

Healthy You



Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand, and for a talk beside the fire: It is the time for home.

—Edith Sitwell

Time for quiet

ARE YOU READY for some downtime?

With shorter days, longer nights, and rainy or cold weather, winter is a perfect time to change things up and find a new rhythm.

Sure, snowy slopes beckon the skiers among us. But who can resist the draw of hot cocoa in front of a warm, crackling fire?

Do you find yourself slowing down, spending more time indoors? We might not hibernate like some creatures during the winter. But deep down,

we know there's value in these cold-weather months.

Winter gives us permission to do things we don't usually have time for during the rest of the year. Make time to do something for every part of you. Here are a few ideas:

Body. Try some floor exercises or other indoor activities to keep strong and fit. At mealtime, go easy on comfort foods and load up on veggies.

Mind. Finish an old knitting project or learn a new craft. Clean out your photo or computer files. Test your skills with a crossword puzzle. Or give in to the wildly popular adult coloring trend.

Spirit. Spend a few minutes meditating or praying.

Call a friend for a quick chat—especially if he or she is homebound. You'll lift his or her spirits and your own.

In every season, PeaceHealth is here for you and your neighbors—working to help you live long and strong. Read on for encouragement and inspiration in working together to advance good health in our community.



How do you stay healthy in the winter? Post your tip on our Facebook page at facebook.com/stjohnmedical.



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JOIN US!

Weight Loss

Learn ways to help you start on your path to a healthy weight.

When: Wednesdays, Jan. 18, Feb. 15, or April 19, 10 a.m. to noon; or Wednesday, March 15, 5 to 7 p.m.

Where: PeaceHealth Medical Group—Internal Medicine, 1615 Delaware St.



PATIENT PROFILE ★

Back in the swing despite back pain

Physical therapy helps patient manage pain

RICK HAINES has had back problems most of his life. He's seen chiropractors hundreds of times. His pain kept getting worse.

Finally, the pain reached the point where he couldn't sit to drive a car across town. He was desperate and despondent.

His doctor diagnosed Rick with degenerative joint disease and pinched vertebrae. Both his doctor and neurosurgeon thought he had no choice but to have back surgery to fuse his vertebrae.

Rick knew what that meant—giving up the things he loved, such as dancing. He wasn't ready to do that and pressed his doctors for another option. That option was physical therapy, and it was life-changing for him.

He began seeing Belia McNabb, a physical therapist with PeaceHealth Outpatient Therapies. Belia worked with Rick for six sessions, putting an exercise routine together specifically for him.

Now, more than a year after starting physical therapy, Rick is stronger and fitter than ever. He credits this to what he learned in PT and his exercise regimen, which he faithfully follows for 30 minutes each morning and night. "It keeps me going," he says.

"Therapy gave me the tools I needed to live with my pain," Rick says. "You have to do your part and make them part of your lifestyle. It's worth the effort! I have less pain—it's manageable—and I can continue doing the things I love."

As for dancing, his therapist, Belia, agreed: "It's a good exercise. It keeps your muscles strong."

Rick adds, "I'm so glad to have turned my situation around with what I learned in PT."



For exercises to help with pain management, go to peacehealth.org/healthy-you and click on "Back and Neck Pain."



PATIENT PROFILE ★

Good sleep for good days

DORA MONTGOMERY used to feel tired all the time. She had trouble sleeping at night but had no idea why.

After hearing her symptoms, Dora's doctor recommended a sleep study. Following a study at the PeaceHealth Sleep Disorders Center, Dora was diagnosed with sleep apnea.

Apnea means "without breath," which happens when the airway collapses during sleep. Dora was fitted for a CPAP (continuous positive airway pressure) machine, which is designed to supply a steady flow of air to keep the airway open during sleep.

The first time Dora used the CPAP, she felt a "world of difference."

Preetha Rosen, MD, sleep specialist at the center, says Dora's sleep study showed that her breathing stopped about 18 times every hour. With CPAP use, it was reduced to once per hour. "That's considered 100 percent treatment, and it shows CPAP treatment has long-term effectiveness and benefits," she says.

CPAP makes an important difference not just in the quantity but also the quality of sleep, Dr. Rosen says. Untreated apnea can lead to or worsen several medical issues, including high blood pressure, diabetes, heart attack, stroke, kidney disease, and depression. "We take sleep for granted, but it's vital for optimum physical and mental health," she says.

Dora's been using her CPAP machine for two years, and it has greatly improved her life. She can now read a book or sew without dozing off.

"If you're tired all the time and have no idea what it is, get tested for sleep apnea," says Dora. "Don't wait. My husband did and ended up with a heart attack—he didn't get his CPAP machine in time."



Sleep well! To learn more about sleep disorders, go to peacehealth.org/st-john/sleep. Or make an appointment at the Sleep Disorders Center. Call **360-414-7806**.



Prediabetes class inspires major life changes

JEAN IMOLTE does not have diabetes, but she became concerned when the numbers on her A1C blood sugar test kept creeping up a tenth of a point every year.

The A1C is a common blood test used to diagnose diabetes. It provides information about a person's average levels of blood glucose, also called blood sugar, over three months.

Gerard Sebastian, MD, stresses the importance of monitoring A1C levels. Studies show that by keeping it below 7 percent, diabetes complications can be prevented, he says.

It is important to monitor it every three months to determine if your blood sugar is controlled or not.

“By tracking the levels closely, you and your doctor can decide if it is necessary to make adjustments to your diabetes management,” says Dr. Sebastian.

Considering her A1C numbers, Jean knew it was time to do something. At the urging of a friend, she attended the prediabetes program at PeaceHealth. It was life-changing.

“I didn’t know I didn’t really eat right until taking the class,” says Jean. Based on what she learned, Jean made some immediate changes—purging her pantry of starches, which act like a sugar in your system. She also made a plan before grocery shopping, loading up on vegetables and making

them the mainstay of her diet.

After six months, Jean retested her A1C. She was pleasantly surprised: Her levels were down to where they had been two years before. She was also shocked at how easily her weight came off. In six months, she lost 15 pounds and was at the same weight as when she married 36 years ago.

Even when company comes over, she might serve a pasta dish where everyone shares the same sauce, but she’ll use a spiralizer to create noodles from vegetables as her pasta.

Everyone’s happy, including her husband, who started eating like his wife after learning his own A1C numbers were also edging up.

Jean is considering another prediabetes class as a refresher. “It’s a great class! I was ready to change. I just didn’t know what to do.”

Knowledge was power for Jean—and it can be for you as well! Ask your doctor about getting your A1C checked.



To learn more about nutrition and diabetes resources, visit peacehealth.org/st-john/diabetes.

Come get the facts!

Find out what you need to manage prediabetes.

When:

■ Friday, Jan. 27,
Feb. 24, or April 21,
10 a.m. to noon

■ Monday, March 20,
5 to 7 p.m.

Where:

PeaceHealth
Medical Group—
Internal Medicine,
1615 Delaware St.



Gerard Sebastian, MD
Internal Medicine
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Dietary changes lowered her A1C. Then the pounds started dropping. And then her husband joined her effort—and is benefiting too.

Put your heart into cold-weather exercise

Regular exercise is good for the heart. But exercising outdoors in cold weather can lead to chest pain for people with heart disease and can be challenging in other ways.

To keep moving all year:

■ Check the forecast.

If dangerous cold or windchills are predicted, take your workouts indoors. Jog in place. Do some pushups. Use a workout DVD or online video.

■ **Dress in insulating layers** that you can remove if needed. Don't forget a hat or headband and gloves. If you start to shiver, head indoors.

■ **Watch your step.** Icy sidewalks and other surfaces may be treacherous.

If you have a heart problem, seek a doctor's advice about cold-weather exercise.



Anatomy of a heart attack

It's different for women



HEART ATTACKS HAPPEN to both women and men—but they don't always look the same. They're not as obvious as you'd see on TV, and that's true for more women than men.

Here's a look at what makes recognizing a heart attack so important—and why noticing more subtle signs is especially important for women.

What to look for

What does a heart attack feel like? Chest pain or discomfort is the most common symptom for both women and men. The pain may last a few minutes or come and go. Some people say it feels like pressure, squeezing, or fullness. Or it may feel like an upset stomach or heartburn.

"But women are more likely than men to have other heart attack signs," says Margo Kozinski, MD, a cardiologist with the Heart & Vascular Cardiology Clinic. Those can include:

- Shortness of breath with or without chest pain
- Nausea, lightheadedness, or vomiting
- Unexplained fatigue that may last for days
- Back, shoulder, arm, or jaw pain

Women are also at higher risk for silent heart attacks, according to some studies. This is when symptoms of a heart attack are so mild that they go unnoticed—or are dismissed as anxiety.

"Silent heart attacks are just as dangerous as more obvious heart attacks, though," Dr. Kozinski says. "Left untreated, they can cause scarring and permanent damage, raising the risk of other heart problems."

So don't be too quick to dismiss shortness of breath or lightheadedness as just anxiety. And make sure you tell medical professionals that you think you're having a heart attack, not an anxiety attack.

A supply problem at the pump

Despite women's more subtle symptoms, the mechanics of a heart attack are fundamentally the same for both sexes. It

happens when the heart's blood supply is reduced or cut off, most often when an artery becomes blocked.

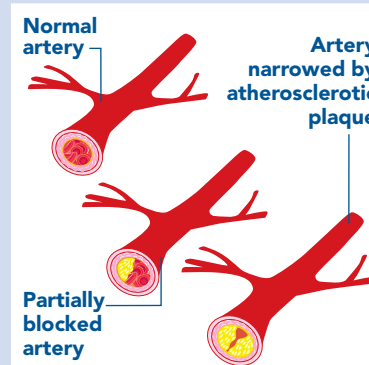
What usually sets the stage? Doctors call it atherosclerosis. It happens when arteries that bring blood to the heart slowly become clogged with plaque. A piece of plaque can form a clot that keeps oxygen-rich blood from reaching the heart.

Without prompt treatment, areas of heart muscle may die and eventually be replaced by scars. This damage could leave a heart attack survivor with a weakened heart.

"And a weak heart may not be able to pump blood to the body's organs like it should, which could result in other quality-of-life issues," Dr. Kozinski says.

Quick treatment can restore blood flow to the heart and help prevent damage. So be aware of these warning signs for both yourself and others. If there's even a slight chance you could be having a heart attack, don't wait. Call 911 and get to a hospital to give your heart the best chance.

Sources: American Heart Association, National Heart, Lung, and Blood Institute



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Learn more about heart health support at peacehealth.org/heart.

KIDS AND WEIGHT

Q I'm concerned about my child's weight. What can I do to help?

A If parents are worried about their child's weight, it's first important to review the entire family's nutrition and lifestyle. Children often follow a parent's example. It's the most important influence in their lives.

Pay attention to the foods you buy for your kids and what you eat as a family. Avoid junk food, sugar, fats, and chemicals. Limit portions and snacks.

The most powerful way to improve your child's health is to be a good example and do things as a family. With older kids, read stories on healthy living, plan or cook meals together, take walks, go bike riding, or join a gym.

Motivate one another to be active. Avoid too much TV and telephone time. Get outside, and spend quality time together.

Make sure to talk with your child's doctor and request resources for improving the child's overall health. And find out how your child feels about his or her image and self-esteem.

Most important, be encouraging. Praise your child along the way when you see positive changes, and reward good behaviors. This will help inspire your child to succeed in lifelong changes for a healthy future.

➔ For more options about kids and parenting, check the calendar on page 6.



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HORMONE THERAPY

Q Am I more likely to get breast cancer if I use hormone replacement therapy for my menopause symptoms?

A The Women's Health Initiative, which began in the early '90s, was groundbreaking research on women's health. However, it left many women concerned about using hormones to treat their perimenopause and menopause symptoms.

Researchers have since looked further into the data along with more recent research results.

The conclusion is that for women who are within 10 years of menopause, below the age of 60, and without risk factors, there is a low likelihood of getting breast cancer.

The recommendation is for use of HRT for no more than five years. For women over the age of 60 or more than 10 years past menopause, the risk of cancer and other complications increases. HRT is not recommended for this age group.

Everyone is unique, with differing health and wellness priorities. For you, it's best to have a women's health care specialist review your health history and wellness goals to see if HRT is the right choice.

➔ Learn more about women's health at peacehealth.org/phmg/longview/obgyn.



Gretchen Schwinn, CNM
Women's Health
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360-414-2800

HEALTHY EYES

Q I have diabetes, and I'm concerned about my vision. What can I do to keep my eyesight?

A Diabetic retinopathy is the leading cause of blindness for those with both type 1 and type 2 diabetes. Other eye disorders, like cataracts and glaucoma, occur earlier or more frequently in patients with diabetes. It is important to keep your blood sugar, blood pressure, and cholesterol under control to preserve your vision.

■ Monitor changes in your eyes by getting a yearly dilated eye exam. An ophthalmologist or optometrist who is experienced in diagnosing diabetic retinopathy should perform the examinations.

■ Keep your A1C level—the average of your blood glucose during the previous three months—under 7 percent. That decreases the damage to delicate blood vessels around the eyes.

■ High blood pressure can also cause eye blood vessel damage. Keeping blood pressure at 139/89 or under decreases the chance of vision impairment.

■ Keep your cholesterol at acceptable levels by eating less-fatty foods, exercising, and considering cholesterol medications if they don't cause complications.

Following these measures will help prevent damage in your eyes and keep your vision healthy.

➔ For more options about diabetes, check the calendar on page 6.



Gerard Sebastian, MD
Internal Medicine
PeaceHealth Medical Group
1615 Delaware St.
Longview, WA
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JOIN US!

Diabetes Education Classes

When: Mondays

Jan. 9 through 30, 1 to 3 p.m.

Feb. 6 through 27, 5 to 7 p.m.

March 6 through 27, 1 to 3 p.m.

April 10 through May 1, 5 to 7 p.m.

Where: PeaceHealth Medical Group—Internal Medicine,
1615 Delaware St., Longview, WA

Info: Four-week diabetes education series covers meal planning, medications, and diabetes self-management options. A physician referral is required.



Healthier You

CLASSES & EVENTS

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. Call **360-636-4846**.

Heartsaver First Aid/CPR/AED

When: Every other Wednesday beginning Jan. 4, 10:30 a.m. to 3 p.m.
Where: ●

Info: \$70. Class includes two-year AHA card and book. Call **360-414-2332** to register.

Heartsaver Pediatric First Aid/CPR/AED

When: Thursday, Jan. 26, 8:30 a.m. to 2:30 p.m.

Where: ●

Info: \$70. Class is designed to meet the regulatory requirements for childcare workers.

Diabetes Education Classes

When: Mondays
Jan. 9 through 30, 1 to 3 p.m.;
Feb. 6 through 27, 5 to 7 p.m.;
March 6 through 27, 1 to 3 p.m.;
April 10 through May 1, 5 to 7 p.m.
Where: ◆

Info: Four-week diabetes education series. A physician referral is required.

Prediabetes

When: Fridays, Jan. 27, Feb. 24, or April 21, 10 a.m. to noon; or Monday, March 20, 5 to 7 p.m.
Where: ◆

Info: An informational class on prediabetes.

Heart Health: Nutrition

When: Wednesdays, Jan. 25, Feb. 22, or April 26, 10 a.m. to noon; or Wednesday, March 22, 5 to 7 p.m.
Where: ◆

Info: Learn about lifestyle changes that can help prevent and treat heart disease.

Volunteer

Looking for a rewarding 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** for more information.

WEIGHT MANAGEMENT

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

One-to-One Individual Weight Loss Program

Where: ◆

Info: \$250. Physician referral not required.

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, Jan. 18, Feb. 15, or April 19, 10 a.m. to noon; or Wednesday, March 15, 5 to 7 p.m.
Where: ◆

Info: Learn ways to help you start on your path to a healthy weight.

BIRTH AND PARENTING

Registration required for all classes: **peacehealth.org/baby** or **360-501-3708**.

Preparing for Delivery

When: Tuesday evening series: Feb. 7 to 28, March 7 to 28, or April 4 to 25, 6 to 8:30 p.m.

Saturday class: Jan. 21, Feb. 25, March 25, or April 22, 9 a.m. to 4 p.m.
Where: ●

Info: \$74 per couple; state medical card accepted. Taught by certified childbirth educators. Providing useful information on labor, relaxation techniques, and medication options.

SAVE THE DATE!

Blood Donation

When: Friday, Feb. 24 or April 21, 11:30 a.m. to 5:30 p.m.

Where: Bloodmobile on 15th Avenue, next to the Medical Center

Info: Bloodworks Northwest supplies all the blood used at PeaceHealth St. John Medical Center. You can safely donate every 56 days. Photo ID is required to donate. Eligibility questions? Call **800-366-2831, ext. 2543**.



Newborn Care and Feeding

When: Tuesdays, Jan. 24, Feb. 28, March 21 or April 25, 6 to 8:30 p.m.

Where: ●

Info: Learn what to expect from your newborn, 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.

Where: ■

Super Sibling Class

When: Tuesday, March 28, 4 to 5 p.m.

Where: ●

Info: Kids learn about life with the new baby, baby safety, and their role as a Super Sibling.

Diabetes/Prediabetes

When: Bimonthly, Mondays, Jan. 9, March 13, 5 to 6 p.m.

Where: ◆

Info: Learn how to live a vibrant life with diabetes. 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. Call **360-747-5958** for more information.

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.

SAVE THE DATE!

Baby Reunion

When: Tuesday, Jan. 31, 6 to 7 p.m.

Where: ●

Info: For all parents who have attended childbirth

classes at PeaceHealth St. John in the previous six months. A time to show off your new baby, reconnect with class members, share birth stories, and talk about life with your new baby.

HOW MUCH WILL THESE CLASSES COST?

Classes and events are free unless otherwise noted.

HOW DO I REGISTER?

Visit **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.

To unsubscribe from this free community health care publication, please visit **peacehealth.org/st-john-unsubscribe**. 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.

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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.

Healthy You



Enter 2017 with gratitude!

IT IS a new year and a great opportunity to thank you—our donors, our volunteers, our caregivers. This community has overwhelmingly supported our PeaceHealth St. John Medical Center Foundation since its inception in 1986.

Every time I sign a thank-you letter, make a phone call to a donor, or meet with one of our many generous community members, my spirit is filled with gratitude. Each day brings a new challenge and a new opportunity to support our

caregivers, our patients, our friends, and our families.

The impact of donor support on the availability of health care resources in our community may surprise you. Resources like A Child's Place, the Dialysis Center, Lower Columbia Regional Cancer Center, and the Women's Health Pavilion would not have been possible without your philanthropic support.

It is the mission of PeaceHealth St. John Medical Center to provide these critical services for our community members who need us every day. It is the mission of the Foundation to provide the funds to make critical services possible.

Thank you to all of our donors for joining with us to better serve the health care needs of our community. I hope that 2017 is a year of good health and prosperity for you all.



Cathy Barr, CFRE
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DONOR-SUPPORTED 

Eagles help carry on the mission

MAKING HUMAN LIFE better by promoting peace, prosperity, gladness, and hope is a core part of the Fraternal Order of Eagles' (FOE) mission.

Because its mission beautifully parallels the mission of PeaceHealth St. John Medical Center, the FOE has been a loyal donor to our Foundation for many years.

"The Eagles' long-standing support and partnership sustain us and help provide the best possible care to citizens of the Lower Columbia Region," says Cathy Barr, PeaceHealth St. John Foundation Executive Director.

Collectively, the FOE donates more than \$10 million to local communities annually.

Last year through gifts to the PeaceHealth St. John Foundation, the FOE Auxiliary, Castle Rock Aerie #556, made it possible for the medical center to purchase:



- Holter monitors to help cardiologists diagnose life-threatening arrhythmias or identify necessary medication adjustments.

- Peritoneal dialysis belts to secure the dialysis catheter at the exit site and reduce the chance of infection.

With generous support from donors like the FOE, PeaceHealth St. John Foundation can continue to support the medical center in providing exceptional care.



Free Teen Heart Screening

Saturday, Feb. 25, 9 a.m. to 4 p.m., at PeaceHealth Medical Group–Lakefront

A simple screening can detect heart conditions such as hypertrophic cardiomyopathy, the most common cause of sudden death in athletes.

A donation of \$25 to Spencer's HeartStrong Foundation is welcomed at the event.



Online registration is required at stopyouthsca.org.



PeaceHealth
St. John Medical Center

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Longview, WA 98632

SJL

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Revvving up heart health

KIM CARROLL, a vibrant 49-year-old, is the picture of health. She watches her diet and enjoys a variety of exercises—walking; running; boot camp; yoga; Zumba; and keeping up with her sons, ages 14 and 20. She's the last person anyone would expect to have a major health challenge, especially a heart attack.

That's why it came as such a surprise when her heartburn turned out to be a heart attack. Kim and her husband, Jerry, came home from a Harley Davidson Rally in Sturgis, South Dakota, after having fun and eating some not-so-healthy foods. That night she began to experience a burning sensation and thought it was heartburn.

It didn't go away. After three days, she called her PeaceHealth provider, Simon Lai, MD, and talked with the clinic nurse, who thought she might be having a heart attack and recommended she take an aspirin and get to the emergency department. Thinking it was still heartburn and the pain would go away, she didn't take the aspirin or go to the ED.

The next morning, she felt pretty good, went into the kitchen, and...bam! Her whole chest felt like it was on fire, and she felt a burning pressure radiating



PATIENT PROFILE ★

up to her throat and down her arms. She couldn't take the pain one more day and went to the ED at PeaceHealth St. John Medical Center.

The diagnosis was heart attack, and Kim was prepared for surgery with PeaceHealth cardiologist Chi-Gang Yen, MD, who performed an angioplasty, putting a stent in her artery to improve blood flow to her heart.

After healing from surgery, Kim closely followed the program set up for her. This included cardiac rehab at PeaceHealth St. John three times a week. In a few months, Kim was able to return to her exercise classes. She also changed to a Mediterranean-

style diet and limited red meat.

"Know your numbers," says Kim. "Know what your cholesterol is, and listen to your doctors!"

She's grateful for the care she received at PeaceHealth St. John and looks forward to many more years sharing her life's journey with her husband and their sons.



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Keep your beat.



PeaceHealth

peacehealth.org/heart