



Serving the Tri-Valley and surrounding communities with medical facilities in Livermore, Pleasanton, and Dublin

www.valleycare.com | SUMMER 2012

REGARDING WOMEN & HEALTHCARE

new!

ValleyCare Expands to Dublin

To better serve the Tri-Valley community, ValleyCare Health System has opened new services in Dublin. The new facility includes Urgent Care and Occupational Health Services.

LOCATION
ValleyCare Health System—Dublin
4000 Dublin Blvd., Suite 150

SERVICES
Urgent Care
Hours: Monday through Friday, 5 p.m. to 10 p.m.; Saturday and Sunday 11 a.m. to 6 p.m.
925-479-3773

Occupational Health*
Hours: Monday through Friday, 8 a.m. to 5 p.m.
925-416-3562

**Occupational Health Services relocated from its Livermore and Pleasanton offices to this location in April.*



ER or Urgent Care? Know Where to Go

Not sure where to go for an immediate health problem or service? Here's a guide to help you decide.

1. Your doctor. Whenever you have a health concern, contact your doctor first. It's your most inexpensive option. In addition, your doctor knows your health history and keeps a record of it. He or she can access it fast, if necessary, and save important time.

2. Urgent care centers. Urgent care centers are a convenient choice if you've got a minor injury or illness and you can't wait to see your doctor. These include flu symptoms, sinus infections, minor cuts and burns, and animal bites.

- Urgent care centers also:
- Usually don't require appointments
 - Are open longer than normal business hours
 - Typically provide faster, more affordable care compared with emergency rooms

3. Emergency room (ER). When you have a life-threatening medical situation—such as a stroke or heart attack—the emergency room is the best place to go. Emergency symptoms may include:

- Chest pain
- Trouble breathing
- Poisoning
- Bleeding or vomiting that won't stop
- Head injuries
- Major burns, cuts, or breaks

4. Call 911. You should always call 911 when it's a life-threatening situation that could get worse on the way to the hospital, such as severe bleeding or pain.

➔ VALLEYCARE URGENT CARE CENTERS

Dublin—4000 Dublin Blvd., Suite 150
Hours: Monday through Friday, 5 p.m. to 10 p.m.; Saturday and Sunday 11 a.m. to 6 p.m.
925-479-3773

Livermore—1133 E. Stanley Blvd.
Hours: Every day, 10 a.m. to 8 p.m.
925-373-4018

➔ VALLEYCARE EMERGENCY SERVICES

5555 W. Las Positas Blvd., Pleasanton
Hours: Open 24/7
925-416-3418

10 QUESTIONS to Ask at YOUR NEXT CHECKUP

Asking the right questions can help you get the information you really need at your next doctor visit. These 10 questions are especially important for women in their 20s and 30s to help prevent health problems before they arise:

1. Do I need any vaccinations or booster shots?
2. How often do I need a Pap test? Should it include a test for the HPV virus that causes cervical cancer?
3. Do my weight, diet, or behaviors put me at risk for heart disease or diabetes?
4. How much exercise should I get?
5. Am I using the right kind of birth control for my needs?
6. Should I make any changes to improve my health before I decide to get pregnant?
7. What vitamins or supplements should I be taking?
8. Should I be screened for high cholesterol, high blood sugar, or high blood pressure?
9. Do I have any suspicious moles or skin growths?
10. Does my family's health history mean that I should be concerned about any particular medical problems?

➔ NEED A DOCTOR?

Search for a physician on the ValleyCare Medical Foundation website at www.myvcmf.com.



Born to Be Big? You Can Still Lose Weight

When it comes to shedding pounds, it may seem as if the scales are tipped against you every time you turn on the news. Researchers continually find new ways to show us just how much our weight is tied to uncontrollable forces such as our genes and our hormones.

But don't think of losing weight as a losing battle. Instead, acknowledge the things you can't change and adjust those you can. Here's how.

YOU CAN'T CHANGE: YOUR GENES.

Scientists think our odds of becoming obese may be partly encoded in our DNA. Genes likely control how the body captures, stores, and releases energy from food.

SO FOCUS ON: YOUR EXERCISE PLAN. In a study in the journal *PLoS Medicine*, people with genes linked to obesity reduced their risk of being heavy by 40 percent. How? They worked out for about an hour a day.

YOU CAN'T CHANGE: YOUR BRAIN.

We're surrounded by advertisements, large portions, and other cues to consume. Brain imaging studies

show people who are obese are more susceptible to these signals.

SO FOCUS ON: YOUR ENVIRONMENT.

You'll make healthier choices if you put them front and center. For instance, set a bowl of fresh fruit on the counter. At meals, use smaller plates and bowls so that a reasonable serving size looks like plenty.

YOU CAN'T CHANGE: YOUR HORMONES.

Keeping lost weight off poses its own challenge. A year after you quit cutting calories, hunger-generating hormones still surge through your bloodstream.

SO FOCUS ON: YOUR HABITS. Research shows people who successfully keep pounds off follow these routines:

- Working out regularly
- Sticking to a schedule of three meals and two snacks per day
- Keeping diet consistent throughout the week
- Weighing in frequently and making adjustments before minor swings become big gains

➔ GET INSPIRED AT LIFESTYLERX

Inspire is a comprehensive eight-week program designed to help you lose weight without gimmicks. Motivation is key! Informative classes on nutrition and exercise will keep you motivated to stick to your goals. To get started, call LifeStyleRx at **925-454-6342**.

MEMORY LOSS: *Is an Aging Brain to Blame?*

It happens to everybody—we forget a name, can't find our keys, or don't recall turning off the oven. Such memory lapses often increase with age and can be troubling for those who fear they signal a serious problem, such as Alzheimer's disease. Here's help for distinguishing whether forgetfulness is normal or needs medical attention.

Q. How does aging affect the brain?

A. As you grow older, your body stops making as much of the chemicals brain cells need. These changes can affect memory.

Aging generally hampers recent memory, such as what you had for lunch or where you put your keys. Short-term memory—what happened in the past few minutes—and long-term memory, like remembrances of childhood, are generally less affected.

➔ LEGENDS CAN HELP

Legends at ValleyCare is a comprehensive program designed for older adults with unique emotional and mental health disorders, such as memory loss, disorientation, hallucinations, depression, and anxiety. This short-term inpatient program brings together an interdisciplinary team of health care providers to improve quality of life and independence. Admission is voluntary. For more information, call **925-373-8038** or **800-884-8038**.

Q. What else causes memory loss?

A. Physical and psychological conditions that can cause memory problems include:

- Anxiety, stress, or depression
- Medication side effects
- Thyroid imbalance
- Nutritional deficiencies

Alzheimer's disease and stroke may be to blame for memory problems. When you have Alzheimer's, brain changes affect recent memory first, but eventually all parts of memory are damaged. Stroke can affect all types of memory and is caused by changes in the brain's blood supply.

Q. When is the problem serious?

A. If forgetfulness affects your everyday living, it's beyond a normal memory problem. This could include having difficulty driving, shopping, or handling money, for example. Tip-offs include not remembering names of loved ones, being unable to learn new things, or becoming lost in familiar places



COULD YOU HAVE DIABETES *and Not Know It?*

Among 40- to 50-year-olds, diabetes rates have doubled in the past 30 years. Your diabetes risk rises if you:

- Are age 45 or older
- Are overweight
- Have a close family member with diabetes
- Belong to a minority group
- Have high blood pressure or high cholesterol
- Exercise fewer than three times a week

A recent article in *Diabetes Care* reported that about one in three Americans with diabetes doesn't know they're ill. But uncontrolled diabetes can cause eye and kidney problems, heart disease, and stroke. Get tested if you feel hungrier or thirstier than usual, lose weight without trying, urinate too often, or have slow-healing sores or blurry vision.

Whether you've been diagnosed with type 1, type 2, or gestational diabetes, ValleyCare's Diabetes Education Program can help you manage the condition. This program has been recognized by the American Diabetes Association for Quality Self-Management Education. For more information or to schedule an appointment, call **925-416-6710**.



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Your Path to Wellness: *Exercise*

Exercise is essential for good health. The National Institutes of Health recommends that adults get 30 minutes of moderate physical activity at least five days per week. People who are active live longer and feel better.

While we often need a nudge to get going, most of us can find a satisfying activity. But what if you have a medical condition such as diabetes or are finishing physical therapy and don't know what is safe to do?

This is where the Clinical Integration Program at LifeStyleRx can help. This program is designed to integrate hospital clinical programs with a safe and effective exercise prescription to help patients on their quest for optimum health and wellness.

"Clinical integration is the transition between a medical condition and wellness," says Ruby Guevarra, MS, clinical integration specialist at LifeStyleRx. "We will provide fitness assessments, education on proper exercise techniques, risk factor modifications, and specialized strength and conditioning programs. We want to be sure our patients receive the proper progression of exercise to help them return to a full and healthy lifestyle."

You will receive a personalized exercise program designed to fit your needs. Continuing exercise sessions can be private, semiprivate, or group exercise instruction.

➔ GET ON THE RIGHT PATH

The Clinical Integration Program is held at LifeStyleRx, 1119 E. Stanley Blvd., Livermore. You do not need to be a LifeStyleRx member to participate. For more information and to enroll in the program, call Ruby Guevarra at **925-454-6349** or email rguevarra@valleycare.com.



When Pregnant, Cut the Caffeine

Caffeine intake during pregnancy has been linked with low-birth-weight babies. During each trimester, more than 2,500 women were asked about their caffeine intake. Analysis showed that risk for smaller than normal babies increased with caffeine intake. Risk was 50 percent higher in women who consumed about the amount found in 12 to 18 ounces of coffee per day than in those who consumed about 6 ounces of coffee or three 12-ounce cans of soda per day. But any amount of caffeine increased risk, and women who become pregnant should stop or significantly reduce their caffeine intake.

