

## October: A good time to consider breast health

**AS** of yet, there is no sure way to prevent breast cancer, the second leading cause of cancer deaths among women in this country. Even so, there are clear steps women can take to reduce their risk. And October, which is Breast Cancer Awareness Month, is the ideal time to take them.

One key safeguard for women is to maintain a healthy weight, especially in midlife and later. After menopause, most of the hormone estrogen in a woman's body comes from fat cells. Estrogen can spur the growth of many breast tumors, and being overweight or obese can raise breast cancer risk.

These additional steps may help women reduce their risk for breast cancer, according to the American Cancer Society:

▶ **Avoid drinking alcohol.** It can increase circulating estrogens or other hormones in the blood that play a key role in the development of many breast cancers.

▶ **Be active.** A growing body of research indicates that exercise lowers breast cancer risk. Aim for 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.

▶ **Carefully weigh the pros and cons of hormone therapy.** Hormone therapy that uses both estrogen and

progesterone can increase breast cancer risk in as few as two years of use. The use of estrogen alone after menopause does not seem to raise the risk of developing breast cancer. If a woman and her doctor agree that hormone therapy is necessary to ease bothersome menopausal symptoms such as hot flashes, it is best to take the lowest effective dose for the shortest possible time.

Since breast cancer can develop even with these precautions, the ACS advises women to have yearly mammograms starting at age 40, for as long as they are in good health.

Regular mammograms (breast x-rays) can detect cancer in its early stages and give women a head start on potentially lifesaving treatment. If you have a heightened risk of breast cancer, ask your doctor if you need additional screening tests.



### Treat yourself to a spa day

Schedule your mammogram during Adventist Health's October Spa Days, Sunday through Wednesday, Oct. 18 to 21, and relish in relaxation with a 10-minute chair massage and treats from Bright's Candies and the Walla Walla Roastery. Your five-star treatment includes a soft, warm MammoPad breast cushion for comfort and advanced digital technology for speed and accuracy. Call 509-527-8273 to schedule your mammogram today!

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**MEDICARE  
AND SHOTS**

# What's covered?

**DID** you know that when you sign on to Medicare, you get some important preventive health measures as a perk? For instance, Medicare covers the cost of three vaccinations:

- 1 An annual flu shot
- 2 Hepatitis B shots (a series of three) for those at medium or high risk of hepatitis B
- 3 A pneumococcal shot to protect against infections, such as certain types of pneumonia

### Prevention is the prize

How does taking advantage of this bonus help you to stay healthy? Vaccination is the best way to help prevent the flu, hepatitis B and pneumonia. Plus you'll be avoiding the potentially dangerous complications that can

result from a bout with one of these illnesses.

For example, hepatitis B — a serious liver infection — can lead to cirrhosis of the liver or liver cancer. Pneumococcal disease may cause pneumonia, blood infection or meningitis. The flu can trigger bronchitis or ear and sinus infections. In addition, thousands of people in the U.S. are hospitalized every year from flu-related complications, and some even die.

### Claim your reward

You need a new flu shot every year, but vaccinations for hepatitis B and pneumococcal disease are usually only given once.

Talk with your doctor to find out which vaccinations are right for you.

## Shots: No appointment needed

The Shot Spot at Adventist Health Community Pharmacy located in our Family Medicine building specializes in medication injection and immunization needs. Walk-ins and scheduled appointments are welcome. Call 509-527-8100 for more information.

## COLD *or* FLU?



Colds and the flu share some symptoms, but they are two unique conditions.

### COLD SYMPTOMS FLU

<input type="checkbox"/>	ACHES/PAINS	<input type="checkbox"/>
<input type="checkbox"/>	COUGH	<input type="checkbox"/>
<input type="checkbox"/>	CHEST DISCOMFORT	<input type="checkbox"/>
<input type="checkbox"/>	EXHAUSTION	<input type="checkbox"/>
<input type="checkbox"/>	FATIGUE	<input type="checkbox"/>
<input type="checkbox"/>	FEVER	<input type="checkbox"/>
<input type="checkbox"/>	HEADACHE	<input type="checkbox"/>
<input type="checkbox"/>	SNEEZING	<input type="checkbox"/>
<input type="checkbox"/>	SORE THROAT	<input type="checkbox"/>
<input type="checkbox"/>	STUFFY/RUNNY NOSE	<input type="checkbox"/>
<input type="checkbox"/>	VOMITING/DIARRHEA	<input type="checkbox"/>

Sources: American Academy of Family Physicians; National Institute of Allergy and Infectious Diseases

LIVEWELL is published as a community service for the friends and patrons of WALLA WALLA GENERAL HOSPITAL, 1025 S. Second Ave., Walla Walla, WA 99362, telephone 509-525-0480, website [wwgh.com](http://wwgh.com).

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## Take Steps to Prevent Diabetes

Tuesday, Nov. 3 at 6 p.m.

**Presenter:**

Margaret Caicedo, ARNP

**Location:**

WWGH Auditorium

### PREDIABETES

# Why you shouldn't ignore it

## METEOROLOGISTS

can often warn us of impending bad weather. Doctors can often do the same with our health — warning us when we're at risk for a serious disease.

An example: a condition called prediabetes.

If you've been diagnosed with prediabetes, it means you have a blood glucose (sugar) level that is creeping up. Your level is abnormally high but not high enough yet to be called type 2 diabetes. The condition is basically a warning that screams, "Pay attention! Danger ahead!" That's because your risk of developing full-blown diabetes is increased with prediabetes.

But here's the good news: If you act now, you can slow this trip toward diabetes. You may even be able to stop it altogether.

### Taking a safer route

According to the American Diabetes Association, you can cut your risk of developing type 2 diabetes by 58 percent if you:

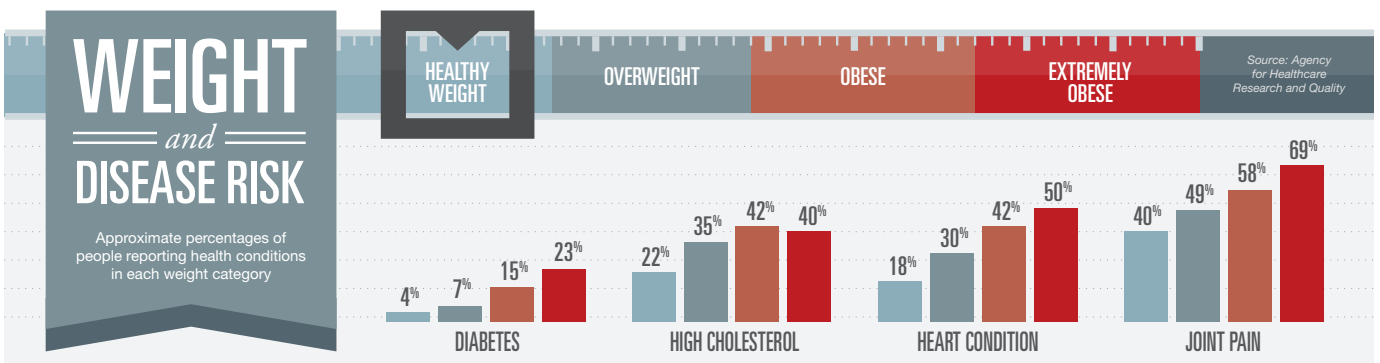
- ▶ Lose just 7 percent of your body weight, or about 15 pounds if you weigh 200 pounds.
- ▶ Exercise moderately — taking a brisk walk, for example — 30 to 60 minutes a day, five days a week.
- ▶ Eat more fruits and vegetables. Doing so can help you eat fewer higher-calorie foods.
- ▶ Work with your doctor. Together,

you can make changes to help prevent or delay diabetes.

These may require turning off the TV, prioritizing schedules to make time for exercise, and eating and shopping in a new way. A healthy diet is one that cuts back on calories and fat and emphasizes low-fat or nonfat dairy products, whole grains, lean meats, dried beans, fish, and lots of fruits and vegetables.

By taking positive steps now to control prediabetes, you can put yourself on the path to better health — a path that just might lead to a life without diabetes.

To learn more about prediabetes, visit the ADA website at [diabetes.org](http://diabetes.org), and search for "prediabetes."



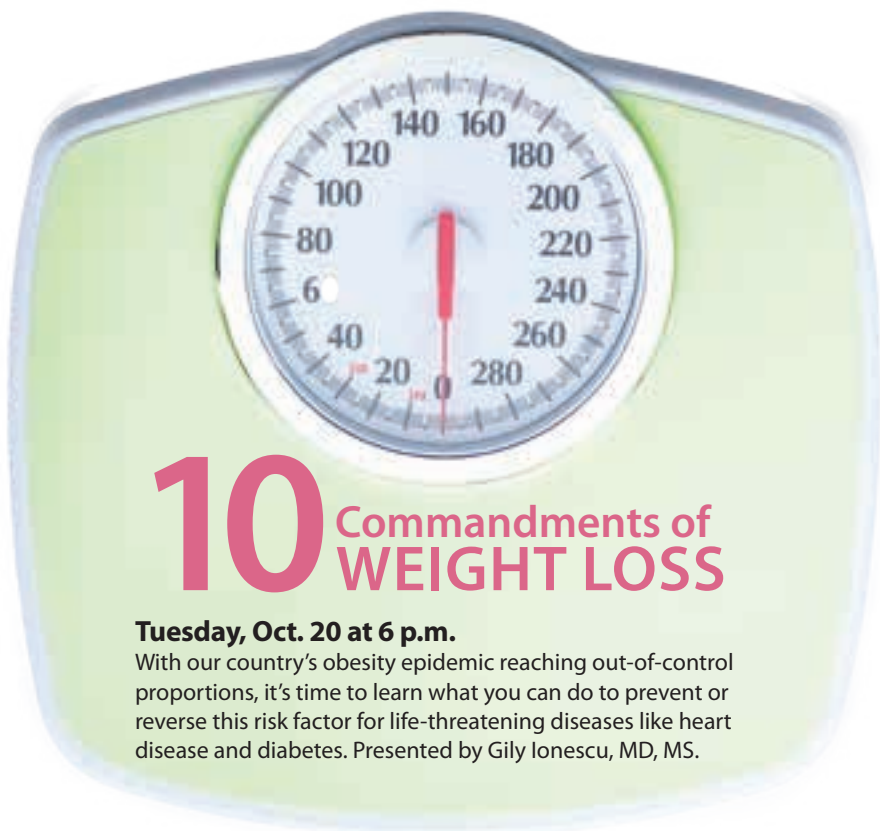
# Living Well Opportunities

Classes and Events for Your Healthy Lifestyle



For more information, call 509-522-2424 or visit [wwgh.com/classes](http://wwgh.com/classes).

All classes and events are held at WWGH unless otherwise noted.



## 10 Commandments of WEIGHT LOSS

**Tuesday, Oct. 20 at 6 p.m.**

With our country's obesity epidemic reaching out-of-control proportions, it's time to learn what you can do to prevent or reverse this risk factor for life-threatening diseases like heart disease and diabetes. Presented by Gily Ionescu, MD, MS.

## Living Well Wednesday

First Wednesday  
of each month,  
12:30 to 1 p.m., FREE



**OCTOBER 7**  
**Spirituality and  
Resilience**

Presented by Mario DeLise, MDiv, BCC

**NOVEMBER 4**  
**Flu Shot: Should  
You Get One?**

Presented by Doris Tucker, RN

## Take Steps to Prevent Diabetes

**Tuesday, Nov. 3 at 6 p.m.**

Diabetes is one of the fastest-growing health problems in the United States. It is also a major cause of heart attack, stroke, kidney failure, blindness and lower limb amputations. Don't become a statistic — learn what you can do to lower your risk of diabetes as well as how you can manage prediabetes effectively. Presented by Margaret Caicedo, ARNP.

WALLA WALLA GENERAL HOSPITAL



**Saturday, Nov. 14, 5:30 p.m.**  
**Marcus Whitman Hotel &  
Conference Center**

Join us for an elegant evening of dining, inspiring words, fellowship and fun in support of WWGH's healing mission. Entertainment for the evening features Dick Rutan, decorated U.S. Air Force pilot, captain of first nonstop around-the-world flight, National Aviation Hall of Fame inductee, and compelling speaker. Reserve your ticket at: [wwgh.com/gala](http://wwgh.com/gala).

# Living Well Opportunities

Classes and Events for Your Healthy Lifestyle

Adventist  
Health



For more information, call 509-522-2424 or visit [wwgh.com/classes](http://wwgh.com/classes).

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## What to Expect When You're Expecting

**Sunday, Nov. 8  
from 1 to 3 p.m.**

Understand and prepare for the physical and emotional changes you can expect in the first three months of your pregnancy. We'll discuss common discomforts and remedies, what kind of birth you'd like to have, as well as tips for eating well, staying active, and keeping you and your baby healthy. Take this class early in your first trimester.



## Preparing for Childbirth & Parenting

**Four-class series, Wednesdays,  
begins on Nov. 4 at 6 p.m.**

Prepares expectant parents for a positive labor and delivery experience. Learn what to expect, breathing and relaxation techniques, pain management, newborn needs, breastfeeding basics, emotional and lifestyle changes, and more.

## Safe Sitter®

**Sunday, Oct. 11 from 9:30 a.m. to 4 p.m.**

Class for young teens (ages 11 to 14) to learn everything they need to know to be safe when they're home alone, watching younger siblings or babysitting.

Students learn lifesaving skills, such as how to rescue someone who's choking, and receive helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use manikins to practice CPR and choking rescue. Attendees should plan to bring their own lunch.

## 6th Annual Spiritual Care Symposium at WWGH

**Friday, Jan. 22 from 8:30 a.m.  
to 4:30 p.m.**

The Spiritual Care Symposium exists to provide fellowship, education and skill-building for those in ministry, health care and mental health professions on topics related to spirituality and health care. Speaker Pam Cress, PhD, MSW, CT, will present "Understanding Grief and the Role of Spirituality in Healing from Loss." Six contact hours of continuing education units available. For more information, call 509-527-8000, ext. 1848. Register at: [wwgh.com/spiritualcaresymposium](http://wwgh.com/spiritualcaresymposium). Fee: \$30 (scholarships available)

## OCTOBER MAMMOGRAPHY

# Spa Days

**Sunday through Wednesday,  
Oct. 18 to 21, times vary,  
Medical Pavilion, 19 Southpoint Lane**

Schedule your mammogram during our October Spa Days and relish relaxation with a 10-minute chair massage and treats from Bright's Candies and the Walla Walla Roastery. Your five-star treatment includes a soft, warm MammoPad breast cushion for comfort and advanced digital technology for speed and accuracy. Call 509-527-8273 to schedule your appointment.



# A journey to better health

Family Medicine welcomes Carmen Ehlers, MD

**ADVENTIST** Health Medical Group is pleased to welcome Carmen Ehlers, MD, to its growing family medicine team. Dr. Ehlers is board-certified in family medicine and is fluent in Spanish.

Dr. Ehlers provides a full spectrum of care for the entire family. Having been raised in the mission field, her personal desire is to help alleviate suffering in the world. By meeting patients where they are and guiding them through a journey to better health, she wants to bring her patients from a lifestyle of surviving to thriving.

“Success in overall wellness is best

accomplished through a deliberate process,” says Dr. Ehlers. “This involves careful study, evaluation, analysis, and consultation with the patient, in combination with their action, courage, discipline, patience and perseverance.”

Previously Dr. Ehlers served as the Medical Director at Yellowhawk Tribal Center in Mission, Oregon, where she oversaw the nursing, pharmacy, laboratory and radiology departments.

To schedule an appointment with Dr. Ehlers, please call 509-527-8151



## Walla Walla General Hospital

1025 S. Second Ave., Walla Walla  
509-525-0480

## Adventist Health Medical Group

### CARDIOLOGY

19 Southpoint Lane  
509-527-8154

### COMMUNITY PHARMACY

1111 S. Second Ave.  
509-527-8100

### FAMILY & INTERNAL MEDICINE

1111 S. Second Ave.  
509-527-8151

### NEUROLOGY & SLEEP MEDICINE

1111 S. Second Ave.  
509-527-8055

### OBSTETRICS & GYNECOLOGY

19 Southpoint Lane  
509-527-8153

### ORTHOPEDICS

1017 S. Second Ave. #1  
509-525-4900

### PEDIATRICS

1025 S. Second Ave.  
509-527-8152

### PLASTIC SURGERY

19 Southpoint Lane  
509-527-8153

## Home Care Services

### HOME HEALTH CARE

830 S. Second Ave.  
509-525-9006

### HOME MEDICAL SUPPLY

826 S. Second Ave.  
509-529-2649

### PERSONAL CARE

830 S. Second Ave.  
509-525-3825

Get hours and directions at [WWGH.COM](http://WWGH.COM)  
Hablamos español

