

## So healthy together

Small changes add up  
to a big difference

**YOU** share dinner with your family and lunches out with co-workers. And you may be sharing your health habits with those close to you.

Research suggests that the habits, whether healthy or unhealthy, of those around us can influence our own habits. And our choices, including the foods we eat and the way we spend our leisure time, are likely to have a subconscious but significant impact on our friends and loved ones as well.

So why not make sure the habits you're sharing will benefit everyone in your circle of health? Try these ideas from the Centers for Disease Control and Prevention.

**Make exercise a team effort.** Let's face it — we're all much less likely to blow off a workout if someone is waiting for us. So make exercise dates with a friend, your spouse or your kids. You'll be able to enjoy each other's company and improve your health at the same time. If a little healthy competition is what motivates



Today is the perfect  
day for starting  
healthy habits.  
Learn your lifestyle  
numbers by visiting  
[nwregionalheart.com](http://nwregionalheart.com).

you to stay active, set up a video game fitness tournament.

**Band together to shed unwanted pounds.** You might arrange a friendly weight-loss competition at work. Or you and a friend may decide to keep food journals. Sharing that

information can help you both stay accountable for your food choices.

**Create a healthy food contest.** For family meals and friendly gatherings, make it a challenge to plan a menu that is both healthy and satisfying. Share meal and recipe ideas with friends.

**Kick the habit collectively.** It can be extremely difficult to quit smoking if those around you are still lighting up. Recruit your smoking buddies to set a group quit date. You can visit each other's homes to be sure all lighters, ashtrays and cigarettes are tossed out. Your fellow quitters will be an invaluable source of support.

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# Leg pain?

Be sure to get it checked out

**WHEN** a short walk becomes a painful exercise, it could signal something called peripheral arterial disease (PAD).

PAD happens when leg arteries become clogged with fatty deposits that limit or block blood flow. If you have PAD, you probably have blocked arteries in other areas of your body as well. One of the most important things you need to know about PAD is this: It's a risk factor for heart attack and stroke that shouldn't be ignored.

## What it feels like

Common symptoms of PAD include fatigue, heaviness, and pain

and cramping in the leg muscles when walking. These symptoms can often be temporarily relieved with rest.

PAD can also trigger coldness in the lower legs and feet and pain in the feet or legs that disrupts sleep. It can also make it difficult for lower limb sores to heal, which increases the risk of infections and tissue death (gangrene).

You're most likely to develop PAD if: ♦ You're older than 50. ♦ You're African American. ♦ You smoke. ♦ You have diabetes; high blood pressure; high cholesterol; or a family history of heart and blood vessel

diseases, including heart attack or stroke.

If you're at risk for PAD or have symptoms, your doctor may want to perform a simple, painless test called the ankle-brachial index (ABI).

The test compares blood pressure in your legs to the pressure in your arms to determine how well the blood is flowing and whether further tests are needed.

PAD can be treated with lifestyle changes, medications or surgery. For more information about PAD, call Adventist Health at **509-527-8154**.

Sources: National Heart, Lung, and Blood Institute; Society of Interventional Radiology

## Options for PAD

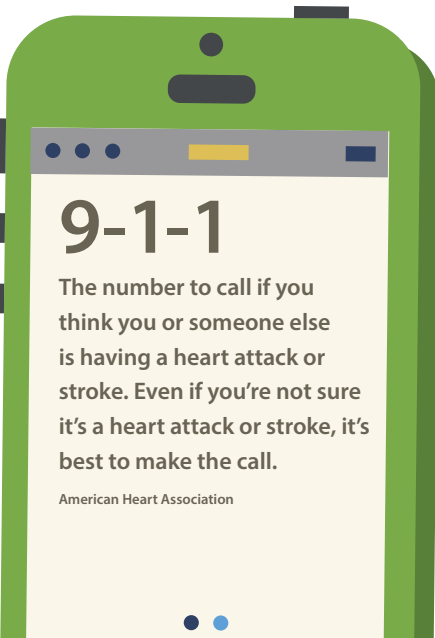
Treatment for peripheral arterial disease (PAD) may include:

**Lifestyle changes.** Key steps include exercising; not smoking; and making heart-healthy food choices, such as eating less saturated fat, trans fat and cholesterol and more whole grains, fruits and vegetables.

**Medicines.** Prescription medicines can help prevent blood clots, lower cholesterol and reduce pain while walking.

**A special procedure.** If PAD is severe, a procedure such as angioplasty or bypass surgery may be needed to restore blood flow to blocked arteries.

Sources: American Heart Association; National Heart, Lung, and Blood Institute



# 9-1-1

The number to call if you think you or someone else is having a heart attack or stroke. Even if you're not sure it's a heart attack or stroke, it's best to make the call.

American Heart Association

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# 4 must-know facts about stroke



**EACH** year, twice as many women in the U.S. die from stroke as die from breast cancer. And women are more likely than men to have a stroke — but are often unaware of their risk and how to reduce it.

Here are four things every woman should know about stroke:

**1 A stroke is a brain attack.**

Like a heart attack, a stroke happens when the blood supply to the organ is cut off. Strokes are usually caused by a clogged artery that blocks

the delivery of blood and oxygen to the brain.

A stroke can cause brain cells to die, leading to brain damage or death.

**2 Some risk factors are specific to women.**

The most common risk factors for stroke for both men and women are getting older; being overweight; smoking; having a family history of stroke; not exercising;

and having high blood pressure, diabetes or high blood cholesterol. But for women, the following can also increase stroke risk:

- ▶ Having migraines with auras
- ▶ Having an autoimmune disease, such as lupus, or a blood-clotting disorder
- ▶ Using birth control pills or menopausal hormone therapy
- ▶ Being pregnant
- ▶ Being postmenopausal and having a waist larger than 35 inches and a high triglyceride level

**3 You may be able to reduce your risk for stroke with a healthy lifestyle.**

That includes controlling your blood pressure and cholesterol levels, being a healthy weight, exercising, and not smoking.

**4 A stroke is an emergency.**

Call 911 if you or someone else shows signs or symptoms of a stroke. Those include sudden numbness or weakness in the face, arm or leg — especially on one side of the body; sudden confusion or trouble speaking or understanding; or sudden severe headache with no known cause.

Sources: American Stroke Association; National Stroke Association; Office on Women's Health

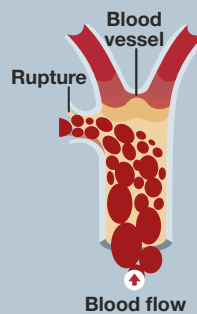
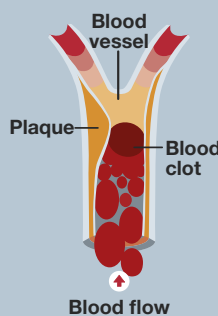
## WHAT IS A STROKE?

A stroke occurs when blood flow to part of the brain is interrupted — or when a vessel breaks and bleeds into the brain. In either case, within minutes, brain cells begin to die.

## TWO TYPES OF STROKE

### Ischemic strokes

are the most common type. They result from blockages in blood vessels in the brain or in the neck arteries that carry blood to the brain. Often they are caused by a clot that forms in an artery that already has a buildup of fatty deposits called plaque. In some cases, a blood clot can form in another part of the body and then travel to the brain.



**Hemorrhagic strokes** occur when a blood vessel in the brain becomes weak and then ruptures, flooding the surrounding tissue with blood.

Source: American Heart Association

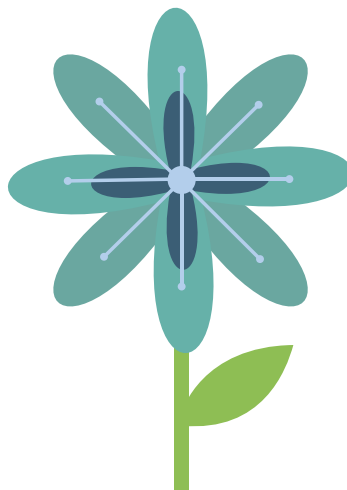
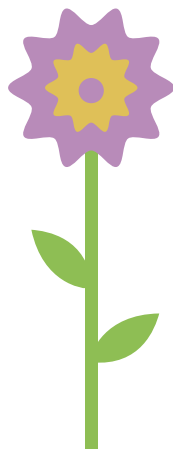
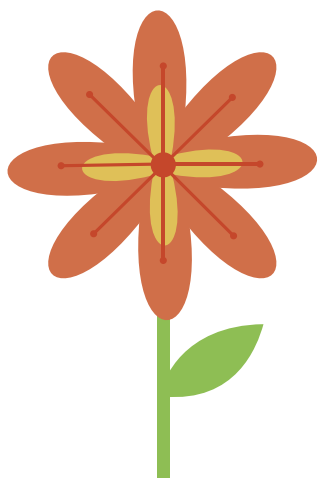
# Living Well Opportunities

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.

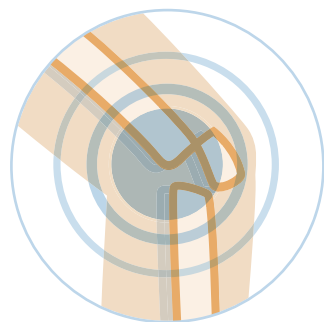


## Girls Growing Up

**Sunday, April 24, at 3 p.m.**

Enjoy afternoon tea with your daughter, and facilitate a discussion about puberty with your 9- to 12-year-old in an engaging, relaxed atmosphere. Through demystifying puberty and the changes that occur during this time in your child's life, the class seeks to enhance understanding between parents and preteens while facilitating conversation about the physical and emotional changes of puberty. Presented by Shirley Ashley, MD, pediatrician at Adventist Health Medical Group, and KarrLayn Beck, MSW, school counselor.

Fee: \$10 per parent and one child, \$5 for each additional child.



## JOINT REPLACEMENT The Right Choice for You?

**Tuesday, May 17, at 6 p.m.**

When severe pain or joint damage limits your daily activities, a joint replacement may be your best option. Learn what you can expect from a joint replacement surgery at Aspire Orthopedic Institute. Presented by Scott Hutson, MD, orthopedic surgeon at Adventist Health.

## Body Clock, Sleep and Your Well-Being

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

Quality sleep is vital to optimal health but can be difficult to get in our fast-paced and stressful world. In this practical session with sleep specialist Stephen Chung, MD, from Adventist Health's Center for Sleep Disorders, you will learn the relation of sleep to your overall body function. You will learn the "when" and "how" of sleep, why body rhythm is important for function, and how sleep disruptions of this important relationship can lead to disease.



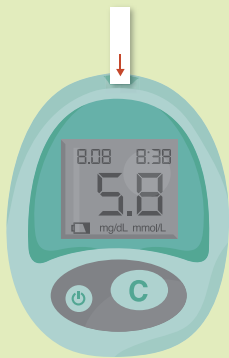
# Living Well Opportunities

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## Prediabetes: Now What?

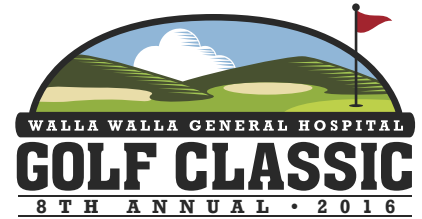
**Tuesday, April 12,  
at 6:30 p.m.**

Your doctor said you have prediabetes. What does it really mean? Should you worry? Do you need to do anything different? If so, what? Join Tami Arias, Diabetes Prevention Program Coordinator for the Walla Walla YMCA, to help answer these important questions and more. Bring a friend or loved one to this session, which can help improve your overall health and your pocketbook.

## BeYOUtiful: A Ladies' Afternoon Retreat

**Sunday, May 15, from  
1 to 3 p.m.**

A healthy balance in life can be hard to achieve. So how do you become the healthiest version of you, both for yourself and for your loved ones? This afternoon is designed exclusively for women with the goal to inspire you to find your balance to maintain lifelong optimal health. You'll learn tips on how to live a healthy lifestyle and by making time for fitness, positive spiritual well-being and more. Photographer Melissa McFadden will share tips on how to best capture photos of those closest to your heart. Class size is limited, and registration is required. Light refreshments provided.



## 8th Annual Golf Classic

**Sunday, May 15, at 10 a.m.  
Wine Valley Golf Club**

Enjoy an unforgettable day of great golf, excellent food, friendly competition and nonstop fun at Walla Walla General Hospital's eighth annual Golf Classic. Net proceeds from this year's event will go to the Enhancing the Healing Environment campaign for comprehensive patient room renovations. Registration and more information can be found at [wwgh.com/golf](http://wwgh.com/golf).



## STOP a Stroke

**Sunday, May 1, from 1 to 5 p.m.  
Wal-Mart in College Place**

Every 40 seconds someone in America has a stroke. Swing by our table at Wal-Mart to assess your risk of stroke and help kick off Stroke Awareness Month.

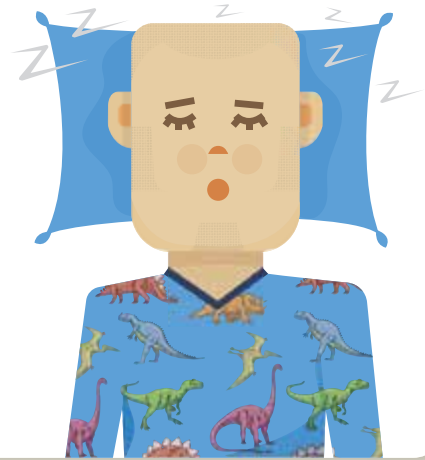
# NUMBERS THAT COUNT

## 7-9

## SLEEP



Most adults should get seven to nine hours of sleep each night. In addition to making you more alert and productive, studies show proper sleep reduces your risk of heart disease. **For more information about the Center for Sleep Disorders at Walla Walla General Hospital, call 509-527-8055 or visit [wwgh.com/sleepcenter](http://wwgh.com/sleepcenter).**



*Northwest Regional Heart & Vascular*

 **Adventist Health**

## 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

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509-525-4900

### PEDIATRICS

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509-527-8152

### PLASTIC SURGERY

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509-527-8153

## Home Care Services

### HOME HEALTH CARE

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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

