

healthLINK

YOUR CONNECTION TO HEALTH & WELLNESS

WINTER 2016-2017

CANCER CENTER
special issue

An Unexpected Journey

Emily Crim fights breast
cancer and looks ahead

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patient-centered
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 **ValleyHealth**

Healthier, together.



CANCER CENTER *special issue*

Celebrating Our Destination for Cancer Care

Cancer Center offers 'bright, hopeful environment' for patients and their families

After five years of planning, fundraising and construction, Valley Health's new regional cancer treatment center at Winchester Medical Center opened with celebrations that included patients and their families, survivors, staff, donors and many others. Hundreds attended the grand opening of the state-of-the-art facility that embodies the community support that made it possible, as well as the expertise, compassion and healing power found inside.

Welcomed by the Valley Health System Board, staff and medical leadership, visitors joined the ribbon-cutting festivities, experienced the pastoral setting and observed the high-tech offerings in the new building. "This beautiful new facility will benefit cancer patients, their families and our staff, functionally and aesthetically,"

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The bright and airy atrium welcomes guests during the Cancer Center opening celebrations.

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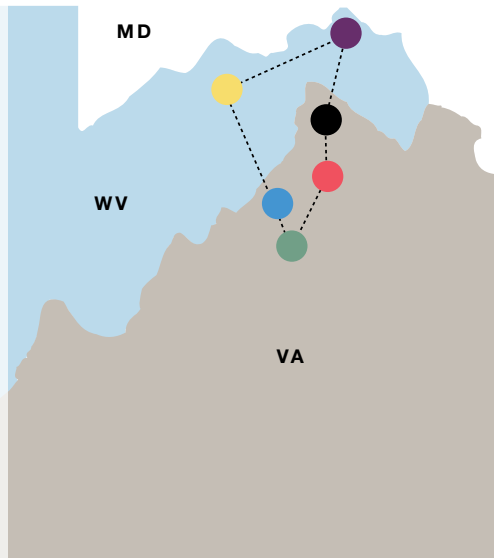
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FAQs: Heart-Healthy Holidays

system \ˈsis – tem\ noun: an organization forming a network especially for serving a common purpose

Valley Health is a not-for-profit system of hospitals, services and providers in the northern Shenandoah Valley and West Virginia, with the mission of serving our community by improving health. The Valley Health family includes:

- Winchester Medical Center
- Warren Memorial Hospital (Front Royal, VA)
- Page Memorial Hospital (Luray, VA)
- Shenandoah Memorial Hospital (Woodstock, VA)
- Hampshire Memorial Hospital (Romney, WV)
- War Memorial Hospital (Berkeley Springs, WV)



Other services:

- Urgent Care (Winchester, VA; Front Royal, VA; and Martinsburg, WV)
- Hampshire Wellness & Fitness
- Valley Health Wellness & Fitness Center
- Valley Medical Transport
- Valley Pharmacy
- Valley Physician Enterprise

All of us at Valley Health are committed to providing quality health care and wellness services so that our community is "Healthier, together."

said President and CEO Mark H. Merrill. “The center provides a bright, hopeful environment for those who, together, fight this disease.”

“Cancer care has long been a vital service for us and for the communities we serve,” noted Winchester Medical Center President Grady W. “Skip” Philips, III. “This center enables our patients to conveniently access the entire spectrum of cancer services under one roof and have a more seamless, coordinated treatment experience.”



1. President and CEO Mark H. Merrill (left) and capital campaign co-chair James R. Wilkins, Jr., thank donors at the WMC Foundation reception.
2. Touring the radiation treatment suite.



3. Patrick Wagner, MD, in the new surgical oncology suite.
4. Cancer Center ribbon cutting.
5. Donors celebrate hope, healing and health at the grand opening.
6. Infusion Center overlooking the Trex Healing Garden.



7. Grady W. “Skip” Philips, III (left) enjoys the opening celebration with VHS Board Trustee Jim Long and his wife, Laura.



For more information about cancer care at Valley Health, visit valleyhealthlink.com/CancerCare.

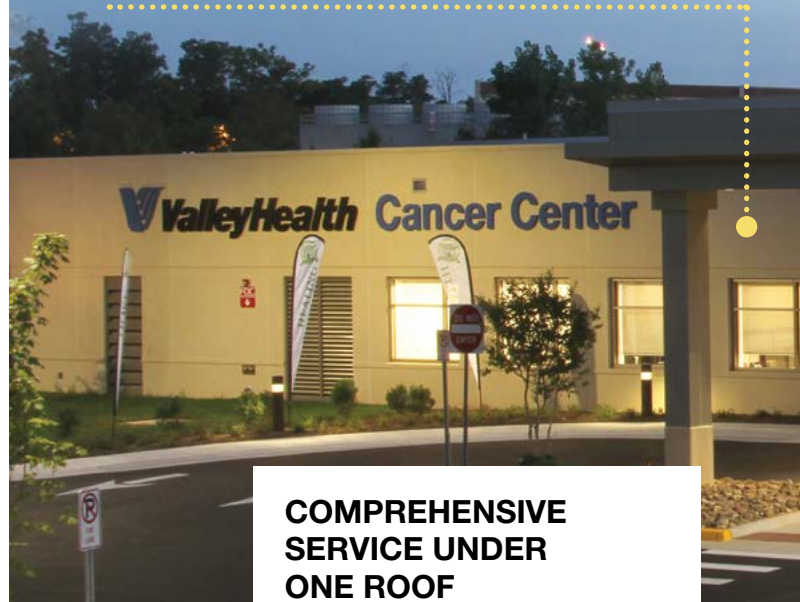
A PLACE FOR HOPE,

Valley Health's Cancer Center offers cancer patients and their families a convenient and aesthetically serene environment for medical, surgical and radiation oncology care.

WHAT YOU'LL FIND INSIDE

FIRST FLOOR

- Glass-enclosed atrium featuring comfortable seating with views of the lake and a living wall of 160 plants
- Infusion Center with 34 chairs overlooking the lake and healing garden, enhanced by the gently shaded infusion bay pergola
- Expanded treatment space for medical, surgical and radiation oncology
- Clinical Research Office for patients interested in clinical trial participation
- Dedicated patient navigators and cancer support coordinators



CUTTING-EDGE TECHNOLOGY

Our Cancer Center incorporates the latest technology to treat cancer and support patients:

- Powerful and precise radiation technology, including two Varian TrueBeam™ Linear Accelerators
- The latest surgical oncology techniques, including minimally invasive procedures
- Enhanced information systems, including a radiation treatment planning system and an oncology-specific electronic medical record system to manage a patient's journey from initial diagnosis through post-treatment follow-up

Cori Ashton, director of Oncology Operations, shows off a Varian TrueBeam™ Linear Accelerator.



COMPREHENSIVE SERVICE UNDER ONE ROOF

The building unites our cancer services and oncology specialists and connects directly with the Diagnostic Center, providing convenient access to imaging and lab services. Physician practices within the new center are:

- Shenandoah Oncology (radiation oncologists and medical oncologists/hematologists)
- Valley Health Surgical Oncology (surgical and gynecological oncologists and a thoracic surgeon)
- Valley Health Breast Center

HEALING *and* HEALTH

SECOND FLOOR

- Conference room that hosts weekly cancer consultations, bringing together teams to form the best treatment plans for patients
- Expanded space for rehabilitation services, including lymphedema therapy and speech therapy
- Space for integrative therapies, including art, music, Reiki, massage, aromatherapy and animal-assisted therapy
- Enclosed skywalk for easy access to the Diagnostic Center



Trex Healing Garden



BUILT TO SERVE

Our state-of-the-art, 52,000-square-foot facility was built with:

375,000 linear feet of cable/wiring

6,800 tons of concrete

15,600+ hours of labor for construction

Trex Healing Garden, a place of respite for patients and families, was built with:

2+ miles of surface decking

50 truckloads of soil for planting



HAPPY NEWS

With her breast cancer treatment behind her, Emily Crim and her husband, Shawn, are looking forward to a new journey: parenthood.

AN UNEXPECTED JOURNEY

EMILY CRIM FIGHTS BREAST CANCER AND LOOKS AHEAD



WHEN EMILY AND SHAWN CRIM were engaged on July 18, 2013, at Central Park's Strawberry Fields Memorial in New York City, they began wedding planning like most couples do. Shawn had selected the location for his proposal because they were both Beatles fans, and he knew it was a special place he and Emily would always remember.

But it was what happened six months later that the couple will never forget. At the age of 28, Emily received an unexpected diagnosis: Stage III breast cancer.

"The day my doctor told me about my diagnosis was a complete nightmare, and my emotions were all over the place," Emily remembers of the day when she learned that the biopsy indicated she had cancer in her right breast. "I was a mess, but once the reality of it all set in, I knew I had to be strong."

With the help of their families, Shawn and Emily fast-tracked the wedding and were married 11 days later, on February 22.

Treatment began at Winchester Medical Center the following week, and the newlyweds faced their first challenge together: beating breast cancer.

It was through self-examination that Emily found the lump in her breast. Her cancer was diagnosed following a series of ultrasounds and a biopsy performed by surgeon Anita Minghini, MD, who developed her treatment plan in partnership with medical oncologist Lee Resta, MD. Emily received chemotherapy, followed by a double mastectomy, then radiation, and eventually, reconstructive surgery.

continued on next page

*I was a mess, but once the
reality of it all set in, I knew
I had to be strong. — EMILY CRIM*



For more information on the comprehensive cancer care services offered at Valley Health, visit valleyhealthlink.com/CancerCare.



GENETIC TESTING MAY HELP YOU UNDERSTAND BREAST CANCER RISK

Genetic testing is frequently recommended for women with certain risk factors, especially when cancer is diagnosed in young patients. In Emily Crim's case, her mother was adopted and her family history was unknown. When she did pursue genetic testing, the results were negative.

Valley Health's certified genetic counselor is available to guide patients through the testing process to determine if a woman has inherited certain genes that increase breast cancer susceptibility. Genetic testing involves a blood test that can identify gene mutations that indicate a higher risk of developing breast cancer and ovarian cancer. The test is not typically offered unless there are certain risk factors present, such as family

history or personal history of cancer.

"The best person to test is someone who has a cancer," says Anita Minghini, MD, surgeon at Valley Health Breast Center. If a patient's mother and sister have had cancer, for example, one of them should be tested first for the gene mutation. "If a family member tests positive, then it opens the door for others to be tested," she explains.

It's important to note that genetic mutation does not necessarily lead to cancer. Likewise, cancers can develop without a positive result from the gene test.



To learn more about genetic counseling and testing at Valley Health, visit valleyhealthlink.com/CancerSupport.

The good news, however, is that younger women can tolerate treatment well since they are generally strong and in good health otherwise. — LEE RESTA, MD

"Chemo was rough, but my doctors and nurses were amazing," Emily recalls. "They were so positive and kept my spirits up."

"From the outset, Emily was upbeat and determined to beat her cancer," Dr. Resta notes. As it turns out, that positive outlook not only helped Emily through her treatment, it also helped others who were receiving chemotherapy.

"During infusion, the nurses would put me next to people who were having a hard time so I could help cheer them up," Emily says.

That positive attitude, along with months of comprehensive treatment, paid off: There is no evidence of recurrent cancer and Emily is pregnant with a baby boy, due in February.

"It is unusual for a woman Emily's age to have breast cancer. Unfortunately, cancer can be more aggressive in younger

patients and chemotherapy can impact fertility," explains Dr. Resta. In fact, fewer than 5 percent of the breast cancer diagnoses in the U.S. are among women under 40, according to the American Cancer Society. "The good news, however, is that younger women can tolerate treatment well since they are generally strong and in good health otherwise," says Dr. Resta. "And, the fact that Emily is pregnant is a happy outcome."

Age is an established risk factor for breast cancer, which is why annual mammograms are recommended for women 40 years and older. If a patient has a first-degree relative with a breast cancer diagnosis at a young age, the recommendation shifts to begin mammograms earlier. If there is a documented genetic connection, the recommendation may even be to begin mammography as early as age 25.

Well before mammogram age, women should be proactive, says Dr. Minghini. "It's very important for young women to be very aware of their own anatomy, and it can be as simple as knowing what your breasts feel like."

Dr. Minghini also explains that the technology for breast cancer detection is changing with more widespread use of 3-D mammography, available at Valley Health's Diagnostic Center on the Winchester Medical Center campus.

"The patient experience is essentially the same with 3-D mammograms, but using this technology is especially important for women with dense breasts," she notes. "Because the 3-D images are more detailed, the number of women who need follow-up imaging to make an assessment is reduced by half."

For Emily, her unexpected cancer journey has an unexpectedly happy ending. "I was told that I might not be able to get pregnant, so having a baby due exactly three years from my diagnosis date is amazing," Emily says. "The cancer was not a death sentence, but only a hurdle, and I had to stay positive!" ■



Watch Emily's Story. See more of Emily's uplifting story in a video at vhsbuildinghope.org/patient-stories.



Trex Healing Garden

VALLEY
HEALTH
THANKS THE
COMMUNITY
FOR MAKING
THE CANCER
CENTER
POSSIBLE

THE SPIRIT OF GENEROSITY

THE CANCER CENTER is more than a building. It is a symbol of the generosity and compassion of the Valley Health community. The \$28.5 million project was approved by the Valley Health Board contingent on the Winchester Medical Center (WMC) Foundation's success with an ambitious \$10 million capital campaign. Successful it has been: More than \$10.2 million has been raised for the beautiful, new state-of-the-art facility!

"People supported this effort because they wanted to create an inspiring space for their loved ones who are fighting this dreadful disease," notes one donor. "Philanthropy made so much possible in the new center, including the Trex Healing Garden, which is a place of respite for patients, families and staff to pause and restore."

Valley Health and the WMC Foundation appreciate the response to the campaign to build the first freestanding cancer center located in the Shenandoah Valley. Thanks to the generosity of many community members, businesses, Valley Health employees, and grateful survivors, patients and their families, those with cancer will receive exceptional treatment and care in a pastoral and nurturing setting.

"On behalf of the Foundation Board and staff, I'm delighted to say that with your help 'WE DID IT!'" exclaims Jenny Grooms, WMC Foundation director of the Cancer Center capital campaign. "We thank everyone who gave, because that generosity—every cent—has built the most beautiful building we hope people never have to see. But we're thankful it's here if needed." ■

CANCER CENTER CAPITAL CAMPAIGN BY THE NUMBERS

1,700 individual donors

435 donors who gave **\$1,000+**

39 donor-named examination rooms and suites

794 engraved bricks given in memory/honor of a loved one

Largest gift: \$800,000 from the Winchester Medical Center Auxiliary

Largest gift-in-kind: Trex Healing Garden

WMC Foundation Board member Jim Cline and his wife, Cindy, visit an exam room named in memory of loved ones.



You Can Still Give!

The WMC Foundation continues to accept gifts to support the Cancer Center as we work to endow this important asset to the community. Name a garden brick in honor or memory of a loved one, as funds raised will continue to support cancer patients and their families, ensuring the best care is provided right here, close to home. Visit vhsbuildinghope.org or call **540-536-2387** to make your tax-deductible gift.

FIRST *person*

by BRUCE FLAX, MD and RICHARD INGRAM, MD

Building a Patient-Centered Cancer Program

Two leadership perspectives on the evolution of cancer care at Valley Health

Radiation Oncology

by Bruce Flax, MD

BEFORE THE SPECIALTY of radiation oncology developed, radiologists at Winchester Medical Center used X-rays therapeutically, to treat cancer, as well as to capture diagnostic images of the body. Dr. Norman Smith became the first board-certified radiation oncologist to practice at the hospital when he joined the medical staff in 1976. I joined Dr. Smith and his colleague Dr. Karen Strauss on staff in 1993.

When I arrived, our outpatient cancer center had all the services needed for cancer care: radiation oncology, medical oncology, the outpatient diagnostic center, pharmacy, lab and X-ray-based treatment machines that were state-of-the-art. Over time, some services moved elsewhere on campus in response to the hospital's changing needs. Our radiation oncology

We'll see growth in our support services, and we'll keep our eyes open for new technologies and developments in cancer care. — BRUCE FLAX, MD



program continued to evolve. We added three-dimensional CT scan-based treatment planning, brachytherapy seeds for prostate cancer, and intensity-modulated and image-guided radiation therapies. These gave us more treatment planning capabilities and more precise, targeted delivery of radiation therapy. More recently, we've added stereotactic radiosurgery to treat brain, head and neck cancers, and stereotactic body radiotherapy to treat lung cancer.

Thanks to the commitment and hard work of the entire oncology team, Valley Health has a strong medical and radiation oncology program, as well as radiology and pathology services. Over the last four years, we added surgical oncology with the arrival of Dr. Patrick Wagner, and we now have a dedicated thoracic surgeon with an interest in oncology, Dr. Shalini Reddy. We've added patient navigators, nutritional counseling, integrative care, cancer rehabilitation and other support services. With the new Cancer Center, we've put most of our outpatient services back under one roof. Our new treatment machines have more advanced technology, but the ability to have more services in one building with the Diagnostic Center next door—that's the benefit for our patients.

Over the next five years, our cancer program will continue to evolve. We'll see growth in our support services, and we'll keep our eyes open for new technologies and developments in cancer care.



The key message I want to share is that we've always had a great cancer program, and the community can get top-notch care here. The new Cancer Center is about making the patient experience better. The building allows us to provide care in the beautiful, convenient setting that our patients deserve.

Medical Oncology

by Richard Ingram, MD

IN THE WORLD OF MEDICINE, cancer care is in its "teens" compared to other disciplines. Valley Health has been at the leading edge of the cancer care curve, beginning with the arrival of Dr. William Houck, Jr., in the 1970s, as it was a first in the region for a hospital the size of Winchester Medical Center to have a board-certified medical oncologist.

Now we're focusing on survivorship care, which includes physical and occupational therapy, nutrition counseling and integrative care services to help enhance the mind-body connection.

— RICHARD INGRAM, MD





MEET THE DOCTORS

About Dr. Flax

Bruce Flax, MD, is board-certified in radiation oncology and internal medicine. He is in practice with Shenandoah Oncology and is on the medical staff at Winchester Medical Center. He is co-medical director of Valley Health's oncology services. Dr. Flax received his medical degree from Georgetown University and completed his residency at the National Naval Medical Center/NCI/Uniformed Services University of the Health Sciences.

About Dr. Ingram

Richard Ingram, MD, is board-certified in medical oncology, hematology and internal medicine. He is in practice with Shenandoah Oncology and is on the medical staff at Winchester Medical Center. He is co-medical director of Valley Health's oncology services and is currently president of the Virginia Medical Oncology Society. Dr. Ingram received his medical degree from the State University of New York Health Science Center at Syracuse and completed his residency and fellowship at the University of Virginia.

Since then, the growth of the cancer program has afforded our team the opportunity to continually improve the care we provide to our patients. Recently, these improvements have exponentially evolved through the oncology team's collaboration with our colleagues, especially in diagnostics and surgery. Now our expert pathologists help us pinpoint a diagnosis and tailor the best approach for patients. We've seen an explosion in genomic sequencing, which reveals the individual "fingerprint" of a tumor and its particular biological features. This provides more clarity as to the best regimen for a patient. These exciting developments in genomics will drive care in the future and are a huge advance for medical oncology.

The advances our cancer program offers extend to clinical trials. Shenandoah Oncology is a participating member of two clinical research trial networks. Many patients come to us with recurring or risky diseases. We can analyze a tumor and aim treatment at a genetic target for that patient. For example, if someone has colon cancer that behaves at the genetic level more like melanoma, we could potentially use a melanoma drug for targeted treatment as part of a clinical trial.

Growing our first-rate cancer care team has been a top priority. Dr. Devin Flaherty recently joined our surgical oncology practice with Dr. Patrick Wagner, and we've brought gynecological oncology colleagues here so patients don't have to travel out of the area. Now, we also have an on-site genetic counselor, which is incredibly rare for a hospital of our size.

True personalized nursing care is one of the shining stars of our medical oncology practice. Our nurses are "chairside angels" and are the eyes and ears for the entire treatment team. They're oncology certified—the "gold standard" in cancer

Our nurses are "chairside angels" and are the eyes and ears for the entire treatment team. They're oncology certified—the "gold standard" in cancer care—so our patients get comprehensive and compassionate care.

— RICHARD INGRAM, MD

care—so our patients get comprehensive and compassionate care.

We can now cure more people or help them live well longer. We used to focus on diagnosis and treatment but not think about what happens five or 10 years later. Now we're focusing on survivorship care, which includes physical and occupational therapy, nutrition counseling and integrative care services to help enhance the mind-body connection. Our program has really expanded over the last few years, and the new Cancer Center allows for more growth.

Oncology is collaborative by nature. Patients have strong relationships with numerous physicians and other members of the team. As oncologists, we share professional interests. Having us all in one building fosters daily communication and collaboration on behalf of our patients.

This highly personalized care is one of the advantages of a facility of our size. I want people to realize that they don't have to travel to a larger medical center for cancer care. They can get the full spectrum of cancer services here in our community, from screening to survivorship care. Our oncology team provides sophisticated, cutting-edge care in a facility that grounds the patient in health and healing. ■

Sharing Courage

A Cancer Program Resource Liaison is there throughout the cancer journey

Sue Sours is the site coordinator at Page Multispecialty Clinic and the Cancer Program Resource Liaison (CPRL) for Page Memorial Hospital (PMH). A PMH employee for more than 40 years, she shares her thoughts on the rewards and challenges of helping others cope with cancer and its treatment.

Q: What is a CPRL?

A CPRL helps simplify the cancer journey, and is a

resource for patients and their families as they walk the walk. We answer questions, such as: Who do I contact? What do I need to do to prepare? We assist patients with navigating through the steps following a diagnosis.

We also provide care bags from Wellspring, Valley Health's resource center, which offers supportive services for those experiencing cancer. The bag contains many helpful items, including the book *What Helped Get Me Through*, which many find especially helpful since it includes tips and testimonials from cancer survivors.



Sue Sours, right, and her colleague, Debbie DeNitto, oncology community outreach coordinator, share two of the gifts from the Wellspring care bags that are provided to cancer patients by cancer program resource liaisons.

Q: Has your life experience helped prepare you for this position?

My late husband had cancer, so I have firsthand experience with all the fears that come with a cancer diagnosis. This makes a huge difference in working with others, because I have been in their shoes. I know what it's like to deal with the range of emotions and the uncertainty.

Q: What Valley Health value do you draw on as a liaison?

It takes real courage to walk through the

unknowns that come with a cancer diagnosis. And it takes courage to talk about the fears and other emotions that come up. I learned that during my own journey, and I hope that I can share that courage with others along the way. The trusting relationship that a liaison has with each patient is so important, and this, along with Valley Health's quality of cancer care, gives others the courage and faith they need to face each challenge.

Q: What are the most rewarding and challenging parts of being a CPRL?

It's rewarding knowing that I may have eased the pain for

patients, having reassured them that we're all here for them. The most challenging part is that many people don't know that Cancer Program Resource Liaisons are available to help. We are a great resource at all six Valley Health hospitals. Not only can we assist with practical problems like transportation, but sometimes, just talking with someone who has "been there" can be an enormous comfort. ■



For more information about support services for cancer patients and their families, visit valleyhealthlink.com/CancerSupport.

SYSTEM *news briefs*

Heart Specialists Bring Revolutionary Treatments to the Region

Interventional cardiologists and heart surgeons at Winchester Medical Center (WMC) are demonstrating their commitment to offering the best, least-invasive treatments for heart problems.

New dissolving heart stents

A trusted treatment for coronary artery blockages is a tiny, wire mesh stent placed inside the clogged heart vessel to maintain blood flow. The FDA recently approved Absorb GT1™, a stent that gradually disappears over time, leaving a healed artery that can flex and pulse naturally. As one of the clinical trial sites for Absorb since 2013, WMC was among

the first centers in the country to offer this new approved treatment option to patients with coronary artery disease.

Complex heart valve procedures

With the opening of a new hybrid room at WMC, heart specialists with the Advanced Valve & Aortic Center are performing transcatheter aortic and mitral valve replacements and other complex procedures that are available at only 5 to 10 percent of hospitals nationwide. Minimally invasive repair and replacement techniques result in shorter hospital stays, less pain and a quicker recovery, and are an excellent treatment alternative for higher risk patients.



To learn more about cardiovascular services at Valley Health, visit valleyhealthlink.com/heart.



● Robotic surgery at Winchester Medical Center:

In October, Winchester Medical Center unveiled the da Vinci® Xi™ Surgical System, the latest generation surgical robot and one of the first of its kind in our region. Led by our expert team of robotics-trained surgeons representing several surgical specialties, robotic surgery represents the latest addition to our comprehensive minimally invasive surgery offerings. Like other minimally invasive techniques, it results in less pain, bleeding and scarring, and a faster recovery for patients.

- Winchester Medical Center
- Warren Memorial Hospital (Front Royal, VA)
- Page Memorial Hospital (Luray, VA)
- Shenandoah Memorial Hospital (Woodstock, VA)
- Hampshire Memorial Hospital (Romney, WV)
- War Memorial Hospital (Berkeley Springs, WV)

● ● ● ● ● ● **Low-dose CT lung screening offered at all six Valley Health hospitals:** Low-dose CT (LDCT) lung screening can improve the odds of surviving lung cancer by finding cancer at an earlier stage when more treatment options are available. For those who qualify, insurance coverage and financial assistance may be available. Visit valleyhealthlink.com/LDCT.

● Expanded orthopedic services at Hampshire Memorial:

There's no need to leave Romney to treat a broken bone. Orthopedic surgery and trauma services, including fracture management of upper and lower extremities, carpal tunnel, and arthroscopic and open knee and shoulder procedures, are now available at Hampshire Memorial. Learn more at valleyhealthlink.com/Hampshire.

Winchester Surgical Clinic turns 60: Thank you, Winchester Surgical Clinic, for serving the community for 60 years. Since its doors opened in 1956, thousands of patients have benefitted from the expertise and care of the center's surgeons, nurses and other staff. Congratulations and happy anniversary!

Convenient Care Options

More options are now available for fast and convenient care for minor illnesses—just in time for cold and flu season.

Quick Care in Strasburg is open weekdays from 8 AM–6 PM, 33820 Old Valley Pike, Suite 2.

Shenandoah Memorial Hospital's Walk-In Clinic is open Mondays through Thursdays, 5 PM–8 PM, in the Medical Building at 759 S. Main Street, Suite 310. Valley Health Outreach Lab Services, offering fast, expert bloodwork, is also located in the hospital's Medical Building, Suite 210.



Learn more at valleyhealthlink.com.

>>FAST FACT: Wellspring, Valley Health's resource center for cancer patients, celebrated its 10th anniversary in October. Thank you, Wellspring team, for caring for our loved ones! Learn more at valleyhealthlink.com/Wellspring.



Breaking Ground

In October, Valley Health began construction on facilities in two new locations:

In Ranson, WV

East Mountain Health Physicians, in collaboration with Valley Health, held a groundbreaking ceremony for Valley Health Urgent Care, scheduled to open in spring of 2017. The new urgent care will feature online check-in, on-site lab, and X-ray and occupational health services. Visit vhurgentcare.com.

In Winchester

Valley Health and its physician partners representing multiple clinical specialties gathered to break ground on the Valley Health Surgery Center, which will be located across Route 37 from the main Winchester Medical Center campus. The new surgery center, which is slated to open in 2017, represents a collaborative effort between Valley Health and numerous local physicians, with the collective goal of expanding access to specialty surgical services for patients in our regional community.

welcome

NEW PHYSICIANS

SIMON ATENA, MD (HOSPITALIST)
Valley Hospitalists

SEEMA BHANSALI, MD (HOSPITALIST)
Sound Physicians

RICHARD CATLETT, MD (PULMONOLOGY)
New Market Multi-Specialty

DUNCAN DAVIDSON, MD (DIAGNOSTIC RADIOLOGY)
Winchester Radiologists

SEAN DAVIS, MD (OB/GYN)
Winchester Women's Specialists

STEPHANIE DEVEAU-ROSEN, MD (PEDIATRICS)
Pediatric Hospitalist

DEVIN FLAHERTY, DO (SURGICAL ONCOLOGY)
Valley Health Surgical Oncology

GHADA IBRAHIM, MD (HOSPITALIST)
Sound Physicians

JESSICA JACKSON, DO (HOSPITALIST)
Valley Hospitalists

HARVINDER JAGAIT, MD (DIAGNOSTIC RADIOLOGY)
Winchester Radiologists

ASMA KHAN, DPM (PODIATRY)
Podiatry, Foot and Ankle Center

HANNAH J. KIM, DO (VASCULAR SURGERY)
Valley Health Vascular Surgeons

DANIEL KLINE, MD (PHYSICAL MEDICINE & REHABILITATION)
Valley Health Interventional Spine Program

THOMAS KRUPICA, MD (ANESTHESIOLOGY)
Winchester Anesthesiologists

FARAZ MASOOD, MD (FAMILY MEDICINE)
Valley Health Page Memorial Hospital Family & Internal Medicine

JAMES MURRAY, DO (OB/GYN HOSPITALIST)
OB Hospitalist Group Virginia

KRISTOFFER NORBO, DDS (DENTISTRY)
Valley Pediatric Dentistry

MIKLOS SZENTIRMAI, MD (INTERNAL MEDICINE)

Emergency Department/Winchester Observation Medicine

JORDAN TRAN, MD (FAMILY MEDICINE)
Valley Health Urgent Care – Front Royal

SHALINI VALUSA, MD (FAMILY MEDICINE)
Valley Health Winchester Family Practice

CLAUDIA VIENS, MD (ANESTHESIOLOGY)
Winchester Anesthesiologists

JIANWU XIE, MD (PATHOLOGY)
Shenandoah Valley Pathology Laboratories

ADVANCED PRACTICE CLINICIANS AND OTHER PROVIDERS

REBECCA BOYCE, NP (NURSE PRACTITIONER)
Valley Health Urgent Care – Winchester

WENDY BURNER, NP (NURSE PRACTITIONER)
National Spine and Pain Centers

KYLE CONNAGHAN, CRNA (CERTIFIED REGISTERED NURSE ANESTHETIST)
WMC Surgical Services

SUSAN COPSETTA, NP (NURSE PRACTITIONER)
WMC Chronic Disease Resource Center

KATHERINE HART, NP (NURSE PRACTITIONER)
Valley Health Urgent Care – Martinsburg

BENJAMIN HARTLAND, CRNA (CERTIFIED REGISTERED NURSE ANESTHETIST)
WMC Surgical Services

PAIGE LYNCH, NP (NURSE PRACTITIONER)
Valley Intensivists

EILEEN O'NEILL, NP (NURSE PRACTITIONER)
Valley Health Shenandoah Memorial Hospital Family and Internal Medicine

CARLA PEREZ-COLON, CRNA (CERTIFIED REGISTERED NURSE ANESTHETIST)
WMC Surgical Services

LEAH REARICK, PA (PHYSICIAN ASSISTANT)
Valley Health Vascular Surgeons

DIANA TUTELO, NP (NURSE PRACTITIONER)
Valley Health Urgent Care - Winchester

Is It More Than a Cold?

Some little ones run the risk that it's more serious



IF A BABY WAKES UP with the sniffles, a few achoos, and general crankiness, it's usually just a cold. However, colds can progress to a more serious infection called respiratory syncytial virus (RSV), which primarily affects children younger than age 2.

RSV is associated with bronchiolitis, an infection of the tiny airways in the lungs. Inflammation of these airways causes them to swell and fill with mucus, and premature babies and some infants, such as those with congenital heart and lung diseases, impaired immune systems, or Down syndrome, are at an especially high risk for RSV.

Recognizing RSV

"If a baby's cold does progress into the lungs, parents will see a rapid breathing rate—with the child sucking in the chest muscles," explains Riva Kamat-Nerikar, MD, Winchester Medical Center pediatric hospitalist and medical director. "There's also often a wheezing sound and nostrils flaring with each breath."

A HANDY FACT

Respiratory syncytial virus (RSV) is highly contagious and spreads exactly like the common cold—through coughs and sneezes, and from touching contaminated surfaces.

"People can use good old soap and water or an alcohol-based rub, but everyone should disinfect their hands after direct contact with any child who is sick," says Riva Kamat-Nerikar, MD, Winchester Medical Center pediatric hospitalist and medical director. "It sounds simple, but it's still one of the most effective ways to help control the spread of upper and lower airway infections."



If you see these signs, call your pediatrician immediately. He or she may suggest heading to the emergency department.

Treating RSV

Some parents are surprised to find out that their baby's fever and cold are RSV.

"Fortunately, I didn't have to take my son to the hospital when he was sick," notes Jenny Stover of Winchester, whose son had RSV at 16 months old. "After his visit to the pediatrician, I treated him at home with lots of fluids and a room humidifier to help with his breathing. But it was alarming to learn that he had an illness that could get more serious."

"If the child is in severe respiratory distress, we'll administer oxygen and IV fluids for dehydration at the hospital," says Dr. Kamat-Nerikar. "At the end of the day, the most important thing we can do is suction out the child's nasal passages, because when we keep the airways clear, there's every reason to believe the child will get better."

Outgrowing RSV

There is good news: Most children outgrow the risk of RSV by age 2.

"It's important to note that bronchiolitis is a common infection, and children have less trouble clearing their airways as they get older," adds Dr. Kamat-Nerikar. In those cases, the virus feels like a bad cold, and, unfortunately, we are never too old to avoid a case of the sniffles.



It's flu season! Flu shots are available at Valley Health Urgent Care centers. Find one at vhurgentcare.com. Or go to valleyhealthlink.com/events to find upcoming flu shot clinics.

men's health

DON'T SKIP THESE SCREENINGS

A guide to preventive health by age



There are preventive measures all men should take to ensure a lifetime of good health. Joseph Hashem, MD, an internal medicine specialist at War Memorial Hospital, suggests these tests, screenings and vaccinations, even for men who feel healthy.

Ages 20–39

- **Blood pressure:** every two years, more frequently if it's high
- **Cholesterol:** every five years, more frequently if it's high
- **Testicular self-exam:** every month
- **Skin self-exam:** regularly check moles for changes that might be symptoms of skin cancer
- **Flu shot:** every year
- **Pneumonia shot:** every year for smokers or those who have asthma
- **Tetanus shot:** every 10 years
- **HIV test:** regular testing recommended for those with more than one sexual partner

Ages 40–59

Same as above, plus:

- **Prostate screening:** every year
- **Colorectal cancer screening:** at age 50, then every five to 10 years
- **Cardiogram:** at age 40 for baseline, additional frequency depending on results
- **Glaucoma screening:** every year during annual optometric appointment



Dr. Hashem also emphasizes the importance of regular checkups, even for men in their 20s and 30s who may not have health problems. "Many young men don't make routine doctor visits a priority, but it's important for them to have a physical exam once in a while," he says. "This can prevent problems, such as high blood pressure, that can be detrimental to their health later in life. It pays to find out about these types of conditions and to treat them early on."

LIVE&learn

calendar of events

TREE LIGHTINGS

The Auxiliaries of Page Memorial Hospital, Shenandoah Memorial Hospital, Warren Memorial Hospital and Winchester Medical Center cordially invite you to help them usher in the holiday season at their tree lighting ceremonies. Enjoy refreshments and fellowship after the ceremonies. Learn more at valleyhealthlink.com/events.

Dec. 1 at 7 PM

Lights of Love

Sponsored by Winchester Medical Center Auxiliary
Winchester campus, west entrance

Dec. 1 at 7 PM

Celebration of Lights

Sponsored by Warren Memorial Hospital Auxiliary
Hospital campus, near main entrance

Dec. 2 at 6:30 PM

Love Lights

Sponsored by Page Memorial Hospital Auxiliary
Main Lobby

Dec. 4 at 7 PM

Tree of Love

Sponsored by Shenandoah Memorial Hospital Auxiliary
South Lobby



SAVE THE DATES

Dec. 27 and Feb. 28

Post-Holiday Health Checks

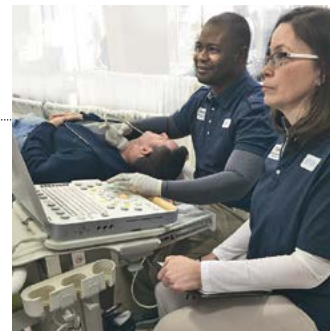
Hampshire Memorial Hospital offers FREE glucose and cholesterol screenings on the last Tuesday of every other month. Tests are done in the lab located inside the main entrance from 7–9:30 AM. For more information, visit valleyhealthlink.com/Hampshire and click on “Glucose and Cholesterol Screenings” under “Our Services.”

Feb. 25

Community Wellness Festival

Health and wellness resources are available to those who attend this annual event held at the Apple Blossom Mall in Winchester. Plan to attend the FREE festival, explore exhibits, participate in screenings, and meet many of the caregivers from Valley Health as they share information about healthy living. Learn more at valleyhealthlink.com/events.

A health screening at the Community Wellness Festival



CLASSES FOR EXPECTANT AND NEW PARENTS

“Just the Facts” Prepared Childbirth

This class is designed for mothers and their labor partner and covers topics such as natural delivery, the use of epidural anesthesia, comfort measures during labor, coaching, medical options, and postpartum care and emotional needs. A tour of Labor and Delivery and Mother/Baby units is included.

Warren Memorial: Dec. 3, 9 AM–4 PM

Winchester Medical Center:

Dec. 10, 9 AM–4 PM

Newborn Care

Expectant parents and grandparents will learn about bathing, diapering, skin care and soothing a fussy baby, in addition to getting tips on newborn reflexes and abilities, and how to create a safe home environment.

Winchester Medical Center:

Dec. 13, 6–8 PM

Boot Camp for New Dads & Mommy Basic Training

Veteran dads (and their babies) share how they made it through the first months of parenthood and resurfaced as confident, on-the-job fathers. In this men-only environment, all questions are welcomed and all parenting topics are discussed! In a separate session, moms will meet to learn how others made it through the first months of motherhood, along with talking about baby care, postpartum care and the importance of parenting teamwork. The classes join together at the end of the session, so expectant moms and dads can share the joys of parenthood.

Winchester Medical Center:

Dec. 17, 9 AM–NOON



Parenting classes are held year-round, so visit our events calendar at valleyhealthlink.com/events to find additional offerings for 2017 and to register. Call **540-536-8768** for more information.

FAQs

ANSWERS TO YOUR MEDICAL QUESTIONS

Keeping Your Holidays Heart-Healthy



WHAT HEART-HEALTHY STRATEGIES WOULD YOU RECOMMEND FOR THE HOLIDAYS?

Moderation is the main thing—not imbibing too much, or having too many sweets or fats, and taking time to rest. People have a thousand things to buy and do, and they forget the reasons to celebrate. Do what you can to lower your stress levels.

WHAT ARE THE MOST COMMON SYMPTOMS OF HEART ATTACK OR ACUTE HEART DISEASE?

People who have already been diagnosed with congestive heart failure know to look for rapid fluid gain, swollen feet, shortness of breath and sudden weight gain of more than 5 pounds in a week.

Be aware that a feeling of pressure in the chest; pain that radiates out from the chest to an arm, the throat or jaw; and heavy sweating are symptoms of heart attack. Women might have sharp pain that doesn't radiate, or it may be on the right side instead of the left. They also might experience significant shortness of breath without sharp pain but with pressure, heaviness or tightness in the chest.

A lot of people will excuse heart attack symptoms, thinking that chest pain is indigestion; they describe a gassy feeling of pressure or a bubble in the chest. If antacids don't take care of that in five

or six minutes, go to the ED or call 911 immediately. Even if turns out to be indigestion, it's better to be safe than sorry. ■

CAN WHAT WE EAT AND DRINK DURING THE HOLIDAYS AFFECT THE HEART?

Cardiologists also recognize something called “holiday heart.” Certain people can develop an atrial fibrillation related to consuming high amounts of alcohol at one time. That quick increase in blood-alcohol levels can actually disturb the heart's rhythm.

In addition, the emergency department (ED) sees a rise in patients presenting with congestive heart failure just after Thanksgiving, when people have meals with high sodium levels. The sodium contributes to fluid overload in patients with weak heart muscles.



Valley Health offers heart and vascular services at all six hospitals, including prevention and education, diagnostics and treatment. Learn more at valleyhealthlink.com/heart.



The holidays can be a joyous time of family, gifts and food—and a stressful time of juggling multiple commitments and expectations. These factors play a role in how your heart meets the demands of the season. Valley Health cardiologists have some tips for making sure your heart enjoys the holidays, too.

DOES HOLIDAY-RELATED STRESS AFFECT HEART HEALTH?

Yes. Heart specialists have long known about stress-induced cardiomyopathies (diseases of the heart muscle), which happen because of surging hormones in stressful situations. Often, this causes heart dysfunction.



Valley Health is a not-for-profit system of hospitals, services and providers serving residents of the northern Shenandoah Valley of Virginia, the Eastern Panhandle of West Virginia and western Maryland. *HealthLink* is also available on Valley Health's website, valleyhealthlink.com. For subscription questions, call 540-536-5325 or email marketingmail@valleyhealthlink.com.

VHS-015

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valleyhealthlink.com/VHSnurses



A NEW VALVE SAVES A LOT MORE THAN JUST ONE HEART.

Transcatheter aortic valve replacement. Or as she calls it, getting to still go to the park with Dad. A minimally invasive procedure for people with severe aortic stenosis, TAVR is just one of the many advancements we're making in cardiovascular care. And Valley Health is one of only a few places in the country to offer it. Proof that when it comes to the heart, we're always a few beats ahead.