

Spring/Summer 2015

# PeaceHealth House

# call

## Healthy aging

IN OUR YOUTH-OBSSESSED society, it can be easy to question yourself as you age. *How can I improve my skin? Is that a gray hair? Are my knees supposed to feel this way?*

At PeaceHealth we understand that healthy aging is not just about the way you look, but also about being at your best, no matter your age. Whether you are in your 20s and preparing for parenthood or in your 60s and gearing up for retirement, there are steps you can take to feel your best, inside and out.

**Breathe deeply.** Stress speeds the aging process at the cellular level and, over time, can contribute to insomnia, weight gain, and increased risk for a variety of diseases. Meditation can help you calm your mind. Vigorous exercise, such as running or cycling, can also help jettison stress. Or just do something fun—like singing and dancing. It is difficult to feel stressed when you are smiling.

**Stay strong.** Staying fit and strong can help everyone age in a healthy way. Weight-bearing exercise, like walking, can help keep your bones strong, reducing the risk of breaks as you age. When done correctly, lifting heavy things—whether it is your children at the playground or free weights at the gym—can help increase muscle mass and lower your blood pressure.

**Stretch yourself.** As we age, we often trade flexibility for stability. This can cause us to become stuck, rigid in both our bodies and our minds. Staying flexible is key for navigating life's ups and downs with grace. Enroll in a yoga class to keep your body strong and nimble. For your gray matter, challenge yourself with puzzles or take a class. Learning something new is a great way to stretch your mind.

Aging well is easy to do with the right attitude. Look inside for more tips on staying healthy no matter your age.

*“Today  
is the oldest you’ve  
ever been, and the  
youngest you’ll  
ever be again.”*  
—Eleanor Roosevelt



PeaceHealth  
The *spirit* of healing®

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



Interested in receiving monthly tips on aging well? Sign up for our Healthy You e-newsletter today at [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you).



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Obstetrics/Gynecology  
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**Clarissa Weiss, MD**  
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## Sleep study saves a life

WHEN DESIREE MEDENHALL-BERG moved to Longview a little over a year ago, ready to deliver her fifth child, she anticipated another C-section. But she didn’t expect to deliver three weeks early, after her placenta separated and she started hemorrhaging. Still, she describes her birth experience with her first daughter, Eliana Grace, at PeaceHealth St. John Medical Center as “awesome” and credits the birth center caregivers with saving her life.

Her caregivers noticed that Desiree was not breathing normally after the C-section. They began monitoring her and noted that her oxygen saturation levels often dropped significantly. Her providers,\* nurses, and nurse assistant were so concerned that they scheduled a sleep study for Desiree. During the sleep study, she remembers being told she had “more than 70 episodes an hour of low oxygen saturations—one of the worst cases of sleep apnea they’d seen.”

The sleep study caregiver who attended her was wonderful, helping her with anything she needed, according to Desiree, who couldn’t move around or get out of bed on her own because of her recent C-section.

In her early 30s, with a busy family made up of her own and her husband’s boys—seven altogether—Desiree knew she had disrupted sleep and would sometimes wake up slightly delusional. She wasn’t aware until her sleep study that she had sleep apnea and was being deprived of oxygen in the night. She had a follow-up visit two weeks after her study and a compliance check after two months to make sure she was using the equipment effectively.

Desiree says the caregivers at PeaceHealth saved her life and really changed it in a great way. She now wakes up refreshed, with more energy for those seven boys and new little daughter, Eliana. Her advice to anyone with problems sleeping is, “Get a sleep study!”

\*PeaceHealth Medical Group OB/Gyn Saeyea Lee, MD, was Desiree’s regular provider; because of her emergency situation, OB/Gyn Clarissa Weiss, MD, delivered her baby.

## New advanced breast imaging technology

THE KEARNEY BREAST CENTER at PeaceHealth St. John Medical Center continues to bring advanced technology to our community. Already home to the latest in 3-D imaging for mammograms, the center has added new software, known as C-View, that will also improve outcomes for patients.

C-View, combined with the existing 3-D imaging software, produces clinically superior imaging results with better visualization of masses, distortions, and asymmetric abnormalities—detecting 41 percent more invasive cancers. This saves patients time and worry: It reduces recall for a repeat mammogram by 35 percent.

The new technology performs just a single 3-D sweep on a patient and then uses an algorithm to reconstruct those projections into a 2-D image. While the radiation 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, significantly lowering the total radiation dose for the mammogram.

“This software upgrade reduces the radiation dose to our patients, resulting in less time under compression and producing a high-quality image that uses the 3-D technology,” says Ruth Melvin, RT (M), Clinical Operations Supervisor.

With the lower radiation dose and less time under compression, C-View enhances the patient’s experience.

## Could I have a sleep disorder?

Ask yourself:

- Does it take me more than 30 minutes to fall asleep at night?
- Do I wake up frequently and have trouble going back to sleep?
- Do I feel groggy or lethargic or have a headache in the morning?
- Am I irritable or forgetful?
- Do I have trouble concentrating?
- Do I find myself drifting off during routine situations?
- Do I fall asleep during the day?

If you answered yes to any of these questions, talk to your health care provider first. For more information about a sleep study, please call the PeaceHealth Sleep Disorders Center at **360-414-7800** or **800-438-7562**.



The Kearney Breast Center is the only facility in southwest Washington that offers C-View. To schedule your mammogram, call **360-414-2701**.



## Why do you ‘gotta go’? Regaining bladder control

LIFE EVENTS such as giving birth can weaken a woman’s pelvic floor muscles. These muscles support internal organs that are necessary for bladder control and good posture—and for a vibrant, healthy life.

Women with a weak pelvic floor often experience back pain and urinary incontinence (UI), which can cause leakage and a need to urinate frequently.

If you’re a woman experiencing these symptoms, you’re not alone. More than 13 million Americans have UI, and 80 percent are women. Most are over the age of 45, but 1 in 3 women of any age who’ve given birth have UI. Other causes of damaged pelvic floor muscles include constipation, hysterectomy, heavy work, pelvic relaxation, obesity, aging, menopause, and smoking.

The good news is that pelvic floor muscles can be strengthened through Kegel exercises, practicing better posture, proper breathing, and simple walking.

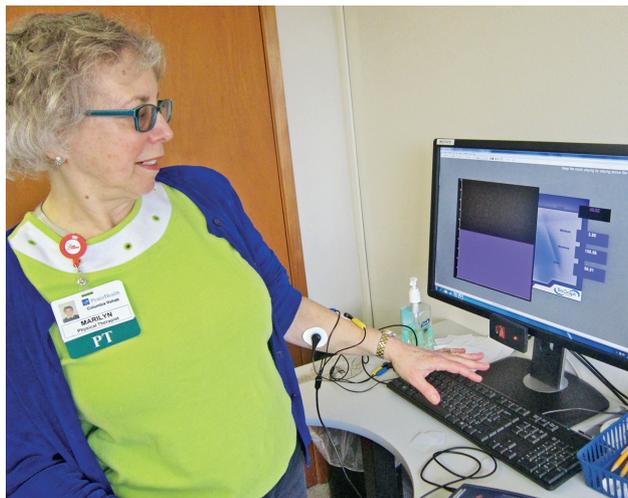
“Many women have difficulty performing a good Kegel because they are unaware of proper contraction,” says Marilyn Kellogg, a physical therapist with PeaceHealth St. John–Outpatient Therapies.

### TECHNOLOGY FOR STRENGTH

Electromyography (EMG) is a procedure that uses sensors to assess the health of a person’s muscles and the nerve cells that control them (motor neurons). Motor neurons transmit electrical signals that cause muscles to contract. With EMG, a physical therapist can measure a patient’s muscle strength and coordination. This helps the therapist develop an exercise program specifically for that patient.

Marilyn, who specializes in pelvic floor strengthening for women, uses EMG in assisting women to gain better bladder control. She says it is very fulfilling to be able to assist clients to regain muscle control of the bladder and bowel, which allows the clients a return to physical freedoms that improve their overall lifestyle.

What works best for each person varies, so see your health care provider for a diagnosis and referral to a physical therapist specializing in pelvic floor strengthening.



Marilyn Kellogg, a physical therapist with PeaceHealth St. John–Outpatient Therapies, demonstrates the EMG device.



**Marilyn Kellogg, PT**  
Physical Therapy  
PeaceHealth St. John–  
Outpatient Therapies  
852 Commerce Ave.  
Longview, WA  
360-501-3750



We have the rehabilitation therapies you need. To learn more about PeaceHealth St. John–Outpatient Therapies, visit [www.peacehealth.org/st-john/outpatient](http://www.peacehealth.org/st-john/outpatient).



## Having symptoms of a weak core?

Your core muscles include all the muscles located in your torso and keep the body stable and balanced. A weak core affects posture, balance, and back health.

PeaceHealth St. John–Outpatient Therapies is your local resource to alleviate symptoms. Our physical therapists are highly skilled and will work with you on a program specifically designed for your unique needs.

To access our services, make an appointment with your primary care provider for a diagnosis and referral.

PeaceHealth St. John–  
Outpatient Therapies  
852 Commerce Ave.



Longview, WA  
**360-501-3750**



## Leading the way in joint replacement

The Joint Replacement Center at PeaceHealth St. John Medical Center participates in the Marshall Steele program, along with more than 80 other hospitals nationwide. We rate in the top 5 percent of hospitals in the program for average length of stay: 95 percent of our patients are discharged directly home rather than to a rehabilitation facility. At 90 percent inpatient satisfaction scores, we rate 12 points higher than average for Washington hospitals.

### WHAT OUR PATIENTS SAY:

"You all are such wonderful people. I will be back for the next one. You all make us feel like family! NO complaints at all!!"

"Excellent hospital stay. Everyone was so gracious and kind. You can really tell you guys care about your patients and put them first. Great work up there."

Learn more about our joint replacement programs in our wellness offerings on page 6.

## Is a kink in your neck cramping your style?

WHAT A PAIN! A stiff or sore neck can really ruin your day—or your whole week. But do you need to have a doctor or health care provider check your neck? Knowing what causes most neck pain can help you decide.

### IT'S A COMMON ACHE

Every year, some 32 million people in the U.S. get a pain in the neck. Two common causes are:

- Muscle strain from things such as stress, poor posture, or sleeping in an awkward position
- Soft-tissue abnormalities due to an injury—like a concussion while playing a contact sport or whiplash from being in a rear-end collision

Neck pain is also among the most common aches people experience as they age. That's because the disks that serve as

shock absorbers between the bones in the neck (called the cervical spine) dry out and become weaker over time. The result: more pressure on the joints, which can lead to cervical spondylosis—or arthritis of the neck.

According to the American Association of Orthopaedic Surgeons, arthritis of the neck affects more than 85 percent of people over age 60. Treatments that may offer relief range from over-the-counter medications to steroid-based injections.

Only rarely is neck pain caused by an infection, a systemic illness, or a tumor.

### WHEN TO GET YOUR NECK CHECKED

Neck pain is often temporary and goes away with time. Over-the-counter pain relievers may help, as well as cold compresses and hot showers. For many people, even severe pain gets better at home within a week or two.

"However, some neck pains need to be diagnosed and treated immediately," says Craig

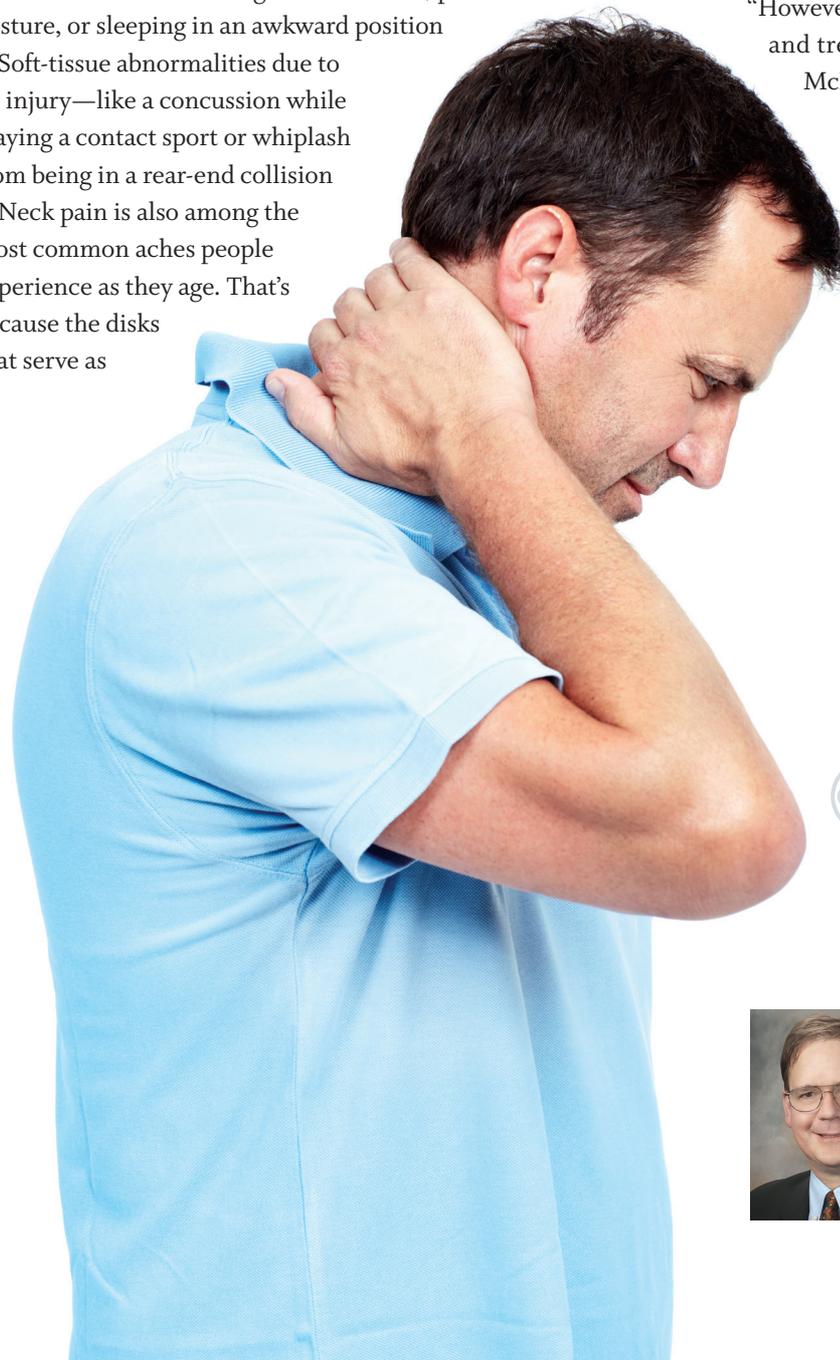
McNabb, MD.

Seek medical care ASAP, says Dr. McNabb, if you:

- Experience a severe head or neck injury, such as in a vehicle crash or a fall in your home
- Are injured and have neck pain that radiates down your arms and legs

What if you have neck pain but you haven't been injured? See a provider if:

- The pain is severe, continuous, and isn't better after a week of home treatment
- The pain radiates down your arms and legs
- You also have headaches, numbness, tingling, or weakness



Need a neck check? Our physical medicine and rehabilitation specialists can help. Call **360-414-2700**.



### Craig McNabb, MD

Physical Medicine and Rehab  
PeaceHealth Medical Group—  
Musculoskeletal Clinic  
1615 Delaware St.



Longview, WA  
**360-414-2700**

## Q How can I help my kids make healthier food choices?

**A** Whether you're a child or an adult, when it comes to choosing healthier foods, the best time to start is right now, when you are thinking of it.

Have kids make a list of all the foods they like and categorize them into anytime foods, sometime foods, and once-in-a-long-while special party foods. Then have them limit their favorite treat foods to only five times a week, but pick when they want them. Help them think about their daily foods and only treat themselves with the least healthy choices on a holiday or on their next birthday.

When you and your child do treat yourselves, keep it to just one serving. Get rid of the rest of the package or food, so you are not tempted to indulge again.

For everyday beverages, stop all sugary drinks. Water is the best. No need to spend extra calories on or expose your teeth to all that sugar. Switch to calorie-free and sugar-free drinks. Encourage your kids to do this and to drink milk a couple times a day—and you'll see a move toward success in their health.

By making small changes a few at a time and building on that success, you'll empower your children to make healthy choices without feeling deprived. They will have the power in their hands to live a healthy life.



**Erin Harnish, MD**

Pediatrics  
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Family Medicine & Pediatrics  
1615 Delaware St.

Longview, WA  
360-414-2385

## Q What is the difference between palliative care and hospice care?

**A** Because palliative care and hospice care both provide support to people facing serious illness, they are often seen as the same thing. However, the services they provide are quite different.

Hospice care provides medical services, emotional support, and spiritual resources for people who are in the final stages (last six months) of a serious illness, such as cancer or heart failure. Hospice care also helps family members manage the practical details and emotional challenges of caring for a dying loved one.

Palliative care focuses on improving quality of life—in body, mind, and spirit—for people at any time during serious illness. While it can be combined with care designed to cure your illness, palliative care is focused on your particular goals, such as reducing pain, managing treatment side effects, or communicating openly with caregivers.

PeaceHealth provides hospice care—including in-home care—as well as palliative care locally. Talk with your health care provider about the options that are best for you or your loved ones.



**Lawrence Neville, MD**

Neurology/Palliative Care  
PeaceHealth Medical Group—  
Specialty Medicine  
1615 Delaware St.

Longview, WA  
360-414-2730

## Q I've been diagnosed with COPD and feel helpless. What can I do to keep this disease under control?

**A** It is natural that you feel overwhelmed with a new diagnosis of chronic obstructive pulmonary disease (COPD). What's important to remember is that there are things you can do to control this disease.

**If you smoke, quit.** It's essential if you want to slow the progression of the disease. Your provider can give you options to help you quit.

**Learn about your medicines.** COPD medicines are vital for staying well and active. It is important to take all medicines as prescribed and tell your provider about any side effects or problems that crop up.

**Ask about pulmonary rehabilitation.** This program offers emotional and psychological support and has been shown to improve both quality of life and functionality.

**Keep a good attitude, and take action!** If you're feeling discouraged or down, tell your provider. Depression can be a roadblock to managing COPD well.

There's no cure for COPD. But all of its symptoms can be reduced if you stay involved in your care and work to stay strong, healthy, and connected.



**Divya Bappanad, MD**

Pulmonology  
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Longview, WA  
360-414-2730

## HOSPICE CARE AT HOME

### *Living your life to the fullest*

Living with a progressive illness can often be frightening, frustrating, and confusing. When you accept hospice, you do not have to walk this journey alone. At PeaceHealth Hospice, our team of multidisciplinary caregivers works with you and your family to create a plan of care specific to your own wants, needs, and goals. We also change this plan as needed. You and your family, rather than the disease itself, become the center and the focus of care. Working together, we can ensure that you receive comprehensive care and symptom management in an atmosphere of compassion, dignity, and grace.

#### Continuing your life at home

Recent studies show a growing number of families prefer their family member to have hospice care in their own home and in familiar surroundings with those they love. Did you know that Medicare and Medicaid allow many hospice services at home? Some of these services include:

- Home visits by registered nurses
- Home visits by social workers and counselors
- Home visits by health aides
- Home visits by volunteers
- Chaplain services
- Family counseling services during hospice care
- Palliative physical therapy
- Occupational therapy
- Speech pathology
- Dietary consultations

For more information about hospice in-home services, please call **360-577-2615**.

# events calendar

# HealthyYou

Events in your inbox! Sign up for our monthly e-newsletter at [www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you).

## HEALTHY YOU

### Prediabetes

*When:* Fridays, May 22, June 19, July 31, 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: Nutrition

*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

## VOLUNTEER

Looking for a great way to spend your summer and help others? Consider volunteering at PeaceHealth St. John. Adult and teen positions available. 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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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.

## Thinking About Joint Replacement

*When:* Tuesday, July 21, 6 to 7 p.m.

*Where:* Pacific Surgical Institute

*Info:* William Turner, MD, of Longview Orthopedic 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.

## WEIGHT MANAGEMENT

### 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 the next available class.  
*Fee:* \$25

### 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

## TO REGISTER

Go to [www.peacehealth.org/st-john](http://www.peacehealth.org/st-john) and click on "View Events & Classes." All classes are free unless noted otherwise.

## PREGNANCY

### Preparing for Delivery

*When:*

■ Saturday class—May 16, June 20, July 18, 9 a.m. to 4 p.m.

■ Tuesday weekly series—May 5 to 26, June 2 to 23, 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:* Tuesdays, May 26, June 23, July 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:* Tuesday, June 2, 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:* Tuesday, July 14, 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**.

## 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 Resource Room

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

## Diabetes/Prediabetes Support Group

*When:* Monday, June 15, 5 to 6 p.m.

*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.

## I Understand—Breast Cancer Support Group

*When:* Mondays, May 18, June 22, no July meeting

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

*Info:* Courageous and compassionate women supporting one another through education and group sharing. Call **360-414-2707**.

## It's tea time again...

### The Go Red Tea is back by popular demand!

*When:* Friday, May 15, 2 p.m.

*Where:* 926 Delaware Plaza, Longview

*Info:* Listen as PeaceHealth cardiologist Allan Harrelson, DO, shares the latest heart-health information for women, while you enjoy special tea-time treats. To RSVP or for more information, call **360-423-3333**.

*Fee:* \$5 per person.

## 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

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

Mark your calendar

14th annual  
PeaceHealth  
St. John Medical  
Center Foundation  
Golf Tournament

**When:** Monday, July 13

**Where:** Longview Country Club

**Info:** Since its inaugural tournament in 2002, the golf tournament has raised \$1.6 million for hospital needs. Visit

 [www.peacehealth.org/stjohnfoundation](http://www.peacehealth.org/stjohnfoundation) to learn more.



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



*THANK YOU.* These two words, no matter the language, cannot convey the sincere gratitude that I feel for the support this community has shown 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 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

needed 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.

Sincerely,

Cathy Barr, Executive Director



**Cathy Barr, CFRE**

Executive Director  
PeaceHealth St. John  
Medical Center Foundation

 **360-414-7900**  
[cbarr@peacehealth.org](mailto:cbarr@peacehealth.org)



If you would like to see what our donors and Foundation did in 2014, please visit [www.peacehealth.org/stjohnfoundation](http://www.peacehealth.org/stjohnfoundation) and view our annual report. For more information, call the Foundation at **360-414-7900**.



# My PeaceHealth

Manage Your Health Care,  
Anytime, Anywhere

 **PeaceHealth**  
St. John Medical Center  
P.O. Box 3002  
1615 Delaware St.  
Longview, WA 98632

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U.S. Postage  
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PeaceHealth

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That's why, as a PeaceHealth Medical Group patient,  
you're offered easy online access to your medical records.

[www.peacehealth.org/mypeacehealth](http://www.peacehealth.org/mypeacehealth)

## PATIENT PROFILE

# EECP helps heart patient dance again

PAT TINNELL EXPERIENCED two heart attacks, failed stents, and then bypass surgery in 2000. He underwent several attempts to clean his arteries via heart catheterization surgeries, and then, in 2002, he had open-heart laser surgery to create new arteries to his damaged heart.

This resulted in Pat's settling down to a life of recurrent, unstable angina (chest pain)—his constant companion with any physical activity as well as while at rest. Pat was taking the maximum safe dosages of several medications, and that controlled only part of his heart condition.

Finally, relief came through a treatment known as enhanced external counter-pulsation (EECP). For EECP treatments, a patient is fitted into high-tech pneumatic pants that alternately squeeze and relax pressure on the patient's legs, forcing oxygenated

blood into new microcirculation routes through the patient's heart and body. EECP treatments often help reduce fatigue and dizzy spells and increase energy.

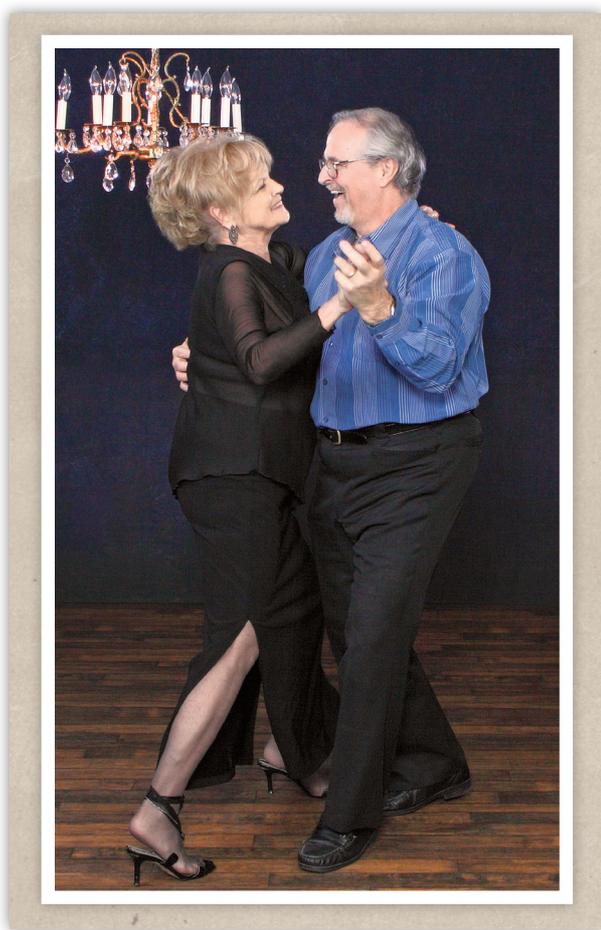
Pat's first EECP treatment was in Seattle in 2004, with remarkable results.

"[Before the treatments,] I was not able to walk two blocks without using nitro-tab to relieve chest pain," Pat says. "It's not a cure-all, as my condition gradually returned over time (lousy arteries), so after two more stents and years of angina, sitting around not being active and gaining weight, I again took the EECP treatments, this time at PeaceHealth St. John in Longview."

Now Pat can walk or ride his bike for more than an hour without chest pain. No longer afraid of being active, he even takes his wife dancing.

Of his experience with cardiac rehab at PeaceHealth St. John Medical Center, Pat says: "I found the staff knowledgeable and professional, each one caring and dedicated. I truly recommend taking this EECP treatment, as it will definitely improve your quality of life."

**Interested in EECP?** Check with your primary care provider to see if this option is right for you and for a referral. If you have any questions about EECP, call **360-414-7384**.



Need a provider? Find one at  
[www.peacehealth.org/phmg](http://www.peacehealth.org/phmg)

# HealthyYou

Healthy You offers helpful resources, information and tools to support you on your wellness journey. Get health tips in your inbox.



Sign up for your  
**Healthy You**  
e-newsletter today!

 **PeaceHealth**

[www.peacehealth.org/healthy-you](http://www.peacehealth.org/healthy-you)

