## UW Medicine VALLEY MEDICAL CENTER WE Valley Community CARE update HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

Janette's Story: Gynecologic Cancer Care

Janette's story highlights her cancer care experience at Valley, where she was diagnosed with endometrial cancer after noticing abnormal postmenopausal bleeding. Under the care of Ron Swensen, MD, gynecologic oncologist at

Valley's Oncology & Hematology Clinic, she had a minimally invasive hysterectomy using robotic surgery.

Grateful for the compassionate care she received, Janette

At Valley Women's Healthcare, Olga Valleva, DO, and Eric Schmit, DO, both board-certified OB/GYNs and specialists in minimally invasive gynecologic surgery, offer a variety of

at Valley The importance of prioritizing your health and being proactive in

your health care

proactive health care. Hear Janette's story.

Learn more about gynecologic oncology care at Valley. **Learn more about Valley's cancer care services.** September is Gynecologic Cancer Awareness Month.

encourages other women to prioritize their health and not hesitate to get health screenings. Her experience motivated her to share her journey in a book, emphasizing the importance of

**Hysterectomy Surgery Options at Valley** 

hysterectomy options. In this DocTalk video, the doctors address common questions about hysterectomy, what it involves, and how they determine the best approach for each patient. Learn more about hysterectomies from Drs. Valieva and Schmit.

**OB/GYNs** answer common questions about hysterectomies

New on the We Are Valley Podcast: Learn **About Thyroid Cancer** 

**Learn more about Valley Women's Healthcare.** 

Learn more about surgical services at Valley.

**September is Thyroid Cancer Awareness Month** 

According to the National Cancer Institute, an estimated 44,000 people in the U.S. will be diagnosed with thyroid

cancer in 2024. In honor of this recognition month, we sat down with Valley endocrine surgeon, Nicole Zern, MD, to discuss how thyroid cancer is found, diagnosed, and treated. EPISODE!

If you are curious about what the thyroid does, when you

might need to consult a specialist, and what the treatment with Endocrine Surgeon Nicole Zern, MD options are, this episode is for you! Listen to the We Are Valley Podcast with Dr. Zern.

Learn about endocrine surgery at Valley.

From Head to Toe,

We Have You Covered

**Choose Valley for surgery. LEARN MORE** 

Respiratory Virus Season is Coming - Prepare by Making Sure You are Up to Date on Vaccinations Winter respiratory viral infection season will soon be upon us.

Many types of viruses can cause a respiratory infection over the winter months, ranging from an annoying cold to severe pneumonia that may be life-threatening. As with last winter, we can protect ourselves from winter respiratory infections such as COVID, influenza, and respiratory syncytial virus (RSV) by getting vaccinated this fall. These vaccinations may reduce your risk of getting an infection, but more importantly, they will reduce your risk of getting a severe, even deadly, infection. So who should get them and where? Get vaccine-ready with this article from Mike Hori, MD, with Valley's Infectious Disease Clinic.

Where Can I Get Vaccinated?

There are many locations throughout the community offering flu and COVID-19 vaccines, as well as RSV vaccines for those who qualify. Don't delay, schedule your vaccination appointment (and appointments for your family members, too!) today.

**Valley Medical Center:** Flu vaccine available for established Valley patients of all ages at primary care clinics

COVID vaccine available for pediatric patients at primary care clinics

vaccinations. Find a pharmacy near you at vaccines.gov

children who live in South King County.

Many pharmacies are now scheduling appointments for flu, COVID, and RSV

Learn more about fall and winter vaccines in this article from Public Health Insider.

An Update on Mpox from a Valley Infection Preventionist

GoVaxKids is hosting school and community-located vaccination events at no cost for

Washington State Department of Health <u>Care-a-Van clinics</u> offer vaccines for all ages.

In recent years, mpox (formerly called monkeypox) has

emerged as a public health concern, with outbreaks drawing

COMING SOON! At the end of September, U.S. households will be eligible to order 4 free COVID-19 tests from the federal government. The tests will detect current COVID-19 variants

SCHEDULE VIDEO VISIT

Other options:

increased attention. In this Q&A, we talk with Valley Infection Preventionist Amelia Hanron, MPH, MLS (ASCP), exploring what mpox is, how it spreads, and what you need to know to protect yourself and others. Read the mpox update.

Free COVID-19 Home Tests Available for Order at End of September

and can be used through the end of the year. As of newsletter publishing, COVID-19 test ordering has not yet opened. Check **COVIDTests.gov** for updates.

House Calls Happen Here

Virtual urgent care appointments from the most comfortable waiting room ever – your home.

Talk to Your PCP or Urologist About Getting Screened for Prostate Cancer According to the Centers for Disease Control (CDC), aside from

race/ethnicity, and other factors.

In recognition of September being Prostate Cancer Awareness Month, we're looking at prostate cancer screening, what it entails, and things to talk with your primary care provider or urologist

about. Learn more about prostate screening.

Eligible for Lung Cancer Screening

Be the Hope Walk is this Saturday, Sept. 21!

non-melanoma skin cancer, prostate cancer is the most common cancer among men in the United States. The American Cancer Society says, "About 1 in 8 men will be

man's risk of prostate cancer varies based on his age,

diagnosed with prostate cancer during their lifetime. But each

Join Valley Girls & Guys and the Valley Medical Center HOPE

100% of funds raised during Be The Hope go right back into the local community to support cancer patients and their families, fund clinical trials to further research, support students who

In recognition of Lung Cancer Awareness Month in November, Valley Medical Center and Vantage Radiology are taking part in National Lung Cancer Screening Day by hosting a low-dose CT lung screening event on Saturday, Nov. 9. Find out if you're

**LEARN MORE** 

of suicide, and how you can support a loved one in crisis is vital. And if you yourself are in crisis, know that you are not

admitted and they hoped to keep him in for two weeks," Tara said, "but Eddie had other plans and was born at 32 weeks 3 days." After an emergency C-section, Eddie spent his first 6

weeks in Valley's Level III NICU. While it wasn't the birth

Brigade on Sept. 21 at the 6th annual Be The Hope Walk.

have been directly impacted by cancer, and more!

Valley Medical Center and Valley Girls & Guys have partnered together in support of cancer care in our community for more than a decade, including through a \$1.8 million donation to our future Cancer Center. WHAT: 6th Annual Be The Hope Walk WHEN: Saturday, Sept. 21 WHERE: Lake Wilderness Park, Maple Valley, Wash., or Virtual HOW TO REGISTER: Visit the Be The Hope Walk registration page. National Lung Cancer Screening Day is Nov. 9: Find Out if You're

WHAT'S THE MOST **EXCITING THING** 

**HAPPENING IN** 

KING COUNTY?

Hint: it's life-changing.

SUICIDE

& CRISIS

LIFELINE

there in a time of need."

Learn more about Valley's Level III NICU.

participants will be eligible for prize drawings.

more.

2 diabetes.

**WHAT:** Diabetes Prevention Program

WHERE: <u>Lifestyle Medicine - Renton</u>

**COST:** \$299 + tax. Payment plans available.

September is Neonatal Intensive Care Unit (NICU) Awareness Month.

eligible for the screening.

September is Suicide Prevention Awareness Month - Resources for When You or Your Loved One are in Crisis It's a tough subject, but knowing warning signs and risk factors

alone! Get the resources.

"You Hope You'll Never Use (the NICU) but You'll be Grateful it's There in a Time of Need." With a relatively easy pregnancy, a possible NICU stay was not top of mind for Tara and her husband. But when her water broke at the end of week 31, plans changed quickly. "I was

experience Tara had envisioned and planned for, she's grateful her birth plan was to deliver at

Valley and that the NICU was here to care for her newborn son. "I think of delivering at a hospital with a NICU like having an earthquake kit. You hope you'll never use it but you'll be grateful it's

Take the Washington State LGBTQIA2S+ Survey If you identify as LGBTQIA2S+, you're invited to take the Washington State LGBTQ+ Survey! This first-of-its-kind statewide survey aims to understand the characteristics and experiences of LGBTQ+ people in the state of Washington. The research is funded by the Washington LGBTQ Commission and is being designed for LGBTQ+ Washingtonians by LGBTQ+

recommendations to the Office of the Governor and the Washington State Legislature. Survey

Responses to this survey are completely anonymous and will be analyzed by a research team

The survey is open and accepting new responses through January 2025. We encourage you to

share with colleagues, friends, and family to help spread the word about this important new

Washingtonians. The LGBTQ Commission will use the findings to inform their policy

consisting of LGBTQ+ researchers selected by the Washington LGBTQ Commission.

survey. Learn more and read the FAQ. Take the survey. Persistent Pain

from PAD?

Our providers treat patients with

peripheral arterial disease through

both non-surgical and minimally

LEARN MORE ABOUT VASCULAR CARE AT VALLEY

invasive surgical options.

When it comes to health and fitness, most of us have been conditioned to rely on the bathroom scale for feedback. We step on, see a number, and let it dictate our mood, our self-

worth, and even our health decisions. However, relying solely

hormonal changes, and even the time of day. More importantly,

In the U.S., 1 in 3 adults has prediabetes and is at risk for type

2 diabetes, yet nearly 85% don't know they have it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes.

This raises your risk of type 2 diabetes, heart disease, and

What's for dinner? These bell peppers are quick to assemble,

Diagnosed-

Now What?

nervous system.

At Valley, we believe innovation, sustainability, and partnership

family. As we look to what's ahead for Valley, we invite you to

we will be collecting community feedback to help guide our

participate in an upcoming information and input session where

In celebration of GoldenCare's 38th anniversary, this FREE in-

person event for GoldenCare members includes:

healthcare information to improve your quality of life

the chance to participate in a Community Health Needs

Many of the contributing factors of chronic conditions such as heart disease, diabetes, and hypertension can be mitigated or prevented through lifestyle changes. Even small changes can

make a BIG difference! And we're here to help.

At our FREE HealthyCare session, we will discuss:

What chronic disease is and how it affects our community

Commute-free and

Convenient Care from

the Comforts of Home

needs. When you schedule an

appointment, ask if telehealth

**LEARN MORE** 

Telehealth can be used for

a variety of conditions and

is an option for the visit.

At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest

Would you like to make positive changes to improve your

health? Valley offers free personalized health coaching for

Learn more about the program and hear the experience of

Helping Patients Make Positive Lifestyle Changes, One

patient Georgia and her coach Alex in Health Coach Program:

Thank a Caregiver program. Pumpkins are unique, hand-blown

Valley's main campus.

passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team! Here are some of

are pivotal to our mission of caring for our community like

From ALS to MS, Pediatrics to

Parkinson's, our team treats a vast array of conditions affecting the brain, spinal cord, and central

**LEARN MORE** 

Neuroscience Institute

UW Medicine VALLEY MEDICAL CENTER

are stuffed with flavor, and are gluten free!

Get the stuffed bell pepper recipe.

on weight can be misleading and often discouraging. Your weight fluctuates daily due to factors like water retention,

The True Measure of Progress: Tracking Body Composition Over Time

it doesn't show the difference between muscle, fat, and other tissues. This is why tracking body composition over time offers a more accurate and meaningful measure of your health. Learn

We Can Prevent Diabetes, Together! Register for Valley's Diabetes

Valley is here to help! Our Lifestyle Medicine Clinic's Diabetes Prevention Program (DPP) is a CDC-recognized education and proven intervention system focused on physical activity, healthy eating, and other lifestyle changes, providing support for patients to help lower their risk for type

We are now registering participants for the next DPP cohort, which will begin on Nov. 6.

stroke.

**Prevention Program Beginning Nov. 6** 

**REGISTRATION:** Click here to learn more and register. <u>Hear from a DPP participant in this testimonial video.</u> Valley Eats - Low Carb Stuffed Bell Peppers

**WHEN:** First meeting, Wednesday, Nov. 6, 4:30 - 5:30 PM. See registration link for full schedule.

Information and Input Session with Valley CEO Jeannine **Erickson Grinnell** a presentation from Navanshu Arora, MD, Medical Director for Cancer Services, about Valley's new Cancer Center and the opportunity to meet and mingle with other health-minded, proactive older adults. WHAT: GoldenCare Health & Wellness Fair

WHERE: Medical Arts Center building, first floor conference center on Valley's main campus

REGISTER: Registration is not required, but appreciated so we can estimate headcounts for

The GoldenCare Health & Wellness Fair is sponsored by Chateau at Valley Center.

Ready to Make a Change for Your Health? Join Us for a FREE

How you can take charge of your health with small lifestyle changes

Join us for an upcoming session at one of our three Lifestyle Medicine locations! All HealthyCare

free blood pressure screenings

great food and giveaways

**YOU'RE INVITED: Community Health Needs Information & Input** 

There are five more sessions scheduled throughout our service area so you can attend the one

future.

JOIN US: GoldenCare Health & Wellness Fair on Oct. 2

most convenient for you. Find an info and input session near you.

**Sessions in September and October** 

WHEN: Wednesday, Oct. 2, 9 AM to Noon

(4033 Talbot Rd. S, Renton, WA 98055)

**HealthyCare Session** 

How to take the first step

Thursday, Sept. 26, Renton

Wednesday, Oct. 5, Maple Valley

Monday, Oct. 7, Renton

Tuesday, Oct. 15. Renton

Thursday, Oct. 24, Covington

sessions are 5 - 6 PM.

Click here to register.

Clinic Network

Caring for you like family.

Join the Valley Family!

the jobs we're currently recruiting for:

· Family Medicine Physician

Oncology APP (PA-C/ARNP)

RN Wound Care Specialist

Ultrasound Tech - ARSMS

Palliative Care ARNP

Staffing Coordinator

Urgent Care Physician

Psychotherapist

Lab Support

Nephrologist

OB/GYN

Goal at a Time.

Clinical Documentation Specialist

Interventional Gastroenterologist

Clinical Nurse Specialist - Behavioral Health

Mammogram Technologist - ARRT, \$10K sign-on incentive

Resources to help you get started

food, beverages, and giveaways. Register here.

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COMMUNIT

We're happy to introduce 8 new providers who joined our Clinic Network this month in our cardiology, primary care, infectious NEW disease, sports medicine, urology, and women's health clinics. **PROVIDERS** Meet our new providers.

Welcome to the Valley Family! Eight New Providers Join Valley's

Find out more about these career opportunities and others, and apply today at valleymed.org/careers. Free Health Coaching Available for Valley Primary Care Patients!

Just in Time for Fall, Place Your Order for a Pumpkin from the Valley Patch! Pumpkins are a special offering this Fall as part of Valley's

primary care patients.

glass, and are approximately 3.5 inches wide x 4 inches tall. Pumpkins will be available through October 31, 2024. Pumpkins are \$50 each, with discounts available for multiples, and are available in an array of Valley watercolors – Red, Orange, Yellow, Green, Blue, Light Pink, and Lavender.

The price of each pumpkin includes a tax-deductible donation supporting Valley's Thank a Caregiver program. Proceeds from the program are reinvested in projects and educational opportunities to support employees, as identified by Valley staff members. Order today at valleymed.org/pumpkin.

An Elephant **Never Forgets** a Baby Gift! Community partner Cugini Florists and Fine Gifts offers complimentary delivery to

**LEARN MORE** 

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

**Connect with Valley** 

PROVIDERS | SERVICES | LOCATIONS | CAREERS | DONATE We try our best to only send content you're interested in receiving. Use the link below to set your preferences. <u>Update My Email Preferences</u> 400 South 43rd Street | Renton, WA 98055 | 425.690.1000

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We respect your right to <u>privacy</u>.