

Fall
2015

Health Wise

**Colon Cancer
Prevention**

**Is it a Cold
or Strep?**

**Effective
Treatment
for Muscle
Immobility
and Pain**



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Colon Cancer Prevention: What You Should Know

By Dr. Yen Chen



Colon cancer affects more than 130,000 Americans each year and is the 3rd most common cancer in men and women, according to the Centers for

Disease Control and Prevention. If detected early, it is also one of the most treatable cancers.

Symptoms of colon cancer include abdominal pain that does not go away, blood in the stool, a change in bowel habits and unexplained weight loss.

The most effective way to prevent and avoid colon cancer is by having regular screening tests, called colonoscopies, beginning at age 50. A colonoscopy is a procedure to look at the entire colon, which is 3 to 5 feet long. Gastroenterologists use a thin, flexible tube with a video camera attached to check the colon and lower part of the small intestine for abnormalities.

During the colonoscopy, abnormal growths can be taken out and analyzed

for cancer or pre-cancer. Most colon cancers develop from noncancerous growths called adenomatous polyps. Removing the polyps eliminates the chance for progression to cancer.

The risk of getting colon cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Risk factors include genetics, colon cancer affecting an immediate family member, a low fiber and high fat diet, lack of exercise, and tobacco use.

Screening also helps find colon cancer at an early stage. Treatment is most effective with early detection, with a cure rate of 100% in most cases.

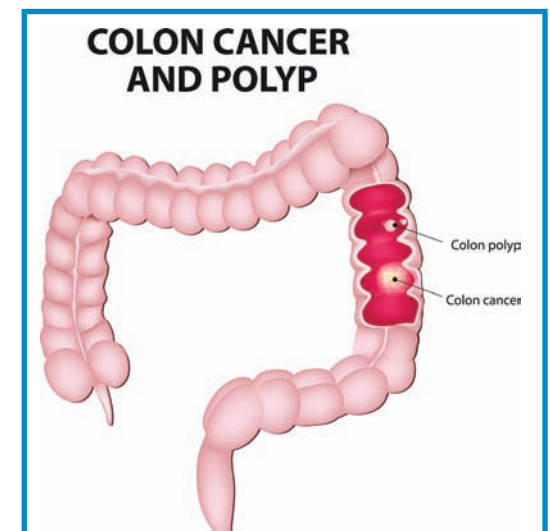
Colonoscopies can also detect other colon conditions, such as colitis, ulcers, Crohn's disease, and inflammation.

If you are 50 years of age or older or experiencing symptoms of colon cancer, contact your primary care physician for a colonoscopy referral with Dr. Chen at the Snoqualmie Valley Hospital Clinic.



Dr. Yen Chen specializes in Gastroenterology and has more than 15 years of experience in the field. He is board certified in Internal Medicine and Gastroenterology. His approach is to address his patients' health concerns and develop a course of action that is mutually agreeable for the best outcomes.

For more information, visit www.snoqualmiehospital.org or call 425-831-2313.



Is It A Cold or Strep Throat?

By Dr. Ronald Spiegel



We all know the dry, scratchy feeling of a sore throat at the onset of a cold. Other symptoms that follow may include a runny nose, congestion and cough. While unpleasant, these symptoms generally go away in a few days without treatment.

A more serious cause of a sore throat is Strep throat, which is an infection caused by the bacteria group A Streptococcus. With Strep, the throat pain is much more severe and persists.

Strep throat is a very common illness in children under 15, but less common in adults. It is highly contagious and easily spread to younger children. The good news is that only a small portion of sore throats are the result of Strep throat.

Strep is an infection of the throat and tonsils caused by the bacteria group A Streptococcus. The infection can show up anytime of the year, but is most prevalent in the fall and winter. The bacteria are spread through

coughing or sneezing and can also be transferred by toys or other objects the infected person has touched.

Symptoms of Strep include a severe sore throat, fever of 101 or above, red and swollen tonsils, stomach ache, headache and swollen lymph nodes in the neck. Strep infection is unlikely if there is no sore throat or fever, or if the patient has significant respiratory symptoms like coughing or congestion.

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A healthcare professional can check for Strep by swabbing the throat to see if the bacteria are present. If the test is positive, Strep is usually easily treated with antibiotics.

Although a healthy person can fight the infection without medication, antibiotics can decrease the sickness time, reduce the symptoms, help prevent the spreading of the infection and prevent much more serious complications, such as rheumatic fever, tonsil infection or kidney disease.

A person with Strep throat should stay home from work, school or day-care until they are fever free for 24 hours so they do not spread the infection. Be sure to take the full 10-day dose to prevent the symptoms from returning.



The best way to keep from getting strep throat is by covering your mouth when coughing and sneezing, washing your hands often and not sharing utensils or drinks.

Contact your doctor if the symptoms do not improve within 48 hours of taking an antibiotic. The provider may need to prescribe a different type of antibiotic to fight the infection.

Dr. Ron Spiegel specializes in Pediatrics and is Board Certified by the American Board of Pediatrics. He welcomes new patients at Snoqualmie Ridge Medical Clinic, located at 35020 SE Kinsey Street on Snoqualmie Ridge.

For more information go to www.snoqualmiehospital.org. Call Snoqualmie Ridge Medical Clinic at 425-396-7682 to make an appointment.

Myofascial Release: Effective Treatment for Recurring Pain

By Amanda Schaefer

Do you or someone you know suffer from recurring pain, such as back or neck pain that does not show up on many of the standard tests like X-rays and CT scans? Have you tried treatments that do not completely alleviate the pain?

Myofascial Release (MFR) is a highly effective manual therapy used to treat chronic pain to improve flexibility, restore motion as well as improve blood and lymphatic circulation to eliminate pain.

Trauma, inflammatory responses, and surgical procedures create myofascial restrictions that can produce tensile pressures of approximately 2,000 pounds per square inch on pain sensitive structures that do not show up in many of the standard tests.

Fascia is the dense connective tissue, covering and innervating every muscle, bone, nerve, artery and vein, as well as organs and spinal cord. In healthy conditions, the fascial system is fluid with the ability to stretch and move without restriction or pain. With trauma, the fascia loses its pliability and becomes tight and restricted, causing tension and other problems.

- Myofascial Release is helpful to reduce issues such as:
- Back pain
- Numbness and tingling in the extremities

- Emotional Trauma
- Fibromyalgia
- Headaches or Migraines
- TMJ (jaw pain)
- Neck Pain
- Sciatica
- Whiplash

During MFR, as pressure is applied to areas of tightness, sometimes a warmth or sense of stretch or tension is felt. As the tissue releases, tightness and pain eases and body alignment changes. After a treatment session, some people experience short-term soreness as the body accommodates this permanent change. Most people experience a reduction in symptoms, increased energy levels and improved sleep patterns following a treatment session.

Myofascial Release has proven to be very effective treatment for recurring pain. Whether you suffer from physical or emotional trauma that presents as pain in your body, Myofascial Release therapy may help you live a pain-free, active lifestyle.

Speak with your doctor or physical therapist if you're interested in trying Myofascial Release. For more information, go to www.snoqualmiehospital.org or call Snoqualmie Hospital Rehabilitation Clinic at 425-831-2376 to schedule an appointment.



Amanda Schaefer
PTA, LMP

Amanda is a Physical Therapist Assistant and Licensed Massage Therapist. She started her training at Macomb Community College, earning her associates degree in Physical Therapy, and then later obtained her Massage License from Ananda Massage School in Port Townsend, WA. During her career, she has worked in various settings, such as Acute Cardio-Pulmonary Recovery, Pediatric and Adult Neuro/Physical Rehabilitation and Outpatient Orthopedic Physical Therapy.

She is skilled in helping people achieve greater mobility with decreased musculoskeletal pain by blending advanced John Barnes Myofascial Release techniques with functional exercise, stretching and postural awareness.

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