COMMUNITY INVOLVEMENT WELCOME

— offers delightful events for the entire family.

**Total $  _______  Card# ____________________________________________  Exp. _____________ Signature  ________________________________**

- Please charge

- Saturday Luncheon, Nov. 20, table for 10 at $850

- Saturday Luncheon, Nov. 20, ticket(s) at $85 per person

- Silent Night Soirée, Nov. 19, table for 8 at $600

- Tinsel Tea, Nov 19, 2 – 4PM, ticket(s) $30 per person

- Tinsel Tea, Nov 19, 10AM – Noon, table for 10 at $300

- Family Stroll, Nov 18, $5.00 per child.

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**Almost High** Tea
Sit-down Dinner
Silent Night Soirée:
Sitting Dinner Entertainment Auction

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**For advance tickets, complete form and return with check, payable to: ValleyCare Charitable Foundation, 1111 E. Stanley Blvd., Livermore, CA 94551 • Phone (925) 373-4560 • Fax (925) 373-4117**

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**LITTLEST BABY BORN IN NICU**

W"were really scared when Sophia was born," said Erika and Jorge Herrera of Livermore. "She was so tiny, only 2.5 lbs, and you could see through the skin on her hands."

Because she was so early, only 27 weeks, the Herrera thought Sophia would be transferred to another hospital in Oakland or San Francisco. "It was such a huge relief to know she could stay close to home in the ValleyCare NICU," says Jorge.

**SPECIALTY CARE BY UCSF**

ValleyCare’s affiliation with UCSF Benioff Children’s Hospital provides pediatric care and services, including a Neonatal Intensive Care Unit on site 24/7. valleycare’s level II neonatal intensive care unit is staffed with board-certified pediatricians and subspecialists as well as board-certified pediatric intensivists. these highly trained pediatricians and intensivists can provide expert care for babies and children in need of specialized intervention.

**SNOW DAYS**

Jorge and Erika credit the staff at ValleyCare for making what could have been a very difficult time so much easier. "Everyone is so patient and understanding," says Jorge. "Sophia was discharged on May 28, weighing 5 lbs 11 oz and is continuing to thrive."

**HEALTHY BAKING**

Jorge and Erika made sure to bake healthy snacks for Sophia. "Her health is our top priority," says Jorge. "We are doing everything we can to keep her healthy and happy."
FitKidsRx: Fighting Childhood Obesity

Children who struggle with weight issues are often teased, not only by their peers but family as well, and can feel bad about themselves. Unfortunately, many children will use food to help them cope with their lack of self-esteem and sadness over their body image.

Give your child a start in developing a healthy self-esteem and learning ways to deal with challenges in their lives. This program will teach your child how to have a positive relationship with food and exercise.

FitKidsRx is a group fitness and nutrition program for children who need to lose weight, increase activity or improve their eating habits. Offered at our state-of-the-art, medical wellness center LickitySplits, FitKidsRx is open to both boys and girls ages 9-13 and meets twice a week for eight weeks.

Children will receive instruction in resistance training, cardiovascular endurance, home exercise and an array of fun fitness activities. They will also be introduced to a variety of nutrition topics including: Food as Energy, Reading Labels, Healthy Snacking, and Navigating through the Cafeteria.

PROGRAM HIGHLIGHTS

Group Exercise: Two small group sessions per week with a personal trainer (6-10 kids)

Activities:  Once a week introduction to a variety of exercise activities

Nutrition: One group session per week with a registered dietitian. There will be hands-on cooking demonstrations and interactive education.

Parent Sessions: Parent participation is essential in a child’s success, especially with regard to modeling a healthy lifestyle. Parents are required to attend each session.

Help your child take a healthy path. FitKidsRx is offered at LickitySplits, 1119 E. Story Blvd., Livermore. For more information, please call (925) 454-6342.

Back to School Means Back to Germs

WASHINGTON — As the school year begins, many students will start to travel more frequently. "Traveling will help germs spread around," said Dr. Thomas Farley, a pediatrician with the state’s health department.

PREVENTION IN YOUR HANDS

The single most important weapon you and your children have against infection is HAND WASHING. Regular and proper handwashing (using soap and water for at least 10–15 seconds) throughout the day is important because all day long we touch our hands and then pass those germs to others. Teach your children to do the same.

Whooping Cough Epidemic

According to the California Department of Public Health, the very contagious disease pertussis (whooping cough) is at epidemic levels in California.

PERTUSSIS SYMPTOMS

According to ValleyCare Medical Foundation pediatrician Christian Klimkin, MD, Pertussis can cause serious illness in infants, children and adults. “It usually starts like a cold, with runny nose or congestion, sneezing, and maybe even a mild cough or fever. After one or two weeks, severe coughing begins. Whooping cough gets its name because infants and children usually cough very hard and over and over until the air is gone from their lungs and they are forced to inhale with a loud ‘whooping’ sound.” she said. “It is most severe for babies and can be deadly, especially in infants.”

PREVENTION

Vaccination is the best way to prevent pertussis. In the US, the recommended vaccine for children is called DTaP, a safe and effective combination vaccine that protects children against three diseases: diphtheria, tetanus, and pertussis. For maximum protection, children need five DTaP shots. The first three shots are given at 2, 4, and 6 months of age; the fourth shot between 15 and 18 months, and a fifth shot is given when a child is between 4-6 years of age.

Mammograms Save Lives, Get One!

A woman’s risk for breast cancer increases with age. That’s why experts recommend a mammogram every one to two years for women ages 40 and up.

Mammograms save lives by helping doctors find cancer in its earliest stages. Early detection is a powerful weapon in the battle against breast cancer. The sooner treatment begins, the better the chances for survival.

Digital mammography has made early detection even more likely. It’s more effective than film mammography at finding breast cancer in women who were once very difficult to diagnose.

Free Flu Shots

For children ages 6 months to 18 years

ValleyCare Medical Foundation Pediatrics is offering flu shots for kids ages 6 months to 18 years.

Drop-In Clinic Schedule, October 2 – 31, 2010:

Monday – Thursday, 5–7pm; Saturday 9–11am

You can make an appointment Monday – Friday, 9am – 4:30pm, or walk in during our hours. Please come to the ValleyCare Medical Foundation Pediatrics front desk.

ValleyCare Medical Foundation Pediatric Clinic, 572 W. Las Positas Blvd., Suite 110, Pleasanton. Please call (925) 416-4747, or visit www.vpamd.com.

Help for Breast Cancer Patients

Women who deliver at ValleyCare and were not previously vaccinated get one dose of Women who deliver at ValleyCare and were not previously vaccinated get one dose of MIST™ Therapy to help patients with open wounds heal. MIST Therapy is a new treatment that delivers low-energy ultrasound through a saline solution mist. Since there is no direct contact, it is painless and to instantly promote healing. The treatment is administered or both an important and outpatient basis by physical therapists at ValleyCare.

SPEEDS HEALING

“Sometimes wounds will ‘shut down’ during their course of healing,” said Joe Carvalho, PT, director of Physical Medicine Services at ValleyCare. “This treatment gently stimulates the cells to continue their healing process. In addition, the sound waves attract bacteria and dead tissue to further promote healing.”

MIST™ Therapy

MIST™ Therapy speeds wound healing four to five times faster than conventional treatments. The device is painless and very effective in healing wounds quickly and easily.

The ValleyCare Health System Cancer Program has been accredited by the American College of Surgeons, Commission on Cancer since 1992.

HealthWays is published twice a year by the Marketing and Public Relations Department for friends of ValleyCare Health System.

ValleyCare Health System is the only hospital in the East Bay currently utilizing MIST™ Therapy to help patients with open wounds heal. MIST Therapy is a new treatment that delivers low-energy ultrasound through a saline solution mist. Since there is no direct contact, it is painless and to instantly promote healing. The treatment is administered or both an important and outpatient basis by physical therapists at ValleyCare.

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FitKidsRx is a group fitness and nutrition program for children who need to lose weight, increase activity or improve their eating habits. Offered at our state-of-the-art, medical wellness center LifeStyleRx, FitKidsRx is open to both boys and girls ages 9-13 and meets twice a week for eight weeks.

Children will receive instruction in resistance training, cardiovascular endurance, home exercises and an array of fun fitness activities. They will also be introduced to a variety of nutrition topics including:

• Food as Energy
• Reading Labels
• Healthy Snacking
• Navigating through the Cafeteria

PROGRAM HIGHLIGHTS
Group Exercise: Two small group sessions per week with a personal trainer (6-10 kids)
Activity: Once a week introduction to a variety of exercise activities
Nutrition: One group session per week with a registered dietitian.
Parent Sessions: Parent participation is essential in a child’s success, especially with regard to modeling a healthy lifestyle. Parents are required to attend each session.

Help your child take a healthy path. FitKidsRx is offered at LifeStyleRx, 1119 E. Stanley Blvd, Livermore. For more information, please call (925) 454-6342.

• Have you ever been worried about the amount of food your child consumes, or their lack of exercise?
• Do you have concerns about your child’s weight?

If you answered YES to either question, then call ValleyCare’s FitKidRx today (925) 454-6342.

Whooping Cough Epidemic

According to the California Department of Public Health, the very contagious disease pertussis (whooping cough) is at epidemic levels in California.

PERTUSSIS SYMPTOMS

According to ValleyCare Medical Foundation pulmonologist Christi Klimkin, MD, pertussis can cause serious illness in infants, children and adults. “It usually starts like a cold, with runny nose or congestion, coughing, and maybe even a mild cough or fever. After one or two weeks, severe coughing begins. Whooping cough gets its name because infants and children will cough violently over and over until the air is gone from their lungs and they’re forced to inhale with a loud ‘whooping’ sound,” she said. “It is most severe for babies and can be deadly, especially in infants.”

PREVENTION

Vaccinations are the best way to prevent pertussis. In the US, the recommended vaccine for children is called DTaP, a safe and effective combination vaccine that protects children against three diseases: diphtheria, tetanus, and pertussis. For maximum protection, children need five DTaP shots. The first three shots are given at 2, 4, and 6 months of age; the fourth shot between 15 and 18 months, and a fifth shot is given when a child enters school, at 4-6 years of age.

Protection from the childhood vaccine fades over time. Parents, family members and caregivers of children should receive a booster shot (called Tdap), even if they were completely vaccinated as children. Getting vaccinated with Tdap is especially important for families and caregivers of new infants.

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Because she was so early, only 27 weeks, the Herrera thought Sophia would be transferred to another hospital in Oakland or San Francisco. “It was such a huge relief to know she could stay close to home in the ValleyCare NICU,” says Jorge.

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The Herrera were not only impressed with the excellent care they received, but also with the companionship in which it is given. “You are more at ease when you know who’s in good hands,” said Jorge. “We are very grateful for the companionship and being given to Sophia, and for the doctors and nurses who helped in bringing our little girl home.”

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TRIPLETS THRIVING

Erika and Nelson Borges of Modesto had tried for several years to get pregnant. With the help of Dr. Nunes and a fertility specialist, they finally became pregnant with triplets. “It’s been a wild ride ever since,” said Erika. “We were as prepared as we could be, and by the grace of our prenatal care, I was able to deliver three healthy boys at 34 weeks, which is the desired goal.” The boys stayed in the NICU for 11 days for observation. Since a room was available, Erika was able to stay in the hospital with them. “The communication between everyone involved was amazing. One time we came to the Emergency Room because it appeared I was in early labor. When they arrived, the emergency room staff said, ‘you’re not the least bit pregnant.’ Even then they monitored our situation which helped tremendously to ease any anxiety,” said Erika. “Nelson and I chose ValleyCare because we have family in Livermore and I was working in Pleasanton at the time. But we also chose ValleyCare because I had a truly exceptional experience. Our expectations were met on every level.”

SPECIAL SERVICES MADE DELIVERY POSSIBLE

“The delivery was possible because of the Level II Neonatal Intensive Care Unit (NICU) available at ValleyCare and the pediatric specialty on staff 24 hours a day,” said John Nunes, MD, ValleyCare Medical Foundation and the attending obstetrician. “It was a highlight of my career to deliver healthy triplets here at ValleyCare and to keep the mother and babies together. Without the neonatal support and pediatric specialists, we would have had to transfer the mother to deliver out of the area.”

Every premature baby requires a pediatrician, a neonatal nurse and a respiratory specialist. Arrangements were made to have the required team for all three of the babies available at the time of delivery.

In addition, Erika was able to stay in the hospital with her babies after she was discharged. According to Gina Tepley, RN, director of Maternal Child Services at ValleyCare, “based on availability, every effort is made to accommodate parents when their newborns have to stay in the hospital for specialized care. This allows them to remain closer to their babies. Our goal is to promote parent involvement and family-centered care.”

For more information about ValleyCare’s Maternity Services and the Level II NICU, visit www.valleycare.com/maternity.