



HEALTHY

Yakima

A happy holiday is a healthy one

Oh, boy, it's winter!

Not your first reaction? Why not? Winter, the season of chilly days, long nights and multiple holidays, can be the perfect time to reconnect with family and friends. And if you can focus on those around you, there's a good chance this will be the year you shed those stressful holiday "shoulds," keeping in mind the real reason for the season.

When we are stressed, our immune system does not function well, and we're more likely to engage in unhealthy habits such as "Ben and Jerry's therapy." Making downtime a priority—whether it's to recharge with a nap, take a long walk or play a game of Pictionary—can, at the very least, make the holidays less stressful. You might even create some new, healthier traditions.


So what's the best thing you can do for yourself between now and spring thaw? Just chill. Here are some suggestions to help you reduce stress:

- Reread a favorite book from childhood.
- Donate food/toys/clothing to a local charity.
- Make a big batch of chili.
- Wear flannel pajamas.
- Make an awesome breakfast: Try Memorial executive chef Jason Patel's recipe on page 8.
- Don't deprive yourself of holiday treats, but try just a nibble of each.
- Take a drive to see the holiday lights.
- Fiber up: Fiber in foods like oats, apples and nuts helps reduce inflammation and strengthens the immune system.
- Be kind to your skin. Moisturize after a shower using jarred moisturizers. (Pump lotions contain more water.) Don't skip sunscreen—winter sun can glare, especially off snow.

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 **Heart attack symptoms in women:**

- Chest pain
- Upper body pain
- Cold sweats
- Dizziness
- Trouble breathing
- Unusual fatigue

EVERY MINUTE COUNTS! ♥
CALL 9-1-1

Five gifts of the season for heart health

As you shop for family and friends this holiday season, don't forget somebody very important: Yourself!

You can give yourself the greatest gift this year by taking extra good care of your heart health, because with winter comes an increase in heart-related deaths. In addition, cardiovascular disease—heart disease and stroke—is the No. 1 killer of men and women in the Yakima Valley.

So what's to blame?

Influenza and respiratory infections are significant factors, doctors say. Fewer hours of daylight could also contribute—loss of light is associated with seasonal affective disorder and depression. Shorter days also change hormonal balance, and the hormones involved, such as cortisol, can lower the threshold for a cardiovascular event. And, of course, diet and exercise often fall away once the frost settles in.

But whether winter in the Yakima Valley is mild or snowy and cold, make a plan to keep your ticker on target. Try the list at right.

HEART-SMART IDEAS

- 1 Go a little nutty.** Nuts are packed with monounsaturated fatty acid (MUFA), which improves heart health, controls blood sugar and fights dangerous visceral belly fat. Also, stock up on these other MUFA-filled foods: olive oil, canola oil, avocados, nut butters and olives.
- 2 Hibernation is for bears.** Resist the temptation to hole up at home. Go sledding or bowling or take a walk around your neighborhood. Bundle up and burn calories.
- 3 Give yourself the gift of peace.** When the invitations pile up, if you can't say no, it's stressful, not fun. Don't overbook yourself.
- 4 Get your flu shot.** Inflammation can trigger a heart attack, and the flu causes inflammation. In turn, inflammation can make arterial plaque less stable, and it may dislodge, block arteries and contribute to a heart attack.
- 5 Watch alcohol intake.** Binge drinking can result in heart palpitations, light-headedness and difficulty breathing, a condition known as "holiday heart." Instead of accepting that first glass of wine or champagne, start with a glass of bubbly water with a squeeze of lime.





Joint replacement

Get back in action

Our knees and hips have big jobs to do. They carry a lot of weight when you consider all your body parts. Did you know that your knees and hips are your largest joints? Not only do they support your weight, they must work in close coordination to provide the mobility that most of us take for granted, until injury, arthritis or other problems arise.

Depending on the cause of your pain, the solution might be exercise, pain-relief medication, minor surgery or some combination. But for many people, knee and hip problems become so unmanageable that the best solution is to replace a worn-out knee or hip with a mechanical joint.

Over the past 40 years, total joint-replacement surgery has been proven to relieve severe knee or hip pain and restore function in the vast majority of patients. An artificial joint can relieve your discomfort and help you get back to enjoying normal, everyday activities.

At Memorial, we have a unique program called Joint Advantage™ that incorporates a team approach to treatment, following a patient from the time he or she elects to undergo joint surgery through rehabilitation.

What is Joint Advantage?

Joint Advantage is designed around a national best-practice “well-model” for joint replacements, blending patient education, innovative pain management and a progressive rehabilitation process to provide exceptional outcomes that have most people walking out of the hospital in two to three days.

Memorial’s Joint Advantage team includes board-certified orthopedic surgeons, specialty-trained orthopedic nurses, physical and occupational therapists, pharmacists, and dietitians whose goal is to help you return to a full, active life. Memorial Orthopedic Health performs over 90 percent of all total joint replacements in the region. Over 12 percent of Memorial’s orthopedic patients chose to travel from

Play it Safe

Certain sports have a higher rate of overuse and trauma injuries. Protect yourself from injury and learn how to stay safe when playing YOUR sport.

CONCUSSION?
DEHYDRATION?
HEAT EXHAUSTION?
When in doubt, sit it out

Learn about specific sports injury risk and prevention “rules” at yakimamemorial.org/sportsmedicine

WRESTLING **GOLF**
Lacrosse **SOCCER**
FOOTBALL **Volleyball**
BASKETBALL **Baseball**
Softball **& TENNIS**
RUNNING

These Sports Tips provide general information only and are not a substitute for your own good judgment or consultation with a physician. Learn more about other specific sports and injury prevention at STOPSportsInjuries.org.

 **MEMORIAL Sports Medicine Advantage™**

outside Yakima County to Memorial for their procedure. The Memorial Joint Advantage program adheres to the highest national standards and has one of the lowest rates of surgery complications in the U.S.

Joint replacement surgery is one of the most common and successful operations in modern orthopedic surgery. Advances in surgery allow doctors to use techniques that leave smaller scars, require shorter hospital stays and allow patients to recover faster.



Physical therapy and exercise get cancer patients back on track

Cancer treatment plans often include some combination of surgery, chemotherapy and radiation treatments. But did you know that physical therapy and exercise are also proving to be powerful tools for patients?

Cancer rehabilitation is a growing area in medicine that helps people recover and regain independence, reduce stress and maintain the energy needed for day-to-day life. If you are dealing with cancer and the effects of treatment, you might experience pain and problems with coordination, balance, strength, endurance, flexibility or range of motion. These symptoms can affect your ability to manage everyday tasks. Rehabilitation therapy can help decrease pain and enable you to regain your independence in the safest and most effective way possible.

The Memorial Oncology Rehabilitation & Exercise Program (MORE) recently began as a partnership between North Star Lodge Cancer Center and Memorial's Rehabilitation Department to address those needs. Research shows that it can take time to regain strength and physical endurance. Oncology rehabilitation, provided either during or after treatment, has been shown to slow declines and improve function and quality of life.


Memorial's program has two parts. The first is one-on-one physical therapy care provided at Memorial's Lakeview Physical Therapy. Kyle Prescott, PT, DPT, is the therapist in charge of this part of the program and is the program's overall director. He has advanced education in treating oncology patients.

When patients improve (or if

one-on-one care is not needed) they can be referred to part two of the program. This involves supervised exercise with certified American Cancer Society trainer Ally Hernandez. Through a partnership with the Yakima Family YMCA, we are able to offer supervised exercise in a facility that offers a variety of opportunities.

Our data show that most individuals significantly improve with MORE. The reports we get from participants have been positive and inspiring. One place we see this is on our MORE wall. It's a space at Lakeview Physical Therapy where program participants can record their feelings, concerns and words of encouragement. Our hope is that this wall will be an outlet for those being treated and a beacon for those who follow.



 If you would like to know more about the Memorial Oncology Rehabilitation & Exercise Program (MORE), please call **574-6050**.

Grieving during the holidays: Put yourself first

Walk into a store, turn on the car radio, flip on the television, and you are reminded, “It’s the most wonderful time of the year.” We connect the holiday season with love, laughter, happy memories, family and hope.

But not all of us are feeling that sense of joy this time of year, especially if we have lost a loved one. That’s because those same things that we want to celebrate—traditions, smells that take us back, songs, family gatherings, memories—are what remind us that life is no longer the same because that loved one is no longer here.

If you’re struggling with the holiday season because you are grieving, remember: Your feelings are normal. Feeling sad is OK. So is not wanting to participate in activities. Maybe you’re even trying to get involved in the season’s events, and then you feel guilty because you’re having a good time.

This, too, is normal.

If you’re struggling with joining in on traditional activities—family parties, meals with friends, shopping at the mall—then try paring down this year. Instead of attending four events, attend one. Instead of planning on a whole evening with friends, plan to spend an hour. Give yourself permission to be honest with yourself about where you are emotionally, and then stretch yourself...just a little today. And a little more tomorrow. A bit more the next day.

Consider writing down what you’re doing every day and include one activity that you are doing for someone else: a card to a friend, an encouragement to a stranger, food to someone in need, a donation to a worthy cause. As you look back on your daily diary of activities, you might be surprised how far you are actually moving ahead on this journey.



By Nicholas D. Valadez,
Bereavement Coordinator,
Yakima Valley Memorial Hospital



...offering bereavement support to help you adjust with the loss of a loved one

Grief Recovery Workshop*

This 8-week course centers on personal discovery and homework-style exercises designed to help you focus on grief recovery.

Living with Loss*

An 8-week, discussion-based course working through the book *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

Kids Grief Workshop

This hands-on workshop will help guide children ages 5-17 and their parents or guardians through the grief associated with death.

*Cost for each 8-week course is \$20 for book/materials, payable on the first day of class.

For more information or to register, call **574-6746** or visit yakimamemorial.org/bereavement.

Grief During the Holidays

Memorial offers this seminar at 5 p.m. Nov. 15 and again at 2 p.m. Dec. 19 at the Harman Center. Also, anyone grieving a loved one is encouraged to attend the “Celebration of Life” event at 6 p.m. Nov. 8 at the Harman Center.

By Erin Black, CEO,
The Memorial Foundation



Your support makes a difference

As The Memorial Foundation CEO, I have the wonderful opportunity to assist in mobilizing and energizing community support to sustain local health care initiatives and improve access to care.

Learning to be proactive about our health is working wonders in areas of fitness, nutrition, prevention and chronic-disease management. We are all more than eager to talk about our fitness plans, healthy recipes and family-fun activities.

In the past few years we, as a community, have also been talking more and more about “the difficult to discuss” health subjects. Some people put off talking about their wishes and health care priorities until they get sick. But help is there even before you think you need it!

Memorial’s Compass Care initiative is a spectrum of support services to give patients, families and health care providers more options for care.



COMPASS CARE

Compass Care can help you and your family with an extra layer of support if you are diagnosed with a serious illness. Palliative care doctors, nurses and social workers work side by side with your existing medical team to help you as your illness is treated.

HOSPICE

Hospice is a program of care and support to help you live your best life as comfortably as possible if you are diagnosed with a terminal illness. Hospice comes to you, wherever you live.

COTTAGE IN THE MEADOW

When home care isn’t an option, everyone deserves peace, privacy and their loved ones by their side. Cottage in the Meadow provides just that for hospice patients needing inpatient care. The Cottage is a peaceful, home-like, 24-hour inpatient alternative to hospital care for patients and their families. Through generous community support, Cottage in the Meadow opened four years ago. The need for the nurturing, supportive environment of the Cottage at the end of life has resulted in plans for an expansion from 12 to 20 private patient suites. We expect to offer the new rooms in the fall of 2017.

“ My doctor asked me if I had one of these, and I didn’t. ”



Advance Care Planning

Two sessions per month!

1st and 3rd Wednesdays of the month
Memorial Hospital Auditorium
2811 Tieton Drive, Yakima

No registration required.

Receive valuable information, including your own copy of Five Wishes® and assistance in completing it. Five Wishes is a Durable Power of Attorney for Healthcare and a Living Will.

Through your support, there is an opportunity to help even more patients, nearing the end of their life’s journey, pass with dignity and peace. We would love to tell you more. Contact The Memorial Foundation to see how you can be involved! Call **576-5794** or visit **memfound.org**.

Q What's the difference between a cold and the flu?

A The common cold is a mild upper respiratory illness caused by several members of a certain family of viruses. The average preschooler will experience five to seven episodes a year, while an adult will experience two to three a year. The most common symptoms are a clear, runny nose and nasal congestion. Other symptoms can include a dry, scratchy throat, cough and general discomfort. A fever is uncommon in adults, but a low-grade fever may be present in children. Symptoms usually are more gradual in onset.

Influenza is an acute illness caused by different strains of either influenza A or B viruses, and is generally more severe than a common cold. It occurs in outbreaks mainly during winter months. Symptoms usually begin abruptly with onset of fever, headache, body aches, significant discomfort and feeling ill. Other symptoms include dry cough, sore throat and nasal congestion. Older adults sometimes have more subtle symptoms, and children often have higher fevers. Vomiting and diarrhea are not common in adults, but they can occur in a small percentage of children.



Deborah Brown, PA-C
Inspire Health Clinic

Q If I think I have the flu, should I go to the Emergency Department?

A Unfortunately, for most people with the flu, a visit to the ED will not change much. Fevers and chills, body aches, cough and congestion, sore throat, headache, and mild vomiting are all associated with flu infections. For most people, these can be treated with over-the-counter remedies without additional medical attention.

People who have a higher risk of flu complications are those under 2 years old or over 65 years old and pregnant women. These people should be more inclined to seek ED evaluation.

If you have medical conditions that affect your immune system, such as cancer, HIV, or conditions that require long-term steroids or immune suppressants, you should be evaluated if you are feeling ill. If you aren't sure if any of your medications are immune suppressants, your primary clinic staff should be able to clarify that for you.

Finally, people with symptoms suggesting complications should seek ED evaluation. These symptoms include shortness of breath, chest pain, confusion, severe vomiting or severe throat pain preventing adequate fluid intake.



Jonathan Alke, MD
Medical Director,
Emergency Department

Q Is the flu vaccine safe for my kids (and older folks or other compromised folks)?

A Yes! The flu vaccine is a safe way to minimize your child's risk of getting influenza. The most common complications are minor and include soreness, redness, swelling, headache and low-grade fever.

Those most at risk for complications from the flu include children; the elderly; pregnant women; and people with cancer, lung disease, heart disease, kidney disease or weak immune systems. This year, the recommendation is that children 6 months and older get the flu shot rather than the nasal vaccine. The nasal vaccine has been used in the past, but last year it was only 3 percent effective (the flu shot was 63 percent effective). Nothing is ever 100 percent effective, so the more of our community who get immunized, the better we can prevent spreading the flu.

If you are pregnant, getting the shot for yourself and all family members is the best way to protect both you and your soon-to-be-born child.

It takes the flu vaccine about two weeks to work, and the start of flu season can vary, so get vaccinated as soon as possible.



Tanny Davenport, MD
Family Physician and Chief
Medical Officer of SignalHealth

Sign up for our *My Health* e-newsletter at yakimamemorial.org/newsletters.

HEALTHY | now

Short on time? Confirm your spot online! We'll text you when it's time.

Healthy Now is a convenient care clinic that offers minor medical services after hours and on the weekends.

Yakima Terrace Heights West Valley

Monday through Saturday,
7 a.m. to 7 p.m. Visit
healthynowclinic.com to
schedule your appointment
online!

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our health e-newsletter:
yakimamemorial.org/newsletters

OPEN-FACED BREAKFAST EGG SANDWICH WITH BACON, SAUTÉED KALE AND MUSHROOMS

Makes 4 servings.

Ingredients

- 8 pieces thick-cut bacon
- ½ cup butter, room temperature, divided
- 2 cups mushrooms, sliced (either button or crimini)
- Salt and pepper, to taste
- 1 teaspoon thyme, fresh and minced (optional)
- 4 thick slices of bread (preferably homemade or country style)
- 1 bunch dino kale (or other hearty leafy vegetable)
- 4 eggs

Directions

- Heat oven to 350 degrees. Remove bacon from package. Using a sheet pan with a rack on top, lay the bacon on the rack and place into oven. Cook bacon until crisp, about 15 to 20 minutes depending on the thickness. Remove bacon from the oven, place on a paper towel-lined plate and allow to drain. Save bacon fat for another use.
- Using a cast iron pan (or other pan if you desire) heated to medium, place 2 tablespoons of butter in the pan and allow to melt. Add the mushrooms in a single layer. Don't crowd the mushrooms—if needed, cook mushrooms in batches. Sear mushrooms on the first side until they caramelize, then use tongs to flip

Jason Patel,
executive chef,
Yakima Valley
Memorial
Hospital



mushrooms over to caramelize other side.

Season with salt and pepper, and thyme, if using. Remove mushrooms from pan and hold.

- Wipe out pan and place enough butter inside to cover bottom of pan. Working in batches, if needed, place the thick-cut bread in the pan and allow to toast. Once first side is toasted, flip bread to toast second side. Divide toast onto 4 plates.
- Wipe pan out once more and add enough butter to cover the bottom. Heat pan to medium, add the kale and sauté until kale is tender and broken down a bit, about 4 to 5 minutes. Season with salt and pepper. Add the cooked mushrooms and mix well. Turn the heat down to low and keep kale and mushrooms warm until the eggs are cooked.

- In a nonstick pan heated medium-low to medium, add enough butter to cover the bottom. Crack the eggs into the pan, being careful not to drop any shells into it or pierce the egg yolks. Cook eggs until the whites are set but the yolks are still runny, about 5 minutes. Be sure not to heat the pan so high that the eggs brown and sizzle. If that happens, lower heat. If having trouble getting egg whites to set, cover the pan with a plate or lid for a bit. Be careful not to leave the lid on too long or the yolk will cook as well.
- To plate: Break two of the bacon strips in half and lay across toast. Place a quarter of the kale-and-mushroom mix on top of the bacon. It's okay if it spills onto the plate a little. Lay one egg on top. Season with salt and pepper. Enjoy!