Better Choices, Better Health
Education Program Improves Quality of Life

New, Life-Saving Lung Cancer Program

The Community Gives Back
A Sight for Sore Eyes

PIH Health Optical Shop Now Open

If you live near PIH Health Hospital - Whittier, you now have access to optometry services close to your home. A new eye care center—located within the hospital—can meet your optometry needs.

The PIH Health Optical Shop, a full-service optometry center that opened in November 2014, offers routine eye exams, prescriptions for glasses and contact lenses, contact lens fittings and eye health screenings, and sells a wide selection of frames for men, women and children, including today’s most popular designer brand names.

You’ll be seen by one of two expert optometrists: Nathan Hinds OD or Chester Cheng OD. “This center comes as a great convenience to community members who drive to see their optometrist but can now be accommodated while utilizing hospital services,” said Dr. Hinds. “PIH Health is once again showing that the patient comes first.”

Need new glasses? Call today. To celebrate the center’s opening, the PIH Health Optical Shop is currently offering an attractive discount—20 percent off a complete pair of glasses (frames and lenses). The center is open weekdays 8 am to 5 pm, and is located on the first floor of PIH Health Hospital - Whittier at 12401 Washington Blvd., Whittier.

Introducing Vivity

PIH Health Partnered to Launch First-of-Its-Kind Product

PIH Health has once again demonstrated healthcare innovation and leadership in Southern California. After a year of groundbreaking collaboration, PIH Health has joined Anthem Blue Cross and six other top hospital systems to offer Anthem Blue Cross Vivity, a new integrated health plan in Los Angeles and Orange counties.

This is a first-in-the-nation partnership between an insurer and seven competing hospital systems that have aligned to enhance the health of all Anthem Blue Cross Vivity members, and also share financial risk and gain. Vivity is currently available to companies with 50+ employees, with coverage beginning January 1, 2015.

The seven partnering hospital systems, which all have highly-ranked hospitals are: PIH Health, UCLA Health, Cedars-Sinai, Good Samaritan Hospital, Huntington Memorial Hospital, MemorialCare Health System and Torrance Memorial Medical Center.

“Our goal at PIH Health is to be the health and wellness partner for our community, and Anthem Blue Cross Vivity helps us extend our reach and improve the quality of care and the patient experience at a reasonable price,” said Jim West, PIH Health President and Chief Executive Officer.

CalPERS, California’s largest healthcare purchaser, has already agreed to use Vivity doctors and hospitals within their select HMO network in Los Angeles and Orange Counties—a decision that makes Vivity available to 220,000 people.

PIH Health Awarded Stage 6 Recognition by HIMSS Analytics

Technology has greatly changed the way we communicate, not only in our personal lives but also as professionals in the healthcare field.

PIH Health is taking advantage of technology to improve care at its hospitals and medical offices. Recently, those efforts were recognized on a national level when Healthcare Information and Management Systems Society (HIMSS) Analytics announced that PIH Health Hospital - Whittier has achieved Stage 6 on installing a new component to its electronic medical record system.

The road to receiving such an honor began almost 10 years ago when PIH Health implemented eMD, its electronic health record (EHR) system. To date, PIH Health has implemented eMD in 16 of its medical offices and throughout the Whittier hospital campus. According to HIMSS, Stage 6 hospitals which account for only 16.5 percent of hospitals nationally, are at the forefront of EHR adoption. For patients, this means that if you take an unexpected trip to our Urgent Care Center and are asked to follow up with your PIH Health Family Medicine physician, the records of your urgent care visit would be readily available for them to view. The ability to see all health records in one place is more efficient and improves quality. The system is safe and secure.

PIH Health Hospital - Downey began implementation of eMD last fall.

Get 20% off a complete pair of glasses (frames and lenses)

Offer expires 6/30/15. Mention the ad in Healthy Living to receive discount.

To make an appointment, please call:

562.694.2500
Connect with PIH Health Anytime, Anywhere

Our lives are busier than ever, and we’re constantly on the go. But did you know that wherever you are you can stay connected with PIH Health and learn more about improving your health and well-being?

It’s true. Whether you’re relaxing at home, on your lunch break, filling your car with gas or even standing in line at the store, you can tap into the latest news and helpful health tips from PIH Health, thanks to our new online publication, updated website and presence on Facebook and Twitter.

New Online Publication: Your Dose of Healthy Living

Our latest resource—just released in September—is a new online publication called Healthy Living Online, offering short articles on wellness, nutrition, fitness and living a healthier lifestyle. You’ll also find healthy recipes, inspiring patient stories, quick exercises to do at your desk and much more. New items are posted twice a week, so there’s always something fresh and new. Not at home? No problem. It only takes a minute to check in from your smartphone or tablet to stay informed and continue making your health a priority, even when you’re out and about.

Facebook and Twitter: Like and Follow Us

Do you love Facebook and Twitter? We do, too. PIH Health has a stronger-than-ever presence on both of these popular sites, so you have even more ways to connect with us. Our Facebook page and Twitter feed are frequently updated with the latest information on education classes, awards and accolades, as well as photos from recent community events. And every time we add a new Healthy Living Online post, we announce it to our friends and followers on Facebook and Twitter, so be sure to connect with us.

Plus, every day on our newly redesigned website, you’ll find a new healthy recipe that can jazz up your menu options, while promoting healthy living.

“We’re really excited about our strong social media presence,” said Rosalio J. Lopez MD MBA, senior vice president and chief medical officer. “Being part of this trend helps us reach so many more people, both in our service area and beyond. Since people can connect with us from their mobile devices virtually anywhere, we can reach them where they are and encourage them to stay healthy.”

Like what you see from PIH Health online? Be sure to “like” us on Facebook and “follow” us on Twitter. Share your favorite Healthy Living Online posts with your friends and family and pass along great ideas for keeping our community healthy.

Visit the PIH Health Healthy Living Online blog at PIHHealth.org/Blog

Ask the Expert

Q. During the winter months, my skin gets extremely dry—often leading to flaking and cracking on my hands and feet. What should I do?

A. As the weather gets cooler, many people experience uncomfortable, dry skin. The skin on your hands has fewer oil glands. That means it’s harder to keep your hands moist, especially in cold, dry weather. In addition to using an “ointment” moisturizer that’s oil-based, we suggest wearing gloves when you go outside. For your feet, look for lotions containing petroleum jelly or glycerine, and use exfoliants to get the dead skin off periodically. Additionally, avoid super-hot baths, which can break down the natural lipid barriers in the skin, leading to further loss of moisture. We also suggest going to a dermatologist, who can troubleshoot your current skin care regimen and give you advice on skin care products you should be using. Even a single visit is well worth the effort.
One Patient’s Life-Saving Experience

Based on her experience in recent months, Gail Johnson, a 79-year-old La Mirada resident, considers PIH Health’s new Lung Cancer Screening Program to be, quite literally, a life-saver.

After smoking for 65 years, she was concerned about the possibility of lung cancer, but had no symptoms. While at a regular check-up in September, her doctor suggested the new Lung Cancer Screening Program, and she figured she had nothing to lose.

On September 9, she had a simple chest computed tomography (CT) scan using a low-dose radiation protocol. The scan found a 12 millimeter (mm) nodule in her left lung, which looked highly suspicious for cancer, along with two smaller nodules in her right lung, one of which looked slightly suspicious but was too small to biopsy or remove. To remove the larger nodule, Johnson underwent a surgery called a partial lung resection, which removed part of her upper lung. The innovative and minimally invasive surgery was performed by PIH Health Cardiothoracic surgeon Eduardo Tovar MD. The procedure involves a technique that decreases pain and allows for a much faster recovery time—to the extent that most patients are ready to go home within 24 hours of the operation, decreasing the risk of complications and allowing patients to return home sooner.

The pathology results came back and the nodule was confirmed to be an aggressive form of squamous cell cancer. Both smaller nodules will be monitored carefully going forward.

The pathology results came back and the nodule was confirmed to be an aggressive form of squamous cell cancer. Both smaller nodules will be monitored carefully going forward.

“Fortunately, it was found at the earliest stage possible, and no lymph nodes were involved,” said Daniel Saket MD, medical director, Radiology. “This was an aggressive lesion and if she hadn’t been screened and presented with symptoms just several months later, it’s likely that the cancer would have been at an incurable stage. Yet because of the screening, it was found very early and will not require further treatment.”

Johnson is thrilled with the results and so thankful for the screening program that may have saved her life.

“Without the screening program, I would never have known I had lung cancer until it was too late,” said Johnson. “This gave me an important heads-up and now I hope to live well into my nineties. This screening bought me several more years—if not decades—of my life. And the compassionate care of all the people involved was just phenomenal.”

Who qualifies for a screening? Current or former smokers ages 55-80 can either be referred from their primary care physician or directly qualified by the PIH Health Lung Cancer Screening Program nurse navigator, who will discuss the patient’s pack-per-year history and other risk factors.

In addition, private health insurance plans are now required to cover this screening at 100 percent cost, effective January 2015.

To learn more about the PIH Health Lung Cancer Screening Program low-cost payment option, please call:

562.967.2892
Building for the Future

PIH Health Hospital - Downey Just Keeps Getting Better

October 2014 commemorated some momentous dates for PIH Health. The Downey campus not only celebrated its one-year anniversary since becoming PIH Health Hospital - Downey, but also made notable advances towards the renovation of its campus. October also marked the adoption of eMD, PIH Health’s electronic health record (EHR) system. Many different areas of the hospital have been refreshed, including the third and fourth floors and the main lobby.

And, the revitalization of the Labor, Delivery and Postpartum Department is underway. While this may sound like a lot—and it is—this is only the beginning for Downey. PIH Health is going full steam with continued improvements and expansion.

“Two more significant advances have taken place,” notes Brian Smolskis, chief operating officer of PIH Health Hospital - Downey. Phase I of the voluntary seismic improvements project was recently completed, increasing the structural integrity of the hospital building. “It’s a big step forward,” Brian said. The next step, will involve even more seismic work, and has already been approved for more recognizable improvements, such as changes to the interior, including a new registration area, a new conference room, a new gift shop and other interior enhancements.

“The community’s response has been very positive,” said Brian. “And we’ve received excellent feedback about the progress with the hospital.” Despite the large amount of renovations, patients can still expect to receive the high-quality care they are accustomed to at PIH Health in a welcoming environment during construction.

Later this year, a $7 million expansion will begin in the Emergency Department, adding 5,000 square feet and 11 additional exam rooms, with expected completion in 2016.

The expansion is exciting, and the improvements keep PIH Health at the forefront of medical care. But the main focus still remains very much on the community in which it resides. PIH Health has purchased an additional building in Downey for medical offices, and will continue to grow in the area. “We will remain focused in our service area, which consists of 21 million people,” said Brian.

For more information on our Downey campus, please visit PIHHealth.org/Downey

PIH Health Hospital - Downey Celebrates First Anniversary

October 1, 2014 marked the one-year anniversary since the Downey campus became part of PIH Health.

More than 500 local community members came out to visit PIH Health Hospital - Downey to celebrate on Saturday, October 18. The festivities included family-friendly games and activities, in addition to health screenings, free flu shots and childhood vaccines.

On display were renderings of the Emergency Department expansion plans and the new lobby and registration area, as well as other impressive, recent hospital upgrades, and updates on exciting future construction projects. PIH Health plans to continue the Downey-based hospital’s 90-plus year legacy of meeting the health needs of the community for many more decades to come. Thank you to all of the community members and employees who helped PIH Health celebrate this momentous event.

From left to right: Former Mayor Fernando Vasquez, City of Downey; Council Member Mario A. Guerra, City of Downey; President and Chief Executive Officer James. R West, PIH Health; and Chief Operating Officer Brian Smolskis, PIH Health Hospital - Downey.

The newly renovated Emergency Department is expected to be completed in 2016.
Diagnosing Sleep Apnea

Home Sleep Testing Makes Diagnosis More Convenient

Several months ago, 59-year-old Angelita Rodriguez had noticeable signs of obstructive sleep apnea (OSA)—loud snoring, waking up suddenly and gasping for breath, and sleepiness throughout the day. She knew she should see her doctor, but what she didn’t know was that a new way to test for the condition at home would be simpler than she ever expected.

To diagnose sleep apnea, a patient needs to have a test called polysomnography. This exam involves being hooked up to equipment that monitors the patient’s heart, lung, brain activity and breathing patterns while asleep. Years ago, the only option was to have this test performed in a clinical sleep lab outside of the patient’s home.

Fortunately for Angelita, testing protocols have evolved. After consulting with PIH Health Internal and Sleep Medicine physician Valerie Cacho MD, Angelita was provided with new home sleep testing equipment, which enabled her to have a similar polysomnography test, but in the comfort and privacy of her own home.

“Dr. Cacho gave me a small case containing the testing device and some easy-to-follow instructions so I could use it that night,” said Angelita. “Before I went to bed, I hooked up the machine and all I had to do was hit the start button. I slept from 9 pm until 4:30 am, and apparently I stopped breathing 24 times in one hour. The machine recorded everything, and I just slept like normal. It was really simple to use.”

After returning the equipment, Dr. Cacho read the test results. As suspected, sleep apnea was confirmed and Angelita was provided with a treatment plan.

“Compared to the traditional test, the new home sleep test is easier to use and can be done in the comfort of your own home without having to go to a sleep lab,” said Dr. Cacho. “One night of testing is all it takes to diagnose sleep apnea. It also offers a faster turnaround. We can download the results in just a few minutes and have a diagnosis the next day, which means a shorter timeframe to begin treatment. It’s also covered by most insurance plans.”

If you suspect you have sleep apnea, schedule an appointment to be screened by calling a PIH Health Internal Medicine office.

To learn more, visit PIHHealth.org/InternalMedicine

Q. Can I still have allergies in the winter months?

A. Yes. According to the Centers for Disease Control and Prevention (CDC), approximately 50 million Americans suffer from all types of allergies with occurrences increasing in recent years across all ages, sex and racial groups. Chronic exposure to allergens causes our immune systems to overreact. Allergens such as dust, dander and pollen can trigger symptoms such as coughing, sneezing, itchy eyes, runny nose and scratchy throat. In severe cases exposure to allergens can result in rashes, hives, low blood pressure, difficulty breathing, asthma attacks and even death. Even during winter months, there are pollens and other allergens in the air that can trigger reactions. In winter, it’s possible that people confuse allergies with colds because many of the symptoms are the same. It’s important to recognize the difference in order to properly prevent, manage and treat your condition. Visit your primary care doctor for an accurate diagnosis and treatment plan.
Volunteer Spotlight

Wendy Brubaker Makes Emergency Department Visits More Pleasant

When Wendy Brubaker retired at age 58, she knew one thing—she wasn’t planning on sitting around and doing nothing. Helping others was definitely part of it.

“When I was working and traveling a lot, I couldn’t volunteer much,” she said. “So I was happy to finally have more time to give—and what better place than my local hospital.”

In 2003, she began volunteering at PIH Health Hospital - Whittier and spent the first few years in the Ambassador Center, running errands and answering patient questions. Since then she has also volunteered in Outpatient Registration, the Surgery Waiting Desk, as a patient safety volunteer, and is currently a lead editor and publisher helping to create the hospital’s Volunteer Voice newsletter.

But her favorite role is her current one—in the Whittier campus’s Emergency Department (ED), and training new volunteers in that area. She is so passionate about serving in the ED that she has become the lead ED volunteer trainer for new volunteers at PIH Health Hospital - Downey.

“People are very grateful when someone can make their hospital experience a little bit better,” Wendy said. “Being a patient in the Emergency Department is not easy; but as a volunteer, I have time to listen to people, many of whom are uneasy or frustrated about their illness or injury. I can offer coffee and juice, and a warm blanket and pillow along with a listening ear. I hope that I can help make a tough situation a bit more pleasant.”

Today, more than 4,300 volunteer hours later, Wendy continues to be one of the many reasons PIH Health provides a positive experience for its patients.

Learn more about PIH Health’s wound healing center by visiting PIHHealth.org/WoundHealing

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Before treatment, Guadalupe Luviano wasn’t able to take her pets for a walk.

Get Specialized Care from PIH Health Experts

When injuries, cuts, burns, sores or incisions from surgery result in wounds that don’t heal right away, you need attention from true wound care specialists.

Fortunately, you can find individualized care for chronic wounds—those that haven’t healed in six weeks or more—at the PIH Health Majorie and John M. Eagle Wound Healing Center, located at PIH Health Hospital - Whittier.

Just ask Guadalupe Luviano, one very satisfied patient. For years, a very large and serious leg wound caused her great pain and made her rely on a wheelchair. Her diabetes and venous stasis disease complicated matters, making healing difficult. And fear of amputation kept her from seeking proper help.

Thankfully, she finally visited the PIH Health Wound Healing Center.

“She was apprehensive, so the first thing we did was earn her trust,” said Fran Boughey RN BSN CWOCN, manager of the Wound Healing Center. “Then we taught her proper wound care and customized the plan to help her feel comfortable. Gradually, she learned to trust us and we just kept at it.”

Due to the size of her wound, it took more than a year for Guadalupe to heal. With commitment to her treatment, Guadalupe is now walking again. She no longer needs her wheelchair and her serious pain is gone.

“The Wound Healing Center was great,” she said. “Everyone was very nice and would not give up on helping me.”

The center’s comprehensive approach to wound care includes specialized tests to identify the basic cause of the wound, education about the patient’s role in the healing process, specialized dressings for different types of wounds, infection control, diabetes education, interventional radiology and more.

If you’re ready to get help today, please visit PIHHealth.org/Services/Wound-Healing to learn more or make an appointment by calling 562.789.5462.

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PIH Health’s Legacy Society Members Give Back

J.C. “Mac” McFarland has been a nearly lifelong resident of Whittier. “Carolyn and I plan to be here for the remainder of our time on this earth, so PIH Health seems a natural place to choose to share some of our good fortune,” he says.

Mac and his wife, Carolyn, belong to PIH Health’s Legacy Society—a membership group comprised of donors who have made plans in their estate to give to PIH Health, and whose contributions have helped build PIH Health into what it is today. Two of Mac and Carolyn’s three children were born at PIH Health’s Whittier campus, as were two of their grandchildren. Mac’s father went through the hospice program with PIH Health, resulting in a dignified end to his full life. Since his semi-retirement 17 years ago, Mac has become very active with the hospital as a volunteer director, serving on several boards and committees, including chairing the PIH Health Hospital - Whittier board and the PIH Health Physicians board. “PIH Health has been a very important institution in our lives over the years, so once Carolyn and I decided we were in a position to do some charitable giving—during and after our lives—PIH Health was definitely at the top of the list of charities we wanted to support,” says Mac.

PIH Health acknowledges the value in sharing with others, which is why the Legacy Society shows appreciation for its members with special recognition and an annual luncheon.

The 2nd Annual Legacy Society Luncheon was held on November 4 at the Friendly Hills Country Club, and gave special attention to its members. “We had an opportunity to mingle with other legacy members. It is a really nice group of people, and the talk by Daniel Saket MD, a PIH Health radiologist, was very informative.”

PIH Health Legacy Society members are actively keeping PIH Health in their estate planning initiatives, and many more have given in the past, leaving their legacy to further PIH Health’s success with improving the health of its local and regional community. If you are interested in becoming a member, PIH Health also offers an estate-planning program with knowledgeable professionals that assist donors in crafting their estate plan to meet their individual wishes.

“PIH Health is fortunate to have so many dedicated supporters like Mac and Carolyn McFarland,” says Amy Fitzgerald, executive director, PIH Health Foundation. “Donors such as the McFarlands and other Legacy Society members help to ensure the future of PIH Health.”

For more information about joining PIH Health’s Legacy Society, please call 562.698.0811 Ext. 81520.

PIH Health Foundation’s Circle of Excellence recognizes the generous donors in our communities that consistently support PIH Health.

Their membership is through a minimum annual gift of $1,000 that ensures the highest-quality healthcare for our communities. Members are invited to insightful special events, intriguing behind-the-scenes tours led by physicians or hospital leadership and to informative medical briefings from PIH Health physicians to better understand new technologies and programs at PIH Health.

As a PIH Health Foundation Circle of Excellence member, you will be recognized in PIH Health’s donor listings, and receive a special membership memento. But, above all else, you will have the satisfaction of knowing you’re supporting the PIH Health mission and that is the most important reward of membership.

To join the Circle of Excellence or to learn more, please contact PIH Health Foundation at 562.698.0811 Ext. 81520, or email CircleofExcellence@PIHHealth.org.
Golf Tournament Supports Nursing Education

On a sunny day in September 2014, PIH Health Foundation hosted the 21st Annual Frank Scott Pro/Am Golf Tournament. The sold-out event took place at Friendly Hills Country Club, where 144 physicians, supporters and community leaders enjoyed a beautiful day on the course while raising funds for a terrific cause.

The tournament raised a net profit of $255,000 to benefit PIH Health nursing education throughout the entire integrated delivery system. Since the tournament began 21 years ago, more than $1.5 million has been raised to support PIH Health. “Support of nursing education is one of the best investments a community can make to ensure the quality of care for patients in a hospital,” said Reanna Thompson RN MSN, chief operating officer/chief nursing officer at PIH Health Hospital - Whittier. Patients spend 99 percent of their time with a nurse, so their skill and expertise make a significant impact on patient outcomes. The PIH Health Frank Scott Pro/Am Golf Tournament is a tremendous statement of support for our Nurses and we are honored to have this partnership with our community.”

After swinging the clubs all day, participants were able to bid on entertainment packages, travel and gift-items during the live and silent auction. The evening ended with a 200-guest dinner and awards.

“I’m thrilled at the success we have enjoyed with the annual tournament,” said Amy Fitzgerald, executive director, PIH Health Foundation. “And I want to give a special thanks to the sponsors whose support is always so appreciated,”

Interested in Joining Us in 2015?
Mark your calendar for our next tournament to be held September 28, 2015. To learn more, contact PIH Health Foundation by calling 562.698.0811 Ext. 81520.

Thank you to the generous sponsors of the 2014 Frank Scott Pro/Am Golf Tournament:

- R.C. Baker Foundation
- Millie and Severson, Inc.
- Sodexo, U.S.A.
- RBB Architects, Inc.
- PIH Health Physicians Medical Group
- Allscripts
- ARS Document Imaging
- US Bank
- Bewley, Lassleben & Miller, LLP
- CareMore
- First Pacific Advisors, LLP
- Oakmont of Whittier
- Fiduciary Trust International
- Hal Herlong
- Peggy Chuack
- Dr. and Mrs. Alexander A. Mendez
- Uptown Printing & Graphics, Inc.
- Frito Lay

PIH Health Foundation Fundraiser Lands on the Green

Professional golfer Jim Benedict, Larry Scott, Chris Caruso and Scott Rhodes.

Golf tournament participants Michele Cazares, Toni Gonzales, Joyce Fitzgerald, Annette Atwood, Carol Plizza, Sherry Braun and Susan West.

“Support of nursing education is one of the best investments a community can make to ensure the quality of care for patients in a hospital,” said Reanna Thompson RN MSN, chief operating officer/chief nursing officer at PIH Health Hospital - Whittier. Patients spend 99 percent of their time with a nurse, so their skill and expertise make a significant impact on patient outcomes. The PIH Health Frank Scott Pro/Am Golf Tournament is a tremendous statement of support for our Nurses and we are honored to have this partnership with our community.”

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Soon-To-Be Groom Gets Second Chance at Life

Richard Sedita considered himself healthy for his age. The retired foreman for an electrical contractor was, at 69, still active with plenty of interests. There was even a wedding to look forward to—his own, on December 13, 2014 to fiancé Katie Willis. Life was good, except for one thing: he was still smoking, a habit he had since he was 16.

With so much going on, it was easy to dismiss the odd pain that occasionally flared up in his chest. He thought it was acid reflux. But one day, when he was bringing in the trashcans, the pain became much more intense. He went to see his PIH Health Family Medicine doctor.

His doctor prescribed several tests and based on the results, he sent Richard to PIH Health internist Gerald Beckham MD, who arranged for an electrocardiogram (EKG), a test that checks for problems with the electrical activity of the heart. This was shortly followed by an angiogram, an X-ray test that uses a special camera to take pictures of the blood flow in an artery or a vein.

From the angiogram, Dr. Beckham saw one artery completely blocked and the second 95 percent blocked. His recommendation was surgery. Richard met with Yousef Odeh MD, the cardiothoracic surgeon who would be operating on his heart. Dr. Odeh, Richard says, was direct, professional, and most importantly, a plain talker. Dr. Odeh said he needed to operate right away.

The following day, October 14, 2014, Richard was in surgery. During surgery, Dr. Odeh discovered three more arteries that needed to be corrected.

“We re-vascularized his heart appropriately. Any vessel that was in question received new uninterrupted blood flow. Many of the vessels were small and difficult to reach but that did not stop us. We knew that his best chance to make a full recovery required us to do a perfect job,” said Dr. Odeh.

Richard did so well that Dr. Odeh released him to go home on October 18, just four days later. More than a month and a half into his recovery and ready to begin cardiac rehabilitation, Richard said that every doctor and nurse he worked with at PIH Health was “fantastic.” He went on to say the nurses who came to his home three days a week following his surgery were terrific, too. “We joked, we laughed. We really enjoyed each other’s company,” he said.

Richard has begun a new chapter in his life. “Dr. Odeh didn’t pull any punches,” he explained. “He said that if I stop smoking, I’d likely have another 15 to 20 good years. If I keep smoking, well… he’d see me on the table again in a year.” Richard decided then and there to stop smoking. He did it cold turkey, with his fiancé’s support. He knew that the PIH Health nurses and doctors were there to help him as well.

“Thanks to Dr. Odeh and the entire PIH Health team,” Richard said, “I really have been given a second chance at life.”

Get started on your journey to a healthy heart today by setting up an appointment with a PIH Health doctor who can help you get from where you are now to exactly where you want to be. For more information on heart care, please visit PIHHealth.org/Services/Heart-Care.
Beyond the Treatments

Better Choices, Better Health® Program Creates Better Lives

When Ubaldo Sierra was diagnosed with cancer, he had no idea that such devastating news would ultimately turn him into a minor celebrity. At his daughter’s insistence, Ubaldo sang karaoke at a National Cancer Survivors Day gathering and took photos with a Lucille Ball lookalike, which not only garnered him rounds of applause, but landed him on the front page of the Whittier Daily News, and the cover of Coping with Cancer magazine. “There’s Rudy Giuliani, Kathy Bates and now me,” Ubaldo joked.

Ubaldo has been diabetic for the last 22 years, and he also is a prostate cancer survivor, having undergone 36 treatments of radiation at PIH Health Hospital - Whittier.

But while PIH Health has stood by Ubaldo during his challenging health journey, it is PIH Health’s Better Choices, Better Health education program that helps improve the overall quality of his life—from his self-confidence to his knowledge regarding health.

Better Choices, Better Health, developed by the Stanford University Patient Education Center, is a chronic disease, self-management education program that helps participants create and implement an action plan with realistic and attainable goals.

“It’s about being your own primary agent of change—to change your own health and to be responsible for your own health,” explains Ricardo Lopez, supervisor of PIH Health’s Community Education Department.

These classes offer a great deal of information about a variety of health-related topics, including diabetes. “I think a lot of people with diabetes don’t consider that they need to be reading labels,” says Ubaldo. “If all diabetics tried to learn something new, we could all live better lives.”

Once someone has a chronic illness, it is typically for the rest of his or her life. This doesn’t necessarily mean there should be a constant struggle. The action plan is carried out using problem-solving strategies, success tracking, and collaborative learning. “Becoming a self-manager is a process,” says Ricardo, “and it’s about living your best and healthiest life.”

The free program is open to community members, their family members and caregivers. With his wife by his side in the Better Choices, Better Health sessions, Ubaldo admits he’s noticed a boost in his confidence. “I’m now in control of my condition instead of my condition controlling me.”

If you or someone you know is interested in participating in the Better Choices, Better Health program, please contact PIH Health’s Community Education Department: 562.698.0811 Ext. 81085

Every three years, PIH Health conducts a Community Health Needs Assessment (CHNA) to identify the health needs of its primary service area cities. PIH Health’s most recent CHNA’s can be found at PIHHealth.org/CHNA.
DIABETES (Prevention and Management)

What is Diabetes?

Know the Basics and Risks

WHITTIER

Wednesday, February 4, 10 – 11 am

In this program, parents/guardians and their kids (ages 6 to 15) will explore diabetes. Join us for an interactive discussion and food demonstration as we explore ways to increase healthier eating at home and on the go. Registration is required. For additional locations and dates, please call Ext. 81085 or email Community.Health@PIHHealth.org.

Mind Over Matter: One Step at a Time

WHITTIER

Wednesday, February 18, 10 – 11 am

At this event, we explore ways to enhance some of the food items you love with healthier options and portions, without giving up the flavor. No purchase necessary. For additional locations and dates, please call Ext. 81085 or email Community.Health@PIHHealth.org.

Families in it Together (Fit) for Health

Saturday, March 4, 12 – 1 pm

This free, self-paced program includes a class conducted in an interactive, group setting. The class is targeted for anyone who needs to incorporate healthy eating and physical activity into their everyday lives. The program uses evidence-based weight-management materials and concepts. Registration is available online at PIHHealth.org. Call Ext. 12918.

Individual Diabetes Counselling

Thursday, April 30, 6 – 7:30 pm

This class meets weekly and provides personalized education designed for anyone who needs to incorporate healthy eating and physical activity into their everyday lives. The program uses evidence-based weight-management materials and concepts. Registration is available online at PIHHealth.org. Call Ext. 12918.

DOONEY

Eating Healthy Begins at the Grocery Store

Thursday, February 26, 6 – 7 pm

This class is designed for anyone who needs to incorporate healthy eating and physical activity into their everyday lives. The program uses evidence-based weight-management materials and concepts. Registration is available online at PIHHealth.org. Call Ext. 12918.

DIABETES Self-Management Classes

These three-session classes are offered monthly to promote active self-management of diabetes. All participants are encouraged to attend a pre-class, individual appointment where we can identify areas for diabetes management. All services are free. Call Ext. 11320.

Sweet Success for Gestational Diabetes

Thursday, May 9, 9 am – 12 noon

This program is designed specifically for pregnant women with Type 1, Type 2 or gestational diabetes. The program includes a multi-disciplinary team and uses a combination of group and individual sessions to promote the best outcome for your pregnancy. This is a free program and a physician referral is required. Call Ext. 11320.

Individuals who have diabetes can attend this class to learn how to manage their condition. Call Ext. 81085 or email Community.Health@PIHHealth.org.

Eating Healthy Never Tasted So Good

WHITTIER

Wednesday, February 11, 10 – 11 am

This class is designed for anyone who needs to incorporate healthy eating and physical activity into their everyday lives. The program uses evidence-based weight-management materials and concepts. Registration is available online at PIHHealth.org. Call Ext. 12918.

WHITTIER

February 10 – March 17

WHITTIER

Thursday, February 5 – April 30

Thursday, April 2 – May 7

WHITTIER

March 4, 2015, 6:30 – 8 pm

All About Cholesterol

Registration is available online at PIHHealth.org. Call Ext. 12918.

Why Weight

WHITTIER

Tuesday, February 5 – April 30, 6:30 – 7:30 pm

This class is designed for anyone who needs to incorporate healthy eating and physical activity into their everyday lives. The program uses evidence-based weight-management materials and concepts. Registration is available online at PIHHealth.org. Call Ext. 12918.

Community Health Education

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 Rio and Frank L. Scott Conference Center at PIH Health Whittier.

NUTRITION AND LIFESTYLE MANAGEMENT

Weight To Go

Tuesday, March 3 – 24

6:30 – 7:30 pm

Weight Loss Program

Wednesday, March 18, 6:30 – 7:30 pm

WHITTIER

March 4, 2015, 6:30 – 8 pm

All About Cholesterol

WHITTIER

March 21, 6:30 – 7:30 pm

WHITTIER

March 28, 6:30 – 7:30 pm

WHITTIER

April 4, 6:30 – 7:30 pm

WHITTIER

April 11, 6:30 – 7:30 pm

WHITTIER

April 18, 6:30 – 7:30 pm

WHITTIER

April 25, 6:30 – 7:30 pm

WHITTIER

May 2, 6:30 – 7:30 pm

WHITTIER

May 9, 6:30 – 7:30 pm

WHITTIER

May 16, 6:30 – 7:30 pm

WHITTIER

May 23, 6:30 – 7:30 pm

WHITTIER

May 30, 6:30 – 7:30 pm

WHITTIER

June 6, 6:30 – 7:30 pm

WHITTIER

June 13, 6:30 – 7:30 pm

WHITTIER

June 27, 6:30 – 7:30 pm

WHITTIER

July 4, 6:30 – 7:30 pm

WHITTIER

July 11, 6:30 – 7:30 pm

WHITTIER

July 18, 6:30 – 7:30 pm

WHITTIER

July 25, 6:30 – 7:30 pm

WHITTIER

August 1, 6:30 – 7:30 pm

WHITTIER

August 8, 6:30 – 7:30 pm

WHITTIER

August 15, 6:30 – 7:30 pm

WHITTIER
Community Education

Winter 2015 Events and Classes for All Ages

For the latest PIH Health community education updates or to register for a class online, be sure to visit PIHHealth.org/Calendar. Registration is also available by calling the phone number listed or 562.698.0811 and the extension noted.

PIH Health offers a 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 Fio and Frank L. Scott Conference Center at PIH Health Hospital - Whittier.

WELLNESS AND PREVENTION (continued)

Better Choices, Better Health® Leader Training
Thursdays, May 14, 21 and Fridays, May 15, 22, 9 – 4 pm Training is four days, over a two-week period.

Are you interested in helping others with chronic health conditions? Become a certified leader for Stanford University’s Chronic Disease Self-Management Program. To register and for more information, please call Ext. 81085 or email Community.Health@PIHHealth.org.

Breathe to Achieve
Thursday, March 26, 6 – 7 pm
Whittier Medical Office Building 15725 E. Whittier Blvd.,
Whittier, CA 90603

Asthma doesn’t have to take control of your child’s life. Join us to explore steps you can take to help reduce your child’s asthma symptoms and increase their quality of life. To register, please call Ext. 81085 or email Community.Health@PIHHealth.org.

Power Over Stress
Thursday, March 19, 6 – 7 pm
Whittier Medical Office Building 15725 E. Whittier Blvd.,
Whittier, CA 90603

Stress is a normal part of life, but high levels of stress can interfere with your health. Join us as we explore ways to help reduce stress to increase quality of life. To register, please call Ext. 81085 or email Community.Health@PIHHealth.org.

EXERCISE

Classes listed below are held at PIH Health Hospital - Downey, PIH Health Hospital - Whittier, Rehabilitation and Wellness Center, 11420 Brookshires Ave., Downey, CA 90241. For information or to register for classes, please call 562.904.5414.

Beginner Pilates
Thursdays, 5:30 – 6:30 pm
Fee: $40 for five classes
A method of exercise and physical movement designed to stretch, strengthen and balance the body. Numerous benefits of Pilates include increased lung capacity and circulation through deep, healthy breathing; increased strength and flexibility, particularly of the abdomen and back muscles.

Senior Pilates
Tuesdays, 12 – 1 pm
Fee: $40 for five classes
This class will help achieve tone, balance, strength and flexibility. Men and women of all ages, shapes and sizes will learn basic hip techniques, arm and muscle control.

Belly Dance
Every Tuesday and Thursday, 7 – 8 pm
Fee: $35 for five classes
The class will help achieve tone, balance, strength and flexibility. Men and women of all ages, shapes and sizes will learn basic hip techniques, arm and muscle control.

Tai Chi and Qigong
Every Tuesday, 8:30 – 10 am
Fee: $25 for five classes
Practice various sets of yoga poses including bending, twisting and stretching. In addition to strengthening the health and well-being of the physical body, Kundalini yoga is known to improve emotional balance, mental clarity and stress relief.

Senior Exercise
Thursdays, 12:15 – 1 pm
Fee: $25 for 10 classes
Senior group exercise classes designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance for older adults.

MENTAL HEALTH

Depression Screenings
Held monthly on the first and third Tuesday of the month
10 am – 12 noon
Do you think you may be suffering from depression? We encourage you to take the first step and obtain a confidential one-on-one assessment with a licensed clinical social worker. For information, please call Ext. 81085 or email Community.Health@PIHHealth.org.

Mental Health Family Support Group
Held monthly on the first and third Tuesday at PIH Health:
Fridays, May 15, 22, 9 – 4 pm
For survivors and caregivers. Call Ext. 12733.

Savvy Caregiver
Held monthly on the first and third Tuesday at PIH Health:
Every Tuesday, 8:30 – 10 am
For families. Call Ext. 15721.

MENTAL HEALTH

Preparation for Childbirth Series: Preparation for Breastfeeding; Childbirth Basics – English, Spanish and Chinese; Childbirth Refresher; BigKids/Sibling Orientation; Infant/Toddler Safety and CPR – English, Spanish and Chinese.

For more information on classes, dates and times, or to register, please call the Whittier campus at Ext. 17541 or the Downey campus at 562.904.5580 or visit PIHHealth.org/Calendar.

CHILDBIRTH

PIH Health is proud to offer a variety of classes for expecting families. Below is a list of just some of the classes that are offered at PIH Health:

- Power Over Stress
- Bell Dance
- Yoga
- Tai Chi and Qigong
- Senior Exercise
- Breathe to Achieve
- Senior Pilates
- Beginner Pilates

MENTAL HEALTH

Depression Screenings
Held monthly on the first and third Tuesday of the month
10 am – 12 noon
Do you think you may be suffering from depression? We encourage you to take the first step and obtain a confidential one-on-one assessment with a licensed clinical social worker. For information, please call Ext. 81085 or email Community.Health@PIHHealth.org.

AARP Smart Driver Courses
Eight-hour course: Wednesday and Friday, February 18 and 20 9 am – 1 pm
Fee: $20 for non-members

Five-hour renewal course: Wednesday, February 18 9 am – 2 pm
Fee: $15 for AARP members/
$20 for non-members

Held monthly on the first and third Tuesday at PIH Health:

MENTAL HEALTH

Alzheimer’s and Depression
Held monthly on the first and third Tuesday of the month
10 am – 12 noon
For those coping with Alzheimer’s and depression. To register, please call Ext. 81085 or email Community.Health@PIHHealth.org.

MENTAL HEALTH

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Every Tuesday, 8:30 – 10 am
For families. Call Ext. 15721.
PIH Health Services On-the-Go

Care Force One Mobile Health Unit
Care Force One provides free and low-cost basic and preventative healthcare, immunizations and screenings for uninsured or underinsured adults and children. Care Force One operates Monday – Friday, at various sites. To find the nearest location or to make an appointment, please call 562.698.0811 Ext. 14816 or email CareForce.One@PIHHealth.org.

@careforceone

PIH Health Blood Mobile
PIH Health Blood Mobile is available for community blood drives. Scheduling a blood drive is a great way to help support the community and the PIH Health Blood Donor Center. The PIH Health Blood Mobile conducts blood drives at companies, schools, churches health fairs and other public events. To schedule a blood drive with PIH Health’s state-of-the-art Blood Mobile, call 562.789.5433 or email BloodDonor@PIHHealth.org.

@mobileblood

List of PIH Health Services

1. 12401 WASHINGTON BLVD., WHITTIER, CA 90602
   - PIH Health Hospital - Whittier
   - Blood Donor Center
   - 562.698.0811 Ext. 12872

2. 11500 BROOKSHIRE AVE., DOWNEY, CA 90241
   - PIH Health Hospital - Downey
   - 562.264.5000

3. 11430 BROOKSHIRE AVE., DOWNEY, CA 90241
   - Rehabilitation and Wellness Center
   - 562.654.5144

4. 12393 WASHINGTON BLVD., WHITTIER, CA 90606
   - Patricia L., Schelly Breast Health Center
   - 562.267.0677
   - Ruby L. Gullahon Oncology Center
   - 562.654.5644

5. 2025 W. BEVERLY BLVD., MONTEBELLO, CA 90640
   - Internal Medicine
   - 323.728.0221
   - Endocrinology
   - 323.726.7601

6. 12201 WASHINGTON BLVD., WHITTIER, CA 90606
   - Wound Healing Center, Suite 100
   - 562.789.5482
   - Digestive Health Services, Suite 201
   - 562.654.0396
   - Diabetes and Endocrinology, Suite 205
   - 562.789.5447
   - Family Medicine Residency, Suite 500
   - 562.658.2541
   - PIH Health Outpatient GI Center
   - coming soon

7. 12462 PUTNAM ST., WHITTIER, CA 90602
   - Laboratory / Blood Draw Station
   - 562.789.5422
   - Radiology
   - 562.698.0811 Ext. 17071
   - Cardiology, Suite 203
   - 562.789.5430
   - Hematology and Oncology, Suite 206
   - 562.654.5688
   - Pulmonology
   - 562.789.5707
   - Obstetrics and Gynecology, Suite 303
   - 562.789.5440
   - Ophthalmic, Suite 402
   - 562.789.5484
   - Orthopedics & Sports Medicine, Suite 402
   - 562.789.5481
   - Pain Management, Suite 403
   - 562.789.5486
   - Podiatry, Suite 402
   - 562.789.5464
   - WestCare, Suite 402
   - 562.789.5483
   - General and Colorectal Surgery, Suite 500
   - 562.789.5449
   - Otolaryngology
   - 562.789.5482
   - Head and Neck Surgery, Suite 500
   - 562.789.5486
   - Vascular Surgery, Suite 500
   - 562.789.5480
   - Dermatology & Mohs Surgery, Suite 501
   - 562.789.5439
   - Aesthetic Medicine, Suite 501
   - 562.789.5439

8. 12415 WASHINGTON BLVD., WHITTIER, CA 90602
   - Same Day Surgery
   - 562.680.3897

9. 12522 E. LAMBERT RD., WHITTIER, CA 90670
   - Family Medicine
   - 562.789.5420

10. 12215 TELEGRAPH RD., SANTA FE SPRINGS, CA 90670
    - Orthopedics & Sports Medicine, Suite 112
    - 562.789.5452

11. 10320 BLOOMFIELD AVE., NORWALK, CA 90650
    - Family Medicine, Suite A
    - 562.789.5434

12. 15725 E. WHITTIER BLVD., WHITTIER, CA 90603
    - Pediatrics, Suites 300 and 350
    - 562.947.3332
    - Family Medicine, Suites 300 and 350
    - 562.947.1889
    - Internal Medicine, Suites 400 and 450
    - 562.947.3307
    - Laboratory Draw Station
    - 562.947.3305 Ext. 85105
    - Urgent Care Center, Suite 500
    - 562.947.7754

13. 12975 LA MIRADA BLVD., LA MIRADA, CA 90638
    - Home Healthcare
    - 562.902.7757
    - Home Care
    - 562.903.7339

14. 12082 IMPERIAL HWY., LA MIRADA, CA 90638
    - Family Medicine, Suite 201
    - 562.789.5435
    - Obstetrics and Gynecology, Suite 401
    - 562.789.5433

15. 15010 IMPERIAL HWY., LA MIRADA, CA 90638
    - Home Healthcare
    - 562.902.7757
    - Hospice
    - 562.947.3668

16. 15008 IMPERIAL HWY., LA MIRADA, CA 90638
    - Family Medicine, Suite 300
    - 562.789.5435
    - Obstetrics and Gynecology, Suite 401
    - 562.789.5433

17. 1400 S. HARBOR BLVD., LA MIRADA, CA 90638
    - Orthopedics & Sports Medicine
    - 714.879.3400

18. 1570 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745
    - Family Medicine, Suite 85
    - 626.964.3040
    - Pediatrics, Suite 200
    - 626.964.6212
    - Urgent Care Center, Suite 88
    - 626.225.4900
    - Aesthetic Medicine, Suite 88
    - 626.225.4905

19. 1519 W. WHITTIER BLVD., LA HABRA, CA 90631
    - Orthopedics and Optometry, Suite 100
    - 562.967.2670

20. 16018 IMPERIAL HWY., LA MIRADA, CA 90638
    - Physical and Occupational Therapy
    - 562.789.5451

21. 1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745
    - Family Medicine
    - 626.964.3040
    - Pediatrics, Suite 300
    - 626.964.6212
    - Urgent Care Center, Suite 88
    - 626.225.4900
    - Aesthetic Medicine, Suite 88
    - 626.225.4905

22. 351 E. FOOTHILL BLVD., ARCADIA, CA 91006
    - Orthopedics & Sports Medicine
    - 714.879.3400

23. 1.877.285.DOCS (3627)     PIHHealth.org
24. 1.877.285.DOCS (3627)     PIHHealth.org
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- Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
- Send your full name and mailing address to MarComm@PIHHealth.org
- Visit PIH Health Foundation Building or send a letter with your preference at 7612 Greenleaf Ave., Whittier, CA 90602 and provide your full name and address.

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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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Facebook.com/PIHHealth
Twitter.com/PIHHealth (@pihhealth)

Every moment delayed could mean a moment missed.

Schedule your cancer screening today.

Breast Cancer Screening
Whittier: 562.907.0667
Hacienda Heights: 626.225.4905
Downey: 562.904.5400

Lung Cancer Screening 562.967.2892
Colon Cancer Screening 562.945.4754

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 Care**

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

PIH Health
Urgent Care Centers
15725 E. Whittier Blvd., Suite 500
Whittier, CA 90603
562.947.7754
1850 S. Azusa Ave., Suite 88
Hacienda Heights, CA 91745
626.225.4900
Monday – Friday, 2 – 10 pm
Weekends and Holidays
9 am – 6 pm

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

PIH Health Hospital - Downey
Emergency Department
11500 Brookshire Ave.
Downey, CA 90241
If you believe you need emergency care, call 911 or go directly to the nearest emergency room.