

HealthLINK

YOUR CONNECTION TO HEALTH & WELLNESS

INSIDE: Valley Health grows to bring quality care to more patients. / Vital screenings for newborns. / E-cigarettes and your health. / 2019 Community Benefit Report.



A FRESH START

AFTER BARIATRIC SURGERY AT VALLEY HEALTH,
JAMES BANKS SHARES COOKING CLASSES—
AND A BRIGHT FUTURE—WITH WIFE TAWNEY

 **ValleyHealth**
Healthier, together.

WINTER 2020

WELCOME

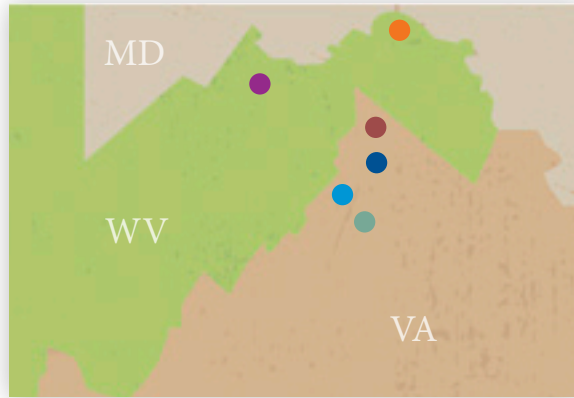
TODAY AND TOMORROW

“The future starts today, not tomorrow.” At Valley Health, we embrace this philosophy in the ways we serve our patients and our community. We encourage patients, friends and family to make healthy lifestyle choices today, so they have better health tomorrow. And today’s medical and infrastructure investments mean we can better serve our growing community in the coming years.

In this issue, you’ll find a summary of the Valley Health 2019 Community Benefit Report, which highlights how today’s collaborations with local partners advance “Healthier Tomorrows” for many. And you’ll read how today’s newborn health screenings allow our expert clinicians to diagnose developmental conditions, ensuring bright futures for infants through early intervention and treatment.

As the new decade dawns, know we are committed as a trusted partner in your care—today and tomorrow.

Want to ensure home delivery of every issue of HealthLINK? Call 540-536-5325 or sign up at valleyhealthlink.com/News.



Valley Health is a not-for-profit system of hospitals, services and providers. For more information about the many ways we serve the health and wellness needs of the community, visit valleyhealthlink.com.

Valley Health System includes:

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

Additional locations and facilities:

- Outreach Lab Services
- Quick Care
- Rehabilitation Services (Inpatient and Outpatient)
- Urgent Care
- Valley Health Home Health | West Virginia
- Valley Health Surgery Center
- Valley Medical Transport
- Valley Pharmacy
- Valley Physician Enterprise
- Wellness & Fitness Centers

→ For more information, visit valleyhealthlink.com/locations.



Valley Health System

Serving Our Community by Improving Health

HealthLINK

The magazine of Valley Health System
Serving the northern Shenandoah Valley and surrounding areas in Virginia, West Virginia and Maryland

Valley Health Board Leadership

- Joseph F. Silek Jr., Chair, Board of Trustees
- Brad Close, Chair, West Region Hospitals (WV) Board of Trustees

Executive Management

- Mark H. Merrill, President and CEO
- James Burton, SVP and Chief Information Officer
- Peter Gallagher, SVP and Chief Financial Officer
- Grady W. (Skip) Philips III, SVP, Valley Health and President, Winchester Medical Center
- Chris Rucker, VP, Strategic Services and President, Valley Regional Enterprises
- Iyad Sabbagh, MD, SVP, Chief Physician Executive and President, Valley Physician Enterprise
- Elizabeth Savage, SVP/CHRO and VP, Community Health and Wellness

Hospital/Entity Management

- N. Travis Clark, President, Page Memorial Hospital and Shenandoah Memorial Hospital
- Floyd Heater, VP, Valley Health Southern Region and President, Warren Memorial Hospital
- Tom Kluge, President, Hampshire Memorial Hospital and War Memorial Hospital

The information contained in *HealthLINK* is not a substitute for professional medical care or counsel. If you have medical concerns, consult a medical professional. A list of physicians, specialists and other care providers is found at valleyhealthlink.com/physicians.

HealthLINK magazine is published three times a year. Its purpose is to provide health and wellness information to the community and to connect area residents with health-care experts within Valley Health System.

Contact marketingmail@valleyhealthlink.com or 540-536-5325 to be added to our mailing list; view *HealthLINK* online at valleyhealthlink.com/news.

Executive Editor: Kathleen Devlin Culver

Medical Editors: Jeffrey Feit, MD, Medical Group Chief Medical Officer, Valley Physician Enterprise; Nicolas C. Restrepo, MD, VP, Medical Affairs, Winchester Medical Center

Health and Wellness Writers: Sari Harrar, Deborah Kirk

Photography: Scott Mason, Nick Matheson, Ginger Perry
Published by: Diablo Custom Publishing

VALLEY HEALTH PHYSICIANS IN THE NEWS

HAMPSHIRE MEMORIAL HOSPITAL PHYSICIANS PARTNER WITH HOMETOWN NEWS OUTLET TO INFORM COMMUNITY

Two physicians at Valley Health Hampshire Memorial Hospital Multispecialty Clinic have forged a relationship with the *Hampshire Review* in an effort to keep the community informed and healthy.

Internist Patrick Turnes, MD, recently earned second place for “Lifestyle Column” in a large weekly from the West Virginia Press Association for his regular “Healthy Hampshire” column. His colleague, family medicine physician Andrew Wilcox, MD, a Romney native, pairs up with local radio personality Charlie Streisel, aka Cosmic Charley, to produce “Med Talk,” a podcast on assorted health and medicine topics. “We’re delighted to have local experts like Drs. Turnes and Wilcox share their knowledge with our readers and listeners,” says the *Review*’s senior editor, Jim King.



Hampshire physicians Andrew Wilcox, MD, and Patrick Turnes, MD.



Kenneth T. Larsen Jr., MD, FACEP

PAGE MEMORIAL HOSPITAL EMERGENCY PHYSICIAN HONORED FOR LONGEST TENURE IN SPECIALTY IN U.S.

The American College of Emergency Physicians (ACEP) recently recognized Page Memorial Hospital’s Kenneth T. Larsen Jr., MD, FACEP, for practicing emergency medicine (EM) longer than any other board-certified EM physician in the U.S. Dr. Larsen was one of 280 physicians to be board certified in emergency medicine when the specialty was established in the 1970s. He served as the second chair of ACEP, and has been practicing emergency medicine for 46 years.

“The practice of emergency medicine, particularly at a small rural hospital, requires a unique skill set and a special passion,” notes Page Memorial Hospital President N. Travis Clark. “We are proud of Dr. Larsen’s national recognition and feel very fortunate to have his seasoned expertise on our PMH team, helping us remain ready to respond to all levels of trauma and acute illness, 24/7.”



A LARGER HOME FOR HEART & VASCULAR CARE

Opening in March, the Heart & Vascular Center building expansion at Winchester Medical Center will improve capacity for specialty services for the prevention, early diagnosis and treatment of cardiovascular disease. The new 66,000 square-foot, four-story expansion of the Heart & Vascular Center will unite specialists and services under one roof, and offer cardiac and pulmonary rehabilitation and convenient access to the medical offices of Winchester Cardiology and Vascular Medicine | Valley Health, Valley Health Cardiothoracic Surgeons, and Valley Health Vascular Surgeons. Visit valleyhealthlink.com/heart for more information.

VALLEY HEALTH WEBSITE: BETTER THAN EVER



The Valley Health website has a new look—and new functionality that makes it easier to navigate and more user friendly.

Valleyhealthlink.com now features:

- Updated “Find a Doctor” system to find specialists and primary care providers
- Care options and services searchable by location
- Improved events calendar
- Health-focused videos, articles and news
- Mobile responsiveness for on-the-go access
- Other useful tools to help you and your family get the care you need, when and where you need it!

HOT TOPIC



VAPING: LUNGS AT RISK

What you need to know about e-cigarettes and your health

If you're among the millions of U.S. teens and adults who smoke electronic cigarettes, it's time to consider switching off your vape pen and kicking the habit. "Vaping and e-cigarettes are relatively new," explains pulmonologist Jeffrey S. Lessar, MD, of Valley Health Pulmonary and Internal Medicine. "They aren't regulated the way cigarettes are. Prior data suggested they might be safer than cigarettes, but we're learning more about the risks."

WHAT YOU NEED TO KNOW:

E-cigarettes can threaten your health. The aerosol from a vape pen sends nicotine, heavy metals, cancer-causing chemicals, and lung-harming substances deep into your lungs. In recent studies, e-cigarettes doubled the risk for heart attacks and affected cancer-related genes in human mouth tissue. While last fall's headline-grabbing lung illnesses and deaths from vaping seemed related to marijuana products, the cause was still unknown in late 2019. As a result, the U.S. Food and Drug Administration, the Cen-

ters for Disease Control and Prevention (CDC), the American Medical Association, and the American Lung Association recommended avoiding all vaping products.

Young vapers face extra risks. For teens and young adults, nicotine from e-cigarettes can harm parts of the brain involved with learning, memory and mood, according to the CDC. Young vapers are more likely to end up smoking regular cigarettes, too. And the sweet, fruity, minty flavors that two-thirds of middle school and high school vapers use contain chemicals like diacetyl that cause serious lung diseases. "Parents can make a difference by having a serious conversation about vaping with their children," Dr. Lessar suggests. If you're among the wave of younger vapers trying to quit, ask your parents or doctor for help.

E-cigarettes won't help you quit smoking. They have been touted as a great way to kick smoking, but "recent data shows people have as hard a time quitting e-cigarettes as regular cigarettes," Dr. Lessar says. "They're just as addictive. If you're trying to quit smoking, have a plan, get social support, and consider using an FDA-approved quitting method such as nicotine replacement products or the medications Chantix™ [varenicline tartrate] or Zyban™ [bupropion hydrochloride]," which can double your odds for success.

WANT TO KICK THE NICOTINE HABIT?

Adults can attend Freedom from Smoking classes offered at Valley Health. Visit valleyhealthlink.com/quitnow.

N-O-T: Not On Tobacco is a smoking and vaping cessation program offered for teens by the American Lung Association. Visit lung.org for more information.

MILESTONES IN ROBOTIC SURGERY

→ VALLEY HEALTH'S ROBOT-ASSISTED PROCEDURES ENABLE PATIENTS TO RECOVER FASTER, CLOSE TO HOME. HERE ARE A FEW KEY FACTS ABOUT OUR INNOVATIVE PROGRAM.



ROBOTIC SURGERY IS NOW PERFORMED AT VALLEY HEALTH IN

6 SPECIALTIES:

SURGICAL ONCOLOGY, THORACIC, GENERAL (GALL BLADDER, HERNIA, ETC.), BARIATRIC, UROGYNECOLOGY, UROLOGY

EIGHT BENEFITS OF MINIMALLY INVASIVE ROBOTIC SURGERY

- Less pain
- Smaller incision
- Less bleeding, tissue damage and scarring
- Shorter hospital stays
- Fewer complications
- Lower incidence of infection
- Reduced use of narcotic pain medication
- Quicker recovery

9 NUMBER OF VALLEY HEALTH SURGEONS WHO PERFORM ROBOTIC SURGERIES
(The robotic surgery team includes 50+ support staff, including nurses and certified surgical techs.)

1,000+
NUMBER OF ROBOTIC SURGERIES PERFORMED SINCE LAUNCH OF THE PROGRAM IN FALL 2016

“Our robotic program puts Winchester on the map with advanced techniques that are mostly available only in urban areas, bringing care close to home and preventing patients from traveling out of their comfort zone, far from family.” —THORACIC SURGEON SHALINI REDDY, MD, WHO PERFORMED WINCHESTER MEDICAL CENTER'S 1,000TH ROBOTIC SURGERY

→ Visit valleyhealthlink.com/robotics for more information on robotic surgical options at Valley Health.

EMERGENCY AND MEDICAL TRANSPORT

Valley Medical Transport provides expert care on the road

Some patients need ambulance service for emergency transport from the scene of an accident so lifesaving care can begin quickly while en route to the hospital. Others, often in a fragile state of health, need medical transport between hospitals or other medical facilities. Whether a patient is going across town to the Emergency Department or to another state, Valley Medical Transport (VMT) meets the medical transportation care needs of thousands each year.

VMT ambulances are staffed with highly skilled care providers and equipped with the latest technology and medical supplies to ensure life-saving—or life-sustaining—care for patients. Here, Brandon Truman, director, mobile integrated healthcare at Valley Medical Transport, explains how the company consistently serves the community with first-rate care, and what makes VMT care different from that provided by other emergency medical services providers.



VMT professionals
paramedic David Kushnir
and EMT Jennifer Horne.

Q: WHAT EQUIPMENT ASSISTS VMT STAFF IN PROVIDING GREAT CARE FOR PATIENTS DURING TRANSPORT?

A: All ambulances are equipped with the essentials you'd expect in a state-of-the-art emergency transport vehicle, such as basic and advanced life support technology that includes heart monitors, transport ventilators, and a full array of lifesaving medications. There are 30 ambulances and five wheelchair vans in VMT's fleet. Valley Health invests in the highest-quality vehicles in production for our patients' safety.

Q: HOW ARE THE VEHICLES STAFFED?

A: We employ 150 certified clinicians, many of whom are paramedics. Paramedics can provide critical care-level service that differentiates them from other vehicle-based care providers. Patients and their families have peace of mind knowing VMT's highly credentialed paramedics provide "bedside-to-bedside care" when our team is called upon to transport acutely ill patients between hospitals, nursing homes, assisted living facilities, doctors' offices, and other locales.

Highly trained EMTs, who provide basic life support and vital signs monitoring, transportation specialists and dispatchers round out the team. Patients are served with skill and compassion and receive individualized care from Valley Health's professionals.

Q: WHERE DOES VMT PROVIDE SERVICE?

A: We serve patients throughout 17 counties, primarily in Virginia, West Virginia and Maryland, and have served the region for over 30 years. There are locations throughout the area—which means we can reach patients quickly in the event of an emergency. We safely drive 1.5 million miles and care for more than 17,500 patients every year.

→ For more information, visit valleyhealthlink.com/ambulance or call 800-776-4067.

After his successful bariatric surgery, James Banks and his wife, Tawney, are focusing on eating healthfully.



TIME FOR

A CHANGE

→ PATIENT JAMES BANKS HAS A NEW LEASE ON LIFE AFTER ROBOT-ASSISTED GASTRIC BYPASS SURGERY AT VALLEY HEALTH

On a February evening in 2018, James Banks watched his heart “beat through my chest.” His heart rate skyrocketed to a life-threatening 210 beats per minute (normal is 60 to 100) as his Apple Watch flashed warnings to call 911. He collapsed in the emergency room, where doctors worked to save his life with medication and electrical cardioversion to shock his heart into a more normal pace.

Banks was just 28 years old. “My life was great,” he says. “I had just married the beautiful woman of my dreams. We’d bought our own home. We were planning to start a family.” But at 380 pounds, his weight had triggered his wildly abnormal heartbeats as well as severe acid reflux. “It was time to fight for my life,” he says. Another weight loss diet wasn’t the answer. “I’d tried everything—salads, shakes, keto, herbal supplements. Nothing worked,” he says.

What did work was robot-assisted gastric bypass surgery, performed in April 2019 by board-certified, fellowship-trained metabolic and bariatric surgeon Rodolfo J. Oviedo, MD, FACS, FASMBS, of the Valley Health Metabolic & Bariatric Program. The result: Banks lost more than 170 pounds, has gotten off his medications and dropped from size 54 to size 35 pants.

His health and his future look bright, according to Dr. Oviedo. “James’ body mass index [BMI], which is calculated based on height and weight, is now 26—normal and healthy for a young, tall, muscular man,” Dr. Oviedo says. “Before the program, his BMI was over 47, in the range of health-threatening morbid obesity. I’m so proud of James. And I’m so excited for him and his family.”

Banks and his wife, Tawney, are expecting twins. “I want to be there for them, to play with them and take care of them and provide for them,” he says. “Now I can. I don’t have to worry about my weight or my health. I can focus on being a father and a husband.”

PATIENT BENEFITS OF METABOLIC AND BARIATRIC SURGERY

Surgery is no quick fix. Procedures such as Roux-en-Y gastric bypass, sleeve gastrectomy and the duodenal switch reduce the size of your stomach and/or small intestine and may also reroute parts of both. That can help you achieve better health as well as weight loss by changing the way your body absorbs and digests food.

METABOLIC AND BARIATRIC SURGERY

“The surgery helps you stick with healthy changes,” Banks explains. “You still have to do the work by eating healthy and exercising.”

“It’s a powerful tool,” Dr. Oviedo explains. “Metabolic and bariatric surgery can help control or even eliminate health problems like diabetes, high blood pressure, high cholesterol, reflux, and sleep apnea. You may be able to stop taking medication or reduce your dose. But it’s not just weight loss that causes the health benefits. Changing the architecture of the digestive system changes the release of enzymes and hormones that help control blood sugar, cholesterol and blood pressure. For reflux, changing the shape of the digestive system makes it almost impossible for acids to backwash anymore.”

People feel better, have more energy and can live the life they want. “To me, those quality-of-life benefits are even more important than the numbers on the scale. The weight loss is a bonus,” he says.

As Banks discovered, that bonus can be significant. Studies show that after surgery, people who follow recommended eating and exercise guidelines can lose 50% to 80% of their excess weight. Ninety percent keep at least 50% of their lost pounds off for the long term, according to the American Society for Metabolic and Bariatric Surgery.

WORLD-CLASS OPTIONS

The Valley Health Metabolic & Bariatric Program is the region’s only comprehensive medical and surgical weight loss program, offering a wide range of advanced, state-of-the-art options. This means you and your doctor can choose the procedure that’s best for you. They include:

- **Robot-assisted metabolic and bariatric surgery:** Using the latest-generation surgical robot, the da Vinci® Xi™ Surgical System, metabolic and bariatric surgeons at Valley Health can perform gastric bypass, sleeve gastrectomy, duodenal switch, and bariatric revision surgeries with “less blood loss, fewer and smaller incisions, shorter recovery times, and better patient safety thanks to better control for the surgeons,” Dr. Oviedo says. “We have four mechanical arms to use in surgery, instead of just our two hands. And we have a three-dimensional, magnified view of the surgical

Metabolic and bariatric surgeon Rodolfo J. Oviedo, MD, consults with patient James Banks.



“Before, during and after your procedure, we have specialists on staff to guide you through the medical, surgical, dietary, emotional, educational, and financial aspects of your care.”

—METABOLIC AND BARIATRIC SURGEON RODOLFO J. OVIEDO,
MD, FACS, FASMBS

area.” Robot-assisted bariatric surgery is becoming the norm. In November 2018, Valley Health was the first in the region to complete a robotic metabolic and bariatric procedure. “Using the surgical robot offers additional precision, speed and optimal healing, and anyone who is a good candidate for minimally invasive surgery is also a good candidate for robot-assisted surgery.”

- **Minimally invasive laparoscopic metabolic and bariatric surgery:** At Valley Health, 99% of bariatric procedures are performed using minimally invasive techniques. This means small incisions, shorter recovery times and less pain than open procedures, Dr. Oviedo notes.
- **Metabolic and bariatric revision surgery:** About 1 in 7 procedures performed in the U.S. is a revision—repairing a previous surgery to fix problems and improve weight loss. Valley Health has become a recognized destination in the region for revisions, with people from a wide area of the mid-Atlantic traveling here for help. “This is a service we provide to the community,” Dr. Oviedo explains. “We have a special revision surgery board of physicians, nurses, dietitians, and managers who meet to review every case before a procedure. It’s a high standard of care.”
- **Endoscopic metabolic and bariatric procedures planned for 2020:** The next frontier of weight management surgery, noninvasive endoscopic procedures allow surgeons to work inside the digestive system without making incisions in the exterior of the body. “Only the most advanced medical centers in the U.S. offer endoscopic procedures and we expect to join them in 2020,” Dr. Oviedo says. “Options may include endoscopic sleeve gastropasty to reduce the size of the stomach, as well as a temporary intragastric balloon that stays in the stomach for six months, retraining a person’s brain and digestive system to feel satisfied with smaller portions.” Endoscopic surgery may be an option for people who don’t qualify for other types of bariatric surgery or for those who need repairs, he adds.
- **Significant research:** Dr. Oviedo is currently conducting a study at Valley Health that compares the outcomes of procedures involving stapled versus

robotically hand-sewn connections between the stomach and bowel. “It’s the only study of its kind in the world,” he says.

CARING, COMPASSIONATE, COMPREHENSIVE

Valley Health’s program is distinctive because of its focus on all aspects of each person’s journey, Dr. Oviedo adds. “You’d have to travel a long distance to find the level of comprehensive care and the dedicated, passionate team of doctors, dietitians, nurse practitioners, and affiliated counselors we have,” he says. “Bariatric surgery is an important decision and a process we take seriously. Before, during and after your procedure, we have specialists on staff to guide you through the medical, surgical, dietary, emotional, educational, and financial aspects of your care.”

Banks agrees. “I fell in love with the program the first time I met the people there,” he says. “They’ve helped me every step of the way—from my information sessions to preparing for bypass surgery to recovery and weight loss. I call every time I have a question and they help me out. They know me and care about me, like family. They’re there for me.”

IS METABOLIC AND BARIATRIC SURGERY RIGHT FOR YOU?

Procedures are usually recommended for adults age 18 and older who meet the following criteria:

- Patients with Type 2 diabetes, uncontrolled with medication, with a body mass index (BMI) of 30 or more and HgA1c greater than 7
- Patients who have a BMI of 35 to 39.9 and have one or more weight-related health conditions such as diabetes, heart disease, high blood pressure, sleep apnea, or gastroesophageal reflux
- All patients with BMI of 40 or more

→ For more information, visit valleyhealthlink.com/bariatrics.

SPOTLIGHT



“Topping out” at the new Warren Memorial Hospital in Front Royal.

GROWING TO SERVE PATIENTS

Two new projects reflect Valley Health’s commitment to expanding its quality care—through beams, beds and more

With double-digit population growth expected in our region in the coming years, Valley Health is taking steps today to make sure local patients—and those who care for them—are well-served in the future. Events in Front Royal and Winchester, Virginia, highlight Valley Health’s expansion projects where beams and beds were recently on display.

EXPANDED 56-BED UNIT IN WMC’S NORTH TOWER OFFERS SPECIALIZED CARE

Last fall, two 28-bed units on the fourth floor of Winchester Medical Center’s (WMC) North Tower opened to serve the needs of orthopedic, neurologic and neurosurgery patients and their families. These patients are often recovering from traumatic injury, stroke, joint replacement surgery,

spine surgery, or brain surgery, or are being monitored for epilepsy or other seizure disorders. This new state-of-the-art space, designed around the unique needs of these patients, provides spacious patient rooms and adjacent open-concept work areas to facilitate patient-care-giver communication and clinical collaboration. These units also feature upgraded telemetry, a physical therapy gym (to advance progressive return to independence for patients) and enhanced video EEG (brain monitoring) capabilities in the Neurosciences unit.

“The opening of these contemporary specialty units represents the next stage in the evolution of advanced neurological and orthopedic care for our growing region,” notes Grady W. (Skip) Philips III, WMC president and Valley Health senior vice president. “Our physicians, nursing staff and therapists value the opportunity to work in spaces that better integrate all resources for each patient’s healing and rehabilitation. And I think our patients appreciate it, too.”

NEW WARREN MEMORIAL HOSPITAL “TOPPING OUT” CELEBRATION

Valley Health leaders, caregivers, staff, and community members gathered to celebrate a milestone in the construction of the new hospital and adjacent medical building: “topping out” the steel scaffolding of the new Warren Memorial Hospital (WMH). Those in attendance signed the metal beam before it was lifted by crane and secured above the future entrance portal.

“Being here and watching this building going up ... it’s overwhelming,” remarked Robert Meltvedt, MD, vice president of medical affairs at WMH. Dr. Meltvedt went on to say that replacing the aging hospital will be a real “game changer,” since the new state-of-the-art facility will attract the next generation of highly skilled physicians, nurses and other medical staff. Featuring 36 private patient rooms, 18 Emergency Department beds, three operating rooms, a cardiac catheterization lab, and an adjacent three-story building for medical offices and outpatient services, the new complex will serve a wide range of needs in the growing Warren County area.

The new site on Leach Run Parkway in Front Royal offers panoramic views of the Shenandoah Valley, and as an added bonus, a network of walking trails and park areas will surround the complex. These recreational facilities are supported with a generous gift to the Warren Memorial Hospital Foundation from a local couple who believe that the new hospital campus can serve as a regional destination for health, wellness and healing.

“With the completion of the new Warren Memorial Hospital in 2021, Valley Health will have totally replaced four of our six hospitals, and expanded and refurbished the remaining two, representing nearly a half-billion-dollar investment in our region,” added Valley Health President and CEO Mark H. Merrill at the topping-out celebration. The new building rising behind him was tangible proof of how Valley Health is growing to meet the needs of our community through investments in beams, beds—and more.



Nurse practitioner Cherah Charter consults with neurologist Paul Lyons, MD, PhD, in the Neurosciences unit located in the new North Tower expansion at WMC.

EVERY GIFT MATTERS! DISCOVER HOW YOUR CONTRIBUTION TO THE WARREN MEMORIAL HOSPITAL FOUNDATION CAN MAKE A DIFFERENCE FOR PATIENTS AND THE COMMUNITY. CONTACT NIKI WILSON, REGIONAL DIRECTOR OF DEVELOPMENT, AT 540-636-0363 OR NWILSON@VALLEYHEALTHLINK.COM TO LEARN MORE.



Donors Christine and Fred Andraee add their names to the beam.



GETTING A HEALTHY START

A BRIEF PRIMER ON NEWBORN HEALTH SCREENINGS THAT BENEFIT BABIES—AND OFFER PARENTS PEACE OF MIND.

A day or two after your baby is born at Winchester Medical Center (WMC), he or she will receive essential health screenings to evaluate for hearing loss; heart defects; and rare but serious disorders that, if unrecognized, can lead to physical and intellectual disabilities.

The tests are brief and simple—five drops of blood drawn from your newborn’s heel, a painless hearing check, a noninvasive blood oxygen test. But the results can be life-changing or even lifesaving, says Jason Robertson, MD, chair of pediatrics at WMC. “We screen for medical conditions that may not run in a family and may not be obvious right away. Babies with them often look healthy at birth,” he says. “But they can be affected very early in life. When we know a newborn is at risk, we can take the right steps immediately to keep them healthy as they grow.”

The state-mandated newborn screenings provided at WMC include checks for metabolic, genetic and hormonal conditions that can quickly lead to developmental problems, serious health issues or be life-threatening. Here’s what parents need to know:

BLOOD TESTS: A few drops of your baby’s blood are sent from WMC to a state lab for quick analysis. Thirty-one tests are performed, checking for well-known conditions such as cystic fibrosis and sickle cell anemia as well as rarer conditions such as phenylketonuria (PKU), which allows a protein component to build up to dangerous levels. In 2019, two new genetic screenings were added to the state’s list: Pompe disease, a cause of early infant heart defects and muscle weakness, and MPS-1, which can damage organs.

GOOD TO KNOW: Blood is typically drawn 24 to 48 hours after birth. Results are usually available within two weeks; you’ll be contacted right away if the tests find a potential problem. Otherwise, ask about the results at a wellness visit with your baby’s pediatrician. “Sometimes the test has to be repeated if a result is outside the normal range or if the lab sees a problem with the sample,” Dr. Robertson says. “Don’t panic, but be sure to follow your pediatrician’s advice and have a new sample drawn as quickly as possible.”

HEARING CHECK: Using a device placed gently on a baby’s head during sleep or at a quiet time, a healthcare provider tests a newborn’s hearing painlessly. “This is an important test because the early detection of hearing loss can help improve the development of the infant,” Dr. Robertson says.

GOOD TO KNOW: The test will be repeated in the hospital if a hearing problem is suspected. If needed, you will be referred to an otolaryngologist or pediatric audiologist.

CRITICAL CONGENITAL HEART DISEASE TEST: Blood oxygen levels are measured noninvasively, in one of the baby’s hands and also in one foot. If levels are lower than optimal, the test will be repeated. If needed, a baby may receive advanced heart checks such as an echocardiogram.

GOOD TO KNOW: A range of dangerous congenital heart defects can be found even before symptoms develop—and before a baby leaves the hospital.

→ For more information, visit valleyhealthlink.com/healthybaby.

ADVANCES IN HERNIA CARE

→ VALLEY HEALTH OFFERS ADVANCED SURGERY FOR THIS SURPRISINGLY COMMON CONDITION

A bulge near your groin or elsewhere on your abdomen or upper thigh. Pain and a feeling of heaviness low in your torso. For men, a swollen, painful testicle. These are warning signs of a hernia—a surprisingly common health concern that affects 1 in 4 men and 1 in 50 women over their lifetime.

At Valley Health, surgeons use advanced laparoscopic techniques as well as robotic surgery and open surgery to tailor hernia repair to each patient's needs. "Surgery is the only treatment for hernias," explains general surgeon John T. English III, MD, a physician with Valley Health General Surgery | Front Royal, who performs procedures including hernia repairs at Warren Memorial Hospital, in Front Royal, and Page Memorial Hospital in Luray, Virginia. "Repair relieves symptoms such as discomfort and bulging. It also eliminates the risk for a rare but life-threatening complication called incarceration—when a section of the intestine or stomach gets trapped and blood supply is cut off."

A hernia is a hole in your abdominal wall or diaphragm that allows tissue from inside your body to bulge out, Dr. English says. "A hole develops at weakened areas of the abdominal wall, which we think can



be attributed to a variety of reasons, including genetics and 'wear and tear,'" he says. "Smoking, health conditions like diabetes and carrying extra pounds may increase your risk."

Most are inguinal hernias, a weak spot near the groin. But a hernia can also occur at your navel; on the upper thigh; and along an incision from a past abdominal surgery such as for appendicitis, gallstones, colon cancer, or a cesarean section. "The abdominal wall is weakened by surgery, so incisions there can increase the odds for a hernia," Dr. English says.

Hernia repair involves gently returning bulging tissue to the interior of your abdomen, then closing the hole. Often, it's a minimally invasive laparoscopic procedure performed through small incisions using a lighted camera and specialized instruments. The surgeon typically uses special mesh to help close the hole and strengthen the area.

For some patients, open surgery or robotic surgery may be a better option. Surgeons at Winchester Medical Center are using robot-assisted surgery to repair hernias. As you discuss the pros and cons of each option with your surgeon, it's also wise to discuss the risks and benefits of mesh repairs, Dr. English suggests.

Meanwhile, talk to your primary care doctor if you think you may have a hernia. He or she can evaluate it and make recommendations about watching it or referring you to a surgeon for treatment. If you have a hernia and experience severe pain; a bulge that turns red, purple or dark; nausea and/or vomiting; fever; or the inability to have a bowel movement or pass gas, seek emergency care right away.

→ *When it's time for treatment, advanced hernia repair at a Valley Health hospital is convenient and close to home. To learn more, visit valleyhealthlink.com/hernia.*



2019 COMMUNITY
BENEFIT REPORT

Healthier Tomorrows

CREATING HEALTHIER TOMORROWS for those in our region is achieved through the hard work, innovation and collaboration of many local organizations. Valley Health’s investment in the community and in partner organizations includes free educational programs, support groups and screenings; internships, camps and career fairs; grants, sponsorships and other in-kind support; and charity care, discounted services and financial counseling. Our mission is “Serving Our Community by Improving Health,” and this is accomplished one program—and one life—at a time. As with most efforts, we can multiply our impact through collaboration, so we thank our community partners for supporting our efforts to create healthier tomorrows for people in our region—because it is through partnerships and mutual support that we are building a future where we are “Healthier, together.”

\$742 million+

COMPREHENSIVE COMMUNITY
CONTRIBUTION DOLLARS OVER
THE PAST FIVE YEARS (2014-2018)

\$170 million+

COMPREHENSIVE COMMUNITY
CONTRIBUTION DOLLARS IN 2018

**VALLEY HEALTH COMMUNITY
SUPPORT BY CATEGORY (IN MILLIONS)
JANUARY 1–DECEMBER 31, 2018**

A. CHARITY & UNREIMBURSED CARE	
Charity Care at Cost	\$19.2
Unreimbursed Cost of Medicaid	\$25.4
SUBTOTAL A: Charity & Unreimbursed Care	\$44.6
B. PROGRAMMATIC & COMMUNITY BENEFIT	
Community Health Improvement & Benefit	\$1.8
Health Professions Education	\$22.1
Subsidized Health Services / Research / Cash & In-Kind Support	\$3.9
SUBTOTAL B: Programmatic & Community Benefit	\$27.8
Total Community Benefit (Subtotals A & B)	\$72.4
C. OTHER FINANCIAL MEASURES	
Medicare Shortfall	\$17.6
Bad Debt Expense	\$80.2
SUBTOTAL C: Other Financial Measures	\$97.8
Comprehensive Community Contribution (Subtotals A, B & C)	\$170.2



Creating opportunities for youth. Increasing access to care. Promoting lifelong learning. Helping the whole person. These are a few of the ways the Valley Health team collaborates with regional partners to serve area residents. Follow us on Facebook or visit Valley Health’s blog (valleyhealthlink.com/news) to read about our investments in your community.

OUR PARTNERS / VALLEY HEALTH PROVIDES GRANTS AND OTHER IN-KIND SUPPORT TO NONPROFIT ORGANIZATIONS, LARGE AND SMALL, THAT ADDRESS THE HEALTH, WELLNESS AND WELFARE NEEDS OF AREA RESIDENTS. SOME OF THESE ORGANIZATIONS ARE LISTED BELOW. WE THANK OUR PARTNERS FOR THEIR COLLABORATION!

AIDS Response Effort (ARE) / American Cancer Society Relay for Life / Child Safe Center - CAC / Concern Hotline / Edgehill Recovery Center / Faith Community Nursing Network / Faith in Action / Good Samaritan Free Clinic / Hampshire County Health Department / Healthy Families of NSV and Warren County / The Laurel Center / March of Dimes / National Alliance on Mental Illness - NSV / Northern Shenandoah Valley Substance Abuse Coalition / Our Health, Inc. / Page Alliance for Community Action / Page Free Medical Clinic / Rapp U, Inc. / Shenandoah Community Health Clinic / Shenandoah University / Sinclair Health Clinic (formerly the Free Medical Clinic, NSV) / St. Luke Community Clinic / United Way / Warren County (VA) Transportation Project / and others!

Find Your Best Care Option with Valley Health



Primary Care

With over 30 Valley Health Family and Internal Medicine offices in the region, it is easy to build a relationship with a compassionate, expert health care provider. To find the practice that is right for you, visit valleyhealthlink.com/primarycare.



Valley Health Urgent Care

Convenient, walk-in care for when you need urgent, but non-emergent medical care. Open seven days a week. To find a location or to check-in online, visit vhurgentcare.com.



ValleyHealth
Healthier, together.

PATIENT NOTICE OF NONDISCRIMINATION

Valley Health complies with applicable federal and state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Valley Health does not exclude patients or treat them differently because of race, color, national origin, age, disability, or sex.

VALLEY HEALTH PROVIDES PATIENTS, FOR FREE AND WITHOUT CHARGE:

- Auxiliary aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Language assistance services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, tell your caregiver and they will help arrange for assistance. You may also contact Katy Pitcock, language access coordinator, at 540-323-0228.

If you believe that Valley Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance through the VHS Patient Grievance Process. You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, VHS will provide language assistance and auxiliary aids to help you. To file a grievance, inform your caregiver that you want to speak to a member of Risk Management.

Grievances and questions about this Notice may also be directed to the Valley Health Civil Rights Coordinator at:

VALLEY HEALTH COMPLIANCE DEPARTMENT

220 Campus Blvd., Suite 420
Winchester, VA 22601
540-536-8993 Direct
540-536-8019 Fax
wsowers@valleyhealthlink.com

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically

through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

CONTACT FOR LANGUAGE ASSISTANCE

ATTENTION: If you require language assistance, language assistance services, free of charge, are available to you. Call 540-323-0228.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 540-323-0228.

For assistance with other languages, please visit valleyhealthlink.com/non-discrimination.



HEALTH & WELLNESS FAIRS

Screenings, education—and fun for all ages—are offered at our health and wellness events:

Valley Health Community Wellness Festival

Saturday, February 29
10 AM–4 PM
Apple Blossom Mall
Winchester, VA

Hampshire County Health Fair

Saturday, April 11
7–11 AM
Hope Christian Church
Augusta, WV

Warren Memorial Hospital Community Safety & Wellness Expo

Saturday, April 18
8 AM–noon
Warren County High School
Front Royal, VA

SUPPORT GROUPS

IN FRONT ROYAL, VA:

At Warren Memorial Hospital Outpatient Center:
Lyme/Tick Disease Support Group
First Thursdays, 5:30–7 PM
Parkinson's Disease Group
Fourth Mondays, 4:30–6 PM
540-635-0730

At Warren Memorial Hospital Conference Room:

Stroke Support Group
First Mondays, 4:30–6 PM

IN WINCHESTER, VA:

At Chronic Disease Resource Center, 333 West Cork St:
COPD (Chronic Obstructive Pulmonary Disease) Support Group
Fourth Tuesdays
11 AM–noon

At Valley Health Cancer Center, WMC Campus:
Cancer Patients (all types, all ages)
Fourth Mondays, 3 PM

At Valley Health Wellness & Fitness, WMC Campus:
MS Support Group
First Fridays
5:30–8:30 PM
Call 540-327-3967 for more information.

Stroke Support Group
Fourth Tuesdays
4:30–6 PM

At WellSpring, 525 Amherst St.:
Serving Survivors Monthly Luncheon (for women cancer survivors)
First Wednesdays, noon

MENTAL HEALTH FIRST AID TRAINING FOR 2020

You may know CPR and the Heimlich maneuver, but can you administer first aid in a mental health crisis? Mental Health First Aid training provides resources so you can understand and respond to those experiencing depression, anxiety, schizophrenia, substance abuse, and more. Free to the public, each training is offered during two four-hour sessions:

- Holiday Inn, Woodstock, VA: April 15 and 22
 - Page Memorial Hospital, Luray, VA: June 10 and 17
 - Warren Memorial Hospital, Front Royal, VA: September 16 and 23
- To register, call 540-459-1220.

More Than Beauty (for patients with cancer and other chronic diseases)
Third Fridays, 11 AM–1 PM
Ripples (for women with cancer)
Third Saturdays
10 AM–noon

At Winchester Medical Center Conference Center:
Medical Bariatric Care
First Wednesdays
6–7 PM
Surgical Bariatric Care
Third Thursdays, 6–7 PM
Call 540-536-0011 for more information.

At Winchester Medical Center Women and Children's Classroom:
New Moms/Postpartum Group
First and fourth Tuesdays
10:30 AM–noon

OTHER:

Diabetes Education and Support Groups
Held at multiple locations across the region. Visit valleyhealthlink.com/diabetes-management for a full listing.
Epilepsy Support Group
Call 540-908-3400 for more information.

VALLEY HEALTH AND ITS PHYSICIAN PARTNERS OFFER A RANGE OF INFORMATIONAL EVENTS, PARENTING CLASSES, SUPPORT GROUPS, SCREENINGS, AND OTHER HEALTH AND WELLNESS ACTIVITIES EVERY MONTH. VISIT OUR ONLINE EVENTS CALENDAR AT VALLEYHEALTHLINK.COM/EVENTS FOR A COMPLETE LISTING.



Healthier, together.

Valley Health System
P.O. Box 3340
Winchester, VA 22604

Non-Profit
U.S. Postage
PAID
Permit No. 333
Winchester, VA

Follow us:



What Are We Building?

A Special Place for Heart & Vascular Care!

Our new four-story Heart & Vascular Center building expansion at Winchester Medical Center will connect directly with the Heart & Vascular Center and unite specialists and services for the prevention, early diagnosis and treatment of cardiovascular disease under one roof.

OPENING IN MARCH 2020

