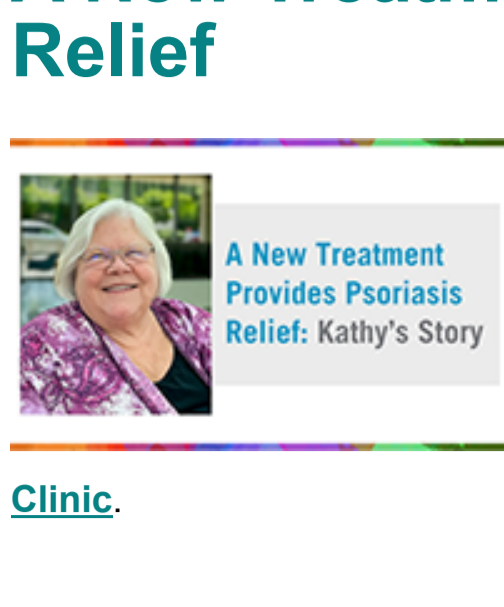


Community CARE update

HEALTH NEWS YOU CAN USE FROM VALLEY MEDICAL CENTER

We Can Prevent Diabetes, Together!

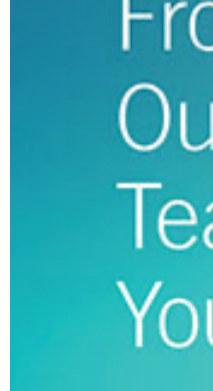
Valley's Diabetes Prevention Program Provides Long-term Value



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 stroke.

Are you concerned that you might have prediabetes, or has your primary care provider mentioned you are at risk for type 2 diabetes? Valley's Lifestyle Medicine team is here to help! [Hear how the Diabetes Prevention Program helped program participant Drew, and how it can help you, too.](#)

A New Treatment Provides Psoriasis Relief



A New Treatment Provides Psoriasis Relief: Kathy's Story

Living with a chronic skin condition can be challenging, both physically and emotionally. Psoriasis, a condition characterized by patches of red and raised areas of skin (plaques), can greatly impact a person's quality of life. Valley patient Kathy battled psoriasis for years. [Read on to see how she found healing and relief](#) at Valley's [Dermatology Clinic](#).

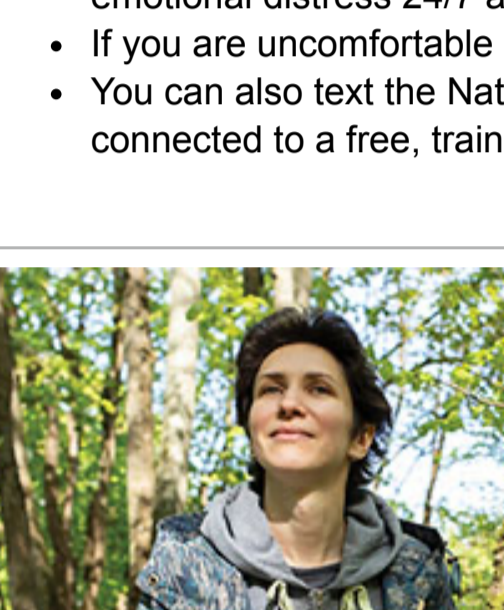
Health Coach Program: Helping Patients Make Positive Lifestyle Changes, One Goal at a Time



In 2018, Valley launched an innovative community health program, pairing volunteer "health coaches" with primary care patients who were interested in making positive changes to improve their health, but would benefit from some additional guidance and encouragement to work toward their health goals.

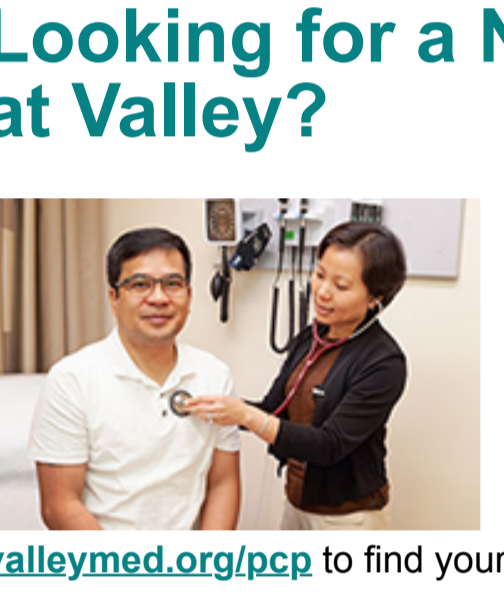
[Find out more about the program and hear its impact in an interview with patient Georgia and her coach, Alex.](#)

Valley Recognized Once Again as a Baby-Friendly Hospital by Baby-Friendly USA



We are proud to share our Birth Center has once again achieved the prestigious international Baby-Friendly designation after a rigorous review process conducted by [Baby-Friendly USA](#). [Learn more about this designation, as well as how Valley's Lactation Services team supports you on your breast/chest feeding journey.](#)

How Valley is Addressing the Community's Greatest Health Needs



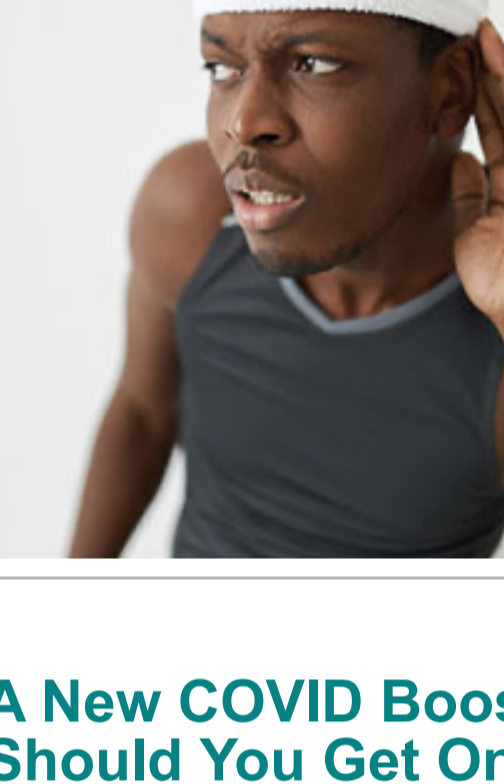
Valley recently completed our 2023 Community Health Needs Assessment (CHNA) and our implementation strategies plan for the next three years. As the oldest and largest public district hospital in Washington state, Valley serves more than 600,000 residents in South King County. Every three years, we reach out to members of our community and key organizations to learn more about the health needs that are most important for the people we serve. Based on the information we collect, we make a plan to address those needs.

From this year's assessment, our implementation strategy includes efforts for increasing access to health care, sharing resources for behavioral health (mental health and substance abuse), and addressing chronic conditions, including heart disease stroke, cancer, diabetes, and healthy lifestyle. We invite you to learn more in the links below:

[Read the 2023 CHNA](#)

[Read the 2023 - 2025 CHNA Implementation Strategies](#)

Resources for When You or Your Loved One are in Crisis



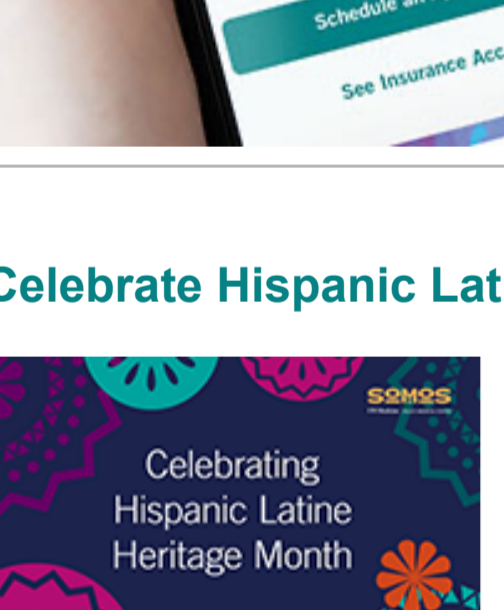
September is Suicide Prevention Awareness Month. It's a tough subject but knowing warning signs and risk factors of suicide and how you can support a loved one in crisis is vital. And if you yourself are in crisis, know that you are not alone; help and support are available.

[Learn warning signs and what you should do if someone you know is in crisis.](#)

If you or someone you know is experiencing a mental health crisis:

- Call or text the Suicide & Crisis Lifeline at 988 immediately. Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7 across the US.
- If you are uncomfortable talking on the phone, you can chat at [988lifeline.org](#).
- You can also text the National Alliance on Mental Illness (NAMI) at 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Looking for a New Primary Care Provider at Valley?



If you're in need of a new PCP, our new open scheduling webpage allows you to quickly find physicians, physician assistants, and nurse practitioners at Valley's primary care clinics who are accepting new patients and are located near you. The best part—you can see when their next appointments for new patients are and schedule online--no need to pick up the phone! Visit [valleymed.org/pcp](#) to find your new primary care provider today.

Welcome to the Team!

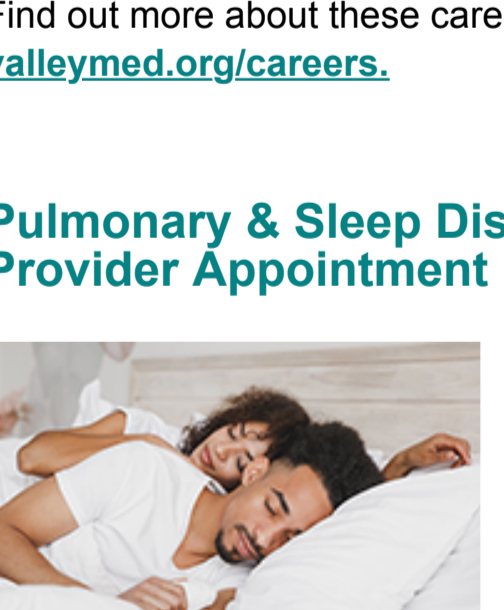


Welcome to Valley's two new primary care providers, [Dominique Nguyen, MD](#), and [Samantha Viramontes, MD](#)

Dr. Nguyen is at [Cascade Primary Care](#). His interests include newborn care, women's health, chronic disease management and preventive health.

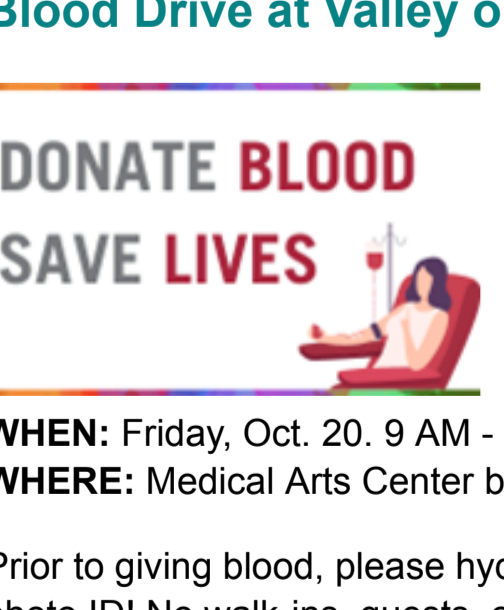
Dr. Viramontes is at [Highlands Primary Care](#). Her interests include preventive care, LGBTQIA+ health and mental health.

Congratulations to Valley Physicians Recognized as Seattle Met Magazine's "Top Docs" in 2023



Seattle Met Magazine's list of top doctors for 2023 is out and includes physicians, physician assistants, and nurse practitioners on Valley's medical staff. [Check out the list of providers who were recognized.](#)

A New COVID Booster Was Just Approved: When Should You Get One?



We are already seeing increased cases of COVID as we approach the fall and winter respiratory virus season. With a new COVID booster just approved, should you get it now or wait? [Mike Hori, MD](#), Medical Director for Valley's [Infectious Disease Clinic](#) gives an [update on the current state of COVID](#).

Remember to Get Your Annual Flu Shot!

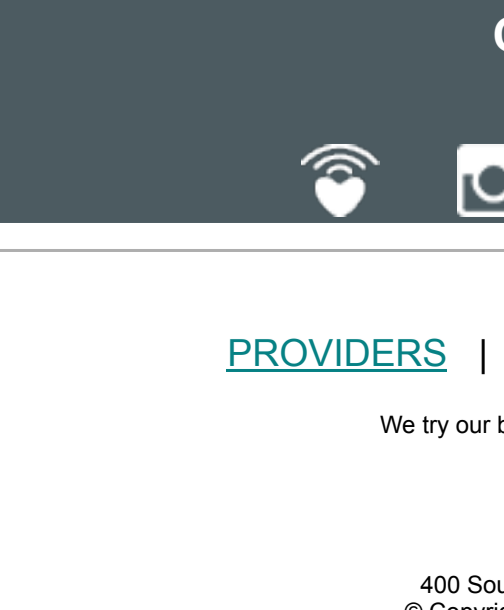
While we're on the subject of vaccines, it is the time of year for you and your loved ones to get the annual flu vaccination. [Learn why the flu vaccine is your best protection against flu](#). Find a flu vaccine location near you [vaccine.gov](#).

6 Things You May Not Know You Can Do with MyChart



If you're a MyChart user, you have likely utilized the app for appointment reminders, to review after visit summaries and to participate in telehealth appointments with your care team, but there's so much more! [Check out this list of 6 things you might not know you can do in your MyChart account.](#)

Vary Your Veggies!



Do your meals lack veggie variety? Find out why eating an assortment of vegetables is beneficial to your health and check out tips on how to make it easier to [add different vegetables to your plate](#).

We're reaching the end of zucchini season, but there's still plenty of time to try out these recipes for [zucchini noodles, chips and fries](#).

Celebrate Hispanic Latine Heritage Month

We celebrate Hispanic and Latine Heritage Month each year from Sept. 15 to Oct. 15. It begins on a significant day in history, as Sept. 15 marks the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. [Learn more about this heritage month, check out listings of local celebrations, and get a family-favorite carnitas recipe from a Valley staff member.](#)

Understanding Gout

What is gout and what causes it? How is it diagnosed? How is gout treated? [Learn the answers to these questions and more in this article](#) from the team at Valley's [Rheumatology Clinic](#).

Join the Valley Family!

At Valley, we serve a critical role in helping maintain and improve the health of our community. We have an honest passion for helping others, patients and staff alike. If this excites and motivates you, consider joining our team!

- Here are some of the jobs we're currently recruiting for:
- Echo Tech
 - Emergency Department Manager
 - Endoscopy Technician
 - Patient Access Associate II
 - Physician - ENT
 - Physician - Medical Oncology
 - Physician - Primary Care
 - Physician - Urology
 - Radiation Therapist I
 - RN - Maternal Child Float Pool - \$10K sign-on incentive
 - RN or RN Resident - General Medicine
 - Staffing Coordinator

Find out more about these career opportunities and others, and apply today at [valleymed.org/careers](#).

Pulmonary & Sleep Disorder Clinic at Covington North Adds Provider Appointment Days

Beginning October 10, two providers at the [Pulmonary & Sleep Disorder Clinic](#) will have new hours at the Covington North location:

[Surafel Gezahagne, MD](#), Pulmonary Medicine: Fridays, 9 AM – 5 PM

[Melody Soucy, ARNP](#), Pulmonary and Sleep Medicine: Thursdays, 8 AM – 4:30 PM and Fridays, 8 AM – 12 PM

Valley's pulmonary specialists provide diagnostic and treatment options for a variety of pulmonary diseases and sleep disorders, including COPD, emphysema, pneumonia, sleep apnea, insomnia, restless legs and more. [Learn more about sleep medicine and pulmonary care at Valley.](#)

To schedule an appointment, call 425.690.3484. Please note: You may need a referral from your primary care provider to schedule an appointment. Please check with your insurance or contact the clinic directly to learn more.

Donate Blood, Save Life! Register for the Bloodworks Northwest Blood Drive at Valley on Friday, Oct. 20

Donating blood is essential to sustaining community healthcare, especially during emergencies. Your one-hour donation appointment supports local hospitals and patients, and contributes to a critical shortage in the community.

WHAT: Blood Drive at Valley Medical Center

WHEN: Friday, Oct. 20, 9 AM – 4 PM

WHERE: Medical Arts Center building, 1st Floor, Room A

Prior to giving blood, please hydrate well and eat a meal or snack. And don't forget your photo ID! No walk-ins, guests, or people under age 16 permitted onsite.

Register at [this link](#) or by calling 1.800.398.7888.

Insured by Apple Health? Ensure Your Coverage is Renewed

Are you or someone you know enrolled in Washington Medicaid or Apple Health? Renewals started April 1, 2023, and Valley wants to help eligible people stay covered by Medicaid health insurance. [Learn more.](#)

[valleymed.org/vmccares](#) For more information contact Carrie Murayama [carrie_murayama@valleymed.org](#) or 425.690.1000
Valley Medical Center – Public Hospital District No. 1 is a 501(c)(3) nonprofit organization.

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](#)

We try our best to only send content you're interested in receiving. Use the link below to set your preferences.
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