



*Health
Connection
gets a fresh
look!*

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From us TO YOU

DENNIS BARTS
Chief Executive
Officer

DEAR FRIENDS,

I hope you had a great summer. While it took a while to get here, it was nice to get out and participate in the outdoor activities that our beautiful part of the country has to offer. It seems like it's a little easier during the summer to stay fit, keep our weight under control and help our hearts stay healthy.

Speaking of hearts, they're always near the forefront of any hospital administrator's mind. I take seriously the responsibility our hospital has to help keep the hearts of our community in good shape and to be able to respond to emergencies if those hearts aren't functioning well. We focus so much effort and so many resources on making sure our emergency department is ready for people who need cardiac care.

New partnership

That's why we're excited about our new partnership with Rockwood. Their cardiology department has opened a new office in Valley Hospital and Medical Center and they're able to respond to consultation requests and patient needs 24 hours a day, 7 days a week. Their physicians, technicians and nurses use the advanced equipment in their diagnosis and treatment of heart ailments. So be assured that Valley Hospital has partnered with Rockwood to make sure that your hearts are well-taken care of.

Remember that you have the most impact on your heart's health. A regular exercise program using cardiovascular and strength training, eating a plant-based, low-fat diet, not smoking, keeping your blood pressure under control and getting adequate rest and participating in stress-reducing activities are the keys to a healthy heart. Fortunately, we live in an area with great places to exercise, abundant healthy food and physicians who can help when things go wrong. So go out and hike or bike on Mt. Spokane, eat some apples or peaches from Greenbluff and stay healthy.

Sincerely,

Dennis Barts

*Chief Executive Officer
Valley Hospital and Medical Center*

Healthy Woman is working to keep up with you—

So you can keep up with us!

➤ We know women have busy schedules and it's not always

easy to keep up with friends and family, let alone health information and community programs. So how can women keep up with hospital happenings and Healthy Woman events? It's easier than ever!

Check out the new Healthy Woman section of our hospital website. We have a new e-mail program to keep women even more up-to-date. And, when registering for upcoming Healthy Woman events, you'll get a confirmation e-mail with a map. You can even register your friends as guests! ●



Enjoy the benefits!

If you're not a Healthy Woman member yet, join today.

Membership is free and the benefits can last a lifetime. Visit www.SpokaneValleyHospital.com/HealthyWoman or call (509) 473-5639.

HEALTHY WOMAN™
A VALLEY HOSPITAL AND MEDICAL CENTER RESOURCE



Expanded cardiology services at Valley Hospital

BY SASHA JACKOWICH

➤ **In July, Valley Hospital and Medical Center added cardiology** to its continually expanding list of specialties. The Rockwood Heart & Vascular Center, which also has a downtown location, expanded to the Spokane Valley with a specialty clinic inside the hospital. Services now offered by Rockwood at Valley Hospital include Holter and heart rhythm monitoring, electrocardiograms (EKG), transesophageal and stress echocardiography and nuclear stress testing.

Under the supervision of Rockwood cardiologists Amna Ahmed, M.D., and David Jones, M.D., FACC, clinic consultations, follow-up visits and testing can be conducted conveniently in the first floor Valley Hospital outpatient department.

Diagnostic tests performed

The following tests can now be performed onsite at Valley Hospital:

An EKG records the electrical activity of the heart with small electrode patches placed on the skin. **An echocardiogram**, on the other hand, uses ultrasound to evaluate the heart muscle and valves. Several types of echocardiograms can be performed depending on the diagnostic need.

A transesophageal echocardiogram uses a device inserted into the esophagus. Because the esophagus is located close to the heart, clear images can be obtained. **A stress echocardiogram** is performed while the person exercises on a treadmill or stationary bicycle. This test can be used

to visualize the motion of the heart's walls and pumping action when the heart is stressed.

The addition of onsite cardiologists also provides enhanced coverage for emergency room (ER) patients and inpatients needing cardiology consultations. Cardiologists will work hand-in-hand with Valley's team of in-house hospitalists, ER physicians and other specialists to care for patients with suspected or diagnosed cardiac issues. ●



Your healthy heart starts here!

To schedule an appointment at the Rockwood Heart & Vascular Center, call **(509) 755-5500**.

Meet the cardiologists



➤ **Amna Ahmed, M.D.**, has a medicine and surgery degree from Aga Khan University Medical College in Karachi, Pakistan. Dr. Ahmed completed her fellowship in cardiovascular medicine at the Medical College of Georgia in Augusta. She's trained in internal medicine, and performed a post-doctoral fellowship in head and neck surgery at the University of Texas, Austin. Dr. Ahmed is board certified by the American Board of Internal Medicine.



➤ **David Jones, M.D., FACC**, received his medical degree from the University of Southern California School of Medicine in Los Angeles. Dr. Jones completed his residency in internal medicine and cardiology fellowship at the University of California, Davis Medical Center. Board certified in cardiovascular medicine, Dr. Jones has special training in cardiac CT scan utilization and interpretation. He's a member of the American College of Cardiology.

Members of the medical staff at Valley Hospital and Medical Center

Health Connection is published as a community service of Valley Hospital and Medical Center. There is no fee to subscribe.

The information contained in this publication is not intended as a substitute for professional medical advice. If you have medical concerns, please consult your health care provider.

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70VHM

The circle is growing at Valley Hospital!

BY SASHA JACKOWICH

➤ **Valley Hospital and Medical Center has a great resource for** those ages 50 and better—the Senior Circle program. Senior Circle represents the hospital's commitment to meet the needs of seniors by providing them with opportunities to live the healthiest, most fulfilling lives possible. The goal of the program is to offer seniors in the inland northwest community an outlet where they can participate in activities and share common interests with other seniors, while at the same time promoting health and wellness.

Hosted events

Each month, Valley Hospital hosts several Senior Circle events. The popular lunch and learn lectures feature presentations by physicians and other professionals about issues ranging from health to technology, personal finance, exercise and issues related to aging. These lectures, which include free lunch for Senior Circle members, provide an intimate setting to meet physicians, learn about conditions and treatments and ask questions. Typically two to three lunch and learn gatherings have been held each month and topics have included joint replace-



◀
SENIOR CIRCLE MEMBERS ENJOY LUNCH AND LEARN EVENTS, WHERE PHYSICIANS AND OTHER EXPERTS PRESENT ON HEALTH AND WELLNESS TOPICS.

ment, aging eyes, Alzheimer's disease and heart health. Nonmembers can attend one event for free to see what it's all about.

Benefits galore!

When you join Senior Circle, your annual \$15 membership also includes:

- a generous selection of discounts and events
- a chapter newsletter and national publication
- in-hospital privileges such as upgrades to private rooms, a free meal each day for caregivers when a Senior Circle member is a patient, a 30 percent discount in the café and a 15 percent discount in the gift shop
- local and national discounts for vision, prescription, hearing aids and more ●



Join the circle!

Go to www.SpokaneValleyHospital.com and click on the Senior Circle link for more information. Or, call **(509) 473-5639** and request an application be mailed to your home, or stop by the hospital to pick one up.

Senior Circle