

AVISTA ADVENTIST HOSPITAL

Sparkle

With health, hope, and happiness

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The right move

*Minimally invasive hysterectomy
means you can return to an
active lifestyle sooner*

plus

STAVING OFF AGING *p. 2*

CANCER PREVENTION COOKING *p. 3*

MIDWIVES FOR MOMS-TO-BE *p. 6*



Youth Movement

Strategies for
FEELING YOUNG
by staying active



Can the fancy creams

Exotic skin creams with fancy or scientific-sounding names rarely deliver on their lofty promises. To protect aging skin more effectively, try adding more vitamin E, selenium, and vitamin C to your diet — all have antioxidants, which prevent free radicals from damaging cells, including skin.



Break an egg | There's no avoiding it: As we age, we lose muscle mass. But a high-protein diet may help slow that loss. For all adults, the guideline is: Multiply your weight by .36; the result is your daily protein quota in grams. But new research suggests that adults over 65 need more protein, preferably from eggs, fish, and plant-based sources — rather than red meat.

If it's true you're only as old as you feel, then the fountain of youth may be exercise.

"If exercise were a medication, it would be the most-prescribed medication, and the most effective," says Avista Adventist Hospital physical therapist Jennifer Lieb.

Exercise is good for the heart, the bones, the blood sugar, and the brain. "It can decrease the risk of dementia," says Avista Adventist Hospital geriatrician Karyn Leible, MD. And exercise is almost magical in its ability to boost energy.

"Exercise" doesn't mean running a marathon, say Leible, Lieb, and Avista Internal Medicine nurse practitioner Gemma Stella. In fact, anything that gets your heart rate up works, whether it's walking the dog, water aerobics, or ballroom dancing.

The bottom line: You can't outrun old age, but you can make it work hard to catch you. "Think of it like the Tin Man in *The Wizard of Oz*: If you don't move, you're going to freeze in place," Leible says.

Here are their tips for staying young at any age



Make a Date

To learn more about staying young and healthy, schedule an appointment with one of our experts from this story:

- Geriatrician Karyn Leible, MD, at Centura Health Physician Group Senior Care: **303-925-4040**
- Physical therapist Jennifer Lieb at Avista Therapy Center: **303-673-1240**
- Nurse practitioner Gemma Stella at Avista Internal Medicine: **303-269-2700**

10 Take

| For maximum benefit, the American Heart Association, among many others, recommends 150 minutes of aerobic activity each week. That works out to 30 minutes a day, five days a week. But studies show that getting those 30 minutes in brief spurts — about 10 minutes each — provides the same benefit as activity in one long stretch.



Get behind knee protection

| Women are 10 times more likely than men to suffer knee injuries. Protect your knees by squeezing your glutes while you're sitting at your desk. Strong glute and leg muscles help protect knee joints from wear and tear.

TO-DO FOR YOU

- ☐ Drink more water ☐ Read in a park ☐ Take a long bubble bath ☐ Take a dance class ☐ Cook a new veggie

**Avista
Adventist Hospital**
Centura Health

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100 Health Park Drive, Louisville, CO 80027



Cooking up CANCER PREVENTION

Knowing what to eat, and what not to eat, may lower your risk



Jette Hogenmiller, PhD, is an evangelist for healthy eating that is neither boring nor tasteless.

Hogenmiller believes being mindful of what we put in our bodies is an important step in preventing a host of diseases, including cancer.

"Cancer is a metabolic disease. A bad family history does not doom one to cancer, but we have to be aware of what we surround ourselves with," says Hogenmiller, who holds a PhD in psychometrics and cancer prevention, and is a medical oncology nurse practitioner at Avista Adventist Hospital.

An example, Hogenmiller says, is pesticides, which are commonly used on produce. "If I want to avoid cancer, I would be wise to protect my body from those toxins. You can't expose your body to huge amounts of chemicals and not expect there to be consequences."

Avoiding pesticides may mean buying organic fruits and vegetables, which Hogenmiller concedes can be a costly proposition. If your budget is limited and you have to be selective, check the recommendations by the Environmental Working Group at ewg.org. Strawberries, apples, nectarines, and peaches top the list as the most important produce to buy organic, according to the organization.

Cooking Class

Avista Adventist Hospital has developed an innovative cancer and disease prevention program that takes a holistic approach to risk reduction that includes comprehensive evaluation, monitoring, and coaching to address lifestyle, nutrition, environmental exposures, vitamins, and more. The program also includes cooking classes. To learn more, visit avistahospital.org/eathealthy.

*Spice of Life

To up your odds of stopping cancer before it starts, make sure your diet is rich in the following, Hogenmiller says:



Swiss Chard

It's not just pretty, Swiss chard is a cruciferous vegetable that can change the way estrogen is metabolized. That may help prevent estrogen-related cancers, such as some forms of breast cancer and uterine cancer. Other cruciferous veggies include broccoli, cauliflower, cabbage, and kale.



Turmeric

This ancient spice, a relative of ginger, is thought to prevent skin, colon, and stomach cancers.



Raspberries

Red fruits and vegetables contain the phytochemical lycopene, which may help prevent breast, skin, and prostate cancers. Phytochemicals are plant components that help the body get rid of toxins, boost the immune system, and stimulate the death of cancer cells. Different colored fruits and vegetables contain different phytochemicals.

Avista Adventist Hospital is part of the Centura Health Cancer Network, delivering integrated, advanced cancer care across Colorado and western Kansas.

Recipe

Jette's Mountain Quick Stir-Fry

Here is a healthy dinner you can make in 30-40 minutes. And you can swap out the veggies listed for what's in the fridge. Serves 4.

Ingredients

- 3 tablespoons butter
- 1/2 leek, the white root and green immediately above the root
- 2-3 vegetables, preferably organic, 1/2-1 cup each, such as broccoli, mushrooms, cauliflower, carrots
- 1 cup chopped chicken or pork; if using beef, use thin-sliced
- Sea salt, pepper, and spices to taste
- Mango, if desired
- 1-3 tablespoons red palm oil

Directions

Melt 1 tablespoon butter in a stir-fry pan; add sliced leek; stir-fry until tender. Add remaining butter, and then vegetables. Stir-fry 5-10 minutes until tender, but not soft. Remove from pan.

Add chopped meat and spices. Stir-fry 5-10 minutes. Return vegetables to pan, heat to warm, and add mango, if using.

Just before serving, add red palm oil.



Pelvic Pain Solution

| Less-invasive hysterectomy means women
| can stop suffering, and recover faster



Donna Davis, 52, laces up for the active lifestyle she had to put on hold before surgery to treat fibroids.

After suffering for years with fibroid tumors and the pain, bloating, and constant pelvic pressure those growing tumors caused, Donna Davis finally said “enough.” A marathoner

Spears says. “The uterus produces no hormones — the ovaries are where hormones come from, and that’s what is responsible for menopause.”

Coping with Fibroid Tumors

As many as 50 percent of women get fibroids during their reproductive years; at age 60, that number shoots up to 80 percent. Many women who have the tumors — which are almost always noncancerous — have no symptoms. For others, like Davis, fibroids cause intense pain and heavy bleeding, both during and between menstrual periods.

“They can get to be grapefruit size, or even bigger. And they cause the uterus to become much bigger than it’s supposed to be,” Spears says. “When that happens, it pushes on other organs, including the bladder and bowel, and can cause serious discomfort.”

Davis’ fibroids had caused her uterus to grow well beyond normal size, Spears says. A typical uterus weighs about 70 grams (2½ ounces). Davis’ weighed 800 grams (1 pound, 12 ounces). Nevertheless, Spears was able to perform the procedure vaginally, rather than through traditional “open” surgery requiring a large incision across the abdomen. Performing the procedure vaginally reduced Davis’ pain and sped her recovery.

Racing Toward Recovery

Davis went home the day after surgery. “I went back to work part time at three weeks — I’m literally on my feet all day — and full time at six weeks. At eight weeks, I had a follow-up visit, and that’s when I started to run again.”

And because her ovaries remain intact, Davis has so far escaped hot flashes and other menopause symptoms. “It’s the best of both worlds. I’m not in menopause, but I’m not having periods.” And the pain and discomfort she endured for years is gone. “I feel good. I feel so much better.”



After fibroid tumors took her out of running, marathoner Donna Davis hit the trails again following a minimally invasive hysterectomy at Avista Adventist Hospital.

and professional fitness trainer, Davis says that for her, the turning point came when she could barely run anymore. The fibroids pushing on her bladder made her constantly feel she had to urinate. “It got so I had to plan every run around trips to the bathroom. I’d have to go (to the bathroom) every mile.”

Davis consulted with Karin Spears, MD, who told her, “You don’t have to live this way anymore.” Spears, an OB-GYN at Avista Adventist Hospital, recommended a minimally invasive hysterectomy.



Dr. Karin Spears

Not Your Grandmother’s Hysterectomy

Although her fibroids were so plentiful and big that she could feel them when she was lying down, Davis, 52, was hesitant to have a hysterectomy. Like many women, she feared the procedure would mean an automatic launch into menopause, and that it would keep her off her feet and out of her running shoes for months.

But Spears explained that the procedure now is far different from our grandmothers’ hysterectomies. “The perception is that hysterectomy is a very invasive surgery, and in the past it was. It’s a lot less invasive now.” Surgeons like Spears can now perform the procedure through a few tiny incisions (called laparoscopic) or through the vagina.

And, when only the uterus is removed, not including the ovaries, menopause isn’t a given,

Avista Adventist Hospital is one of only three hospitals in Colorado to be named a Center of Excellence in Minimally Invasive Gynecology (COEMIG). Whether a woman has severe cramps, heavy menstrual bleeding, painful intercourse, or she is afraid to exercise for fear of bladder leakage, Avista Adventist Hospital’s world-class experts provide the highest quality gynecologic care. To learn more about the benefits of minimally invasive surgery, visit avistahospital.org/gyn-surgery.

FIBROID TREATMENT OPTIONS

For women enduring pain and discomfort of fibroid tumors, Spears says hysterectomy is rarely the first treatment she recommends. Other treatment options, which may depend on the patient’s age, reproductive desires, and symptoms, include:

- Birth control pills and certain IUD devices that release hormones to reduce or eliminate heavy bleeding from fibroids
- Surgery to cauterize the lining of the uterus to reduce or eliminate bleeding
- Surgery that removes fibroids but leaves the uterus intact
- Medications that lower estrogen levels and temporarily trigger menopause to shrink the fibroids
- Embolization, in which a catheter is inserted into the artery and clotting agents are injected, cutting off the blood supply to the fibroid
- Nonhormonal medications to reduce blood flow

Birth Right

Hospital midwives give moms-to-be comfort *and* safety

A

number of moms-to-be, especially in Boulder County, face a common dilemma: They want a natural birth with a midwife and the comforts of home, but they don't want to sacrifice the peace of mind that comes with having experienced physicians and a hospital standing by just in case.

Avista Adventist Hospital solves the dilemma by offering local moms the best of both worlds — a midwife-attended delivery inside a hospital.

Certified nurse-midwife Claudia Berg-Graessle says many women choose a midwife because they are looking for less intervention, and “a more natural route” for pregnancy and delivery.

Berg-Graessle is one of three certified nurse-midwives at Avista Women's Care, who together deliver about 30 babies a month at the hospital. The practice offers women a choice to see a nurse-midwife or physician. Like physicians, certified nurse-midwives care for a woman throughout her pregnancy, including delivery and postpartum, Berg-Graessle says.

During labor, women can eat, walk, use the spa tub or shower, and are monitored intermittently. “We have a variety of tools available to make the experience as comfortable and ‘home-like’ as possible, while making sure moms-to-be are safe and cared for,” Berg-Graessle says.

Pain medication, including epidurals, is available if a mom-to-be chooses. “We support our families however we can to make the birth a positive experience.”

If a laboring mom, or baby, shows signs of distress, nurse-midwives work closely with obstetricians — and that's when the advantages of being in a hospital become clear.

“In obstetrics, emergency situations are rare, but they do come up,” Berg-Graessle says. “All three of us have been nurses, and we have seen those rare cases that may or may not have turned out so well had the patient been at home.”

8.3

In 2014, midwives attended 8.3 percent of births in the U.S., more than double 1990's rate of 3.9 percent.

IN THE NURSERY



The New Life Center at Avista Adventist Hospital is “expecting” to welcome its 50,000th baby this summer.



HOME AWAY FROM HOME

Make your hospital delivery room a bit cozier by packing these five items:

1.

Special music

Create a playlist of special music to soothe you and welcome your baby. Be sure to bring earbuds or miniature speakers.

2.

Your own pillow

Nothing else is as comforting.

3.

Favorite PJs

Hospital gowns are practical during delivery. But afterward, you'll want to snuggle into your own jammies.

4.

Fluffy warm socks with slip-proof soles

Your hormones are on a roller coaster, and your body temperature goes along for the ride.

5.

Aromatherapy

Candles and flames are a hospital no-no, but diffusers can create a relaxing mood. Electric candles also are allowed.



Avista Adventist Hospital's New Life Center offers Boulder County's only hospital-based midwife program. To learn more and find a certified midwife, go online to avistahospital.org/midwives.

A Better View

New 3-D mammography at Avista Adventist Hospital
is helping detect — and treat — breast cancer earlier

Beth Tatelman is certain she owes her life to 3-D mammography.

She sought out the advanced mammography technology because she has dense breast tissue, which can make interpreting conventional mammograms a challenge. Her choice paid off: After her screening in January 2016, she was called in to Avista Adventist Hospital for a closer look at calcifications. Tatelman had been called back for a closer look after conventional mammograms before. But a callback after the more precise 3-D mammogram scared her. "I thought, 'Oh, this is not good.'" An ultrasound led to a biopsy. "That detected weird cells in my breast, but they didn't think it was cancer."

After consulting with Avista Adventist Hospital breast surgeon Gerlinde Tynan, MD, Tatelman opted for a lumpectomy. "I chose lumpectomy because I really trust the 3-D mammography," she says.

EARLY DETECTION PAYS OFF

For most women with early stage breast cancer, "a lumpectomy followed by radiation is considered to have equal survival

rates as mastectomy," Tynan says. But in Tatelman's case, the lumpectomy revealed a rare and extremely aggressive cancer called metaplastic carcinoma.

"Metaplastic carcinoma accounts for only about 15 percent, or less, of all breast cancers," Tynan says. Tests also showed that even though the cancer had been virtually undetectable, it had already spread to Tatelman's lymph nodes.

"With a very aggressive cancer like Beth's, we didn't want it to come back anywhere. So aggressive treatment was called for," Tynan says.

Tynan removed both of Tatelman's breasts, and followed that with eight weeks of chemotherapy and six weeks of radiation.

FREE TO ROAM THE WORLD

More than a year later, Tatelman is cancer-free, back on the job as a social worker, and looking forward to the trip to France with her husband the couple had to cancel when Tatelman was diagnosed.

"If I had not had the 3-D mammogram and it had not picked this up, I would not be alive now," she says.



HOW IT WORKS

The latest technology in breast screenings is tomosynthesis, or three-dimensional mammography. Rather than creating just two images of the breast, tomosynthesis uses multiple low-dose X-ray pictures to create a series of 3-D views. This can produce a clearer, more precise image, particularly in women with dense breasts, like Tatelman, Tynan says. "There is data to suggest a 40 percent higher detection rate with 3-D mammograms."



Watch a video, read a Q&A on 3-D mammography, and request an appointment for your annual screening mammogram at avistahospital.org/3dmammography. Or call 1-844-642-2273 to schedule your screening.

Beth Tatelman has a positive outlook on her future after being treated for aggressive breast cancer detected by 3-D mammography.



INSPIRATION IN WOMEN'S WELLNESS LUNCHEON

Make plans to join us for a motivational luncheon, trendsetting action-wear fashion show, and health breakout sessions with some of the region's leading women's health specialists.

When | Tuesday, Apr 18, 10:30 a.m.-2 p.m.

Location | Westin Westminster

Cost | \$55

Registration | 303-715-7627 or inspirationwomenswellness.org

PorterCare Adventist Health System

Avista Adventist Hospital



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SPRING

2017
CALENDAR



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, Apr 24-Jun 12, 10 a.m.-Noon

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 303-925-4093

N'BALANCE

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

When | Thursdays, Apr 27-Jun 8, 11 a.m.-Noon

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093

AND

When | Tuesdays, Apr 25-Jun 6, 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, Apr 27-Jun 8, Noon-12:50 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093

AND

When | Tuesdays, Apr 25-Jun 6, 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, Apr 27-Jun 8, 10-10:50 a.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093

MAKING YOUR HEALTH CARE WISHES KNOWN

Join us for a discussion of what you need to know about planning for medical crises and end-of-life decisions. The class will include education and forms for completing advance directives.

When | Tuesday, May 2, 1-2 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 720-321-1769

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid (YMHFA) is designed to teach you how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

When | Saturday, Jun 3, 8 a.m.-5:30 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 720-321-1769