

Fall 2014

HealthWise

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Diabetes

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SNOQUALMIE VALLEY
HOSPITAL DISTRICT

Snoqualmie Valley Hospital
National Top 20 Critical Access Hospital



Is Your **teen** Depressed?



Most teenagers experience the occasional bad mood or behavioral changes. They are faced with many pressures in their lives, including puberty, school work and activities, conflicts with friends and trying to figure out where and how they fit in.

While moodiness is normal adolescent behavior, teenage depression is very different and can cause overwhelming feelings of anger, sadness and despair.

"Depression can present in a myriad of ways in teenagers," Dr. Ron Spiegel, Pediatrician with Snoqualmie Ridge Medical Clinic, said. "The obvious sad mood, low energy and poor appetite are perhaps the most common manifestations. But teens can also

Triggers can include: divorce of parents, loss of a relative, a break-up and bullying.

display irritability, agitation and easy anger. Withdrawal is also common; wanting to be alone in their room and avoiding others, including family and friends. The trick is suspecting something is not right. Parents are most often in the best position to notice a change in patterns."

Here are some signs and symptoms of teenage depression:

- Behaviors that are out of character, such as missing curfews, unusual defiance or sudden rebellion that becomes extreme or dangerous
- Withdrawal from friends and family or hanging out with new friends

- Talk of or attempts to run away from home
- Increase in irritability, anger, hostility and explosiveness
- Promiscuity or drug use
- Feelings of worthlessness or self-hatred
- No longer enjoying activities he/she normally would
- Excessive sleeping or difficulty falling or staying asleep
- Change in eating habits often resulting in unintentional, fairly rapid weight loss or gain
- Excessive feelings of guilt or shame

"As a parent, ask yourself how long the symptoms have been going on, how severe and how different your teen is acting," Dawn Finney, Behavioral Therapist for Snoqualmie Valley

Hospital District, said. "If several of these symptoms last for two or more weeks and are causing distress, then treatment should definitely be sought."

The following signs are more significant and should be acted on immediately:

- Verbal threats of committing suicide
- Preparations for death such as goodbye letters, giving away special possessions
- Loss of interest in his/her own life

Finney suggested that one of the first places to start is with a primary care physician. They will determine if

there are medical causes of your teen's symptoms and be able to recommend a behavioral health therapist or psychologist specializing in teenage depression.

"Counseling provides your teenager a safe, objective, non-judgmental environment in which to discuss emotions and stresses and helps him or her learn to make healthier choices," said Finney. "If the depression is not resolved, then medication may be warranted."

Dr. Spiegel and Finney recommend that anti-depressant medication be used in conjunction with other support and services. Family therapy can also be helpful in supporting and coping with depression, especially if family conflict is contributing.

"Causes are not as important as recognizing something is wrong," Spiegel said. "Often it is a series of events or just plain genetics that run in a family. However, there are definite stressful events that can trigger the onset, including the divorce of parents, loss of a relative, a break-up and bullying."

"It is not easy parenting teenagers," Finney added. "However, one of the most important things that you can do as a parent is to establish open and good communication with your teenager. This often helps ensure that your teen will come to you in the event that he or she is experiencing symptoms of depression."



1. The original community funded stained glass that was installed in the chapel of the current hospital in April 1986 will be installed in the chapel of the new hospital. The window was removed about a decade ago when the space was needed for patient care and has been in storage ever since.

2. Main entry of new hospital on Sept. 9, 2014.

3. Main entry of new hospital on Oct. 2, 2014.

Building Better Health Care for Snoqualmie Valley

Construction is continuing on the new Snoqualmie Valley Hospital. The 70,000 square foot facility at 9801 Frontier Ave. SE, Snoqualmie is just west of Snoqualmie Parkway near I-90 and Highway 18.

The hospital and 5 clinics serve over 10,000 patients each year. The hospital district is also one of the largest employers in the Valley with more than 200 full-time employees.

"The new hospital will provide the same personalized patient care from our experienced staff, we will just have more room to meet the community's growing demand for health care," Rodger McCollum, CEO for Snoqualmie Valley Hospital District, said.

The two-story plus basement building is scheduled to open in spring of 2015. It is more than twice the size of the existing hospital with 25 private inpatient rooms, compared to 14 double-occupancy rooms in the current hospital. It also features expanded departments for the services patients use every day, including imaging and diagnostic services, lab services, 24 hour emergency department, gastroenterology department and hospital-based skilled nursing and rehabilitative care, known as the Swing Bed Program.

Construction of the new facility began in 2011 with clearing and grading of the land. The structure is now completely framed and work continues on both the exterior and interior. The exterior brickwork is almost complete. The installation of concrete curbs across the campus and construction of sidewalks and installation of asphalt for the parking lots have also begun. Inside, the rooms are framed, most of the drywall is hung and the bottom floor is painted. Many of the main floor rooms are also painted.

Snoqualmie Valley Hospital District is currently in discussions with Overlake Medical Center to pursue a potential affiliation. If it goes through, Overlake would purchase or lease the new hospital building from developer, Benaroya



Companies, and operate the facility. This affiliation would ensure a strong health care system in the Valley for generations to come.

"The Hospital District and Overlake have worked collaboratively for decades," said McCollum. "By combining resources and services, the hospital will be well positioned to meet future health care challenges while integrating access to high quality care for patients throughout the Valley."

Final agreements are contingent upon extensive due diligence and regulatory approval, a process that could take several months.

The existing hospital will remain open at 9575 Ethan Wade Way (just off Meadowbrook Way between downtown Snoqualmie and the casino) throughout the construction project, which means there will be no disruption of service or patient care. For more information, visit www.SVHD4.org.

Effective Treatment for Lymphedema



Snoqualmie Hospital Rehabilitation Clinic offers lymphedema management therapy. We are proud to be the only local provider for this type of treatment.

Lymphedema is swelling of body part, most often the extremities, caused by abnormal accumulation of fluid. It is due to a slowdown in the lymphatic system, which serves as an extensive drainage network to maintain the proper body fluid levels and defend against infections. There is no cure for lymphedema, but the symptoms can be managed with appropriate treatment.

"In many cases, lymphedema goes undiagnosed because providers are unable to find underlying causes," Kate Hutton, Lymphedema Management Specialist for Snoqualmie Valley Hospital, said. "One of my patients recently told me that nobody else could tell her what was wrong," Hutton said. "She was so grateful for our program and being able to receive the help she needed."

Hutton earned a Doctorate in Physical Therapy from the University of Michigan and received a certification as a lymphedema therapist through the Norton School of Lymphedema Management. A certified lymphedema therapist has received a minimum of 135 hours of training and is highly qualified in recognizing and treating lymphedema.

"We started this program at SVH because it was lacking in the Valley and we wanted to make it convenient for our residents to receive treatment," she said. "Our lymphedema program is very effective and can help anyone who is seeking relief for swollen limbs."



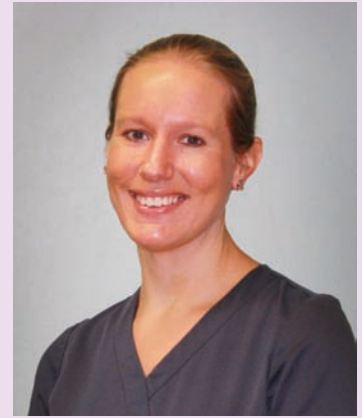
Lymphedema is swelling of body part, most often the extremities, caused by abnormal accumulation of fluid.

Symptoms of lymphedema

- Swelling of part of the arm or leg or entire arm or leg, including fingers or toes
- A feeling of heaviness or tightness in an arm or leg
- Restricted range of motion in an arm or leg
- Aching or discomfort in an arm or leg
- Recurring infections in the affected limb
- Hardening and thickening of the skin on an arm or leg

Treatment for lymphedema is a gentle massaging technique, called manual lymphatic drainage, which encourages lymph flow. Once a limb is reduced, efforts switch to compression bandages and garments to keep the swelling down.

Therapy requires a referral from a primary care provider or oncologist. Controlling the swelling is important as it can become permanent and cause irreversible limb distortions. In addition, other skin conditions can develop and the body's defenses are impaired.



Kate Hutton
DPT, CLT-LANA

Doctor of Physical Therapy

Certified Lymphedema Therapist

Lymphology Association of North America (Passed National Exam)

Kate Hutton has her Doctorate in Physical Therapy from the University of Michigan and received her certification as a lymphedema therapist through the Norton School of Lymphedema Management. She has a passion for serving those that have been affected by lymphedema as well as for educating other healthcare professionals on identifying this under-diagnosed condition.

For more information about lymphedema therapy, contact the Snoqualmie Hospital Rehabilitation Clinic.

Snoqualmie Hospital Rehabilitation Clinic

38565 SE River Street
Snoqualmie, WA 98065

t (425) 831-2376
f (425) 831-3071
Monday – Friday
9:00am – 5:00pm

Alternative Turkey-Stuffing Recipe

Gluten-Free Sausage, Cranberry and Pecan Stuffing

Serves 10 to 12

Directions

1. Preheat oven to 350 degrees F. Toast bread in a large shallow baking pan until it is dried out, and just starting to brown.
2. Heat a heavy skillet over medium high heat and cook sausage until it is no longer pink, breaking it up as you cook. Remove sausage from skillet and allow to drain on paper towels.
3. Add butter to fat in the skillet and sauté onions until soft and translucent. Add celery, apple, and garlic and cook for about 2 minutes, stirring often.
4. Transfer onion mixture to a large bowl, add sausage, and then stir in bread and remaining ingredients.
5. Butter an ovenproof casserole dish with an oven-safe lid and place the stuffing in the dish. Drizzle the broth over the stuffing, using 1 cup if you prefer a dry, fluffy stuffing, and up to 1-1/2 cups if you like a moister stuffing.
6. Bake for 30 minutes, then remove lid and bake for 20 more minutes or until bread is crispy and stuffing is heated through.



Ingredients

- 8 cups (1/2-inch) pieces gluten-free bread (3/4 pound)
- 1-1/2 pounds pork or turkey sausage meat, crumbled
- 1/2 stick (1/4 cup) unsalted butter
- 2 onions, chopped
- 3 celery ribs, sliced 1/4 inch thick
- 1 green apple, peeled and cut into 1/2-inch pieces
- 2 teaspoons garlic, minced
- 1-1/2 cups chopped pecans (8 ounces), toasted
- 1 cup dried cranberries
- 1 tablespoon fresh sage, chopped
- 1 to 1-1/2 cups chicken broth
- 1-1/2 teaspoons freshly ground black pepper
- Kosher salt to taste

Free Health and Wellness Classes

Lunch and Learn

When: 1st Thursday Each Month

Oct. 2 - Posture Awareness

Nov. 6 - Seasons of Purpose

Dec. 4 - Hospital District Overview

Location & Time:

Snoqualmie Fire Station

Noon–1 PM

Need RSVP, Lunch is Provided

svhd4.org/community/lunch-learn

Stroke Support Group

When: 3rd Thursday Each Month

Oct. 16 - Stress and the Holidays

Nov. 20 - Heart Healthy Eating

Dec. 18 - Holiday Social

Snoqualmie Hospital Rehabilitation

Clinic: 38565 SE River St, Snoq.

3:15 PM - 4:30 PM

Main Contact:

Nola at 425-831-2300 x204

nolaku@snoqualmiehospital.org

Healthcare Locations

Snoqualmie Valley Hospital

(425) 831-2300

Primary Care Clinic (In Hospital)

(425) 831-2333

Snoqualmie Specialty Clinic

(425) 831-2313

Snoqualmie Hospital Rehabilitation Clinic

(425) 831-2376

Snoqualmie Ridge Medical Clinic

(425) 396-7682

Snoqualmie Ridge Women's Clinic

(425) 831-1120

Map Key: Current Hospital Clinics New Hospital Site

