

AVISTA ADVENTIST HOSPITAL

Sparkle

With health, hope, and happiness

FALL 2017 • Volume 1, Issue 3

Harvest good HEALTH

A plant-based diet is good for you — and tastes good! p. 7

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TIPS
FOR YOUR
CHILD'S FIRST
SIX YEARS**

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Healthy Tips

for women at
EVERY AGE

TEENS



Teen Talk

Conversations about menstruation, sexually transmitted diseases, contraception, and the HPV vaccine against cervical cancer all are great reasons for teens to see a gynecologist, says Elli Sundahl, DO. One reason not to put off that first checkup: It probably won't include a pelvic exam. "The guidelines changed in 2013; now we don't recommend a Pap until 21," Sundahl says. She advises seeing a gynecologist early. "Everyone is different but when you think about becoming sexually active, that's the time to establish that relationship."

20s to 40s

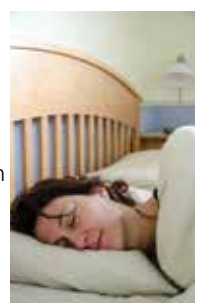
Baby aspirin and babies | One more thing baby aspirin might help with: successful pregnancy. Baby aspirin — safe for most expecting moms — may help prevent high blood pressure and preeclampsia in women who have a history of either in previous pregnancies, says nurse practitioner Stephanie Traver. Another option to head off high blood pressure in pregnancy is fish oil. Researchers aren't sure why either works, Traver says. "We think there is some mechanism that increases blood flow through the placenta."



40s-50s

Moving into menopause

Now is when the hormonal roller-coaster ride begins — and may bring trouble sleeping. Hot flashes disrupt sleep. But perimenopause exacerbates other conditions that can interfere with rest, too, like restless legs, anxiety, depression, and stress, says obstetrician/gynecologist Alison Mall, MD. Her advice: Skip afternoon caffeine; exercise, but not close to bedtime; limit screen time before bed; and develop consistent sleep habits.



50s & older

Slimmer and smarter? | Need another reason to keep pounds off? Here's one: your brain. A recent study of more than 8,000 women ages 65-79 found that with each one-unit increase in body mass index, scores on a measure of cognitive abilities dropped by nearly one point. Keeping pounds off can be a struggle for older women, but maintaining healthy weight may help preserve cognitive abilities, says obstetrician/gynecologist Colleen Mullin, MD.



Meet our Centura Health Physician Group Women's Health experts:

- Alison Mall, MD, obstetrics and gynecology
- Colleen Mullin, MD, obstetrics and gynecology
- Elli Sundahl, DO, obstetrics and gynecology
- Stephanie Traver, BSN, MSN, NP



To make an appointment, call 303-649-3180.

Avista Adventist Hospital specialists provide women's care from birth to seniors. See our new website at chgwomenshealth.org to learn more.

TO DO FOR YOU

- Sip some hot tea
- Listen to a podcast
- Go on a nature hike
- Bake a pumpkin pie
- Get a pedicure

Avista
Adventist Hospital
Centura Health.

Sparkle is published three times annually by Avista Adventist Hospital. Executive editor is Melissa Phillips. As part of Centura Health, our mission is to nurture the health of the people in our community. The information herein is meant to complement and not replace advice provided by a licensed health care professional. For comments or to unsubscribe to this publication, please email us at sparkle@centura.org. Sparkle is produced by Clementine Healthcare Marketing.

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Risk MANAGEMENT

Knowing individual breast cancer risk is key to creating a screening plan

If there were such a thing as an average woman, she would have a lifetime risk of developing breast cancer of about one in eight, or 12 percent.

But, that statistic is little help when no woman is average. Many factors that influence your risk should be considered to establish a personal screening schedule, says Avista Adventist Hospital breast surgeon Gerlinde Tynan, MD. Factors that increase risk include:

- Family history of breast cancer
- First menstrual period before age 12
- First child after age 30
- Menopause after age 55
- Extremely dense breasts
- Atypical cells found in a previous biopsy
- Ashkenazi Jewish ancestry



Dr. Gerlinde Tynan

< Career of Caring

A lot has changed in breast cancer treatment in the dozen years since Gerlinde Tynan, MD, began her career. Those advances, including molecular profiles of individual tumors, mean she can offer patients treatment options tailored to their specific cancer.

“We know more about breast cancer, so we can individualize therapy,” she says.

For Tynan, caring for women with breast cancer is a calling. “I enjoy developing a relationship with people who were going about their daily lives, and through no fault of their own, were struck with this disease.”

Control what you can

You can't change your family history. But breast cancer risk isn't entirely beyond your control, Tynan says. To lower your risk:



Get moving. Exercise lowers breast cancer risk.



Maintain a healthy weight. Fat produces excess estrogen, which increases risk.



Get enough vitamin D. Studies have linked vitamin D deficiency with increased breast cancer risk.



Limit alcohol. Just one drink a day can increase the risk for premenopausal women by 5 percent, and 9 percent for postmenopausal women.

Manage risk with mammograms

Regular mammograms are key to detecting breast cancer early when it is most treatable, Tynan says. While there has been controversy about when to start screening, her position hasn't changed. “We still recommend getting the first mammogram at 40.”

Once you know your personal risk, you and your doctor can create a screening plan that's best for you. Based on family history, genetic testing also might be a good idea. If you have dense breasts, 3-D mammograms are your best option, she says. Dense breasts, which have nothing to do with size, can only be determined through a mammogram.

To schedule a 3-D mammogram at Avista Adventist Hospital, call 303-673-1233.

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

Lifesaving Persistence



Choir and drama teacher Julinda Dixon was able to teach throughout her six rounds of chemo to battle ovarian cancer.

Recognizing symptoms and seeking early treatment are keys to conquering ovarian cancer

Julinda Dixon has advice for women: Listen to your body. “If something isn’t right and you know it, don’t give up; insist they find out what’s wrong.” Dixon did that, and it may have saved her life. A week after her doctor attributed her pain and bloating to menopause, the 54-year-old middle school choir and drama teacher’s symptoms dramatically worsened. “I woke up with pressure in my chest, and terrible bloating. I knew it was more than menopause.”

In Good Hands

Dixon went to an emergency room, where a CT scan revealed an ovarian mass. The ER doctor vowed to find her the best possible physician to treat the tumor. Soon afterward, Irina Dimitrova, MD, who is fellowship trained in gynecologic oncology, walked into Dixon’s hospital room.

“She said, ‘This is what we need to do.’ She said it in a confident, not cocky, way, and I believed her,” Dixon says.

A week later, Dimitrova surgically removed the tumor, which was cancerous, at Avista Adventist Hospital.

A Silent Culprit

The American Cancer Society estimates that 22,280 women will be diagnosed with ovarian cancer this year, compared with 252,710 breast cancer diagnoses. It’s uncommon enough that even experienced physicians don’t immediately suspect ovarian cancer.

Despite that, routine screening ultrasounds and blood tests make

sense only for women who carry a genetic mutation that makes them more prone to ovarian cancer, Dimitrova says.

An ultrasound can reveal a mass, but not whether it’s cancerous, she says. “In the general population, screening does more harm than good. It results in a lot of unnecessary surgery for cysts and masses that aren’t cancerous.”

So, it’s vital that women pay attention to their bodies, and be aware of ovarian cancer symptoms, she says. (See facing page for a list of symptoms.)

Hopeful Recovery

Among women diagnosed with early stage ovarian cancer, the five-year survival rate is more than 90 percent. But often the cancer is detected in an advanced stage.

Dixon’s cancer was stage 2A. After surgery, Dimitrova “was careful to explain my options. She and Susan Adnan-Koch, her nurse, were very supportive. They said, ‘We’ll be with you 100 percent, whatever you decide.’”

Dixon underwent six rounds of chemotherapy at Avista Adventist Hospital’s infusion center. Medications managed side effects well enough that she was able to keep teaching.

In January, Dixon celebrated the end of chemo and the start of being cancer-free with a “Redneck Therapy Party” (she had lived in Arkansas). It was a celebration made possible by the emergency room doctor’s commitment to getting Dixon great care, Dimitrova’s skill, and Dixon’s determination.

LISTEN TO
YOUR BODY



*Symptoms of
ovarian cancer
include:*

bloating
pelvic or abdominal pain
feeling full quickly
urgent, frequent need to urinate
extreme fatigue
heartburn
back pain
nausea
pain during sex



Dr. Irina Dimitrova

GYNECOLOGIC ONCOLOGY: A VERY SPECIAL SPECIALTY

Irina Dimitrova, MD, is a practitioner of a small but growing specialty: gynecologic oncology. Specializing in treating cancers that occur in the female reproductive organs, “we are the only physicians who do both surgery and cancer treatment,” Dimitrova says. “We can create close relationships with patients, treating them throughout the entire process.”

EXPERTISE ON YOUR SIDE**
If you need specialized care for gynecologic oncology, make an appointment with Dr. Dimitrova at Centura Health Physician Group Women’s Specialty Health – Church Ranch.
Call 303-925-4100.

6 for 6

Year-by-year tips for giving your child a healthy, happy start



Dr. Jon-Paul Jordan

By the time you take your newborn home from the hospital, you've memorized the basics for keeping her safe and healthy. But as a new parent, you want more than basics. Avista Adventist Hospital pediatrician Jon-Paul Jordan, MD, offers tips for the first six years.



IN THE NURSERY

It's a girl! Avista Adventist Hospital is thrilled to announce the delivery of our 50,000th baby. Clara is from Superior, and she was born to first-time parents Tony and Shanna.



INFANCY

Don't share your bed.

Having baby in your room is fine; in your bed, is not, Jordan says. "When it's cold, babies can get stuck where they can't breathe in soft pillows and blankets."

AGE 1

Don't fret feeding.

"A decline in appetite now is normal," he says. "You don't have to worry about them eating less, and you don't have to make special things they'll eat. If they are hungry, they will eat."

AGE 2

Sit down to dinner.

Eating with your child reduces his chances for obesity. Plus, "they learn to interact with mom and dad, how mom and dad interact with each other — and table manners," Jordan says.

AGE 3

Be where your feet are.

"Electronics are a fact of life," he says. "But be thoughtful about using them. There are times when parents think they're involved, but they're on Facebook or texting. Kids know when you're paying attention."

AGE 4

Let them fail.

"Kids need to try things, and sometimes fail — age-appropriately. Don't let a toddler cook dinner, but do let them fall down."

AGE 5

Put them to bed.

Young children need 10 to 12 hours of sleep, for body and brain function and development. "Having that consistency and sleep routine is really important," he says.

3 POINTERS ON PICKING A PEDIATRICIAN

- 1 Start searching for a pediatrician before your due date, the American Academy of Pediatrics advises. Ask friends, family, and your OB/GYN for recommendations.
- 2 Check credentials online, and look for practices nearby — you don't want a long commute with a sick child.
- 3 Once you've narrowed your search, make appointments to meet pediatricians, and ask questions like:
 - Do you have a subspecialty or area of interest?
 - How do I reach you after hours?
 - Which hospitals do you work with?
 - How long will I wait for an appointment?
 - What's your view on alternative medicine and immunizations?

50,000 reasons to love Avista

Share photos of your Avista baby on social media with #Avista50000 and @AvistaAdventistHospital tagged in the caption.

Plant yourself in a healthy diet

Giving up animal proteins doesn't mean losing out on nutrition — or flavor



Dr. Pamela Vallejo-Craig

Hamburgers and bacon may be American staples, but who needs them?

Nobody, according to Avista Adventist Hospital internal medicine physician Pamela Vallejo-Craig, MD, who holds a degree in plant-based nutrition from Cornell University. A proper plant-based diet provides you with the nutrients you need. Plus, giving up meat, dairy, and eggs may help you live longer and avoid diabetes and cancer, she says.

Even if you don't go completely vegan, the more plant-based foods you eat, the better, she says. Try Vallejo-Craig's "Top 10 Plant Superfoods":

1. Leafy greens. Spinach and kale are full of iron and zinc. Plus, they're rich in magnesium, which keeps headaches at bay.

2. Sweet potatoes. The definition of "good carbs," they keep you feeling full and provide beta-carotene.

3. Bananas. A portable superfood, bananas are a great source of magnesium, which can relieve menstrual cramps.

4. Berries. Raspberries, blueberries, strawberries, and their exotic cousin, acai, are antioxidant powerhouses.

5. Winter squash. Butternut and acorn squash, and pumpkin are nutritious, healthy comfort carbs.

6. Spaghetti squash.

Substitute it for pasta or puree it in place of mashed potatoes. It's full of vitamin A, and blood pressure-lowering potassium.

7. Oats. Oats are full of fiber and help fight heart disease and colon cancer.

8. Figs. A half cup of dried figs has more calcium than an 8-ounce glass of milk, plus fiber.

9. Asparagus. These spears help boost your brain with potassium, and soothe your gut with probiotics.

10. Cacao. Cacao is full of magnesium, which helps tame mood swings. Choose slightly sweetened chocolate — the darker, the better.

So, what's up with soy?

Despite fears — now largely discounted — that soy's estrogenlike properties increase breast cancer risk, recent studies show that soy offers several benefits, Vallejo-Craig says.

"Soy beans, miso, soy milk, edamame, tempeh — these are all great options," she says.

Research shows that soy may help reduce risk of:

- Fibroids
- Breast cancer
- Fractures

Choose simple, unprocessed soy. Pass on isolated soy proteins like those in protein shakes.

To schedule an appointment with Dr. Vallejo-Craig, call CHPG Avista Internal Medicine at **720-613-2532**.



LOOK GOOD FEEL BETTER

This class teaches beauty techniques to women with any diagnosis of cancer. It's designed to help them manage the appearance-related side effects of chemotherapy, radiation, and other forms of treatment.

The class includes lessons on skin and nail care, cosmetics, wigs and turbans, accessories, and styling.

When | Mon, Oct 16, 10 a.m.-Noon

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 720-627-3235

Portercare Adventist Health System

Avista Adventist Hospital



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FALL 2017 CALENDAR



EASING TRANSITIONS FOR THE OLDER ADULT

Avista Adventist Hospital is pleased to offer a **FREE** four-part series to help aging adults and their families navigate the difficult decisions and fears they will encounter during the later stages of life.

When | Wednesdays, 6-7:30 p.m.

Oct 4 — **Making Sense of Medicare**

Oct 11 — **What Every Aging Adult Should Know About Legal Medical Documents**

Oct 18 — **Living Facility Options**

Oct 25 — **End-of-Life Experience**

Location | Avista Adventist Hospital Boardroom

Cost | FREE

Registration | avistahospital.org/events

STEPPING ON

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

When | Mondays, Oct 23-Dec 4, 10 a.m.-Noon

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 303-925-4093

TAI CHI FOR HEALTH AND ARTHRITIS PART 1

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

When | Thursdays, Oct 26-Dec 14, 10-10:50 a.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093

TAI CHI FOR HEALTH AND ARTHRITIS PART 2

Tai Chi Part 2 builds on what participants learned in Part 1 by adding 12 additional moves to complete the Tai Chi for arthritis form.

When | Thursdays, Oct 26-Dec 14, Noon-12:50 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093

N'BALANCE

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

When | Thursdays, Oct 26-Dec 14, 11-11:50 a.m.

Location | Church Ranch Neighborhood Health Center

Cost | \$35

Registration | 303-925-4093



NATIONAL DIABETES PREVENTION PROGRAM

Please join us for a one-year program that is designed to help you reduce your risk of type 2 diabetes by losing weight, increasing physical activity, and learning to overcome barriers to healthy eating and physical activity.

When | Tuesdays, beginning Nov 7, 5:30-6:30 p.m.

Location | Church Ranch Neighborhood Health Center

Cost | FREE

Registration | 720-321-1769