The Mommy Makeover: Getting Your Body Back

Motherhood is a precious gift, but it can take a toll on your body and leave you longing for your former figure. The popular Mommy Makeover, offered by the Bright Health Physicians Plastic Surgery & Aesthetic Medicine Center, can help you recapture the confidence that comes from feeling good about your body.

Board-certified plastic and reconstructive surgeon Jaime S. Schwartz, MD and his professionally trained staff use a single procedure to give moms a tummy tuck (abdominoplasty), breast augmentation or lift and/or liposuction at Presbyterian Intercommunity Hospital’s (PiH) state-of-the-art surgical facilities.

“Pregnancy stretches women’s skin, leaving extra skin around the abdomen, and breastfeeding can change the shape and feel of the breasts,” said Dr. Schwartz. “Often, no matter how much the mother diets and exercises, there is still spare skin.”

Patient Julie Humphrey, mother of four, agreed. “I decided to have the Mommy Makeover because no matter how thin I got, I couldn’t lose the extra skin and I wanted to feel good in my clothes again.”

As with any surgery, there are standard risks to consider, and cosmetic surgery candidates must be cleared by their primary doctor. “Our Mommy Makeover candidates are typically healthy moms who maintain a good diet and exercise routine, which reduces any potential risks,” said Dr. Schwartz.

Inna Workman, a mother of three and a patient of Dr. Schwartz, said the Mommy Makeover gave her a big emotional boost. “My self-confidence went through the roof. I felt completely changed, with more energy, a better mood and a lot more motivation to get up in the morning knowing that my clothes would fit and I would look pretty.”

To learn more and explore whether this surgery would be right for you, call the Bright Health Physicians Plastic Surgery & Aesthetic Medicine Center at 562.789.5439.

Make Your Skin Look as Good as You Feel

Is your skin making you look tired? Stressed? Older? Revive your skin and lift your spirits with the following simple steps, recommended for all skin types by Sherri Juranek, Bright Health Physicians medical aesthetician.

1. Drink plenty of water. Water helps replenish skin tissue, moisturizes skin and increases skin elasticity.

2. Maintain a proper daily skincare regimen that includes cleansing morning and night, a retinol product for exfoliation and anti-aging, an antioxidant serum, eye cream and moisturizer.

3. Use mineral-based cosmetics. Traditional make-up often contains skin-irritating ingredients such as preservatives, parabens, mineral oil, chemical dyes and fragrance. Mineral makeup can protect your skin from the sun and is useful in calming irritated skin, due to the higher percentage of zinc oxide than traditional make-up.

4. Obtain a professional skin evaluation to see what facial rejuvenation services would be most appropriate for you.

5. Use a skin lightening or brightening cream to reduce discoloration from age or sun damage. These can be prescribed to you by a physician.

At the Bright Health Physicians Plastic Surgery & Aesthetic Medicine Center, a team of highly-trained staff provides safe, professional treatment for all of your skin care needs under the supervision of a board-certified plastic surgeon. A variety of individualized treatments are offered, including facials for all skin types, microdermabrasion, chemical peels, and wrinkle fillers and reducers.

To learn more or schedule an appointment for a complimentary professional skin evaluation, please call 562.789.5439.
Sometimes a stuffy nose is caused by something simple, like the common cold, flu or even allergies. But occasionally, the problem goes deeper. There may be a structural abnormality (such as a bone spur) or a deformity of the nose or septum (the thin, flat cartilage that divides the two nostrils). The problem may also result from enlarged adenoids (the tonsil-like tissues located in the back of the nose), a common cause of nasal obstruction in children.

According to Paul Jacobsen, MD, Bright Health Physicians board-certified otolaryngologist (also known as an ENT), structural abnormalities like these are fairly common. Typical symptoms include difficulty breathing through the nose, stuffiness, sinus pain, headaches and sleep apnea. Your sense of smell may also be affected.

“Structural problems will generally cause nasal congestion that is mostly constant, that doesn’t change from one nostril to the other, and that has often affected the patient for as long as he or she can remember,” explained Sunny Park, MD, MPH, Bright Health Physicians board-certified facial plastic surgeon/otolaryngologist. “We can easily diagnose chronic conditions like these by talking to patients and examining them in the office.”

Depending on the cause of the nasal obstruction, plenty of treatment options are available.

“Many times, patients can alleviate nasal congestion with various medications, like steroid nasal sprays that help decrease inflammation,” said Dr. Jacobsen. “In cases where the patient has an obvious structural deformity or is non-responsive to medication, surgery can be a very effective option.”

The good news is that these medically-necessary corrective surgeries are typically outpatient procedures and are usually covered by health insurance.

If you suspect a structural abnormality in yourself or a loved one, be sure to consult with a Bright Health Physicians specialist. You’ll have access to a full range of diagnostic services. If surgery is the best option, you’ll receive state-of-the-art, convenient care at Presbyterian Intercommunity Hospital’s (PiH) Same Day Surgery center. If you would like to set up an appointment with one of our otolaryngologists, call 562.789.5456.

Paul Jacobsen, MD, Bright Health Physicians otolaryngologist and Sunny Park, MD, MPH, Bright Health Physicians facial plastic surgeon/otolaryngologist can help diagnose chronic conditions and recommend treatment.

Quick Tips for Relieving Allergies

Sniffing. Sneezing. Itching. Allergies can definitely make you miserable. Whether it’s dust, animal dander, trees, grass or weeds that triggers your allergies, there are ways to fight back. Eugene W. Tsai, MD, a Bright Health Physicians board-certified allergist, suggests these solutions:

1. Try over-the-counter medications. For nasal symptoms, an antihistamine such as Allegra, Claritin or Zyrtec may help. Check with your physician first if you’re taking other medications that may interact.

2. Use sinus rinses. Nasal irrigation can work wonders to clear up congestion. For some, using a saltwater solution with a Neti pot brings relief.

3. Know your enemy. A physician can use blood or skin tests and look at your medical history to identify your allergy triggers.

4. Reduce your sensitivity. Once you know what causes your symptoms, you can reduce your exposure. If you have severe allergies, your physician may recommend shots that decrease your immune response to certain triggers.

Dr. Tsai recommends seeking medical help if you have allergy symptoms more than three or four times a week and/or frequently use allergy medications.

You can connect with the right allergist by calling the Bright Health Physicians Referral Service at 1.877.285.DOCS (1.877.285.3627).
Beyond the Tower: Building a Lasting Foundation

The one-year anniversary of Japan’s devastating earthquake reminds us all of the importance of earthquake safety. After the 1994 Northridge earthquake, California put several seismic safety laws into effect. Presbyterian Intercommunity Hospital (PiH) is doing its part to make sure its buildings are in compliance, but ensuring that the new Plaza Tower is in line with these laws is a tremendous financial responsibility.

“Right now, the building is budgeted to cost $213 million and is being completely funded through operating cash flow, redemption of investments and debt financing, which we hope to significantly reduce through our current campaign,” said Rich Atwood, co-chair of the Community Health and Safety Capital Campaign cabinet and seven-year member of the PiH Board of Directors.

“That is the basis of our current campaign,” said Rich. “It is a grassroots effort to get everyone involved and committed to the campaign.”

“Of course we need to pay for the new Plaza Tower, but we also want to encourage the community to take ownership of the hospital as a whole,” said Annette Atwood, cabinet co-chair, full-time artist and leader of the American Cancer Society survivor art workshops at PiH. “PiH is a community asset that each one of us needs to support and nurture. The truth is that all donations, large or small, are very necessary. It’s going to take all of us to reach the goal, but if we all take part in the lifting, no one needs to carry the full weight alone.”

“There are 1.5 million people in our service area,” Rich said. “If everyone joined the PiH Foundation Associates Program at even the lowest level of $250, together we would raise $375 million dollars, securing our future.”

To get involved and support the campaign, please contact the PiH Foundation at 562.698.0811 Ext. 14120 or visit www.pih.net and select “Donate Now.”

The Associates Program members’ donations are an important factor in PiH’s ability to deliver the kind of innovation that makes us the leading community hospital in our area. Associates pledge an annual gift of $250 or more and are entitled to a number of special benefits, including:

• A behind the scenes tour of the hospital campus
• Breakfast with the CEO and a State of Healthcare presentation
• Associates recognition social events
• Recognition in the PiH Foundation annual report
• Signature services for annual membership of $2,500 or more
• Donor wall recognition for giving $5,000 or more

To find out more about the Associates Program, contact the PiH Foundation at associates@pih.net or 562.698.0811 Ext. 14120.

Co-chairs of the Community Health and Safety Capital Campaign cabinet, Annette and Rich Atwood. Rich is also a seven-year member of the PIH Board of Directors.

Security and efficiency are critical in today’s organizations, and while our PiH facilities are already safe and secure, we are going the extra mile to ensure even higher levels of safety in the future.

For example, our Plaza Tower will feature new security badge-directed entry and exit areas that enable us to know at all times that everyone in the facility is authorized to be there. Advanced technology will also help us track patients’ exact locations in the facility and the precise levels of care needed, thus helping to minimize wait times and make transfers in and out of the facility more efficient.

Thanks to the input of physicians and nurses who understand how to provide effective healthcare, the Plaza Tower and the healthcare delivery process were engineered with the needs of patients and professional caregivers in mind.

So whether patients come to PiH for surgery, hospitalization or other services, they can rest assured knowing that the healthcare process will be streamlined, focused on the needs of our patients and as affordable as possible.

— Rosalio “Leo” Lopez, MD, MBA
Senior Vice President and Chief Medical Officer of PiH
Care Force One Mobile Health Services
A Community Member Tells How Low-Cost Services Can Make a Difference

Lupe Garcia might be Care Force One’s biggest fan. Over the past decade, this long-time Whittier resident has relied on Care Force One, a mobile health service offered by Presbyterian Intercommunity Hospital (PIH). She has also referred many underserved children and families to this valuable resource. Care Force One provides low-cost basic and preventive healthcare directly to community members who for various reasons, have difficulty accessing care elsewhere.

Lupe first utilized Care Force One 10 years ago, when she was a single parent raising two young girls. At the time, she worked for a local preschool but didn’t have health insurance. State-sponsored programs helped cover one of her daughters, but Lupe’s other daughter was left without any coverage. As she sought alternative coverage possibilities, she was thrilled to have discovered Care Force One, where her daughter was able to begin receiving regular physicals, vaccinations and basic dental exams.

“Care Force One really fulfilled a major need for my family,” she said. “Frankly, I’m not sure what we would have done without it.”

Lupe was so impressed with the services offered by Care Force One and its stellar staff, that she began sharing her experience with co-workers and community residents who didn’t have insurance for themselves or their children. “Sadly, I noticed that the children were really the ones being left behind,” Lupe said. “Even the people who qualified for certain state-sponsored benefits in the past weren’t qualifying anymore.”

Thanks to Lupe, the word kept spreading and more community members are now aware and taking advantage of this remarkable community benefit geared toward providing people with preventive care.

Today, Lupe is remarried; her girls are grown; and she’s covered by great health insurance. She is also preparing to open her own preschool later this year, and she plans to continue promoting Care Force One to those in need.

For more information on Care Force One, including its low-cost services and location information, please call 562.698.0811 Ext.14816 or visit www.pih.net/CF1.

How Our Community Benefit Dollars Are Spent

As a nonprofit hospital, PIH’s mission is to contribute to the health and well-being of our communities, and each year we provide programs and services that do just that. In 2011, PIH contributed over $48 million to community benefit programs. Here’s an overview of our community benefit spending by category. To review the full Annual Report and Plan for Community Benefit, visit the Community Outreach tab at www.pih.net.

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unreimbursed Costs of Government-Sponsored Means-Tested Healthcare</strong></td>
<td>$16,861,299</td>
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<tr>
<td><strong>Charity Care</strong></td>
<td>$16,189,328</td>
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<tr>
<td><strong>Community-Building Activities</strong></td>
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<td><strong>Health Professions Education</strong></td>
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<td><strong>Research</strong></td>
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<tr>
<td><strong>Financial and In-Kind Contributions</strong></td>
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<tr>
<td><strong>Community Health Improvement Services</strong></td>
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</tr>
<tr>
<td><strong>Subsidized Health Services</strong></td>
<td>$7,879,769</td>
</tr>
</tbody>
</table>

PIH's commitment to benefiting the community by improving its health is demonstrated by:

- Providing essential healthcare for those in greatest need, including the uninsured and underinsured
- Providing school-based programs and community-based education
- Supporting local community wellness initiatives
- Offering free and low-cost services aimed at health management and disease prevention

PIH’s promise to serve the community began more than five decades ago, and that promise remains a key part of our nonprofit organization today.

For more information about community benefit initiatives, call 562.698.0811 Ext. 14110.
Spring Forward: Tips for Preventing Sports Injuries

As the warm weather of spring arrives, you may be eager to hit the golf course, tennis court or track field. Yet if you've been lazy for most of the winter, getting back into shape can take some time. Pushing yourself too hard, too soon, may put you on the fast track to injury. It's always best to check with your primary care physician before increasing your level of physical activity, but sometimes even the best preventative measures aren't enough.

"When people haven't exercised in awhile, they may suffer initially from muscle strains, sprains or flare-ups of chronic arthritis or joint pain," said Rajnish Birla, MD, Bright Health Physicians family physician. "For patients with arthritis, this pain usually discourages them from exercise, but just the opposite is recommended. They should strive to do some level of moderate exercise every day, because staying active is so good for the joints."

As you approach a new season of outdoor fun and exercise, don't forget that PIH Physicians doctors can also offer expert medical advice and referrals to physical therapy or occupational therapy services, if needed.

“Our highly trained therapists treat all types of injuries, ranging from simple muscle strains to complex orthopaedic cases,” said Director of Rehabilitation Services at PIH, Marlon Borbor, PT, OCS, MBA. “After receiving a referral for therapy from your doctor, our team would provide a thorough evaluation and a detailed treatment plan to help you resume your activity of choice.”

If you need assistance finding a primary care physician, call our Workcare team, led by Ali Hafezi, MD, and David Weitzel, PA-C, to offer expert medical advice and referrals to physical therapy or occupational therapy services, if needed.

Here are a few ways to prevent a visit to an orthopaedic doctor:

**Warm up.** Cold muscles are prone to injury, so always remember to stretch before physical activity.

**Train and condition.** In the weeks before playing your sport, take time to lightly work the relevant muscle groups to avoid an injury caused by overuse.

**Listen to your body.** Rest or stop altogether when your muscles feel fatigued.

**Cool down.** When you are finished, spend at least 30 seconds stretching each major muscle group used in the activity.

When you are fatigued, you may not notice the warning signs of potential injury or adverse reaction to physical activity. It's important to listen to your body and take appropriate steps to protect yourself and others. For more information on injury prevention and rehabilitation, please visit the Bright Health Physicians website or contact us directly.
Physicians colorectal surgeon. “Colonoscopic removal of polyps is the goal of a colonoscopy to find potentially precancerous growths, called polyps, and remove them before they become cancerous. Here are three facts you need to know:

1. It’s invaluable. Colon cancer is the second leading cause of cancer-related deaths in America, yet it’s almost completely preventable. According to Neal Shindel, MD, Bright Health Physicians, “if everyone over age 50 had a colonoscopy every 10 years, the majority of colon cancer deaths would be eliminated.”

2. It’s painless. Colonoscopies are done while patients are sedated, so the procedure is as easy as taking a nap.

3. It’s effective. No other screening tool is as effective in preventing cancer. For average-risk patients, 562.945.4754

PHYSICIANS

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4. It’s easy to schedule. For most patients, there is no need for pre-procedure consultations. Simply make a phone call, complete some paperwork and you’re all set.

For more information or to schedule a colonoscopy, call the Colon Cancer Screening Program at 562.945.4754.

*Effective May 1, 2012.

The Digestive Health team (from left to right): Deborah Anghesom, MD, John J. Lah, MD, and Neal Shindel, MD, Bright Health Physicians.*

Fast Facts About Polyps

The goal of a colonoscopy is to find potentially precancerous growths, called polyps, and remove them before they become cancerous. Here are three facts you need to know:

• Polyps are visible lesions or abnormalities projecting from the colon.

• Polyps are usually harmless but could harbor cancer.

• If found, polyps are removed and evaluated under a microscope for cancer.

“Screening can detect colorectal cancer when it’s still curable,” said Amiri Gregorian, MD, Bright Health Physicians colorectal surgeon. “Colonoscopic removal of precancerous polyps can prevent colon and rectal cancer before it begins.”
Welcome!

Bright Health Physicians proudly adds these outstanding physicians to our family and yours.

Rajnish Birla, MD
Primary Care
Dr. Birla is board-certified in family medicine. He obtained his medical degree from J.J.M. Medical College in Davangere, India, and completed his family medicine residency at San Jacinto Methodist Hospital in Baytown, Texas. Dr. Birla is a member of the American Medical Association, the California Medical Association and the American Academy of Family Physicians. He is a firm believer in prevention, evidence-based medicine and patient education. In addition to English, he is fluent in Hindi, Punjabi and Urdu.

In his free time, Dr. Birla enjoys traveling, watching sports and spending time with family.

Bright Health Physicians – Plaza
562.947.1669
15725 E. Whittier Blvd., Suite 300
Whittier, CA 90603

Chester C. Cheng, OD
Optometry
Dr. Cheng is a graduate of the Southern California College of Optometry. He completed a residency with Eye Care Associates of Nevada, where he received special training in eye disease detection and treatment, as well as ophthalmic surgery management.

Dr. Cheng is certified in the use of diagnostic and therapeutic pharmaceutical agents for the treatment and management of ocular diseases, including eye infections, eye allergies, glaucoma and dry eyes. His special interests include low vision rehabilitation and contact lens fitting.

In his free time, Dr. Cheng enjoys caring for saltwater fish and corals, painting, photography, playing tennis and traveling.

Bright Health Physicians
Eye Care Center
562.694.2500
121 W. Whittier Blvd., Suite 100
La Habra, CA 90631

Bright Health Physicians
Eye Care Center
714.525.2251
301 W. Bastanchury Rd., Suite 140
Fullerton, CA 92835

Deep R. Dudeja, MD
Cornea External Diseases
Dr. Dudeja is a board-certified ophthalmologist. He obtained his medical degree from St. Louis University School of Medicine. He completed his internship at Loma Linda University Medical Center and his ophthalmology residency at Interfaith Medical Center in New York. Dr. Dudeja then completed a fellowship specializing in cornea and anterior segment surgery at the University of Texas Medical Branch in Houston.

Dr. Dudeja specializes in no-stitch cataract surgery, cornea transplants and surgery for glaucoma. His passion for volunteer work has taken him all across the globe to set up cataract camps for the needy.

In his free time, Dr. Dudeja enjoys spending time with his family and frequently goes on mission trips to provide cataract surgeries to those who would otherwise not be afforded the opportunity to receive the treatment.

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La Habra, CA 90631

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301 W. Bastanchury Rd., Suite 140
Fullerton, CA 92835

Sunny Park, MD, MPH
Otolaryngology – Head & Neck Surgery – Facial Plastic Surgery
Dr. Park is board-certified in otolaryngology and facial plastic surgery. He obtained his medical degree from the University of California Irvine School of Medicine and completed his fellowship in otolaryngology-head and neck surgery residency at the University of Pennsylvania in Philadelphia. He completed his general surgery internship at Huntington Memorial Hospital in Pasadena, Calif. He is a fellow of the American Academy of Facial Plastic Surgery.

Dr. Park is board-certified in otolaryngology and facial plastic surgery. He obtained his medical degree from Jefferson Medical College in Philadelphia. He completed his fellowship in otolaryngology-head and neck surgery residency at Penn State University Hershey Medical Center. Dr. Park then completed a Facial Plastic and Reconstructive Surgery fellowship at Louisiana State University Health Sciences Center in Shreveport, La.

Dr. Park has clinical specializations in functional and cosmetic rhinoplasty, as well as reconstruction of nasal, ear and facial defects resulting from acquired and congenital problems. She is passionate about treating facial diseases while preserving the aesthetics of the face.

Dr. Park is glad to be back in sunny Southern California after training and working on the East Coast. In her free time, she can be found planning a perfect vacation, practicing her cello or playing a game of tennis.

Bright Health Physicians
Otolaryngology – Head & Neck Surgery
562.789.5456
Ernest D. Wells Medical Office Building
12462 Putnam St., Suite 500
Whittier, CA 90602

Jacob Reznik, MD
Ophthalmology
Dr. Reznik is board-certified in ophthalmology. He obtained his medical degree from the University of California Irvine School of Medicine and completed his fellowship in ophthalmology residency at the University of California Irvine School of Medicine. He completed his general surgery residency at Huntington Memorial Hospital in Pasadena, Calif. He is a fellow of the American Academy of Facial Plastic Surgery.

Dr. Reznik is board-certified in ophthalmology. He obtained his medical degree from Jefferson Medical College in Philadelphia. He completed his fellowship in otolaryngology-head and neck surgery residency at Penn State University Hershey Medical Center. Dr. Park then completed a Facial Plastic and Reconstructive Surgery fellowship at Louisiana State University Health Sciences Center in Shreveport, La.

Dr. Reznik places significant value on volunteer work. While at Johns Hopkins, he helped organize ocular disease screening events for local underserved communities. Dr. Reznik is fluent in Russian and enjoys spending time with his family.

Bright Health Physicians
Eye Care Center
562.694.2500
121 W. Whittier Blvd., Suite 100
La Habra, CA 90631

Bright Health Physicians
Eye Care Center
714.525.2251
301 W. Bastanchury Rd., Suite 140
Fullerton, CA 92835

Lynn Shin, MD
Vascular Surgery
Dr. Shin is board-certified in vascular surgery. She completed her medical degree from the University of Maryland School of Medicine. She completed her general surgery residency at the University of Illinois in Chicago and Cook County Hospital. Dr. Shin went on to complete a vascular surgery fellowship at Henry Ford Hospital in Detroit, Mich. She has an additional specialization as an ARDMS registered vascular technologist.

Dr. Shin’s practice includes hemodialysis access, and medical and surgical management of peripheral arterial and venous disease. Her clinical interests lie in wound care and limb salvage procedures.

In her free time, Dr. Shin enjoys horseback riding, drawing and caring for her nearly two-year-old son.

Bright Health Physicians
562.789.5960
Ernest D. Wells Medical Office Building
12462 Putnam St., Suite 500
Whittier, CA 90602

An advisor will provide you with free information about each doctor’s education, training and office location, and can answer your questions about Bright Health Physicians and more.

Referrals are available by phone or online: Call 1.877.285.DOCS (3627) or visit: www.BrightHealth.com and click on “Find a Doctor.”
Explore, Express, Emote: Cancer Survivors & Caregivers Art Workshops
Second Thursday of each month (through May 2012) from 10 am to 1 pm
Express yourself through art! Explore drawing, collage, printmaking, clay and more. Materials provided. The evening session is planned. For the schedule and to register, call ext. 12820.

Lymphedema Information Workshop
Call for dates and times. Come get the answers to your questions about lymphedema risk, symptoms and treatment. Call Ext. 12820.

Reiki Healing Touch Sessions
 Held on the 1st & 3rd Wednesday of every month from 6 to 8:30 pm in the Ruby L. Golleher Radiation Oncology Center
Experience the wonderful calming and balancing feeling of Reiki. Reiki is a method of transmitting healing, balancing energy to the body through touch. Cancer patients, survivors and caregivers can experience the wonderful benefits of Reiki in a group setting. Fee: $10. Advance registration required. Call Ext. 12820.

Yoga for Healing
Saturday far 10:30 to 11:45 am in the Ernest D. Wells Medical Office Building.
Reconnect with your body through yoga with this class designed especially for those facing, or recovering from the challenges of cancer or illness. This gentle, yet safe exercise program is open to all and consists of easy yoga stretches and meditative breathing techniques. This can help reduce stress, increase flexibility, increase energy and promote a positive self image. Fee: $5 per class. Registration required. For more information, call ext. 12777.

Look Good, Feel Better
Call for dates and times.
A free program that teaches women beauty techniques to help restore their self-image during cancer treatment. Sponsered by the American Cancer Society. Registration required. Call ext. 12820.

CHILD BIRTH

Big Kids/Sibling Orientation
Saturday, May 5, June 2 and July 7, 2012 from 9 to 10:30 am
For expectant brothers and sisters ages three to 10 years. A parent is required to attend with child. Fee: $10 for first child and $15 for two or more children (payable at the door). Registration required. Child should bring baby-size doll or stuffed animal to class. Call Ext. 12820.

Cesarean Childbirth
Tuesdays, May 15, June 19 and July 17, 2012 from 7:30 to 9:30 pm

Childbirth Basics
Thursday, June 7, 2012 from 7 to 10 pm
This class is for expectant couples. Those planning to take the Preparation for Childbirth series need not attend. Recommended attendance during the seventh to eighth month of pregnancy. Advance registration not required. Call Ext. 12741.

Childbirth Series
Saturday, June 9, 11 and 13, 2012 from 7:30 to 9:30 pm
This series (one class per week for four consecutive weeks) is designed to teach expectant parents techniques to help them learn to respond to and work through the labor process. Fee: $75. Advance registration not required. Call Ext. 12741.

Childbirth Refresher
Tuesdays, May 22 and July 24, 2012 from 7 to 10 pm
Designed for couples who have previous birth experience and would like to review the labor and delivery process including breathing and relaxation techniques. Fee: $30. Registration required. Call Ext. 12741.

Getting Ready for Your Baby
Tuesdays, May 8, June 12 and July 10, 2012 from 7 to 10 pm
Provides information on topics of relevance to new parents. Recommended attendance during eighth or ninth month of pregnancy. Fee: $10. Advance registration not required. Call Ext. 12741.

Great Expectations
Tuesdays, June 5 and July 3, 2012 from 7:30 to 9:30 pm
Provides the groundwork for all the other PIT-birth classes. Recommended attendance in early pregnancy (third to fifth month). Advance registration not required. Call Ext. 12741.

Infant/Toddler CPR & Safety — Chinese
Weekly, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays
Fee: $45 per month. Advance registration required. Call Ext. 12741.

Infant/Toddler CPR & Safety — English
Weekly, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays
Fee: $45 per month. Advance registration required. Call Ext. 12741.

Infant/Toddler CPR & Safety — Spanish
Weekly, Tuesdays, Wednesdays, Thursdays, Fridays and Saturdays
Fee: $45 per month. Advance registration required. Call Ext. 12741.

Maternity Care Center
“Tea for Two”
Wednesdays, May 10, June 6 & 20, July 18 & 22, 2012 from 7 to 8:30 pm
Bimonthly open house and tour presented by Maternity Care Center nursing staff. Program limited to mothers-to-be and their partner. Free; no children. Tours will not be conducted during the flu season (December – March). Advance registration required. Call Ext. 12741.

Maternity Care Center Tours
Mondays, May 14 & 28, June 11 & 25, July 9 & 23, 2012 at 7 pm
Advance registration not required. Children and grandparents are welcome to attend. Call Ext. 12741.

Preparation for Breastfeeding
For expectant mothers approach breastfeeding with confidence. Fathers or other support persons encouraged to attend. Free. Call Ext. 12820 for dates and times.

Preparation for Childbirth
Call for dates and times.
This series (one class per week for four consecutive weeks) is designed to teach expectant parents techniques to help them learn to respond to and work through the labor process. Fee: $75. Advance registration not required. Call Ext. 12741.

Provision for Breastfeeding
• Tuesdays, June 5 and July 3, 2012 from 7 to 9:30 pm
• Saturdays, May 19, June 16 and July 21, 2012 from 8 to 10:30 am
In support of women’s approaches breastfeeding with confidence. Fathers or other support persons encouraged to attend. Please bring a baby-size doll or stuffed animal to class. Recommended attendance during sixth to eighth month of pregnancy. Advance registration not required. Call Ext. 12741.

Providing Support to Breastfeeding mothers
• Fridays, June 8 and July 13, 2012 from 9:30 to 10 pm
In support of new mothers who are breastfeeding. Call Ext. 12820 for dates and times.

Serving Mothers
Saturday, June 23, 2012 from 9 to 10 am
A free program that teaches new mothers techniques to help support the breastfeeding process. Fee: $5. Advance registration required. Call Ext. 12741.

The Birthing Process
Tuesdays, May 15 and June 19, 2012 from 7:30 to 9:30 pm
Provides the groundwork for all the other PIT-birth classes. Recommended attendance in early pregnancy (third to fifth month). Advance registration not required. Call Ext. 12741.

Tea for Two
Wednesdays, May 10, June 6 & 20, July 18 & 22, 2012 from 7 to 8:30 pm
Bimonthly open house and tour presented by Maternity Care Center nursing staff. Program limited to mothers-to-be and their partner. Free; no children. Tours will not be conducted during the flu season (December – March). Advance registration required. Call Ext. 12741.

Wellness and Support Group
For more information, call 562.698.0811.

* A free support service for newly-diagnosed patients and their families who have breast or colorectal cancer.
Provided by PIH registered nurses with oncology experience.

For more information, call 562.698.0811.

Breast cancer navigator
Ext. 15326

Colorectal navigators
Ext. 12580

** Available to women with breast cancer who are residents of PIH’s service area.
For more information, call 1.877.285.Docs (3627).

www.brighthealth.com
1.877.285.Docs (3627)
Bright Health Physicians
SPRING 2012 EVENTS AND CLASSES FOR ALL AGES

For more information and registration, call 562.698.0811 and the extension noted.

COMMUNITY EDUCATION

MOTHER’S DAY SCREENING

DIABETES

Diabetes Education Center
The support team at the PIH Diabetes Education Center is dedicated to meeting your needs. They can provide information about diabetes classes and individual appointments to help you with the many aspects of diabetes care. Call Ext. 11320.

Diabetes Self-Management
Classes held monthly, Tuesday from 5:30 am to 12 Noon, and Wednesday from 6 to 9:30 pm. Spanish classes available. Learn the basics of diabetes self-management. Referral and registration required. Classes include an individual pre-test and three week class series. Call Ext. 11320 for more information.

DIABETES

Cardiac Rehab Lecture Series

Wednesdays from 3 to 4 pm

This continuing series of six classes includes presentations on a variety of heart health-related topics including: the structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease. Anyone wishing to learn more about heart health is welcome. Registration required. Call Ext. 12733.

Basic Self Defense: Rape Prevention

Call for dates and times.

This workshop consists of four, one-hour sessions. Jan Colton-Karle, a 4th degree Lime-Lam black belt, as the ways to prevent yourself including using your feet and legs as weapons and learning to block hits or punches. Build your confidence and empower yourself. For women ages 14 and older. Fee: $40. Space is limited. Registration required. Call Ext. 18305.

Breaking Free from Low Back Pain

Tuesday, June 19, 2012

From 6:30 pm to 8:30 pm

If you are suffering from low back pain, you are not alone! Lower back pain is the number one cause of disability in the United States. Come learn the seven steps necessary to overcoming your low back pain for good at this workshop. Featured speaker is Dr. Yani Feliciano, Board-qualified Chiropractic Orthopedist. Free booklet and materials included for all participants. Registrations required. Call Ext. 18305.

Create Your Weight

Tuesday, July 31, 2012

From 6 to 7:30 pm

Who are 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. New reduced fee: $25. Registration required. Call Ext. 18305.

Total Joint Replacement Education

Held monthly on the first Tuesday and third Thursday from 3 to 4:30 pm

This class is designed for patients who are scheduled for or are considering joint replacement surgery. PIH nursing, physical therapy, occupational therapy, and case management staff will explain what to expect before, during and after surgery. Patient’s caregivers are encouraged to attend. Registration required. Call Ext. 12921.

SCREENINGS

Blood Glucose Screening

Fridays from 9 to 11 am

Screenings available at the PIH Diabetes Education Center, located in the Ernest D. Wells Medical Office Building. Please call Ext. 11320 for an appointment.

Cholesterol Screening

Wednesdays, May 30 & August 29, 2012

Includes a complete cholesterol screening: HDL, LDL and triglycerides. This is a blood draw, not a finger stick. Fast for eight hours prior to the test. Fee: $25. Registration required. Call Ext. 18302.

SPECIAL TOPICS

Babysitting is Not Child’s Play: A Workshop for Teens

Saturday, August 11, 2012

From 9 am to 2 pm

This day-long seminar trains those age 12 and older in the care of infants and toddlers. Training includes first aid, fire and accident safety, plus creative play activities. Participants should bring a sack lunch, and complimentary drinks will be provided. A $5 non-refundable fee is required to register. Call Ext. 18305.

HEART

Adult-Child Heartsavers CPR

Tuesday, June 5, 2012 from 6 to 9 pm

This American Heart Association (AHA) certified class covers adult one-rescuer CPR. Use of AHA materials in this educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association. Fee: $20. Registration required. Call Ext. 18305.

Cardiac Rehab Lecture Series

Wednesdays from 3 to 4 pm

This continuing series of six classes includes presentations on a variety of heart health-related topics including: the structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease. Anyone wishing to learn more about heart health is welcome. Registration required. Call Ext. 12733.

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Create Your Weight

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From 6 to 7:30 pm

Who are 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. New reduced fee: $25. Registration required. Call Ext. 18305.

Total Joint Replacement Education

Held monthly on the first Tuesday and third Thursday from 3 to 4:30 pm

This class is designed for patients who are scheduled for or are considering joint replacement surgery. PIH nursing, physical therapy, occupational therapy, and case management staff will explain what to expect before, during and after surgery. Patient’s caregivers are encouraged to attend. Registration required. Call Ext. 12921.

WEIGHT & NUTRITION

Create Your Weight

A nine-week series held on Wednesdays, beginning on July 17, 2012 from 6 to 7:30 pm

Those who are 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. New reduced fee: $25. Registration required. Call Ext. 18305.

Individual Nutrition Counseling

Registered dietetic professionals are available for personalized consultation appointments. Physician referral required. Fee varies by insurance coverage or cash pay. Call Ext. 12924.

SUPPORT GROUPS

Alzheimer’s Disease
For families. Call Ext. 12453.

Better Breathers Club for COPD
Call Ext. 18305.

Breast Cancer
For patients. Call Ext. 15721.

Caregiver Support Group
Call Ext. 18305.

Chronic Pain Support Group
Call Ext. 18305.

Compulsive Eaters Anonymous (CEA-HOW)
Call Ext. 18305.

Diabetes Support Group
Call Ext. 11320.

Down Syndrome Support Group
Call Ext. 14855.

Fibromyalgia
Call Ext. 18305.

Finding Calm Within the Cancer
Call Ext. 1277.

Gruppo de Apoyo Para La Familia
For Latino families of those diagnosed with mental illness. Call Ext. 14855.

Grief Support Group
For patients. Call Ext. 18305.

I Count Too
Redefining program support for teens and children. Call Ext. 12500.

Living with Loss Bereavement Call Ext. 12500.

Lyme Disease
For patients. Call Ext. 18305.

Mended Hearts
For heart surgery patients and their families. Call Ext. 12727.

Neonatal Intensive Care Unit (NICU) Parent Call Ext. 17351.

Parkinson’s
For patients. Call Ext. 18305.

Perinatal Bereavement
For coping with pregnancy loss, stillbirth or infant death. Call Ext. 17862.

Scleroderma
For patients. Call Ext. 18305.

Stroke
For survivors and caregivers. Call Ext. 12453.
**AARP Safe Driver Courses**

**Eight-hour classes:**
- Mondays and Wednesdays, July 16 & 18, August 20 & 22, September 10 & 12, and Saturdays June 16 & 23, 2012

Four-hour refresher classes:
- Wednesday, May 23, 2012 from 8 am to 12 noon

These classes are designed to help older adults maintain their independence by becoming safer drivers. Upon completion, participants will receive a certificate to show their auto insurance company for a potential discount. Fee: $12 for AARP members/$14 non-members. Call the PiH senior life center at 562.698.0811 Ext. 18302. Registration required.

**Qigong Exercise Class**

Tuesdays from 8:30 to 9 am

Qigong is a gentle, yet effective exercise system designed to maintain good health and overall well-being. Registration required. Call Ext. 18302.

**Seniors in Motion Exercise Class**

Tuesdays & Fridays from 3 to 4 pm

An exercise class for those 55+ with physician release required before starting class. Registration required. Fee: $2 for Life Connections members/$3 for non-members. Call Ext. 14091 or 14682.

**Tai Chi**

Tuesdays from 9 to 10 am

Tai Chi is a meditative and healing art that helps to clear the mind, reduce stress and increase concentration and the ability to learn. Physician release required before starting class. Fee: $18 for Life Connections members/$30 for non-members. Registration required. Call Ext. 18302.

**Medicare and Health Insurance Counseling**

Hold monthly on the second and fourth Tuesday from 10 am to 12 Noon

HICAP (Health Insurance Counseling and Advocacy Program) provides free and objective information and counseling about Medicare. Registration required. Call Ext. 14091 or 14682.

**Medicare 101**

Call for dates and times.

Learn about Medicare and your healthcare options that take effect at age 65. Fee: $20. Participants must attend all six sessions. Light refreshments will be provided. Registration required. Call Ext. 18302.

**Depression Screening**

 Held monthly on the first and third Wednesday from 10 am to 12 Noon

HICAP (Health Insurance Counseling and Advocacy Program) provides free and objective information and counseling about Medicare. Registration required. Call Ext. 14091 or 14682.

**Travel: Collette Vacations**

Mondays, May 21, July 16, & September 17, 2012, 10:30 am to 12 noon

Learn about upcoming excursions. Call Ext. 18302.

**Skin Care, Aging & Cancer Prevention**

Thursday, June 28, 2012 from 10 to 11 am

You skin changes with age. It becomes thinner, loses fat and no longer looks as plump and smooth as it once did. Years of sun exposure can lead to wrinkles, dryness, age spots and even cancer. Rachael L. Moore, MD, board-certified dermatologist, will show you how to keep your skin looking young, healthy and cancer-free this summer. For more information, call Ext. 18302.

**Dementia & Driving: Giving up the Keys**

Thursday, May 10, 2012 from 1 to 3 pm.

Deciding when your loved ones can no longer drive is a difficult decision. Join Shawn Hertz, M.S., F.T., will discuss the warning signs to watch for, how to assess competency and the steps to take. If you know someone who should not be behind the wheel, this lecture is for you. For more information, call Ext. 18302.

**Hearing Problems**

Thursday, June 28, 2012 from 1 to 3 pm

If you are one of the 65 million people that serve as family caregivers for an adult or disabled child, this workshop is for you. Topics include:
- Stages of Senior Care: What are the Options?
- Caregiver Stress and Burnout
- Power of Attorney: Making Decisions for the Future
- Alzheimer’s & Dementia
- Adult Day Care & Hospice

Board lunch will be provided. Seating is limited and reservations will be made on a first come, first-served basis. To register, call Ext. 18302.

**Choosing the 10 Signs of Adversity**

Miércoles, 8 de Agosto de 6 am to 7:30 pm

Taller indicador sobre el mal de Alzheimer/ Demencia. Conozca la diferencia entre la pérdida de la memoria asociada con la edad avanzada y la demencia. Aprenda las señales de advertencia y los beneficios de la detección temprana. Para reservaciones, llame al ext. 18302.

**Cuidando Con Respeto Workshop**

Sábados, 2 y 9 de Junio de las 8 am a 12 pm

¡Guídate con el mal de Alzheimer! Alista a un curso en español para aprender más sobre esta enfermedad. Durante estos días, vamos a visitar los talleres, obteniendo información sobre alzheimer, cómo se desarrolla este mal, cómo ayudar a un ser querido, cómo entender los comportamientos difíciles entre otros. Para reservar su espacio o para más información llame a la ext. 18302.
Thank You to Our Generous Contributors

The PFIH extends its heartfelt thanks to the following contributors whose gifts of $250 or more were received during 2011.

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- California Community Foundation
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- Mr. and Mrs. Hall J. Evans
Your generation changed the world. Now it is time for you to ignite that passion again.

The boomer generation is invited to join the Volunteer team at PIH. Outgoing, enthusiastic and computer literate professionals with the following skills are needed: teaching, music, management, finance, office management, social work, public speaking, writing and marketing. Flexible hours and a variety of assignments are available.

Make a difference.
Become a Volunteer at PIH today!
Call 562.698.0811 Ext. 12422.

Share Life, Donate Blood

Blood that is donated saves lives in our community. So be sure and do your part and donate today!

The Blood Donor Center, located inside PIH, is open Monday through Thursday from 8 am to 5 pm and Fridays from 8 am to 4:30 pm.

To make an appointment, call 562.789.LIFE (5433).

Walk-ins welcome.

The Blood Donor Center Mobile Unit is also available for off-site community blood drives.