

Spring 2016

Health Wise

**COPD and
Smoking**

**Could Your
Child Have
ADD/ADHD?**

**Wilderness
Survival
Tips**

**Imaging
Services**



Snoqualmie Valley
HOSPITAL

National Top 20 Critical Access Hospital

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Imaging Services:

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Produces images of dense materials in your body such as bones, chest and abdominal regions

MRI

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Ultrasound

Uses sound waves to show blood clots, vascular movement and developing babies in the womb

Done Density Test (Dexa)

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Echocardiogram

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*We accept referrals from any provider.
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10 Tips for Wilderness Survival

Survival planning is realizing that, even if you are just planning a day hike, something could happen that you don't anticipate that could put you in an emergency situation. Prior planning is essential in potential survival situations.



Here are ten basic survival tips to get you prepared:

1. Navigation
2. Sun Protection
3. Insulation such as a sleeping bag
4. Illumination
5. First-aid Supplies
6. Fire
7. Repair Kit and Tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency Shelter

Remember to always tell someone where you are going before planning a wilderness adventure. Dr. Duane Anderson, Snoqualmie Valley Hospital Emergency Department Medical Director and 20-year hiker, says the most important tip is to bring a sleeping bag in case you unexpectedly have to stay overnight in the wilderness.

Could Your Child have Attention Deficit Disorder?

Christine will never forget the day her daughter's teacher called about her child's behavior in class.

"Ava's teacher told me she was failing 4th grade because she was unable to stay on task long enough to complete her work," Christine said. "She was constantly fidgeting, boring holes in erasers and making paper airplanes instead of doing her work like the other students."

Ava was also being teased by her peers about her inability to focus.

"I was heartbroken for my daughter and knew she needed help, so I called her pediatrician, Dr. Spiegel."

After a consultation which included a physical, questions about Ava's history and a standardized questionnaire, Dr. Ronald Spiegel, Pediatrician for Snoqualmie Ridge Medical Clinic, determined that Ava has Attention Deficit Disorder.

Around 6 to 8% of children between the ages of 5 to 17 have been diagnosed with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder in the United States.

"Both disorders involve poor attention skills and difficulty staying on task," Dr. Spiegel said.

ADD symptoms generally include being easily distracted by environmental happenings, most commonly noises, such as a clock ticking, someone sneezing, car horn or dog barking, that distract them. ADHD has the addition of fidgety behavior and difficulty sitting still or being impulsive.

"I tend to describe it as the struggle with a 'noisy brain' that has a flood of images and ideas and memories that get in the way of completing some task," Spiegel said. "The brain lacks an ability to filter out distractions. For example, if a child sits down to do math homework, they may be battling with a flood of other thoughts, which leads to mistakes or an inability to get the problems done."

Spiegel added that it is important to understand that the child is not trying to act out or purposely disrupt a classroom.

"Your child is simply unable to control the impulsive behavior of blurting out answers or talking with their neighbor during class," Spiegel said. "Other behaviors include disrupting games on the playground which can lead to disagreements and later isolation from friends."

ADHD tends to be more prominent in males whereas females tend to present



*Dr. Ronald Spiegel, Pediatrician for
Snoqualmie Ridge Medical Clinic*

predominantly with ADD. Genetics and environmental factors play a role as well. Studies show that premature infants run a much higher risk.

These issues continue throughout the child's life into adulthood, affecting jobs and even relationships.

These disorders are generally diagnosed during a consultation with a healthcare provider and the use of standardized questionnaires. However, there are circumstances in which depression or anxiety disorder or other mood issues may present as ADD/ADHD. Consulting with a provider is essential to figuring out the best treatment for your child.

There are many effective treatments that can help kids with ADD/ADHD improve their ability to pay attention, control impulsive behavior and curb hyperactivity. Medication has proven to be very effective. Nutritious meals, play and exercise, and learning better social skills are also part of a balanced treatment plan that can improve performance at school, improve your child's relationships with others, and decrease stress and frustration.

"Talking to Dr. Spiegel was the best decision I have made for Ava," Christine said. "She is now in 8th grade and doing well in school, without being so distracted by her surroundings. I'm very proud of her!"

If you feel your child is displaying symptoms of ADD/ADHD, contact Dr. Spiegel at Snoqualmie Ridge Medical Clinic, at 425-396-7682. The clinic is located at 35020 SE Kinsey St., Snoqualmie and is open Monday through Friday from 8 a.m. to 6 p.m. and Saturdays from 9 a.m. to 1 p.m.

**For more information, go to
www.snoqualmiehospital.org.**



COPD

and Smoking Risk



Karen LaJambe, ARNP
Snoqualmie Valley Hospital Clinic

Smoking is the leading cause of Chronic Obstructive Pulmonary Disease, accounting for almost 90 percent of the cases. COPD is a lung disease that worsens over time, making it difficult to breathe. It can impact work, exercise, sleep and other activities. The good news is that, although there is no cure, COPD can be prevented and treated.

COPD occurs when the airways in your lungs become thick and inflamed. The disease most commonly occurs in people who are over 40 with a history of smoking. Other factors such as long-term exposure to air pollutants, chemicals and dust may also contribute.

What are the symptoms of COPD?

In the early stages of COPD, there may be no symptoms, or you may only have mild symptoms, such as coughing, shortness of breath, wheezing and tightness in the chest.

As the disease progresses, symptoms may include:

- Having trouble catching your breath or talking
- Blue or gray lips and fingernails from lack of oxygen
- Accelerated heartbeat
- Edema in the feet and ankles
- Weight loss

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How severe your COPD symptoms are depends on how damaged your lungs are. If you keep smoking, the damage will get worse faster than if you stop smoking.



How can COPD be prevented?

The best way to prevent COPD is to never start smoking, and if you do smoke, quit. Your medical provider can help you find the best solutions to help you quit. Secondhand smoke can also trigger a flare-up.

How is COPD treated?

Quitting smoking is the best thing you can do to keep symptoms from getting worse. Other treatments include proper nutrition, exercise programs, medications to help open the airways, oxygen treatments and in some cases, surgery.

Even though there is no cure for COPD, lifestyle changes and treatments can help you breathe easier, stay more active and slow the progress of the disease.

To learn more about Snoqualmie Valley Hospital Clinic and Karen LaJambe, call 425-831-2313 or visit www.snoqualmiehospital.org