

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/peacehealthsw.



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Microsurgery offers hope for lymphedema

PEACEHEALTH MEDICAL GROUP Plastic and Reconstructive Surgeon Manish Champaneria, MD, is among a select few surgeons in the Pacific Northwest with advanced training in microsurgical reconstructive procedures.

In microsurgery, Dr. Champaneria uses specialized surgical tools, including microscopes and miniature surgical instruments, to work on delicate blood vessels and lymphatic channels less than 1 millimeter in diameter.

“Advances in microsurgery have proven to be a benefit to patients battling lymphedema, a condition caused by blockage of the lymphatic system,” he says. “The blockage prevents lymph fluid from draining, and the resulting fluid buildup creates painful swelling of the arms and legs.”

Lymphedema is most commonly caused by damage to or removal of lymph nodes as a part of cancer treatment. In microsurgery, healthy lymph nodes are taken from another part of the body, such as the neck, and transplanted to the area with nonfunctioning lymph nodes. The lymph node can then create a new channel to help drain lymphatic fluid.

Dr. Champaneria also performs a microsurgical procedure called lymphaticovenous bypass, rerouting the lymph channels into the patient’s veins for drainage.

“Many people in our community suffer from lymphedema,” he says. “Until now, their only relief has been the use of compression stockings, massage, and other nonsurgical methods. Microsurgery can give patients long-lasting relief.”

Although the procedures can greatly enhance a patient’s quality of life, Dr. Champaneria says they are not a cure.

“These surgeries can be very successful in reducing symptoms,” he says. “Patience is required, because this healing process can take time—up to two years.”



Learn about other helpful surgeries available—visit peacehealthplasticsurgery.com.



200 pounds lighter—and feeling good

RAY MOSTELLER will tell you his story isn’t special.

“I was overweight,” he says. “I lost weight. That’s it.”

But how many people lose nearly 200 pounds in two years?

His story began years ago, after the loss of his beloved father sent him reeling into depression. Ray’s weight ballooned to 520 pounds. Then something clicked. “I wasn’t in a happy place,” he says. “I was tired of doing what I was doing and decided that I didn’t want to die young if I could help it.”

Achieving the impossible

He went to PeaceHealth Southwest’s Weight Loss Surgery Program, where he was set on a plan to lose 100 pounds in preparation for a gastric sleeve procedure.

Initially, Ray didn’t think he could lose that much, but once he started, it got easier. “The more time I spent at the gym, the more I wanted to go,” he says.

He credits his surgeon, Leslie Cagle, MD, and the PeaceHealth team, as well as his family and friends, for pushing him to achieve what he had thought impossible. “It felt good to have people believe in me,” he says. “They were there for me 100 percent.”

Happy and loving life

He underwent the surgery in November 2015. By fall 2016, he was down to 330 pounds. He’s happy, regardless. “The best thing I can do is to be positive.”

Not long after surgery, Ray started feeling good about himself. “I loved myself and thought, ‘If I can love myself now, maybe I can find someone to love.’”

He met the love of his life, Jillian. The couple plans to marry this summer.



Is weight loss surgery right for you? Visit peacehealth.org/lp/bariatrics-vancouver to get the skinny. See page 6 to learn about our weight loss classes.



Olympian back in the swim after hip surgery

"I HAD BEEN in excruciating pain for six months," says Jan Henne, describing the debilitating hip pain she endured in early 2016. "I'd never had physical limitations before, and it really did a number on my psyche."

Jan has enjoyed a lifetime of exceptional health. At age 21, she swam to four medals in the 1968 Olympics, earning two golds.

"When I was in the water, everything was calm and quiet," Jan says. "If there was turmoil at home or life was hectic, I could always find peace under water."

Jan's love of swimming continued through the decades, until terrible hip pain overwhelmed her. That's when she sought care from Todd Borus, MD, an orthopedic physician at PeaceHealth Southwest Medical Center.

Getting people back to doing what they love

"I'd never actually seen a gold medal in real life," Dr. Borus laughs. "We asked if she would bring them in so we could check them out. To see the medals—and to see how much love she has for swimming—was a great reminder of what makes my job as a surgeon so rewarding. It's great to get patients back to doing things they really like to do—whether it's swimming at a very high level, or skiing, hiking, golfing, or playing with their grandkids—that's the best part of what we do."

Dr. Borus is a national pioneer in the use of a highly advanced, surgeon-controlled robotic arm system that enables the accurate alignment and positioning of implants. MAKOplasty® Hip is designed to help surgeons consistently position replacement joints with great precision, helping people return quickly to an active lifestyle.

"This is really the biggest game changer we've had in joint replacement surgery for decades," Dr. Borus says. "One of the major variables in terms of longevity of a hip replacement is how accurately the components are positioned. Imprecise positioning may predispose the hip replacement to earlier failure and wearing."

Not always on top

Despite her pain, Jan was determined to take the steps necessary to regain her health. She reminded herself of the lessons learned in her Olympic career.

"You're not always on top," she says. "I think that's what people need to hear. They'll look at an Olympian and go, 'Oh, that's great, they've probably had nothing but success.' But that's really not the story. You do have your bumps and your lows. You have to pick yourself up and come back."

Last summer, on June 6, Jan became the first patient at PeaceHealth Southwest to receive a new hip joint in the robotically assisted procedure. Less than a month after surgery, Jan was thrilled to be able to dive back into the water and take comfort in the pool's familiar serenity.

"I have a lot of gratitude that I can still do this," she says. "I am just ecstatic to be pain-free. I wake up every day and I think life is great."

Thanks to the precision allowed by the robotically assisted procedure, Dr. Borus believes Jan's new hip will last her a lifetime.

"With the implants and bearing surfaces we are using now, the longevity of the hip replacement might be upwards of 30 years," he says.

Joint replacements for a wide range of ages

In addition to complete hip replacements, the MAKOplasty system is also effective for partial knee replacements. Both are a growing need in our aging population.

"I've done a joint replacement for a 93-year-old patient," says Dr. Borus, "but what's really changing is we're seeing a huge spike in patients in their 30s to 50s who want to remain robust and fit."



For information about whether the MAKO robotically assisted surgery might be right for you, call **360-514-6787**.

All About Arthritis

When: Second Wednesday of each month, 10 to 11 a.m.

Where: Total Joint Center, Suite 310, Physicians' Pavilion

Info: In this free class, you will learn:

- How rheumatoid arthritis and osteoarthritis are different
- How to manage arthritis pain
- How to reduce symptoms of arthritis
- How to choose foods or supplements to help alleviate your pain
- How the latest advances in conservative/nonsurgical treatments may be the answer for you
- How surgical options, such as joint replacement, can help you

These topics—and your questions—will be addressed!

Feel free to bring a guest, but please register him or her separately, as seating is limited.

For more information or to register, visit peacehealth.org/southwest/events.



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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.

That doesn't mean you need to take the winter off, however. 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. And 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.

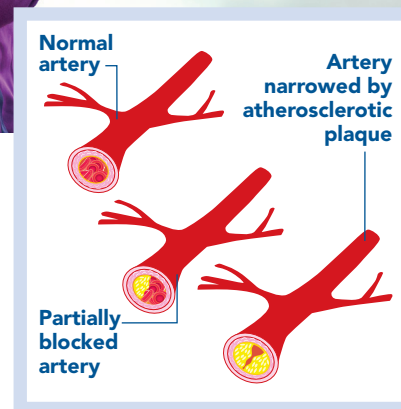
"Silent heart attacks are just as dangerous as more obvious heart attacks, though," Dr. Kozinski says. "Left untreated, they can cause scarring and permanent damage, raising the risk of other heart problems."

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.



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I ♥ checkups! HeartCheck 360° Screening Clinic \$189. No physician referral required. Call **360-514-7755** or **877-501-5055**.

WOMEN'S HEALTH

Q I will be having a cesarean birth and heard about skin-to-skin. What is that?

A Congratulations on your new bundle of joy joining your family!

I am glad that you asked about this important step in welcoming your baby to the world. Skin-to-skin is the practice of placing the newborn infant on the mother's chest as soon after delivery as possible.

That skin-to-skin contact has a lot of benefits for both mom and baby. Infants transition to life outside the womb quicker and in a more stable fashion. Moms are more successful with breastfeeding, and the mother-infant bond is improved.

We want all mothers and their newborn babies to have the same opportunity for skin-to-skin contact.

The practice has been commonplace for mothers following vaginal delivery, so we wanted to make sure all mothers, regardless of how they deliver, have the same opportunity for skin-to-skin.

If this is something that interests you and your family, please talk to your provider to determine if it's right for you.



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HEALTHY EYES

Q I have diabetic retinopathy. Is it treatable?

A Diabetes damages the blood vessels throughout the body, including the eyes. In diabetic retinopathy, blood vessels in the retina (the back part of the eye) are injured, and this can lead to these vessels leaking and completely closing off. In other cases, abnormal new blood vessels grow on the surface of the retina, which can bleed, leading to decreased vision.

Typically, the initial stages of diabetic retinopathy are without symptoms. In more advanced stages, symptoms can include decrease in vision, floaters, and even blindness. Diabetic retinopathy is the leading cause of new blindness in adults ages 25 to 74 years in the U.S.

The good news: Treatment is available. In early stages, treatment is often not necessary, except to closely monitor your blood sugar, blood pressure, and cholesterol. In more advanced cases, laser treatments may be necessary to seal leaking blood vessels or discourage new blood vessels from forming. Injections of medications into the eye may be necessary to treat the changes that have occurred to the retina.

If you have diabetes, schedule a dilated eye examination each year. These exams allow eye care professionals to monitor your eyes for signs of disease. Early detection and treatment of diabetic retinopathy can greatly reduce the risk of decreased vision.



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BACK PAIN

Q I have been struggling with back pain for weeks. What should I do?

A Pain is the body's way of alerting you that something is wrong. Backache is one of the most common complaints doctors hear. Luckily, many cases of back pain are due to muscle strain that, with treatment, can resolve in just a few weeks. Other causes of back pain can be more serious. A herniated disk, an injured vertebra, a slipped disk, or arthritis can cause back pain that requires more complex treatment.

Here are some ways to help alleviate back pain:

Keep moving. Light activity, like walking, is often the best medicine for back pain.

Maintain good posture. You can greatly increase the pressure on your back by simply leaning over the sink incorrectly.

Use relaxation techniques.

Research shows that practices such as meditation, deep breathing, and yoga can do wonders.

Apply ice and heat. Cold packs and heating packs can comfort the strained area.

See a specialist. There is no magic aspirin for chronic back pain. Some people need core strengthening, while others may need stretching and other exercises to improve flexibility. A medical provider can help you determine what is best for you.



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SAVE THE DATE!

Mom and Baby Celebration

When: Monday, April 24, 10:30 a.m. to noon

Where: Health Education Center
NE 92nd Avenue and
East Mill Plain Boulevard

Info: Get more information at
 peacehealth.org/baby.



Healthier You

CLASSES & EVENTS

FAMILY

New Grandparents: How-to Be Helpful

When: Thursday, Feb. 16, 6 to 8 p.m.
Where: ▲

Teen Labor, Birth, and Newborn Care

When: Series of three classes: Feb. 21, 22, 28, 5:30 to 8:30 p.m.
Where: ■
Info: \$70

New Dad Workshop

When: Thursday, Feb. 23, 6 to 9 p.m.
Where: ■
Info: \$30

Mom and Baby Celebration

When: Monday, April 24, 10:30 a.m. to noon
Where: ▲

Childbirth and Parenting Classes

Visit peacehealth.org/southwest/events or call **360-514-BABY (360-514-2229)** to choose the class that's right for you.
Info: Costs vary. Those on state medical insurance may receive classes for free.

Weight management

Healthy Eating: Food as Medicine

When: Tuesday, Feb. 7 or April 4, 6 to 7:30 p.m.
Where: ●

Weight Loss Surgery: Information Session

When: First Wednesday of each month, 6:30 to 8:30 p.m., and third Wednesday of each month, noon to 2 p.m.
Where: ▲

Weight Loss for Life: Program Options

When: Mondays, noon to 1 p.m., or Thursdays, 5:30 to 6:30 p.m.
Where: ●

SAFETY

Infant CPR for Friends and Family

When: Tuesday, Jan. 10, Feb. 7, or March 14, or Thursday, April 13, 6:30 to 8 p.m.
Where: ■
Info: \$20; not valid for daycare or foster care licensing.

Senior Driving: How-to Get There Safely (two-day class)

When: Tuesday and Wednesday, Feb. 7 and 8 or April 11 and 12, 10 a.m. to 3 p.m.
Where: ▲
Info: \$12

Heartsaver CPR & AED Training

When: Tuesday, Jan. 17, 6 to 10 p.m.
Where: ▲
Info: \$35; American Heart Association course valid for two years.

Car Seat Class & Clinic

When: Third Saturday of each month, 9 a.m. to 2 p.m.
Where: ▲
Info: Class is free; car seats are \$20 for low-income families only; limited supply.

HEALTHY YOU

All About Arthritis

When: Second Wednesday of each month, Jan. 11, Feb. 8, March 8, April 12, 10 to 11 a.m.
Where: Total Joint Center, Suite 310, Physicians' Pavilion

Free Teen Heart Screening

When: Saturday, Feb. 18
Where: PeaceHealth Southwest Heart & Vascular Center
Info: Sponsored by PeaceHealth and the Quinn Driscoll Foundation. Online registration is required at peacehealth.org/southwest/heart. If you have questions, call **360-514-7755** or email myheart@peacehealth.org. No physician referral is required.

HeartCheck 360° Screening Clinic

\$189. No physician referral required. Call **360-514-7755** or **877-501-5055** to schedule an appointment.

Respecting Choices: Advance Care Planning

When: Wednesday, Jan. 11, or Saturday, March 11, 10 a.m. to noon
Where: ▲

Blood Donation

When: Thursday, Jan. 12, Feb. 23, March 2, or April 13, 11:30 a.m. to 5:30 p.m.
Where: ▲
Info: Bloodworks Northwest supplies all the blood used at PeaceHealth Southwest. You can safely donate every 56 days. Picture ID required to donate. Eligibility questions? Call **800-366-2831, ext. 2543**.

SUPPORT

Bereavement Support Groups

Visit peacehealth.org/southwest/bereavement or call **360-696-5120**.

Diabetes Education and Counseling Programs

Visit peacehealth.org/southwest/diabetes or call **360-514-2500, option 2**.

Mental Health and Substance Abuse Support Groups

Visit peacehealth.org/southwest/adapt or call **360-696-5300**.

Stroke/Brain Conditions Support Group

Visit peacehealth.org/southwest/strokecenter or call **360-514-3273**.

Weight Loss Surgery Post-Op Support Group

Visit peacehealth.org/southwest/weightcenter or call **360-514-4265**.

HOW MUCH WILL THESE CLASSES COST?

Classes and events are free unless otherwise noted. To register, visit peacehealth.org/southwest/events or call **360-514-2190** unless otherwise noted.

WHERE IS THIS CLASS?

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

■ = Family Birth Center
From 87th Ave., enter on Fifth Street

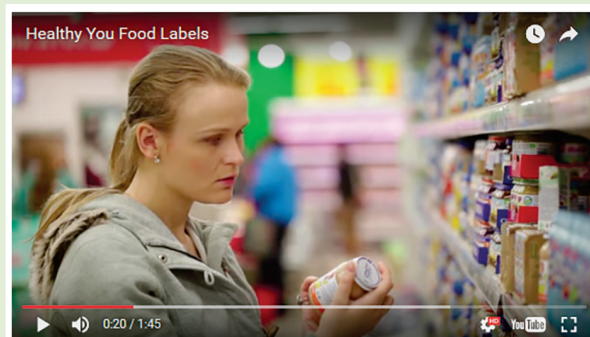
▲ = Health Education Center
NE 92nd Ave. and E Mill Plain Blvd.

◆ = Memorial Health Center
100 E 33rd St.

● = Specialty Clinic
8716 E Mill Plain Blvd.



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



PeaceHealth
Southwest Medical Center

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

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

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

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For health news, events,
and tips, visit
peacehealth.org/healthy-you.

Healthy You

Donor creates fund to benefit Residency Program

W. WARREN WELDON recently made a bequest in memory of his late wife, Betty, to create the Betty J. and W. Warren Weldon Fund benefiting the Residency Program at PeaceHealth Family Medicine of Southwest Washington.

The gift honors Marilyn Darr, MD, a physician in the Family Medicine Program.

Weldon was inspired to make the gift because of the excellent care his late wife received at PeaceHealth Southwest.

“The Residency Program will grow and educate residents well into the future,” says David Ruiz, MD, the program’s director. “I am humbled by Mr. Weldon’s incredible generosity.”

About the Residency Program

Since 1995, PeaceHealth Southwest has been a training site for University of Washington family medicine residents. This community-based program provides resident physicians with a broad spectrum of training that focuses on meeting the needs of the underserved.

More than 800 applications are received each year from recent medical school graduates for eight first-year resident positions, according to Dr. Ruiz.

“Because the program is so competitive, we are able to attract the cream of the crop,” he says. “Our association with the University of Washington, which has one of the finest medical schools in the country, is a real feather in PeaceHealth Southwest’s cap.”

There are 24 residents studying in three, eight-member cohorts. The ultimate goal of the program is to train superior family physicians, as judged by successful certification by the American Board of Family Medicine.

The residents provide care for patients at the Family Medicine of Southwest Washington clinic, located at PeaceHealth’s Memorial Health Center. More than 82 percent of the clinic’s patients are Medicaid, Medicare, or underinsured.

The program’s 25 faculty members are drawn from a wide range of specialties, including family medicine, obstetrics, behavioral science, cardiology, pharmacy, and sports medicine. PeaceHealth Southwest is the only hospital in the PeaceHealth system that is involved in the training of resident physicians.

“We provide our residents with 21st-century medical skills combined with timeless family medicine core values,” says Dr. Ruiz. These values include an emphasis on serving the community through an interdisciplinary approach to population health.



Residents graduating in 2016 from the Residency Program at PeaceHealth Family Medicine of Southwest Washington

There have been 126 graduates of the family medicine residency program to date. According to Dr. Ruiz, 60 percent have opted to continue their practice in the Portland-Vancouver area after their training, and 30 of them have remained in Clark County.

“There is a growing need for family medicine physicians,” says Dr. Ruiz. “Having a residency program at PeaceHealth Southwest is a real boon to this area. Once the residents experience the quality of life in our community, they often don’t want to leave.”

Planned gifts help health care thrive

Throughout the years, private gifts have helped expand and enhance the Family Medicine of Southwest Washington clinic. The recent bequest commitment from the Weldons will help ensure that the clinic and its residency program thrive for years to come.

You are invited to join the Weldons and other members of the Columbia Society by recognizing PeaceHealth Southwest in your estate plan. Your planned gift will help ensure a bright future for those who need health care in our community.



Download our FREE Personal Estate Planning kit. Visit peacehealth.planmygift.org/wills-and-living-trusts.

SAVE THE DATE!

Cascade Society dinner

When: Wednesday, May 31, 5:30 p.m.

Where: Vancouver Hilton

Info: PeaceHealth Southwest Foundation’s annual Cascade Society dinner. The Cascade Society comprises donors who have made a gift of \$1,000 or more in the previous calendar year.

If you’d like to join the Cascade Society, contact Alison Lazareck at **360-514-3634** or alazareck@peacehealth.org.



Jennifer Wilkerson

Major Gifts Officer
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Free Teen Heart Screening

Saturday, Feb. 18

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

Online registration is required at peacehealth.org/southwest/heart.

See page 6 for more details.



PeaceHealth
Southwest Medical Center

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New treatment for common heart ailment

"I NOTICED I was really losing my stamina," says Gladys Pierce.

Throughout her 84 years, Gladys had always been active, but over a few months she found herself tired all the time. "My balance was unsteady, and I began to feel dizzy," she says. "It was very frustrating."

A medical evaluation revealed bad news: Gladys was suffering from severe aortic stenosis, a narrowing of one of the heart's valves, which obstructs blood flow and forces the heart to work harder. Aortic stenosis is common, affecting 1.5 million Americans. One in 3 cases becomes severe enough to require surgery.

"Aortic stenosis becomes more common as we age," says PeaceHealth Cardiologist Maen Nusair, MD. "Until recently, the only treatment was open-heart surgery and valve replacement. That is a major operation and is often high-risk for elderly patients."

Because there is no drug treatment for aortic stenosis, older patients unable to tolerate open-heart surgery have a high risk of mortality from the disease. Within two years of the onset of symptoms, the survival rate of untreated patients is just 50 percent.

Fortunately, a newly approved heart valve implant device is now available in Clark County. Transcatheter aortic valve replacement (TAVR) allows a cardiologist to insert a new heart valve through the patient's femoral artery, eliminating the need for open-heart surgery. Dr. Nusair is one of the first cardiologists in southwest Washington to offer TAVR. "This procedure is a game changer," he says.

With TAVR, patients typically spend just two days in the hospital, before resuming regular activities.

Gladys was amazed with the rapid, dramatic improvement in her health after TAVR.

"When I took my first walk, I could stride briskly down the hall instead of leaning over, shuffling," she says. "I'm sleeping better, my energy level is higher, and I feel great! There is no question this has worked."

"I've been telling everyone about it," she continues. "I want all my friends to know. Older people don't have to accept being out of breath and dizzy all the time. There are options!"



PATIENT PROFILE ★



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For more information about TAVR, visit peacehealth.org/southwest/heart/tavr or call PeaceHealth Medical Group Cardiology Clinic at **360-514-6300**.



Keep your beat.



PeaceHealth

peacehealth.org/heart