REGARDING

WOMEN
& HEALTHCARE

Why Work Out? The Perks Come Sooner Than You Think

Most messages about exercise focus on the benefits to your health down the line. But here's a more compelling reason to start sweating: Exercise offers rewards right away.

Researchers surveyed more than 200 women about their exercise habits and goals. About one-fifth of the participants said they worked out because it improved their daily lives. These women exercised 15 to 34 percent more than any others. This includes women whose goals focused on weight, appearance, or aging in good health.

‘REBRAND’ EXERCISE AS ME-TIME

The results, published in the International Journal of Behavioral Nutrition and Physical Activity, suggest we need to start looking at exercise differently, study authors say.

It's just human nature—we know working out is good for us, but we have so many demands on our time. Physical activity probably won’t rise to the top of our priority list unless we consider its immediate perks.

FIND BENEFITS THAT MOVE YOU

Fortunately, there are instant benefits to exercise. These include:

✦ Reducing stress
✦ Increased energy and vitality
✦ Feeling happier
✦ Spending time with friends

There are also other exercise benefits that might enrich your daily life, such as:

✦ Being more creative, focused, and productive at work
✦ Living life to the fullest
✦ Being more patient with your children

Once you identify the instant benefits you desire the most, you're likely to find more time to work out, the study authors say. For instance, if you value the social aspect of exercise, you might find a walking group or sign up for a class with your buddies.

LET US HELP YOU GET STARTED!

Find new ideas for your workout, information on personal training, and more at ValleyCare’s wellness center, LifeStyleRx. Call 925-454-6342 or visit www.lifestylerx.com.

Roll Up Your Sleeve—It’s Flu Shot Season Again

Autumn is here. Can flu season be far behind?

The CDC recommends an annual flu vaccine for all people ages 6 months and older. The beginning of October through mid-November is the time to get your annual flu vaccination.

While the vaccine is recommended for nearly everyone, certain groups are at higher risk for complications from the flu, including:

✦ People ages 65 and older
✦ Children younger than 6 months old
✦ Pregnant women
✦ People with certain ongoing medical conditions, such as diabetes, asthma, or heart disease

Why Bother?

Catching the flu is as easy as breathing when an infected person coughs or sneezes nearby.

Most healthy children and adults recover easily with bed rest and fluids. But older and chronically ill people may develop life-threatening complications such as pneumonia. Flu shots can prevent most complications—and save lives.

Be in-the-know this flu season. Learn more about flu vaccinations by calling the ValleyCare Flu Hotline at 925-416-6888.

Why Work Out? The Perks Come Sooner Than You Think
You may have heard this key breast cancer stat: About one in eight women will develop the disease in her lifetime. It sounds like a lot, right? But there’s another number that’s more encouraging: About 2.5 million women living now have survived the disease. In fact, fewer U.S. women develop and die from breast cancer as each year goes by. The improvement is likely due to increased screenings and advances in treatment.

Let’s take a look at the basics of breast cancer and some other notable numbers.

**Calculating Your Risk**

Breast cancer occurs when cells in the breast grow out of control. The most common type of breast cancer, ductal carcinoma, begins in the ducts through which milk flows. Cancer can also develop in the glands that produce milk. Eventually, malignant cells may spread through your breast and to other parts of your body.

Doctors don’t always know why one woman develops breast cancer and another doesn’t. But they do know certain factors increase your risk of developing the disease. Some, such as drinking alcohol, can be changed. Other numbers that raise your risk aren’t as easily altered, including:

- Being age 55 or older
- Having changes in the cancer-related genes BRCA1 or BRCA2
- Getting your first period before age 12
- Having one or more family members with breast cancer
- Not having children by age 30

**Adding Up Your Screening and Treatment Options**

Cancer stages are numbered from zero to four, with higher numbers indicating more advanced disease. Finding cancer early, at stage zero or one, improves the chances that treatment will work.

Some expert groups recommend getting yearly mammograms beginning at age 40, whereas others advise starting at age 50. Talk with your doctor about the screening schedule that’s right for you.

If you’re diagnosed with breast cancer, treatment depends on the site and stage of your cancer. Your options include surgery, radiation therapy, hormone therapy, chemotherapy, and targeted therapy. Your doctor may recommend combining two or more types of treatment.

**Improving Your Odds**

Despite recent gains, breast cancer remains the most common cancer among women besides skin cancer. And it’s the second-leading cause of cancer death. Sticking to these numbers may reduce your risk:

- Drinking less than one alcoholic beverage per day
- Exercising four or more hours a week
- Maintaining a healthy weight for your height, especially after menopause
Since ValleyCare’s Weight-Loss Surgery Program began in 2000, nearly 1,500 patients have lost significant weight and greatly improved their health with the help of the Roux-En-Y gastric bypass surgery and the laparoscopic adjustable gastric band.

This spring, we introduced a third and very effective procedure called sleeve gastrectomy, which offers patients another weight-loss surgery option to help them safely achieve their health and weight-loss goals.

With sleeve gastrectomy, commonly known as “the sleeve,” up to 85 percent of the stomach is removed laparoscopically, creating a small sleeve-shaped stomach. This reduces appetite and dramatically limits portion size. Since the small intestines are not altered as they are in gastric bypass, absorption of food and medications remains mostly unchanged. Weight loss rivals that of gastric bypass, averaging 58 to 70 percent of excess body weight lost in one year.

To be considered for the sleeve procedure, individuals must be morbidly obese, meaning at least 100 pounds over ideal body weight—a body mass index of 40—or be 70 to 75 pounds over ideal body weight—a BMI of 35—with health issues worsened by obesity. The surgery itself takes about an hour and requires one or two nights in the hospital.

**YOU HAVE OPTIONS**

With three weight-loss surgery options available, we can offer the best procedure based upon your health conditions and various weight-loss needs. Call the ValleyCare Weight Loss Surgery Program at 800-577-5030 or visit us at www.valleycare.com.

**LIFESTYLE CHANGES**

The lifestyle changes for success after sleeve gastrectomy are much like those for other weight-loss surgeries. Patients must be committed to eating three small, healthy meals each day and taking a daily multivitamin and calcium with vitamin D. Alcohol and caffeine consumption should be strictly limited, as should be desserts and other sweets.

Exercise is crucial for maximizing weight loss in the year after surgery and even more important for maintaining it. Most people find exercise much more enjoyable when it is helping them to stay at a healthy, comfortable weight.

**BACK TO HEALTH**

While long-term sleeve gastrectomy statistics from studies of five years or more involve a small number of patients, weight loss appears to be maintained. Results are excellent for one- to three-year studies.

In addition to significant weight loss, the sleeve has been shown to dramatically reduce health concerns such as high blood pressure, obstructive sleep apnea, and diabetes. Type 2 diabetes remission is reported in 60 to 80 percent of patients. This means that the majority of morbidly obese patients who undergo the sleeve surgery will be able to eliminate all medical treatment needed to normalize blood sugar. High blood pressure and sleep apnea are also resolved in up to 80 percent of patients.

These new OB/GYNs will be joining the ValleyCare Medical Foundation this fall:

- Jennifer Salata, MD
- Laura Silverstein, MD
- Rebecca Stone, MD

Their office location will be 5575 W. Las Positas Blvd, Suite 330, Pleasanton. For an appointment, please call 925-734-6655.

For more information, please visit the ValleyCare Medical Foundation website at www.myvcmf.com.

ValleyCare Medical Foundation Continues to Grow

New OB/GYNs Coming Soon
On November 15, 16, and 17, the Palm Event Center in Pleasanton will take on the enchantment of Christmas in the City, complete with the glittering display of exquisitely decorated trees and unique silent auction gift baskets. Two Holiday Gift Boutiques will be open at all events and will feature home accessories, holiday decor items, jewelry, scarves, and a variety of gifts to get your Christmas shopping started!

**Family Stroll**  
*Thursday, November 15, 5 to 8 p.m.*  
This family evening features a visit with Santa Claus, shopping in Santa’s Secret Shoppe, entertainment, and kid-friendly refreshments. $15 per adult, $10 per child.

**Tinsel Teas**  
*Friday, November 16, 10 a.m. and 2 p.m.*  
Embrace Christmas in the City as you partake in high tea, purchase your chance drawing tickets for the beautiful trees, and get a jump start on your shopping in the Holiday Gift Boutiques. $45 per person.

**Silent Night Soiree**  
*Friday, November 16, 6:30 p.m.*  
Kick off the holiday season dining and dancing with friends. Enjoy a gourmet, sit-down, served dinner, bidding on your favorite silent auction basket and shopping in the Holiday Boutiques. $90 per person.

**Silver Bells Luncheon**  
*Saturday, November 17, 10:30 a.m. to 1:30 p.m.*  
Visit the Merry Gentlemen to purchase tree tickets. Enjoy gourmet holiday fare and entertainment with friends around your table. Be the lucky winner of the stunning china table setting or your favorite tree. $100 per person.

**Volunteers and Sponsors**  
Volunteers and sponsors are the heart and soul of Christmas Tree Lane, and community involvement is welcomed. Corporate and individual sponsorships are available, and gift-in-kind donations and tree and wreath decorators are needed. There are also many opportunities to volunteer at Christmas Tree Lane.

All proceeds benefit ValleyCare’s Breast Cancer Program and the Neonatal Intensive Care Unit.

For details about all events or to sponsor and/or volunteer, please visit [www.valleycare.com](http://www.valleycare.com) and click on the Christmas Tree Lane icon, or call ValleyCare Charitable Foundation at 925-373-4560.