patients for counseling sessions to help you lose weight. Medicare beneficiaries generally pay nothing to participate in the program. Please check your plan for coverage. Visit your primary health care provider to see if you qualify and for a referral to our program. Call **360-636-4943**.

Weight Loss

Where: ◆

Info: Two-hour group class. Learn quick, easy ways to help you start on your path to a healthy weight. Call **360-636-4943** for more information and the next available class.

PREGNANCY CLASSES

Preparing for Delivery

When:

Tuesday evening series: June 7 to 28, 6 to 8:30 p.m.

Saturday class: May 21, June 25, 9 a.m. to 4 p.m.

Where: ●

Info: This class provides useful information on labor, support, relaxation and comfort techniques, medications, and delivery options. Taught by certified childbirth educators. Check online or call **360-501-3700** for cost and to register.

Infant Feeding and Care

When: Tuesdays, May 24, June 28, 6 to 8:30 p.m.

Where: ●

Info: Learn what to expect from your newborn and how to soothe, diaper, and bathe like a pro as well as breastfeeding and bottle basics. Tour included. Register online or call **360-501-3700**.

Birth Center Tour

When: Tuesdays, June 7, July 5, Aug. 2, 5 to 5:30 p.m.

Where: ■

Info: For those wanting just a tour of the PeaceHealth birth center without a Preparing for Delivery class. Tours are held the first Tuesday of each month. Please register online at peacehealth.org/baby or by calling **360-501-3700**.

Super Sibling Class

When: Tuesdays, May 24, Aug. 23, 4 to 5 p.m.

Where: ●

Info: Kids learn about life with the new baby, baby safety, and their role as a Super Sibling. Interactive class includes crafts, a video, and a snack. Best if attended as close to the new baby's birth as possible. Parents stay in the room with kids. Lots of fun! Registration required. Please register online or call **360-501-3700**.

SUPPORT GROUPS

Cancer Support Group

When: First and third Thursdays of each month, 2:30 to 4 p.m.

Where: Cancer Center Resource Room

Info: Providing education and support through the cancer journey for patients, friends, and family. Call Beth Rivers at **360-414-7968**.

Diabetes/Prediabetes

Where: ◆

Info: Learn how to live a vibrant life with diabetes. Share your tips and ideas in a casual, accepting atmosphere. Friends and family are welcome and encouraged to attend. No registration required. Call **360-636-4943** for more information.

Food Addicts in Recovery Anonymous (FA)

When: Tuesdays, 6:30 to 8 p.m.

Where: ■ second floor, conference room E

Info: A 12-step program for anyone with food obsession, overeating, undereating, or bulimia. Call **360-442-9061** for more information.

I Understand Breast Cancer Support Group

When: Fourth Monday of each month, 6:30 to 8:30 p.m.

Where: ■ conference rooms C/D

Info: Courageous and compassionate women supporting one another. First hour is educational, second hour is group sharing. Call **360-747-5958** for more information.

WELLNESS

Scheduled for Joint Replacement

When: Mondays, 9:30 to 11:30 a.m.

Where: ■

Info: Free class for patients scheduled for a joint replacement service. Learn about the procedure and share helpful recovery tips and your support team's special role in the rehabilitation. Call **360-636-4846**.

Heartsaver First Aid/CPR/AED

When: Every other Wednesday, 10:30 a.m. to 3 p.m.

Where: ●

Info: This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR, and AED use to meet job, regulatory, or other requirements. Call PeaceHealth Occupational Health at **360-414-2332** for dates and to register. \$70 (includes book).

Volunteer

Looking for a great way to use your time to help others? Consider being a PeaceHealth Volunteer or Friend of St. John. Adult and teen positions are available. Call **360-636-4126**.

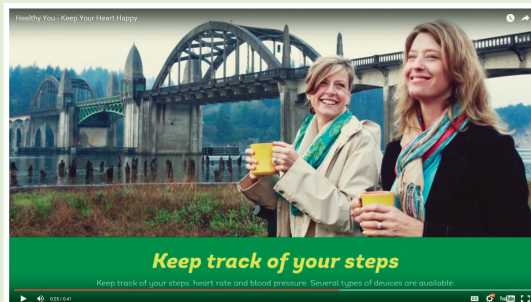
Diabetes Education Classes

Where: ◆

Info: Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. A physician referral is required. Call **360-636-4943** for more information.



For more healthy living tips, view our videos at peacehealth.org/healthy-you.



HOW MUCH WILL THESE CLASSES COST?

Classes and events are free unless otherwise noted. To register, visit peacehealth.org/st-john and click on "View All Events & Classes."

WHERE IS THIS CLASS?

Classes and events are at the following locations unless otherwise noted.

■ = PeaceHealth St. John Medical Center, 1615 Delaware St.

▲ = PeaceHealth Broadway Campus, 600 Broadway

◆ = PeaceHealth Medical Group—Internal Medicine, 1615 Delaware St.

● = Women's Health Pavilion, 1660 Delaware St. (corner of Delaware and 17th Avenue across from PeaceHealth St. John)



PeaceHealth
St. John Medical Center

PEACEHEALTH is a non-profit, integrated health care organization with facilities in Alaska, Washington, and Oregon.

HEALTHY YOU is published by PEACEHEALTH to provide health care and wellness information to residents of Cowlitz County.

Information in HEALTHY YOU comes from a wide range of medical experts. If you have any concerns or questions about specific medical issues that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

To unsubscribe from this free community health care publication, call 360-501-3701 and provide your name and mailing address. Please notify us if you do not wish to receive fundraising materials from PEACEHEALTH foundations. Contact us: 360-414-7900; ahartley@peacehealth.org. HEALTHY YOU is published at a facility with an emission system that uses up to 50 percent less natural gas than conventional methods, and the printer recycles all paper waste and uses inks that limit environmental impact. 2016 © Coffey Communications, Inc. All rights reserved. • 2016 © PEACEHEALTH



Get health tips and events in your inbox! Sign up for our monthly e-newsletter at peacehealth.org/healthy-you.

HealthyYou

DONOR-SUPPORTED 

Comfortable chairs for cancer patients, thanks to you

TO ADDRESS the physical and emotional needs of cancer patients and families in our area, the Lower Columbia Regional Cancer Center opened its doors in 2002, through the vision and hard work of our community.

The compassionate staff, which includes a medical social worker, oncology nurses, and a patient care coordinator, works together with the physician team to offer complete cancer care.

“This is a full-service cancer program, and [it’s] rare for a community our size to have such excellent, comprehensive local care,” says Lance Welch, Director of Specialty Service Lines for PeaceHealth St. John Medical Center.

Your gifts make a difference

The Cancer Center was a \$4.5 million project entirely supported by philanthropy. And philanthropy continues to support the work done there.

Upkeep of the Cancer Center, which sees nearly 1,000 patients a month, is important for providing the best care possible. At the end of 2015, the Cancer Center management came to the PeaceHealth St. John Foundation Board of Directors, requesting funds to replace nine recliner infusion chairs for patients.

Thanks to a partnership with the Castle Rock Eagles Auxiliary and generous donors, our patients are now



enjoying the new infusion chairs, which provide comfort as well as medical functionality.

You can choose to fill a need

Needs continue to arise. If you are trying to decide where to give your charitable contributions this year, please consider the Lower Columbia Regional Cancer Center at PeaceHealth St. John Medical Center.



Cathy Barr, CFRE
Executive Director
PeaceHealth St. John
Medical Center Foundation
360-414-7900
cbarr@peacehealth.org



Your gifts can make a difference. Find out ways to give at peacehealth.org/stjohnfoundation.



Have you named **PeaceHealth** in your will?

Contact us if you need more information or would like to inform us of your wishes.



Trail

Thinking about joint replacement?

When: Tuesday, June 14, 6 p.m.

Where: Pacific Surgical Institute, 625 Ninth Ave., Longview, WA

Info: Join Orthopedic Surgeon **William Turner, MD**, with Longview Orthopedic Associates, for an informative talk on joint replacement surgery. Dr. Turner is also the medical director of the Joint Replacement program at PeaceHealth St. John Medical Center.



Call **360-636-4846** for details.

 **PeaceHealth**
St. John Medical Center

PO Box 3002
1615 Delaware St.
Longview, WA 98632

SJL

Nonprofit Org.
U.S. Postage
PAID
Portland, OR
Permit No. 2901

Recycle me! Share this mailer with others, and recycle when finished.

HIP REPLACEMENT

Life's better than ever

EVERYONE WHO ASKS Martha Zimmerman about her health or hip replacement gets to listen to her share about the amazing care she had at PeaceHealth St. John Medical Center. Over the years, she's had several surgeries, and her recent hip replacement surgery was the very best.

Although she has never had a negative experience at PeaceHealth St. John, for Martha the most notable improvement has been the relationship between the nurses and the certified nursing assistants. They worked as a seamless care team to meet her needs. They made her feel that her comfort was their priority and that it was more important than their titles. Martha shares that even her meeting with the anesthesiologist and subsequent anesthesia experience was remarkable.

Martha's surgeon, Jon Kretzler, MD, also provided excellent care, and she's completely pain-free after her hip replacement surgery. Of course, Martha was a good patient and did her part, using a gym to



PATIENT PROFILE ★

Martha Zimmerman can exercise pain-free after hip replacement surgery.

strengthen her hip muscles before surgery; following the physical therapist's instructions daily during her recovery; and, as soon as Dr. Kretzler released her to do so, returning to the gym to work with a trainer who understands hip replacements.

Martha is very appreciative of the wonderful care she received from Dr. Kretzler, the anesthesiologist, the nurses, and the certified nursing assistants.

Today Martha is completely pain-free. She has more energy and stamina than before her hip pain

began. She says, "Chronic pain changed my life, and hip replacement and exercise gave it back to me—and more!"



Jon Kretzler, MD
Orthopedic Surgeon
Longview Orthopedic Associates
625 Ninth Ave.
Longview, WA
360-501-3400



Leave your joint pain behind

peacehealth.org/ortho

 **PeaceHealth**
The Spirit of Health