

AVISTA ADVENTIST HOSPITAL

Sparkle

With health, hope, and happiness

WINTER 2017 • Volume 1, Issue 1

Don't knock your KNEES

3-D technology brings custom
knee replacements and faster
recovery *p. 4*

plus

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You're
INVITED
INSPIRATION IN
WOMEN'S
WELLNESS
LUNCHEON
p. 7

HEALTH TIPS

for women of
ALL AGES

15

The total number of minutes women should spend in the sun without sunscreen

daily to get enough vitamin D. Or, about 2,000 units of vitamin D3 supplement would work, too. The data isn't conclusive, but evidence is mounting that insufficient vitamin D can increase breast cancer risk. Another risk factor of breast cancer is being overweight. That's because fat increases estrogen levels, which increases cancer risk. Good news, though: In vitro fertilization doesn't increase breast cancer risk, as had been previously suspected.

➤ **Gerlinde Tynan, MD** / Breast surgeon
Avista Breast Care Center / 303-661-1855



4+1+0=Baby?

Maybe. If aspiring moms and dads limit themselves to no more than four alcoholic beverages a week, one cup of caffeine daily, and no smoking whatsoever, their odds of conceiving improve. Women should add prenatal vitamins to the mix, while future dads should avoid hot tubs or anything that delivers sperm-killing heat. As for exchanging the tight-whities for boxers, the jury's still out on whether that helps.

➤ **Robert Gustofson, MD** / Fertility specialist / Avista Adventist Hospital

WHEN IT HURTS

Try acetaminophen (Tylenol). Not only will it ease aches and pains, acetaminophen has fewer long-term risks than its pain-relieving cousins, nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen. NSAIDs do relieve inflammation, and popping a few occasionally won't hurt most people, but multiple studies show they increase mortality in patients with heart disease, can cause ulcers and bleeding, and possibly impair bone healing. Not that it's OK to gobble acetaminophen either. Ingesting more than eight tablets of extra-strength Tylenol a day can cause liver disease.

➤ **Megan Moini, MD** / Internal medicine and pediatric physician / Avista Family Medicine, Erie / 303-269-2780



1 Year

If you've gone that long without a menstrual cycle, you're postmenopausal. So any bleeding now could be a sign of uterine cancer, and should be checked out — the sooner, the better. (A Pap smear doesn't check for uterine cancer.) When caught before it spreads, uterine cancer often can be treated with surgery alone, and has a five-year survival rate of 90 percent. One common risk factor: obesity, which can double, or even quadruple, chances of developing uterine cancer. In addition to abnormal bleeding, symptoms include bloating, feeling full quickly, or persistent pain in the pelvis or abdomen.

➤ **Irina Dimitrova, MD** / Gynecologic oncologist / CHPG Women's Specialty Health, Westminster / 303-925-4100

TO DO FOR YOU

- ☐ Take a brisk walk ☐ Give someone a bear hug ☐ Eat fruit today ☐ Color in a coloring book ☐ Buy some new slippers

**Avista
Adventist Hospital**
Centura Health.

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100 Health Park Drive, Louisville, CO 80027



Heart BREAKERS

Take steps at every age to reduce your risk of heart disease

Whether you are 32 or 72, heart disease is one of the top three causes of death for women in the U.S. But the great news is that heart disease is largely preventable. In fact, 90 percent of women have at least one risk factor for heart disease that can be eliminated. Here, one of Denver's few female cardiologists, Monica Gressianu, MD, provides a decade-by-decade guide to warding off the biggest threat to your life.

30s



Manage your stress | This is the decade when many women begin juggling work, children, and aging parents. Whether it's yoga, prayer, or a regular girls' night out, find a way to relax that you can practice regularly.

40s



Cut the salt | Women's blood pressure often begins to rise in their 40s. Salt, excess weight, and stress — along with age — are the leading culprits. If your blood pressure is 135/85 or above, take steps to reduce it.

50s

Embrace statins | As women pass through menopause, their cholesterol levels may start to rise — even in the healthiest women. If lifestyle changes don't work, you may need to start taking cholesterol-lowering medications called statins. If you have high cholesterol, taking statins can cut your risk of a heart attack after age 65 by 39 percent.



Monica T. Gressianu, MD, is a board-certified cardiologist at Avista Adventist Hospital who specializes in women's heart health. Dr. Gressianu is keenly aware of how heart disease affects women differently than men, and how often signs of heart attack are ignored in women as a result. Women seeking leading-edge heart care will find both a specialist and advocate in Dr. Gressianu. For more information, go to churchranchheart.org or call 303-925-4055.

60s

Take an aspirin a day | This is the decade that a woman's risk of having a heart attack skyrockets. You can reduce that risk by taking one aspirin daily, but check with your doctor first.



70s



Watch your rhythm | Atrial fibrillation, a condition that occurs when the upper part of the heart beats irregularly and increases your risk of stroke, grows more common with age. A-fib can cause you to feel fatigued but just as often won't have symptoms, so an annual checkup with your doctor is essential.



Avista Adventist Hospital is part of the Centura Health Heart and Vascular Network, Colorado's largest and most comprehensive network of cardiovascular care.



TAKE

New 3-D technology
brings custom knees,
and quicker recoveries

W

HEN IT COMES TO KNEE REPLACEMENTS, ONE SIZE DOESN'T FIT ALL, SAYS MICHAEL WERTZ, MD, BOARD-CERTIFIED ORTHOPEDIC SURGEON AT AVISTA ADVENTIST HOSPITAL'S JOINT CENTER. AND WITH NEW 3-D TECHNOLOGY THAT CREATES CUSTOM KNEE REPLACEMENT IMPLANTS, THEY NO LONGER HAVE TO.

Climbing ladders during a painting project was once unbearably painful for Jill Hatfield. But two new custom knees got her back in step.

Don't be a 'shoe-in'
for **knee problems**

A KNEE

Customized knee implants can now be 3D printed to fit each patient.

Two years ago, Wertz began using new ConforMIS 3-D knee implants, which are created by converting a CT scan of the patient's knee to a 3-D model. That model is then used to 3-D print the customized implant out of cobalt-chromium molybdenum.

"This is one of the biggest advances in total joint replacement that I've seen in my 20 years of practice," Wertz says.

Off-the-shelf implants come in standard sizes. The physician selects the size that most closely mimics the patient's anatomy and then uses devices, called jigs, to make accurate cuts that match the implant. Unfortunately, in many cases the available sizes do not fit perfectly.

With a custom knee implant, the sizing is always perfectly matched to the patient's anatomy.

Since the jigs used to place the implant are also custom, the implant is placed in appropriate alignment, Wertz says. "I've definitely noticed an improvement in recovery time. Most patients go home the first day, and most of them are walking at two weeks without a walker or crutches," he says. With standard implants, patients typically came to follow-up appointments still using crutches.

Jill Hatfield can vouch for the fast recovery. The 66-year-old Westminster resident said a few months after getting her second 3-D knee, she "walked all over the state fair without a wheelchair or a brace" — and minus the osteoarthritis pain that had forced her to use a motorized cart when shopping.

She had her knee replacement surgeries four months apart. "After the left one went so well, I was champing at the bit to have the right one done."

As women become more active, more of them will need new knees, Wertz says. "Women are more predisposed to ACL injuries and meniscus tears because of the shape of their knee," he says. Studies also have linked women's higher rate of knee damage to differences in hip-knee alignment, imbalance in muscle strength in the front and back of the upper leg, differences in the processing of nerve stimulation, and even hormones.

Whatever the cause, "This custom knee implant is a big benefit for women," Wertz says. It definitely benefited Hatfield. At times, she says, she even has to remind herself she's had knee implants.



Michael Wertz, MD, has more than 24 years' experience performing total hip, knee, and shoulder replacements. He has practiced in Boulder since 1990, and has participated in knee replacement research. He has been an instructor at the American Academy of Orthopedic Surgery and served as chief of surgery at Avista Adventist Hospital. When he's not at work, Dr. Wertz is hard on his knees — skiing with family, running, and playing tennis.



If the shoe fits, wear it.

If it doesn't, don't. Many women buy shoes that are too narrow, especially in the toe. Don't expect shoes to "give" with wear.



Give shoes a break.

You'd never wear brand-new hiking boots on an all-day hike. So don't wear new heels for the first time to an all-day wedding.



Give your joints a break, too.

Save the highest heels for date nights and special occasions.



Strengthen your core.

You'll look better in heels, and have the support to protect your knees.

She needs her mom

Nurse's **swift actions** help a newborn survive a life-threatening infection

Riley Hazel Schoenbeck made a textbook-perfect arrival into this world at Avista Adventist Hospital. Weighing 6 pounds, 2 ounces, she was born full-term and outwardly healthy.

Within 46 hours though, the little girl found herself fighting for her life. In the early morning hours of Feb. 11 — the day her first-time parents, Russell and Renee, planned to take her home — an eerie silence fell over their hospital suite. "It wasn't that I heard something; it was that I stopped hearing something," Renee says.

Scary Start

Russell sensed it too and hit the lights. "That's when I saw my little girl, eyes wide open, and blue as can be. She had stopped breathing," Renee says.

Renee screamed for help and within seconds, a team of Avista New Life Center nurses descended on the room — among them, Neonatal Intensive Care Unit (NICU) nurse Chelsey Manzanares, RN.

Russell locked eyes with Manzanares and handed Riley to her. "Russell told me later that Manzanares wasn't the first nurse to walk into the room, but an instinct told him, 'This is the nurse you need to give Riley to.'"

Manzanares took quick action, swiftly assessing, treating, and coaxing Riley Hazel to live, "Come on, sweet girl, breathe. You are scaring your parents. Come on, strong girl. You can do it."

The silence broke and Riley started to cry, only to stop breathing again seconds later. Manzanares pulled Riley through several breathing episodes and explained to the Schoenbecks their daughter needed the advanced care of the NICU. "I physically stepped back, creating distance from Riley as if I might break her," Renee says, recalling those moments of fear. "I remember thinking, 'I failed already. I'm not even home yet, and I've already failed.'"

Once again, Manzanares, a former NICU mom herself, knew exactly what to say: "Please come with us, Renee. She needs her mom."

Happy Birthday

As days unfolded, the Schoenbecks learned Riley had a severe infection and would need two doses of strong antibiotics a day to help her survive.

Riley required seven days of IVs, monitors, and the watchful eyes of Avista Adventist Hospital's team of NICU nurses.

"I don't know where we'd be without them," says Renee. "I really believe NICU nurses are the strongest of souls. The NICU nurses not only took great care with Riley, but they cared for our entire family."

Riley Hazel, now healthy and thriving, will celebrate her first birthday Feb. 9.



To learn more about the New Life Center at Avista Adventist Hospital, schedule a tour, or register for birthing classes, visit online at avistahospital.org/birthcenter.

Riley Schoenbeck is held closely by mom Renee just after her birth.



It's a ... set of TWINS!
In 2016, Avista Adventist Hospital had delivered 23 sets of twins as of November.

REWRITE *the* RULES

*Using connections to guide your time
will make you healthier and happier*

YOU ARE CORDIALLY
...:~:~:~:...

Invited

*to join us for a day of food, fashion,
health, and much more at Avista
Adventist Hospital's annual Inspiration
in Women's Wellness Event.*

WHAT

Luncheon, breakout sessions to answer
your questions on women's health, and a
fashion show featuring the latest trends
in outdoor and activewear from
Outdoor Divas

WHEN

Tuesday, April 18 • 10:30 a.m.-2 p.m.

WHERE

The Westin Westminster
10600 Westminster Boulevard
Westminster, CO 80020
.....

RSVP

303-715-7627

inspirationwomenswellness.org

You have kids, a job, a household to run, aging parents, and a couple of pets. No one has to tell *you* about stress. But did you know that chronic stress is more than annoying?

Here are five ways stress can harm your health:

- 1. Make you sick.** Prolonged stress weakens your immune system, making you more susceptible to disease.
- 2. Damage your teeth.** Grinding your teeth can wear down tooth enamel and contribute to gum disease.
- 3. Hurt your heart.** When stress hormones flow, your heart rate increases. When your heart works harder, blood pressure can rise.
- 4. Make you gain weight.** Studies show people under stress eat 40 percent more than usual.
- 5. Make you look older.** Studies show that stress affects chromosomes, so new cells don't grow as quickly. The result: wrinkles and sagging skin.

Knowing we should reduce stress is one thing; actually doing it is another.

The key is connecting to what's important to you, says Mary LoVerde, international work-life balance expert and author. "Connection is the solution to just about every problem we face," says LoVerde.

LoVerde's unusual strategies for managing chaos have been featured on Oprah, 20/20, ABC World News Tonight, and in *The Wall Street Journal*. As the keynote speaker at Avista Adventist Hospital's upcoming Inspiration in Women's Wellness Event on April 18, LoVerde will help local women understand how to stay connected to what matters most and live a life that includes sleep.

Talking Health

There will be more than delectable food on the table at Avista Adventist Hospital's upcoming Inspiration in Women's Wellness Event. Women's health experts will fill you in on the latest tips for living your best, healthiest life, with presentations on topics that include:

• Gut Check

Learn how gastrointestinal bugs help and hurt health.

Dr. Ariana Greenwood, digestive health specialist

• Protecting Mothers & Daughters

What every woman needs to know about HPV vaccines and preventing cervical cancer.

Dr. Jana Wynett and Dr. Megan Moini, Avista Family Medicine

• Your Bladder, Your Health

You don't have to live with overactive bladder — learn how physical therapy, lifestyle changes, and medical treatments can stem the flow.

Dr. John Joyce and Kim Belz, pelvic health specialists

Create Your Life
**WELLNESS
PROGRAM:**
NEW YEAR'S
RESOLUTION
SERIES

Join us for this three-part series where you'll learn to create your life through small steps and a no-stress approach to well-being. Together we will work on setting and making meaningful progress on the goals that matter most to you.

When | Wednesdays, Jan 11, 18 & 25, 6-7:30 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | marileeoconnor@centura.org

Portercare Adventist Health System

**Avista
Adventist Hospital**



INSPIRE HEALTH

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Louisville, CO 80027

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WINTER 2017 CALENDAR

N'BALANCE

Each class incorporates sitting, standing, and walking balance exercises to improve balance and reduce the fear of falling.

When | Thursdays, Jan 12-Feb 23, 11 a.m.-Noon; and Thursdays, Mar 2-Apr 20, 11-11:50 a.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | **303-925-4093**
AND

When | Tuesdays, Jan 10-Feb 21, 11:30 a.m.-12:20 p.m.; and Tuesdays, Feb 28-Apr 18, 11:30 a.m.-12:20 p.m.

Location | Avista Therapy Center

Cost | \$35

Registration | **303-925-4093**

TAI CHI FOR HEALTH AND ARTHRITIS PART 1

Tai Chi helps to prevent falls, increase balance and movement, and improve quality of life.

When | Thursdays, Jan 12-Feb 23, Noon-1 p.m.; and Thursdays, Mar 2-Apr 20, Noon-12:50 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | **303-925-4093**
AND

When | Tuesdays, Jan 10-Feb 21, 12:30-1:20 p.m.; and Tuesdays, Feb 28-Apr 18, 12:30-1:20 p.m.

Location | Avista Therapy Center

Cost | \$35

Registration | **303-925-4093**



TAI CHI FOR HEALTH AND ARTHRITIS PART 2

Tai Chi Part 2 builds on what participants learned in Part 1 by adding six additional moves to complete the Tai Chi for arthritis form.

When | Thursdays, Jan 12-Feb 23, 10-10:50 a.m.; and Thursdays, Mar 2-Apr 20, 10-10:50 a.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | **303-925-4093**

STEPPING ON

Prevent falls with this seven-week program that strengthens your balance and has been proven to help older adults reduce their fall risks and maintain their independence.

When | Mondays, Jan 23-Mar 6, 10 a.m.-Noon

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | **303-925-4093**

INFANT/CHILD CPR AND FIRST AID

Professional EMS instructors lead this two-night class that provides certification for CPR/Pediatric First Aid. The course covers the most common childhood emergencies such as head/neck/back injuries, seizures, poisonings, fractures, burns, respiratory problems, and more.

When | Mondays, Jan 9 & 16, 6-9 p.m.; and Mondays, Feb 20 & 27, 6-9 p.m.

Location | Avista Adventist Hospital

Cost | \$38

Registration | avistahospital.org/birth-classes
AND

When | Thursdays, Jan 19 & 26, 6-9 p.m.; and Thursdays, Feb 16 & 23, 6-9 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$38

Registration | avistahospital.org/birth-classes