Our Healthcare Team is Here for You

Having a Healthier Heart

Extend the Life of Your Knees and Joints

Preserve Your Vision

PIH Earns National Awards for Patient Experience

PIH Foundation Gala to Benefit Surgery in the New Plaza Tower

Bra-Vo Art Exhibition

Mother’s Day Low-Cost Mammogram Screenings

Preparing for Your New Baby

Meet Our New Doctors

Reach Out and Read

Golf Tournament Proceeds Benefit Community Health & Safety Capital Campaign

Healthy Resources Guide

Community Education Calendar

Life Connections Calendar for Seniors

Look What's New!

All Your Favorite Publications Have Now Joined Healthy Living!

See Page 3
A Highly Skilled Team is Key to a Healthier You

Keeping yourself healthy in today’s fast-paced world doesn’t take a village, but it does take a skilled healthcare team. In fact, having access to the right healthcare partners can go a long way to ensuring a happy, healthy future for you and your family. Often times, patients think they only have access to their physician, when in fact they have access to an entire dedicated team made up of Presbyterian Intercommunity Hospital (PiH) and Bright Health Physicians healthcare professionals.

“Our team approach to primary care includes physicians, physician assistants, nurse practitioners, and nurses all working together to provide patients with care that is proactive, preventive, and better coordinated,” said Alexander Mendez, MD, Bright Health Physicians family practice doctor based in La Mirada. “The availability of a team approach makes it easier for patients to communicate and partner with their care team to ensure they receive the right care, at the right time, in the right place. Additionally, it allows us to spend more time getting to know patients and their healthcare needs, and encourage preventive care, including vaccines, mammograms, and colonoscopies. Our motivation is to help keep our community members well – not simply respond to them when they are sick.”

Having a healthcare team also improves your access to healthcare services. On the rare occasion that your primary care physician is unavailable, you can see another trusted member of your care team if you have questions, become ill or need medical treatment. Nurse practitioners and physician assistants are trained to provide vital education on topics like diabetes, asthma, breastfeeding, and nutrition — and can also assist patients with uncomplicated preventative and chronic care needs.

“Physicians, physician assistants, nurse practitioners, and nurses all have different roles, but patients can benefit greatly from having access to this wide diversity of expertise,” said Teresa Lebouvier, NP, Whittier-based Bright Health Physicians pediatric nurse practitioner. “Together, we can help patients stay healthy and identify risk factors that can be modified through education and lifestyle changes.”

Are you ready to get your new year off to a healthy start? Step one is to become an active member of your own healthcare team. Next step: Choose a primary care physician you trust and commit to seeing him or her regularly, so you can stay healthy and continue doing what you love.

Remember, choosing a highly-trained Bright Health Physicians doctor provides you with access to PiH’s comprehensive array of healthcare services. Get started today by calling the Bright Health Physicians Information and Referral Service at 1.877.285.DOCS (3627).

A few of our family practice physicians, physician assistants and nurse practitioners who are here to care for you and your family!

Need a Medical Home?

At Bright Health Physicians, we have family practice and internal medicine physicians, physician assistants, nurse practitioners and nurses in several convenient locations, including Whittier, Hacienda Heights, La Mirada, Santa Fe Springs, Montebello, and Norwalk. We also offer access to urgent care and after-hours care. See page 21 for a complete listing.

Healthy Living A Journal Fall 2010

All Your Favorite Publications Now in One

Yes, “less is more!” This value-added approach is certainly our new strategy on community news, whereby we’ve now integrated three of your favorite publications into one. By consolidating these communications into one convenient, easy-to-read format, we’re streamlining your access to information — and also helping the environment by reducing paper waste.

Starting with this issue, Healthy Living now combines all the latest news and information for Presbyterian Intercommunity Hospital (PiH), PiH Foundation, and Bright Health Physicians.

To keep you totally up-to-date, we’re also increasing the publication frequency to a quarterly schedule. Every three months, a new issue of Healthy Living will be delivered right to your mailbox — giving you health tips, enterprise-wide updates and community benefit information. To receive the magazine electronically, please visit www.pih.net/healthyliving.

Donations are tax deductible. Make a contribution to PiH Foundation now! Visit www.pih.net/donate

You’ve got questions, become an active member of your own healthcare team. Next step: Choose a primary care physician you trust and commit to seeing him or her regularly, so you can stay healthy and continue doing what you love.
Did you know that heart disease remains one of the leading causes of death in the world with 60 percent of the population passing of either a heart attack or a stroke? “We can’t predict heart attacks; however we can decrease the chance of heart disease by knowing and modifying our risk factors early,” reports Aditya Ambegaonkar, MD, Bright Health Physicians cardiologist/PiH medical staff member.

Prevention of heart disease rests in awareness of risk factors and managing them early. PiH medical staff member/Bright Health Physicians cardiologist Gerald Beckham, MD notes, “everybody ages differently. there is no golden age that we recommend an evaluation of the heart. Instead we encourage you to be aware of your own body and know the risk factors early so that you can limit and control them.”

The risk factors for heart disease include diabetes, high blood pressure, cholesterol problems, obesity, smoking, family history of heart disease, and a sedentary lifestyle, with a high consumption of foods containing saturated fats (found in animal-based fats like butter, fried foods, etc.). Concerning symptoms which may indicate a problem with the heart, and warrant a visit to your doctor, are chest pain, shortness of breath, excessive fatigue and/or change in exercise tolerance. It is important to point out that symptoms of a heart attack are very different in men and women. In women, often the symptoms are more vague than in men.

Early attention by a doctor is critical if you are having any alarming symptoms like chest pain or shortness of breath. “It is never too late to modify your risk factors. People need to realize that their choices at an early age play into how healthy their heart is in their senior years,” adds Dr. Beckham.

Doctors advocate for a healthy diet that is low in sodium and saturated fats and incorporates more lean meats and plant-based foods. “A diet that contains excessive consumption of meat may lead to increased health risks,” states Sudhaker Nayak, MD, Bright Health Physicians cardiologist/PiH medical staff member.

“Early prevention of heart disease is critical – adopt a healthy lifestyle at an early age,” states Dr. Nayak. Speak with your doctor and know your risk factors. To find a Bright Health Physicians cardiologist in your area, call 1.877.285.DOCS (3627) or visit www.BrightHealth.com.

Let’s Get to the Heart of the Matter
What You Should Know About a Healthy Heart Lifestyle

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Extending the Life of Your Knees and Joints

Every stage of life presents hurdles for our knees and joints. As teens, our joints endure hours of competitive sports, often resulting in meniscus and anterior cruciate ligament (ACL) injuries. As middle-agers, our joints often become deconditioned, resulting in meniscus tears. And as seniors, our joints frequently suffer from arthritis, resulting in a loss of function. How can we keep our knees and joints working at their best through every stage of life?

“Often times, people come in thinking they need surgery, when in fact, they can benefit from a conditioning program to strengthen the quad muscles in their thighs,” states Allen Lu, MD, PH medical staff member/Bright Health Physicians orthopaedic & sports medicine doctor. “These muscles weaken easily causing pain to the knees. With physical therapy patients can often regain normal function and avoid surgery.”

Individuals are encouraged to perform simple exercises that strengthen their quad muscles, such as walking, using an exercise bike, knee bends, squats, lunges or climbing stairs — all of which may help avoid a visit to an orthopaedic doctor. However, should you need a physician’s help with your joint issues, rest assured that our team of highly skilled and compassionate orthopaedics & sports medicine physicians are here for you.

“If there’s an activity that you want to keep doing but you can’t, you should schedule an appointment with a doctor,” said Harvey H. Chou, MD, PH medical staff member/Bright Health Physicians orthopaedic & sports medicine doctor. Our orthopaedic surgeons know that mobility and wellness go hand in hand which can lead to greater happiness and a more active lifestyle.

Treatment plans include working very closely with other Bright Health Physicians podiatrists, chiropractors and pain management doctors as well as incorporating physical therapy as a means to helping patients regain their quality of life.

“This community is fortunate to have state-of-the-art care right in our own backyard,” states Daniel Kaplan, MD, PH medical staff member/Bright Health Physicians orthopaedic & sports medicine doctor. “Patients don’t have to travel far to receive high-quality care. With electronic records and online access to physical therapy and imaging results, doctors communicate efficiently, providing patients with integrated, seamless, comprehensive care.”

For more information, or to make an appointment with a specialist, please see page 21 for contact information on the Whittier, La Habra and Santa Fe Springs orthopaedic & sports medicine locations.

Positioning Ourselves for the Future

Our nation is facing a challenging era of healthcare, driven by the need to improve the safety and quality of patient care while making healthcare more affordable and accessible. The Patient Protection and Affordable Care Act (PPACA), signed by President Obama in March 2010, established the country’s boldest healthcare reform in decades — affecting the entire healthcare continuum.

To align ourselves with the new legislation, PIH and Bright Health Physicians of PIH have responded with the following changes:

• We are becoming an Integrated Delivery System (IDS), where we are in essence a “one-stop” shop for all of our patients’ needs. This strategy will help us to better serve the community with quality healthcare across multiple service lines, 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 comprised of over 180 specialists via Bright Health Physicians of PIH; and more.

• PIH and Bright Health Physicians of PIH are working in partnership as an Accountable Care Organization (ACO). Together, we will build on our expanded capabilities and shared vision to provide Medicare patients with seamless, coordinated, high-quality care and an overall better healthcare experience throughout their continuum of care.

Essentially, our ACO becomes a patient-centered organization where the patient and providers are true partners in healthcare decisions.

With federal legislation, statewide budget cuts and government reform, healthcare is under pressure from all sides. However, I am confident that no matter what the future holds we are well-positioned and dedicated to continue to provide quality health-care to our community.

— Donald G. Alvarado Chair, PIH Board of Directors
“Our eyes are among the most important organs in our body,” said Deep Raj Dudeja, MD, Bright Health Physicians board-certified ophthalmologist. “That’s why there are teams of physicians dedicated specifically to eye care. Our goal is to help preserve patients’ vision and make it last for a lifetime.”

“Unfortunately, many harmful eye diseases — like glaucoma, diabetic retinopathy and macular degeneration — initially have virtually no symptoms and often go undetected until it’s too late,” added Chester Cheng, OD, Bright Health Physicians optometrist. “However, when these conditions are caught early, usually through a routine check-up, they can often be treated before vision loss occurs.”

Dr. Dudeja and Dr. Cheng are a great addition to our existing ophthalmology and optometry network and have two convenient locations:

1. Prioritize eye exams. Routine screenings are critical — even if you have no issues or symptoms. Exams enable eye doctors to catch problems early when they can still be treated. Screenings can also reveal warning signs of more serious health problems such as hypertension, cardiovascular disease and diabetes. Drs. Dudeja and Cheng recommend comprehensive eye exams beginning at age 40 and periodically thereafter based on individual risk factors (e.g., age, family history).

2. Quit smoking. Cigarette smoke is extremely toxic and can have detrimental effects on your vision. In fact, smoking has been linked to worsening of eye conditions, including cataracts and macular degeneration — so quitting the habit is key.

3. Focus on nutrition. Eat a diet rich with green, leafy vegetables, which are packed with antioxidants, lutein and Vitamin A. Adding a daily supplement containing omega-3 is also wise.

4. Wear sunglasses with good ultraviolet (UV) protection. Sunglasses not only decrease the formation of cataracts and macular degeneration, but they can also decrease the risk of eyelid cancers and surface changes caused by excessive UV exposure.

5. Invest in protective lenses. To prevent injuries that can lead to blindness, physicians recommend occupational safety glasses for mechanics, machinists, construction workers and those in other high-risk jobs. These impact-resistant lenses can withstand the harsh impact of flying particles.

6. Beware of computer vision syndrome (CVS). To reduce eye strain caused by too many hours in front of a computer screen, invest in computer glasses, minimize screen glare, blink more often, take frequent breaks and exercise your eyes by looking at distant objects.

For many of us, eyesight is a wonderful gift that’s often taken for granted. We rarely think about our vision until our eyesight starts to fail. Yet caring for our eyes is an important facet of our overall health care.
Top Performance in Patient Survey Earns PIH National Awards

"We are proud to receive such recognition because our own patients have acknowledged our dedication to the communities we serve," said PIH President and CEO Jim West. "PIH is committed to being a patient-centered organization where the patient and providers are true partners in healthcare decisions."

The Path to Excellence award recognizes healthcare organizations for their dedication to improving the patient experience. PIH was selected from NRC Picker’s extensive database of members, ranging from small specialty hospitals to large multi-hospital systems, for achieving NRC Picker’s Path to Excellence award. In a recent survey, PIH was recognized as a top performer in the category of “How would you rate the hospital?” This is the second year that PIH has been recognized.

The Innovative Best Practice award was given in recognition of PIH’s submission entry highlighting the “Development of Care Coordination Rounds.” These rounds were developed in 2008 and have made an impact in multiple areas from discharge planning to length of stay. PIH’s ability to sustain the change over time was recognized in an awards ceremony during the NRC Picker National Symposium.

"These awards are an honor and reflect the excellence we strive for in quality and safe patient care,” states Judy Pugach, PIH vice president of quality and risk management.

NRC Picker defines a best practice in patient-centered care as an innovative use of resources with documented results of significant improvement in the patient experience. Entries are judged on the program’s innovation and execution, as well as the resulting improvement.

For more information on PIH’s stellar services, please visit www.pih.net and for information on NRC Picker, visit www.nrcpicker.com.

We Want to Know!

Thank you for choosing PIH and Bright Health Physicians for your healthcare needs. If you should receive a patient survey by mail, please complete and return it. Your opinion is very important — and will help us improve our services to our entire community.

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Community Event Success, Times Two

Last fall, PIH demonstrated its unparalleled commitment to community health during two successful outreach events.

On October 15, 2011, the widely popular and free Community Health & Safety Fair — hosted by PIH, Bright Health Physicians and the Home Depot — provided free health services, including flu shots for attendees. On-site staff members also provided blood pressure screenings, diabetes risk assessments, bone density screenings, and access to physicians for health-related questions, including Scott Lee, DO, pictured at right.

Ten days later, on October 25, 2011, PIH hosted a highly successful Rejuvenate for the Cure event. Ladies from the community lined up to donate their wrinkles and laugh lines by having non-surgical rejuvenation services, such as Botox (wrinkle fillers), fillers, makeovers, and more. All the proceeds from the event, held at the Bright Health Physicians Plastic Surgery & Aesthetic Medicine Center, were donated to the Patricia L. Scheifly Breast Health Center’s Mammogram Fund — a program that supports free mammography screenings for uninsured or underserved women in the community. Jaime Schwartz, MD, Bright Health Physicians plastic and reconstructive surgeon spearheaded the event.

Eva Pigford, season three winner from the hit show America’s Next Top Model, was on-site to support the event. More than $20,000 was raised, to be utilized through the mammogram fund. Thanks to all who participated for their generous support.

For an appointment at the Plastic Surgery & Aesthetic Medicine Center, please call 562.789.5439.
State-of-the-Art Surgical Care, In Your Own Backyard

PH is stepping into the future, building state-of-the-art surgery and critical care facilities with unprecedented earthquake preparedness in the new Plaza Tower as part of the Community Health & Safety Capital Campaign.

Our community will have one of the finest surgery centers in the nation when the Plaza Tower opens this fall. Here are a few reasons why:

- Our Clean Room Technology will include an innovative airflow system with High-Efficiency Particulate Air (HEPA) filters to reduce the spread of airborne bacterial and viral organisms and minimize the risk of infection.
- All of our operating rooms will be covered with welded-seam Corian® walls, which are impervious to germs.
- Equipment that normally sits on the floor will now be affixed to the ceiling — enabling easy accessibility throughout the surgical room, wherever needed.
- High-intensity LED surgical lighting will provide optimum brightness and energy efficiency, while releasing virtually no heat. Therefore, the room’s air conditioning can be set at a constant temperature that’s comfortable for both patients and physicians.
- New LED screens will display diagnostic tools for physicians’ use.
- A state-of-the-art sterilizer system will use reverse osmosis technology for no-spot rinsing of surgical tools.
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- New LED screens will display diagnostic tools for physicians’ use.
- General Surgeon Mark W. Odou, MD, agreed by saying, “PH has the surgery and anesthesia team to meet the challenge of our growing community and we’re committed to the state-of-the-art practice of medicine. Our new surgery suites will allow us to perform the most advanced surgery available.”

To support the Community Health & Safety Capital Campaign, please call 562.698.0811 Ext. 14120.

Consider a donation to the Community Health & Safety Capital Campaign? We’ve got great news. The BCM Foundation will match the first $150,000 raised in 2012, which means your donation can go twice as far.

At the PIH Foundation Gala held in April of 2011, the BCM Foundation posed a similar challenge to match the first $50,000 raised for the Plaza Tower’s new Critical Care Center. Gala attendees met this challenge in a matter of seconds during the giving appeal. This year, the BCM Foundation has raised the bar with an even higher challenge grant — a generous $150,000.

An investment in your hospital is an investment in your community’s health. Help us meet the challenge and double your investment with a donation today. Call 562.698.0811 Ext. 14120, for more information.
An Uplifting Art Exhibition Gives Women the Gift of Early Detection

They come in a variety of shapes and sizes — just like the women who wear them. And recently, “bras” were the main focus at Presbyterian Intercommunity Hospital’s (PIH) one-of-a-kind Bra-Vo art exhibition and celebrity fundraiser auction held at Whittier College’s Ruth B. Shannon Center for Performing Arts.

Just what is a Bra-Vo art exhibition? It’s a meaningful opportunity for breast cancer survivors to express themselves through art — using a bra as the medium for creative expression.

Last fall, 27 survivors participated in Bra-Vo workshops led by artist and instructor Marie Huizar. “It was an honor being trusted with these women’s stories,” said Huizar. “Many had not yet told their story from beginning to end. They needed someone to give them permission to be creative and expressive.”

After the workshops, the original works of art were proudly displayed in store windows of local businesses — becoming the center of attention during two community art walks in Uptown Whittier.

On November 13, 2011, the Bra-Vo event culminated with a lively charity auction for the artwork — featuring actress and author Meredith Baxter as host and entertainment by jazz singer SIMONE. Bra-Vo sponsor and PIH medical staff member Tony Britto, MD was the first of many to raise their paddles during the live auction. Bra-Vo raised over $13,000 to provide free screening mammograms for qualifying women at the Patricia L. Scheffly Breast Health Center at PIH. Bra-Vo mistress of ceremonies and PIH Foundation board member Jeanette Fasone said it best, “Screening mammograms save lives ... the cancer survivor artists who participated paid it forward for the women in our community.”
Ready or Not, Here I Come!
Preparing for Your New Baby

We believe that having a baby is a special event for you and your family — it’s truly a labor of love. Whether you are a first-time mom, have little ones at home or are planning to become pregnant, we know that you will have questions.

Preparing for motherhood can be overwhelming. Rest assured the teams at the Ruth B. Shannon Maternity Care Center at Presbyterian Intercommunity Hospital (PiH) and the Bright Health Physicians Women’s Center are here for you to provide around-the-clock care.

“Women considering motherhood should visit an OB-GYN prior to becoming pregnant as there are ways to optimize maternal conditions such as initiating a prenatal vitamin regimen, administering proper vaccines, and identifying any potential underlying conditions,” said Julia Willner, MD, Bright Health Physicians Women’s Center obstetrician and gynecologist (OB-GYN).

The Ruth B. Shannon Maternity Care Center’s Labor/Delivery/Recovery/Postpartum (LDRP) department distinguishes itself from other area hospitals by staffing an OB anesthesiologist at all times thus ensuring the comfort and safe delivery of our patients.

Spacious private labor and delivery suites include a comfortable space for the father or significant other to stay. We also recommend our Ready or Not, Here I Come! Preparing for Your New Baby F o o d F o r t h o u g h t

Did you know that spinach, tomatoes and beans, which are rich in folic acid, are great additions to your diet, especially in the first trimester of pregnancy, when your baby’s brain and spinal cord are developing? Or that consuming seafood high in mercury could damage your baby’s nervous system?

At PiH and Bright Health Physicians, we’re dedicated to giving you and your baby all that you need for a healthy beginning. So along with our OB-GYN team, we also offer the services of our knowledgeable and friendly registered dieticians.

Whether you’re learning about nutrition and your body’s needs for the first time, or are looking for new healthy recipes to add to your weekly menu, nutritional counselors can help you create a well-balanced eating plan that will keep you feeling healthy during pregnancy, and throughout your lifetime.

Our nutrition experts are available by physician referral and are conveniently located near the Bright Health Women’s Center in the Ernest D. Wells Medical Office Building.

In addition, monthly nutritional classes and individual appointments are available by physician referral in the Diabetes Education Center at PiH. For more information, please contact the Department of Clinical Nutrition at 562.698.0811 Ext. 12924 or the Diabetes Education Center at Ext. 11320.

To schedule an appointment with the Bright Health Physicians Women’s Center, please call 562.789.5440 (Whittier office) or 562.789.5453 (La Mirada office).

Most babies are born without complications, but if your baby has special medical needs, our 34-bed Neonatal Intensive Care Unit (NICU) is a level II facility with an experienced team ready to develop an individual treatment plan that is best for each baby. Our 24 hours a day, on call neonatologist is also there to provide care in seconds should complications arise.

Comprised of high caliber, board-certified OB-GYN physicians, the Bright Health Physicians Women’s Center provides excellent care, emphasizing collaboration and a commitment to integrating the most current standards of practice.

Whether you are planning for your bundle of joy or have one on the way, our teams of specialists are here for you.

Bright Health Physicians Women’s Center located in the Ernest D. Wells Medical Office Building
Welcome!

Bright Health Physicians Proudly Adds these Outstanding Physicians to Our Family and Yours.

Gerald F. Beckham, MD Cardiology
Dr. Beckham is board-certified in internal medicine with a subspecialty certification in cardiovascular disease and is certified in Level II Cardiac Computed Tomography (CT). He earned his medical degree from Albany Medical College in New York, and completed his internship and residency program in internal medicine at Kaiser Permanente in Los Angeles. Dr. Beckham is fellowship-trained in cardiology and interventional cardiology from Kaiser Permanente. Dr. Beckham has a passion for cardiology because of the difference he can make in patients’ lives with everything from preventative care, to inpatient critical care and life-saving cardiac intervention techniques.

In his free time, Dr. Beckham enjoys playing soccer, spending time with his family and rooting at football and basketball games for the University of California, Berkeley.

Bright Health Physicians Cardiology
562.789.5430
12462 Putnam St., Suite 402
Whittier, CA 90602
Located in the Ernest D. Wells Medical Office Building

Harvey H. Chou, MD Orthopedics & Sports Medicine
Dr. Chou is board-certified in orthopedic surgery. He received his medical degree from the University of California, Irvine and completed his orthopedic surgery internship and residency program at UC Irvine Medical Center. Dr. Chou completed his sports medicine fellowship at West Coast Sports Medicine Foundation. He is fluent in Mandarin Chinese.

Dr. Chou is fellowship-trained in sports medicine. His clinical interests include shoulder, knee, ankle and foot injuries, hind-foot reconstruction, and arthroscopic treatment of knee, ankle and shoulder problems. When Dr. Chou is not working, he enjoys skiing and spending time with his wife OB-GYN Sacha Kang, MD and their children.

Bright Health Physicians Orthopedics & Sports Medicine
562.789.5461
12462 Putnam St., Suite 402
Whittier, CA 90602
Located in the Ernest D. Wells Medical Office Building

Paul F. Jacobsen, MD Otolaryngology - Head & Neck Surgery
Dr. Jacobsen obtained his medical degree from Creighton University in Omaha, Nebraska and completed his internship and first-year general surgery residency at UC Irvine Medical Center. He pursued an otolaryngology-head and neck surgery residency at Los Angeles County-USC Medical Center. Dr. Jacobsen is board-certified in otolaryngology and is a member of the American College of Surgeons, American Academy of Otolaryngology – Head and Neck Surgery, the Los Angeles County Medical Association and the California Medical Association.

Dr. Jacobsen chose a career in otolaryngology because he enjoys the fascinating aspects of the specialty, as well as the diverse treatment options available to improve the quality of life for people of all ages, from infants to seniors.

In his free time, Dr. Jacobsen enjoys working in his yard, cycling, skiing, swimming and traveling.

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

Sara J. Soto, MD Obstetrics & Gynecology
Dr. Soto earned her medical degree from the University of California, Irvine, and completed her internship and residency in obstetrics and gynecology at Kaiser Permanente in Los Angeles. She is fluent in Spanish.

Dr. Soto enjoys the diversity of obstetrics and gynecology because it allows her to provide prenatal care in the office setting, deliver babies and operate on various gynecological procedures. She looks forward to developing long-lasting relationships with her patients and caring for them from adolescence through their reproductive years, into menopause and beyond.

Dr. Soto’s clinical interests include minimally invasive gynecologic surgery, cervical dysplasia and urogynecology. She’s a member of the American College of Obstetricians and Gynecologists and American Association of Gynecologic Laparoscopists.

A Whittier native, Dr. Soto enjoys spending time with her husband and two children in her free time.

Bright Health Physicians Obstetrics & Gynecology
Women’s Center
562.789.5440
12462 Putnam St., Suite 303
Whittier, CA 90602
Located in the Ernest D. Wells Medical Office Building

Reach Out And Read!

Bright Health Physicians Now Provides a Jump-start Into Early Education

With the goal of advocating for early literacy for every child in the community, Bright Health Physicians Pediatrics held an open house event in collaboration with Reach Out and Read – a free childhood literacy program. The patients who participated enjoyed listening to their pediatricians read stories, posed for fun photos and took home a backpack filled with a brand new bilingual book, and many other things.

“‘This partnership with the nationwide program Reach Out and Read equips the children served to enter kindergarten with improved chances for success in verbal and reading comprehension skills,’ explained Department of Pediatrics Chair for Bright Health Physicians, Dr. Anita Sinha. “Parents need to start thinking about reading in infancy.’”

Upon each regular check-up from the age of six months to five years-old, pediatrics patients receive a free brand new children’s book, and bookmark. Reach Out and Read doctors and nurses distribute more than 6.4 million books to children at 4,779 pediatric practices, hospitals, clinics, and health centers in all 50 states nationwide.

To find a Bright Health Physicians pediatrician, please call 1.877.285.DOCS (3627) or refer to page 21 for a complete listing of pediatric locations.

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Driving for Results

18th Annual Pro/Am Golf Tournament Raises $205,000 to Support PIH Nursing/ the Community Health & Safety Capital Campaign

Teeing off has never been more fun — or more beneficial to community healthcare. On September 26, 2011, golfers joined PIH Foundation’s 18th Annual Pro/Am Golf Tournament at Friendly Hills Country Club — with hole-in-one results.

The day began with golfers receiving a cardinal-and-gold ribbon in remembrance of Marsha Antonelli, a USC alumna, member of the PIH Foundation Gala and Golf committees, and long-time supporter and friend of PIH.

Following a fun-filled round of golf, the spirit of giving continued during dinner, which was emceed by RC Baker Foundation Chairman Larry Scott. Stand-out moments included Rich Atwood bidding $25,000 for the “Year of Holiday Meats” donated by Orchard’s Fresh Foods, followed by Norm and Theola Kirschbaum’s bid for Marsha Antonelli’s private collection of wines as well as Larry Scott’s winning bid in the live auction honoring his father (the late Frank Scott). Many generous donations followed in the giving appeal.

The sell-out tournament continued its longstanding tradition of great golf and charitable giving having raised $205,000. PIH’s Nursing Education as well as the Community Health & Safety Capital Campaign in support of the Plaza Tower are the beneficiaries of funds raised at the event.

Interested in joining the fun — mark your calendars for September 24, 2012! To learn more, contact the PIH Foundation at golf@pih.net or call 626.698.0811 Ext. 14215.

Just a Few of the Many Resources Available to You:

PIH Outpatient Services
- Physician and Occupational Therapy
- Laboratory Draw Station

PIH Resources
- Home Health Services
- Hospice of La Mirada
- Hospice of Las Vegas
- Hospice of San Diego
- Hospice of the Inland Empire

Bright Health Physicians
- Community Health & Safety Capital Campaign
- Pro/Am Golf Tournament
- Nursing Education

#CommunityHealth #ProAmGolf #NursingEducation

www.brighthealth.com 1.877.285.DOCS (3627) Bright Health Physicians
For more information and registration, call 562.698.0811 and the extension noted.
Reiki is a method of transmitting healing, balancing energy to the body through touch. Introduction to Reiki Healing Hands Therapy Wednesday, February 28 and April 25, 2012 from 6 to 9 pm Learn to tap into Reiki energy to reduce pain, stress and nausea, and bring the body to a state of balance and well-being. This technique has been found helpful for cancer survivors, patients, and caregivers. Registration required. Call Ext. 12777.

Cholesterol Screening Wednesday, February 25 and May 30, 2012 from 6 to 8 pm This class is designed for patients who are scheduled for or are considering joint replacement surgery. PTI nursing, physical therapy, occupational therapy, and case management staff will explain what to expect before, during and after surgery. Patient’s companions are encouraged to attend. Registration required. Call Ext. 12390.

Jeepers Creepers: What Happened to My Peepers (Eye)? Tuesday, April 17, 2012 from 6:30 to 8 pm Few aging baby boomers are aware of what they need to do to protect their future vision. Learn about the five main age-related eye diseases: cataracts, glaucoma, diabetic retinopathy, dry eye, and age-related macular degeneration. Join PTI ophthalmologists to learn about age-related vision problems. Call Ext. 18305.

Learn About Asthma Wednesday, April 25, 2012 from 6:30 to 8:00 pm Are you asthma prone? Are you helping someone always to fight for air? What to expect, how to deal, and how to best manage this disease are topics that will be covered. Call Ext. 18305.

Basic Self Defense: Rape Prevention for Girls and Women Ages 14 & older Coming in March. Call for exact dates and times. This workshop consists of four one-hour sessions. Join Colleen Kreuse, 4th degree black belt, Lima Lama as she covers ways to protect yourself, using your feet and legs as weapons, learning to block hits or punches. Build your confidence and empower yourself. Fee: $40. Space is limited. Registration required. Call Ext. 18305.

Nutrition for the Maturing Female Tuesday, March 20, 2012 from 6:30 to 8 pm As women age, certain nutrients are required. Generally, energy needs decrease and protein requirements increase. Additionally, important nutrients can be deficient in the diet of mature women. Attend to learn more. An assortment of fresh fruit will be served. Reservations required. Call Ext. 18305.

Weight & Nutrition Create Your Weight A nine-week series held on Wednesdays, beginning on April 11, 2012 and July 11, 2012 from 6 to 7:30 pm Those who are 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. New reduced fee $25. Registration required. Call Ext. 18305.

Total Joint Replacement Education Held monthly on the first Tuesday and third Thursday from 3 to 6:30 pm This class is designed for patients who are scheduled for or are considering joint replacement surgery. PTI nursing, physical therapy, occupational therapy, and case management staff will explain what to expect before, during and after surgery. Patient’s companions are encouraged to attend. Registration required. Call Ext. 12390.

SPECIAL TOPICS Babysitting is Not Child’s Play: A Workshop for Teens Saturday, May 19, 2012 from 9 am to 2 pm This day-long seminar trains those age 12 and older in the care of infants and toddlers. Training includes first-aid, fire and accident safety, plus creative play activities. Participants should bring a sack lunch, and optional drinking will be provided. A $5 non-refundable fee is required to register. Call Ext. 18305.

Freedom from Smoking Call for dates and times. Do it for yourself and those you love. Make that important decision to quit smoking and enjoy the benefits of being a non-smoker. Space is limited. Fee: $20. Reservations are required. Call Ext. 18305.

Weight & Nutrition Create Your Weight A nine-week series held on Wednesdays, beginning on April 11, 2012 and July 11, 2012 from 6 to 7:30 pm Those who are 20 pounds or more overweight are invited to join us to learn about the many aspects of weight management. New reduced fee $25. Registration required. Call Ext. 18305.

Create Your Weight for Children A 10-week series held Tuesday beginning on April 17, 2012 from 6 to 7 pm Nutrition professionals will teach children and their families how to make lifestyle changes. Fee: $25. Registration required. Call Ext. 12924.

Individual Nutrition Counseling Registered dietetic professionals are available for personalized consultation appointments. Physician referral required. Fee varies by insurance coverage or cash pay. Call Ext. 12024.

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

**Winter 2012 Wellness Programs for Older Adults**

For class details, location and registration, call 562.698.0811 and the extension noted.

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**Qigong Exercise Class**

Tuesdays from 8:30 to 9 am

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

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**Seniors in Motion Exercise Class**

Tuesdays & Fridays from 3 to 4 pm

An aerobic class for those 55+. Physician release required before starting class. Registration required. Fee: $2 for Life Connections members/$3 for non-members. Call Ext. 14691 or 14682.

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**T'ai Chi**

Tuesdays from 9 to 10 am

T’ai Chi is a martial, meditative and healing art that helps to clear the mind, reduce stress, and increase concentration and the ability to learn. Physician release required before starting class. Call Ext. 18302 for Life Connections members/$3 for non-members. Registration required.

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**Medicare and Health Insurance Counseling**

Monthly on the 2nd & 4th Tuesdays from 10 am to 12 Noon

HeCAPP (Health Insurance Counseling and Advocacy Program) provides free and objective information and counseling about Medicare. Registration required.

Call Ext. 18302.

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**Brown Bag Screening**

Wednesday, March 7, 2012 from 2 to 3:30 pm

Bring your prescription medication, over-the-counter medication & vitamins for a review by one of our pharmacy residents. Registration required. Call Ext. 18302.

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**Depression Screening**

Monthly on the 1st & 3rd Wednesdays from 10 am to 12 Noon

At one time or another everyone will wonder if they are depressed, or blue just sail. Take advantage of this free once-a-month depression screening with a social worker. No appointment necessary. Call Ext. 18302.

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**Medicare 101**

Call for dates and times.

Learn about Medicare and your healthcare options that take effect at age 65. Registration required. Call Ext. 14691 or 14682.

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**Brain Wellness & Nutrition Seminar**

Wednesday, February 8, 2012 from 10:30 am to 12 Noon

Learn about upcoming workshops. Call Ext. 18302.

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**Better Choices, Better Health Workshop**

• Six consecutive Wednesdays beginning February 8, 2012 through March 14, 2012 from 1 to 3 pm

• Six consecutive Fridays beginning March 2, 2012 through April 6, 2012 from 9 to 11:30 am

This interactive workshop teaches ways to manage a chronic health condition including sleep, pain, fatigue and depression. Nutrition tips, relaxation techniques, and more will be presented. Call Ext. 18302.

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**Hytrension, Diabetes & Alzheimer’s Disease**

Thursday, April 5, 2012 from 10 to 11 am

Learn about the role of diabetes and hypertension in our brain’s health. To register, call Ext. 18302.

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**Medication Management**

Wednesday, March 7, 2012 from 1 to 2 pm

When not used appropriately and safely, medications can have devastating consequences. PIH Pharmacist, John R. Anderson, will teach attendees about how to manage medications appropriately and how to avoid drug interactions. To register, call Ext. 18302.

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**Brain Health and Nutrition Seminar**

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Learn about upcoming workshops. Call Ext. 18302.

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**Women & Wealth**

Tuesday, April 3, 2012 from 2 to 3 pm

Morgan Stanley Smith Barney Financial Advisor, Susan West, will explain why financial planning is so critical for women. Discussion will cover taxes, estate planning, diversification, and portfolio rebalancing. To register, call Ext. 18302.

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**FOR CAREGIVERS**

**Caring Basics & Compassionate Communication**

Wednesday, April 4, 2012 from 1 to 4 pm

Learn how effective communication with someone who has Alzheimer’s disease increases significant moments which will lead to a more meaningful quality of life for the entire family. Call Ext. 18302.

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**Savvy Caregiver Workshop**

Six Consecutive Thursdays, beginning April 5, 2012 from 10 am to 12 Noon

For caregivers of a family member with Alzheimer’s or dementia. A six-week course providing the basic knowledge, skills and attitudes needed to care for a family member who suffers from Alzheimer’s disease or dementia. Light refreshment provided. To register, call Ext. 18302.

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**Cuidando Con Respeto Workshop**

Saturdays, March 3 & 10, 2012 from 9 am to 12 Noon

¿Cuida de un familiar con Alzheimer? Alista un curso en español para aprender más sobre esta enfermedad. Durante estos días, cuatro horas cada día, aprenderás más información sobre Alzheimer/demenesa, como se desenvuelve esta mal, cómo ayudar a un ser querido, cómo entender los comportamientos difíciles entre otros. Para reservar su espacio para más información llame a Ext. 18302.

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**HEALTH INSURANCE**

**Basics of Medicare**

Thursday, February 9, 2012 from 2 to 3 pm

Are you about to turn 65? Are you confused about Medicare Benefits? A representative from the Center for Health Care Rights will present an informative lecture where attendees can learn about Medicare eligibility and enrollment, benefits, co-payments, deductible and recent changes in the Medicare program for 2012. Call Ext. 18302.

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**HEALTHY AGING**

**Age Management: The Power of Movement**

Tuesday, February 21, 2012 from 2 to 3 pm

PIH’s Therapist Suzanne Barone will teach attendees how to re-establish the mind’s control over movement, flexibility, stress reduction, positive visualization, and health.

Call Ext. 18302.

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**HEALTHY LIVING**

**Blood Pressure Screening**

Mondays from 9 to 11 am

Worried about your blood pressure being too high or too low? Is your blood pressure medication not working? Come to the Senior Life Center to keep a detailed weekly record of your blood pressure variations. No appointment necessary.

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Bring your prescription medication, over-the-counter medication & vitamins for a review by one of our pharmacy residents. Registration required. Call Ext. 18302.

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**Wills, Trusts and Probate**

Tuesday, May 2, 2012 from 1 to 2:30 pm

Ester Epstein, JD, EMJHC will educate how to manage your estate and to avoid probate. Call Ext. 18302.

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**Women & Wealth**

Tuesday, April 3, 2012 from 2 to 3 pm

Morgan Stanley Smith Barney Financial Advisor, Susan West, will explain why financial planning is so critical for women. Discussion will cover taxes, estate planning, diversification, and portfolio rebalancing. To register, call Ext. 18302.
Let Bright Health Physicians Orthopaedic & Sports Medicine Get You Back to an Active Lifestyle!

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Santa Fe Springs  562.789.5452
Whittier  562.789.5461

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

Referrals are available by phone or online: Call 1.877.285.DOCS (3627) or visit: www.BrightHealth.com and click on “Find a Doctor.”