Remaining at the Forefront of Disaster Preparedness
Summer Safety Tips for the Entire Family
Weekend Warriors Beware
PIH Health Foundation Gala Recap
Staycation vacation
Gorgeous beaches, great walking trails or an afternoon at a local botanical garden or zoo; there are endless family-friendly day trip options nearby.

Summer is Here

Rajnish Birla MD Encourages You to Keep the Entire Family Healthy, While Having Fun

Time to kick up your heels, stick your toes in the sand and enjoy some family-friendly fun! With the kids out of school, summer offers a unique change of pace from the normal routine of the rest of the year. It’s the perfect time for you and your family to reconnect and focus on your favorite areas of interest and activities.

Enjoy a picnic in the park, visit a street festival or take a hike along one of Los Angeles County’s many scenic trails. Above all, remember to make your time together fun and healthy.

Skip the fast food and select a more nutritious option. There are plenty of low- or even no-cost activities close by. Did you know that the Los Angeles County Arboretum and Botanic Garden in Arcadia offers inexpensive gardening workshops for kids and parents? Montebello has a petting zoo with pony and train rides and a traveling zoo that goes to Pico Rivera, Santa Fe Springs and Whittier, among other places.

Check out your local parks and recreation for family theatre or summer concerts in the park. The Boys & Girls Clubs of America offers activities for teens or kids while the YMCA has programs the entire family can enjoy together or separately. You can get in a workout while your kids take a fun class.

Expand your mind
Check out a museum, observatory or a community class.

Rajnish Birla MD
PIH Health Family Medicine
15725 Whittier Blvd., Suite 300
Whittier, CA 90603
562.947.1669

Leadership Message to the Community
Joan Rolland
Administrator, Emergency and Disaster Services

While you can never plan for an emergency medical situation, know that in the event of one, PIH Health is equipped to care for you and your loved ones. The R.C. Baker Foundation Emergency Department (ED) is open 24 hours a day, seven days a week. Our ED staff combines technology with compassion to treat more than 70,000 patients each year. Beyond that, we take emergency care to the next level by preparing for all types of medical emergencies.

PIH Health qualifies as one of 42 Emergency Department Approved for Pediatrics (EDAP) in Los Angeles (LA) County. Additionally, we are a STEMI-receiving hospital, among only 25 percent in the United States, equipped to receive heart attack patients and administer lifesaving intervention. We are also a Designated Stroke Center in LA County, which ensures that a stroke neurologist is on staff 24 hours a day.

Recently, PIH Health participated in a clinical trial that administered a new treatment to stroke patients within a two-hour period after signs of symptoms. We are proud to report that PIH Health was the number one enrolling hospital in LA County.

Not only do we remain on the forefront of emergency preparedness, but we encourage you to do the same. In every issue of Healthy Living, a “Disaster Preparedness 101” section is included with tips ranging from preventative safety measures for your home to creating a disaster supply kit (see page 15 in this issue). I, along with the entire PIH Health leadership team, encourage you to be proactive and stay prepared.

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Dine alfresco
Ditch the dinner table and enjoy a family meal outside at one of your neighborhood parks.

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Emergency Readiness at a Glance

Disaster Resource Center
One way we remain prepared to face this challenge is through Los Angeles (LA) County’s Disaster Resource Center (DRC) program. In the event of an emergency, PIH Health serves as a central resource for 10 “umbrella” hospitals and four “umbrella” clinics to coordinate drills, training and a potential surge in patients. There are currently 13 DRCs in LA County.

Hospital Incident Command System (HICS)
Should a disaster or emergency situation occur, internal or external, PIH Health prepares and responds to emergency situations through a national incident management system called the Hospital Incident Command System (HICs).

“The goal of HICs is to provide a streamlined and effective approach to managing a disaster,” said Carole Snyder RN, PIH Health emergency preparedness coordinator. “We strive to be prepared for emergency situations by conducting training exercises that test the effectiveness of HICs several times a year.”

PIH Health Participates in Disaster Healthcare Exercise
First of its Kind to Ever Be Conducted

On Monday, April 22, 2013, PIH Health staff members put their skills to the test when a mock disaster prompted the activation of the command center. Professionals from all areas of the hospital prepared for the aftermath of a major earthquake affecting the Los Angeles basin, and the impact it would have on resources, patients and the surrounding community.

The importance of disaster preparedness remains a top priority for PIH Health; however, preparing your family for a disaster can help us too. By implementing an emergency plan, the likelihood of needing emergency care decreases, allowing healthcare staff to focus on patients who require critical care. For more information on disaster preparedness, please visit PIHHealth.org/disasterprep.

PIH Health Remains on the Forefront of Disaster Preparedness

It may not be at the top of your priority list, but being prepared for a major disaster should be. At PIH Health, we strive to be at the forefront of emergency preparedness. Many disasters, natural and manmade, can have a major impact on our ability to provide care.

Recent disasters, such as the Boston Marathon bombing and the tornados that struck Oklahoma City, serve as reminders that Southern California is not immune to similar situations.

The importance of disaster preparedness remains a top priority for PIH Health; however, preparing your family for a disaster can help us too. By implementing an emergency plan, the likelihood of needing emergency care decreases, allowing healthcare staff to focus on patients who require critical care. For more information on disaster preparedness, please visit PIHHealth.org/disasterprep.

Emergency Medical Technician Lee Chomchavalit demonstrates the proper way to secure an emergency sled to Disaster Healthcare Volunteer program participants during an exercise drill.

A glimpse inside the Hospital Incident Command Center during an emergency preparedness drill.
Simple Steps to Avoid the Burn

Daily Routine Can Help Prevent Skin Cancer

Many of us have experienced the pain and redness that results from sunburn. According to the American Cancer Society, skin cancer accounts for nearly half of all cancers in the United States. “While it’s impossible to eliminate all sun exposure, adding a few simple steps to your routine can greatly reduce your risk, including using sunscreen daily and checking your skin regularly for changes,” said Rachael Moore MD, PIH Health dermatologist and Mohs surgeon.

A few common things to monitor include moles and beauty marks that are new, and appear to have changed in color, size or shape. This also includes spots on your skin that continue to grow, scab over or bleed. For your protection, use broad-spectrum UVA/UVB sunscreen SPF 30 or higher, which should be reapplied every two to three hours when you are outside. Other measures you can do to protect yourself: avoid being outside during peak hours of sunlight, between 10 am and 4 pm; wear long clothing, sunglasses and broad-brimmed hats; avoid tanning beds and get your skin checked regularly by a dermatologist.

Cancer Prevention: Seven Tips to Reduce Your Risk

Cancer is responsible for nearly one out of every four deaths in the U.S. However, the good news is that at least one-third of all cancer cases are preventable by making certain lifestyle choices. If you are concerned about cancer, consider these strategies:

1. Get regular medical care
   Your physician will make sure you’re up-to-date on your cancer prevention screenings. Your personal family history and current health problems may also put you at risk for certain cancers, which your physician can monitor.

2. Avoid tobacco
   Using tobacco is the single greatest avoidable risk factor for cancer mortality worldwide. In fact, about 70 percent of the lung cancer burden can be attributed to smoking alone. The best idea is to never use tobacco at all. And if you already smoke, it’s never too late to quit.

3. Limit alcohol use
   People who drink a lot have a higher risk of colon cancer, breast cancer, esophageal cancer and pancreatic cancer. Some studies have found that drinking one glass of wine a day may increase the risk of breast cancer. Our recommendation: drink in moderation (one to two drinks per week).

4. Eat more fruits and vegetables
   Diets rich in fruits and vegetables (especially vegetables filled with nutrients such as broccoli, kale and cauliflower) are good for breast health. Foods high in antioxidants (like dark berries) can decrease cancer risk, and diets high in fiber are good for colon health.

5. Maintain a healthy weight
   Having a low-fat diet and eating less red meat (no more than one to two servings per week) are both good cancer-prevention strategies. High-fat foods increase the risk of breast cancer and frequent consumption of red meat is linked to colon cancer.

6. Limit exposure to UV rays
   High levels of ultraviolet (UV) rays, including usage of tanning beds or prolonged sun time without sunscreen, increases the risk of skin cancer. However, you shouldn’t stay out of the sun completely. Your body needs some natural sunlight to make Vitamin D, which is linked to decreased cancer risk. Therefore, limit time in the sun to 10-15 minutes per day.

7. Stay physically active
   Regular exercise is always good for the body, but is also good for cancer prevention. Decreasing your overall percentage of body fat can reduce your risk of breast cancer, and reducing belly fat can decrease your risk of colon cancer. Our recommendation: take a brisk walk, 30 to 40 minutes, three to four times per week.

Lisa S. Wang MD
PIH Health Hematology/Oncology
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“Maintaining good health and seeing your physician regularly can reduce your risk of cancer or help to diagnose it early, when treatment is most likely to be successful.”

1 American Cancer Society, 2013
2 World Health Organization (www.who.int/cancer/prevention/en/)

1.877.285.DOCS (3627)   PIHHealth.org
Attention: Weekend Warriors

Don’t Laze Around All Week and Expect to Make Up for it on Your Days Off

In a perfect world, you would get 30 minutes of exercise a day, just like the experts suggest. But too many of us try to pack a week’s worth of physical activity into Saturdays and Sundays.

We call these people weekend warriors, and ramping up from desk jockey to star quarterback for one or two days can take a physical toll, one that can cause injuries and/or set your fitness program back.

Most weekend warrior injuries amount to soft tissue injuries such as strains and sprains that can be self-treated. Other types of injuries require trips to the emergency room, urgent care or doctor’s office. Sports-related injuries rank just behind colds as the most treated medical conditions.

These injuries can include things like tennis or golfer’s elbow, also known as tendinitis, caused by swelling; plantar fasciitis, heel pain that happens when the connective tissue at the bottom of the foot gets inflamed; or hip or knee bursitis caused when the fluid-filled sacs that buffer bones, tendons and ligaments become inflamed.

To relieve some common issues associated with sports-related injuries, use a compression bandage to reduce swelling and elevation to take the pressure off injured areas and allow fluid to drain. Also, try over-the-counter remedies such as anti-inflammatory medications, to reduce pain. If your muscle pain doesn’t go away in two weeks, see your family doctor, who may refer you to a physical therapist.

Remember to resume physical activity after an injury slowly and stay in shape throughout the year. Start with a gradual exercise program and practice these simple tips to stay in shape if you can’t work out during the week:

› Take a walk around a mall
› Park your car far enough away to get a walk in
› Play Frisbee in the park with your kids or grandkids
› Walk the family dog; it will benefit both of you

To avoid becoming a weekend warrior, physical therapists suggest building a strength base to perform at higher levels without getting hurt. They offer the following tips to reduce the risk of injury:

› Warm up your muscles before working out with a brisk walk, simple exercises or dynamic (static-active) stretches to increase your range of motion
› Be sure to stretch warmed-up muscles for 15 to 20 minutes after exercise. Stretching cold muscles before exercise increases the risk of injury
› Cross train to use different body parts and prevent injuries. Bicycle one day, swim the next and run the following day. Varying your activity and intensity level helps to prevent excessive-use injuries
› Buy a good pair of shoes, especially if you run. You wouldn’t put second-rate tires on your car. Don’t put second-rate shoes on your feet
› Get fitted for proper equipment and take some lessons from experts for specialized sports, such as golf or tennis

To learn more, please contact the PIH Health Physical and Occupational Therapy Department at 562.906.5560.
Keeping Cool When Temperatures Soar

With the warm weather here, it’s important to remember that the summer heat can be dangerous, and in some cases even deadly. In the United States alone, an average of 400 people die each year as a result of excessive heat, while thousands more seek emergency treatment for conditions such as heat exhaustion, heat stress, heat stroke and dehydration.

“Of all people we see annually for heat-related illnesses, the elderly, disabled and the very young represent a large portion of our cases,” says Ian Kramer MD, medical director, Emergency Services at PIH Health. “We find that these groups are more susceptible when the combination of humidity rises to 90 percent and temperatures soar above 90 degrees. Medical conditions as well as the body’s inability to regulate body temperature increase the risk for heat-related illnesses.”

A few common warning signs of these deadly conditions are: dizziness, headache, muscle cramps, nausea, vomiting and neurological impairment, especially after prolonged exposure to excessive heat.

Parents and caregivers are encouraged to keep a watchful eye out for friends, family members and even elderly neighbors who may fall within one of these high-risk groups.

Rules of the Pool

How to Keep Your Family Safe Around Water

No matter the time of year, one thing remains certain: children need to be supervised around water. Drowning is the leading cause of accidental death in children aged 1 to 5, with more than 1,000 children dying each year as a result of drowning, according to the Centers for Disease Control (CDC).

Families should follow the ABCs of drowning prevention:
A is for Adult Supervision, B is for Barriers such as a pool fence, and C is for Classes in swim lessons and CPR. Children should never swim without an adult present, and adults should never swim alone.

“Walking away for even a brief moment can mean the difference between life and death,” says Kevin Tishler MD, a PIH Health pediatrician in Whittier. “A child can become submerged in water in seconds. Never leave children alone in the swimming pool or the bathtub.”

Many drowning incidents occur when there are plenty of people around. There should always be a designated adult to keep a close eye on children who are swimming.

This person has to serve as the lifeguard. This means no reading, talking on the phone or drinking – especially alcohol," Dr. Tishler says. “The lifeguard should be within an arm’s reach of the swimmers.”

Even if you do not have a pool, make sure you are aware of your surroundings. Drowning can occur in spas, bathtubs, buckets, toilets, lakes and canals. Children can climb on furniture to get into the pool area and toddlers can crawl through doggie doors.

Additionally, whether you are in the pool area or on a boat, make sure rescue equipment is accessible and in good condition. Children and non-swimmers should wear U.S. Coast-Guard approved life jackets on boats or near open bodies of water.

Education and training are crucial to water safety, including swimming lessons for children, and CPR training for adults. Check your community’s resources for more information on classes for the entire family.

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Help for Alzheimer’s Caregivers

Six-Week Program Offers Alzheimer’s and Dementia Support

Caring for a loved one with Alzheimer’s disease or dementia can be a thankless job, and finding patience in difficult situations isn’t always easy. Everyone with Alzheimer’s or dementia travels their own journey and caregivers often struggle with a wide range of symptoms, behaviors and emotions.

Fortunately, PIH Health offers free resources and has understanding staff who can help.

Our free, six-week Savvy Caregiver Program provides caregivers valuable knowledge and skills, resulting in greater confidence, greater understanding of Alzheimer’s disease and practical skills to improve and support care. Created by the Alzheimer’s Association, this program can be a support lifeline.

One grateful caregiver is Vivian Rossi, who cares for her 76-year-old mother, with early dementia.

“It’s very difficult when you don’t understand what’s happening to your loved one, especially when they seem perfectly fine one moment and are confused the next,” Rossi said. “Through the Savvy Caregiver program, I got a greater understanding of what my mother is going through and how I can better prepare for the disease progression. I understand more about her behaviors and I gained more confidence that I can do this. I also learned how to take care of myself to avoid burnout, and connected with other caregivers who can relate because they are in the same situation. The information really did save my life. It’s an awesome program.”

The next Savvy Caregiver class at PIH Health begins September 11, 2013. To register or learn more about this class and other resources for caregivers, including A Day Away (which provides adult daycare services for those requiring continuous daytime supervision), see the “For Caregivers” section of the calendar listing on page 24.

Vivian Rossi currently attends the Alzheimer’s Caregiver support group at PIH Health to connect with fellow caregivers. For more information on support groups, please see page 21.
Be a Platelet Donor

Give the Gift of Life

Less than one percent of eligible participants donate their platelets, but just one donation could be enough to support up to three blood transfusions.

Platelets help with blood clotting and allow wounds to heal. They are used to help patients undergoing cancer, open-heart surgery and transplants.

The requirements for donating platelets are the same as for a regular blood donation. During the procedure, a small amount of blood is removed from the donor, and spun by a machine to transfer the desired product into a bag. The remaining blood is transferred to the donor. Within 48 hours, the body will naturally replace the donated platelets.

To make an appointment to donate blood, contact the PIH Health Blood Donor Center at 562.789.LIFE (5433).

Donate blood and save a life!

Home Fire Prevention and Safety Tips

With fire season off to an early start, it is imperative that you and your family are prepared for an emergency. Here are some simple fire safety tips:

- Maintain your home’s smoke detector. Press the “test” button once a week and replace the batteries twice a year during the daylight saving time switchover. And, remember to throw out smoke detectors that are more than 10 years old.
- Place smoke detectors and fire extinguishers on each floor of your home, and in the kitchen. Carbon monoxide (CO) detectors should be placed near the bedrooms and sleeping areas.
- Map an escape plan of your house. Be sure to have two exit plans per room, and practice fire drills with your family twice a year.
- Make sure your homeowner’s or renter’s insurance covers property loss from fire. Creating an inventory list of insurable assets with serial numbers comes in handy, if you have to file a claim after a fire. Photos of personal belongings can help, too.
- To reduce the risk of wildfires, clear flammable vegetation like dead leaves, limbs and twigs. Also, remember to prune tree branches within 15 feet of chimneys as well as remove dead tree branches that hang over roofs.
- For more information on home fire prevention and fire safety, visit Readyforwildfire.org.

Palliative and End-of-Life Care

Offered at PIH Health’s Inpatient Palliative Care Program

The Marjorie and John M. Eagle Wound Healing Center of PIH Health can help. Our compassionate team of healthcare professionals is dedicated to healing chronic wounds in a pleasant, outpatient setting. Our team of dedicated experts includes:

- Surgeons
- Foot specialists
- Family practitioners
- Vascular surgeons
- Plastic and reconstructive surgery
- Certified wound care nurses

We use the latest treatments and technologies to develop a comprehensive treatment plan designed to give you the best possible result.

If you would like more information about specialized wound care, please call the PIH Health Wound Healing Center at 562.789.5462.

By the Numbers

In 2013, we fielded more than 6,000 calls from the community.

The Nurse Advice Line can take calls about any age or condition. Below are some common patient concerns:

- Abdominal pain
- Headache
- Cold and cough symptoms
- Immunization reactions
- Head trauma
- Chest pain
- Nausea and vomiting
- Vaginal bleeding: premenopausal and abnormal
- Hypertension
- Diabetes
- Dizziness or vertigo
- Poisoning

PIH Health’s Nurse Advice Line is a free service that is offered 24 hours a day. If you have a question about your health, do not hesitate to call 1.888.780.1875. If you need emergency care, call 911 or go directly to the nearest emergency room.

Nurse Advice Line

Get Help When Your Health is on the Line

Between 2011 and 2012, our Nurse Advice Line fielded more than 6,000 calls from the community.

The Nurse Advice Line can take calls about any age or condition. Below are some common patient concerns:

- Abdominal pain
- Headache
- Cold and cough symptoms
- Immunization reactions
- Head trauma
- Chest pain
- Nausea and vomiting
- Vaginal bleeding: premenopausal and abnormal
- Hypertension
- Diabetes
- Dizziness or vertigo
- Poisoning

PIH Health’s Nurse Advice Line is a free service that is offered 24 hours a day. If you have a question about your health, do not hesitate to call 1.888.780.1875. If you need emergency care, call 911 or go directly to the nearest emergency room.

Compassionate Care Offered at Wound Healing Center

The human body is an amazing machine. Its ability to fight off diseases and infections and heal itself is nothing short of remarkable. However, because of irregular circumstances like diabetes, restricted blood supplies or other complications, some wounds can become chronic.

The Marjorie and John M. Eagle Wound Healing Center of PIH Health can help. Our compassionate team of healthcare professionals is dedicated to healing chronic wounds in a pleasant, outpatient setting. Our team of dedicated experts includes:

- Surgeons
- Foot specialists
- Family practitioners
- Vascular surgeons
- Plastic and reconstructive surgery
- Certified wound care nurses

We use the latest treatments and technologies to develop a comprehensive treatment plan designed to give you the best possible result.

If you would like more information about specialized wound care, please call the PIH Health Wound Healing Center at 562.789.5462.

Blood Donor Center Coordinator Diana Sillas RN conducts a blood platelet donation in PIH Health’s Bloodmobile Unit.

Be a Platelet Donor

Give the Gift of Life

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To make an appointment to donate blood, contact the PIH Health Blood Donor Center at 562.789.LIFE (5433).

Donate blood and save a life!
More than 650 guests gathered at the Hyatt Regency Resort and Spa in Huntington Beach on Saturday, May 11, 2013 for the annual PIH Health Foundation Gala. The event gave guests a taste of Rio with Brazilian music, dancing and food. It was a successful evening that raised more than $420,000 to support state-of-the-art cardiac and stroke care as a part of the PIH Health Foundation Healthy Living – Healthy Giving effort.

"Proceeds from this event will ensure lifesaving technology, and the talent to use it is available right here in our community," said Amy Fitzgerald, PIH Health Foundation executive director.

The physicians of Lambert Medical Radiology Group presented PIH Health Foundation with a check for $125,000 as the lead gift for the evening’s fundraising.

"I am so appreciative of the support shown by PIH Health staff, Foundation Board members and the local business community.”

Physicians, board members, PIH Health staff and hundreds of community members filled the room to support the health and wellness of the community with their contributions.

Mark your calendar for April 26, 2014 to be a part of next year’s festivities. Rio will not be the destination, but it will be a spectacular evening no matter what the theme.

Save the Date
For the 20th Annual Frank Scott Pro/Am Golf Tournament

The PIH Health Foundation Frank Scott Pro/Am Golf Tournament will be held at the Friendly Hills Country Club on Monday, September 23, 2013. The annual event honors the exceptional nurses of PIH Health by raising money for nursing education.

This event sells out every year, so act now to secure a sponsorship or team by contacting the PIH Health Foundation at 562.698.0811 Ext. 14120 or Foundation.Events@PIHHealth.org.
Leaving a Legacy

Donation from the Luciano Family Helps Build New Cardiac Catheterization Laboratory

The Luciano family has always been impressed with PIH Health’s “patients first” philosophy, which Kathy herself embraced many years ago. “Our naming of a cardiac catheterization laboratory in the new PIH Health Plaza Tower helped provide funds for an essential PIH Health clinical department, and one we might need some day,” said Kathy. “PIH Health Hospital has been the premier choice of hospitals in our service area for decades, and we were fortunate to be able to participate in the fundraising that ensures this award-winning hospital’s continued ability to provide high-quality care.”

While millions of Americans live with some form of heart disease, PIH Health’s new state-of-the-art cardiac catheterization labs will be a major step forward in the community’s standard of care. Physicians use cardiac catheterization as a diagnostic tool to determine what’s wrong with a patient’s cardiovascular system or also as a form of treatment for coronary artery disease, often an alternative to invasive surgery. From angioplasty to stent placement, patients can continue to receive top-quality, individualized care in a technologically-advanced facility right here in their own community.

To support PIH Health, visit PIHHealth.org and click on “Donate Now” or call the PIH Health Foundation at 562.698.0811 Ext. 14120.

The Power of Giving

Philanthropy Helps Build a Stronger, Healthier Community

Philanthropy is power; the power to make a difference, the power to leave a legacy and everything in between.

Purchasing capital equipment and innovative healthcare technology is certainly one way generous donations support PIH Health. But it’s not the only way.

Supporting PIH Health Foundation’s Healthy Living - Healthy Giving effort also strengthens community health by funding a wide range of PIH Health services. A few examples include preventative health screenings, immunizations for children, scholarships that fund nursing education, Adult Day Healthcare Center and compassionate hospice care.

“Our Healthy Living - Healthy Giving fundraising effort is PIH Health’s way of supporting all these services and helping to ensure better health and wellness throughout our local community,” said Amy Fitzgerald, executive director, PIH Health Foundation. “Donations of every size, no matter how small or large, can make a profound impact in the life of someone who needs it.”

Every gift counts, make a difference today! To support PIH Health and wellness throughout the community, visit PIHHealth.org and click on “Donate Now” or call the PIH Health Foundation at 562.698.0811 Ext. 14120.
Q. Is glaucoma preventable?

A. Glaucoma is a potentially blinding disease that affects more than 2.3 million Americans aged 40 and older. There is currently no cure to reverse the vision lost by glaucoma, but if caught early and treated, vision can be minimized.

Risk factors for glaucoma include:
- Age
- Family history of glaucoma
- African or Hispanic ancestry
- Farsightedness or nearsightedness
- Elevated eye pressure
- Having a thinner central cornea

Anyone with these risk factors should see an ophthalmologist for an eye exam every one to two years. Adults 65 or older should have an eye disease screening by age 40.

Q. What causes hearing loss?

A. Hearing loss affects almost 30 million Americans. In children, it is directly related to speech delays and poor school performance. In adults, it can lead to or increase communication problems, family and relationship conflicts, impaired job performance, depression and dementia.

You can be born with hearing loss or develop it at any point in your lifetime. It can happen gradually in one or both ears or can occur suddenly. There are a number of problems that can lead to hearing loss, some of which can be treated with medicine, surgery and/or hearing aids.

If you are experiencing difficulty hearing, a hearing test and medical evaluation should be performed. If you have a sudden (over one to seven days) or progressive (over weeks or months) hearing loss, you should seek immediate medical attention.

Dr. Kari is an otolaryngology and neurotology specialist at PIH Health. She serves as an ear, nose and throat specialist for the PIH Health Otolaryngology – Head and Neck Surgery, 12462 Putnam St., Suite 500, Whittier, 562.789.5456.

Q. What is an urgent care center and how does it differ from an emergency room?

A. The purpose of an urgent care center is to provide prompt medical service without an appointment. Emergency rooms are for true medical emergencies that could be life-threatening or cause impairment, including chest pressure, shortness of breath, severe bleeding, moderate to severe burns, stroke symptoms or a change in mental status. Our urgent care centers have extended weekday and weekend hours that make it easier to get treatment if your primary physician is unavailable. They can provide a quicker and more economical alternative to emergency rooms. Urgent care centers are also helpful for patients who do not have a primary care physician but need access to prompt medical treatment.

Dr. Magged is a family medicine physician and medical director at the PIH Health Urgent Care Center, 15733 Whittier Blvd., Whittier, 562.947.7754.

Q. What is a slow-moving support group for PIH Health Physicians?

A. PIH Health Physicians is the only medical group exclusively affiliated with PIH Health Hospital. The purpose of the PIH Health Physicians Information and Referral Service can help you find a PIH Health Hospital affiliated doctor 24 hours a day, seven days a week. An advisor will provide you with free information about each doctor’s education, training and office location, and can answer your questions about PIH Health Physicians and more.

Referrals are available by phone or online. Call 1.877.285.DOCS or visit PIHHealth.org and click on “Find a Doctor.”

Support Groups

Call 562.986.0811 and the extension noted for more information including meeting dates, times and locations.

Alzheimer’s Disease
For families. Call Ext. 12453

Breast Cancer
For patients. Call Ext. 19721

Caregiver
Call 562.982.5305.

Chronic Pain
Call Ext. 11444.

Compulsive Eaters Anonymous (CEA-HOW)
Call Ext. 16505.

Diabetes
Call Ext. 11320.

Grupo de Apoyo Para La Familia
For Latino families of those diagnosed with mental illness. Call Ext. 14905.

I Count Too
Bereavement support program for teens and children. Call 562.947.3655.

Living with Loss
Bereavement. Call Ext. 12500.

Journey through Cancer
Support group for those dealing with colorectal cancer. Call Ext. 12900 or 12600.

Lyme Disease
For patients. Call Ext. 13055.

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

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

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

Scleroderma
For patients. Call Ext. 13055.

Stroke
For survivors and caregivers. Call Ext. 12453.

Make Sure Your Doctor is Affiliated with PIH Health Hospital

PIH Health offers a wide range of services including utilization of primary care teams to provide general medicine and preventative care; access to emergency and urgent care, home health services and hospice; a network of over 180 specialists and 150 primary care physicians in a variety of accessible and welcoming neighborhood locations.
CANCER TOPICS

Interested in reading information about PIH’s cancer program? Visit PIHHealth.org and click on the “Services” tab and select “Cancer Programs” from the drop-down menu.

Cancer Resource Center
Free cancer information and support is available from the American Cancer Society office located on the first floor of PIH Health Hospital. Call Ext. 12530.

Explore, Express, Emote: Cancer Survivors and Caregivers Art Workshops
Second Thursday of each month, September through May, 10 - 11 am
Explore drawing, collage, polymer clay and more. Materials provided. No experience required. Call Ext. 12600.

Reiki Healing Touch Sessions
First and third Wednesdays, 6 - 8:30 pm
Ruthy L. Geller/Radiation Oncology Center
Cancer patients, survivors and caregivers can experience the amazing benefits of Reiki in a group setting. A brief discussion of Reiki is followed by a meditation session, and then each person participates in giving and receiving Reiki. Registration required. Call Ext. 12777.

CHILDBIRTH

For more information on childbirth classes including materials needed, fees or to register, call Ext. 17541.

Big Kids: Sibling Orientation
Saturday, July 6, August 3, September 7, October 5, 2013, 9 - 10:30 am
Recommended for expectant brothers and sisters ages three to ten years. Registration required. Call Ext. 17541.

Great Expectations
Tuesday, July 2, 2013, 7:30 - 9:30 pm
Provide the groundwork for all other PIH Health childbirth classes. Attendance during the third to fifth month of pregnancy recommended. Call Ext. 17541.

Tea for Two
First and third Wednesdays, 7 - 8:30 pm
The Tea for Two program provides an overview of the classes and services offered. Program limited to mothers-to-be and their significant other. Call Ext. 17541.

Maternity Care Center Tours
Second and fourth Mondays, 7 pm
Maternity Care Center tours are open to children and grandchildren. Call Ext. 17541.

Preparation for Childbirth Series
Call for dates and times
This four session class (one class per week, for four consecutive weeks) is designed to teach expectant parents techniques to help them learn, respond and work through labor. Fee: $75. Registration required. Call Ext. 17541.

THIRD TRimestER COURSES

 Cesarean Childbirth
Tuesdays, June 18, July 16, September 10 and October 15, 2013, 7:30 - 9:30 pm
Designed to prepare expectant couples for cesarean birth. Topics include Cesarean Section: Preoperative and postoperative care and question and answer session. Fee: $10. Call Ext. 17541.

DIABETES

Diabetes Education Center
Ernest D. Wells Medical Office Building
Screenings available at the PIH Health Diabetes Education Center. For an appointment, please call Ext. 11320.

Diabetes Self-Management
Classes held once a week for three weeks, Tuesday 9:30 am - 12 noon and Wednesday, 6 - 8:30 pm
Spanish classes available.
Learn the basics of diabetes self-management. Referral and registration required.
Call Ext. 11320.

Blood Pressure Screening
Mondays, 1 - 8:30 pm
Having a weekly reading can help you manage your blood pressures.
No cost screenings are available for all community members. No appointments necessary.
Call Ext. 13002.

Depression Screening
First and third Wednesday, 10 am - 12 noon
Take advantage of this free, one-on-one assessment with a PIH Health licensed social worker. No appointments necessary.
Call Ext. 13002.

Breast Health and You
Tuesday, October 15, 2013, 6 - 8:30 pm
Learn from the PIH Health Breast Health Center staff today as they discuss risk factors, prevention and early detection for breast cancer. Dessert and sparkling cider will be served. Reservations required.
Call Ext. 13002.

Child Passenger Safety
Wednesday, August 21, 2013, 6 - 7:30 pm
Join PIH Health Nutrition Counselor DTP CPR as she discusses everything from how to pack a healthy school lunch to how to manage some of your favorite family recipes. A more realistic CPR class, except for a portion of fees needed for AHA® materials, do not represent income to the association. Registration required. Ext. 13002.

Screening

Blood Glucose Screening
Mondays, 1 - 8:30 am
Screening is conducted on Fridays beginning August 2, 2013, 10 am - 12 noon
This interactive, six-week workshop teaches ways to manage symptoms of chronic health conditions including pain, fatigue, and depression. Nutrition tips, relaxation techniques and more will be discussed. Reservations required. Call Ext. 13002.

Parents Night Out: How to Make Your Meals Count
Tuesday, September 17, 2013, 6 - 7:30 pm
Join PIH Health Nutrition Counselor DTP CPR as she discusses everything from how to pack a healthy school lunch to how to manage some of your favorite family recipes. A more realistic CPR class, except for a portion of fees needed for AHA® materials, do not represent income to the association. Registration required. Ext. 13002.

Nutritional therapy is one of the best options for managing blood sugars.

SPECIAL TOPICS

Essential Skills for Moving Forward: Spanish
Six consecutive Thursdays beginning September 5 - October 3, 2013, 9 am - 10 am
This special series from hospice care is recommended for those facing or recovering from the challenges of cancer or illness. This gentle, therapeutic and supportive class will serve to remember and reconnect with the purpose and meaning of being alive.
Fee: $25. Registration required. Call Ext. 13002.

Babysitting is Not Child’s Play: A Workshop for Teens
Saturday, August 17, 2013, 9 - 2 pm
This day-long seminar teaches teens ages 12 and older in the care of infants and toddlers. Training includes first, fire and accident safety and creative play activities. Participants should bring a baby or young child. PIH Health provides complimentary drinks. Non-refundable class fee of $5 required to register. Call Ext. 13002.

Create Your Weight Loss Plan
Monday, June 17, 2013, 9:30 am - 12:30 pm
This interactive program is open to anyone looking to lose weight. Participants who are 20 pounds or more are invited to learn about the many aspects of weight management including nutrition, physical activity and behavior modification. Fee: $25. Registration required. Limit of 15 spaces available. Call Ext. 13002.

For more information call a Healthy Living representative at Ext. 17530.

CALLER ID

Healthy Living
PIH Health
Ernest D. Wells Medical Office Building
140 North Brand Boulevard
Glendale, CA 91201
Ext. 18302
www.PIHHealth.org

PIH Health offers a wide variety of health and wellness opportunities for you and your family.

Unless otherwise indicated all community education events, classes, and support groups are free of charge and are held in the Flo and Frank L. Scott Conference Center at PIH Health Hospital. For the latest PIH Health community education updates or to register online, be sure to visit PIHHealth.org. Click on the “Your Wellness” tab to access the calendar of events and online registration form.
Life Connections is PIH Health’s free membership program for adults 55+. We offer our members life-enriching opportunities that promote healthy aging. Member benefits include pharmacy discounts on prescription medication, an inpatient discount of 20% on the balance you owe after insurance payment, discounts on PIH Health exercise programs, extended travel excursions and a quarterly newsletter. To become a Life Connections member, call the Senior Life Center at 562.698.0811 Ext. 18302.

To register, be sure to visit PIHHealth.org. Click on the “Your Wellness” tab to access the calendar of events and online registration form.

For the latest PIH Health community education updates or to register online, please call 562.698.0811 Ext. 18302 or Leon Grospe at 562.698.0811 Ext. 18302 for dates and times.

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PIH Health is in Your Neighborhood

With many neighborhood locations, we are nearby and dedicated to serving your health and wellness needs. Please use this map to locate the PIH Health facility near you.

We Want to Hear from You

You Could Be Featured in an Upcoming Issue

Send us an email and tell us what health or lifestyle questions you would like to see in an upcoming issue of Healthy Living. We want to share and cover health topics that our community members are concerned with and/or interested in learning more about.

Additionally, if you would like to share a positive experience at any of our PIH Health locations, we would love to know about it.

Send an email to Marvel@PIHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our family to yours.

List of PIH Health Services

1. 12401 Washington Blvd., Whittier, CA 90602
   - Hospital
   - Address: 12401 Washington Blvd., Whittier, CA 90602
   - Phone: 562.698.0811

2. 12393 Washington Blvd., Whittier, CA 90606
   - Patricia L. Schelly Breast Health Center
   - Ruby L. Goldberg Oncology Center
   - Phone: 562.907.0667, 562.606.5964

3. 401 W. Beverly Blvd., Montebello, CA 90640
   - Internal Medicine
   - Phone: 323.728.0321

4. 9251 Pioneer Blvd., Santa Fe Springs, CA 90670
   - Family Medicine
   - Phone: 562.698.2541

5. 12291 Washington Blvd., Whittier, CA 90606
   - Wound Healing Center, Suite 100
   - Laboratory Blood Draw Station, Suite 103
   - Diabetes and Endocrinology, Suite 205
   - Family Medicine, Suite 500
   - Phone: 562.788.5462, 562.788.5410

6. 12462 Putnam St., Whittier, CA 90602
   - Laboratory / Blood Draw Station
   - Cardiology, Suite 203
   - Obstetrics and Gynecology, Suite 303
   - Ophthalmology, Suite 202
   - Orthopedics & Sports Medicine, Suite 202
   - Pain Management, Suite 402
   - Podiatry, Suite 402
   - WorkCare, Suite 402
   - General and Colorectal Surgery, Suite 500
   - Otolaryngology, Suite 260
   - Head and Neck Surgery, Suite 500
   - Vascular Surgery, Suite 500
   - Dermatology & Mohs Surgery, Suite 501
   - Plastic Surgery & Aesthetic Medicine, Suite 501

7. 12415 Washington Blvd., Whittier, CA 90602
   - Same Day Surgery
   - Phone: 562.698.3887

8. 12522 E. Lambert Rd., Whittier, CA 90670
   - Family Medicine, Suite D
   - Hematology and Oncology, Suite B
   - Phone: 562.788.5420, 562.788.5480

9. 10750 Laurel Ave., Whittier, CA 90605
   - Family Medicine, Building 1
   - Phone: 562.698.2541

10. 12215 Telegraph Rd., Santa Fe Springs, CA 90670
    - Family Medicine, Suite 112
    - Orthopedics & Sports Medicine, Suite 112
    - Phone: 562.788.5450, 562.788.5452

11. 13330 Bloomfield Ave., Norwalk, CA 90650
    - Family Medicine, Suite A
    - Phone: 562.789.5434

12. 15141 E. Whittier Blvd., Whittier, CA 90603
    - Digestive Health Services, Suite 260
    - Phone: 562.698.0306

13. 15725 E. Whittier Blvd., Whittier, CA 90603
    - Pediatrics, Suites 200 and 250
    - Family Medicine, Suites 300 and 350
    - Internal Medicine, Suites 400 and 450
    - Urgent Care and Laboratory Draw Station
    - Phone: 562.947.3332, 562.947.1699, 562.947.3307, 562.947.7754

14. 12679 La Mirada Blvd., La Mirada, CA 90638
    - Family Medicine, Suite 201
    - Pediatrics, Suite 401
    - Obstetrics and Gynecology, Suite 401
    - Phone: 562.903.7339, 562.789.5435

15. 15092 Imperial Hwy., La Mirada, CA 90638
    - Family Medicine
    - Phone: 562.789.5940

16. 1550 S. Azusa Ave., Hacienda Heights, CA 91745
    - Family Medicine, Suite 88
    - Pediatrics, Suite 300
    - Phone: 626.964.3040, 626.964.6012

17. 121 W. Whittier Blvd., La Habra, CA 90631
    - Ophthalmology and Optometry, Suite 100
    - Phone: 562.694.2500

18. 1400 S. Harbor Blvd., La Habra, CA 90631
    - Family Medicine
    - Orthopedics & Sports Medicine
    - Phone: 714.696.3030, 714.696.5964

19. 301 W. Bastanchury Rd., Fullerton, CA 92835
    - Ophthalmology and Optometry, Suite 140
    - Phone: 714.525.2251

20. 351 E. Foothill Blvd., Arcadia, CA 91006
    - Home Nursing and Health Services
    - Phone: 626.358.3061

21. 15050 Imperial Hwy., La Mirada, CA 90638
    - Home Health Care
    - Hospice
    - Phone: 562.902.7757, 562.947.3688

22. 15060 Imperial Hwy., La Mirada, CA 90638
    - S. Mark Tower Foundation A Day Away
    - Adult Day Healthcare Center
    - Phone: 562.902.5305

23. 15088 Imperial Hwy., La Mirada, CA 90638
    - Physical and Occupational Therapy
    - Laboratory Draw Station
    - Phone: 562.789.5451

PIH Health is in Your Neighborhood

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Healthy Living is produced by the Marketing Communications Department. We welcome your comments and suggestions. You may contact us at the phone number or email address above.

The information included in Healthy Living is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan.

PIH Health Physicians’ Patients’ Rights and Responsibilities document is available at PIHHealth.org. A printed copy is available upon request by calling our Patient Services Department at 562.947.8478 Ext. 82199.

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When Taking Care of a Loved One, Don’t Forget to Take Care of Yourself

The S. Mark Taper Foundation A Day Away Adult Day Healthcare Center is a daytime care center for adults who require continuous care in a safe, supportive environment. It gives families the freedom to take care of work or errands without worry.

15060 Imperial Highway, La Mirada, CA 90638
Hours are Monday through Friday, 7:30 am to 5:30 pm.

If you’d like to give A Day Away a try, we offer a free day for families who want to experience a few hours of activities without obligation. Give us a call at 562.902.5305 and we’ll schedule a free tour and trial.

Urgent Care vs. Emergency Care

When you or a loved one is experiencing a health problem, it sometimes can be confusing about what to do and where to go. Here are a few guidelines:

**URGENT CARE**
- Cold and flu symptoms
- Allergies and respiratory or sinus infections
- Mild asthma attack
- Minor cuts and scrapes
- Minor fractures and sprains

**EMERGENCY DEPARTMENT**
- Chest pain
- Signs of stroke
- Severe breathing problems
- Major injuries, especially head injuries
- Broken bones
- Poisoning

PIH Health Urgent Care
15733 Whittier Blvd.
Whittier, CA 90603
562.947.7754

PIH Health Hospital Emergency Department
12401 Washington Blvd.
Whittier, CA 90602

PIH Health Urgent Care is coming to Hacienda Heights on July 1, 2013.

If you have a health question that cannot wait, PIH Health provides a community advice line staffed by nurses 24 hours a day. To contact the Community Advice Nurse, call 1.888.780.1875.

If you believe you need emergency care, call 911 or go directly to the nearest emergency room.