Sierra Motsinger, shown here with her dogs Nova and Juno, is living pain free after minimally invasive back surgery.

INSIDE: Combating childhood obesity. / State-of-the-art radiation therapy, close to home. / Game-changing treatments for aortic aneurysms.

Valley Health Physicians
Provide Comprehensive Spine Care Services
WELCOME

A NETWORK OF CARE
The human body is comprised of over 200 different kinds of cells. These cells make up our circulatory, digestive, reproductive, and neurological systems, to name but a few; they form muscle, teeth, hair, and our largest organ, the epidermis (or skin); and they work together to perform thousands of specialized, life-critical functions.

Like the complex network of cells that make up our bodies, Valley Health offers patients a network of specialized experts who collaborate to provide a range of care options.

This issue of HealthLINK includes updates from a specialist who performs innovative vascular surgeries and another who uses cutting-edge radiation treatment for cancer patients. Readers will also learn about patients who get relief from back pain with care from physician specialists and others who specialize in physical therapy.

In fact, just as human cells form an amazing, synchronized network, Valley Health’s network of skilled specialists collaborates to promote good health and great care, proving we are indeed “healthier, together.”

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

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)

Other locations and facilities:

- Hampshire Wellness & Fitness
- Outreach Lab Services
- Quick Care (Front Royal, VA; Spring Mills, WV; and Strasburg, VA)
- Rehabilitation Services (Inpatient and Outpatient)
- Urgent Care (Winchester, VA; Front Royal, VA; Martinsburg, WV; and Ranson, WV)
- Valley Health Surgery Center
- Valley Health Wellness & Fitness Center
- Valley Medical Transport
- Valley Pharmacy
- Valley Physician Enterprise

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

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 healthcare 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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NEW DEVELOPMENTS AT WARREN MEMORIAL

• CARDIAC CATHETERIZATION SERVICES
Warren Memorial Hospital has expanded its cardiovascular services with the addition of a cardiac catheterization (cath) lab. Cardiac catheterization is a minimally invasive way to access blood vessels around the heart in order to capture diagnostic images and/or treat blockages. The new cath lab will offer patients in the Front Royal area local access to high-quality diagnostic and interventional services provided in coordination with Valley Health’s Heart & Vascular Center at Winchester Medical Center.

• BUILDING FOR THE FUTURE
Valley Health has announced its intent to begin construction in 2018 on a modern medical campus on Leach Run Parkway in Warren County to replace the existing Warren Memorial Hospital in downtown Front Royal. Expected to open in 2020, the new hospital is designed to offer a modern and efficient environment of care, with flexibility to meet patient, provider and community needs into the future. A three-story hospital and adjacent medical building will total approximately 177,000 square feet. The hospital will have 36 private inpatient rooms, 18 emergency department rooms, three operating rooms, two endoscopy/procedure rooms, a cardiac catheterization lab, and more. Green space and walking trails will encourage staff, patients and visitors to enjoy the outdoors. Valley Health is excited about the expanded level of service that this new hospital will offer patients!
MILESTONES CELEBRATED

Valley Health’s Winchester Rehabilitation Center celebrated 25 years of service to patients and families in our community. The inpatient rehabilitation facility opened its doors in November of 1992 and since that time has offered hospital-level care and intensive therapy to those whose lifestyle and physical abilities have changed due to injury, illness or trauma.

Winchester Medical Center celebrated 10 years as a Joint Commission Certified Advanced Primary Stroke Center. This designation, in tandem with the hospital’s interventional neurology program (the only one in the northern Shenandoah Valley), increases the chance that stroke patients in the region get quick, lifesaving treatment.

Winchester Medical Center’s Heart & Vascular team has once again earned a 3 STAR rating for its coronary artery bypass grafting (CABG) program. Achieved by only 12 to 15 percent of U.S. hospitals, this rating has been earned for 24 consecutive months.

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

VIRGINIA GOVERNOR’S AWARD FOR EDUCATIONAL PROGRAMS

In late 2017, Valley Health was one of several local organizations presented with a Governor’s Award for Excellence and Innovation in Education from (then) Virginia Gov. Terry McAuliffe. The award recognized Valley Health’s collaboration with area school districts and other local educational institutions on the Community Partnership for Health Sciences Education and one of its projects, Worlds of Work (WOW), initiatives that have advanced healthcare education in our community. These collaborative projects have reached thousands of middle and high school students, increasing their awareness about rewarding careers in health care.

OPIOID CRISIS: FINDING SOLUTIONS IN THE COMMONWEALTH

Valley Health President and CEO Mark H. Merrill and Nicolas Restrepo, MD, vice president, Medical Affairs, Winchester Medical Center, have been invited to serve on Virginia Gov. Ralph Northam’s Policy Council on Opioids. The Council will dialogue on significant issues impacting the opioid abuse epidemic and make recommendations to the governor and his cabinet on ways to address the challenges of this public health crisis.
CHILDHOOD OBESITY: TIPS FOR AVOIDING—AND COMBATING—THIS GROWING HEALTH EPIDEMIC

According to the Centers for Disease Control and Prevention, childhood obesity affects some 12.7 million children and adolescents throughout the United States—approximately 17 percent of America’s youth. Physicians at Valley Health family practices and clinics see the effects of obesity on children and will work with families as they take positive steps to ensure their kids achieve and maintain a healthy weight. Below are answers to questions Valley Health providers are often asked.

Q: WHAT ARE THE CONTRIBUTING FACTORS AND WARNING SIGNS FOR CHILDHOOD OBESITY?
A: Childhood obesity is a complex issue that can be influenced by many different factors. The two greatest of these are diet and lifestyle. If a child eats a lot of high-calorie, low-nutrient foods and maintains a fairly sedentary lifestyle, he or she is likely to gain excess weight.

Q: WHAT STEPS SHOULD PARENTS TAKE TO COMBAT CHILDHOOD OBESITY?
A: Parents should ensure that their children eat a healthy, balanced diet with a variety of fruits and vegetables, whole grains, lean-protein foods, and low-fat and fat-free dairy products. By establishing daily meal and snack times, and eating together as frequently as possible, parents can help their children have regular—and sensibly portioned—meals.

Q: WHAT ARE THE IMPACTS OF CHILDHOOD OBESITY?
A: There are both immediate and long-term impacts of childhood obesity. In the short term, children with obesity are more likely to have high blood pressure, high cholesterol and diabetes; breathing problems such as asthma and sleep apnea; joint problems and musculoskeletal discomfort; fatty liver disease; gallstones; and gastroesophageal reflux. Additionally, children with obesity are more likely to deal with social problems such as bullying and anxiety, depression, low self-esteem, and other psychological issues.

Down the road, children with obesity are more likely to become adults with obesity, which is associated with conditions such as heart disease, type 2 diabetes and cancer.

Q: HOW CAN PARENTS HELP THEIR CHILDREN BE LESS SEDENTARY?
A: Parents should encourage their children to be physically active and to spend less time watching television and using electronic devices. One of the best ways to do this is by setting a good example. When parents make exercise a fun activity for the whole family, everybody benefits.

FAQs

← Visit valleyhealthlink.com/physicians to find a pediatrician or family care provider to serve the healthcare needs of your family.
BY THE NUMBERS

SHINING A LIGHT ON SKIN CANCER

As the weather warms up, it’s tempting to spend more time enjoying the sunshine. But do so wisely. Here are a few stats about the most dangerous result of failing to protect your skin from sunlight—skin cancer.

5 MILLION
NUMBER OF PEOPLE TREATED FOR SKIN CANCER EVERY YEAR IN THE U.S.

THE AMERICAN ACADEMY OF DERMATOLOGY RECOMMENDS USING SUNSCREEN THAT:

• Offers broad-spectrum protection
• Has an SPF of 30 or more
• Is water resistant

Sunscreen should be reapplied every 2 hours

10 AM–2 PM
Time period in which people should stay in the shade

1 IN 5 AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME

9,000
NUMBER OF PEOPLE WHO DIE EACH YEAR FROM MELANOMA, THE DEADLIEST FORM OF SKIN CANCER

0 AMOUNT OF TIME THAT SHOULD BE SPENT INDOOR TANNING

Sources: American Academy of Dermatology, Environmental Protection Agency
INNOVATIONS

ADVANCES IN RADIATION THERAPY

High-dose brachytherapy at Winchester Medical Center allows certain cancer patients to receive state-of-the-art care, close to home.

Valley Health’s regional cancer treatment facility at Winchester Medical Center is expanding its offerings with the addition of high-dose radiation (HDR) brachytherapy, a highly targeted internal radiation treatment for gynecological and other cancers.

In contrast to external beam radiation therapy, which aims a targeted beam of high-energy X-rays into a tumor from outside the body, brachytherapy is a procedure that places radioactive seeds or sources directly inside the body to destroy cancer cells and cause tumors to shrink. Radiation oncologists at the Valley Health Cancer Center currently use low-dose brachytherapy to treat prostate and other cancers. Adding a high-dose radiation brachytherapy program will offer local access for patients who, in the past, have had to travel to other facilities for HDR therapy.

Radiation oncologists will first use HDR for endometrial cancer treatment, with the program eventually expanding to treat cervical cancer, sarcoma, skin cancers, and certain lung or airway cancers. Depending on the cancer and its location, patients may receive HDR brachytherapy as a stand-alone treatment, in combination with another therapy, or following cancer surgery.

Before an HDR procedure, the radiation oncology team uses a CT scan to evaluate the targeted area and determine dose placement. During treatment, a cylinder or other radiation delivery device is inserted into the body cavity, and a catheter is run into the device. A computer-controlled machine sends a small radioactive seed down the catheter to deliver the radiation for a predetermined period of time so the precise radiation dose is administered.

"The major benefit of HDR is that we’re treating a much smaller area. We can target the radiation seed directly where it needs to go."

—KRISTIN KOWALCHIK, MD

Then the seed exits via the catheter so that no radioactive material remains within the body. HDR therapy is performed on an outpatient basis, and the treatment process can range from 20 minutes to one hour.

"The major benefit of HDR is that we’re treating a much smaller area," explains Valley Health radiation oncologist Kristin Kowalchik, MD. "We can target the radiation seed directly where it needs to go." The number of treatments depends on where the cancer is located, but HDR reduces the number of treatments needed. For gynecological cancers, patients can expect to receive three to six HDR treatments compared to 28 with external beam radiation therapy.

HDR also minimizes the risk of common side effects. "There's less toxicity because the radiation is highly targeted and extremely precise," says Dr. Kowalchik. Patients do not have to stay in the hospital during treatment or stay in bed to keep the radiation source in place. Also, there is no risk of radiation exposure to family members or others around the patient, providing peace of mind during an otherwise stressful time.

⇒ For more information about Valley Health’s comprehensive cancer care services, visit valleyhealthlink.com/cancercare.
At age 19, Sierra Motsinger lived each day with severe back pain resulting from a herniated disc in her lower spine. She stocked ibuprofen in her car, rode in a wheelchair when at the mall, worried about handling big dogs in her job as a veterinary assistant, and even had trouble concentrating in college. “I could barely stand for more than five minutes without excruciating pain,” she says. Motsinger tried physical therapy, aquatic therapy, core-strengthening routines, and steroid injections. When nothing helped, her nurse practitioner recommended a consult with James B. Chadduck, MD, a board-certified neurosurgeon and medical director of neurological surgery for Valley Health System.

The hourlong drive from her Harrisonburg, Virginia, home to Winchester was worth it. “I really appreciate Dr. Chadduck’s conservative approach,” she says. “He doesn’t rush to surgery—but in my case, it was the right choice.” In March 2017, Motsinger underwent a minimally invasive microdiscectomy to repair the problem. “When I left the hospital, my pain was gone,” she says. “I had to hold myself back during my recovery so I could heal. I felt so good I wanted to start doing everything!”

Now her busy life is back on track. “I went ice skating for my brother’s birthday and am able to get down on the ground to play with my dogs again,” Motsinger says. “I could never have done that before.” And her pain was no longer a distraction from studying when she was enrolled at Blue Ridge Community College. “I could finally focus,” she says. “My grade-point average went up to As and Bs.”

**FINDING THE RIGHT SOLUTION**

Eight out of 10 adults will experience back or neck pain at some point in their lives. Common causes of spine-related discomfort include *herniated or degenerating discs* (the bulging or breakdown of the fluid-filled cushions between joints in the spine); *lumbar or cervical compression or radiculopathy* (pressure or irritation of nerves due to bone spurs or a narrowing of nerve outlets in spinal bones); *spondylolisthesis* (when a bone in the spinal column slips out of place); spinal injuries; tumors; and congenital spine deformities.

Not everyone needs surgery, of course. “At Valley Health we are committed to helping the 85 percent who do not need surgery get the care they need through our advanced physical therapy and intervensional spine care programs,” Dr. Chadduck says. “Sometimes, we even send patients for help with weight loss if that’s the best solution. For the 15 percent who do need surgical intervention, we offer a full range of advanced surgical approaches, including minimally invasive procedures and traditional, open surgery.”

**STATE-OF-THE-ART SPINE SURGERY**

“Winchester Medical Center was one of the first hospitals in the nation to participate in the American Association of Neurological Surgeons’ Spine Quality Outcomes Database [QOD],” Dr. Chadduck says. “This unbiased program collects information on patient satisfaction and surgical results, comparing them to national benchmarks so we can learn more about long-term treatment outcomes and ensure...”
“When I left the hospital, my pain was gone. ... I felt so good I wanted to start doing everything!”

—SIERRA MOTSINGER
Neurosurgeon James B. Chadduck, MD, performs image-guided spine surgery.

that we meet or exceed the highest standards.”

When it comes to recovery from lumbar spine procedures like Motsinger’s, Valley Health’s patients return to their pre-injury level of physical activity at a rate that outperforms the national average by 8 percent. “We’re proud that our patients receive expert care locally that exceeds national benchmarks.”

The full range of spine procedures includes many minimally invasive options, which allow the surgeon to work through a small incision, using tiny instruments, guided by high-tech imaging and an operating microscope that magnifies objects to 25 times their normal size. “Recovery is faster, there’s less pain and scarring afterward, and many patients can go home the same day,” Dr. Chadduck explains. “With magnetic resonance imaging [MRI], computed tomography [CT] imaging and other options, we can see very small areas that need repairs.”

Common procedures include discectomy to remove some or all of a disc that’s compressing a nerve; laminectomy to remove part of a vertebra; and foraminotomy, to widen the hole where a nerve passes through a vertebra.

“With minimally invasive surgery, there’s less disruption of normal tissues and structures of the back,” Dr. Chadduck says. “Healthy muscles, bones, tendons and ligaments aren’t disturbed. There’s less postoperative pain, less blood loss and the patient can get into recovery with core-strengthening exercises quicker. That translates to a quicker return to normal life.”

Meanwhile, traditional open surgery is used for conditions such as scoliosis (curvature of the spine) and spondylolisthesis—“when you have to release tissue, such as muscles and connective tissue,” he explains.

TAKING AN INTERVENTIONAL APPROACH

Interventional spine care is an option that many with neck and back pain or sciatica may not have heard about, says Daniel Kline, MD, director of Valley Health Interventional Spine. “If physical therapy plus strategic medications such as anti-inflammatories haven’t been effective, adding interventional approaches such as X-ray-guided injections may allow you to achieve less pain and better function.”

Image-guided injections and procedures targeted to specific parts of the spine can bring dramatic pain relief. In addition to targeted epidural steroid injections, interventional specialists also offer treatments like radiofrequency ablation to ease pain by “denaturing” small nerve fibers. “We track our patients’ functional level before and after treatment,” notes Dr. Kline. “It’s rewarding to see the improvements. People get back to work, back to enjoying their families and back to their exercise routines.”

“With minimally invasive surgery, there’s less disruption of normal tissues and structures of the back. ... That translates to a quicker return to normal life.”

—JAMES B. CHADDUCK, MD

valleyleadershiplink.com
Interventional spine specialists focus first on establishing a diagnosis. Next, if conservative treatment—such as physical therapy—hasn’t been undertaken, it is attempted prior to moving forward with interventional procedures. Interventional spine specialists work closely with the physical therapy department and the spine surgeons at Valley Health, and refer patients who need more care to our team of surgical experts. “Communication throughout the process is important,” Dr. Kline continues. “The goal is to get patients feeling better through the use of an evidence-based approach.”

BACK TO BASICS—BETTER LIVING THROUGH PHYSICAL THERAPY
If you’ve had back or neck pain for more than two weeks, Valley Health physical therapist Michelle Young, PT, OCS, Cert MDT, has a message for you: Get a doctor’s referral to physical therapy today. If you’ve been struggling on your own with pain for months or even years, do the same.

“The body has an amazing ability to heal, especially if you catch problems early,” Young says. “Physical therapy not only shows you how to reduce pain—you’ll learn how to move, stand, sit, and perform daily activities with modifications to minimize the risk of recurrent pain. Everyone with back pain can benefit.”

Several physical therapists at Valley Health have received specialized training and practice an evidence-based program for spine pain called the McKenzie Method. “The goal is to find a movement or position that reduces the pain, then to repeat that move or position over and over again until the pain improves or goes away,” Young says. “You are teaching your body what to do to get rid of the pain. People are surprised because they come expecting a long list of exercises. We find the one thing that works and have patients do it many times, every day.”

The McKenzie Method has proved effective for many patients. “We have patients with large disc herniations who control their condition with physical therapy alone,” Young says. “Others need more interventions, so we refer people to specialists like Drs. Kline and Chadwick and their colleagues. We often combine interventional care with the McKenzie Method—research shows they work very well together.”

The combination certainly spelled relief for Sara Voigt. With two children and a job as an instructional technology resource teacher in a local school district, the 38-year-old New Market, Virginia, resident says a series of steroid injections from Dr. Kline plus physical therapy with Young has made all the difference in easing her herniated disc pain.

“Michelle really helped me progress,” Voigt says. “She gave me exercises I can use at home to alleviate the pain. I can drive now and can sit again.”

Voigt is now working out with moves that are easy on her spine. “I listen to my back now,” she says.

Like Voigt, Valley Health’s back pain specialists are always listening. They listen to each patient to understand their unique needs and collaborate with colleagues to determine the best approach to treatment. You can rest assured, the team at Valley Health always has your back.

For more information about Valley Health’s back and spine care services, visit valleyhealthlink.com/spine.

Physical therapist Michelle Young (left) works with Sara Voigt to build up her core muscles to reduce the risk of future back problems.
**AT A FEVAR PITCH**

A game-changing procedure offers new hope to patients with aortic aneurysms

Most days, Raymond Utterback, 81, of Ranson, West Virginia, can be found on his family’s farm caring for his team of seven miniature horses and two quarter horses. Thanks to an innovative treatment he received last year for an abdominal aortic aneurysm—a weakness in the wall of the main artery that transports blood from the heart to the rest of the body—Utterback now has the peace of mind to do what he enjoys.

While some aneurysms remain small, others grow over time and can become life-threatening. Last year after ordering a chest X-ray, Utterback’s pulmonologist discovered his aneurysm had grown to an alarming size. Utterback was referred to Matthew J. Borkon, MD, Valley Health vascular surgeon.

“Dr. Borkon told me he needed to strengthen the artery to keep it from blowing out—like a tire blows out. He said my case was a bit more difficult because the stent used to reinforce the artery walls would have to go up to the level of the arteries that feed the kidneys. There was not enough room between those arteries and my aneurysm to get a good seal that would fix my aneurysm.” Due to Utterback’s history of heart issues—he has eight stents and had a heart bypass—doctors ruled out traditional open abdominal surgery.

Though complex, Utterback’s case was not impossible. That’s because last year, Dr. Borkon and the team at Winchester Medical Center’s Heart & Vascular Center became the first in the region to perform the minimally invasive fenestrated endovascular aortic repair (FEVAR) procedure, which treats aneurysms near the kidney arteries using a device customized for each patient.

Utilizing 3-D imaging techniques, Dr. Borkon, with the assistance of the FEVAR device manufacturer, created a model and hand-sewn fenestrated endograft that was specially designed for Utterback’s anatomy. (“Fenestrated” refers to holes in the device that allow blood to keep flowing to the kidneys and intestines as the surgeon repairs the aneurysm.)

During the procedure, which takes place in the Heart & Vascular Center’s state-of-the-art hybrid operating room, the surgeon makes two incisions in the patient’s groin and feeds catheters into the arteries. Using fluoroscopic imaging, the surgeon guides a sheath containing the endograft into the problem area. “We deploy this specialized graft with holes in it by lining it up with the kidney arteries,” says Dr. Borkon. “We put stents into the arteries and complete the rest of endograft deployment in similar fashion to a traditional endovascular aneurysm repair.”

Patients typically spend one night in the hospital and go home the next day with minimal restrictions.

This procedure is a game changer. “Most aneurysm patients have multiple coexisting chronic conditions, and a certain percentage will not do well with open abdominal aortic surgery, so in the past, surgery was not an option...”
FEVAR procedure, Utterback knew he was in the best of hands. “The fact that Dr. Borkon felt they could do it successfully gave me enough confidence so that I wasn’t concerned about the procedure,” he says. “I was glad they could do it right there at Winchester.”

By offering advanced procedures including FEVAR, chimney endovascular aortic repair (ChEVAR, also used in the abdominal area) and thoracic endovascular aortic repair (TEVAR, in the chest) and an interdisciplinary approach, Dr. Borkon and his Heart & Vascular Center colleagues have expanded their ability to treat complex aortic conditions. “We are able to offer patients care locally that they used to have to travel for,” says Dr. Borkon. “Raymond had the FEVAR here, his family was nearby, he went home the next day, and now we see him back in clinic for all needed follow-up. We are very proud of how these services allow us to provide leading-edge vascular care to patients like Raymond.”

Know Your Risk for Aortic Aneurysm

Many abdominal aortic aneurysms go undetected because they can start small and may not produce symptoms. Dr. Borkon recommends discussing your risk with your primary care physician and asking if you should have an abdominal exam or ultrasound screening.

The U.S. Preventive Services Task Force recommends that men ages 65 to 75 with a history of smoking have an ultrasound screening. Besides age and smoking history, risk factors include gender (abdominal aortic aneurysms are five times more likely in men than women), history of heart disease or peripheral arterial disease, high cholesterol, high blood pressure, certain genetic conditions, and a family history of abdominal aortic aneurysm.

If detected early, an aneurysm can be treated before it becomes a medical emergency. The one thing that patients with a smaller aneurysm can do to prevent it from getting bigger? “You can’t change who you are, but you can change what you do. If patients are currently smoking, they should stop,” says Dr. Borkon. “There is a direct correlation between smoking and the development, growth and potentially fatal rupture of abdominal aneurysms.”

Visit valleyhealthlink.com/vascularsurgery for more information on the wide range of vascular services offered at Valley Health.
WATCH YOUR MOUTH!
Tips for optimal oral health

A bright smile isn’t the only consideration when it comes to proper dental care. Gum disease has been linked and may contribute to cardiovascular disease, dementia and infertility. While you probably follow the important advice you receive at your six-month dental cleaning—brush twice daily, make sure to floss, limit sugary snacks, and see your dentist regularly—make sure you take these simple steps to ensure optimal oral health.

- **Avoid snacking on soft, sweet and/or sticky foods.** These foods cling to your teeth and promote tooth decay.
- **Mix it up.** Foods containing fermentable carbohydrates (such as crackers, cookies and chips) can help neutralize acids in your mouth—but only when combined with other foods. So enjoy some cheese along with those crackers!
- **Don’t forget your tongue.** Bacteria can grow on the tongue’s surface, so be sure to brush it along with your teeth.
- **Consider sugar-free gum.** Chewing sugarless gum after eating or drinking can help protect your teeth and gums.
- **Rinse later.** If you use mouthwash, wait 15 minutes after brushing your teeth before you rinse—otherwise you’ll wash away the fluoride in your toothpaste.
- **Quit smoking and chewing tobacco.** Tobacco in all its forms has been shown to contain cancer-causing chemicals and has many negative effects on oral health. Symptoms of cancer and other medical issues often appear first in your mouth. If you have gum, tooth or jaw pain; bleeding gums; loose or lost teeth; recurring bad breath; or sore patches or lumps in your mouth, make an appointment to see your dentist right away.

Visit valleyhealthlink.com/physicians for information on local dentists.
YOUR PREGNANCY APP
PERSONALIZED WEEK-BY-WEEK INFORMATION ABOUT YOUR GROWING BABY

Expectant mothers are getting a new high-tech aid to help them along their pregnancy journey, thanks to Valley Health’s new VHS Babies app. Users can keep track of their babies’ weekly milestones, sign up for childbirth classes and even keep a pregnancy journal—all in one easy-to-use app.

To download, search “VHS Babies” on iTunes and Google Play. For more information, visit valleyhealthlink.com/pregnancyapp.

JOIN THE CONVERSATION
Do your loved ones understand your healthcare wishes if you cannot speak for yourself? Have you chosen someone to make decisions for you in case of a serious illness or injury?

Valley Health urges everyone to join the conversation about healthcare decision-making. Our team has resources to assist you with advance care planning, including advance directive forms so that you are in charge of your health care if you become unable to make those decisions for yourself. The forms include two important parts:

• Choosing someone to be your voice (called a healthcare agent, healthcare proxy, substitute decision maker, or medical power of attorney) if you cannot speak for yourself.
• Communicating the medical treatment you want or don’t want. This is called your living will.

To recognize National Healthcare Decisions Day in April, Valley Health will offer information sessions at various locations in our region all month long. Visit valleyhealthlink.com/advancecareplanning to find a session … and begin the conversation with your loved ones.
VALLEY HEALTH’S PRIMARY CARE NETWORK

Valley Health employs 27 primary care and internal medicine practices offering comprehensive health care for patients of all ages. With locations in Maryland, Virginia and West Virginia, these practices provide team-based, routine wellness and acute illness services, and allow you and your family to develop a trusting relationship with physicians and advance practice clinicians who offer expertise and compassion ... close to home.

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<td>Stanley</td>
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<td>Valley Health Shenandoah Memorial Hospital Family</td>
<td>304-465-3751</td>
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† For more information, visit valleyhealthlink.com/primarycare.
UNITED IN GIVING

VALLEY HEALTH EMPLOYEES SUPPORT LOCAL UNITED WAY PROGRAMS

Valley Health's physicians, nurses, and other hospital caregivers and staff are known for being givers. Day in and day out, our team gives compassionately to the sick and injured and provides support for family members and loved ones who are often as stressed and worried as our patients. But did you know that Valley Health employees are also a force for good beyond the walls of our hospitals and other facilities? Each fall, Valley Health kicks off its employee campaign in support of five local United Way organizations, impacting communities from Berkeley Springs and Martinsburg in the north to Front Royal, Luray and Reppahanock in the south. Valley Health staff make contributions through payroll deduction, and they hold numerous fundraisers, such as basket auctions, bake sales and Blue Jeans Days. In January, the Valley Health fundraising team tallied up the employees’ contributions and presented the local United Way organizations with a gift totaling over $117,000!

Employees from across Valley Health System also join with other local volunteers to donate “sweat equity” during annual United Way Day of Caring events in our region. Dozens set aside their scrubs and surgical gloves and don work gloves and boots to spend the day painting, sanding and weeding.

Valley Health caregivers and staff raised more than $117,000 for the United Way.

“Valley Health has been a valued partner for many years, and we are especially grateful to the hundreds of employees who contribute their time and treasure in support of this and other regional United Way organizations,” notes Nadine Pottinga, executive director of the United Way of the Northern Shenandoah Valley. “Because of the generosity of these employees, the United Way is able to serve the nutritional, housing, educational, and health needs of the disadvantaged in our communities. Thank you, Valley Health team!”
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
wowers@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)

CONTACT FOR LANGUAGE ASSISTANCE

ATTENTION: If you require language assistance, language services, free of charge, are available to you. Call 1-540-323-0228.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-540-323-0228.

If you prefer to speak in Chinese, you can also request assistance by calling 1-540-323-0228.

If you need assistance in Korean, call 1-540-323-0228.

If you need assistance in Vietnamese, call 1-540-323-0228.

If you need assistance in Tagalog, call 1-540-323-0228.

If you need assistance in French, call 1-540-323-0228.

If you need assistance in Arabic, call 1-540-323-0228.

If you need assistance in Urdu, call 1-540-323-0228.

If you need assistance in Kru/Bassa, call 1-540-323-0228.

If you need assistance in Igbo, call 1-540-323-0228.

If you need assistance in Hindi, call 1-540-323-0228.

If you need assistance in Bengali, call 1-540-323-0228.
HEALTH HAPPENINGS

CALENDAR OF EVENTS

Hampshire County Health Fair
Saturday, April 14
7–11 AM
Augusta Church of Christ
Augusta, WV

Community Safety & Wellness Expo
Saturday, April 21
8 AM–noon
Warren County High School
Front Royal, VA

Valley Health Business at the Bloom
Wednesday, May 2
11 AM–2 PM
Shenandoah University
Campus
Winchester, VA

Community Safety & Wellness Day
Saturday, May 19
10 AM–2 PM
WW Robinson Elementary
Woodstock, VA

SUPPORT GROUPS AND CLASSES

Bariatric Information Sessions
Free surgical and medical weight loss sessions are held monthly and online. Visit valleyhealthlink.com/infosessions for information.

Childbirth Education
• Just the Facts Prepared Childbirth ($) Saturday classes on April 21, May 12, June 16, and July 14
• 5 Week Childbirth Education ($) Three sessions beginning on April 11, May 30, and July 18
For details, visit valleyhealthlink.com/classes.

Stroke Support Group
April 2, May 7, June 4, July 2, and August 6 4:30–6 PM
Warren Memorial Hospital Outpatient Center
Front Royal, VA
Call 540-635-0730 or email mdavies@valleyhealthlink.com for more information.

Freedom From Smoking
FREE classes at multiple times and locations. Call 833-847-3627 (toll free) to sign up.

Virginia
Front Royal
• Warren Memorial Hospital Tuesdays, May 1–June 12 4–6 PM
Winchester
• Chronic Disease Resource Center 333 W. Cork St., Suite 100 Mondays, April 9–May 21 5–7 PM
Valley Health Wellness & Fitness Center Tuesdays, May 1–June 12 3:30–5:30 PM

WEST VIRGINIA
Berkeley Springs
• War Memorial Hospital
Mondays, April 9–May 21 5–7 PM
Held via teleconference from the Chronic Disease Resource Center

SUPPORT SERVICES FOR CANCER PATIENTS

Cancer Center at Winchester Medical Center
• Cancer Support Group
Fourth Monday, 3 PM
Call 540-536-2551 or 855-984-4673.

Wellspring, Valley Health’s Cancer Resource Center
525 Amherst St., Winchester
• More Than Beauty
Third Friday, 11 AM–1 PM

Licensed cosmetologists provide patients with personalized suggestions for hair, nail and skin concerns. Call 540-536-4981 for information.

• Ripples
Third Saturday, 10 AM–noon
For women who have or have had cancer. Use the creative arts to relieve stress and connect. Call 540-536-4981 for information.

VALLEY HEALTH AND ITS PHYSICIAN PARTNERS OFFER A RANGE OF INFORMATIONAL EVENTS, PARENTING CLASSES, SUPPORT GROUPS, SCREENINGS, AND OTHER HEALTH AND WELNESS ACTIVITIES EVERY MONTH. VISIT OUR ONLINE EVENTS CALENDAR AT VALLEYHEALTHLINK.COM/EVENTS FOR A COMPLETE LISTING.
Daredevils will be daredevils.
Fortunately, we’re just around the corner.

Eight convenient Urgent Care and Quick Care locations.

Valley Health Urgent Care treats those everyday illnesses and injuries that require immediate attention but not necessarily a trip to the emergency room. This includes but is not limited to colds, flu, fever, burns, cuts, earaches, strep, pinkeye, sprains and strains.

Visit vhurgentcare.com to reserve your spot with online check-in.

Urgent Care Hours: M-F 8 A.M.-8 P.M. • Weekends 9 A.M.-6 P.M.

Don't need x-ray or lab services?
Visit Quick Care
Hours: M-F 8 A.M.-6 P.M. • Weekends 9 A.M.-5 P.M.