

HEALTH NEWS *from the*

SPRING 2021

SPECIAL
CARDIAC
ISSUE

valley health SYSTEM



Also inside:

**ASK THE DOCTOR:
WHAT IS A STRESS TEST?**

**ADVANCED HEART
VALVE REPAIR WITH
MITRACLIP™**

**COVID-19 AND SIGNS
TO WATCH FOR**

A SECOND CHANCE *at life*

Billy Noordin's amazing
cardiac recovery

Billy Noordin with cardiothoracic surgery specialist Quynh Feikes, MD, and interventional cardiologist Mohi Alkadri, MD. Photo was taken prior to the COVID-19 pandemic.

Compliments of

The Valley  Health System®

Centennial Hills Hospital • Desert Springs Hospital • Henderson Hospital
Spring Valley Hospital • Summerlin Hospital • Valley Hospital

Our Cardiovascular Services*

The Valley Health System is here for all your heart health needs with comprehensive care and services.

Heart Attack Care through our accredited Chest Pain Centers – Centennial Hills, Desert Springs, Henderson, Spring Valley, Summerlin and Valley Hospitals; ER at Blue Diamond, ER at Green Valley Ranch

Heart Artery Care

Atherectomy (Laser, Rotation, Orbital Directional)

Balloon Angioplasty, Drug-Eluting Stenting

Cardiac Catheterization

Cardiac Thrombectomy

Intra-Aortic Balloon Pump

NSTEMI treatment (non-ST-elevation myocardial infarction)

Ventricular Assist Devices (Impella®)

Aortic Surgery

Repair of Thoracic and Abdominal Aortic Aneurysms and Dissections through surgical repair, endovascular repair or hybrid repair of aneurysms

Aortic Valve Surgery

Heart Arrhythmia Treatments

Atrial Fibrillation Treatments

Bi-Ventricular Implants

Cardiac Ablations – Radiofrequency and Cardio Focus Laser

Cardiac Mapping (St. Jude HD Grid and ACUTUS 3D AcQMap®)

Cardioversion

Defibrillators

Loop Recorder Implant

MAZE Procedure for Atrial Fibrillation

Pacemakers, including Leadless Pacemaker Implants

Left Atrial Appendage Closure Implant

Cardiac Rehabilitation

Inpatient Therapy

Outpatient Therapy

Cardiovascular Surgery

Bypass Surgery for Limb Ischemia

Carotid Endarterectomy

Coronary Artery Bypass Grafting (CABG)

Heart Valve Repair & Replacement

Patent Foramen Ovale Repair

Surgery for Dialysis Access

Surgery for Treatment of Lung Cancer – conventional lung resection or minimally invasive lung surgery

Surgery for Treatment of Esophageal Disease – esophageal cancer and benign esophageal disease (reflux, hiatal hernia, motility disorders)

Diagnostic Testing

Coronary Angiography

Coronary Computed Tomography Angiogram (CTA)

Echocardiology

Electrocardiogram

Heart Valve Pressure Evaluations

Myocardial Biopsy

Peripheral Vascular Diagnostics

Stress testing

Ventricular Function Test

Transesophageal Echocardiography (TEE)

Ventricular Function Test

Structural Heart Valve Surgery

Left Atrial Appendage Closure Implant

Minimally Invasive Valve Surgery

Re-operative Valve Surgery

Transcatheter Aortic Valve Replacement (TAVR)

Transcatheter Mitral Valve Repair Valve Repair & Replacement

Vascular Procedures

Intravascular Ultrasounds

Percutaneous Thrombectomy for Pulmonary Embolism

Peripheral Arterial Disease (PAD)

Peripheral Vascular Interventions

Peripheral Vascular Stenting, Atherectomy and Thrombectomy

Transcarotid Artery Revascularization (TCAR)

Varicose Veins

Learn more at valleyhealthsystemlv.com.

*Services vary by hospital

EMERGENCY HEART SURGERY *Saved His Life*

Billy Noordin thought it was food poisoning when he came down with the worst stomach illness of his life. It was so concerning that his wife convinced him to go to the hospital. Shortly after his arrival in the emergency room at Valley Hospital, his doctors quickly determined that the problem was not his stomach – but his heart.



Billy Noordin, grateful for his cardiac care at Valley Hospital

Two unexpected diagnoses

Noordin, 67, has a history of high blood pressure. After he arrived at the ER, his doctors observed that his blood pressure levels were high. They also discovered something that he did not expect. He was diagnosed with atrial fibrillation, or Afib. This is a quivering or irregular heartbeat, which may sometimes have noticeable symptoms, but not always. "I couldn't believe it," Noordin says.

Even more urgent, further examination by cardiothoracic surgery specialist Quynh Feikes, MD, found that he had a tear in his ascending aorta and would need surgery right away. The aorta is the

large blood vessel branching off of the heart, and a tear like Noordin had can be fatal. High blood pressure can be a risk factor for this condition, and vomiting can be one of a number of possible symptoms.

"I was lucky that Dr. Feikes did more tests. She said it was going to be a long operation, and my chances of survival were fifty-fifty," Noordin says. "This is Vegas. Fifty-fifty is better than zero. I said, 'OK, let's do it.'"

"A-plus" treatment

With skilled surgical care, Noordin came through the procedure successfully. Dr. Feikes did an excellent job, he says. "That's

why I'm still alive today." He continued his post-surgery care at the hospital with support from a dedicated team of doctors and nurses, including Mohi Alkadri, MD, interventional cardiologist. "All the nurses and doctors were absolutely A-plus," Noordin says.

Today, he's doing much better and is taking prescribed medications to help him manage his health and his blood pressure. He says he's so grateful that his wife convinced him to go to the ER – and he's so happy he chose Valley Hospital. "I believe the hospital I went to is one of the best in patient care," he says. "They did an excellent job. I never had a moment of doubt." ■

Need help finding a doctor or cardiac specialist? Call 702-388-4888 or visit valleyhealthsystemlv.com/doc.

COVID-19 AND THE HEART



Michael Gunter, MD

COVID-19 vaccinations continue to bring much-needed hope and relief more than a year out from the start of the coronavirus pandemic. Meantime, questions remain about the impact of the coronavirus on the body, including the heart. How exactly can the heart be affected, and could there be potential long-term problems? Doctors and medical

professionals are still working to find these answers. There are, however, certain signs to be aware of.

Inflammation and myocarditis

Inflammation is the body's natural response to fight infection; however, doctors have observed that for some people with COVID-19, this response can go into overdrive. In some cases, this extreme reaction has been linked to a rare but serious condition called myositis, which is inflammation of a muscle. When myositis impacts the heart, it is called myocarditis.

Young athletes

As sports resume in Nevada, Dr. Gunter advises young athletes who have been diagnosed with COVID-19 to be proactive about their health. If there is continued post-COVID chest pain and shortness of breath, they should contact their physician.

According to The Myositis Association, myocarditis can lead to a number of serious conditions such as cardiomyopathy (weakening of the heart), arrhythmias (an irregular heartbeat), hardening of the arteries and congestive heart failure.

What can you do?

"Listen to your body," says Michael Gunter, MD, a member of the Valley Health System Graduate Medical Education Family Medicine faculty and MDVIP family medicine physician. "If you're having chest discomfort or shortness of breath on exertion post-COVID, have it looked at by your physician. Your physician can determine if you need to be referred to a cardiologist, and the cardiologist would determine any additional testing such as EKG, stress test, echocardiogram and troponin levels."

Troponins are proteins in the blood that can be measured by a blood test to help detect possible heart injury. If the troponin level is elevated, the cardiologist might recommend a cardiac MRI to further assess for myositis.

Dr. Gunter says that COVID-related myocarditis is rare. Still, there is more to learn about how myocarditis and other cardiac conditions may be impacted by COVID-19. It's important to talk with your doctor about any concerning symptoms. ■

**MEDICAL EMERGENCY?
DON'T DELAY CARE.
Call 911 or go to the nearest
emergency department.**



STRESS TEST: *What to expect*



The more you know about your heart, the better equipped you are to help keep it healthy.

That's where a stress test comes in. Here, **Justin Leeka, DO**, of Las Vegas Medical Group – Spring Valley Primary Care, explains more about stress tests and the role they can play.

Q. What is a stress test?

A stress test shows how your heart performs during physical activity and can provide helpful information about your cardiac health. During exercise, your body needs more oxygen, and your heart has to work harder. What effect does this have on your heart rate, breathing, blood pressure and your heart's electrical signals? These are some of the things that a stress test can measure.

Q. Why is a stress test ordered?

Your doctor may order a stress test if you have an irregular heartbeat (arrhythmia) or symptoms of coronary artery disease like chest pain or shortness of breath. It also may be used to help diagnose different cardiac conditions or determine how heart treatments are working. Additionally, a stress test can show how much exercise is appropriate for you and help guide other health decisions.

Q. What happens during an exercise stress test (or stress EKG)?

The test usually involves walking on a treadmill, or sometimes pedaling a stationary bike, while you are hooked up to an electrocardiogram (EKG) machine to monitor your heart. You may be asked to breathe into a tube to help assess your breathing. You can ask to stop at any time if you are not feeling well. The exercise itself usually lasts no more than 15 minutes.

Q. What is a nuclear stress test?

A nuclear stress test provides pictures of blood flow to your heart using radioactive dye and an imaging machine. Images are taken while you are at rest and during exercise. The results may be used to help diagnose and treat coronary artery disease, which occurs when plaque builds up in the arteries. This testing may be recommended alone or in addition to other tests to help better understand your heart health. ■

For more health info, visit valleyhealthsystemlv.com/wellness.

Stress Test Tips

- Wear comfortable clothes and walking shoes.
- Bring your inhaler, if you have one, and make sure the doctor knows about it.
- Consider stretching your arm and leg muscles before your stress test.





NUTRITION AND YOUR NUMBERS

KEEPING TABS ON YOUR HEART HEALTH MEANS KEEPING TRACK OF YOUR NUMBERS FOR BLOOD PRESSURE, TOTAL CHOLESTEROL, BLOOD SUGAR AND BMI (BODY MASS INDEX). THERE'S ANOTHER FACTOR TO KEEP IN MIND: CHRONIC INFLAMMATION – AND ITS POSSIBLE IMPACT ON YOUR HEART AND OTHER ORGANS.

What is chronic inflammation? Unlike acute inflammation, which can help you heal from a wound or infection, chronic inflammation is an ongoing inflammatory response that can be harmful to your body and occur over years. For heart patients, chronic inflammation has been linked to an increase in atherosclerosis (the buildup of plaque) in the vessels – which can lead to possible heart attacks, strokes and other problems.

What if you don't feel any symptoms? Damage to your body can occur silently, putting you at risk of heart disease without you even realizing it. Knowing your numbers – and taking steps to reduce inflammation – can help you manage your risk and stay healthier. Along with factors like stress and exercise, diet can significantly impact your likelihood of having cardiovascular problems. ■

For help finding a doctor or cardiac specialist, visit valleyhealthsystemlv.com/doc.

SAMPLE DIET CHOICES TO HELP PREVENT INFLAMMATION

DO EAT ...

- ✓ **Vegetables and fruits, especially red, blue and purple varieties, which are high in anthocyanin, a compound that can reduce inflammation** (e.g., blueberries, blackberries, purple potatoes). Tip: Consider frozen as a convenient, less costly alternative to fresh.
- ✓ **Whole grains** (e.g., oatmeal, brown rice, whole-wheat bread, whole-wheat pasta).
- ✓ **Beans and legumes** (e.g., black beans, chickpeas, lentils, pinto beans, red beans).
- ✓ **Nuts** (e.g., almonds, pecans, peanuts).
- ✓ **Food sources for Omega-3 fatty acids** (e.g., salmon, mackerel, herring, sardines, tuna; also, walnuts, ground flax seeds, chia seeds).

AVOID ...

- ✗ **Foods with trans fats** (or hydrogenated oils), which may include certain bakery items, processed snacks, fried foods and others. Note: Food companies are removing trans fats from many products per the FDA, but trans fat are still out there.
- ✗ **Refined carbohydrates** (e.g., white bread, white rice, refined cereals).
- ✗ **Highly processed meats and meats with high saturated fat** (e.g., salami, fatty cuts of beef).
- ✗ **Foods and drinks with added sugars** (e.g., sugary sodas, fruit juices, desserts).
- ✗ **Alcohol** (avoid overconsumption).

Reviewed by Anita Renwick, RD, LD Clinical Dietitian, Spring Valley Hospital 2021



What is **CARDIOVASCULAR DISEASE?**

In a nutshell, cardiovascular diseases include conditions affecting the heart and blood vessels. Here are some of the conditions that fall under this big umbrella.

Heart attack. A heart attack is a medical emergency that happens when there is a blockage in the blood flow supplying oxygen to the heart. Blockages usually result from buildups of fat, cholesterol and other substances in the arteries, which cause coronary artery disease.

Cardiac Arrest. Cardiac arrest is different from a heart attack and occurs when the heart suddenly stops due to a problem with the heart's electrical system. This causes a loss of consciousness and no pulse. If not treated within minutes, it usually results in death.

Heart Failure. Heart failure is a serious condition that occurs when the heart isn't working as well as required, preventing organs from getting the blood and oxygen they need. Symptoms may include shortness of breath, fatigue, swelling in the legs, ankles and feet, and others.

Arrhythmia and Atrial Fibrillation (AFib). An arrhythmia is an irregular heart rhythm. AFib is the most common type of arrhythmia and may increase risk of blood clots, stroke, heart failure and other heart-related complications.

Deep Vein Thrombosis (DVT). DVT happens when a blood clot forms in one of the deep veins, often in the lower leg, thigh or pelvis. Symptoms are not always present, but may include leg pain or swelling. A danger is that if a blood clot breaks loose and travels to the lungs, it may cause a potentially fatal condition called a pulmonary embolism.

Heart Valve Issues. The heart has four valves designed to keep blood flowing properly and in the right direction. Sometimes these valves can become damaged or diseased, causing the heart to have to work harder to do its job.

Stroke. A stroke happens when the blood supply to part of the brain is interrupted or reduced. Getting swift medical care is critical. The F.A.S.T. acronym can help you remember symptoms of a possible stroke: face drooping, arm weakness, speech difficulty, time to call 911. ■

TO HELP PREVENT heart disease

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.

* Source: U.S. Department of Health and Human Services

For help finding a cardiac specialist or other physician, call 702-388-4888 or visit valleyhealthsystemlv.com/doc.



NEW CAROTID PROCEDURE

*reduces stroke
risk, recovery time*



**Eddy H. Luh,
MD, FACS**

Transcarotid artery revascularization (TCAR) is now available at Valley Hospital. This minimally invasive procedure utilizes a novel “reversal of blood flow” approach to protect the brain during insertion of a stent to treat a narrowing in the carotid artery (carotid stenosis). This results in a decreased risk of perioperative and long-term stroke rates.

“This procedure has the potential to be a game changer and may eventually replace traditional carotid endarterectomy as the gold standard for treatment of carotid artery stenosis,” said Eddy H. Luh, MD, FACS, vascular surgeon. “Recent studies have shown TCAR to have a stroke and death rate less than traditional carotid endarterectomy surgery and transfemoral stent placement. Patients typically spend one night in the hospital and go home the next day with less pain, a small scar and most importantly, a reduced risk of having a stroke in the future.”

How it works

During the TCAR procedure, the surgeon makes a small incision above the collarbone (clavicle) and a temporary sheath is inserted for access to the carotid artery. The brain is protected by temporarily reversing the blood flow away from the brain, so that any bits of plaque that may break off are diverted away from the brain. The blood passes through a small filter before it is returned to the body through a vein in the groin. A stent (metal scaffolding tube) is placed in the carotid artery to treat the blockage or narrowing within the artery. This results in stroke risk reduction during, immediately after and long-term after the procedure.

TCAR is the latest addition to the suite of advanced vascular surgery services offered at Valley Hospital. Other procedures include, but are not limited to, endovascular aortic aneurysm repair, endovascular peripheral artery interventions and minimally invasive stab phlebectomy for treatment of varicose veins. ■

Learn more about TCAR and other vascular surgery services at valleyhospital.net.

WHAT IS CAROTID ARTERY DISEASE?

Carotid artery disease occurs when the arteries in the neck that carry blood to your brain become narrow or blocked (carotid artery stenosis/occlusion), normally due to a buildup of plaque (atherosclerosis). This can cause the blood flow to your brain to be compromised and possibly result in a stroke.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if transcarotid artery revascularization (TCAR) is right for you.

MITRAL VALVE TREATMENT offers an alternative to open-heart surgery

Article submitted courtesy of Nauman Jahangir, MD, FACS, Chief of the Division of Cardiovascular & Thoracic Surgery at Spring Valley and Summerlin hospitals.



Nauman Jahangir, MD, FACS

Heart valve disease is a significant cause of illness and death among elderly people. Traditionally, this has been addressed with conventional open-heart surgery. With advances in technology, a number of less-invasive procedures are now available for some patients. Leading among these is transcatheter aortic valve replacement (TAVR), which we have

offered at Spring Valley Hospital for a few years, with excellent outcomes. For mitral valve disease, minimally invasive mitral valve repair and replacement surgery has been offered at Spring Valley Hospital as well.

What does the mitral valve treatment entail?

Some patients, who have severe mitral valve regurgitation (i.e., “leaky valve”), are not good candidates for open-heart surgery. For them, we now offer transcatheter mitral valve repair (MitraClip™). This is a reliable, minimally invasive procedure that provides relief of heart failure symptoms in patients with severe mitral valve regurgitation who would not be able to undergo surgical valve repair or replacement.

The procedure combines elements of cardiology and cardiovascular surgery, and is performed in the specially designed hybrid operating room at Spring Valley Hospital. In order to repair the leaking mitral valve, a small catheter is passed into the heart and used to deliver a small device that improves function of the leaking valve. This is guided by X-rays and transesophageal echocardiography, which uses high-frequency sound waves to make pictures of the heart. The cardiac anesthesiologist is an integral part of the operative team. On average, the procedure takes two to three hours to complete and is generally very safe with a low risk of complications.

MitraClip is the latest addition to the wide variety of cardiovascular surgery procedures available at Spring Valley Hospital. It’s part of our ongoing endeavor to provide quality care to our patients as a leading provider of heart disease services in Las Vegas. ■

Learn more about cardiac services at springvalleyhospital.com/cardiology.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

TAVR: LESS-INVASIVE HEART VALVE REPAIR

A condition known as aortic stenosis can occur when there is a narrowing of the heart’s aortic valve. This may cause symptoms like chest pain and trouble breathing. Transcatheter aortic valve replacement (TAVR) may offer a less-invasive treatment for aortic stenosis for qualifying patients.

Advanced AFib treatment CLOSE TO HOME

Desert Springs Hospital now offers non-fluoroscopic catheter ablation to treat atrial fibrillation (AFib), which is an irregular heart rhythm or arrhythmia. This treatment can provide a life-changing option when medications and other interventions don't work. Benefits for patients can include symptom relief and reduced stroke risk – without the need for radiation.

WHAT IS ABLATION?

Ablation is a minimally invasive procedure that uses an advanced mapping system to help doctors locate the origin of an arrhythmia in the heart and break up the signals that are causing the irregular heartbeat.

During the procedure, the physician places a catheter into the body through a small incision in the leg and weaves it up to the heart through a vein. Traditionally, ablation procedures have been performed using a continuous stream of X-rays (called fluoroscopy) to help the physician guide the catheter to the heart. Today, however, Arjun Gururaj, MD, FACC, at Desert Springs Hospital is providing a non-fluoroscopic treatment that instead uses ultrasound guidance and 3D mapping. This eliminates the need for X-rays and radiation, and may also result in shorter procedure times and better efficacy.

Ablation is performed by a heart rhythm doctor called an electrophysiologist (EP). It can meaningfully improve quality of life for people suffering with symptoms like heart palpitations, fatigue and others.

As cardiac procedures continue to improve, Desert Springs Hospital is bringing innovative care right here to our community. "We're committed to being a cardiac care leader in southern Nevada, providing advanced treatments that can help save and improve lives every day," says Desert Springs Hospital CEO Chris Loftus.

Learn about our heart services at valleyhealthsystemlv.com/hearts.



Arjun Gururaj,
MD, FACC

EDUCATING PROFESSIONALS WORLDWIDE

The first non-fluoroscopic AFib ablation to be filmed in the U.S. to showcase this advanced heart technology using virtual reality (VR) took place at Desert Springs Hospital. The VR experience (pictured left) features clinical cardiac electrophysiologist Arjun Gururaj, MD, FACC, performing an ablation procedure. It will be used to help educate medical professionals worldwide.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.



Expanding to Meet Our Community's Needs

The Valley Health Specialty Hospital, located on the northwest corner of Durango and Patrick, will open mid-summer, offering orthopedic surgery, inpatient acute rehabilitation, and outpatient therapy services.

Centennial Hills Hospital has broken ground on the **ER at Valley Vista**, a freestanding emergency department on the northeast corner of Decatur Boulevard and Elkhorn Road in North Las Vegas. Plans call for the 24/7 facility to begin caring for patients in late 2021. Also, a five-story patient tower was recently completed for the hospital's campus, adding another 72 private rooms for orthopedic and maternity services with an additional two floors available for future growth needs.

A six-story patient tower is under construction at **Henderson Hospital**. Planned to open in late 2021, it will add 143 beds with an additional 40 beds shelled out for future growth needs. The project will also increase capacity in the emergency room, Birthplace, medical/surgical patient care areas and neonatal intensive care unit.

Summerlin Hospital recently opened a new cardiovascular operating room suite to enhance its cardiac surgery program. Renovations will also be underway this year before opening a new 32-bed medical surgical unit and adding more beds for pediatric patients.



AWARD-WINNING CARE



Desert Springs Hospital was named the 2020 GOLD Best Hospital in Las Vegas in the annual Best of Las Vegas contest sponsored by the Las Vegas Review-Journal.

Spring Valley Hospital was named the 2020 GOLD Best Place to Have a Baby and 2020 SILVER Best Hospital.



Henderson Hospital was awarded an 'A' in the Spring 2021 Leapfrog Hospital Safety Grade for the sixth consecutive time, and was named a 2020 Top Teaching Hospital nationally by the same organization.

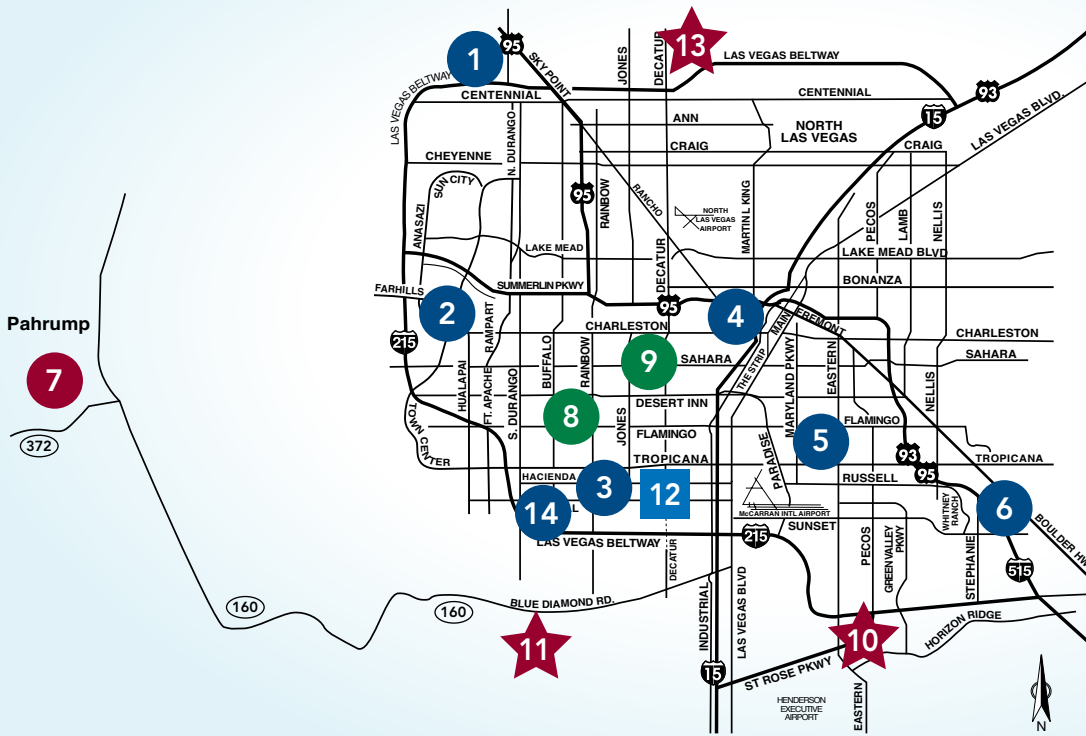
Valley Hospital earned certification as an Advanced Comprehensive Stroke Center (CSC) from The Joint Commission and the American Heart Association/American Stroke Association. It is one of only three CSCs in Nevada.



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Comprehensive Stroke Center

For more news, follow us on social media and visit valleyhealthsystemlv.com.

Our healthcare family is growing...



- 1 Centennial Hills Hospital**
6900 N. Durango Dr. at Deer Springs Way
- 2 Summerlin Hospital**
657 N. Town Center Dr. at Hualapai
- 3 Spring Valley Hospital**
5400 S. Rainbow Blvd. at Hacienda
- 4 Valley Hospital**
620 Shadow Lane at Alta
- 5 Desert Springs Hospital**
2075 E. Flamingo Rd. –
2 blocks west of Eastern
- 6 Henderson Hospital**
1050 W. Galleria Dr., Henderson
- 7 Desert View Hospital**
(an affiliate of The Valley Health System)
360 S. Lola Lane, Pahrump
- 8 Spring Mountain Treatment Center**
7000 West Spring Mountain Rd.
- 9 Spring Mountain Sahara**
5460 West Sahara Ave.
- 10 ER at Green Valley Ranch**
(an extension of Henderson Hospital)
2581 St. Rose Parkway, Henderson
- 11 ER at Blue Diamond**
(an extension of Spring Valley Hospital)
9217 S. Cimarron Rd. at Blue Diamond
- 12 Valley Health Home Care**
5010 S. Decatur Blvd, Suite A
- 13 ER at Valley Vista**
(an extension of Centennial Hills Hospital)
Decatur and Elkhorn, North Las Vegas
Coming Winter 2021
- 14 Valley Health Specialty Hospital**
Patrick and Durango
Opening Summer 2021

Find us on

@valleyhealthLV

YouTube

HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

Karla J. Perez
Regional Vice President
The Valley Health System

Sam Kaufman
CEO/Managing Director
Henderson Hospital

Claude Wise
CEO/Managing Director
Valley Hospital

Sajit Pullarkat
CEO/Managing Director
Centennial Hills Hospital

Leonard Freehof
CEO/Managing Director
Spring Valley Hospital

Susan Davila
CEO
Desert View Hospital
(an affiliate of The Valley Health System)

Chris Loftus
CEO/Managing Director
Desert Springs Hospital

Robert S. Freymuller
CEO/Managing Director
Summerlin Hospital

Information in *Health News* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of either Centennial Hills Hospital Medical Center, Desert Springs Hospital Medical Center, Desert View Hospital, Henderson Hospital, Spring Valley Hospital Medical Center, Summerlin Hospital Medical Center, Valley Hospital Medical Center, The Valley Health System or any of its facilities or Universal Health Services, Inc. Physicians are independent practitioners who are not employees or agents of The Valley Health System. The system shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2021. All rights reserved. Printed in the U.S.A.