

SPRING 2009

YAKIMA
REGIONAL
MEDICAL
& CARDIAC
CENTER

House Call

The Latest
in Imaging...
Available in the
Yakima Valley

Palliative Care Brings
Peace of Mind

OUR PHARMACY
of the Future


**YAKIMA
REGIONAL**
The Valley's Regional Medical & Cardiac Center

Heart and Sole Mall Walkers

Looking for a great way to stay in shape when you can't make it to a gym? Consider joining Yakima Regional's Heart and Sole Mall Walkers! The Valley Mall in Union Gap opens its doors every morning at 7:00 a.m. to give people a safe, climate-controlled place to get some exercise. Doors stay open until 11:00 p.m. every night. Each lap is a half-mile long, and with stairs leading up to the food court, participants are able to customize the intensity of their workouts.

Walking has many benefits, including building strength and endurance, as well as lowering blood pressure and cholesterol. Mall Walker members are given logs to track their mileage, and anyone who reaches 100 miles gets a free t-shirt. Yakima Regional also offers free blood pressure checks on the first Tuesday of every month from 7:00 to 8:30 a.m.

As always, please consult a physician before beginning a new fitness routine.

For more information on Yakima Regional's Mall Walkers program at The Valley Mall, please call (509) 576-3705.

Seniors and Malnutrition

For most Americans, health problems result from eating *too much*. However, recent research suggests that many in the senior population are experiencing health problems as a result of eating *too little*.

According to recent studies, America's aging population suffers from widespread malnutrition, meaning these adults are not getting enough calories, protein, or essential vitamins and minerals for good health.

Though factors such as immobility, isolation, and poverty could be reasons for malnutrition among the elderly, even affluent seniors do not seem to be getting the nutrition they need. This in turn weakens their immune systems, making them more susceptible to disease.

If you notice a loved one has problems such as wounds that won't heal, skin that bruises easily, or dental concerns, malnutrition may be to blame. A physician can test certain protein levels to determine nutrition needs.

Welcome, New Physicians



Ronald S. Goldberg, MD, PhD
Hematology/Oncology



Sabrina F. Orenstein, MD
Internal Medicine/
Hospitalist



Stina M. Singel, MD
Hematology/Oncology

Just a Teaspoon a Day

The next time you consider adding just a pinch more salt to give your meal extra flavor, think about this: what you're eating may already contain more salt than you need.

According to the American Heart Association, most Americans eat twice the recommended amount of salt each day, which can have serious consequences for their health. Too much salt can lead to high blood pressure, which can trigger heart disease.

The problem is that sodium is all around us, even in things that don't taste salty. Food manufacturers use salt to enhance taste and extend shelf life of processed foods.

To maintain good health, pay close attention to the amount of sodium listed on food labels, and limit your intake to 2,300 milligrams, or about one teaspoon of salt per day.





New Look, Same Great Service

At Yakima Regional Medical and Cardiac Center, dozens of prescriptions are written each day for patients. Thanks to recent renovations, Yakima Regional's pharmacy is now better equipped than ever to meet patients' medication needs.

Keith Prouse, pharmacy director at Yakima Regional, says the new facility would be the envy of any pharmacist.

"This is more than a remodeling," says Prouse. "A whole new structure has been designed to enhance the pharmacy's operations and get medication to patients in a timely manner."

NEW FEATURES

Yakima's pharmacy has expanded from 1,800 to 3,000 square feet, creating the capacity for a greater inventory, as well

as a more comfortable workspace.

"It is a more defined and usable space," says Prouse. "The added room has really improved our operations."

Prouse says the most significant addition is the installation of two distinct clean rooms: one for chemotherapy biohazard medication preparation and the other for general medication preparation and intravenous solutions. These rooms provide a sterile environment to prepare medications, ensuring the utmost safety.

"It's nice to work for an organization that can make these kinds of changes to improve quality," says Prouse. "Even in tough economic times, Yakima Regional is dedicated to making improvements that make a difference."

Wondering what other updates and events are happening at Yakima Regional? Visit www.yakimaregional.org and click on "About Us" and then "Hospital News" to find out.

Manage Your Medications

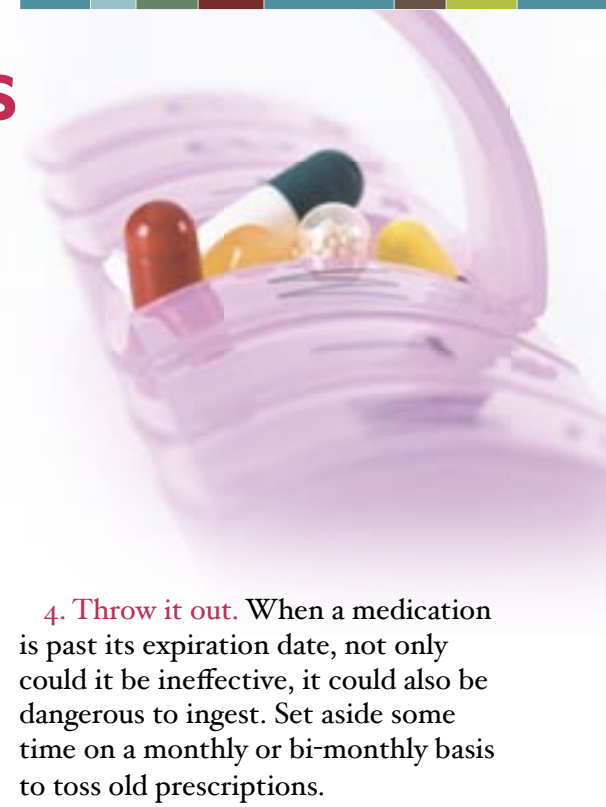
Your life runs easier when you can find your keys and locate your remote—why should keeping your medication organized and accessible be any different?

When you take multiple medications a day, it may be difficult to remember if you have taken the red pill or when it is time to have the blue one. Because ineffectively managing your medications can be dangerous to your health, it's time to get organized. Here's how.

1. Purchase a pill organizer. This inexpensive tool allows you to separate your medicine by day or by time of day, helping ensure you take the right medication at the right time. Choose a day each week to restock and be sure to keep the pills out of reach of children.

2. Chart it out. Whether on paper or a computer spreadsheet, write out all the medications you take along with a time to take them. Be sure to leave a space for a checkmark so you can enjoy checking off on a job well done.

3. Make a list, check it twice. When it comes to medication management, there are a lot of details to remember about the day, time, dosage, special instructions, and allergies. Keep this list stored on your computer and in a visible place such as on your refrigerator in case of an emergency and pass along a copy to your physician.



4. Throw it out. When a medication is past its expiration date, not only could it be ineffective, it could also be dangerous to ingest. Set aside some time on a monthly or bi-monthly basis to toss old prescriptions.

The Latest in Imaging...

Available in the Yakima Valley

Your primary care physician just recommended a magnetic resonance imaging (MRI) screening to evaluate your heart. At first, you dread the thought of having to make a trip out of town to undergo the procedure. Then you remember that this technology is now available at Yakima Regional Medical and Cardiac Center.

We understand that the prospect of undergoing medical testing is worrisome enough. No one wants to deal with the added stress of having to travel in order to be offered the best technology. That's why Yakima Regional recently acquired a new in-house, state-of-the-art MRI scanner.

"When we selected the Siemens Avanto model, we knew we were offering our patients access to technology that is a step above traditional MRI equipment," says Jim Benoit, RT, BA, director of radiology at Yakima Regional. "Not only do we now have the first in-house MRI in the Yakima Valley, but we also can offer our patients the luxury of a more comfortable and quieter MRI experience."

THE BEST OF THE BEST

The appeal of Yakima Regional's new MRI equipment goes further than simply offering a higher level of comfort. The Avanto's capabilities include:

- Advanced cardiac imaging
- Advanced neurological imaging technology
- MRI breast imaging

"Now we have the capability to diagnose complex neurological disorders and provide our neurosurgeons with the information they need to perform precise procedures," Benoit says. "The MRI's advanced cardiac imaging also allows skilled technicians to view and evaluate the complex make-up of the heart."

The Avanto is equipped with DynaCAD (computer-assisted diagnosis), which allows radiologists to be more attuned to subtle changes in breast tissue that may be overlooked or otherwise undetected.

"We are pleased to offer, thanks to the availability of DynaCAD, breast MRI to our patients," Benoit says. "For a certain section of the population, this service is invaluable."

For more information on imaging services close to home, visit www.yakimaregional.org and select "Services" then "Diagnostic Imaging."

Not Just an Add-On

Preparing Yakima Regional Medical and Cardiac Center for the arrival of central Washington's first in-house magnetic resonance imaging (MRI) scanner involved more than a simple addition of space. Careful planning and specialized building materials were needed to create the right space.

Work on the addition that now houses Yakima Regional's new MRI technology began in August 2008. The

work was completed in early 2009.

"We've created far more than just a standard room," says Bruce Epps, CPE, director of plant services for Yakima Regional. "The equipment we've purchased must have a very particular space dedicated to it. We used copper shielding, triple-backed chillers, and a special type of fiberglass to be sure the new MRI machine functions at the highest level."

Now That's *Fast!*

Yakima Regional Medical and Cardiac Center's new magnetic resonance imaging scanner can take crystal-clear images of the body from head to toe in less than a minute and a half.

Relay for Life

100's miles

It's a long stretch no matter how you navigate it. But one Yakima Regional Medical and Cardiac Center employee did just that—on foot—in less than 24 hours.

Johnny Freeman, RCIS, a cath lab tech at Yakima Regional, has been committed to Relay for Life—a national 24-hour fundraising walk and run sponsored by the American Cancer Society—since 2004. Freeman has participated in every Yakima Relay for Life since then, vowing to run 100 miles to raise money for cancer research.

Freeman has been a long-distance runner since 2000, but it wasn't until an acquaintance told him about Relay that he got the idea to raise money for cancer by running 100 miles in 24 hours. In 2004, Freeman said he just wanted to see how far he could run, estimating that if he could run a marathon in a few hours, he should be able to run 100 miles in 24 hours. He didn't quite make it that first year, and came within 2 miles of his goal in 2007. Finally, in 2008, Freeman completed his goal by running 100 miles, finishing more than an hour ahead of schedule.

"It was so incredibly emotional to have all of those people on the track supporting me and cheering me on to the finish," Freeman says.

While at the Relay, Freeman sets a pace for himself and makes sure he gives himself enough time to eat, rest,

and stay hydrated. Freeman's daughter Jana picks up the slack when her dad needs a rest. Last year, the 12-year old ran 17 miles. Jana got involved the same time as her dad, having been touched by cancer deaths in the extended family. She wanted to be able to give back to the community and support the mission of Relay for Life, Freeman says.

One of the largest components of Relay is fundraising. Last year, Freeman and his daughter raised more than \$2,000 for cancer research, much of which stays in the Yakima community. Freeman accepts funds any way he can get them, from pledges per mile to straight donations. Friends, family, co-workers, and even strangers who recognize the man in the tie-dye shirt from previous Relays, all support him in whatever way they can.

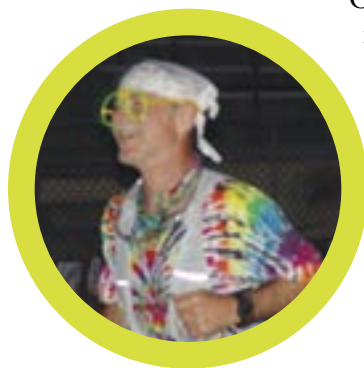
"From \$1 to \$50, it all makes a difference,"

Freeman says.

The 2009 Relay for Life is scheduled to begin at noon on May 30, and end at noon on May 31. This year, Freeman hopes to raise at least \$2,000 and is looking to make—or even break—his 100 mile record.

"I run for hope, I run for those who can't, and I run for the cure."

To support Johnny in the 2009 Relay for Life, please contact cathlabjohnny@aol.com.



While at the Relay for Life, Johnny Freeman sets a pace for himself and makes sure he gives himself enough time to eat, rest, and stay hydrated. Freeman's daughter Jana picks up the slack when her dad needs a rest.

Providing Palliative Care in the Most Comfortable Setting

When Bev Regimbal's father-in-law was diagnosed with pancreatic cancer, he was told he had only months to live. When he expressed his wishes to live out the rest of his life in the comfort of his own home, Bev and her husband Paul turned to Yakima Regional Medical and Cardiac Center Hospice.

"Without hospice, my husband and I could not have managed to keep my father-in-law at home and comfortable," Bev says. "While the doctors only gave him six months at most to live, he was able to live nine months with the help of hospice care."

When hospice was recommended to the Regimbal family, Bev learned that the Yakima Regional service consisted of hospice-certified nurses, social workers, chaplains, and volunteers who addressed the total needs of each patient and family. Bev's family was assigned a case manager, a registered nurse who oversees the patient's care and is always available to answer questions.

"My loved ones wanted to be at home when they struggled with terminal illnesses. Thanks to hospice, they were able to remain in their own comfortable, familiar environments. Hospice procured their medications and everything else to keep them comfortable. My family couldn't have managed without hospice."

—Bev Regimbal, daughter and daughter-in-law of hospice patients

"Hospice is a patient-driven program," says Ellen Rowley, BSW, social worker and volunteer and bereavement coordinator for Yakima Regional Hospice. "We visit the homes of some patients depending on their needs. Each patient has different goals, whether it's completing a project or living to witness a significant event. We do our best to help patients accomplish their goals."

OFFERING TOTAL SUPPORT

Ten years after Bev had relied on hospice to care for her father-in-law, she needed them once again to care for her mother-in-law, then her own father. Bev says she knows being at home meant the world to her family members.



Yakima Regional hospice patient, Hazel Richards, chats with Sharman Weldon, her hospice aide, during a visit in her home.

"The best thing about hospice is that they provide all the equipment each patient needs, such as oxygen for my dad," says Bev. "Hospice staff also trained me to be one of his primary caregivers. Hospice nurses checked in with us once a week, and more often if we needed them."

She also says that once Yakima Regional Hospice was involved, they took care of details such as coordinating with Medicare. There was no out-of-pocket expense involved with the hospice program, which Bev said allowed her to focus more on spending precious time with her loved ones.

MANY ADVANTAGES

Coordinating with Medicare is not the only valuable service hospice provides.

"We obtain approval from each patient's physician for our pharmacist to have prescriptive authority," says LaDonna Chambard, director of home health and hospice at Yakima Regional. "If a pain medication isn't working, we can immediately call in a new prescription from the pharmacist, which eliminates long wait times."

Aides are available to visit homes several times a week for patients who need assistance with bathing, and volunteers also are available to sit with patients or read to them.

"The hospice staff from Yakima Regional was very comforting," says Bev. "They helped ease my family through the end-of-life process."

For more information about hospice, visit www.yakimaregional.org, select "Services" and then "Home Health and Hospice."

Help Is Here

for Caregivers

Being a family caregiver can be stressful and overwhelming. Yakima Regional Medical and Cardiac Center understands and is here to help make caregiving easier.

Stressful is one word that can describe a typical day in the life of a family caregiver, especially one who is caring for an elderly parent. This requires caregivers to take on multiple roles, including case manager, medical record keeper, paramedic, and patient advocate.

Caregivers tend to be selfless people who put the needs of others before their own, but studies have found that over-involvement can be detrimental both to caregivers and their patients. Stress can cause serious health and psychological problems for caregivers, among them denial, anger, social withdrawal,

anxiety, depression, exhaustion, sleeplessness, irritability, and lack of concentration. Understandably, people experiencing such conditions may not be able to provide the very best care for their patients—and themselves.

HERE TO HELP

Yakima Regional wants you to know you're not alone, and it's okay to ask for help. The home health and hospice programs offered at Yakima

Regional provide a wide range of medical services to patients who require home care. In addition, the programs can help alleviate some of the stress created by the family caregiver's overwhelming workload.

For more information about home health and hospice services provided at Yakima Regional, visit www.yakimaregional.org and click on "Services."

Time to Thrive

For seniors, there's living

and there's thriving. A recent study identified the characteristics of elderly "thrivers." Do your loved ones share these qualities?

If an elderly adult has never smoked, drinks alcohol in moderation, and has a positive outlook on life, he or she shares the characteristics of a thriver—someone who has maintained exceptional health over time.

In a study of more than 2,400 older adults published in *Journal of Gerontology: Medical Sciences*, an estimated 8 percent of adults had no life-threatening disabilities and considered themselves happy and engaged in life. At least 47 percent fell into the next category, which included those with a moderate disability such as hearing loss or decreased mobility or mental function.

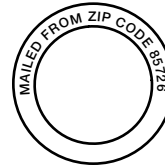
Finding What's in Common

Researchers asked seniors between the ages of 65 and 85 about the choices they made that led to their current state of health. They found that those in the best health had made healthier lifestyle choices throughout their lives—from the foods they ate to refraining from smoking.

These findings verify the advice your physician tells you: when it comes to living a long and healthy life, make the choices today that can positively affect your tomorrow. *For more information on making healthy choices, flip to the back page for a listing of classes designed to boost your health.*



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Classes

Cardiac Rehabilitation Classes

Yakima Regional Medical and Cardiac Center offers the following free classes in the ICCU Conference Room. Call (509) 573-3592 to find out more about dates and times or to register.

Label Reading

Learn what facts on food labels are important and how to apply this information to your individual needs.

Tobacco 101

A tobacco control manager from the American Lung Association will help you understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan.

Getting to Sleep

Would you like to look forward to going to bed and getting a good night's rest? Many people struggle with getting to sleep and/or staying asleep. This class covers the basics of good sleep hygiene. Come and sleep better!

Heart Basics

This class is designed to give you an understanding of how your heart works. Identified are basic heart anatomy and physiology, cardiac risk factors and ways to reduce your risk, symptoms of heart attack, and skills to assist those who have recently had cardiac surgery or heart attack through the recovery process.

Diabetes: Another Word for Heart Disease

Diabetes is such an important risk factor for heart attack that it is often referred to as "another name for heart disease." Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease, and this class helps you to recognize the signs and symptoms.

Principles of Exercise

This class will highlight aerobic exercise, strength, and flexibility. Answers to the

following questions will be addressed:

- How often should I exercise?
- How long should I exercise?
- How do I know how hard to exercise?
- What if I don't even like to exercise?

Introduction to Relaxation Techniques

The ability to relax or de-stress is as simple as taking a breath and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Discover the power and rejuvenating benefits of relaxation.

Heart Healthy Eating

Changing what you eat is one of the most effective ways to reduce cholesterol levels, blood pressure, and weight. This class covers nutrition guidelines, label facts, restaurant dining, and "good" vs. "bad" fats, as well as how to put exercise and food together to make positive lifestyle changes.

Pleasure

Pleasure is commonly thought of as a positive experience related to happiness, entertainment, and enjoyment. People usually feel pleasure through activities like being with loved ones, listening to music, writing, and/or accomplishing something. As we age and confront illness, our experience of pleasure can be interrupted. This class offers you a chance to consider dozens of potentially pleasurable activities and decide which new ones you might like to try. The presenter also explains the concept of psychological neoteny, which might offer you a few ideas about play, spontaneity, and reckless abandon—why not?

Understanding Your Medications

A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollars count, and how to keep your medications straight.

Want more information? Call (509) 573-3592.

Yakima Regional Medical and Cardiac Center

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For health information, physician referral, employment opportunities, and more, please visit our Web site at www.yakimaregional.org.

House Call is published by Yakima Regional Medical and Cardiac Center as a public service to the people of Central Washington. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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