Would you like to be younger, fitter, trimmer, mentally sharper and more energetic? AND prevent heart disease? It’s not too good to be true. Attend a free event on May 15.

See page 2 to learn more!
Free Event
Thursday, May 15, 6:30 p.m.
Saint Martin’s University, Worthington Conference Center

Would you like to be younger, fitter, trimmer, mentally sharper and more energetic? AND prevent heart disease? It’s not too good to be true.

Join us at a free event to meet Dr. Steven Masley, former Olympia resident and physician, nutritionist, researcher, trained chef and award-winning patient educator. Dr. Masley is returning to his hometown to share four simple steps that can help you turn back the clock on aging and keep your heart healthy. Also on the program: some new heart-health-related research findings and recently released data about lifestyle factors that can predict arteriosclerosis. Dr. Masley’s work has been featured on the Discovery Channel, Today Show, Public Broadcasting Service (PBS), plus more than 250 media interviews.

Reserve your seat today!
Register online at www.provregister.org, or call 360.493.7247.

Take a Free Test!
Go to www.howoldismyheart.org

How old is your heart?

Learn your heart age. Life’s definitely more fun when you have a happy heart. But most heart issues don’t have obvious symptoms to let you know something’s wrong.

So what can you do? You can find out your “heart age” — and whether you’re at risk for problems — by taking this free heart disease risk test. In just a few minutes you’ll know where you stand. You’ll learn about things you can do to lower your risk, and we’ll explain how to get connected to doctors who know hearts inside and out.

Cardiologist Scott Werden, DO, FACC, FASE, Providence Cardiology Associates, says that in talking to his patients, he finds that some believe some common, but untrue, myths about heart health. Here, he clarifies some of those misconceptions.

**MYTH: Fat-free food is best for your heart.**

**Dr. Werden:** Not necessarily, especially when it comes to processed foods. When manufacturers take the fat out of a product, they usually add in other ingredients like sugar and sodium.

There is such a thing as “good” fat, which is beneficial for your heart. If you take an approach to eating that includes a moderate amount of the healthier mono- and poly-unsaturated fats, which can reduce cholesterol, and you avoid saturated fat, which contributes to high cholesterol, you’ll be on your way to a heart-healthy diet.

The Mediterranean diet, which emphasizes fruits, vegetables, olive oil, legumes, fish and other healthy foods, offers clear cardiovascular benefits. This type of eating style has been shown to reduce blood pressure and the “bad” LDL cholesterol.

**MYTH: Statin medications protect me from my unhealthy diet.**

**Dr. Werden:** Sorry, not true. There is no cure for heart disease in the majority of patients. Patients can take medication to suppress the effects of heart disease and have procedures to slow their disease’s progression. But it’s these measures along with a healthy lifestyle, which includes a sensible diet and exercise, that offer a person with heart disease the best chance for a good outcome.

Keep in mind: The typical ‘Western’ diet, which includes fried and sweet foods, processed and red meat, refined grains and high-fat dairy products, increases risk for a wide range of health problems and premature death. Making healthier food choices is something anyone can do to take better care of their heart, and their health in general.

**MYTH: If you exercise, you’ll have a healthy heart.**

**Dr. Werden:** Unfortunately, that’s not a guarantee. Exercise can improve your cholesterol profile, which has been shown to reduce the risk of heart disease. However, there are many other factors at play, including genetics, diet and underlying illness.

On a positive note, people with heart disease who exercise do tend to have improved outcomes and less subsequent risk for future problems. That’s why we urge heart patients so strongly to commit to their cardiac rehab after a heart attack or heart surgery.

**Dr. Werden is board certified in cardiovascular disease, internal medicine, echocardiography and nuclear cardiology. To make an appointment, call 360.413.8525.**

To learn more about heart services at Providence, visit www.provheart.org.
On a Saturday two weeks before Christmas, retired school teacher Nancy Wreggit was on the phone with a friend when she noticed she wasn’t feeling well. Nancy’s husband John was leaving on an errand, so she waved goodbye to him and went to lie down.

“I was so disoriented,” Nancy said. “I didn’t even know what was wrong, but I knew it was something. Thank goodness my husband came in.” When John got back, he heard his wife making noises and went to check on her.

“At first,” John said, “I thought she may have gotten some terrible news on the phone, but I soon realized that she couldn’t speak. That’s when I knew it must be a stroke and called 911.”

John, a retired child psychiatrist, is educated about symptoms of stroke and knows that “time is brain” when it comes to treatment.

Emergency treatment

After the call, paramedics were at their home within minutes. Nancy rode to the hospital in the ambulance while John drove in their car. Once they arrived at the hospital, the emergency center activated the stroke team right away.

“I was in a fog,” said Nancy, “but I noticed how caring and compassionate everyone was.” John explained that the doctors, nurses and other emergency staff responded quickly. James McDowell, MD, the medical director of Providence St. Peter Hospital’s Stroke Program, arrived to evaluate Nancy and recognized that she was likely having an ischemic stroke (caused by a blood clot).

Shortly after a CT scan to confirm ischemic stroke, the team administered a clot-busting drug called tPA to restore blood flow to Nancy’s brain. The tPA was given within the necessary time-frame for treatment – about two hours after her symptoms began.

“At first,” John said, “I thought things were going to be very hard for us in the future. That night in the hospital, Nancy still had aphasia (difficulty speaking), partial blindness and one-sided weakness. I thought she wouldn’t be able to drive, that we were in for a difficult time. But by the next morning when our son arrived from Vancouver, Wash., she already seemed much better.”

Successful recovery

When Nancy went home, three nights and two days later, she was without any disabilities. Nancy says she’s still a little tired, as Dr. McDowell suggested she would be, but is otherwise recovering well.

“We had family and friends praying for us,” said John, “and that meant a lot to both of us.” They are also very grateful to the stroke team and all the caregivers at St. Peter Hospital. “We are very pleased with the care my wife received,” John said. “Everyone acted so fast.”

“And everyone was so nice,” added Nancy. “They took such good care of me.”

Providence St. Peter Hospital is a Joint Commission Certified Primary Stroke Center. It is the only Primary Stroke Center in the South Sound area. The hospital has a long history of clinical distinction in stroke due to its recognized 24-hour stroke team, investment in the latest technologies and designated neurological care unit.

Know the signs of stroke and act FAST. Call 911 immediately if you see any sign of stroke.

F (face) – Ask the person to smile. Does one side of his/her face droop?

A (arm) – Ask the person to raise both arms. Does one drift downward?

S (speech) – Ask the person to repeat a simple phrase, such as “I live in Olympia.” Is his or her speech slurred or strange?

T (time) – If you see ANY one of these signs, it’s important to act FAST. Call 911 immediately.

To learn more about stroke symptoms, treatment and prevention, visit www.TimeIsBrain.org.
**Battling pain?**

**You may need a physiatrist**

Until they need one, many people really don’t understand what a physiatrist does. But if you suffer from muscle and bone problems and pain – whether caused by a disease, condition, disorder or injury – you may find relief in a physiatrist’s office.

Physiatrists are experts in issues that affect body movement. Also known as physical medicine and rehabilitation specialists, they are medical doctors trained in the diagnosis, non-surgical treatment and rehabilitation of musculoskeletal (muscle and bone) conditions. In addition, they diagnose and treat complex neuromuscular (nervous system and muscle) conditions.

Mohammad Yavari Rad, MD, a physiatrist at Providence Medical Group Olympia Physical Medicine, says that some people see physiatrists as “rehab specialists,” and aren’t aware that they routinely care for people with issues related to the joints, muscles and tendons, and arthritis.

“As physiatrists, we take a holistic view in the care we provide,” Dr. Yavari Rad says. “Our focus is on finding where a person’s pain generates, as well as function and mechanical balance. In general, we use medications and physical therapy as a first approach. Injections could be used along with conservative treatment. If this is not helpful, surgery may be the next step.”

At Providence, the board-certified physiatrists use a broad spectrum of diagnostic and treatment techniques. The team specializes in musculoskeletal medicine, spine, stroke, spinal cord injury and electromyogram (EMG) to evaluate muscle function in patients with muscle weakness. They also provide nerve conduction studies to evaluate nerve function in patients experiencing numbness, tingling or other sensations, and injections to deliver targeted medications for spine and musculoskeletal conditions.

“Some people think of physiatry as the last resort, where you go when all other options have been exhausted,” says Dr. Yavari Rad. “In fact, we offer conservative, effective alternatives – which should be the first resort – and can restore quality of life without the potential side effects that can come with more invasive treatments.”

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**Providence Medical Group**

**Olympia Physical Medicine**

410 Providence Lane NE, Building 2

Olympia, WA 98506

360.493.4500

**Margo Newell-Eggert, MD**

Board certified: Physical medicine & rehabilitation, electrodiagnostic medicine

**Mohammad Yavari Rad, MD**

Board certified: Physical medicine & rehabilitation with fellowship in non-surgical spine medicine

**Physiatry Services**

- Musculoskeletal medicine
- Non-surgical management of the spine (neck, upper and lower back) and joints
- Electro-diagnostic testing
- Peripheral joint injections
- Sports injury treatment
- Spasticity management
- Neuro rehabilitation due to stroke, brain and spinal cord injuries

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**Nationally recognized stroke care, right near you**

You may be familiar with the expression “Time is brain.” During a stroke, it means the longer blood flow to the brain is blocked, the more damage that occurs. That is why it is so critical to seek emergency care at the first sign of any stroke symptoms.

At Providence St. Peter Hospital, the time it takes from patient arrival in our emergency center to the administration of tPA medication (the most effective treatment for ischemic stroke) is 15 minutes faster than the national average – vital for the most successful outcomes.

We are proud to be the only Joint Commission-certified Primary Stroke Center in the South Sound region. This distinction recognizes our team’s ongoing efforts to improve outcomes for stroke patients and provide the highest quality of care.

Providence St. Peter Hospital provides 24-hour-a-day coverage for stroke care. In addition, we have telemedicine capabilities serving southwest Washington communities in our five-county area. This technology virtually connects a patient to the stroke nurse and neurologist who can begin early treatment intervention.

This combination of technology and expertise helps improve the lives of individuals in our care. We are grateful for our caregivers who provide this exemplary and compassionate service.
Sometimes, media interpretation and conflicting evidence about a health topic can make it very difficult for consumers to make truly informed choices.

One example: A recent, widely reported Canadian study claims that screening mammography offers no life-saving benefit for women. This claim is in conflict with dozens of other studies which show that screening mammography does decrease mortality from breast cancer.

Radiologist Lawrence Bennett, MD, is concerned that sensational reports about studies like this one will lead women to let their potentially life-saving mammograms slide.

Beyond the headlines

“The Canadian study is particularly misleading – especially if you don’t devote a lot of time to read the study and analyze the details beyond the headlines,” Dr. Bennett says. (The Canadian study was published in the Feb. 11, 2014, edition of the British Medical Journal.)

“In this study, researchers conducted a 30-year follow-up to see how effective mammograms had been in reducing rates of death from breast cancer,” he says. “But among other problems with the study, the Canadian research relied on first-generation images obtained from outmoded mammography technology.”

“This serious shortcoming – considered along with other flaws in that study and the dozens of other studies with stronger data that do support the value of mammography – should persuade women that the current guidelines still make sense.”

Early detection saves lives

Dr. Bennett says scientific evidence, and his own experience, overwhelmingly defend the use of screening mammography. “In our own practice, we find twice as many cancers through screening mammography than the Canadian study claimed to find, and we are more likely to detect them early in women who have regular mammograms,” he says. “When we find less advanced disease, with negative nodes, we can offer less-invasive treatment options and a better chance for a cure.”

The bottom line: Dr. Bennett advises women to follow established recommendations. “The American Cancer Society’s guidelines, which state that women over age 40 should get a mammogram once a year, are sound.”

For more information, call 360.493.4600. To schedule a mammogram, call 360.252.9301.

Recommendations for early breast cancer detection in women without breast symptoms

- Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.
- Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular health exam by a health professional every three years. Starting at age 40, women should have a CBE by a health professional every year.
- Breast self-exam (BSE) is an option for women starting in their 20s. Women should report any breast changes to their health professional right away.
- Women who are at high risk for breast cancer based on certain factors should get an MRI and a mammogram every year. (Check with your doctor to find out if you are at high risk.)

Source: American Cancer Society
Prevent child sexual abuse

May 22
5:30-8:30 p.m.
Providence St. Peter Hospital,
Room 200, next to cafeteria

Learn how to recognize, prevent and react responsibly to child sexual abuse. Attend a “Darkness to Light” training session presented by Providence St. Peter Sexual Assault Clinic. Snacks will be provided.

To sign up, call 360.493.7469 or visit www.provregister.org.

Kaleidoscope play & learn
free play group

Mondays, 10-11:30 a.m.
Providence Medical Group
St. Peter Family Medicine
Main entrance, conference room
525 Lilly Rd. NE
Olympia, WA 98506

For children 0-5 years old and their parents, grandparents, aunts, uncles, friends or others who take care of them. We will have lots of fun together:

• Singing songs
• Telling stories
• Creating art
• Playing

Snacks will be provided.

To pre-register, please contact:
Fran Williams
Child Care Action Council
fran@ccacwa.org
360.786.8907 x111, or
Rick Brandt-Kreutz, MA, MSW, SPFM,
360.493.4037

Supported in part by a grant from the Nisqually Indian Tribe.

Survivor Cancer Survivor Celebration

June 7, 2014
8:30 a.m. – 1:15 p.m.
Indian Summer Golf & Country Club, Olympia
A continental breakfast and buffet lunch will be served.

Kathy LaTour, keynote speaker

“While our cancers and treatments may be different, we have many universal experiences, and by connecting with each other about these moments comes understanding and affirmation.”

- Kathy LaTour

Join us as we celebrate you, your family members and caregivers! If you currently have cancer or had it in the past, you and a guest are invited to attend our fourth annual cancer survivor celebration. This free event will feature keynote speaker and breast cancer survivor, Kathy LaTour, plus a panel of experts on wellness, survivorship and more!

Free! To register, visit www.provregister.org or call 360.493.7247.

Space is limited, and RSVP is required by May 28.

While our cancers and treatments may be different, we have many universal experiences, and by connecting with each other about these moments comes understanding and affirmation.”

- Kathy LaTour

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Free! To register, visit www.provregister.org or call 360.493.7247.

Space is limited, and RSVP is required by May 28.
Oh! Your Aching Back
Free event presented by Providence Medical Group
Southwest Washington Neurosurgery Brain & Spine Center

Thursday, April 24, 6:30-8:30 p.m.
Saint Martin’s University – Worthington Conference Center

There's almost nothing more frustrating than the limits back pain puts on your life. Whether your back pain is new or you’ve been coping with it for years, treatment options are available. A panel of specialists – four neurosurgeons, a physical medicine doctor and a physical therapy doctor – will discuss a range of treatments and help you discover the best approach for alleviating your pain.

Gareth Adams, MD, PhD
Neurosurgeon
Medical School – Baylor College of Medicine

Mohammad Yavari Rad, MD
Physiatrist
Medical School – Shahid Beheshti University of Medical Science

Brian Iuliano, MD
Neurosurgeon
Medical School – Mayo Medical School

Sheila Smitherman, MD
Neurosurgeon
Medical School – Baylor College of Medicine

Barbara Lazio, MD
Neurosurgeon
Medical School – University of Cincinnati

Craig Tedder, DPT
Doctor of physical therapy
Doctorate – University of St. Augustine for Health Sciences

Register today! Go to www.provregister.org, or call 360.493.7247.