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Community CARE update
HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER
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# **Colorectal Cancer - Signs You Should**

### **Get Screened** People under 50 now make up about 15% of colorectal cancer

cases

March is Colorectal Cancer Awareness Month. Regular screening recommendations start at age 45, but some people may need the screening sooner. Brandon Teng, MD, with Valley's Gastroenterology

well as risk factors and symptoms to watch for in this **DocTalk video**.

**Clinic** discusses what might be contributing to the rise in colorectal cancer cases in younger people, as

**Taking Care of Your Health is Worth a Little Awkwardness** 

We get it, talking about your poop might seem embarrassing. But what's not embarrassing is taking care of your health! No matter your age, if you are noticing changes in your bowel movements, abdominal pain, or rectal bleeding (bleeding from your

bottom), schedule an appointment with your **primary** 

You can have colon cancer without having any symptoms. Even if you aren't experiencing symptoms, everyone ages 45 or older should have some form of colon cancer screening. Those with a strong family history of colon cancer may need screening earlier than 45. Learn about this important preventive screening and



many people covered by commercial insurance plans

Are you putting off getting a mammogram because

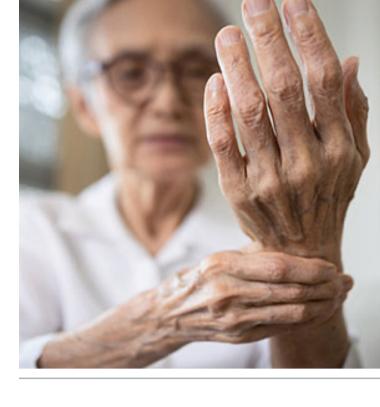
you're worried about how much it will cost? There's good news from Washington state that might make it easier for you. Learn more. Are you due for your annual screening mammogram? Catching breast cancer early is your best defense, so don't delay and schedule your

## Life with Buzzy: My Multiple Sclerosis Story

## Meet Valley teams that support patients living with MS

March marks Multiple Sclerosis Awareness Month, a

time dedicated to shedding light on a condition that impacts millions worldwide. In honor of this, Valley employee Tara shares her personal battle with MS, nicknamed "Buzzy" by her and her husband. Read her MS journey.

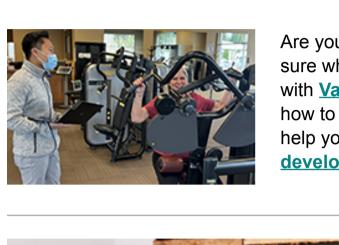


Alleviate Arthritis Aches Valley's rheumatology providers offer advanced treatments for autoimmune arthritis and other autoimmune conditions.

LEARN MORE

**Diet Dilemma? Valley's Dietitian Team Offers Personalized Nutrition Guidance** If you're looking to make changes to your eating habits and can use a helping hand, Valley's registered dietitians and certified diabetes educators are here to help! In recognition of National Nutrition Month, the team shares why working with a dietitian may be right for you.

Valley's Lifestyle Medicine Clinic. **Unlock Your Fitness Potential: How Valley's Lifestyle Medicine** 



help you define your goals, keep you on track, and develop a plan for success. Where Do

I Start?

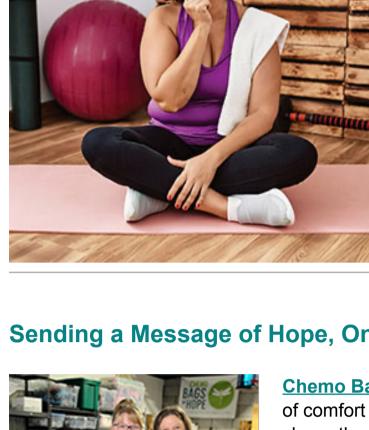
program.

Kick-start your health

science-based exercise

goals with our personalized,

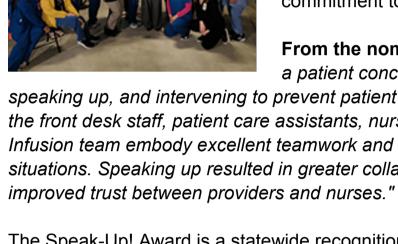
LEARN MORE



Pacific Northwest, including **Valley's Infusion Center**. Learn more about the organization and the team**building day where Valley's Infusion Center team** came together to assemble bags. Infusion Center Team Receives Speak-Up! Award from **Washington Patient Safety Coalition** 

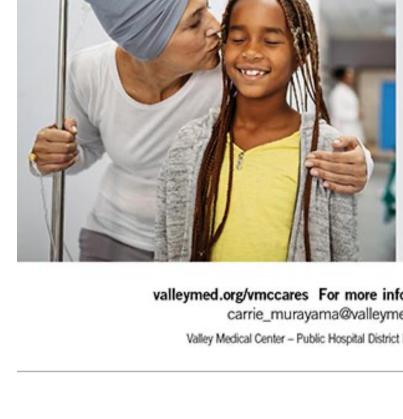
We are pleased to share that **Valley's Infusion** 

**Center** team was awarded the Speak-Up! Award by the Washington Patient Safety Coalition (WPSC) for their commitment to patient care and safety.



situations. Speaking up resulted in greater collaboration with ordering providers leading to

teams at Washington healthcare organizations who voice their concerns to keep patients and staff safe.



valleymed.org/vmccares For more information contact Carrie Murayama carrie\_murayama@valleymed.org or 425.690.5956 Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization. We are proud to offer robotic surgery capabilities as part surgery services. Robotic surgery has advantages similar to laparoscopy, and allows surgeons to operate with

generates hope.

GIVE NOW

Excellence," on our new <u>robotic surgery webpage</u>.

### Committed to LGBTQIA+ Health & Wellness Services for All The 22nd National LGBTQ Health Awareness Week, led



by the National Coalition for LGBTQ Health, takes place March 18-22, 2024. Per the organization, this year's theme "Vital Vibrant Voices" "emphasizes the VITAL role of VIBRANT and diverse VOICES in raising awareness about the health challenges facing the LGBTQ community." At Valley, our goal is to create and maintain a safe, inclusive, and welcoming environment -- ensuring quality,

accessible, and non-discriminatory healthcare. Learn

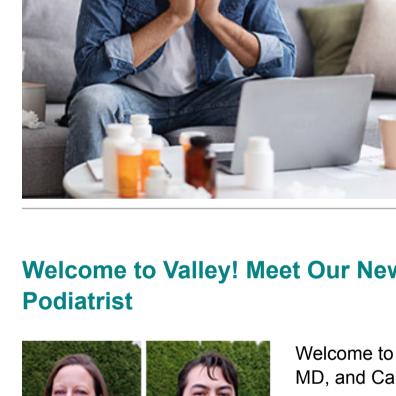
Virtual urgent care

appointments from the

room ever - your home.

most comfortable waiting

House Calls Happen Here



Meghann Nelles Dalstrom, MD, is with Valley's **Vascular Surgery Clinic.** She has practiced vascular surgery since 2012, including open and endovascular surgery as well as nonoperative

Starting April 16, **Dr. Walsh** will see patients at the Dermatology Clinic's **Newcastle** location on Tuesdays, from 8 AM - 4:30 PM. She will continue to see patients at the **Time Square (Renton)** clinic the rest of the week.

Read more about dermatology care at Valley.

MyChart connects you with your provider and helps you manage your health information online, anytime. Still on the fence about signing up? Check out three ways MyChart saved time for thousands of patients in **2023**.



spine, relieving years of back pain and allowing him to get back to the activities he loves. WATCH ALAN'S STORY

Hear how our neurosurgery

team removed a tumor on Alan's

### Professional Center information desks. Volunteers at these locations greet and escort patients and visitors, answer their questions, and help them get to destinations around our campus. We ask that volunteers commit to a 4-hour shift per week, for a minimum of 6 months.



**Valley Eats - Green Smoothie** 

Did you know that the Human Papillomavirus (HPV) causes about 36,000 cases of cancer in the US every year? The HPV vaccine provides lifelong protection against the most common cancers caused by HPV. Health care providers recommend the HPV vaccine for everyone starting at age 9. To learn more, visit doh.wa.gov/hpv.

This cool and refreshing smoothie is a great treat on a sunny spring day! Get the recipe.

Join the Valley Family!

SEND A GIFT TO A LOVED ONE AT VALLEY

At Valley, we serve a critical role in helping maintain and

Send a Bit

code "WeAreValley" at checkout.



Have you been wanting to make lifestyle changes to better your health? Are you trying to improve your lab

### related goals? Valley's volunteer **Health Coach** program provides FREE weekly one-on-one encouragement, accountability, and connection to resources to support you in working toward positive lifestyle changes.

At the Health Coach information sessions, you will meet the team, learn how the program

works, and learn how Valley's Health Coaches will support you in working toward healthy lifestyle changes. **WHAT:** Health Coach Program information sessions for Valley primary care patients who reside in King or Pierce counties WHERE: Zoom you'd like to attend. <u>Tuesday, April 9, Noon</u>

**REGISTRATION:** To register, click on the date/time below for the information session

results, lose weight, move more, or reach other health-

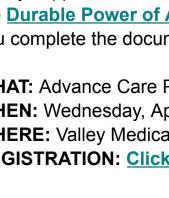
Advance Care Planning (ACP) is the process of planning for and communicating future medical decisions, and completing documents that outline your

Advance Medical wishes in the event you are unable to express your Directives wishes related to your healthcare. In honor of National Healthcare Decision Day on April 24, Valley's Advance Care Planning Steering Committee is hosting a workshop

where you will learn about:

 Wednesday, May 1, 5 PM • Thursday, May 2, Noon

### How to fill out ACP documents How to start the conversation about what is most important to you You are strongly encouraged to invite the person you trust to make decisions for you as your healthcare agent--this is a great way to start the conversation!



notary support will be available after the presentation for those who would like to complete the **Durable Power of Attorney for Healthcare and Healthcare Directive documents.** If

See all classes and events, including virtual birth center tours, birth and parenting classes, support groups, and classes for a healthier you.

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## care provider (PCP) right away. In need of a PCP? Find one in your neighborhood. how to schedule a colonoscopy appointment.

**Mammograms Made a Little Easier** New Washington state law helps with out-of-pocket costs for

## mammogram appointment today! Find out how to schedule your screening mammogram.

Learn more about the dietitian services offered at

**Clinic Tailors Exercise for Success** Are you ready to start a new exercise program but aren't sure where to start? Andrew Do, an Exercise Specialist with Valley's Lifestyle Medicine Clinic gives tips on how to navigate finding an exercise professional who can

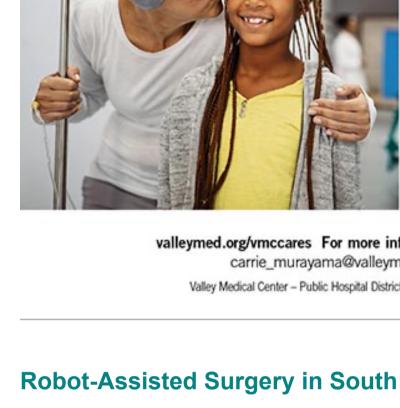
Sending a Message of Hope, One Bag at a Time **Chemo Bags of Hope** has gifted more than 10,000 bags of comfort items to adults and children undergoing chemotherapy at 27 infusion centers throughout the

# From the nomination: "Stopping the Line' when there is



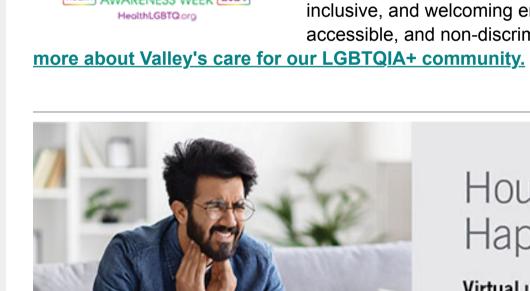
a patient concern, re-assessment of the situation, speaking up, and intervening to prevent patient harm prevented medication errors. From the front desk staff, patient care assistants, nurses, and leadership, all members of the Infusion team embody excellent teamwork and accountability, especially in challenging The Speak-Up! Award is a statewide recognition program celebrating individuals and

INFUSED WITH CARE. Compassionate cancer care close to home. Your generosity



**Robot-Assisted Surgery in South King County** of our full range of elective, urgent, and emergency increased precision and accuracy while protecting surrounding tissues and organs. Learn more about robotic surgery at Valley, including our accreditation as a "Center of

**VITAL VIBRANT** 



SCHEDULE VIDEO VISIT Welcome to Valley! Meet Our New Vascular Surgeon and Welcome to new providers, Meghann Nelles Dalstrom, MD, and Calvin Davis, DPM.

management of vascular disease, both arterial and venous. She believes that

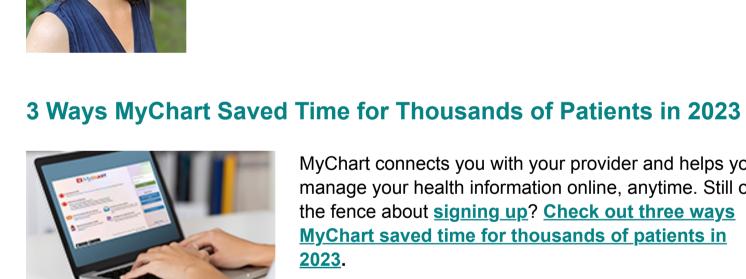
together to select the best treatment plan for each individual.

their feet so they can live healthy, fulfilling lives.

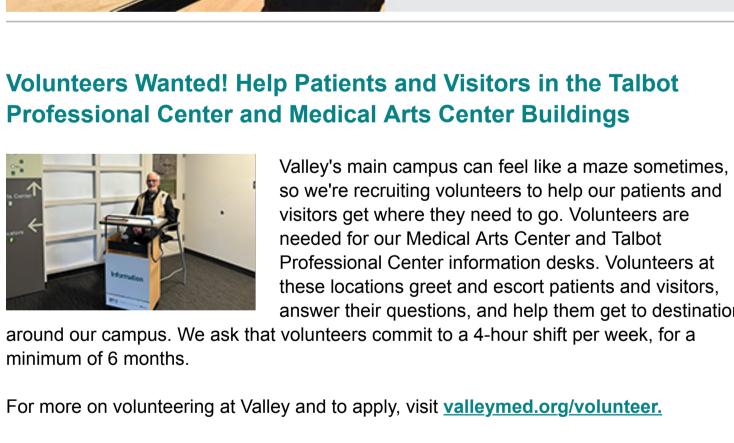
communication and innovation combined can allow physicians and patients to work

Calvin Davis, DPM, joined Valley's Podiatry Clinic. He is a foot and ankle surgeon who treats foot and ankle conditions in all age groups and backgrounds. He strives to provide patient-centered care individually tailored to each case. His goal is to get patients back on

Dermatologist Laura Walsh, MD, PhD, Adds Hours at Newcastle **Dermatology Clinic** 

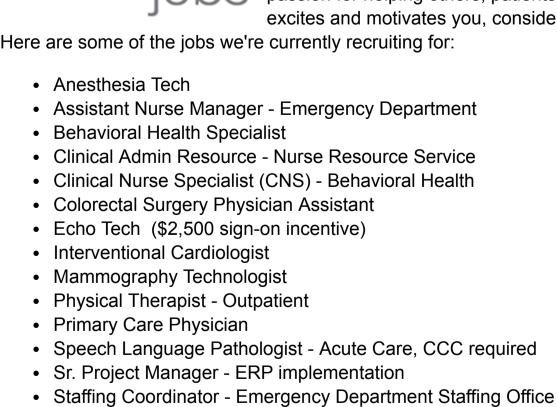


Choose Valley for Surgery



Schedule an HPV vaccine appointment at your primary care provider's or pediatrician's office. See vaccine recommendations for adults and children.

of Sunshine Community partner Cugini Florists and Fine Gifts offers complimentary delivery to Valley's main campus! Use promo



 Surgical Services Technician - SST Urgent Care Physician Urologist Find out more about these career opportunities and others, and apply today at valleymed.org/careers. **Health Coach Program Information Sessions in April and May** 

**Advance Care Planning Workshop - April 24, 3 PM** 

The process of Advance Care Planning

**Community Events** 

you complete the documents later, notaries are available at your Valley primary care clinic. **WHAT:** Advance Care Planning Workshop **WHEN:** Wednesday, April 24, 2024, 3 - 4:30 PM WHERE: Valley Medical Center, Medical Arts Center Auditorium or online via Zoom **REGISTRATION:** Click here to register for the April 24 ACP Workshop.

This event will be held both in-person and virtually on Zoom. At the in-person event,

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