

# Healthy You



The best time  
to plant a tree  
is 20 years ago.  
The second best  
time is now.

—Proverb

## It's harvest time!

**AFTER A LONG** growing season with warm, relaxing days of summer, it is time to reap our harvest for the fall. If your tomatoes are not quite there or your lettuce looks listless, don't worry. There is still time to put in a late-season crop.

This can be the same with your health as well. No matter what your age, there are always actions you can take to improve your health.

In addition to improving your diet and moving more, your family can try these healthy steps.

**Manage your health.** Take charge of your health by finding a primary care provider to be your partner. Together you can identify concerns early on and actively manage chronic conditions like asthma or diabetes and possibly even prevent some ailments.

**Stay sharp.** Learning new things helps keep your brain sharp. Kids do it naturally through play, but adults may need to set some goals. Whether you choose to pick up a new skill or drive a different route across town, challenging your brain helps keep it healthy.

**Sleep soundly.** During sleep, your body repairs tissues, generates new cell growth, and processes

activities from the day. At each age, your body requires a different amount of sleep to function at its best.

Taking small steps each day can positively impact your health. At PeaceHealth, we are here to partner with you and your neighbors to make healthy strides. Read on in this issue to see how our joint efforts are having an impact in our community.



Learn more about your particular sleep needs at [peacehealth.org/healthy-you](https://peacehealth.org/healthy-you).

## Thinking about joint replacement?

**When:** Tuesday, Sept. 20, 6 to 7 p.m.

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

**Info:** Ready to get moving again? Attend this free event to find out if joint replacement is right for you. Presented by orthopedic surgeon William Turner, MD, Longview Orthopedic Associates. Dr. Turner is also the medical director of PeaceHealth St. John's joint replacement program. For more information or to register, visit

 [peacehealth.org/st-john/events](http://peacehealth.org/st-john/events) or call **360-636-4846**.



**William Turner, MD**  
Orthopedic Surgery  
Longview Orthopedic Associates  
625 Ninth Ave., Suite 210  
Longview, WA  
**360-501-3400**



**James Suero, MD**  
Interventional Cardiology  
PeaceHealth Medical Group  
Specialty Clinic  
1615 Delaware St.  
Longview, WA  
**360-414-2730**



PATIENT PROFILE



## Cyclist back in the saddle after joint replacement surgery

THINGS ARE STARTING to roll again in Brad Burger's life. An intense "If it has wheels, I ride!" cyclist, this active 55-year-old began to experience his hips freezing up and sometimes needed help getting off his bike.

He knew it was time to do something and, just like with his bike riding, decided to "go big or go home" by scheduling a bilateral (double) hip replacement. Familiar with the work of orthopedic surgeon William Turner, MD, Brad knew Dr. Turner was fast enough to get both hip replacements done in one day.

Brad, an anesthesiologist, was also familiar with what goes on in an operating room, but he wasn't sure what exactly was involved in getting a joint replacement. After attending a presurgery session, Brad was impressed with the Joint Replacement program at PeaceHealth St. John Medical Center. He learned all he needed to prepare for surgery, what to expect during his hospital stay, and the do's and don'ts of his at-home rehabilitation.

Brad says that he got "really great care," and after just one night in the hospital, he returned home. For the next six weeks, he exercised diligently and lifted weights to build up his muscles and get back to work. A couple weeks after that, he was able to go on a bike ride. He recently completed a ride up Mount St. Helens.

Brad encourages others thinking about joint replacement to check with their doctor about whether they are good candidates for surgery. For those who need it, Brad's words of wisdom are, "It's going to change your life—for the better!"



Learn more about our orthopedic services by calling **360-414-5750**.



PATIENT PROFILE



## Innovative heart procedure keeps patient in the swim

JOAN DELGADO LOOKS the picture of health. A lifelong athlete, this fit 71-year-old is also a U.S. Masters competitive swimmer.

One day, however, while working out to prepare for a race, she couldn't get her heart rate over 125. She knew it should be around 145. She felt fine but thought she'd get it checked and was referred to James Suero, MD, an interventional cardiologist with PeaceHealth Medical Group.

Dr. Suero referred to her as "my athlete" and gave her an exercise treadmill echocardiogram stress test. Joan said she felt great after the test, but Dr. Suero said she likely had a blockage in an artery. He scheduled her for an angioplasty the following week, which revealed that one of her arteries was 70 percent blocked. Her only warning sign was not being able to raise her heart rate.

Joan was in good hands; Dr. Suero and the cardiology team performed an innovative procedure known as a transradial cardiac catheterization, inserting the catheter through a blood vessel in Joan's arm rather than through the femoral artery in the groin. This procedure is easier on patients and has less risk of complications. The catheter is removed immediately, and patients are able to sit up after only one hour. It's still not the norm—only 30 percent of hospitals in the U.S. perform transradial cardiac catheterizations—but Dr. Suero and his team have done them for several years at PeaceHealth St. John Medical Center.

After a couple of months off, Joan started swimming again and competing soon after. At her follow-up appointment, Dr. Suero felt rewarded to see "his athlete" with a big smile on her face and still in the swim.



Visit [peacehealth.org/st-john](http://peacehealth.org/st-john) to learn more about the cardiovascular services available in our community.



## Choosing your health plan?

### Here's where to start

OPEN ENROLLMENT is creeping closer, and now is the time to start planning for the next year.

Today, people spend more time planning their weekend getaway than researching their health care benefits. Aflac reported that in 2014, 46 percent of people spent 30 minutes or less reviewing health care plan offerings. Why? Mostly because people don't really know where to start when it comes to reviewing benefits and making health plan decisions.

Even though that weekend escape is important for your health, so is planning for your health care future. Some simple questions and guidelines can help take out the guesswork.

Start by gathering some information from the last year's health care costs and individual health status. How much did you pay out of pocket? Was last year a typical year? Did anyone in the family develop a new health issue or possibly resolve a past issue?

Learn more about health savings accounts and how they can benefit you. Also remember to check into wellness programs offered by your employer. Often there are financial

benefits as well as health benefits when you take advantage of these offerings.

Most important: Learn how your coverage works. Utilize company resources. Often your company will provide links to decision support tools and other resources for you to make the most informed decision.

Choosing which path to take when it comes to open enrollment is seldom a quick decision, so take your time and do your research. And enjoy that weekend getaway!

When planning for your health care future, some simple questions and guidelines can help take out the guesswork.



**Jennifer Richards**  
Personal Concierge  
PeaceHealth Medical Group  
1615 Delaware St.  
Longview, WA  
**360-414-7510**



JOIN US!

## Kelso Highlander Festival

**When:** Saturday, Sept. 10

**Where:** Tam O' Shanter Park in Kelso

**Info:** Stop by and visit the PeaceHealth booth. Our joint replacement team will be on-site to answer questions and will have a prize drawing and giveaways for all the lads and lassies who stop by.

Learn more about our Joint Replacement Program at [peacehealth.org/st-john](http://peacehealth.org/st-john).



## We can help!

Let our dedicated concierges help you navigate your health care needs. Call **360-414-7510** to learn more.



### Grown-ups with ADHD

Attention-deficit/hyperactivity disorder (ADHD) doesn't just affect children. Adults can have it too.

According to the National Resource Center on ADHD, about 10 million adults in the U.S. have ADHD. They commonly have problems like:

- Losing or quitting jobs frequently
- Poor ability to manage day-to-day tasks, such as paying bills or completing household chores
- Relationship problems
- Stress over failing to meet goals and responsibilities

Many of the treatments that work well for children with ADHD benefit adults as well. Medication, a structured environment, and behavioral therapy can help.

If you think you or a loved one might have ADHD, talk to a doctor.



## Understanding ADHD

IT IS COMMON for children to express their energy, excitement, enthusiasm, and even impulsiveness. But when this behavior is constant or a child cannot control it—or perhaps their level of activity or inattention is noticeably not age-appropriate—parents seek advice from their pediatrician.

Approximately 4 to 11 percent of children are diagnosed with ADHD (attention-deficit/hyperactivity disorder), and a third of those will have additional conditions along with ADHD. The ADHD can be a combined type or primarily an inattention or hyperactive type. Each child with this concern should have a complete evaluation and then a treatment plan, with a supportive team approach.

### What is ADHD?

ADHD is one of the most studied and one of the most common conditions of childhood. It is a neurobehavioral condition of the brain, and it is diagnosed when a child shows a persistent pattern of inattention and/or hyperactivity and impulsiveness that interferes with functioning or development. In other words, it causes the child problems in achieving success at home with the family and in school environments (at least two different settings).

Great resources for families who want to learn more about the specific DSM-5 (*Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition) criteria for ADHD diagnosis and details for treatment and a team approach to helping kids with ADHD include the American Academy of Pediatrics ([aap.org](http://aap.org)) and Children and Adults with Attention-Deficit/Hyperactivity Disorder ([chadd.org](http://chadd.org)).

### What helps?

Kids and parents succeed with the use of behavior modification. They add coping skills that help kids navigate through daily life at home and school. They learn tools for various situations and ideas that improve otherwise frustrating challenges. Tools may be as simple as a change in classroom seating or as complex as behavioral therapy with a specialized, trained therapist. Positive behavior modification and social skills training have been found to work well. Individual education plans can lead to further academic understanding and success.

Medication, in addition to behavior therapy, is proven to work with regular monitoring in a treatment plan. Medication helps bring out the best in kids, allowing them to achieve and be recognized for their talents, strengths, and accomplishments. Building self-esteem and credibility is important. Positive parenting, productive teaching, and supportive teamwork leads to a kid's success. Kids are often bright, energetic go-getters and are just waiting for adults to believe in them and their success.



**Erin Harnish MD, FAAP**  
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Concerned parent? Learn more about ADHD symptoms and complete the symptom checklist. Visit [peacehealth.org/healthy-you](http://peacehealth.org/healthy-you).

## IMAGING

**Q** I've just learned about C-View imaging software for mammography. Does the Kearney Breast Center have C-View, and how does it make my mammogram better?

**A** The Kearney Breast Center at PeaceHealth St. John Medical Center offers advanced C-View technology combined with 3-D imaging.

When combined with 3-D imaging software, C-View produces clinically superior imaging results with better visualization of masses, distortions, and asymmetric abnormalities. It detects 41 percent more invasive cancers. This dynamic duo in breast imaging technology also reduces recalls for a repeat mammogram by 35 percent.

The C-View software performs just the single 3-D sweep on a patient and then reconstructs those projections to the 2-D image. This produces a high-quality image. While the dose of combined 2-D and 3-D imaging remains below federally established guidelines, with this new software the patient's exposure to the 2-D image is eliminated, cutting the patient's radiation dose in half.

Not only does the C-View lower the dose for the patient, it shortens the exam and the time the patient is under compression. It's all part of our Center's design, intended to make our patients' experience as comfortable as possible, from the moment they walk in our doors to the last of any follow-up care that might be necessary.



**Ruth Melvin, RT(M)**  
Clinical Operations Supervisor  
Kearney Breast Center  
1615 Delaware St.  
Longview, WA  
**360-414-2701**

## SPORTS INJURIES

**Q** My son wants to participate in high school football, but I'm concerned about injuries. What's the best way for him to avoid getting hurt?

**A** Injuries are common in all sports and difficult to completely avoid. There are some things you can do to help your son prepare for the season:

- First make sure your son is in good physical condition. It can be tough to return to an intensive sport without preparation and training over the summer. A sports physical is a great time for your doctor to assess your son's condition.
- Avoid very heavy weightlifting—instead, go for moderate weights with higher repetitions.
- Consider cross-training, not just running and lifting weights.
- It is very important for the equipment to fit well, especially the helmet.
- Talk to your son about concussions and the signs to watch for, such as headaches, difficulty concentrating, and sensitivity to light. It's important that he tell the coaching staff and you about any potential head injury—and not just during practice or in the game.

**It is very important for the equipment to fit well, especially the helmet.**

Sometimes injuries can be due to bad luck, but proper preparation and well-fitting equipment are key to avoiding injuries where possible.



**Andrea Young, MD**  
Orthopedics & Sports Medicine  
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## SEASONAL MOODS

**Q** During the fall and winter, I start feeling blue. What causes this, and what can I do to brighten my mood?

**A** If you feel depressed, fatigued, and irritable the same time each year, you may have a form of seasonal affective disorder (SAD). SAD usually occurs in fall or winter, but there are those who have this condition during the summer instead of, or in addition to, during the fall or winter.

While we don't know the exact causes of SAD, certain hormones made in the brain trigger attitude-related changes at certain times of year in some people. This might be due to less sunlight in the fall and winter causing the brain to make less serotonin, a chemical linked to brain pathways that regulate mood. When these nerve cell pathways don't function normally, the result can be feelings of depression, along with symptoms of fatigue, body aches, weight gain, trouble concentrating, increased desire to be alone, and greater need for sleep.

Spending time outside every day to get more natural light, especially in the morning, may help. Some people find that a light box used for about 30 minutes a day also helps. Eating a well-balanced diet and exercising may help increase your energy. It's also important to stay involved with your social circle and regular activities.

If you've been feeling depressed and have symptoms of SAD, see your doctor for an assessment. He or she will recommend the right treatment for you.



**Tanya Martin, LICSW, CMHS**  
Behavioral Health  
PeaceHealth Medical Group  
600 Broadway  
Longview, WA  
**360-414-2236**



**PEACEHEALTH IS PROUD TO SUPPORT...**

## Discover Recovery Walk

**When:** Saturday, Sept. 24  
■ Registration at 8:15 a.m.  
■ Walk/run at 9 a.m.  
■ Festivities end at noon.  
**Where:** Lions Shelter, Lake Sacajawea, Longview  
**Info:** A fun walk/run to celebrate those in recovery from addiction and mental illness. Enjoy snacks, prize drawings, resource booths and informative speakers. Free T-shirts to the first 200 participants!



For more information, call Michele Waltz at **360-430-6027**.

# Healthier You

## CLASSES & EVENTS

### Volunteer

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

### 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. Check your plan for coverage. Visit your primary health care provider to see if you qualify and for a referral.

### Weight Loss

**When:** Wednesdays, Sept. 14, Oct. 12, or Nov. 9, 10 a.m. to noon  
**Where:** ◆  
**Info:** Two-hour group class. Learn quick, easy ways to help you start on your path to a healthy weight.

### BIRTH AND PARENTING

Registration required for all classes: [peacehealth.org/baby](http://peacehealth.org/baby) or **360-501-3708**.

### Preparing for Delivery

**When: Tuesday evening series:** Oct. 4 to 25, Nov. 1 to 22, or Dec. 6 to 27, 6 to 8:30 p.m.  
**Saturday class:** Sept. 24, Oct. 22, Nov. 19, or Dec. 17, 9 a.m. to 4 p.m.  
**Where:** ●  
**Info:** This class provides information on labor, support, relaxation techniques, and medications. Taught by certified childbirth educators.  
**Fee:** \$74 per couple; state medical card accepted.

### Infant Feeding and Care

**When:** Tuesdays, Sept. 27, Oct. 25, Nov. 22, or Dec. 27, 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:** First Tuesday of each month, 5 to 5:30 p.m. No tours in September.  
**Where:** ■  
**Info:** For those who want just a tour of the PeaceHealth birth center without a Preparing for Delivery class.

### Super Sibling Class

**When:** Tuesday, Nov. 22, 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!

### SUPPORT GROUPS

### Cancer Support Group

**When:** First Thursday 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 **360-414-7968** for more information.

### Diabetes/Prediabetes

**When:** Bi-monthly, Sept. 12 and Nov. 14, 5 to 6 p.m.  
**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

For more information or to register, call **360-636-4943** unless otherwise noted.

### Joint Replacement Information Session

**When:** Mondays, 9:30 to 11:30 a.m.  
**Where:** ■  
**Info:** Free class for patients scheduled for a joint replacement. Learn about the procedure, helpful recovery tips, and your support team's special role in rehabilitation. Call **360-636-4846**.

### Heartsaver CPR and AED

**When:** Sept. 14, 28, Oct. 12, 26, Nov. 9, 23, Dec. 7, 21 (not a series; choose one date), 10:30 a.m. to 3 p.m.  
**Where:** ●  
**Info:** Receive a course completion card for first aid, CPR, and AED to meet job, regulatory, or other requirements. \$70; includes book. Register at [peacehealth.org/st-john/events](http://peacehealth.org/st-john/events).

### Diabetes Education Classes

**When:** Mondays Sept. 12 through Oct. 3, 1 to 3 p.m.; Oct. 10 through Nov. 7, 5 to 7 p.m.; Nov. 7 through 28, 1 to 3 p.m.  
**Where:** ◆  
**Info:** Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. A physician referral is required.

### Prediabetes

**When:** Fridays, Sept. 23, Oct. 21, Nov. 18, or Dec. 16, 10 a.m. to noon  
**Where:** ◆  
**Info:** This group class will cover what you need to know about prediabetes to successfully manage your condition.

### Heart Health: Nutrition

**When:** Wednesdays, Sept. 28 or Oct. 26, 10 a.m. to noon  
**Where:** ◆  
**Info:** Join our two-hour heart health group class. Learn about lifestyle changes that can help prevent and treat heart disease.

### WEIGHT MANAGEMENT

To register or for more information, please call **360-636-4943**.

### One-to-One Individual Weight Loss Program

**Where:** ◆  
**Info:** \$250. Educators will help you set goals and support you as you begin your individualized program. Physician referral not required.

### HOW MUCH WILL THESE CLASSES COST?

Classes and events are free unless otherwise noted.

### HOW DO I REGISTER?

Visit [peacehealth.org/st-john/events](http://peacehealth.org/st-john/events).

### 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

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.

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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.



For health news, events,  
and tips, visit  
[peacehealth.org/healthy-you](http://peacehealth.org/healthy-you).

# HealthyYou

FREE!

## Breast health screenings

### BY APPOINTMENT ONLY

➔ **When:** Saturday, Oct. 8, 9 a.m. to 1 p.m. Call **800-992-1817, ext. 1**, for an appointment. For Spanish or Russian, call **888-202-3301**.

**Where:** PeaceHealth St. John Medical Center's Kearney Breast Center, 1615 Delaware St., Longview  
**Info:** FREE clinical breast exams and 3-D digital screening mammograms for uninsured women who:

- Are 40 and older
- Have no current breast concerns
- Live in Washington
- Qualify through the Breast, Cervical and Colon Health Program

Refreshments will be served.

Interpreters will be available at no charge.

➔ Call **360-514-1690** for more information.

DONOR-SUPPORTED



**Cathy Barr, CFRE**  
Executive Director  
PeaceHealth St. John  
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**360-414-7900**  
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OUTPATIENT REHABILITATION

# Invest with us in our community

EVERY DAY, PeaceHealth's outpatient therapists provide powerful treatments focused on maximizing healthy outcomes. To enhance the patient experience, we are creating an unparalleled center of excellence by centralizing a vast array of rehabilitation services under one roof.

The former office space on the Broadway campus of PeaceHealth St. John Medical Center will become our new state-of-the-art outpatient rehabilitation center. The Board of Directors of the PeaceHealth St. John Foundation has voted to fund this \$1.7 million project through philanthropy.

Once fully renovated and upgraded, the 10,000-square-foot space will house a variety of complementary outpatient therapies for adults, plus a child-friendly area specially designated for pediatric patients and their families. Exceptional equipment and programs will enable professional providers to serve patients' unique needs for targeted, effective therapies.

This one-stop destination will greatly improve the experience of patients who require more than one discipline for treatment. And when our practitioners work as a team, we can provide high-quality care with superior results at a lower cost. This multidisciplinary team will apply the latest therapy with one goal in mind: to get you back to the best you can be.

## Peace of mind

The expansion of the outpatient rehab center will offer the additional space needed to meet the full continuum of our community's health and wellness needs, now and into the future. This valuable resource will touch the lives

of nearly everyone in this community who has an injury, illness, or age-related condition. Whether you have a sports sprain, neurological disorder, work-related injury, surgical issue, or orthopedic condition—for help recovering from a setback, you will want to know that the vital care you need is available. PeaceHealth will be there to help you return as fully as possible to the activities, passions, roles, and talents that define you as an individual.

## Priceless investment

Together, these actions will require a strategic investment of \$1.7 million—an investment that will bring an enormous return on lives made better. Here's your opportunity to help ensure the success of this worthwhile effort and invest in the future of your health and that of your loved ones and neighbors. Because of you, life can be better for countless individuals in our community. Join us!



Visit [peacehealth.org/stjohnfoundation](http://peacehealth.org/stjohnfoundation) or call **360-414-7900** to learn how you can give.



MARDI GRAS GALA


## A Star Affaire 2016 PeaceHealth St. John Foundation

**When:** Saturday, Dec. 10

**Where:** Cowlitz Regional Expo Center

**Info:** \$100 per person. Live auction, silent auction, raffle, and live entertainment.

*Benefits the Adult Rehabilitation Program at PeaceHealth St. John Medical Center*

 RSVP to **360-414-7904** or [cyoung5@peacehealth.org](mailto:cyoung5@peacehealth.org)

*Various giving, payment, and naming opportunities are available. Many donors prefer cash gifts. Others choose the tax benefits from gifts of marketable stocks or mutual fund shares that have appreciated. Some donors make planned gifts that also help them and their families achieve long-term financial goals.*

# Baby Reunion

**When:** Tuesday, Nov. 29, 6 to 7 p.m.  
**Where:** Women's Health Pavilion,  
1660 Delaware St.  
Register at [peacehealth.org/  
baby-reunion](http://peacehealth.org/baby-reunion) or call 360-501-3708.

**Info:** For all parents who have attended childbirth classes at PeaceHealth St. John Medical Center in the last six months. This is a time to show off your new baby, reconnect with class members, meet new families, share birth stories, and chat about the ups and downs of life with a new baby.



PO Box 3002  
1615 Delaware St.  
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SJL

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## First mammogram means journey back to *health*

*40-year-old breast cancer survivor celebrates one year in remission*

CARLA LANGE RECEIVED two calls in one day that were life-changing. One was for a job she was elated to get as a quality analytic reporting specialist at PeaceHealth St. John Medical Center. The other brought news she wasn't expecting.

Kelley DeRosier, RN, BSN, CBPN-IC, Nurse Navigator for breast center patients, told Carla that she needed to come in to be rechecked for her mammogram.

Carla had just turned 40, and this was her first mammogram. She had no family history of breast cancer, she was very active in sports, and she experienced no warning signs. The recheck was followed by a biopsy and then surgery a few days later.

This began a unique month for Carla as she navigated her new work role while starting her healing journey as a breast cancer survivor.

Her breast cancer was discovered during Breast Cancer Awareness Month. Pink (the color associated the world over with breast cancer) was everywhere and "a little overwhelming," Carla remembers. She used humor to cope, along with the support of her two teen children who "really stepped up and were great about helping mom."

Her new job was also good timing, as it helped her cope. Her co-workers were understanding—they valued her work and helped her feel normal.

Carla qualified for a clinical trial, having a nurse follow her care. Earlier in her own career, Carla had conducted clinical trials and research on breast cancer, so she knew a lot about it. Experiencing it was another thing, as she underwent two surgeries, 17 rounds of chemo, and 33 rounds of radiation.

Though it was a bit like having the flu for a year with her body aching all over, Carla was thrilled with the kind of care she received at PeaceHealth St. John.

Everyone, including the infusion nurses and staff at PeaceHealth's Lower Columbia Cancer Center, was great during her treatment. Her caregivers included her nurse navigator, Kelly; surgeon, Mario Forte, MD; and oncologist, Prakash Thapaliya, MD.

During her treatment, Carla stayed active both physically and mentally. A lifelong learner, she felt it was important to learn something new and joined PeaceHealth's dragon boat rowing team of breast cancer survivors. In May, Carla celebrated her 22nd wedding anniversary by hiking 10 miles



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with her husband, Chris. This was an important accomplishment, as she could barely make it 10 blocks during her recovery from surgery.

The end of 2016 marks a milestone for Carla—a year in remission. She's grateful and wants to use her experience to benefit others.

Carla's story serves as an important reminder for women to schedule regular mammograms. The American College of Radiology guidelines recommend a mammogram every two years for women between ages 40 and 50 (unless a prior breast cancer diagnosis puts them at high risk), then every year after age 50.



**Mario Forte, MD**  
Breast Surgery  
PeaceHealth Medical Group  
1615 Delaware St.  
Longview, WA  
360-501-3500

## Schedule your mammogram!



[peacehealth.org/kearneybreastcenter](http://peacehealth.org/kearneybreastcenter)