

Winter 2015

PeaceHealth House

“Whether you
think you *can*
or you think you
can’t, you’re right.”
—Henry Ford

call

Kick resolutions to the curb

WELCOME to the new year! Traditionally, right after the holidays, many of us declare our intentions for the next 12 months. With these resolutions, we set lofty goals and start off full steam ahead to change our lives. However, within weeks, most of us have reverted to our pre-holiday habits and feel like change is just out of reach—again.

If you want to make lasting changes to your health this year, PeaceHealth would like to suggest a new approach: a health makeover. Makeovers are a fun way to improve yourself. While sprucing up your wardrobe or getting a new look at the salon can help you feel good, applying this makeover approach to your health can result in vitality that you enjoy for years.

Mind makeover. If you start the new year thinking you have a long way to go with your nutrition, exercise, and making healthy choices, you are subtly reinforcing the idea that you can’t be a healthy person. Negative thoughts can make it harder to achieve your goals.

To combat this inner messaging, start thinking healthy. This involves calming your mind and body and reframing how you talk to yourself. Instead of thinking, “I can never have dessert,” try reframing your thoughts to be more nurturing—for example: “I can have dessert occasionally if it is part of my eating plan.”

Healthy you. Once you have started thinking in a healthier way, you may be amazed at how quickly you can start using those positive thoughts to support your top health goals. Whether your priority is improving nutrition, managing a chronic condition, or kick-starting an exercise plan, your healthy thoughts can help you achieve your goals.



To support you in your ongoing health makeover, PeaceHealth has created Healthy You. Learn more and sign up for tips in your inbox at www.peacehealth.org/healthy-you.



PeaceHealth
The *spirit* of healing®

St. John Medical Center
PeaceHealth Medical Group
St. John Medical Center Foundation

A smooth treat for your heart

FRUIT AND FLAX SMOOTHIE

INGREDIENTS

- ½ to 1 banana
- 1 cup frozen fruit
- 8 to 12 ounces low-fat milk
- 1 to 2 tablespoons ground flaxseed

Use different fruits and milks to add variety.

DIRECTIONS

■ **In a blender**, combine all ingredients, and blend until smooth (may need to adjust liquid amounts for desired consistency).

■ **Hint:** Add powdered ingredients while blending to prevent clumping and sticking to the sides of the blender.

■ **For ground flaxseed:** Use a coffee or spice grinder to grind whole flaxseed into a smooth flaxseed meal. Grind just before using to ensure optimum freshness.



For more information on our Medicare Weight Loss program, call **360-636-4943**.



Can Medicare help you lose weight?

IF YOU STRUGGLE with being overweight, you're not alone. More than a third of U.S. adults are obese, according to the Centers for Disease Control and Prevention.

Obesity is costly to a person's health—it has been linked to serious medical conditions, such as: ■ Heart disease and stroke ■ Cancer ■ Diabetes ■ Gout ■ High blood pressure ■ Osteoarthritis ■ Gallbladder disease and gallstones ■ Breathing problems, such as sleep apnea and asthma

New coverage. If you'd like to make a change for better health, there's good news. Medicare now provides coverage for qualified patients to receive counseling sessions—called intensive behavioral therapy (IBT)—to help them lose weight. The counseling sessions are given by a registered dietitian at your provider's office.

Medicare covers a maximum of 22 sessions in a 12-month period. The initial assessment will be a 45-minute session with a registered dietitian. Each follow-up face-to-face session will be 15 minutes long, scheduled as follows:

- One session every week for the first month
- One session every other week for months 2 through 6
- One session every month for months 7 through 12 if 3 kilograms (6.6 pounds) have been lost in the first 6 months

Who can participate? You're eligible to receive IBT for obesity if you have Medicare Part A or Part B and:

- Your BMI (body mass index) is over 30
- You're willing and able to attend counseling sessions

What does it cost? Medicare beneficiaries pay nothing (no coinsurance and no Medicare Part B deductible) to participate in the program.

Talk to your primary care provider for a referral to the program at PeaceHealth St. John Medical Center's Nutrition and Diabetes Center. We will verify your benefits and then contact you for an appointment.

It's never too late to become a healthier you!

PATIENT PROFILE



Getting fit with IBT: One patient's story

RETIRED ELEMENTARY SCHOOL TEACHER Marsha Hallett (above) has struggled with her weight since retiring in 1996.

"I finally accepted my body was changing and I was getting older," she says.

Also a breast cancer survivor, Marsha says her weight slowly crept up when she became a consultant—it required regular travel away from home and eating out frequently.

"I lost track of what I was eating," she says. "It got to the point I never cooked."

Once Marsha fully retired, her exercise decreased. After she spoke with her doctor about her frustration with her weight, he suggested referring her to the Intensive Behavior Therapy (IBT) program at PeaceHealth St. John Medical Center's Nutrition and Diabetes Center. By reducing her weight, Marsha is hoping to avoid diabetes, improve the ease of everyday activities, reduce her cancer risk, and improve flexibility and strength.

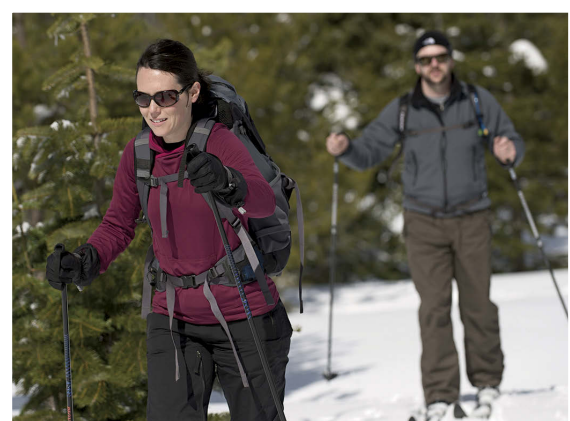
"I want to stay healthy enough to take care of Ed," Marsha says, speaking of her husband.

Because IBT provides regular, planned support, Marsha says, "There are four things: number one, you are accountable; number two, it is motivating; number three, you are sharing privately; and number four, there is structure."

She has changed her eating pattern to include more fruit as snacks. She also recently started using a FitBit Flex (wireless activity and sleep tracking device) along with My Fitness Pal, an online food diary, to track her daily food intake and exercise.

"This is having a great effect on my husband," Marsha says. "He is eating everything I am."

Since making these changes and starting the IBT program, Marsha has lost 5 percent of her body weight.



How to stay motivated to keep yourself active

WE ALL HAVE HEARD how physical activity reduces the risks of cardiovascular disease, diabetes, cancer, and other diseases. Plus, it helps with stress management and overall quality of life. The question that arises is, “How do I keep myself on track with an active lifestyle?”

There are several ways to keep yourself motivated.

Set goals. Identify what you hope to accomplish and what steps you intend to take to reach your goals. Your behavioral goals should support your outcome goals to make the long-term goals possible. Make sure your goals are realistic. If they are not, you are setting yourself up for failure. Keep your goals on paper, and place them where you can see them on a regular basis.

Train with a partner. This partner can be two-legged or four-legged. The accountability this partner provides is key in helping you stay motivated with a program.

Reward yourself. Reaching your goal is always a reward, but a lot of us need other rewards as well. One example is to put a quarter in a mug after each workout. This can be set up as a competition with friends and family. You can use the money toward new clothes, dinner, etc.

Seek inspiration. Many of us get bored with just walking or running. If this is true for you, try to add music to your workout. Also, each day try to find inspiration from a quote, a speaker, or a book.

Make it fun. It is important to find an activity that is enjoyable. Remember: What one person enjoys may be totally different from what another person enjoys. Many adventures are out there, and each one may lead to a life-changing experience.

Find out what works for you—whether it’s one thing or a combination. Keep in mind that the hardest part is getting started—but once you start your activity, the fun begins.



Getting a leg up on varicose veins

DO YOU HAVE varicose veins? You’re not alone—varicose veins are common, especially for women.

Many factors can raise your risk for varicose veins. Examples include family history, age, gender, pregnancy, overweight or obesity, lack of movement, and leg trauma.

Varicose veins may be treated with lifestyle changes or medical procedures to relieve symptoms, prevent complications, and improve appearance.

Sometimes varicose veins cause pain, blood clots, skin ulcers, or other problems. If this happens, your provider may recommend one or more medical procedures. Some people decide to have these procedures to improve the way their veins look. The good news is that there are many treatments for varicose veins that are quick and easy, such as:

■ **Sclerotherapy.** This minimally invasive treatment involves injecting a solution called sodium tetradecyl sulfate directly into the visible vein. The solution irritates the lining of the vein, causing the vein to adhere to itself and the blood to clot. The vein then shrinks and dissolves over a few weeks.

■ **Laser.** This minimally invasive treatment involves using pulses of laser light at just the right wavelength to constrict the vein, causing it to degenerate and be less visible. The laser passes through the layers of the skin, affecting only the blood vessels. Results are quick, and recovery time is brief.

Talk to your health care provider about your treatment options.



George Fortner, MD

Vascular Surgery
PeaceHealth Medical Group—Surgery
1615 Delaware St.

Longview, WA
360-501-3500



Heart Screen for Teens

When: Saturday, Feb. 21
9 a.m. to 4 p.m.

Where: PeaceHealth Medical Group—Lakefront
1718 E Kessler Blvd., Longview, WA

Cost: Suggested \$25 donation to Spencer’s HeartStrong Foundation

Info: Every year, thousands of American teens die from undetected heart conditions, including sudden cardiac arrest (SCA). Bring your teenager to the PeaceHealth/Spencer’s HeartStrong Foundation Heart Screen for Teens ages 13 to 18. Your teen will receive an EKG, blood pressure check, risk factor assessment, and more. Sign up online at www.stopyouthsca.org.

Don’t wonder whether your teen’s heart is healthy. Find out!



Save the date!

Heart and Stroke Walk

When: Saturday, May 9

Time: Festivities start at 8:30 a.m.; walk begins at 9:30 a.m.

Where: Lake Sacajawea, Longview
Info: Join PeaceHealth and the American Heart Association/

American Stroke Association for a 5K (3.1-mile) walk to inspire healthy behaviors and raise funds to help fight heart disease and stroke. To learn more, call **503-820-5300** or email pdxinfo@heart.org.



Healthy *changes*

Shop smart for your heart— and your waistline

Eating right is a big part of the weight loss battle. It's also a wonderful way to help keep your heart healthy.

But what foods should you choose? Here are some ideas:

■ **Find fiber-rich foods.** Think oatmeal and whole-grain cereals, breads, and pasta. Whole grains should be the label's first ingredient.

■ **Load up on fruits and vegetables.** Look for a variety of kinds and colors. Fresh is great, but frozen and canned are fine too—if they have no added salt or sugar.

■ **Go for low-fat or fat-free options in the dairy case.** Bypass butter for margarine with 0 grams of trans fat.

■ **Opt for lean protein.** That includes salmon and other fish with healthy fats. Buy enough fish for at least two meals a week. Choose skinless poultry—especially white meat. If you eat red meat, cuts marked *loin* or *round* are the leanest options. And don't forget about soy products—they're heart heroes too.

Tip the scales in your *heart's* favor

TAKE A QUICK LOOK around you, and chances are you'll immediately see a huge health problem: About 70 percent of American adults are either overweight or obese.

Those extra pounds can add up to big trouble. Too much weight raises the risk for heart disease—the number one killer in the U.S.

Heart disease includes conditions such as angina, heart failure, heart attack, and abnormal heart rhythm. Other weight-related problems—like high blood pressure, unhealthy cholesterol levels, and high blood sugar—also raise heart disease risk.

ASSESSING YOUR WEIGHT

To see if you weigh more than what's healthy, check your body mass index. It estimates body fat using your height and weight. For an online calculator, go to www.peacehealth.org/healthy-you.

Waist size is also important. The greater the girth, the higher the risk of heart disease. To be healthy, a woman's waist measurement should be less than 35 inches. A man's should be under 40 inches.

A LIGHTER LIFESTYLE

Being overweight is dangerous, but shedding even a few pounds can make a big difference, says Ester See-Sebastian, MD. “By losing just 5 to 10 percent of your body weight, you'll begin to dramatically lower your risk of heart disease,” she says.

To lose weight safely—and keep it off—you need the

right amount of wholesome food and plenty of physical activity. For example:

■ **Gradually work up to at least 150 minutes of moderate-intensity exercise each week.** That's about 30 minutes a day, five days a week, of brisk walking, bike riding, or other activities you enjoy.

■ **Eat a variety of nutritious foods.** That includes fruits, vegetables, whole grains, low-fat dairy products, and lean meats.

■ **Cut back.** Reduce your intake of food and drinks that lead to weight gain, such as products with lots of sugar or saturated fat.

■ **Watch the calories.** Cut 500 to 1,000 calories a day, and you'll likely lose a pound or two a week.

Work with your provider to create a weight loss plan that's best for you. Sticking with small, healthy changes over the long term is likely to be more effective than trying quick-fix workouts or crash diets.



Ester See-Sebastian, MD

Family Medicine
PeaceHealth Medical Group—
Lakefront
1718 E Kessler Blvd.

Longview, WA
360-747-5800



Need a partner in health? Visit
www.peacehealth.org/rightcare.

Q I'd like to exercise, but I have joint pain. How can I get moving again?

A For people with chronic back or joint pain, exercise can be one of the best ways to mitigate the pain. Exercise actually improves your pain threshold, making it easier to tolerate the discomfort associated with chronic pain.

Cardiovascular exercise—workouts that increase your heart rate—is associated with reduction in low back and knee pain. The key, however, is finding a workout that doesn't increase your pain. Try lower impact aerobic exercises, like walking on a treadmill or swimming laps, that won't hurt your joints. Running and basketball are both aerobic, but can be too jarring on knees, hips, and ankles.

Other exercises like yoga and Pilates can help strengthen core muscles that support your spine while also helping improve flexibility. These types of exercise are great for reducing pain and increasing range of motion, especially for people who are dealing with an injury or chronic pain.

Whenever you start a new exercise routine, it is important to check with your provider first and then work with a professional—a physical therapist or an athletic trainer—to develop a program tailored to your abilities and goals.



Craig McNabb, MD

Physical Medicine and Rehab
PeaceHealth Medical Group—
Musculoskeletal Clinic
1615 Delaware St.
Longview, WA
360-414-2700

Q When I'm exercising, I sometimes feel short of breath and hear wheezing in my lungs. What could this be?

A It can be worrisome if you can't catch your breath. In the short term, symptoms like shortness of breath and wheezing can be caused by common conditions like a cold. Even when you are getting over a cold, the symptoms of congestion can linger, causing difficulty breathing, coughing, and wheezing during exercise.

If you have not been recently ill and experience these symptoms, a visit with your provider can help pinpoint the cause. Common causes may include:

■ **Asthma.** Shortness of breath and wheezing are hallmark symptoms of asthma, a chronic condition affecting the airways of the lungs. If symptoms occur during or after exercise, the diagnosis could be exercise-induced asthma. Your provider can help you manage your symptoms.

■ **COPD.** A progressive lung disease that can cause shortness of breath is chronic obstructive pulmonary disease (COPD). The main cause of COPD is smoking, and the most common forms are chronic bronchitis and emphysema. Early symptoms include coughing, excessive phlegm, shortness of breath, and wheezing.

Talk to your provider about any concerns you have about your breathing and your lung health. Also see our support group—sidebar at top right.



Divya Bappanad, MD

Pulmonology
PeaceHealth Medical Group—
Specialty Medicine
1615 Delaware St.
Longview, WA
360-414-2730

Q I have recently been diagnosed with diabetes. What should I eat to stay my healthiest?

A One of the most important things you can do to manage diabetes and improve your health is to adapt your meal plan. Choose foods that are lower in carbohydrates to help minimize blood sugar spikes. Also, trim portion sizes, cut out saturated and trans fats, and go for unsweetened beverages instead of sugary sodas.

One simple way to change your thinking: Envision a 9-inch dinner plate (see example at lower right). Divide the plate in half and pile one half high with non-starchy vegetables like spinach, broccoli, cabbage, or tomatoes.

Now divide the remaining portion of the plate in half. Fill one portion with protein like fish, chicken, lean meat, or tofu. In the final portion, add a whole-grain carbohydrate like brown rice, barley, or quinoa.

Don't forget to exercise! It is recommended to do moderate exercise at least 30 minutes every day, five times a week. Walking, jogging, running, and other aerobic exercises help your body regulate your blood sugar. If you are busy and have no time to exercise, do a 10-minute walk after every meal. This helps you burn calories and prevent your blood sugar from spiking.

Visit www.peacehealth.org/healthy-you for more tips.



Gerard Sebastian, MD

Internal Medicine
PeaceHealth Medical Group—
Internal Medicine Clinic
1615 Delaware St.
Longview, WA
360-501-3601

Better Breathers Club

When: Third Wednesday of each month

Where: Women's Health Pavilion

Info: Learn about living well with chronic lung disease—new topic every month. For patients and family; no registration needed.

Call 360-414-7384.



TALK WITH A DOCTOR

New Technology and Medications to Treat Diabetes

When: Monday, Jan. 12

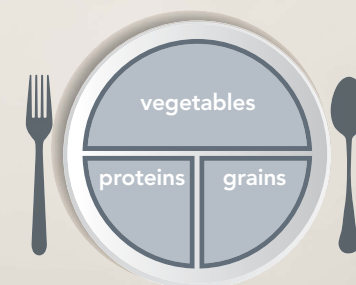
Time: 5 to 6 p.m.

Where: PeaceHealth Internal Medicine Clinic

Info: Gerard Sebastian, MD, will talk about new technology and medications to treat diabetes at the Diabetes Support Group. Recommended for friends and families of those with diabetes.

No registration

is required. Call 360-636-4943.



events calendar

HealthyYou

Events in your inbox! Sign up for our monthly e-newsletter at www.peacehealth.org/healthy-you.

HEALTHY YOU

Join us! Go Red Tea

When: Friday, Feb. 6, 2 p.m.

Where: Delaware Plaza,
926 Delaware St., Longview, WA

Info: Wear red and support women's heart health. To RSVP or for more information, call **360-423-3333**.

Prediabetes

When: Fridays, Jan. 16, Feb. 27, March 13, April 24, 10 a.m. to noon

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor
Info: If you've been diagnosed with prediabetes, this two-hour group class will cover everything you need to know to successfully manage your condition. Call **360-636-4943** for more information and to register.

Fee: \$25

Heart Health

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor
Info: Join our two-hour group heart health class to learn about lifestyle changes that can help prevent and treat heart disease. Call **360-636-4943** for the date and time of the next available class.

Fee: \$25

Weight Loss

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor
Info: Join this two-hour weight loss group class to learn quick, easy ways to help you start on your path to a healthy weight. Call **360-636-4943** for the date and time of next available class.

Fee: \$25

Thinking About Joint Replacement

When: Tuesday, Jan. 13, 6 to 7 p.m.

Where: Pacific Surgical Institute

Info: William Turner, MD, of Longview Orthopedics Associates, will share information about how this life-changing surgery can bring you back to good health. Learn about PeaceHealth St. John Joint Replacement Center's unique program to get you up and keep you moving on your journey. Register online or call **360-636-4846**.

Scheduled for Joint Replacement

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

Info: For patients who are already scheduled for a joint replacement service to learn about the procedure, helpful recovery tips, and your support team's role in rehabilitation. Call **360-636-4846**.

Diabetes Education Classes

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor
Info: Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. Call **360-636-4943** for more information. A physician referral is required.

Medicare Weight Management Program

Info: Medicare provides coverage to qualified patients for counseling sessions to help you lose weight. Medicare beneficiaries pay nothing (no co-insurance and no Medicare Part B deductible) to participate in the program. Visit your primary health care provider to see if you qualify and for a referral to our program. For more information, call **360-636-4943**.

One-to-One Individual Weight Loss Program

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor
Info: Educators will help you set goals and support you as you begin your individualized program. Physician referral not required. Call **360-636-4943**.

Fee: \$250

Baby Reunion

When: Tuesday, March 31, 6 p.m.

Where: Women's Health Pavilion, 1660 Delaware St., Longview (across from PeaceHealth St. John Medical Center, corner of 17th Avenue and Delaware Street; parking access off 17th Avenue)

Info: For all parents who have attended a childbirth class at PeaceHealth St. John Medical Center and have delivered their beautiful baby, we welcome you back for a Baby Reunion!



- No charge!
- Celebrate together!
- Swap birth stories!
- Show off your sweet new addition to the family!

To register, call **360-501-3700** or go to www.peacehealth.org/st-john.

PREGNANCY

Preparing for Delivery

When:

■ Saturday class—Jan. 17, Feb. 21, March 21, April 18, 9 a.m. to 4 p.m.

■ Tuesday weekly series—Jan. 6 to 27, Feb. 3 to 24, March 3 to 24, April 7 to 28, 6 to 8:30 p.m.

■ Online

Where: Women's Health Pavilion

Info: Prepare for labor, birth, infant feeding, and baby care. Taught by certified childbirth educators. Tour included. Register online or call **360-501-3700** for dates.

Fee: \$60 per couple; state medical card accepted.

Infant Feeding and Care

When: Tuesday, Jan. 27, Feb. 24, March 24, April 28, 6 to 8:30 p.m.

Where: Women's Health Pavilion

Info: Learn to soothe and quiet your baby; diapering basics; and bathing, feeding, and safety tips. Tour included. Register online or call **360-501-3700**.

Birth Center Tour

When: Tuesdays, Feb. 3, March 3, April 7, 5 to 5:30 p.m.

Where: Meet in PeaceHealth St. John lobby

Info: Where you choose to deliver is important. Our leading-edge family birth center and experienced caregivers welcome you. Call **360-501-3700**.

Big Sister, Big Brother

When: Tuesdays, Jan. 13, March 10, 4 to 5 p.m.

Where: Women's Health Pavilion

Info: Siblings ages 3 to 10 learn about life with a new baby, make a card, and learn their special role. Register online or call **360-501-3700**.

SUPPORT

Amputee Support Group

When: Fourth Friday of each month, 12:30 to 1:30 p.m.

Where: PeaceHealth St. John conference room E, second floor

Info: Supporting amputees and their families for a healthy life. Call **360-501-3750**.

A.W.A.K.E. CPAP Support Group

When: Twice weekly: Mondays, 2 to 4 p.m.; Thursdays, 9 to 11 a.m.

Where: PeaceHealth St. John Sleep Disorders Center

Info: Education and support for CPAP users. Call **360-636-4930**.

VOLUNTEER

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



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

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

Information in HOUSECALL 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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Please notify us if you do not wish to receive fundraising materials from PeaceHealth foundations. Contact us: **360-414-7900**; ahartley@peacehealth.org.

HOUSECALL 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.



TO REGISTER

Go to www.peacehealth.org/st-john and click on "Community, Health & Wellness." All classes are free unless noted otherwise.

LOCATIONS

Classes, offerings, resources, and events designed to put you in control when it comes to your health.

PeaceHealth St. John Medical Center
1615 Delaware St., Longview

PeaceHealth Broadway Campus
600 Broadway, Longview



Better Breathers Club

When: Third Wednesday of each month

Where: Women's Health Pavilion

Info: Living well with chronic lung disease. New topic every month. For patients and family; no registration needed. Call **360-414-7384**.

Cancer Support Group

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

Where: Cancer Center Library

Info: Open to patients and their families, friends, and caregivers. Call **360-414-7968**.

Diabetes/Pre-Diabetes Support Group

When: Mondays, 5 to 6 p.m.

■ **Jan. 12:** New Technology and Medications to Treat Diabetes—Gerard Sebastian, MD

■ **Feb. 16:** Mindful Eating

■ **April 13:** Grocery Shopping/Label Reading

Where: PeaceHealth Internal Medicine Clinic, PeaceHealth St. John Medical Center, first floor

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: PeaceHealth St. John conference room E, second floor

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

I Understand—Breast Cancer Support Group

When: Third Monday of each month

Where: PeaceHealth St. John conference rooms C/D, second floor

Info: Courageous and compassionate women supporting one another. First hour is educational, second is group sharing time. Call **360-414-2707**.



For the health of the children

THE PEACEHEALTH St. John Medical Center Foundation has embarked on a new journey that will change the idea of health care in this community. Instead of focusing solely on treating illness, we are going to start the journey of improving our community's health, starting with our children.

Our three-phase, multi-year pediatric campaign will focus on emergent needs, chronic conditions, and wellness from conception to adolescence. The funds raised from our pediatric campaign will affect the children's ability to receive family-centered, compassionate care each time they enter the doors of PeaceHealth St. John Medical Center.

The first phase will shelter our

children from the unpleasantness of emergency reception areas, create our first pediatric clinic, and purchase the equipment needed to track and reduce radiation and ensure healthy fetal growth.

The numbers are staggering. Last year alone, more than 8,500 pediatric patients were seen in the Emergency Department. Nearly 18,600 children were seen in our adult clinics, and more than 17,000 obstetric patients were cared for. In 2013, we had 439 pediatric CT scans in our Imaging Department.

Last month our December Gala, "A Star Affaire's 'Twas the Night Before Christmas," kicked off the pediatric campaign. Foundation Board member Lillian Stoneking, PA-C, and her

husband, Kim Stoneking, MD, were the chairs for the event, and it was a magnificent night and a wonderful start toward our goals.

We are excited to see where this journey takes us, and it is with the help of your generosity that we will forge this new path. You are making a difference, and for that we are truly grateful.



For more information on our campaign, please visit www.peacehealth.org/stjohnfoundation or call Cathy Barr, Executive Director, PeaceHealth St. John Medical Center Foundation, at **360-414-7900**.

One hundred years from now

One hundred years from now
It won't matter
What kind of car I drove
What kind of house I lived in
How much money I had in the bank
Nor what my clothes looked like
BUT
The world may be a little better
Because I was important
In the life of a child.

Paraphrased excerpt from "Within My Power" by Forest Witcraft



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

March is Colorectal Cancer Awareness Month

Find cancer early, when it is easier to treat

According to the American Cancer Society, colon cancer testing should begin at age 50 or younger. Talk to your doctor about when colon cancer screening is right for you.

Need a provider? Visit
www.peacehealth.org/rightcare.



PeaceHealth
St. John Medical Center

P.O. Box 3002
1615 Delaware St.
Longview, WA 98632

Nonprofit Org.
U.S. Postage
PAID
PeaceHealth

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

All strokes require *big action*

STROKE SYMPTOMS come on fast and demand fast action. But what should you do if those symptoms fade away as quickly as they occur?

Every year, some 240,000 people in the U.S. could ask that question. According to PeaceHealth neurologists, that's how many people have transient ischemic attacks (TIAs)—episodes that often warn of future strokes. How people respond to those warnings could mean the difference between long, healthy lives and long-term disability—or even death.

ALWAYS AN EMERGENCY

TIAs and strokes are alike in that both involve blocked blood flow to the brain, often because of a clot. The difference is duration.

A TIA may last only a few minutes before the body breaks up the clot, restores the brain's blood supply, and prevents serious injury to the brain.

With a stroke, blood flow is interrupted for much longer. Without a steady supply of blood, brain cells become damaged or die.

The problem is that there's no way to immediately know whether it's a stroke or a TIA that is taking place, because their symptoms are exactly the same. Both come on suddenly and include:

- Numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Confusion.
- Trouble speaking or understanding speech.
- Trouble seeing in one or both eyes.
- Trouble walking. This may include dizziness or loss of balance or coordination.
- Severe headache with no known cause.

And, since fast treatment is the best way to limit a stroke's impact, it's dangerous to take a wait-and-see approach and hope that symptoms resolve themselves. It is important to act fast and call 911.

Another reason: A TIA can signal that a full-blown stroke is just waiting to happen. In fact, up to 40 percent of people who have a TIA go on to have such a stroke—often within the first 48 hours. Getting treatment after a TIA can reduce that risk.

POSSIBLE SOLUTIONS

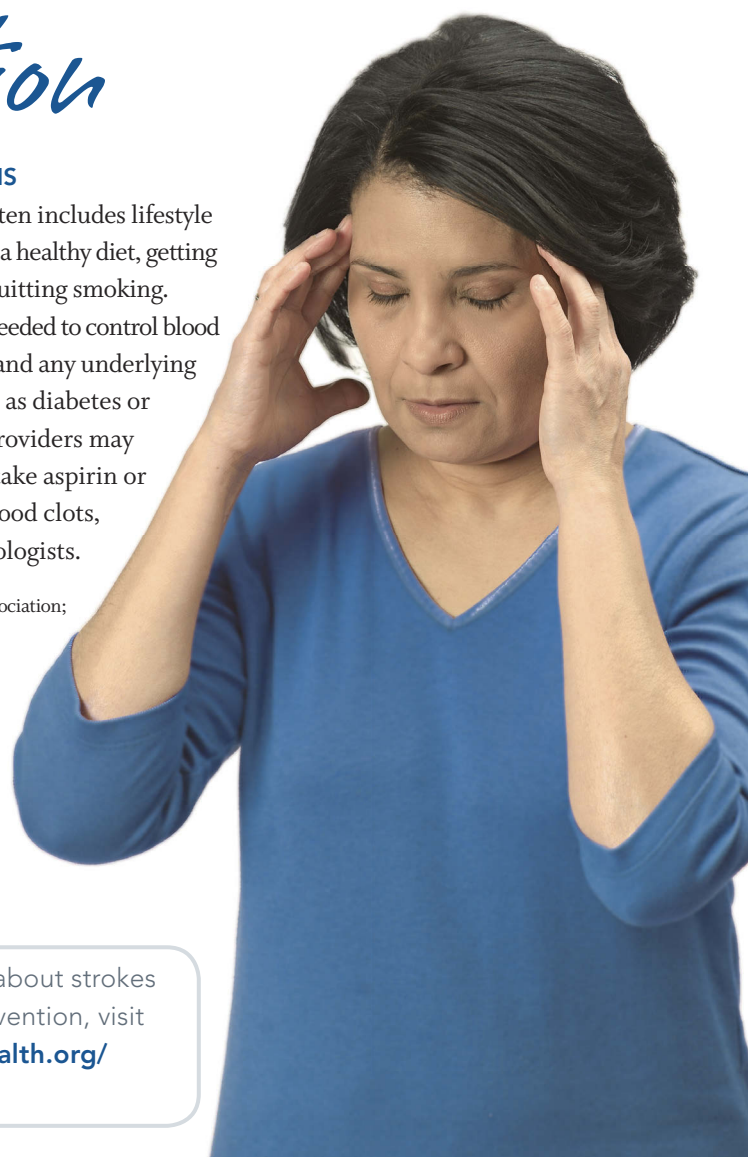
Treatment for a TIA often includes lifestyle changes, such as eating a healthy diet, getting regular exercise, and quitting smoking. Medicine may also be needed to control blood pressure; cholesterol; and any underlying health problems, such as diabetes or heart trouble. Some providers may recommend that you take aspirin or other drugs to limit blood clots, say PeaceHealth neurologists.

Sources: American Stroke Association;
National Institutes of Health;
National Stroke Association;
UpToDate.com

If you have these
symptoms,
act fast and
call 911.



To learn more about strokes
and stroke prevention, visit
[www.peacehealth.org/
healthy-you](http://www.peacehealth.org/healthy-you).



HealthyYou

We all strive to live a healthy life, but sometimes we need a health partner to help along the way. That's why PeaceHealth has created **Healthy You**—a program just for you that offers helpful resources, information and tools to support you on your wellness journey.



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