A Patient’s Road to Recovery: One Step at a Time

Summer Safety: Helpful Tips for All Ages

PIH Health Foundation Gala Raises Funds and Awareness for Spiritual Care
Q. I recently heard about 3-D mammograms. How are they different than traditional 2-D mammograms?

A. The great news about 3-D mammography (also called tomosynthesis) is that it can detect breast cancers that are difficult to detect on traditional 2-D machines. Instead of showing the breast as one flat image, 3-D mammography gives us multiple images and a 3-D representation of the breast, which allows us to see more detail and catch small, difficult-to-see cancers. Using 3-D mammography will help us potentially save more lives.

Machines using 3-D technology are now available for all women needing breast evaluation. If you’re a woman over age 40, schedule your next mammography by calling one of our three locations:

Downey: 562.904.5555
Hacienda Heights: 626.225.4905
Whittier: 562.907.0667

James Kuo MD
Diagnostic Radiology
Patricia L. Scheifly
Breast Health Center
12393 Washington Blvd.,
Whittier, CA 90606
562.907.0667

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Everyone’s skin is unique. Therefore, acne can present itself differently and may require specialized treatment for each individual. That’s why PIH Health now offers an Acne Program to deliver comprehensive care and highly-personalized treatment plans to keep your skin looking its best.

Heather Amitrone PA-C, and aesthetician Sherri Juranek form the dermatology team that develops these individualized treatment plans, incorporating both the medical and aesthetic facets of acne.

Patients receive a comprehensive skin evaluation, including:

• Education on proper skin care and diet recommendations
• Medical treatment options and prescriptions, if needed
• Aesthetic recommendations, including chemical exfoliation, extractions, peels and microdermabrasion (which can be performed at the clinic and are often covered by insurance)

“By instilling consistency and an understanding of each patient’s skin, we work together to develop a lifelong regimen to maintain healthy, glowing youthful skin,” said Heather.

For more information, or to make an appointment, please call PIH Health Dermatology, Aesthetics & Mohs Surgery Center at 562.789.5439.

Who is most at risk for skin cancer? According to Rachael Moore MD, a PIH Health dermatologist, anyone with a family history of skin cancer, or those who have fair skin, light eyes, red hair or spend a lot of time in the sun.

Fortunately, people of all ages and skin types can turn to the PIH Health Dermatology, Aesthetics & Mohs Surgery Center for skin cancer prevention, screening and treatment options.

Skin cancer screening starts with a physician conducting a full visual inspection of a patient’s skin from head to toe (including the scalp). If any areas look suspicious, the physician will take a small sample of the skin for biopsy, which is a simple, five-minute procedure. If the skin is found to be atypical or cancerous, the physician will recommend removing more tissue to ensure all skin cancer is gone.

The center’s experienced dermatology professionals also have specialized training in Mohs surgery—a highly accurate method for treating skin cancer. The surgery removes cancerous tissue layer by layer. Each layer is examined under the microscope before removing more. In this way, the surgeon carefully removes all the cancerous tissue, while leaving as much healthy skin as possible.

To learn more about skin cancer screening or to schedule an appointment, please contact the PIH Health Dermatology, Aesthetics & Mohs Surgery Center at 562.789.5429.

Learn more about the Dermatology, Aesthetic Medicine & Mohs Surgery Center at PIHHealth.org/SkinCare

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Heather Ambrone PA-C, and aesthetician Sherri Juranek form the dermatology team that develops these individualized treatment plans, incorporating both the medical and aesthetic facets of acne. Patients receive a simple alphabetical guide to make it easy.

Watch for any skin spots or areas that are:

- Asymmetrical
- Have borderline irregularities
- Have color variations
- Have a diameter greater than 6 mm (about the size of a pencil eraser head)
- Evolving (new or changing over time)
Community Benefit Highlight: Mobile Health Services Now Available in Downey

PIH Health mobile health services are now available in the city of Downey. With this welcome addition, PIH Health brings low-cost health screenings, immunizations and more to patients of all ages at schools, parks and community centers throughout PIH Health’s service area.

In the spring and summer months, PIH Health’s mobile health services program offers physicals for children as young as preschool, required TDAP (combined tetanus, diphtheria and pertussis) vaccinations for junior high students and summer sports physicals. However, year-round, the mobile services team is busy providing services such as child and adult flu shots, blood-pressure screenings, sick visits, tuberculosis tests, and diabetes and cardiac health screenings.

"Thanks to vital partnerships with organizations like the Downey Unified School District and the True Lasting Connections (TLC) Family Resource Center we will be able to connect with individuals and families in Downey who truly need accessible healthcare," said Vanessa Ivie, PIH Health director of community benefit, community health education and mobile health services.

Through the TLC program, case workers assist children and their parents with health, family and personal issues.

PIH Health’s mobile health team began visiting the TLC Family Resource Center in March 2015 and continues to visit the site twice a month.

“We feel very fortunate to have partnered with PIH Health,” said Luz Perez, TLC coordinator. “This is the beginning of a long-lasting relationship that will surely make a difference to our community’s well-being.”

For questions, to find out where the mobile health services are provided in your neighborhood or to make an appointment, call 562.698.0811 Ext. 14816 for English or Ext. 14815 for Spanish.

Mobile Health Services By the Numbers*

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient encounters</td>
<td>3,365</td>
</tr>
<tr>
<td>Childhood immunizations</td>
<td>1,705</td>
</tr>
<tr>
<td>Adult immunizations</td>
<td>768</td>
</tr>
<tr>
<td>Patients seen who were uninsured</td>
<td>50%+</td>
</tr>
<tr>
<td>School, park and community locations visited</td>
<td>312</td>
</tr>
</tbody>
</table>

*October 1, 2013 - September 30, 2014

PIH Health’s comprehensive community benefit programs strive to improve the overall health of our communities. PIH Health’s community benefit investment totaled $69.4 million for fiscal year 2013-2014. The below chart illustrates the community benefit investment – according to Internal Revenue Service-recognized categories – for the following entities: PIH Health Hospital - Downey, PIH Health Hospital - Whittier and PIH Health Physicians.

Community Benefit Investment

- **$69.4 million** Total Community Benefit
- **8.8%** of enterprise expenses

Community Health Improvement Services
- $5,415,917 62,937 served
- **Unreimbursed Costs of Public Health Insurance Programs (i.e. Medi-Cal)**
- $46,119,765 62,937 served

Charity Care
- **Public Health Insurance Programs (i.e. Medi-Cal)**
- $4,722,132 2,985 served
- **Subsidized Health Services**
- $4,635,508 21,604 served

Community Benefit Operations
- **Health Professionals Education**
- $4,035,508 21,604 served
- **Research**
- $159,092 42 served

Community-Building Activities
- **Cash & In-Kind Contributions**
- $625,925 1,575 served

*October 1, 2013 - September 30, 2014*
Renovation Brings New Life to Downey’s Family Birth Center

Having a baby is an experience to cherish for a lifetime; and thanks to new renovations at PIH Health Hospital - Downey, those memories will be even brighter. The hospital recently updated its Family Birth Center, adding lovely touches throughout the labor and delivery area, the mother and baby space and the Special Care Nursery (also known as a neonatal intensive care unit).

Women will feel right at home in the spacious labor/delivery/recovery (LDR) rooms. The newly redesigned spaces offer a comfortable place for bonding between parents and baby and are equipped with specialized adjustable LDR beds and features to make labor and delivery more comfortable. The rooms also have new chairs, furniture, shutters and flat-screen TVs—to make the entire experience more relaxing for family members.

“Ours center features updated styling and the same modern décor you’d find in a nice home or other high-quality hospitals,” said Margie Spreitzer RNC-NIC Family Birth Center manager. “The entire atmosphere looks brand new and is absolutely gorgeous.”

In other areas, you’ll find new fetal heart monitor carts, visitor chairs and fresh color schemes, as well as new cribs for newborn babies. At the Special Care Nursery, babies with unique needs benefit from advanced treatments and technologies.

“Best yet, all of our services are centralized on one floor ensuring moms aren’t too far away from their babies,” added Margie.

If you’re expecting a baby soon or considering pregnancy, ask your doctor about your option to deliver at PIH Health Hospital - Downey’s Family Birth Center. To learn more, please call 562.904.5200.

Learn more about PIH Health’s Family Birth Center at PIHHealth.org/PregnancyandBirth

Special Care Nursery

Most newborns are healthy, but it’s reassuring to know you can count on our Special Care Nursery (SCN) if your baby has special needs. PIH Health Hospital - Downey has a SCN, also known as a neonatal intensive care unit (NICU), that features advanced technology and treatments to stabilize your baby, support physical functions such as breathing and feeding, and address medical conditions.

The SCN is led by a board-certified neonatologist and a team of caring experts.
Stroke Survivor Regains Functionality with the Help of PIH Health Staff

Stan Ellis was leading a fulfilling life. He ran a successful truck-leasing company. He was an active stationary cyclist, a non-smoker and a family man with three adult children. He lived a healthy lifestyle and had not seen a doctor in 40 years.

But in late July 2013, Stan suddenly became unaware of his surroundings, he lost his capacity to speak and the right side of his body became paralyzed. He was brought to the PIH Health Hospital - Downey Emergency Department where he was diagnosed with a stroke and hypertension. He spent five days in the Downey Intensive Care Unit, where staff worked to stabilize his condition. The staff at the Downey campus got him through the most dangerous part of his experience.

Earlier that summer, PIH Health had taken over operations of the Downey hospital. Rosalio Lopez MD, PIH Health senior vice president and chief medical officer, was working at Downey and helped Stan and his family. Dr. Lopez realized that Stan would benefit from PIH Health’s Acute Rehabilitation Center (ARC) at PIH Health Hospital - Whittier. The ARC specializes in treating patients who require intensive rehabilitation and specialized levels of care to recover from catastrophic illnesses and events.

When Stan arrived in the ARC, he was stable but bed bound, and his ability to communicate was limited. He was evaluated by hospitalists and the ARC medical directors who developed a plan for his recovery. But Stan wasn’t out of the woods just yet. As a result of the stroke, Stan had developed pneumonia and had trouble swallowing. Then, a few days later, physicians identified blood clots in his lower extremities, necessitating his transfer to the Whitter campus Telemetry Unit, which cares for heart patients. Treatments and procedures were performed to prevent clots from traveling to his lungs and brain.

Stan’s condition improved. Through intensive therapy, his speech returned and he recovered enough strength and coordination on his paralyzed right side to walk. He was discharged a month and a half after his initial stroke, once again able to walk, speak and spend time doing what he loves – enjoying his family and friends and exercising. Stan now loves to walk, and he heads out into his neighborhood almost every day. Another frequent destination is PIH Health Hospital - Downey, where he volunteers three times a week.

Stan volunteers in the Engineering Department, where he helps report needed repairs as well as the Ambassador Center, where he assists with patient discharges and runs errands throughout the hospital.

"Volunteering is my way of being a part of the institution that gave me my life back," said Stan. "I want to do anything I can to support the physicians and nurses who care for patients and their family members, just like mine."

Stan and his wife, Diana, feel fortunate. "The steady stream of care that I received at PIH Health, from my initial care in the Downey Emergency Department and Intensive Care Unit, to the ARC and Cardiac Units at Whittier, to home health services, got me back on my feet," added Stan. "The compassion and encouragement of the staff inspired me every day."

Stay active, stay healthy, and get involved! Become a PIH Health Volunteer today.

Stan volunteers at the Downey campus.
Preventing Summertime Sports Injuries

What You Can Do to Stay Safe

Summer is a great time for fun and recreation, but it’s also primetime for sports injuries. Protect yourself and your family with a few simple tips.

According to the American Academy of Orthopedic Surgeons (AAOS), the summer activities that cause the most frequent (and most serious) injuries are basketball, bike riding, baseball, soccer, softball and trampolines, followed by inline skating, horseback riding and volleyball.

Of course, students prepping for football season during summertime practices and games are also at risk. And remember, young athletes are more susceptible to injury because children’s bones, muscles, tendons and ligaments are still growing.

Regardless of the activity, many sports-related injuries are common. Most involve sprains, strains, wrist and knee injuries, as well as ligament injuries, fractures and dislocations, which may require surgical treatment.

“In the case of broken bones, our treatment involves trying to get them to heal in the correct position with as few residual problems as possible,” said David Lewis MD, PIH Health orthopedic surgeon. “Sometimes, this requires surgery, although surgery is more commonly needed for adults rather than children.”

How can you enjoy your summer recreation while avoiding injuries altogether? Dr. Lewis offers some helpful advice to keep you active and safe.

Schedule an appointment with an Orthopedics & Sports Medicine Office:
La Habra: 714.879.3400
Santa Fe Springs: 562.789.5452
Whittier: 562.789.5461

Five Safety Tips for Staying Healthy and Active

**Wear the Proper Protective Gear**
For sports like biking, baseball, football and rollerblading, wear a properly fitted helmet and replace it after any serious fall.

**Respond Promptly to Injuries**
Pain is a sign of injury—so don’t ignore it. If pain persists after a day or two, consult your physician. The sooner an injury is identified, the sooner it can be treated and healed.

**Avoid Obesity**
The larger the body, the harder the fall—and the greater the risk of fractures, dislocations and other bone injuries. By maintaining a healthy weight, athletes can minimize the risk of injuries.

**Take Vitamin D Supplements**
Vitamin D promotes healthy bone growth, yet most people are Vitamin D deficient. Taking supplements can help ensure your bones stay strong.

**Focus on Nutrition and Hydration**
By eating a healthy diet and drinking enough water, athletes of all ages can stay at peak performance before, during and after an activity.

Learn more about orthopedic treatment by visiting PIHHealth.org/Orthopedics

Q. My daughter is starting school soon. Should I be concerned about her catching the measles?

A. In recent years, we have seen spikes in measles outbreaks (including 644 cases in the United States in 2014 and more than 200,000 cases worldwide), but overall measles has become relatively rare thanks to a very effective vaccine. Measles is a highly contagious, respiratory infection that causes a total-body skin rash and flu-like symptoms, including a high fever, cough and runny nose. Because this virus is highly contagious, 90 percent of people who have not been vaccinated for measles will get it if they are near an infected person.

The most important thing you can do to protect your child from measles is to have her vaccinated. Vaccines are safe and effective and can save your child’s life. Measles protection is part of the measles-mumps-rubella vaccine (MMR), given when children are 12-15 months old and again when they are four to six years old.

Ask the Expert

Shalini Bhargava MD
Pediatrics
12675 La Mirada Blvd., Suite 401
La Mirada, CA 90638
562.789.5435
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PIH Health Foundation Gala Raises Funds for Spiritual Care

A Moroccan-inspired ballroom set the tone on Saturday, April 25, 2015 for the annual event, themed “Midnight at the Oasis.”

This year’s sold-out event, attended by more than 700 guests, raised a net profit of over $590,000 to support the PIH Health James P. Fitzgerald MD Spiritual Care Services. Funding will enhance the outstanding services and care provided by PIH Health chaplains, as well as spiritual support staff. PIH Health chaplains are part of a multidisciplinary team that works together to ensure our patients and their family members receive comprehensive care that addresses their spiritual needs as well as their physical health.

James P. Fitzgerald MD was a compassionate and visionary physician who practiced medicine at PIH Health for more than 50 years with the belief that spiritual support is central to patient care. “At Dr. Fitzgerald’s passing, our hearts were moved to do something that would recognize the spirit and impact his life had on PIH Health and our community,” said Rich Atwood, who along with his wife Annette and their children, made the lead donation to name Spiritual Care Services in honor of Dr. Fitzgerald’s legacy. “Together with his family, we agreed this was a fitting way to honor his manner of caring for others. We also recognize the importance of caring for the whole person, as Jim did, so funding this program not only continues the legacy of Dr. Fitzgerald but also addresses the spiritual needs of PIH Health’s patients and staff at a time when they need it most,” adds Annette Atwood.

Gala attendees not only supported a great cause, they also enjoyed a delectable meal, a silent and live auction and world-class entertainment. During the lively auctions, attendees outbid each other for fabulous prizes, including a “Super Bowl 50 Experience,” a pair of the new Apple watches and an “Oasis for the Soul: Lourdes in Paris Trip for Two.”

For more information, or to make a contribution to the PIH Health James P. Fitzgerald MD Spiritual Care Services, please call 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org.

More PIH Health Foundation News

Save the Date

PIH Health Foundation Annual Frank Scott Pro/Am Golf Tournament
Monday, September 28, 2015

2016 PIH Health Foundation Gala
Saturday, April 30, 2016

Shop for a Great Cause

When you shop at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com. With each purchase, Amazon will donate 0.5 percent to PIH Health Foundation.

To begin directing donations to PIH Health today, simply begin your next shopping experience at smile.amazon.com, select “PIH Foundation” when you choose your charity and make sure to bookmark smile.amazon.com.
Increasing Your Health and Happiness

A Healthy Lifestyle for the Entire Family

There’s never a bad time to examine your family’s health and wellness. Are you eating right, getting the right amount of exercise and plenty of sleep? Sonya Thomas MD, PIH Health Family Medicine physician, shares ways to help you reboot and rejuvenate before summer.

Here are seven simple tips:

1. An apple a day may not always keep the doctor away, but fruits and vegetables will put you on track for better nutrition. Grab a piece of fruit for breakfast or throw an apple or orange in with lunch.

2. Kids need good food like fruits, vegetables and whole grains to grow and do well in school by boosting their attention span, concentration and memory.

3. The next time you’re thirsty, reach for water or milk instead of sugary soft drinks.

4. Getting regular exercise can put a spring in your step. Even a few minutes a day of outside activity can help you feel refreshed. Make it a family outing and you’ll find it’s a great way to have some fun and spend time together.

5. Go for a walk or hike. Play in the park or just work in the garden. Get moving!

6. Everybody needs a good night’s rest—when you sleep better you feel better.

7. Moms know that babies and toddlers need sleep to grow, but school kids need 10 to 11 hours, and teenagers need eight and a half to nine hours and 15 minutes of sleep to get through homework, sports and other activities. Sleep can help prevent health problems, like obesity. Adults and seniors need seven to nine hours of sleep, although it may take older adults a little longer to fall asleep.

If you are looking for more information on how to keep your family healthy and active, log on to PIH Health’s online publication Healthy Living Online. This free resource is full of short articles on wellness, nutrition, fitness and healthy lifestyle options and can be found at PIHHealth.org/Blog.

Summer Safety for the Entire Family

Water Safety*

• Never leave a child unattended around a pool or body of water
• Children or inexperienced swimmers should always wear U.S. Coast Guard-approved life jackets
• Install and use barriers around home pools or hot tubs
• Remove access ladders to above-ground or inflatable pools when not in use
• Keep toys that are not in use away from the pool and out of sight

Heat and Sun Protection

• Keep babies under six months old out of the sun. If sun exposure is unavoidable, apply a minimal amount of sunscreen made specifically for babies
• Always apply sunscreen (at least SPF 30) before going out, whether it’s cloudy or sunny and especially during the hours of 10 am and 4 pm when the sun’s rays are strongest
• Remember to dress kids in light-colored, lightweight clothing
• Many local shopping centers, movie theaters, libraries and senior centers serve as cooling centers when temperatures rise, which can protect against heat-related illnesses

Bugs and Bites**

• Avoid outdoor activities between dusk and dawn when mosquitoes are most active
• Apply approved insect repellents containing DEET, Picaridin or oil of lemon eucalyptus
• Keep light-fitting screens on doors and windows to prevent mosquitoes from entering your home
• Eliminate all sources of standing water around your home and property including ponds, pools and spas

Car Seat Safety***

• Never leave a child alone in a car, even for a few minutes
• Opening windows will not prevent heatstroke
• Don’t wait more than a few minutes for a driver to return to a car with an unattended child. Protecting children is everyone’s business

*Water safety tips provided by American Red Cross
**Bugs and Bites tips recommended by The Greater Los Angeles County Vector Control District
***Car seat safety provided by Safecar.gov
Eating Healthy Never Tasted So Good
Join us for an interactive discussion and cooking demonstration as we explore ways to increase healthier eating, focusing on diet choices that can help reduce the risk of heart disease.

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

Community Health at PIH Health Hospital - Whittier

Diabetes Self-Management Classes
Participants diagnosed with diabetes will explore the skills needed for the self-management of their condition.

To register: Call Ext. 11320

Community Health at PIH Health Hospital - Whittier

Diabetes Boot Camp: What Can I Eat?
This class is for participants diagnosed with diabetes.

To register: Call Ext. 11309

Community Health at PIH Health Hospital - Whittier

Diabetes Nutrition Education
This class is for participants diagnosed with diabetes. Join us to explore ways to control diabetes through nutrition education.

To register: Call 925.940.5680

PIH Health Hospital - Downey

Nutrition and Lifestyle Management
This class is for individuals 18 years of age and older with chronic conditions.

To register: Call Ext. 81085 or Ext. 11320

Community Health at PIH Health Hospital - Whittier

Pike Rivera Senior Center
9200 Mines Ave., Pico Rivera
Wed 7/15 10 – 11 am

Gu Velasco Neighborhood Center 9055 S. Pacer Blvd., Santa Fe Springs
Wed 8/15 – 5 pm

PIH Health Hospital – Downey
11500 Brookshire Ave., Downey
Third Monday of the Month 6 – 7 pm

HEALTH HEART Healthy Heart Nutrition
In this class, you will learn about diet changes that can help reduce the risk of heart disease.

To register: Call 925.904.5580

PIH Health Hospital – Downey
11500 Brookshire Ave., Downey
Second Tuesday of Every Month 6 – 7 pm

CPR-AED & First Aid-CPR-AED
Become certified in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED), or First Aid-CPR-AED.

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

Community Health at PIH Health Hospital - Whittier

First Aid-CPR-AED
Fee: $40

PIH Health Hospital – Whittier
12401 Washington Blvd., Whittier
Sat 9/11 10 am – 12 pm

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

PIH Health Hospital – Whittier
12401 Washington Blvd., Whittier
Fri 7/22 10 – 11 am

CPR and AED
Fee: $30

First Aid, CPR and AED Fee: $50

All About Cholesterol
Explore the basics of heart healthy eating, focusing on diet changes that promote improved cholesterol levels and reduce risk of cardiovascular disease.

To register: Call Ext. 12722

PIHHealth.org/Calendar

PIH Health Hospital – Whittier
12401 Washington Blvd., Whittier
Wed 8/5-8/26 6 – 8 pm

Weight to Go
Learn how to incorporate healthy eating and physical activity into your everyday life.

Four-week series (meets once a week for four weeks)

Fee: $25

To register: Call Ext. 12918

PIHHealth.org/Calendar

Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier

NUTRITION AND LIFESTYLE MANAGEMENT
Families in it Together
Parents/guardians and their kids (ages 6-15) will explore ways to increase physical activity and make healthier food choices together, through interactive games and cooking demonstrations.

Three-class series (meets once a week for 3 weeks)
Age 6-15 with parent/guardian

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

Heartsaver FA-CPR-AED online, $(YMCA membership not required)

PIH Health Hospital – Whittier
12401 Washington Blvd., Whittier
Sat 10/30 9 am – 12 pm

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

LiteDee Family Resource Center 301 Las Lomas Dr., La Habra

WE WELLNESS AND PREVENTION Better Choices Health Program (chronic Disease Self-Management Program)
Learn new skills to manage your ongoing health condition (for example, diabetes, heart disease, and others) and create your own self-management action plan to improve quality of life. Family members, friends, and caregivers of people with chronic conditions are encouraged to participate.

Six class series (meets once a week for six weeks)

To register: Call Ext. 81085 or CommunityHealth@PIHHealth.org

Visit PIHHealth.org/Calendar for the latest in community education opportunities.
Wellness programs for you and your family. Unless otherwise indicated, all community education programs and support groups are free of charge.

Two easy ways to register:
- PHHHealth.org/calendar
- Phone number listed or 562.698.0811 and extension noted.

WELLNESS AND PREVENTION continued

To register: Call Ext. 81085 or Community.Health@PIHHealth.org
Norwalk Senior Center
14040 San Antonio Dr., Norwalk
Thurs, 7/23 10 – 11 am

Savvy Caregiver Express Caregivers will gain the knowledge and skills needed to care for a loved one who has been diagnosed with Alzheimer’s disease or other types of dementia. Program is presented in partnership with the Alzheimer’s Association.
Three-class series (meets once a week for three weeks)
Age: 18+
To register: Call Ext. 81085 or Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First and third Wednesday of the month, 10 am – 12 pm

Yoga
Practice various sets of yoga poses including bending, twisting and stretching. Kundalini yoga is known to improve emotional balance, mental clarity and stress relief.
Five classes
Fee: $25
To register: Call 562.304.5551 or Wellness.Center@PIHHealth.org
Thursdays, 5 – 6 pm

Movin’ Better
This progressive chair class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance.
To register: Call 562.304.5551 or Wellness.Center@PIHHealth.org
Thursdays, 12:15 – 1 pm

Pilates
A method of exercise and physical movement designed to stretch, strengthen and balance the body.
Five classes
Fee: $40
To register: Call 562.304.5551 or Wellness.Center@PIHHealth.org
Thursdays, 5:30 – 6:30 pm

Silver Pilates
Raised mats are used instead of floor mats to make this a more adaptable class.
Fee: $40 for one session eight classes
To register: Call 562.304.5551 or Wellness.Center@PIHHealth.org
Tuesdays, 12:15 – 1 pm

Mental Health

Depression Screenings
Learn if you are suffering from depression? We encourage you to take the first step and obtain a confidential assessment with a Licensed Clinical Social Worker.
Age: 18+
To register: Call Ext. 81085 or Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First and third Wednesday of the month, 10 am – 12 pm

Savvy Caregiver Express
This program is designed for patients scheduled for total knee or total hip replacement surgery. Members of the healthcare team will discuss pre-surgical preparation, the hospital experience, nutrition, rehabilitation and discharge planning.
To register: Call Ext. 13291
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First and third Tuesday of the month, 3 – 4:30 pm
*Monthly dates vary, 3 – 4:30 pm

Support Groups

Alzheimer’s Disease
For families. Call Ext. 12453.
Breast Cancer
Call Ext. 1921.
Compulsive Eaters Anonymous (CEA-HOW).
Call Ext. 81065.
Journey Through Cancer Support group for those dealing with cancer. Call Ext. 12570.
Living with Loss.
Bereavement support program. Call Ext. 12560.
Menard Hearts
For heart surgery patients and their families. Call Ext. 12733.
Mental Health Family Support Group (Conducted in Spanish)
(Salud Mental-Grupo de Apoyo para la Familia). Call Ext. 81079.
Neonatal Intensive Care Unit (NICU) Parents.
For parents with a child in the NICU. Call Ext. 17351.
Perinatal Bereavement
For those coping with pregnancy loss, stillbirth or infant death. Call Ext. 17882.
Scleroderma Support Group
Call Ext. 12453.
Stroke
For survivors and caregivers. Call Ext. 12453.

Explore, Express, Emote: Cancer Survivors & Caregivers Art Workshops
Explore yourself through art. Explore drawing, collage, printmaking, clay and more. Materials provided. No experience required.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Second Thursday of the month, 10 am – 1 pm

Explore, Express, Emote: Cancer Survivors & Caregivers Art Workshops
Explore yourself through art. Explore drawing, collage, printmaking, clay and more. Materials provided. No experience required.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Second Thursday of the month, 10 am – 1 pm

Cancer Survivor Series
This cancer survivorship series empowers patients and their loved ones as they transition from patient to survivor. Each program will offer a different topic based on survivorship and will be presented by PIH Health physicians and staff.
To register: Call Ext. 12820
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat, 7/26 9 am – 10 pm
Sat, 10/24

Cancer Prevention
Living with cancer.
Annual check-up and education opportunities.
Visit PIHHealth.org/Calendar for the latest in community education opportunities.

Chilbirth
PHI 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 PHI Health.
- Breastfeeding 101
- Getting Ready for Your Baby
- Cesarean Section Class
- Big Kids/Sibling Orientation
- Childbirth Basics
- English, Spanish, Chinese
- Great Expectations

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

Making the Home Safer
Explore how to manage and improve home safety risk factors for loved ones with Alzheimer’s or related dementia. Class is presented in partnership with the Alzheimer’s Association.
To register: Call Ext. 81085 or Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First and third Wednesday of the month, 10 am – 12 pm

ART AGE

AARP Smart Driver Courses
Learn safe driving techniques. Program graduates may qualify for automobile insurance discounts (Must have completed eight-hour course before taking five-hour renewal course). Class presented in partnership with AARP
Age: 50+
Fee: $15 for AARP members/$20 for non-members
To register: Call Ext. 81085 or Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Mon, 9/22 4 – 5 pm

SeniorNet Computer Classes for Adults 50+
Keep your mind sharp by learning new computer skills. Beginning and intermediate level classes, one and two-day workshops, and seminars are taught in a state of the art computer lab at the La Mirada Activity Center. Classes are taught by PHI Health senior volunteer instructors assisted by volunteer coaches.
For course descriptions, membership, and class fees call 562.502.3177 or visit LMSeniorNet.com.

Total Joint Education
This educational program is designed to assist patients scheduled for total knee or total hip replacement surgery. Members of the healthcare team will discuss pre-surgical preparation, the hospital experience, nutrition, rehabilitation and discharge planning.
To register: Call Ext. 13291
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First and third Tuesday of the month, 3 – 4:30 pm
*Monthly dates vary, 3 – 4:30 pm
We Want to Hear From You

Send us an email and tell us what health or lifestyle questions you would like to see addressed in an upcoming issue of Healthy Living. We want to be sure to cover health topics that our community members are concerned with and/or interested in learning more about. Additionally, if you would like to share a positive experience at any of our PIH Health locations, please share it with us via email at MarComm@PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our community members to yours.

PIH Health

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 vs emergency care

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

PIH Health

Urgent Care Centers

- 12401 WASHINGTON BLVD., WHITTIER, CA 90602
  - PIH Health Hospital - Whittier
  - Blood Donor Center
  - Optometry
- 11500 BROOKSHIRE AVE., DOWNEY, CA 90241
  - PIH Health Hospital - Downey
- 11420 BROOKSHIRE AVE., DOWNEY, CA 90241
  - Rehabilitation and Wellness Center
- 12393 WASHINGTON BLVD., WHITTIER, CA 90606
  - Patricia L. Scheller Breast Health Center
  - Ruby L. Goeller Oncology Center
- 2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
  - Internal Medicine
  - Endocrinology
- 12291 WASHINGTON BLVD., WHITTIER, CA 90606
  - Urgent Care Center
  - Suite 410
- 12401 WASHINGTON BLVD., WHITTIER, CA 90602
  - Laboratory / Blood Draw Station
  - Radiology
- 12401 WASHINGTON BLVD., WHITTIER, CA 90602
  - Cardiology, Suite 203
  - Hematology and Oncology, Suite 206
  - Pulmonary, Suite 208
  - Obstetrics and Gynecology, Suite 303
  - Oncoplastic, Suite 402
  - Orthopedics & Sports Medicine, Suite 402
  - Pain Management, Suite 402
  - Podiatry, Suite 402
  - WorkCare, Suite 402
  - General and Colorectal Surgery, Suite 500
  - Otolaryngology — Head and Neck Surgery, Suite 500
  - Vascular Surgery, Suite 500
  - Dermatology & Mohs Surgery, Suite 501
  - Aesthetic Medicine, Suite 501
- 12415 WASHINGTON BLVD., WHITTIER, CA 90602
  - Same Day Surgery

List of PIH Health Services

- 12322 E. LAMBERT RD., WHITTIER, CA 90670
  - Family Medicine
- 12215 TELEGRAPH RD., SANTA FE SPRINGS, CA 90670
  - Orthopedics & Sports Medicine, Suite 112
- 13320 BLOOMFIELD AVE., NORWALK, CA 90650
  - Family Medicine, Suite A
- 15725 E. WHITTIER BLVD., WHITTIER, CA 90603
  - Pediatrics, Suite 300 and 350
  - Internal Medicine, Suites 400 and 450
  - Laboratory Draw Station
  - Urgent Care Center, Suite 500
- 12075 LA MIRADA BLVD., LA MIRADA, CA 90630
  - Family Medicine, Suite 201
  - Pediatrics, Suite 401
  - Obstetrics and Gynecology, Suite 401
- 15050 IMPERIAL HWY., LA MIRADA, CA 90638
  - Home Healthcare
  - Hospice
- 15062 IMPERIAL HWY., LA MIRADA, CA 90638
  - Ophthalmology and Optometry
- 15088 IMPERIAL HWY., LA MIRADA, CA 90638
  - Physical and Occupational Therapy
- 1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745
  - Family Medicine, Suite 85
  - Pediatrics, Suite 300
  - Urgent Care Center, Suite 88
  - Mammmography, Suite 88
- 1211 W. WHITTIER BLVD., LA HABRA, CA 90631
  - Ophthalmology and Optometry, Suite 100
- 1450 S. HARBOR BLVD., LA HABRA, CA 90631
  - Orthopedics & Sports Medicine
- 351 E. FOOTHILL BLVD., ARCADIA, CA 91006
  - Home Nursing and Health Services

PIH Health is in Your Neighborhood

Send us an email and tell us what health or lifestyle questions you would like to see addressed in an upcoming issue of Healthy Living. We want to be sure to cover health topics that our community members are concerned with and/or interested in learning more about. Additionally, if you would like to share a positive experience at any of our PIH Health locations, please share it with us via email at MarComm@PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our community members to yours.

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• Mild asthma attack
• Minor cuts and scrapes
• Minor fractures and sprains

PIH Health

Urgent Care Centers

- 11500 E. WHITTLER BLVD., SUITE 200
  - 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

- 12401 WASHINGTON BLVD., WHITTIER, CA 90602
  - PIH Health Hospital - Whittier
  - Blood Donor Center
  - Optometry
- 11500 BROOKSHIRE AVE., DOWNEY, CA 90241
  - PIH Health Hospital - Downey
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  - Pediatrics, Suite 300 and 350
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  - Family Medicine, Suite 85
  - Pediatrics, Suite 300
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  - Mammmography, Suite 88
- 1211 W. WHITTIER BLVD., LA HABRA, CA 90631
  - Ophthalmology and Optometry, Suite 100
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  - Orthopedics & Sports Medicine
- 351 E. FOOTHILL BLVD., ARCADIA, CA 91006
  - Home Nursing and Health Services

PIH Health is in Your Neighborhood
If you no longer wish to receive this publication or if you would like to begin to receive information, please:

• 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

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

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

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

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

Every moment delayed could mean a moment missed.

Get screened for cancer today. Embrace tomorrow.

Early detection saves lives and PIH Health has programs to detect the most common types of cancer: lung, colon and breast.

To learn more, visit PIHHealth.org/Screenings or call 562.967.2896.