

HealthLINK

YOUR CONNECTION TO HEALTH & WELLNESS

INSIDE: The many benefits of Physical Medicine and Rehabilitation. / All about kids and food allergies. / Safe workouts at any age.



BACK IN THE DRIVER'S SEAT

PATIENTS LIKE ROBERT MOWERY ARE ON THE ROAD TO RECOVERY FASTER, THANKS TO NEW INNOVATIONS IN VASCULAR SURGERY

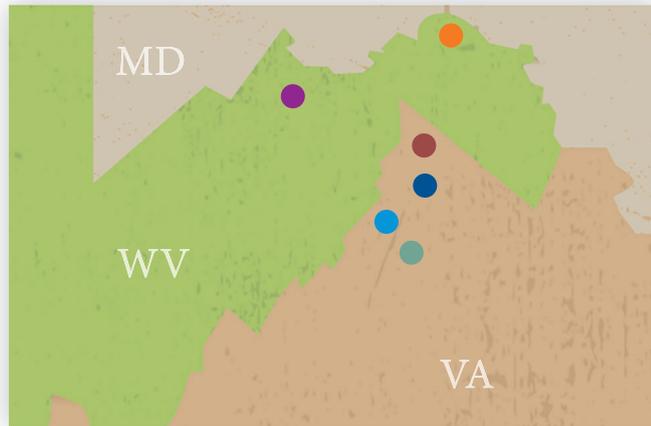
WELCOME

ACROSS THE YEARS

Whether with a newborn patient taking her first breath or with patients in their final hours, the Valley Health team is ready to offer expertise, comfort and care. In fact, our staff is dedicated to improving the health and wellness of its youngest patients, those who are young at heart and everyone in between!

Speaking of young at heart, this issue of *HealthLINK* features an article about an 83-year-old patient who is back behind the wheel of his 50th-anniversary edition Corvette convertible, thanks to expert care from Valley Health's vascular surgeons. Also, readers will learn how an active warm-up can improve the quality of your workout, helping you stay healthier, longer. At Valley Health, we are driven to bring you the best health care ... across the region and across the years!

→ 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

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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.

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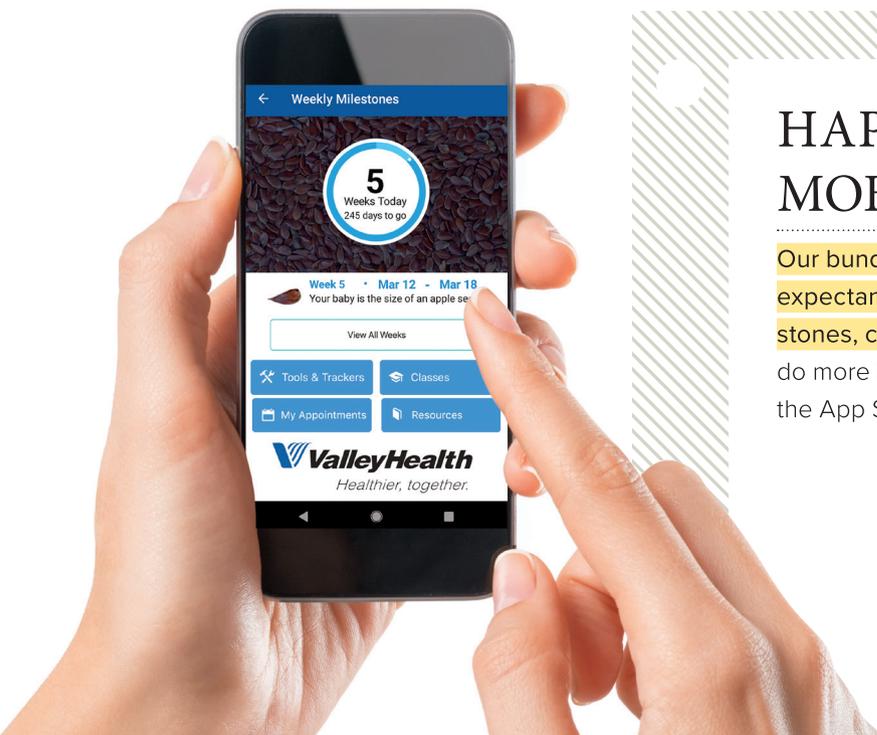
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GROWING IN OUR COMMUNITY

Earlier this year, community members and business leaders joined Valley Health staff to celebrate the ground-breaking for a 40,000-square-foot ambulatory care center to serve residents in the Eastern Panhandle of West Virginia. The new facility will house family medicine, Urgent Care, state-of-the-art medical imaging, and award-winning specialty care from Winchester Medical Center. In anticipation of the opening, specialists are already seeing patients at Valley Health Multispecialty | Martinsburg. Call 304-350-3230 for appointments or more information.



HAPPY BIRTHDAY, VHS BABIES MOBILE APP!

Our bundle of joy just turned 1, and has been a go-to resource for expectant moms and dads interested in viewing weekly pregnancy milestones, counting kicks and more. Just like your growing baby, our app will do more in the coming months! To download, search for "VHS Babies" in the App Store or on Google Play.



HEALTHIER TOGETHER

NEW HOME FOR HEALTH, REHAB AND FITNESS

Residents in Morgan County, West Virginia had two reasons to celebrate last month! Valley Health War Memorial Hospital | Internal Medicine and Valley Health Physical Rehabilitation and Fitness relocated to the new War Memorial Medical Building at 3774 Valley Avenue in Berkeley Springs. Joseph Hashem, MD, and Brenda Hashem, NP, are now seeing patients at this location. In addition, physical, occupational and speech therapy services and a fitness facility with personal training and group exercise classes, are now located here.



Joseph Hashem, MD, (center) with Jessica Lindsay, LPN, and Brenda Hashem, NP.

20 HEALTHY CHANGES BY 2020

We believe that small lifestyle changes have a big impact on health. Visit Valley Health hospitals and you'll find that healthy choices



have been introduced in the cafeterias (color-coded salad tongs and "whole grain Fridays," for example), on patient units (no sugary sodas) and at other locations. New changes

will be added throughout the year, so visit valleyhealthlink.com/20by20 to continue your journey to a healthier you in 2020!



Nicolas C. Restrepo, MD, (right) with Abraham Segres, vice president of Quality and Patient Safety, VHHA.

STATEWIDE HONORS FOR THREE VALLEY HEALTH LEADERS

Portia Brown, vice president of Page Memorial Hospital, is the newly installed president of the Virginia Rural Health Association (VRHA). A longtime healthcare advocate for those living in rural areas, she will now work even more closely with local, state and national officials to help them better understand the challenges rural healthcare providers and patients face, including limited access to services.

For the third year, VHS President and CEO Mark H. Merrill was selected as one of "50 Influential Virginians" by *Virginia Business* magazine. His role advocating for Medicaid expansion in Virginia, ensuring healthcare coverage for over 243,000 residents, was cited in the recognition.

Nicolas C. Restrepo, MD, vice president of Medical Affairs at Winchester Medical Center, received an "Imagine a Virginia" Senior Leader Quality & Patient Safety award at the Virginia Hospital and Healthcare Association's annual Patient Safety Summit. Dr. Restrepo was recognized for his leadership on patient safety initiatives and on the Northern Shenandoah Valley Substance Abuse Coalition, where his ability to help frame addiction as a treatable disease has been pivotal in helping those with substance abuse disorders.

FOR THE LATEST HEALTH AND WELLNESS NEWS, VISIT THE *HEALTHLINK* BLOG AT VALLEYHEALTHLINK.COM/NEWS.

ACTIVE AGING

How to stay strong and prevent injury during workouts

Valley Health orthopedic surgeon Erik Mitchell, DO, regularly treats “weekend warriors”—enthusiastic former athletes—who arrive in his office with sprains, strains, shin splints, and more serious injuries. He knows firsthand about the importance of routine conditioning to prevent exercise injuries, since as a former outside linebacker on the University of New Hampshire’s NCAA Division I football team, he was guided in his workouts by certified trainers, exercise physiologists and other experts. Below are answers to questions he is frequently asked.

Q: WHAT STEPS CAN I TAKE TO EXERCISE SAFELY?

A: It sounds counterintuitive, but those who exercise regularly are at a lower risk for injury. Their bodies are prepared for a workout, and they warm up properly, have proper footwear, stay hydrated, and know their limits. An active warm-up is particularly beneficial. It’s important to get your heart rate and body temperature up with dynamic stretching such as heel kicks,

lunge walks and jogging. Developing a routine that combines strength training, cardio and stretching helps you exercise without injury.

Q: WHAT IS THE IDEAL AMOUNT OF EXERCISE FOR ADULTS?

A: Adults should strive to get 150 minutes of moderate exercise or 75 minutes of vigorous exercise every week, regardless of age. This amount of physical activity decreases your risk of heart attack, stroke and diabetes; helps you sleep better; and reduces stress and anxiety. And new research indicates that moderate exercise improves your memory as you age.

Strength training is also important. Lifting weights you can comfortably control for 10 to 15 repetitions is good for both younger and older adults. Muscle mass increases your metabolic rate, and developing lean body mass is good for your overall health.

Q: IF I AM INJURED, WHAT THEN?

A: For minor injuries, take an over-the-counter anti-inflammatory and use “RICE”: rest, ice, compression (using an elastic bandage), and elevation. If you have serious pain and swelling for more than two or three days, visit your primary care provider (PCP) or a Valley Health Urgent Care. Most exercise-related injuries can be handled by a PCP, who will make a referral to an orthopedist if warranted.

→ Need orthopedic care? Visit valleyhealthlink.com/ortho for more information.

“An active warm-up is particularly beneficial. It’s important to get your heart rate and body temperature up with dynamic stretching such as heel kicks, lunge walks and jogging.”

—ERIK MITCHELL, DO



BODY MASS INDEX: BEYOND THE SCALE

→ FROM UNDERSTANDING BMI LEVELS TO THE CONSEQUENCES OF OBESITY, HERE ARE SOME QUICK FACTS

BODY MASS INDEX (BMI) IS A MEASURE OF BODY FAT FOR ADULT MEN AND WOMEN BASED ON HEIGHT AND WEIGHT.

100,000

THE NUMBER OF CANCER DIAGNOSES ATTRIBUTED TO OBESITY EACH YEAR



FOR MEN, WEIGHT LOSS CAN MEAN

- Increased testosterone
- Improved sperm count



FOR WOMEN, WEIGHT LOSS CAN MEAN

- Greater likelihood of conception
- Improved pregnancy outcomes

MORE THAN
30

DISEASES ASSOCIATED WITH OBESITY, INCLUDING TYPE 2 DIABETES, HEART AND VASCULAR DISEASE, AND SLEEP APNEA

QUALIFYING BMI LEVELS FOR METABOLIC AND BARIATRIC SURGERY

- **30.0-34.9** FOR ADULTS WITH UNCONTROLLED TYPE 2 DIABETES
- BMI **35** OR GREATER WITH TWO OR MORE RELATED HEALTH CONDITIONS
- BMI GREATER THAN **40**

→ Sources: National Cancer Institute, National Institutes of Health

Want more information on BMI or weight loss solutions? Visit valleyhealthlink.com/bariatricprogram or call 540-536-0010.

EMPOWERING PATIENTS TO ENHANCE HEALING

Surgery patients take the reins in their recovery

Surgery can be a time of uncertainty for many patients and their families. But what if surgical patients were empowered to take control of their care? What if they were given the tools to prepare for surgery in a way shown to optimize outcomes? At Winchester Medical Center (WMC), they are.

That's because WMC is committed to Enhanced Recovery After Surgery, or ERAS, a set of science-backed guidelines to help patients heal quickly. A smooth recovery depends on several factors: the expertise of the care team, the technology used, and—of key importance—the patient's participation in the process. In fact, research shows that patients who play an active role in their own recovery tend to have fewer complications and can shorten their recovery time by up to 50 percent.

The intent of ERAS is to help patients understand what to expect and to empower them to help speed their own recovery. "Our goal is to enhance recovery for every patient who's having surgery," says surgical oncologist and ERAS champion Devin Flaherty, DO, PhD.

The ERAS treatment plan combines a number of small actions on the part of patients and their care team to make a big impact on surgical outcomes and recovery times. Patients are encouraged to take steps before and after surgery. In fact, some advice might even surprise them.



ERAS RECOMMENDATIONS

BEFORE SURGERY

- Optimize nutrition prior to surgery.
- Stop smoking at least three weeks before surgery.
- Have blood sugar under control if diabetic.
- Review all medications with your physician.
- Drink a provided carbohydrate drink on the morning of surgery.

AFTER SURGERY

- Use non-narcotic pain control.
- Get out of bed and walk soon after surgery.
- Drink fluids and eat dinner the night of the surgery.
- Chew gum three times daily to keep bowels functioning.
- Get enough sleep to recover quickly.

"It's not like the old days, where you stayed in bed for a week after surgery," Dr. Flaherty says. "There's now evidence to support getting patients up and moving quicker. That helps prevent clots and back pain and also helps general mobility."

The guidelines also call for minimizing the use of narcotics for pain, which can be addictive and extend hospital stays. Instead, the healthcare team prefers to use nonopioid pain relievers. IV fluids are also minimized to restore bowel function sooner after surgery. The use of standardized practices before, during and after surgery drives consistent quality and ensures that patients receive the best evidence-based care available, with fewer complications and shorter hospital stays.

While it's easy to think of ERAS as a rigid set of rules, Dr. Flaherty explains that it's better understood as a philosophy of care that puts the patient at the center and seeks to maximize the cumulative benefit of small actions. "All of the little things, when combined, make a big difference," says Dr. Flaherty. "For every patient we treat we're always asking, how can we enhance recovery with every little thing we do?"

→ Visit valleyhealthlink.com/ERAS to learn more.



TCAR patient
Robert Mowery and his
beloved Corvette.

With a blocked carotid artery on the right side of his neck, 83-year-old Robert Mowery knew he was at high risk for a stroke—one of the disabling or even deadly “brain attacks” that strike 795,000 Americans each year. His age and medical history meant that conventional artery-opening surgery was risky, so surgeons at Valley Health’s Heart & Vascular Center turned to an innovative alternative: transcarotid artery revascularization (TCAR).

“I went into Winchester Medical Center at 5 a.m. on January 10, had the procedure, stayed overnight, and walked out at noon the next day,” says Mowery, the retired founder of Mowery Orchard Farm Market in Woodstock, Virginia. “The day after, I drove down to McDonald’s for breakfast with my old friends. I felt pretty good—and I still do.”

Two and a half years earlier, a blockage in his left carotid artery was cleared via a traditional, open surgical procedure called carotid endarterectomy (CEA). But that wasn’t an option this time because Mowery recently had radiation of his chest and neck for lung cancer. Vascular surgeon Ayorinde Akinrinlola, MD, recommended TCAR. Valley Health’s vascular surgery team has been performing this minimally invasive procedure since the spring of 2017, adding to the center’s arsenal of advanced options for individualized treatment of cardiovascular conditions.

“In the Valley and the region, we’re the only center offering TCAR,” says vascular surgeon Hannah Kim, DO. “Research shows that TCAR has the lowest perioperative stroke rate for carotid revascularization in high-risk patients.”

BEYOND MINIMALLY INVASIVE

Your carotid arteries are large vessels that carry blood to your brain. Bits or pieces of plaque from a blockage can break off and lodge in smaller arteries in the brain and are the cause of an estimated 20 to 30 percent of ischemic strokes (the most common type of stroke). “Conventional carotid artery-clearing procedures involve opening the neck and removing the plaque,” explains Dr. Akinrinlola. “In TCAR, we work through a small incision to install a stent to hold the artery open, while a neuroprotection system reverses blood flow to the brain, filters out plaque that may break off during the procedure, and sends the blood back into the body at the patient’s groin. It is performed under local anesthesia.”

The U.S. Food and Drug Administration cleared TCAR in 2015 for people deemed high risk for CEA. Under Medicare,

ICES IN

WINCHESTER MEDICAL CENTER IS THE ONLY FACILITY IN THE REGION TO OFFER TCAR, AN INNOVATIVE ALTERNATIVE TO OPEN CAROTID ARTERY SURGERY

SCULAR SURGERY

TCAR is covered for people with a significant carotid blockage who are age 75 or older or who have had a recent heart attack, congestive heart failure or other health issues that make undergoing general anesthesia or having open neck surgery risky.

Mowery fit the description. “I’ve had radiation and chemotherapy for cancer at Valley Health and couldn’t have an open procedure at my neck,” he explains. “I’m thrilled to say that because of Valley Health’s good care I survived cancer. Now this has been easy, too.”

As a minimally invasive procedure, TCAR involves a smaller incision than open surgery, and the procedure is also shorter in duration, about one hour total compared to two to three hours for CEA. “During TCAR, we reverse blood flow for just six to 14 minutes,” Dr. Akinrinlola says.

The reversal doesn’t affect overall blood delivery to the brain, the surgeons say. “We explain to patients that the brain receives blood from several major blood vessels, and we increase blood pressure slightly to ensure adequate blood flow,” Dr. Akinrinlola notes. “We also monitor carefully throughout.”

WHAT TO KNOW ABOUT CAROTID ARTERY DISEASE

Prevention: A heart-healthy diet; regular exercise; maintaining a healthy weight; not smoking; and keeping risks like high blood pressure, high cholesterol and high blood sugar under control can lower your risk for blockage in your carotid arteries.

Detection: Carotid artery disease usually has no symptoms, but warning signs include transient ischemic attacks (a “mini stroke”) and symptoms like dizziness and weakness, numbness or tingling in your arm, leg or face on one side of your body.

Treatment: Depending on severity of blockage, surgery to clear or open the blocked artery, angioplasty, medications, and/or healthy lifestyle changes may be recommended.

As a minimally invasive procedure, TCAR involves a smaller incision...[and] is also shorter in duration, about one hour total compared to two to three hours for CEA.

Most TCAR patients go home the next day, with orders to continue taking medications typically started a week or so before the procedure such as dual antiplatelet therapy to prevent clotting and a cholesterol-lowering statin drug, Dr. Kim says. “People typically take those drugs for a month afterward, then take a statin and low-dose aspirin for life,” she adds.

The Heart & Vascular Center participates in the Vascular Quality Initiative—a national program of the Society for Vascular Surgery that gathers and reviews data on every procedure, including TCAR. “With three board-certified vascular surgeons, we offer a wide range of options to our patients with the knowledge that our outcomes are excellent, performing above national benchmarks in some cases,” Dr. Akinrinlola says.

Meanwhile, Mowery says recovery has gone smoothly. “With my last carotid surgery, I had some numbness in my jaw and neck and I was sore for a while,” he says. “This time, it’s just a small scar. And I feel fine.” On a springlike day in late January, he was able to hop into his beloved red 2003 Corvette 50th anniversary edition for a drive. “In pretty weather,” he says, “that’s what I love.”

→ For more information on vascular care at Valley Health, visit valleyhealthlink.com/vascularsurgery.

SPOTLIGHT

GETTING BACK ON TRACK

Valley Health's Physical Medicine and Rehabilitation team helps patients regain their independence and quality of life

Maximizing independence. Improving mobility. Managing pain. These are the primary goals of physicians who specialize in Physical Medicine and Rehabilitation (PM&R).

“My colleagues and I see patients with a range of diagnoses and disabilities, and our goal is to help restore their functional ability and improve quality of life,” says Preeti Panchang, MD, a Valley Health physical medicine and rehabilitation specialist. “We work collaboratively with specialists in neurology, orthopedics, and internal medicine, and our role is to develop a plan of treatment that may include nonopioid medication management, injection therapy, and referral to physical, occupational and speech therapy. It’s a team effort for the benefit of the patient.”

Dr. Panchang works with two other specialists in PM&R, Jennifer Carter, DO, and Kimberly Salata, MD, and their practice serves those receiving inpatient care at Valley Health’s Winchester Rehabilitation Center, as well as outpatients who are struggling to regain independence following a stroke, amputation, or a spinal cord or other injury. In addition, they serve patients whose quality of life is impacted by migraines, general back pain, myofascial pain, or joint pain.

“Sometimes we see patients who have consulted with an orthopedic specialist and are candidates for orthopedic surgery, but they are just not ready to have surgery,” says Dr. Panchang. “They are referred to our practice, and we offer procedures, injections or nonopioid medications to help manage their pain.”

Many patients who have had an acute stroke and are left with muscular spasticity or a weakness, deficit or functional impairment are referred by their neurologist to a PM&R specialist for further treatment. Neurologists and PM&R specialists work together as a coordinated team, providing stroke patients with a full continuum of care, from acute stroke intervention to rehabilitation. These patients continue to see a neurologist, who will monitor their progress, prescribe medications such as statins, and oversee medical management of issues that contributed to the stroke.

The care provided by Valley Health’s PM&R team addresses the physical aftereffects of stroke and issues that impact quality of life. “I mainly focus



“My colleagues and I see patients with a range of diagnoses and disabilities, and our goal is to help restore their functional ability and improve quality of life.”

—PREETI PANCHANG, MD



MIGRAINE PREVENTION AND RELIEF

One in eight Americans experiences migraines: pulsing, throbbing, painful headaches that interfere with work, family life and other responsibilities. A visit with your primary care physician or a specialist in neurology or physical medicine and rehabilitation (PM&R) can put you on the path to preventing and relieving the pain. “There are many options for prevention

and treatment,” says Preeti Panchang, MD, a Valley Health specialist in PM&R. “It’s important to get help if the pain is disrupting your life.”

Migraine symptoms include nausea, vomiting, and sensitivity to light and sounds. Some migraine sufferers get warning signals, such as mood changes, food cravings, or a stiff neck. Others notice an “aura” before or during their migraine, with vision disturbances like wavy lines or blind spots. (Seek emergency help

right away for a headache that’s sudden and violent and that comes with stroke symptoms like slurred speech, confusion, loss of balance, or trouble using your arms or legs, or that comes on after a head injury.)

“First, your doctor will rule out other health conditions that can cause headaches,” Dr. Panchang says. The next goal: Stop migraines before they start. “Your doctor will help you spot triggers and then set up a plan to reduce triggers, such as hunger or stress.” If you need more help for frequent and severe migraines, your doctor may consider preventive medications.

What about pain relief? For milder pain, over-the-counter pain relievers are often recommended. For more severe pain, drugs called triptans can stop a migraine before it gets worse, while others (such as dihydroergotamine) can ease the ache.

When trigger avoidance and medications aren’t enough to control chronic migraines, a nerve block—an injection at the back of head with a small needle that blocks the nerve that causes migraine headaches—is an option for some patients.

Seeing patients able to return to activities they enjoy is rewarding for Valley Health physicians who treat migraine. Dr. Panchang notes, “With treatment, you can get back to the things you love.”



on physical function, like weakness on one side or having frequent falls,” states Dr. Panchang. “I develop a treatment plan that will maximize patients’ independence and their functional mobility.”

Not everyone is familiar with the PM&R specialty and its benefits. “We are a younger specialty, and awareness is increasing about the relief we can provide to those suffering from musculoskeletal issues that impact quality of life,” Dr. Panchang continues. “It’s great to let people know we are here and we can help.”

→ Visit valleyhealthlink.com/pmr for more information.

THE ABCs OF AEDs

Get the facts on how to use these lifesaving devices

Each year, more than 265,000 Americans die of sudden cardiac arrest before they reach a hospital. Many might be given a better chance of survival before emergency responders even arrive. How? With a sophisticated yet simple-to-use device known as an AED, an automated external defibrillator.

The AED can quickly assess the heart's rhythm and, if appropriate, deliver an electric shock to return it from "fibrillation" to a productive heartbeat. It can take 10 minutes or more for first responders, including law enforcement, to arrive after 911 is called. While CPR is important, each minute defibrillation is delayed, the odds of surviving sudden cardiac arrest go down 10 percent.

You may notice AED kits mounted on the walls of public spaces such as schools, shopping malls, airports, and office buildings, so they are easy to spot—and use.

Here's what you need to know in an emergency:

- Always call 911 first.



- While it's best if a trained responder operates the device, AEDs are designed with audio and visual prompts so that anyone can follow the step-by-step instructions.
- The AED's sticky pads are applied to the chest. Sensors in the pads allow the device's computer to analyze the heart rhythm and deliver a series of shocks if necessary.
- AEDs can be used on adults and

children 8 years or older who weigh more than 55 pounds; some devices have pads and cables designed especially for children.

Valley Health offers CPR classes that cover AED awareness; training is also available through the Red Cross and the American Heart Association. Call 540-536-2254 for more information.

VALLEY HEALTH'S SIX HOSPITAL FOUNDATIONS AND DEVELOPMENT FUNDS HAVE FUNDED THE PURCHASE OF AEDS FOR MORE THAN 50 PUBLIC LOCATIONS AROUND THE REGION. THESE GRANTS SUPPORT THE PLACEMENT OF AEDS IN LOCAL SCHOOLS, CHURCHES AND OTHER COMMUNITY GATHERING SPACES, AND MAINTENANCE OF THE UNITS CONTINUES BECAUSE OF GIFTS FROM DONORS LIKE YOU. VISIT VALLEYHEALTHLINK.COM/FOUNDATIONS FOR MORE INFORMATION.



KIDS AND FOOD ALLERGIES

→ IDENTIFYING—AND AVOIDING—TRIGGERS

According to a 2018 study, approximately 8 percent of children in the United States have been diagnosed with food allergies. The most common triggers are peanuts, tree nuts (such as walnuts and pecans), cow's milk, eggs, fish (including tuna or salmon), shellfish, wheat, and soy.

It's important to know the difference between food allergies and intolerance. For example, a child may feel bloated after drinking milk, but that could indicate lactose intolerance. **An allergic reaction is an immune system response triggered by food proteins that can result in symptoms such as hives and rashes; swelling of the lips, face or tongue; abdominal pain, vomiting and cramping; or wheezing.** For some people, a food allergy can even cause a life-threatening reaction known as anaphylaxis that requires immediate medical attention; signs include difficulty breathing, a swollen throat, rapid pulse, drop in blood pressure, and loss of consciousness. Call 911 if these symptoms occur.

Parents should help their children steer clear of foods that trigger a reaction. Be sure to notify your child's caregivers, school and any restaurant servers about his or her allergy (you can easily communicate foods to avoid with a customizable "chef card," available at foodallergy.org). Before your child goes to a friend's house, make sure the parents know which foods may trigger an allergic reaction.

Many children outgrow their allergies, with an estimated 80 to 90 percent of egg, milk, wheat, and soy allergies disappearing by age 5. Kids are less likely to outgrow peanut, nut or seafood allergies. Work closely with your pediatrician or allergist to determine the best way to manage your child's allergies.

**You be you.
We'll be here.**

We treat those everyday illnesses and injuries that require immediate attention, but not necessarily a trip to the emergency room.

Visit vhurgentcare.com to reserve your spot.
Walk-ins welcome.
M–F 8 AM – 8 PM, Weekends 9 AM – 6 PM

Don't need x-ray or lab services?
Visit Valley Health Quick Care
M–F 8 AM – 6 PM, Saturdays 9 AM – 5 PM

ValleyHealth
Urgent Care

A PARTNERSHIP OF DISCOVERY

Valley Health's support helps the Shenandoah Valley Discovery Museum open young minds



Children enjoy the interactive health and wellness exhibits at the Shenandoah Valley Discovery Museum.



What do a kid-friendly Valley Health ambulance, an interactive digestive tract and a poison dart frog have in common? They are all exhibits at the Shenandoah Valley Discovery Museum, one of Valley Health's community partners in advancing health and wellness education.

Much of the museum's first floor is devoted to exhibits about health and the human body. Children visit a doctor's office, crawl through intestines, look inside the human body with an "X-ray" machine, learn how vision is "tricked" by optical illusions, and listen to a heart-beating drum. Financial and in-kind gifts from Valley Health and other local healthcare providers support these and other interactive displays designed to "spark curiosity & inspire learning through exploration & creative play," as stated in the museum's mission.

One of the first sights museum visitors see is the retired ambulance, donated by Valley Medical Transport, which has been retrofitted as a hands-on, climb-through exhibit. "Kids love the ambulance, and it allows them to engage with the emergency vehicle in a nonthreatening setting," states museum educator Jennifer Coleman. "The children have a positive experience, which can help them if they ever encounter an ambulance in a real emergency situation."

Valley Health occupational therapist Molly Connor-Hall proposed holding Sensory Friendly Nights for children with special needs. She works with Coleman to adjust lighting and noise levels and make other special accommodations. "These free evening events are a wonderful opportunity when kids with physical and cognitive challenges can enjoy the museum experience," notes Diane Schnoor, PhD, lead educator at the museum. "In fact, there are families who come from three hours away so their children have the same fun and educational opportunities as other kids."

"The next generation of doctors, nurses, therapists, and other caregivers live in our homes and attend local schools," says Jeffrey Feit, MD, Valley Health's vice president of Population Health and a member of the Discovery Museum board. "Partnering with the museum to offer interactive health- and science-focused exhibits sparks interest in our youth and is a natural fit for our health system. Health care all too frequently enters children's lives in a way that is scary. We need to make it fascinating and we need to make it fun. Who knows, the next Jonas Salk or Florence Nightingale may visit the Discovery Museum this week!"

→ For more information on Valley Health's work with community partners, visit valleyhealthlink.com/communitybenefit, and visit discoverymuseum.net for information on Sensory Friendly Nights and other museum activities.

COMMUNITY EVENTS AND COUNTY FAIRS

Valley Health offers screenings and health and wellness resources at events around the region.

Community Safety & Wellness Day

Saturday, May 18
10 AM–2 PM

WWR Elementary School
Woodstock, VA

Community Health Fair

Saturday, July 13

War Memorial Hospital
Berkeley Springs, WV

Hampshire County Fair

July 22–27
Augusta, WV

Clarke County Fair

August 8–11
Berryville, VA

Page County Fair

August 18–29
Luray, VA

Shenandoah County Fair

August 24–31
Woodstock, VA

HEART ATTACK RISK PROGRAM

Heart Attack Risk Program (HARP) screenings help you see where you stand on modifiable risk factors, such as cholesterol, blood sugar and blood pressure. Free screenings, including blood work, are available at locations across the system, and results are available while you wait. An appointment and 12-hour fast are required prior to testing.

To find out when screenings are available in your community and to schedule an appointment, call:

Hampshire Wellness & Fitness: 304-822-7255 or 866-915-1125

War Memorial Hospital: 304-258-6577

For locations in Virginia (Winchester, Front Royal, Luray, and Woodstock):
540-536-3040

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

ARE YOU EXPECTING?

Valley Health offers a wealth of parent educational resources! Offered in person and online, classes cover need-to-know topics of interest for every new mom and dad including:

- Childbirth Education
- Comfort Measures for Labor
- Breastfeeding and Lactation
- Infant CPR and Newborn Care

There is also a quarterly Sibling Celebration to help prepare big brothers and sisters for the arrival of baby, and the downloadable VHS Babies app provides resources in the palm of your hand!

→ Visit valleyhealthlink.com/Events 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.



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Learn more in person or online at
valleyhealthlink.com/infosessions.



Metabolic & Bariatric Program