Heart & Lung Center at PIH Gives Peace of Mind to Patients and Loved Ones

The Heart & Lung Center at Presbyterian Intercommunity Hospital (PIH) offers the best available heart and lung care coordinated by a multidisciplinary team. The team is comprised of cardiologists, cardio-thoracic surgeons, anesthesiologists, intensivists, and other healthcare professionals all at one location offering the full spectrum of cardiovascular services with the latest technologies and techniques. It’s our goal to provide the kind of care that not only saves a life, but improves the quality of each person’s life as well.

“We offer award-winning heart and lung care thanks to our expert physicians, nurses, and support staff combined with the availability of the newest and most advanced technology,” says Eduardo Tovar, MD, FACS, medical director of the PIH Heart & Lung Center.

“State-of-the-Art Technology

The Heart & Lung Center is a state-of-the-art facility dedicated to diagnosing, treating, and managing diseases and conditions of the heart and lung. Advanced technology available at the Heart & Lung Center has revolutionized the treatment of heart disease — heart conditions that once were considered catastrophic can now be diagnosed and treated using state-of-the-art technology.

The center is one of only a handful of facilities in Los Angeles and Orange counties to offer a computed tomography (CT) scanner for rapid detection of heart blood vessel abnormalities. We have two high-tech Cath labs for detecting blockages or problems and where interventions are performed. And our cardiologists and electrophysiologists are experts at detecting and treating electrical system problems in the heart that can cause unnatural heart rhythms.

Your Wellness is Our Goal

At the Heart & Lung Center at PIH, your wellness is our primary goal. That’s why we offer screenings, pulmonary function assessment, exercise programs, a cardiac health lecture series, and more — all designed with your best health in mind.

We know that care continues after discharge, as well. Our comprehensive cardiac rehab program helps cardiac patients discover a renewed quality of life through individualized exercise programs teamed with lifestyle education. And our Mended Hearts support group provides encouragement to patients and their loved ones.

The Heart & Lung Center at PIH is located in Suite 200 of the Ernest D. Wells Medical Office Building at 12462 Putnam Street on the PIH campus.

For more information about the Heart & Lung Center at PIH, call 562.698.0811 Ext. 12391, or visit www.pih.net.

Minimally Invasive Major Chest Surgery Now Done at PIH

Eduardo A. Tovar, MD, FACS, medical director of the Heart & Lung Center at Presbyterian Intercommunity Hospital (PIH), has transformed major thoracic surgery into a minimally invasive outpatient procedure. Dr. Tovar has developed a protocol whereby the following procedures can be done on an outpatient basis:

- Lobectomies
- Pneumonectomies
- Partial Lung Resections
- Sub-Centimeter Lesions
- Mediastinal Tumors

During these procedures the patient’s chest cavity is accessed through an oblique muscle-sparing mini-thoracotomy. A pediatric chest retractor is then utilized to separate the ribs up to a maximum of 5 cm. Using single-lung anesthesia, a catheter is inserted in the pleural space and non-narcotic analgesia is utilized for better pain management.

Traditional minimally invasive lung surgery uses four or five small incisions between the ribs for viewing plus a 4-inch incision under the arm through which the lung is removed. The procedure that Dr. Tovar performs uses one 2-inch incision on the patient’s side. Patients are active immediately after surgery and this minimizes the possibility of deep vein thrombosis, and many other common complications. Most patients require minimal additional analgesia, despite early activity, and others require only oral pain medication.

Benefits include:

1. Positive outcomes
2. Minimal complications
3. Shorter stay — patients go home in less than 24 hours
4. Cost effective
5. Enhanced pain management
6. Rapid recovery

For additional information, call the Heart & Lung Center at PIH at 562.698.0811 Ext. 12391.
Stroke Patients Get Back to Enjoying Life Through Award Winning Care

Stroke Center at PiH Earns Gold Plus Award from the American Heart Association/American Stroke Association

With stroke being the primary cause of serious, long-term disability in the United States and the third leading cause of death, it’s good to know that Presbyterian Intercommunity Hospital’s (PiH) Stroke Center provides diagnosis, treatment and supportive services for stroke and related conditions. Our Stroke Center staff is comprised of specialists and includes board-certified physicians in neurology, neurosurgery, radiology, emergency medicine, critical care, vascular surgery, cardiothoracic surgery, cardiology, internal medicine, physical medicine-rehabilitation, and family practice.

PiH has been a certified primary stroke center since May of 2009 and continues to seek excellence in stroke and stroke-related care. The center has been recognized for achievement in using evidence-based guidelines to provide stroke-related care. The center has been recognized for their receipt of a Get With the Guidelines silver Performance Indicator award for 12 consecutive months.

“PiH has always been a leader in meeting the healthcare needs of the region,” said Richard A. Rison, MD, neurologist and medical director of the PiH Stroke Center. “I am very proud of the PiH Stroke Center and the positive outcomes we have been able to achieve. We are making a difference in the lives of our patients every day.”

Get With The Guidelines® is a hospital-based quality improvement program designed to ensure that hospitals consistently care for cardiac and stroke patients following the most up-to-date guidelines and recommendations. The program addresses coronary artery disease, heart failure and stroke. Currently more than 1,400 hospitals participate in the program. The American Heart Associations/American Stroke Association’s Get With The Guidelines Silver Performance Achievement Award, awarded for achieving at least 75 percent compliance with heart failure and/or stroke measures for 12 consecutive months. PiH has gone one step further in demonstrating excellence in stroke and stroke-related care by recently qualifying for the Gold Plus Award, presented to hospitals that meet all the indicators plus an addendum of additional quality indicators at 85 percent compliance for at least 24 consecutive months.

“PiH has always been a leader in meeting the healthcare needs of the region,” said Richard A. Rison, MD, neurologist and medical director of the PiH Stroke Center. “I am very proud of the PiH Stroke Center and the positive outcomes we have been able to achieve. We are making a difference in the lives of our patients every day.”

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Stroke Center Services

PiH’s Stroke Center provides comprehensive diagnostic and therapeutic care of patients with disorders of blood vessels of the brain and spinal cord, including:

- Transient Ischemic Attack
- Ischemic Stroke
- Carotid Stenosis
- Intracerebral Hemorrhage
- Aneurysms/Subarachnoid Hemorrhage
- Vascular Malformations of the Brain
- Spinal Vascular Malformations

The Acute Rehabilitation Center at PiH provides 24-hour nursing care and therapy to promote restoration of a patient’s overall prior level of functioning, and provides physical, occupational, and speech therapy.

For more information about the PiH Stroke Center, call 562.698.0811 Ext.13531, or visit www.pih.net
Emergency Department vs. Urgent Care Center: Which is Right for Your Needs?

Where you receive your point of care is important. Presbyterian Intercommunity Hospital (PIH) and Bright Health Physicians are here for you when you need us at a vital time — whether it is the emergency department or urgent care center. There are two conveniently located urgent care centers to serve the needs of you and your family when you need immediate attention for a less serious condition. Urgent care centers often save you time and money, while keeping the emergency department free to treat patients with more serious situations. Is it an emergency? An emergency is a condition that may cause loss of life or permanent or severe disability if treatment isn’t received immediately. For chest pain or severe bleeding, you need an emergency department. PIH’s R.C. Baker Emergency Department (ED) is fully equipped to care for our community around the-clock by treating emergencies that range from life-threatening events to minor injuries and illnesses. It was recently refurbished and expanded to 61-beds, including three triage areas and a four-bed pediatric unit. "PIH has a well-trained staff and a full service emergency department that’s able to meet any severe or life-threatening medical need,” says Ian Kramer, MD, ED medical director. Dr. Kramer suggests going to an urgent care center when treatment is needed for less critical issues that don’t require extensive testing, such as episodes of the flu, minor lacerations and basic pediatric needs such as colds, cough, upset stomach or fever. “Basically healthy people who need an x-ray, have a sore throat, upset stomach, vomiting – all symptoms for a same day appointment can be treated at urgent care centers.” He says that urgent care centers serve as a neighborhood screening tool that provides urgent or basic healthcare that costs significantly less. "If critical treatment is needed, such as in the case of appendicitis, the urgent care staff will call 9-1-1 or advise the patient to go to the nearest hospital's emergency department." Dr. Kramer stated that persons having existing underlying health issues or acute distress, including head trauma or severe bleeding, should go to the emergency department, as should those with respiratory or heart issues, particularly elderly people, or those with chronic conditions such as heart or lung problems.

Need a doctor right away? Come to Urgent Care & After-Hours Care

Bright Health Physicians patients have the option to utilize the Urgent Care Center and After-Hours Care facility for instances where they may have an earache, a cut that needs a few stitches, or when there is another urgent — but non-emergency — healthcare need after their doctor’s regular business hours. The minor illnesses and injuries treated at these locations include:
- Animal bites
- Asthma
- Cold & flu symptoms
- Contusions (bruises)
- Cough
- Fractures
- Infections
- Migraine headaches
- Mild abdominal pain
- Mild lacerations (cuts)
- Minor burns
- Sprains and strains

Routine x-ray and lab services are available on-site. Urgent care and after-hours care does not require prior authorization. Patients are seen on a walk-in basis.

Urgent care is not a substitute for your primary care doctor or emergency care. If you have a serious or life-threatening illness or injury, go to the nearest emergency room or call 9-1-1.

Bright Health Physicians Urgent Care Center

15733 Whittier Blvd., Whittier, CA 90603
(Cross streets Whittier Blvd. and Santa Gertrudes)
Hours: Monday-Friday from 5 to 9 pm
Phone: 562.947.1148

Weekends/Holidays from 9 am to 6 pm
Phone: 562.947.1148

After-Hours Care (Imperial Primary Care)

15625 Imperial Highway, La Mirada, CA 90638
Hours: Monday-Friday from 5 to 9 pm
Weekends/Holidays from 8 am to 4 pm
Phone: 562.502.3000

When you receive your point of care is important. Presbyterian Intercommunity Hospital (PIH) and Bright Health Physicians are here for you when you need us at a vital time — whether that is via the emergency department or urgent care center. There are two conveniently located urgent care centers to serve the needs of you and your family when you need immediate attention for a less serious condition. Urgent care centers often save you time and money, while keeping the emergency department free to treat patients with more serious situations. Is it an emergency? An emergency is a condition that may cause loss of life or permanent or severe disability if treatment isn’t received immediately. For chest pain or severe bleeding, you need an emergency department. PIH’s R.C. Baker Emergency Department (ED) is fully equipped to care for our community around the-clock by treating emergencies that range from life-threatening events to minor injuries and illnesses. It was recently refurbished and expanded to 61-beds, including three triage areas and a four-bed pediatric unit. "PIH has a well-trained staff and a full service emergency department that’s able to meet any severe or life-threatening medical need,” says Ian Kramer, MD, ED medical director. Dr. Kramer suggests going to an urgent care center when treatment is needed for less critical issues that don’t require extensive testing, such as episodes of the flu, minor lacerations and basic pediatric needs such as colds, cough, upset stomach or fever. “Basically healthy people who need an x-ray, have a sore throat, upset stomach, vomiting – all symptoms for a same day appointment can be treated at urgent care centers.” He says that urgent care centers serve as a neighborhood screening tool that provides urgent or basic healthcare that costs significantly less. "If critical treatment is needed, such as in the case of appendicitis, the urgent care staff will call 9-1-1 or advise the patient to go to the nearest hospital’s emergency department." Dr. Kramer stated that persons having existing underlying health issues or acute distress, including head trauma or severe bleeding, should go to the emergency department, as should those with respiratory or heart issues, particularly elderly people, or those with chronic conditions such as heart or lung problems.

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Get Back Your Active Lifestyle
Let Bright Health Physicians Orthopaedics & Sports Medicine Services Get you on the Court Again

Whether it’s a pick-up game of basketball, pitching practice with your daughter, or training for a marathon, let the Bright Health Physicians Orthopaedics & Sports Medicine team get you back to the active lifestyle you enjoy.

When you or a loved one suffers a bone fracture, muscle sprain, arthritis or a sports injury, it’s a comfort to know that our highly trained, board-certified orthopaedic surgeons specialize in diagnosing and treating the musculoskeletal system, including the bones, joints, ligaments, muscles and nerves. They offer complete orthopaedic services for your entire family, throughout every phase of life, by:

- Treating common childhood fractures
- Identifying and treating “overuse” problems in teens and young adults, which can lead to complications later in life
- Guiding athletes of every kind through treatment, rehabilitation and training so they can safely return to their sport of choice
- Helping aging adults to stay active and enjoy life by treating injuries, arthritis and other problems with joints, bones, muscles and tendons.

“Over the past decade, the field of orthopaedics has continued to make great advances,” said Robert Bohr, MD, Bright Health Physicians orthopaedic surgeon. “Today, we offer better imaging services, improved treatment for hips and knees with new technology, enhanced treatment for severe osteoporosis and notable improvements in arthroscopy, especially for shoulders and particularly rotator cuff tears.”

Can’t wait? No problem. Same-day appointments are available for patients of all ages and conditions at our Whittier office.

Hospitals: A Key Part of a Successful Recovery

While in the hospital, it’s very likely that a hospitalist — a doctor based at Presbyterian Intercommunity Hospital (PiH) to solely care for hospitalized patients (adults and children) — will manage your care. At PiH, hospitalists are on-duty 24 hours every day, monitoring patients, ordering tests, consulting with specialists and communicating with each patient’s primary care physician. They are skilled in coordinating hospital services according to each patient’s individual needs and have detailed knowledge about the services the hospital offers.

Having hospitalists who specialize in caring for patients with acute medical conditions is one of the most important ways that healthcare can be improved. PiH currently has 30 hospitalists providing care to adult patients. Additionally, PiH is one of the few hospitals in the area to offer the expertise of 24-hour intensivists (hospitalists that only care for critically ill patients in our Critical Care Center). We also have four neonatologists on staff that provide care in our Neonatal Intensive Care Unit (NICU), and two pediatric hospitalists that provide care in our inpatient pediatric unit to ensure the best care possible — around the clock — for our youngest patients.

PiH hospitalists are stationed at the hospital and readily available to address any change in a patient’s condition and respond quickly.

Because hospitalists are assigned to the hospital 24/7, they can adjust your treatment as often as needed and answer questions from you, your family and primary care physician whenever they arise.

When you return home, the hospitalist will send your primary care physician a summary of your hospital care, medications prescribed, and any follow-up care you may need.
1960s

WINTER 2011

50 Years and Counting
Critical Care Center at Presbyterian Intercommunity Hospital Celebrates Five Decades of Innovation

1970s

2000s

2012

2011 will be a banner year for the PiH Critical Care Center — marking its 50th anniversary and long legacy of exceptional patient care. Its beginnings trace back to 1961, two years after the hospital first opened. At the urging of neurosurgeons John Marsh, MD, and Robert Florin, MD, PiH opened the original Intensive Care Unit with just five patient beds. Its immediate success stimulated Russell Tyler, MD, internist, and LeRoy Misuraca, MD, anesthesiologist, to expand the rooms, transforming a small unit with just five patient beds into a single, 24-bed center that enabled patients to be managed according to the level of care required, rather than admission diagnosis. The difference between PiH's Critical Care Center and other hospitals' units was the presence of a full-time anesthesiologist director dedicated to the review of each patient's care. Daily rounds included everyone involved with patient care — including physicians, nurses, pharmacists, respiratory care practitioners, dieticians, chaplains, social workers and physical therapists — which helped provide a holistic view of each patient's unique treatment needs.

“The was an exciting place to practice — unique in its young progressive medical staff that was willing to be innovative and its supportive administration that backed every advance that could be justified as the right thing to do for a patient,” said Dr. Misuraca (now retired).

Over the past five decades, the Critical Care Center has witnessed incredible advances, including a reduction of post-operative mortality, 24/7 critical care intensivist physicians, improved “code blue” procedures, innovations in patient monitoring, the adoption of pharmacokinetic medication and computerized charting, to name a few.

Thanks to the early work and dedication of several forward-looking physicians, PiH's Critical Care Center has benefited from a solid foundation — and continues to demonstrate leading innovations in patient care today. And more enhancements are forthcoming, since all proceeds from the 2011 PiH Foundation Gala on April 9, 2011 will help fund the new Critical Care Center currently under development in PiH's new Plaza Tower (See story on page 13).

1980s

THE EARLY VISION OF TWO PHYSICIANS

1990s

LeRoy Misuraca, MD, anesthesiologist

Dr. Misuraca also joined PiH when it opened in 1959. He and Dr. Marsh conferred about the necessity of quality care and finally received access to two rooms with five beds, and 24-hour nursing care — creating the first Intensive Care Unit. Soon, more patients and staff were utilizing this unit until more space was provided. Dr. Misuraca's early interest in respiratory care also spurred the launch of PiH's Respiratory Care Unit, where he served as Medical Director. When the 24-bed Critical Care Center opened, Dr. Misuraca became the full-time Medical Director, applying the surveillance and therapy principles of anesthesia care to the hospital's sickest patients until he retired in 1999.

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Community and Physician Support Helps Build the New Critical Care Center in the PIH Plaza Tower

Community Support Needed to Build a Strong Foundation

PIH's newest tower and its flagship centers — which have yet to be officially named for major donors — will ensure that the families of this community have access to the best care when they need it most.

"Funding for the tower will depend upon donations of all sizes from the members of this community who have come to depend upon PIH to care for their families," said James Fitzgerald, MD, the new chairman of PIH Foundation’s Board of Directors. "To get us off to a strong start, the PIH Medical Staff has made a significant lead gift and all funds raised at the 2011 PIH Foundation Gala slated for Saturday, April 9, 2011, will specifically benefit the new Critical Care Center."

"If the care your family has received at PIH has eclipsed your expectations, I encourage you to consider a gift," said Dr. Fitzgerald.

To inquire about naming opportunities in the new Plaza Tower, receive a gala invite or to make a vital gift in honor or in memory of a loved one, call Suren Seropian at 562.698.0811 Ext. 14198.

PIH Physicians Lead the Way

Whenever PIH reaches out to the community for financial support for large capital campaigns, there’s one group that consistently leads the effort by stepping up with significant early gifts — the PIH physicians themselves. As PIH embarks on a campaign to raise support for its Critical Care Center in the new Plaza Tower, the hospital’s own Medical Executive Committee (MEC) has pledged a generous lead gift toward the exciting venture.

“Our physician leadership unanimously voted to be the first significant contributors to the campaign for the new Plaza Tower to demonstrate the medical staff’s commitment to the hospital,” said Brent Gray, MD, and member of the MEC. “We felt it was important to be the first to put up significant monies in support of this critical effort — that’s how much we believe in PIH.”

From the hospital’s perspective, the appreciation is mutual. "If PIH has a long history of supporting and recognizing physicians who have made a difference here," added Dr. Gray. “We are especially grateful to two physicians — Drs. John Mansh and LeRoy Misuraca — who first created the concept of a Critical Care Center in the hospital five decades ago. This foresight and dedication really set PIH apart as having one of the first true critical care centers around.”

As of this printing, PIH Foundation is seeking a major gift in exchange for naming rights of the new Critical Care Center. Contact Amy Fitzgerald at 562.698.0811 Ext. 14032, for additional information.

Community and Physician Support Helps Build the New Critical Care Center in the PIH Plaza Tower

The Specs

Construction for the PIH Plaza Tower is now underway. This building will be six stories tall with 237,750 square feet of space.

The sub-basement will contain mechanical and electrical rooms and will connect to the existing utility tunnel.

The lower level will be surgery and will contain:

- 22 pre-op stations
- 26 recovery stations
- 2 replacement cath labs
- 1 additional special procedure room
- 1 cysto room
- 10 operating rooms, all with top-down laminar flow and HEPA filtered air to reduce infections, including:
  - 1 heart room
  - 1 neuro room
  - 2 ortho rooms
  - 6 general operating rooms

2012

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Give the Gift of Early Detection
Sponsor a Mammogram for a Woman in Need

Along with encouraging all women to honor their health by scheduling an annual mammogram, PIH also promotes a spirit of generosity to help women in need. A prime example is the Scheffly Mammogram Fund which offers life-saving mammography screenings at the award-winning Patricia L. Scheffly Breast Health Center for uninsured or underserved women, who qualify, in Whittier and surrounding areas. Thanks to the donations of many — including Soroptimist International of Whittier — this fund has sponsored nearly 500 screenings and detected cancer in seven women whose lives may very well have been saved by their generosity.

Jeanette Fasone, a PIH Foundation Board member and cancer survivor, recently appeared on local television and at a Whittier City Council meeting to announce her $10,000 matching grant and to invite other community members to join her in this effort by making donations throughout the year.

“Seventy percent of women who die from breast cancer never had a mammogram screening,” said Fasone, who has been a tireless ambassador for the program. “I’m asking the community to give the gift of early detection and sponsor a mammogram for a woman in need. Each $100 donation could save the life of a woman right here in our own community.”

In response, many local businesses have done their part to contribute as well. In October, in honor of Breast Cancer Awareness Month, Brighton Collectibles at the Brea Mall donated $10 from the sale of every “Power of Pink” bracelet to the Scheffly Mammogram Fund. Setá Restaurant in Whittier created a special dessert and made a donation every time a guest ordered it. Orchard’s Fresh Foods in Whittier donated $1 from the sale of every single sandwich during the month of October to the fund. And Vinatero Wine Shop in Whittier gave a 15% discount to every customer who made a donation of any size to the fund.

To support the Scheffly Mammogram Fund, please visit www.pih.net, click the “Donate Online” button and select “Fund a Mammogram” or call Suzanne McGary at 562.698.0811 Ext. 14103.

Meet the PIH Foundation Board

The PIH Foundation Board of Directors is comprised of key business and community leaders who share the common desire to ensure access to quality healthcare for all through the support of Presbyterian Intercommunity Hospital (PIH). We are pleased to introduce you to a few of these members and to let them tell you in their own words why they care so much about PIH:

“During these past 38 years, the hospital has grown at a rapid pace, and the number of staff members, physicians and management team has grown significantly. The members on various boards have also changed and the boards became larger in size. Through all these changes, the hospital has continued to provide high-quality healthcare and had outstanding business leadership which has enabled PIH to be recognized as one of the outstanding health centers in the state. The Whittier community should be very proud of this fine institution.”

“I feel it is important to support PIH’s dedication to providing the community with high-quality healthcare. That dedication inspires me to be involved with the PIH Foundation. I am grateful for the wonderful care PIH provides, and thankful that PIH will be here to care for my grandchildren and great-grandchildren.”

“PIH was my second home for 35 years and it was my privilege to work with dedicated and top-rate doctors, nurses and employees. The patients came first and we supported each other to be at our best. The hospital supported our hopes and dreams with the newest in building structure and high-tech diagnostic equipment.”

“I am so grateful that my family and my business have been so blessed, and to be able to share our blessings by supporting PIH. Each program — be it nursing, cancer care, hospice, or pediatrics — represents a great cause in its own right.”

To contact any PIH Foundation Board member, or for more information about any of the Foundation’s committees or events, call 562.698.0811 Ext. 14120.
Heat Wave... What Heat Wave?

Record-Breaking Heat On Par with Record-Breaking Support of PIH Nursing

It may have been a scorching day — with record-breaking heat reaching 113°F — but that didn’t stop the community from coming out to support PIH Foundation’s 17th Annual ProAm Golf Tournament at Friendly Hills Country Club on September 27, 2010.

In spite of the heat, the sold-out event raised more than $225,000 for PIH’s Nursing Education Program.

“it’s a testament to PIH’s loyal donors that even the hottest day in Los Angeles history could not stop this community — including many of our wonderful PIH physicians — from supporting such a worthy cause,” said Michal Dawson, 2010 golf committee chair and PIH Foundation Board member.

In fact, several participants made gifts of $1,000 or more to support a scholarship in honor of their family, business or a loved one. And, Los Ayudantes, a local charitable foundation, announced the establishment of the “Art of Caring Award” in honor of long-time PIH Foundation Board member Frank L. Scott. These named scholarships can be one-time or perpetual gifts and can be established year-round.

“Investing in the nurses at PIH is the most significant action we can take to assure high-quality patient care,” said Reanna Thompson, RN, chief nursing officer. “The evidence is clear that quality nursing care provides better outcomes for patients in hospitals. PIH nurses are a significant part of why we are the leader in healthcare services for our community.” Since 2004, PIH Foundation has awarded more than $1 million in scholarships to nurses seeking advanced degrees ensuring that our community is served by highly-skilled, well-educated professionals.

Interested in joining us next year? Mark your calendars for Monday, September 26, 2011. We’ll be there — and promise cooler weather!

Tournament sponsors receive priority registration. To learn more, contact Suzanne McGarry at 562.698.0811 Ext. 1403.

The following are just a few of the many PIH resources available to you:

PIH FAMILY PRACTICE CENTER – WHITTER
12021 Washington Blvd., Suite 500
Whittier, CA 90606
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – SANTA FE SPRINGS
9251 Flower Blvd.
Santa Fe Springs, CA 90670
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – WEST WHITTER
1573 E. Whittier Blvd.
Whittier, CA 90605
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – SOUTH WHITTER
10701 Lazear Avenue
Whittier, CA 90605
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – LA MIRADA
12675 La Mirada Blvd., Suite 201
La Mirada, CA 90638
Phone 562.903.7339 (Family Practice)

PIH FAMILY HEALTH CENTER – HACIENDA HEIGHTS – PUENTE HILLS
PIH Medical Plaza
1850 S. Alisue Avenue
Hacienda Heights, CA 91745
Phone 626.964.3040 (Family Practice & Internal Medicine – Suite 115)
626.964.6012 (Pediatrics – Suite 300)

PIH FAMILY HEALTH CENTER – MONTEBELLO
401 W. Beverly Blvd.
Montebello, CA 90640
Phone 323.728.0321 (Internal Medicine)

PIH FAMILY HEALTH CENTER – NORWALK
13330 Bloomfield Avenue, Suite A
Norwalk, CA 90650
Phone 562.789.5344 (Family Practice)

PIH FAMILY PRACTICE CENTER – MONTEBELLO
12921 Washington Blvd., Suite 500
Whittier, CA 90606
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – WILSHIRE BLVD.
7170 W. Imperial Highway
Los Angeles, CA 90045
Phone 310.672.9595 (Family Practice)

PIH FAMILY HEALTH CENTER – BRIGHT HEALTH MEDICAL GROUP
10750 Laurel Avenue
La Mirada, CA 90638
Phone 562.698.2541 (Family Practice)

PIH FAMILY HEALTH CENTER – HOSPICE OF PASADENA
50 North Orange Avenue
Pasadena, CA 91105
Phone 626.449.3700 (Family Practice)

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**CANCER TOPICS**

**Cancer Resource Center**
Free cancer information and support is available from the American Cancer Society office located at PiH. Call Ext. 12820.

**Cancer Survivors and Caregivers Art Workshops**
Thursdays, February 10 & 17, March 3, 10 & April 7 & 14, 2011 from 10 to 11:30 am. Express yourself through art! Registration required. Call Ext. 12820.

**Cancer Survivors & Caregivers Journal Decorating**
Thursdays, February 3, March 3, & April 21, 2011 from 10 to 11:30 am. Help us create a beautiful cover for a journal to be given to a cancer patient undergoing treatment. Registration is required. Call Ext. 12820.

**Life After Cancer Support Group**
Second Thursday of each month, from 6:30 to 8 pm. Learn ways to manage and cope after surviving cancer. Topics include fear of recurrence, healthy lifestyle choices, and more. Call Ext. 12820.

**Look Good...Feel Better**
Mondays, March 7 & April 18, 2011 from 10 to 11:30 am. Female cancer patients can learn beauty techniques to help restore their appearance and self-image during cancer treatment. Sponsored by the American Cancer Society. Registration required. Call Ext. 12820.

**Writing for Wellness**
Wednesdays, February 23, March 2, 9, 16, 23, & 30, 2011 from 1:30 to 3 pm. This 8-week workshop is designed for cancer survivors, caregivers, and those dealing with grief. Emphasis is on therapeutic benefits of focused writing. Registration required. Call Ext. 12820.

**Childbirth**

**Big Kids/Sibling Orientation**
Saturdays, February 5, March 5, April 2, & May 7, 2011 from 7:30 to 9:30 pm. For expectant brothers and sisters ages three to ten years. A parent is required to attend with child. Fee: $10 for first child/$5 for two or more children (payable at the door). Registration required. Child should bring baby-size doll or stuffed animal to class. Call Ext. 17541.

**Cesarean Childbirth**
Tuesdays, February 15, March 15, April 19, & May 17, 2011 from 6:30 to 8 pm. Recommended attendance during 8th or 9th month of pregnancy. Fee: $10. Advance registration not required. Call Ext. 17541.

**Childbirth Basics**
Thursdays, February 3 & April 7, 2011 from 7 to 10 pm. A class for the expectant couple; those planning to take the Preparation for Childbirth Series need not attend. Recommended attendance during 7th to 8th month of pregnancy. Advance registration not required. No charge for this class. Call Ext. 17541.

**Childbirth Basics — Spanish**
Wednesdays, March 2 & May 4, 2011 from 7 to 10 pm. No charge for this class. Registration required. Call Ext. 17541.

**Childbirth Basics — Chinese**
Mondays, March 14 & May 9, 2011 from 6:30 to 9:30 pm. No charge for this class. Registration required. Call Ext. 17541.

**Childbirth Refresher (formally known as Lamaze Refresher)**
Tuesdays, March 22 & May 24, 2011 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: $10. Registration required. Call Ext. 17541.

**Getting Ready for Your Baby**
Thursdays, February 3, March 8, April 12, & May 10, 2011 from 7 to 10 pm. Provides information on topics of relevance to new parents. Recommended attendance during 8th or 9th month of pregnancy. Fee: $10. Advance registration not required. Call Ext. 17541.

**Preparation for Breastfeeding**
Tuesdays, February 1, March 1, April 5, & May 3, 2011 from 7:30 to 9:30 pm. Provides the groundwork for all the other PIH childbirth classes. Recommended attendance in early pregnancy (3rd to 5th month). Advance registration not required. No charge for this class. Call Ext. 17541.

**Great Expectations**
Tuesdays, February 1, March 1, April 5, & May 3, 2011 from 7 to 9:30 pm. Provides the groundwork for all the other PIH childbirth classes. Recommended attendance during 6th to 8th month of pregnancy. Advance registration not required. No charge for this class. Call Ext. 17541.

**Infant/Toddler CPR & Safety — English**
Wednesday, February 9, March 9, April 13, & May 11, 2011 from 7 to 9:30 pm. Learn important techniques for saving a child’s life. Note: No CPR course completion card given. Recommended attendance during 7th to 9th month of pregnancy. Advance registration not required. No charge for this class. Call Ext. 17541.

**Infant/Toddler CPR & Safety — Spanish**
Thursdays, March 17 & May 10, 2011 from 7:30 to 9:30 pm. Note: No CPR course completion card given. Registration required. No charge for this class. Call Ext. 17541.

**Infant/Toddler CPR & Safety — Chinese**
Mondays, February 14 & April 11, 2011 from 6:30 to 9:30 pm. Note: No CPR course completion card given. Registration not required. Call Ext. 17541.

**Maternity Care Center**
**“Tea for Two”**
Wednesdays, February 2 & 16, March 2 & 16, April 6 & 20, May 4 & 18, 2011 from 7 to 9:30 pm. Beautifully open house and tour presented by Maternity Care Center nursing staff. Program limited to mother-to-be and her significant other. Please, no children. Advance registration not required. Call Ext. 17541.

**Preparation for Breastfeeding**
Tuesdays, February 1, March 1, April 5, & May 3, 2011 from 7:30 to 9:30 pm. Provides the groundwork for all the other PIH childbirth classes. Recommended attendance in early pregnancy (3rd to 5th month). Advance registration not required. No charge for this class. Call Ext. 17541.

**Preparation for Childbirth Series (formally known as Lamaze) — English**
Call for dates and times. One class per week for four consecutive weeks. Class is open to patients delivering at PiH. Fee: $15. Registration required. Call Ext. 17541.

**Preparation for Childbirth Series (formally known as Lamaze) — Spanish**
Call for dates and times. A series of three 2.5-hour classes. Referral and registration required. Fee: Call Ext. 11320. Additional classes, in both English and Spanish, are available at Bright Health Physicians. Call 562.947.8478 Ext. 2510 for more information and class times.

**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 or help you with the many aspects of diabetes care. Call Ext. 11320.

**Carbohydrate Counting**
Call for dates and times — offered quarterly. Many people are at risk for diabetes. This class is designed to help you identify your risks and learn about changes you can make to help prevent diabetes. Free. Registration required. Call Ext. 11320.

**Pre-Diabetes Class**
Call for dates and times — offered quarterly. Many people are at risk for diabetes. This class is designed to help you identify your risks and learn about changes you can make to help prevent diabetes. Free. Registration required. Call Ext. 11320.

**Sweet Success Gestational Diabetes Class**
Call for dates and times — offered weekly. Learning how to manage diabetes during pregnancy is essential for the optimal health of both mother and child. Referral and registration required. Spanish and English. Fee: Call Ext. 11320.

**Individual Diabetes Consultation**
For those who need help with diet modification, medications, glucose monitoring, or other aspects of daily diabetes care. Individual appointments are available. Phone referral required. Fee for an appointment or more information, call Ext. 11320.
Cardiac Rehab Lecture Series

Held every Tuesday from 9 a.m. to 10 a.m.
Overview of the heart and how you can help prevent heart disease.
Fee: $5 per class. Registration required.
Call Ext. 18305

REIKI THERAPY

Reiki is a method of transmitting healing, balancing energy to the body through touch.

Introduction to Reiki Healing Hands Therapy
Wednesday, April 27, 2011
Call Ext. 12777

Blood Glucose Screening
Fridays from 9 to 11 a.m.
At the PiH Diabetes Education Center, Wells Medical Office Building, 12462 Fullerton Street, Suite 203 on the PiH campus.
Free. Please call for an appointment.
Call Ext. 11220

Cholesterol Screening
Wednesday, February 23 & May 25, 2011 from 8 to 10 a.m.
Includes a total cholesterol, HDL, LDL, and triglycerides. It is a blood draw, not a finger stick. Fast for eight hours prior to the test.
Fee: $25. Registration required.
Call Ext. 18305

Learn About Asthma
Wednesday, April 27, 2011 from 6:30 to 8:30 p.m.
Is your asthma preventing you from enjoying your life to the fullest? Learn how to spot the environmental triggers that can lead to an asthma attack.
Registration required.
Call Ext. 18305

Tame the Pain: Advanced Chronic Pain Treatment Options
Tuesday, February 15, 2011 from 6:00 to 8:00 p.m.
Does painful burning, tingling, or numbness in your back and legs stop you from enjoying your everyday activities? Are medications or injections no longer working or causing unwanted side effects? Attend this seminar to hear Foundation of Health, MD, a board-certified pain specialist, discuss advanced treatments for chronic pain conditions.
Reservations required.
Call Ext. 18305

Screenings

Blood Glucose Screening
From 6 to 8:30 p.m.
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Call Ext. 18305

Thyroid Disease 101: The Basics
Tuesday, May 17, 2011 from 6:30 to 8:30 p.m.
The thyroid is a small gland, shaped like a butterfly, located in the lower part of your neck. The function of a gland is to secrete hormones. Thyroid problems can make it harder to lose weight, but it’s not impossible. This lecture will cover the diseases and conditions affected by the thyroid.
Registration required.
Call Ext. 18305

Total Joint Replacement Education
Held monthly on the first Tuesday and third Thursday
Thinking of having your hip or knee replaced? PiH’s joint venture is a free, preoperative educational class 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. Individuals assisting patients with their recovery are encouraged to attend. Registration required.
Call Ext. 13291

Yoga for Healing
Saturdays from 10:30 to 11:30 a.m.
Reconnect with your body through yoga designed especially for those facing, or recovering from, the challenges of cancer or stress. This gentle, safe exercise program consists of easy yoga stretches and meditative breathing techniques, helping to reduce stress, increase flexibility, increase energy, and promote a positive self image.
Fee: $5 per class. Registration required.
Call Ext. 12666

COMMUNITY EDUCATION

WINTER 2011 EVENTS AND CLASSES FOR ALL AGES

Cardiac Rehab Lecture Series

WEDNESDAY FROM 3 TO 4 PM
THREE CONTINUING SERIES OF SIX CLASSES INCLUDES PRESENTATIONS ON A VARIETY OF HEART-RELATED TOPICS INCLUDING THE STRUCTURE AND FUNCTION OF THE HEART, UNDERSTANDING FOOD LABELS, BENEFITS OF REGULAR EXERCISE, MEDITATIONS MANAGING STRESS, AND THE EMOTIONAL EXPERIENCE OF HEART DISEASE. ANYONE WISHING TO LEARN MORE ABOUT HEART HEALTH IS WELCOME. CE CREDIT AVAILABLE.
Fee: $5 per class. Registration required.
Call Ext. 18305

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Wednesday, April 27, 2011
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Reconnect with your body through yoga designed especially for those facing, or recovering from, the challenges of cancer or stress. This gentle, safe exercise program consists of easy yoga stretches and meditative breathing techniques, helping to reduce stress, increase flexibility, increase energy, and promote a positive self image.
Fee: $5 per class. Registration required.
Call Ext. 12666

WEIGHT & NUTRITION

Create Your Weight
A nine-week series starting Wednesday, April 6, 2011 from 6 to 7:30 p.m.
Those 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. Fee: $45. Registration required.
Call Ext. 18305

Create Your Weight for Children
A 10-week series starting Tuesday, April 5, 2011 from 6 to 7 p.m.
In this class, our nutrition professionals will teach children and their families how to make lifestyle changes that will promote a healthy lifestyle for a lifetime. Fee: $45. Registration required.
Call Ext. 13294

Individual Nutrition Counseling
Registered dietetic professionals are available for personalized consultation. Appointments. Requires physician referral. Fees vary by insurance coverage or cash pay. Call Ext. 13294

NUTRITION WORKSHOPS

Call for details, dates & times
• February: All About Protein
• March: Ask the Dietitian – panel discussion, bring your questions! (National Nutrition Month)
• April: Fit or Fat – it’s what’s inside that counts!
• May: Healthy on a budget

PiH’s employee wellness program, and are designed to promote healthy diet habits with a practical approach. Free.

SPECIAL TOPICS

Baby Sitting is Not Child’s Play: A Workshop for Teens
Saturday, May 21, 2011 from 9 a.m. to 3 p.m.
This day-long seminar trains youngsters, 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 sack lunch, and PiH will provide complimentary drinks. Non-refundable class fee of $5 required to register.
Call Ext. 18305

Do You Suffer from Degenerative Joint Disease or Osteoarthritis?
Tuesday, April 19, 2011 from 6:30 to 8:30 p.m.
Osteoarthritis is one of over 100 different types of arthritis. It is caused by the breakdown and eventual loss of the cartilage of one or more joints. Dr. Gerald Swanson will discuss the causes, diagnoses, treatment. Reservations required.
Call Ext. 18305

Total Joint Replacement Education
Held monthly on the first Tuesday and third Thursday
Thinking of having your hip or knee replaced? PiH’s joint venture is a free, preoperative educational class 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. Individuals assisting patients with their recovery are encouraged to attend. Registration required.
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Fee: $5 per class. Registration required.
Call Ext. 12666

WINTER 2011 EVENTS AND CLASSES FOR ALL AGES

For event information and registration, call 562.698.0811 and the extension noted.
AARP Safe Driver Courses

Balance & Mobility Program

Colon Cancer Prevention

Medicare and Health Insurance Counseling

Fibromyalgia

MEDICARE

Hearing Loss and Aging

Portion Distortion

SCREENINGS

Colon Cancer

Tuesdays, March 29, 2011 from 10:30 am to 12 Noon
Collette Vacations travels to more than 150

THE SAVVY CAREGIVER SERIES

Tuesdays, May 3, 12, 19, & 26, 2011 from 3 to 4 pm
With the increase in portion size, there is also

Senior Caregiver Series

Tuesdays, March 1, 8, 15, 22, & 29, 2011 from 3 to 4 pm
If it is really just aging?

Support Groups

Call for information, including meeting dates, times, and locations.

Mended Hearts

For heart surgery patients and their loved

Stoke

For stroke survivors and caregivers

Early Detection Matters

Find out what is normal and what is not and

THE BASICS: MEMORY LOSS, DEMEN TIA AND ALZHEIMER’S DISEASE

Wednesday, February 16, March 16, April 13, & May 11, 2011 from 10 am to 12 Noon
Alzheimer’s disease.

Caregiver Support

Call at no cost.

Diabetes Support Group

For patients, families, and caregivers with diabetes.

Down Syndrome Family Support Network

For families with a loved one who has Down Syndrome. Call 14085.

For event information and registration, call 562.698.0811 Ext. 18302.

For families affected by Alzheimer’s. Call 12453.

For patients with fibromyalgia. Call 18305.

Dyslexia Support Group

For students, parents, and caregivers of children

 convertible. Call 12453.

Hearing Conservation

Monthly on the 2nd & 4th Tuesdays from

Healthy Living

WINTER 2011 WELLNESS PROGRAMS FOR HEALTHY AGING

www.pih.net and click on the “Your Wellness” tab for the

high blood pressure. For more information, call 12453.

PHI, unless indicated otherwise. Registration is required for

drivers with any number of violations. Call 323.930.6257.

Coping with Pregnancy Loss, Stillbirth,

Motor Exercise Class

Tuesdays from 8:30 to 9 am

exercise class for 55 years of age and better.

Physician release required. Call Ext. 18302.

Senior Motion Matinees

Wednesday, February 16 & March 16, 2011 from 2:30 to 5 pm

driver safety

DRIVER SAFETY

PHI, unless indicated otherwise. Registration is required for

dates and times call Ext. 18302.

Caregiver’s Series

For families affected by Alzheimer’s disease. Call 12453.

Diabetes Support Group

For patients, families, and caregivers with diabetes. Call Ext. 11320.

Breast Cancer Support

For women with breast cancer. Call 15721.

For patients with Parkinson’s disease. Call Ext. 18305.

Lyme Disease

For patients with Lyme disease. Call Ext. 18305.

Scleroderma

For Spanish-language support group for families affected by rheumatoid arthritis. Call 17862.

Fibromyalgia

For patients with fibromyalgia. Call Ext. 18305.

COUNT TOO

Six-week bereavement support program for

WINTER 2011

For families with a loved one who has

For patients coping with breast cancer. Call 15721.

Mended Hearts

For heart surgery patients and their loved

Support Group for families that have a loved one who was formerly in the NICU. Call Ext. 17351.

Diabetes Support Group

For patients, families, and caregivers with diabetes. Call Ext. 11320.

Down Syndrome Family Support Network

For families with a loved one who has Down Syndrome. Call 14085.

For patients coping with breast cancer. Call Ext. 15721.

Caregiver Support

Provided at no cost.

SCHIZOPHRENIA

For patients, families, and caregivers with schizophrenia. Call Ext. 17277.

New Beginnings Cancer Support

For adults who are comforting, or have completed treatment for cancer. Call Ext. 12000.

MENINGEAL BLOOD Cancers

For information on meningiomas, lymphoma, and melanoma. Call Ext. 12453.

PARKINSON’S DISEASE

For patients coping with Parkinson’s disease. Call Ext. 18305.

Lyme Disease

For patients with Lyme disease. Call Ext. 18305.

Scleroderma

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

NATIONAL BEREAVEMENT COUNSELORS

For patients coping with this condition. Call Ext. 18305.

Perinatal Bereavement

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

Scleroderma

For patients coping with this condition. Call Ext. 18305.

Stoke

For stroke survivors and caregivers. Call Ext. 12453.

MEDICATION

Portion Distortion

Tuesday, February 8, 2011 from 3 to 4 pm

With the increase in portion size, there is also

Senior Motion Matinees

Wednesday, February 16 & March 16, 2011 from 2:30 to 5 pm

控 of frustration. Call 323.930.6257.

Motor Exercise Class

Tuesdays from 8:30 to 9 am

Ongoing Exercise Class

Tuesdays from 8:30 to 9 am

Ongoing Exercise Class

Tuesdays from 8:30 to 9 am

Ongoing Exercise Class

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Controlling Frustration

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Tuesdays, March 1, 8, 15, 22, & 29, 2011 from 2:30 to 5 pm

A four-week series providing caregivers with the skills and

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