

# Community CARE update

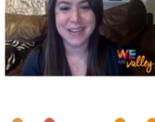
HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

## Straight Talk from a Heart Doc—Caring for Patients, Advances in Treatments & Best Healthy Heart Habits



Valley cardiologist Kenneth Igbalode, MD, talks about the reasons patients visit him for care and the latest advancements in diagnosing heart conditions including wearable devices. Check out the treatments that excite him—like a medicine that effectively lowers cholesterol, and CT scans that show a sign of being high-risk for heart issues, allowing for earlier preventive care. Plus Dr. Igbalode shares his top healthy heart tips. [Watch video.](#)

## While There's No Cure for a Dementia Diagnosis Like Bruce Willis Received, There's Ways to Slow it Down if You Get Help Early



Frontotemporal dementia, or FTD, is in the spotlight this month, after the family of actor Bruce Willis announced he had been diagnosed. Valley Neuropsychologist Lams Alameddine, PsyD, answers some common questions about FTD that you may be asking. Dr. Alameddine says dementia is an umbrella diagnosis that can include several different diseases, and many of them have different symptoms. She created the unique Cognitive Health and Memory Patients (CHAMP) clinic at Valley to better support patients with dementia and their families. [Watch 7-minute video.](#)



## Help Us Care for Our Community: Take the 2023 Community Health Needs Assessment Survey

Valley Medical Center is leading a Community Health Needs Assessment survey and we need your help now. Your anonymous responses will help us learn what health issues and challenges you and your family are facing. What we learn will tell us about the greatest health needs in our community and how we can help where you need it most. It only takes a few minutes and provides us with vital information to help improve the health and wellness of our community. Thank you in advance for participating! [Take survey here.](#)

## Stress Less for a Healthier Heart



Whether it's from everyday deadlines or the work-life balancing act, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and that's not healthy, especially over the long term. Stress can make us more likely to get heart disease and have a heart attack. The earlier in life you learn how to de-stress, the happier you and your heart will be. [Get tips for relaxation exercises and suggestions for finding three-minute, stress-control activities you love.](#)

## Blood Pressure 101: What Do Those Numbers Really Mean?



What distinct heart functions do the upper and lower numbers measure? What's considered high blood pressure and what's the big deal about it? There are definitely right and wrong ways to take your BP at home—get the nine tips you need for BP accuracy. [Know the BP facts.](#)

## What to Do if Sadness, Extreme Worry or Difficulty Functioning Appear During Pregnancy or After



Pregnancy and the birth of a child are often seen as occasions for joy—but the physical challenges of hormone imbalances and interrupted sleep can turn these times into emotionally painful and hard transitions. While perinatal mood disorder, which used to be known as postpartum depression, is common—it is also very treatable. In her DocTalk video, OB/GYN MaryEllen Maccio, MD, gives practical insights about what to watch for and how to get help if you or someone you care about may be experiencing it. [Watch 10-minute video.](#)

## Black Lives Matter. Your Cord Blood Matters.



Black Lives Matter is more than a political statement: it is a commitment to our community. Every person who suffers from a blood disease or cancer deserves fair and equitable treatment, but Black and African-American patients seeking life-saving stem cell transplants are much less likely to find a match. Umbilical cord blood helps even the playing field for ethnically diverse populations needing stem cell transplants, but cord blood banks are still lacking in cord blood donations from Black families. If you're expecting and as you prepare for the birth of your new little one, please consider donating your baby's cord blood—[learn more about making the birth of your child someone else's second chance.](#)

## Valley Raises the Flag High for Black History Month



You can watch Valley's Black History Month flag raising, celebrated Feb. 1 on our South Tower rooftop. "We stand here unified in the commitment for the progress in building a better future," said Sarah Davis, Valley's Equity, Diversity and Inclusion Committee co-chair. "Progress begins with awareness—awareness that changes are necessary; awareness of the beauty and good that already exists; awareness that embracing our differences makes us stronger... It is our responsibility to exemplify anti-racism in every interaction and ensure we promote a healing and inclusive environment that values each of our diverse perspectives and life experiences." [View the 5-minute ceremony.](#)

## A Helping Hand for Your Hands—Meet Valley's Hand Therapy Team



Do you have pain, stiffness, numbness, swelling or other issues affecting the use of your hands and arms? Hand therapy might help. Valley's hand therapists work with patients to regain strength, sensation, range of motion and dexterity to more easily carry out daily life activities. [Find out more about hand therapy at Valley.](#)

## Take Charge to Prevent Diabetes, Family Style



Until recently, young children and teens almost never got type 2 diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes. Parents can do a lot to help their kids prevent type 2 diabetes. Set a new normal as a family—healthy changes become habits more easily when everyone does them together. [Check out these tips to get started.](#)

## Expired COVID-19 Test Kits at Home? They May Still be Effective & Worth Saving for Future Use



With free, federally-supplied, at-home, rapid COVID-19 tests ending in May 2023, it makes sense (and cents!) to check online to see if your test supply's shelf-life dates have been extended. Many tests have true shelf lives that extend six to 24 months beyond the labeled expiration. If you've got expired tests that are actually still good, that could save you \$25/box or more if you were to replace them. [Learn more and see FDA approved list of extended test kit expiration dates.](#)

## Keep Health Info at Your Fingertips—Download the MyChart App to Your Phone Today



When you're on the go, make sure your health info is with you when you need it. With the MyChart app on your phone, you're prepared. You can ask for an urgent care video appointment; schedule or cancel a clinic appointment; send and receive messages with your care team; renew prescriptions; review your current medications, test results, and health history, and much more. Download the MyChart Epic Systems app to your phone from the [Apple Store](#) or [Android Market](#) today. During installation, select MyChart for UW Medicine/Valley Medical Center. Not on MyChart yet? [Sign up at valleymed.org/mychart.](#)

## Podiatrist Andrew Park, DPM, Joins Valley's Care Team



Valley is proud to announce Andrew Park, DPM, is now serving patients at our Renton and Covington Podiatry Clinics. Dr. Park speaks both English and Korean and is double board-certified in the American Board of Foot and Ankle Surgery and the American Board of Podiatric Medicine. [Learn more about Dr. Park.](#)

## Valley Medical Center's Family is Growing—Now Hiring!



At Valley, we serve a critical role in helping maintain and improve the health of our community. We share core values such as compassion, respect, trust, teamwork and an honest passion for helping others. If this excites and motivates you, consider joining our team! Signing incentives for many positions. Looking for RN residents, CT Technologist, Echo Tech, Medical Assistants, Laboratory Scientist/ Medical Technologist, Oncology Nurse Navigator, Patient Resource Rep, Patient Service Rep, PCA/HCA (Nursing Assistant), Surgical Technician and more. See all job openings at [valleymed.org/careers.](#)

## Join Volunteers in Action—Doing Good for Others!



Consider joining Valley's Volunteers in Action, or VIA, by giving a few hours of your time, talent, love and concern for people in our community. Must be 18+ years old, available for one 4-hour shift per week, pass a background check, and the ability to drive against flu and COVID. Valley is looking to fill the following positions:

- Present Place Gift Shop:** Skills include customer service, sales and merchandising.
  - Courtesy Shuttle Driver:** Need current Washington driver's license and clean driving record.
  - Information Desk:** Be the welcoming face of Valley! Greet and escort patients to visitors. Answer phones. Deliver flowers and gift items to patients.
- Apply today!  
Questions? Email [Volunteer@valleymed.org](mailto:Volunteer@valleymed.org).

## Thank a Caregiver with the Gift of a Blown Glass Heart!



For the month of February, we are thrilled to offer a limited-edition Valley Thank a Caregiver blown glass heart, in cranberry red, for purchase for \$30 each (regularly \$50). Don't miss this opportunity to share the love by recognizing a special employee or Valley team who has delivered outstanding care, with a one-of-a-kind keepsake.

Recipients will be notified about their gift by email and their heart will be delivered in the days that follow. Orders will be accepted through Tuesday, Feb. 28. Reserve yours here. Funds raised provide education and other support opportunities as identified by staff. Questions? Contact Carrie Murayama, Manager of Development & Volunteer Services, 425.690.5956 or email [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org).

## Register Now to Donate Blood at Valley on March 17



In partnership with Bloodworks Valley, Valley is hosting a blood drive Friday, Mar. 17 from 9 AM to 4 PM on the first floor of the Medical Arts Center. This one-hour donation appointment is a safe and essential action to support local hospitals and patients, critical to sustaining community healthcare.

No walk-in donations, guests, or people under age 16 are allowed at the on-site center. Masks or face coverings required during appointment. [Register here to make an appointment](#) or call 1.800.398.7888.

## Community Events

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



### From Head to Toe, Our Surgical Teams Have You Covered

[LEARN MORE](#)

UW Medicine  
VALLEY MEDICAL CENTER

### House Calls Happen Here

Virtual urgent care appointments from the most comfortable waiting room ever—your bedroom.

[SCHEDULE VIDEO VISIT](#)

Urgent Care Clinics  
UW Medicine  
VALLEY MEDICAL CENTER

### Schedule Your Next Clinic Visit in MyChart

Online appointment scheduling in MyChart is now available for most clinics after your first visit.

[LEARN MORE](#)

### Join the Valley Family!

Sign on incentives available for select positions.

[APPLY TODAY!](#)

### Check Your Body's Engine

Regular maintenance helps avoid many health issues. Primary care, preventive screenings, lifestyle medicine and mental health—we're here to help you live your best life!

[SCHEDULE YOUR TIME](#)

### Caring for your community's HEALTH.

Public Hospital District No. 1, also known as Valley Medical Center, has proudly cared for our South King County neighbors for 75 YEARS. Including Valley in your estate planning will allow us to continue to care for our community like family for generations to come.

[SUPPORT VALLEY](#)

**WE ARE valley**

[valleymed.org/vmcarees](mailto:valleymed.org/vmcarees)  
For more information contact Carrie Murayama [carrie\\_murayama@valleymed.org](mailto:carrie_murayama@valleymed.org) or 425.690.5956  
Valley Medical Center - Public Hospital District No.1 is a 501(c)(3) nonprofit organization.

### Need help?

Find free & low-cost housing, food, transportation, healthcare & more.

[ValleyCares.valleymed.org](http://ValleyCares.valleymed.org)