A Second Opinion Made One Patient a Mommy

Emergency Room vs. Urgent Care: Which is Best for You?

A Heart for Service: Nonprofit Leader Gets Back to Helping Others
A Second Opinion Made One Patient a Mommy

After three miscarriages and no answers from various doctors at different area hospitals, Marie Rivera was referred to PIH Health Women’s Health Center, a facility staffed by highly skilled physicians and an outstanding support team, that was equipped with the advanced technologies necessary to deal with her specific needs.

At PIH Health Women’s Centers in Whittier and La Mirada, women can count on up-to-date technology and board-certified physicians to provide accurate diagnoses and treatment options.

“Each patient entering the Women’s Center has a special history,” said Peter Roca MD, an Obstetrician and Gynecologist (OB/Gyn). “It is our job to provide a personalized level of care that includes our medical expertise and our concern for each patient.” Marie’s tests showed that she had an abnormal uterus, which was repaired with a minimally invasive surgery. It allowed her to have the possibility of a full-term pregnancy.

In Marie’s case, treatment required advanced planning with Kathleen Berkowitz MD, a specialist in maternal and fetal medicine. Dr. Berkowitz provided expertise and advised on prevention of preterm delivery. She recommended a cerclage, a cervical stitch which can prevent preterm delivery in a select group of patients. Marie’s pregnancy proceeded to term, but she developed some blood pressure issues which required delivery at 37 weeks gestation. The team efforts led to the arrival of a healthy baby boy.

“Dr. Roca was very patient and took the time to listen,” said Marie. “He empathized with our desire to have children and researched my past medical records to come up with a plan. He was also proactive in my care and always made sure I received everything I needed.”
Marie was also seen by Dr. Roca’s partner, Sara Soto MD. “It’s nice to know that while we want to provide the best possible medical treatments, our patients also appreciate the fact that we care about them as people,” said Dr. Soto.

The OB/Gyn team at PIH Health has a unique approach: All of the doctors meet weekly to discuss patient treatment plans, which they develop together. Additionally, there is great focus on the implementation of current standards of care and technical advancements. Patients have the option to choose one or two doctors or see all the doctors as a group.

PIH Health Women’s Centers provide comprehensive health services, including:
- Pregnancy and childbirth care
- Gynecology
- Menopausal management
- Minimally invasive gynecologic surgery
- Urogynecology
- Gynecologic oncology
- Breast health
- And more…

For more information or to make an appointment at a PIH Health Women’s Center, please call:

562.967.2876

---

Q. Does an abnormal Pap smear mean I’m at higher risk for cervical cancer?

A. Not in all cases. A Pap smear is a screening test that may require further diagnostic testing to determine your actual risk of cervical cancer. The majority of abnormal Pap results self-correct or detect early disease that can be easily treated before cervical cancer develops.

The human papillomavirus (HPV) can cause normal cells on your cervix to turn abnormal. It’s possible that, if left untreated, these abnormal cells on your cervix may lead to cervical cancer over the course of several years. Yet, with early detection, proper diagnosis and treatment of these abnormal changes in cells, you can lower your risk of cervical cancer.

According to the American Congress of Obstetricians and Gynecologists (ACOG), the incidence of cervical cancer has decreased by more than 50 percent in the United States compared to statistics from 30 years ago. This is largely attributed to early screenings, including Pap smear tests, advanced technologies and continual improvements in guidelines for managing abnormal results.
Thanks to PIH Health’s Lung Cancer Screening program, current and former smokers throughout the community are getting the tests they need to detect lung cancer early, when it’s most treatable.

Two great examples are Bill and Sue Watkins, longtime Whittier residents who were lifelong smokers. Bill, 79, started smoking in his 20s, and Sue, 67, started at age 13. Even though they quit smoking 10 years ago, they had decades of potential damage. They decided to look into the Lung Cancer Screening Program.

They scheduled their screenings for February 2015. Medicare covered the cost of the procedure for Sue, but Bill was over the covered age, so he paid cash for his screening instead. The timing of the test was perfect.

“The procedure itself—a computerized tomography (CT) scan—is very quick and easy. There is no preparation involved and it only takes a few minutes,” said Sue.

The Watkins are very glad they made the time to get screened. “Turns out, I had just a couple small spots—nothing to worry about,” said Sue, “But unfortunately, my husband had four large spots on his lungs even though he had no outward symptoms. He had three different cancer types—and one was a type the doctors had never seen before. PIH Health quickly scheduled a surgery to remove the lower part of his lung.”

Eduardo Tovar MD, a PIH Health cardiothoracic surgeon, performed a partial resection to surgically remove the cancerous portion of Bill’s lung. The procedure involves a technique that decreases pain and allows for a much faster recovery time.

This quick work may have saved Bill’s life. When the biopsy came back, the Watkins learned that the unidentified cancer...
Lung Cancer Patient is Doubly Grateful

Last year, La Mirada resident Gail Johnson participated in PIH Health’s Lung Cancer Screening Program, and it may have saved her life. After discovering a 12 millimeter nodule in her left lung, doctors removed it during a partial lung resection, a surgery that removed part of her lung. Her story was featured in PIH Health’s Fall 2014 issue of Healthy Living.

Doctors continued to watch two smaller nodules in Gail’s right lung, which were originally too small to biopsy or remove. Fortunately, the screening program includes vigilant follow-up scans for patients with known issues. Once again, this knowledge proved tremendously valuable for Gail.

Within six months of Gail’s initial surgery, one of her other suspicious-looking nodules had grown. It was large enough to remove, so her surgeon, Eduardo Tovar MD, wasted no time in performing a second partial lung resection.

Today, Gail remains an active and happy non-smoker who feels better than ever.

“I feel absolutely fantastic,” said Gail. “I turned 80 in November, and I plan to live a healthy life well into my nineties. I’m very thankful for the Lung Cancer Screening Program and that my issues were caught early.”

was an aggressive type that often can rapidly spread to other organs such as the bones and/or the brain. By the time anyone notices symptoms, the cancer is often inoperable.

“What a miracle our timing was,” said Sue. “Our oncologist, Lisa Wang MD, told us that if our screening had been five months earlier, the cancer would have been too small to be seen, and had we found it five months later, it would have been so advanced, they wouldn’t have been able to do surgery.”

“Thanks to the precise timing of our screening—and the wonderful care of the entire team at PIH Health—my husband is living a full life today.”

In October 2015, the PIH Health Lung Cancer Screening Program received the Association of Community Cancer Center’s (ACCC) Innovator Award for outstanding contributions to enhancing quality cancer care in the community.

For more information on PIH Health’s Lung Cancer Screening Program, please call 562.967.2892.
For nearly 100 years, PIH Health Hospital - Downey has been a cornerstone for Southeastern Los Angeles County and Northern Orange County, and today remains committed to those who come to us for care and dedicated to ensuring high standards. Last year alone, the hospital treated 45,716 people who visited the Emergency Department (ED) and delivered 1,155 babies. PIH Health continues to invest in the Downey facility and in technologies that will enhance quality and provide a better patient experience.

PIH Health Hospital - Downey’s ED will be expanded to better meet the future needs of the community. Approximately 5,000 square feet of space will be added to the existing ED, doubling the current footprint, via innovative upgrades and functional additions. During the two-year construction process, which will begin in spring of 2016, all services in the ED will remain available.

New structures won’t be built; rather, nearby departments will be moved to different locations and upgraded, thereby making space for the ED to expand. The revitalization project, which is expected to cost between $8 and $10 million, will improve current service areas, add new ones and improve patient spaces. Plans include doubling the current size of the ED waiting room and adding a new registration desk, modern nursing stations and new equipment, including a CT scanner. One of the most exciting additions is the “Fast Track” service area that will serve patients who are not experiencing life-threatening emergencies.

“We are pleased to provide care for those who live, work and visit our communities,” says Brian Smolskis, chief operating officer, PIH Health Hospital - Downey. “We continue to work hard to make improvements that will strengthen our legacy and prepare for a future of providing care to larger numbers of patients as we move closer to our centennial year.”
PIH Health Hospital - Downey also has been working on structural updates to more thoroughly earthquake-proof the hospital and replace the fire alarm system throughout the campus. “This high level of retrofitting is voluntary, meaning we are going above what is required by the state, but we feel it is a necessary investment to safeguard our patients and staff,” said Brian.

Patients and visitors can also expect to see a remodeled main lobby with a new registration desk, a new gift shop, modernized elevators, relocated administrative offices and new conference rooms. Additionally, the patient-nurse call system will be upgraded over the next 12 to 18 months, and more than $1 million will be invested in new radiology equipment, which will enhance patient care.

This is an exciting undertaking and while the future is bright, we are asking that our patients and the communities we serve be understanding during this time. Our commitment to their well-being and satisfaction is foremost and while we will remain in full service during these construction-related projects, they will need to pardon our dust. When we’re done, we will be poised for another century of providing outstanding care to our patients, added Brian.

It’s hard to believe that two years have passed since PIH Health Hospital - Downey became part of PIH Health.

Since then, the hospital has witnessed significant growth and many improvements to the facility and its technology—all of which were celebrated on October 21, 2015 when PIH Health Foundation hosted a Circle of Excellence gathering at the hospital. During the gathering, Chief Operating Officer Brian Smolskis shared important milestones and gave about 60 attendees a glimpse of future projects that will keep PIH Health Hospital - Downey on the forefront of technology for years to come.

PIH Health Foundation’s Circle of Excellence recognizes the generous donors in our communities who consistently support PIH Health, while also providing members-only benefits including exclusive updates and events. The next Circle of Excellence gathering will feature Daniel Saket MD, discussing “PIH Health Radiology of the Present and Future” on February 24, 2016.

If you’re interested in joining the Circle of Excellence, please contact the PIH Health Foundation at 562.698.0811 Ext 81520.
Emergency Room vs. Urgent Care

Which is Best for You?

It can be scary when a sudden illness or injury strikes, especially if your regular doctor isn’t available. You need to make a choice quickly about where to get the medical attention you need.

What Are Your Options?

- **Emergency Rooms:** These are open 24 hours a day and designed for true medical emergencies that could be life-threatening, including chest pain or pressure, shortness of breath, severe bleeding, major injuries (especially head injuries), broken bones, poisoning, moderate-to-severe burns, stroke symptoms or a change in mental state. If you believe you need emergency care, call 911 or go to the nearest emergency room.

- **Urgent Care Center:** These centers are not equipped to deal with major medical traumas or conditions. Instead, they provide prompt medical service to patients who have sudden illness or injuries but are not in a life-threatening situation. Urgent care centers are great for treating: cold/flu symptoms, allergies and respiratory/sinus infections, mild asthma attacks, minor cuts and scrapes, minor fractures and sprains. PIH Health’s Urgent Care Center offers extended weekday and weekend hours to accommodate patients who need medical attention when their physician is unavailable.
Whittier Urgent Care Center Reopens

The newly renovated PIH Health Urgent Care Center (UCC) is now open for business at its original location on the first floor of 15733 Whittier Blvd., in Whittier. The building is adjacent to the PIH Health Whittwood Medical Office Building, where the UCC was temporarily located during construction. The main entrance can be found on the side of the building that faces Whittier Blvd. You will find a completely remodeled space that boasts a new layout that improves patient flow, a more comfortable waiting area, larger exam rooms along two sides of the corridor and a nurse station. The center features new equipment and on-site radiology. For patients’ convenience, there is a video monitor in the waiting room displaying expected wait times, which is updated regularly.

The UCC is open Monday through Friday from 2 to 10 pm and on weekends and holidays from 9 am to 6 pm, and can be reached by calling 562.947.7754.

Wait Times?
Emergency rooms treat patients with the most serious conditions first, so patients with less urgent needs will often wait longer to see a doctor. Urgent care facilities only see patients with routine conditions or less serious injuries, and patients are usually treated on a first-come, first-served basis.

What About the Cost?
It is costly for hospitals to support all the equipment and staff that an emergency room requires. Therefore, visits to the emergency room generally cost much more than those to a doctor’s office or an urgent care center.

Our Services
Emergency and urgent care services are available at the following locations:

Emergency Rooms
PIH Health Hospital - Downey Emergency Department
11500 Brookshire Ave.
Downey, CA 90241
PIH Health Hospital - Whittier Emergency Department
12401 Washington Blvd.
Whittier, CA 90602

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

Monday - Friday, 2 - 10 pm
Weekends and Holidays, 9 am - 6 pm

For more information, visit PIHHealth.org/emergency-urgent-care
A Heart for Service

PIH Health Helps Nonprofit Leader Get Back to Serving Others by Overcoming Cardiac A-Fib

Temecula resident Barry Bruder is a visionary who has dedicated his life to helping others. He created a nonprofit to serve women and children with HIV and AIDS, and another for victims of trauma and abuse. Currently, he is piloting a study with Wounded Warriors, the United States Department of Veteran Affairs (VA) and other academic researchers to develop brain wave-measuring technology that may help veterans with post-traumatic stress syndrome (PTSD), as well as children with autism.

So in May 2014, when Barry, a healthy, hard-working individual, began feeling the scary symptoms of atrial fibrillation (A-Fib), like palpitations, an erratic heartbeat and fatigue, at the age of 55, he was worried that a serious cardiac condition may cut his service mission short.

“Prior to this, I had the energy of three people and worked 80 hours a week training doctors and clinicians on our technology,” said Barry, president of IASIS Technologies. “Once the A-Fib occurred, I had barely enough energy to make it through the day. My life was coming to a literal screeching halt.”

Barry reached out to a friend at PIH Health who referred him to a specialist—Cardiac Electrophysiologist Alicia Montanez MD.

“She told me about a procedure called radiofrequency ablation (RFA) that could help—and she strongly recommended PIH Health, because of its state-of-the-art equipment, the staff and the loving energy in the hospital,” said Barry. “She said there was no place like PIH Health.”
An RFA is minimally invasive and performed to correct abnormal heart rhythms. During this process, thin wires are threaded into the heart through a vein in the arm or leg. Heat from radiofrequency energy is then used to destroy abnormal electrical signals that are causing the abnormal heart beats.

“When Dr. Montanez performed her procedure, nothing short of a miracle occurred,” he said. “Before she even completed the procedure, my heart shifted into its normal sinus rhythm without the need for a cardioversion (a procedure using electrical currents to steady an abnormally fast heart beat), and that is where it remains ever since.”

Today, thanks to the successful RFA, Barry feels like a whole new man.

“Because of Dr. Montanez and PIH Health, my life and energy have been returned to me,” he said. “From the second I went into the hospital, everyone from the volunteers, the folks who drew my blood, the physicians—even the parking attendant—everyone was so professional, kind and loving. I’ve never had such a positive experience in my life. I will be forever indebted to everyone who touched me and my heart. I am one grateful guy.”

For more information on heart care at PIH Health, please call 562.698.0811 Ext. 11240.

Manage Stress to Keep Your Heart Healthy

Everyone experiences stress from time to time, but after a while it can have harmful effects on your heart.

Here are four helpful habits that can help you better manage stress:

1. Talk with friends or family when you are feeling stressed or worried.
2. Don’t forget to laugh. See a funny movie or catch up with old friends. Having a good laugh will help you feel better.
3. Organize your tasks. This will help you set priorities, so that you can focus on what is most important and don’t feel rushed to get everything done at once.
4. Minimize your worries. Not everything is in your control, so it is important not to stress about things that you can’t fix.

If you are concerned about stress and your heart health, contact PIH Health Cardiology at 562.789.5430.
Teacher Touts the Value of Early Colon Cancer Screening

When 48-year-old Spanish teacher David Hatori noticed some rectal bleeding, he did the right thing and scheduled an appointment with his primary care physician. She did a routine physical, including a rectal exam, but didn’t suspect anything serious. David’s blood tests came back normal, he was feeling no pain, and had no family history of colon cancer. To be safe, his physician provided a screening kit to see if there was blood in his stool. When it came back positive, David was referred to John Lah MD, a PIH Health gastrointestinal physician.

“He looked at my blood work and all the numbers looked good,” said David. “He said there was no reason to worry, but the best way to know for sure was to get a colonoscopy.”

Because David was busy with back-to-school activities, he opted to postpone the colonoscopy to see if things improved on their own. Plus, he had heard stories about preparing for the colonoscopy, which didn’t sound fun. But a few months later, when the bleeding persisted, he decided to proceed with the colonoscopy.

It’s a good thing he did.

During the procedure, Dr. Lah found a large mass that wouldn’t have been found without an endoscopic procedure. Not only was it suspicious for cancer, it was also blocking half of David’s colon. Had David waited until he was 50 for the procedure, he may have experienced a full blockage.

When the lab results determined the polyp was pre-cancerous, David opted for surgery that would remove a section of his colon to eliminate the risk of cancer.

“This patient is 48-years-old, and wouldn’t have been due for a routine screening colonoscopy until age 50,” said Dr. Lah. “Fortunately, because he was vigilant, the outcome
was favorable. Had David ignored his symptoms, he would have most likely developed cancer. If he delayed his colonoscopy too far beyond age 50, he could have possibly had very advanced colon cancer with very few options.

David’s story isn’t typical, since most patients won’t experience these types of problems so young. Yet, David’s experience reminds us all that it’s important to be vigilant about symptoms, and to not delay getting a potentially life-saving colonoscopy after turning 50.

Today, David is incredibly thankful for his positive prognosis—and his medical team.

“I have an unbelievably good outlook, but I’m very glad I listened to my body and didn’t further delay getting a colonoscopy,” he said. “I now encourage all my friends to get this done and not put it off.”

If you’re over 50 or have a family history of colon cancer, call the PIH Health Colon Cancer Prevention Program at 562.945.4754 to schedule your colonoscopy today.

Sometimes, healthcare becomes a more complicated journey than we would like. Fortunately, PIH Health nurse navigators are there to provide information and deliver personalized, compassionate support.

At PIH Health Hospital - Whittier, nurse navigators facilitate timely care for patients newly diagnosed with conditions like breast cancer, lung cancer and colorectal cancer.

Dealing with the emotions and decisions surrounding a diagnosis can be intimidating. But these specially trained registered nurses answer questions about conditions and treatments and assist with coordination of care on a highly individualized basis. As part of the care we provide, these caring nurse experts help patients and families make informed medical decisions, assist with scheduling multiple doctors’ appointments, and provide helpful guidance for follow-up care and testing. Nurse navigators remain available throughout the course of treatment, providing consistent guidance along the way. Our oncology nurse navigators have specialty certifications in oncology care. It’s all part of what makes PIH Health the partner of choice in Southern California.
**Getting “FIT” Together**

**PIH Health Classes Help Families Work as a Team**

More and more local families are realizing that getting fit can be done as a team. One believer is Diana Vasquez, a Pico Rivera mom who recently attended a three-week program with her mother and seven-year-old daughter, Sophia.

After noticing some issues with Sophia’s health, her nurse practitioner suggested PIH Health’s FIT (Families in it Together) for Health program, which helps parents and kids (ages 6-15) explore ways to increase physical activity and make healthier food choices.

“We thought we knew what to expect, but we walked away with more than we ever imagined,” said Diana. “Our instructor Paul was super energetic and insightful, delivering enough information that the children could understand, while also equipping us parents and caregivers to make impactful changes. He provided hands-on demonstrations, cooking tips and recipes—and even let us try some foods in class. Paul kept us anticipating what was next. My daughter just loved it.”

Diana’s mom, who watches Sophia after school, also learned tips to encourage healthier habits.

“We’re seeing changes with what goes on her plate, what gets eliminated from the shopping cart, and how she’s making better choices,” said Diana. “Sophia has discovered she loves almonds, which are easy to pack in a lunch bag, along with a bottle of water instead of juice. At home, we’ve switched to one percent milk, we’ve eliminated sweets and my mom makes sure there’s always fruit or sliced veggies available for an after-school snack. We’re all working together, and it’s proving to be great.”

Today, Sophia is more excited than ever to try new foods and activities—she’s even joined a hip-hop class.

During the FIT for Health program, Diana’s mom also heard about Live Your Best Life, a diabetes prevention program.*

“My dad has diabetes and my mother is afraid of developing it too, so we went to the Spanish-speaking program together. It was very informative. The instructor provided real-life examples that we could apply right away. I would highly recommend both classes,” Diana added.

---

**Families in it Together (FIT) for Health: Upcoming Dates**

**Whittwood Medical Office Building**
15725 E. Whittier Blvd., Whittier
Sat 2/13 – 2/27 10 – 11:30 am

**Uptown Whittier YMCA**
12510 Hadley St., Whittier
Tue 5/3 – 5/17 6:30 – 8 pm
(YMCA membership not required)

**Downey Family YMCA**
11531 Downey Ave., Downey
Tue 4/5 – 4/19 6 – 7:30 pm
(YMCA membership not required)

**Gus Velasco Neighborhood Center**
9255 S. Pioneer Blvd., Santa Fe Springs
Sat 3/5 – 3/19 10 – 11:30 am
Wed 4/6 – 4/20 6:30 – 8 pm

To register: call 562.698.0811
Ext. 81085 or email Community.Health@PIHHealth.org.

*The Diabetes Prevention Program, Live Your Best Life, is offered in both English and Spanish at various community locations. Call or email for more information (se habla español).

To register or for more information: Call Ext. 81085 or email Community.Health@PIHHealth.org.

See page 22 for additional class dates and locations.
PIH Health Receives NOVA Award for Activate Whittier

When you’re doing good things for the community, people take notice. The American Hospital Association (AHA) recently recognized PIH Health’s and Kaiser Permanente Downey Medical Center’s (KPDMC) collaborative effort and impressive results of the Activate Whittier collaborative, with its 2015 AHA NOVA Award. This prestigious national honor recognizes collaborative programs focused on improving community health.

Activate Whittier—a community collaborative with a mission to build a “healthy, active Whittier”—was initially founded by the YMCA of Greater Whittier and the City of Whittier. Both, PIH Health and KPDMC joined forces, along with the Los Angeles County Department of Public Health, to coordinate efforts. Over the past six years, the approximately 40 organizations that make up the collaborative have improved community health and wellness in various ways. Specific efforts include smoke-free parks, “Healthy Pick” food labeling at corner stores, school salad bars and fundraisers focused on healthy activities instead of unhealthy food sales, and the five-mile Whittier Greenway Trail.

Each year, the AHA honors up to five programs led by AHA member hospitals as “bright stars of the healthcare field” with the AHA NOVA Award. PIH Health is proud that Activate Whittier has received this prestigious national recognition, and is honored to be a part of it.

For more information about Activate Whittier visit, ActivateWhittier.org.

Free / Low-Cost Health Services

If you’re underinsured or uninsured and looking for a nearby free clinic or low-cost clinic where you and your family can go for medical care, here are a few local options*:

Bellflower Health Center / LA County Department of Health Services
10005 E. Flower St., Bellflower, CA 90706
562.804.8105 / ladhs.org

Family Health Care Centers of Greater Los Angeles
Locations include:
Bell Gardens, 6501 S. Garfield Ave., Bell Gardens, CA 90201
Downey, 12113 Woodruff Ave., Suite A, Downey, CA 90242
562.928.9600 / fhccgla.org

Friends of Family Health Center
501 S. Idaho St., La Habra, CA 90631
562.690.0400 / fofhealthcenter.org

Wesley Health Centers
Locations include:
Bell Gardens, 6912 Ajax Ave., Bell Gardens, CA 90201
Bellflower, 14371 Clark Ave., Bellflower, CA 90706
Downey, 8530 Firestone Blvd., Downey, CA 90241
Norwalk, 12360 Firestone Blvd., Norwalk, CA 90650
South Whittier, 10750 Laurel Ave., Whittier, CA 90605
562.867.7999 / jwchinstitute.org

Whittier Health Center / LA County Department of Public Health
7643 S. Painter Ave., Whittier, CA 90602
562.464.5350 / publichealth.lacounty.gov

Additional Resources:
Los Angeles County Information Hotline (Health and Social Service Resource Referrals); Call 211

*This is not intended to be a comprehensive list, as there are many free or low-cost healthcare options available.
22nd Annual PIH Health Frank Scott Pro/Am Golf Tournament Raised More Than $260,000

It was another sold-out event for PIH Health Foundation, and another display of the community’s dedication to supporting nursing education.

On September 28, 2015, the 22nd Annual PIH Health Frank Scott Pro/Am Golf Tournament was held at Friendly Hills Country Club in Whittier, giving participants a chance to swing some clubs and have some fun while supporting a great cause. For the first time this year, a golf proclinic was also offered to participants before the start of the tournament, giving golfers a chance to watch a professional in action and improve their skills before the tournament began.

After the tournament, golfers and their guests enjoyed an evening of entertainment, dinner and a silent and live auction. One highly-sought prize was an exclusive Titleist Performance Institute custom golf club fitting, which uses personal biomechanic studies to tailor an individual’s golf equipment and compensate for any physical restrictions that may contribute to weak or inconsistent swings.

“Yes, this is a fun day of golf, but our ultimate goal is raising funds for nursing education,” said Annette Atwood, who was the 2015 Golf Committee Chair along with her husband Rich. “It’s encouraging to see our community come out and support our nurses so generously.” This year’s tournament raised more than $260,000 for nursing education.

“Nursing education is one of the best investments a community can make in a hospital,” said Reanna Thompson MSN, chief operating officer and chief nursing officer at PIH Health Hospital - Whittier. “We take pride in hiring the very best nurses who will continue our legacy of exceptional, compassionate care. As a profession, nurses are lifelong learners. Having the community support this endeavor speaks to the trust and confidence they have in the nurses at PIH Health.”
Larry Scott, President of the R.C. Baker Foundation (second from left), was the Title Sponsor of the tournament. Pictured left, Brian Scott, along with fellow R.C. Baker Foundation board members Dick Semerdjian and Jim Benedict.

If you would like to make a gift to support nursing education or for more information, please email Foundation.Events@PIHHealth.org or call 562.698.0811 Ext. 81520.

**PIH HEALTH SAYS THANKS TO OUR GENEROUS EVENT SPONSORS:**

<table>
<thead>
<tr>
<th>Title Sponsor</th>
<th>Golf Cart Sponsor</th>
</tr>
</thead>
<tbody>
<tr>
<td>R.C. Baker Foundation</td>
<td>Willis</td>
</tr>
<tr>
<td>Greens Sponsor</td>
<td>Volunteer Sponsor</td>
</tr>
<tr>
<td>The Atwood Family</td>
<td>Bewley, Lassleben &amp; Miller, LLP</td>
</tr>
<tr>
<td>Dinner Sponsor</td>
<td>Opportunity Drawing Sponsor</td>
</tr>
<tr>
<td>Millie and Severson, Inc.</td>
<td>Sodexo, USA</td>
</tr>
<tr>
<td>Reception Sponsor</td>
<td>Mulligan Sponsors</td>
</tr>
<tr>
<td>Lambert Radiology Medical Group</td>
<td>PIH Health Physicians Medical Group</td>
</tr>
<tr>
<td>Lunch Sponsor</td>
<td>US Bank</td>
</tr>
<tr>
<td>RBB Architects, Inc.</td>
<td>United Agencies, Inc.</td>
</tr>
<tr>
<td>Hole-In-One Sponsor</td>
<td>Chipping Contest Sponsors</td>
</tr>
<tr>
<td>Allscripts</td>
<td>Whittier Pathology Medical Group, Inc.</td>
</tr>
<tr>
<td>Breakfast Sponsors</td>
<td>Digestive Health Physicians</td>
</tr>
<tr>
<td>PIH Health</td>
<td>Snack Sponsors</td>
</tr>
<tr>
<td>Anesthesiology Section</td>
<td>Frito-Lay</td>
</tr>
<tr>
<td>Toyota of Whittier</td>
<td>Dr. Oariona Lowe and Evangelos Rossopoulos, DDS, Inc.</td>
</tr>
<tr>
<td>Awards Sponsor</td>
<td>Financial Partners Credit Union</td>
</tr>
<tr>
<td>Nevell Group</td>
<td>Ms. Peggy Chulack</td>
</tr>
<tr>
<td>Auction Sponsor</td>
<td>CSI Electrical Contractors, Inc.</td>
</tr>
<tr>
<td>CareMore</td>
<td>Supervisor Don Knabe 4th District, LA County</td>
</tr>
<tr>
<td>Wine Sponsors</td>
<td>Smart &amp; Final</td>
</tr>
<tr>
<td>ARS Document Imaging</td>
<td></td>
</tr>
<tr>
<td>Oakmont of Whittier</td>
<td></td>
</tr>
<tr>
<td>Richard and Kathy Luciano</td>
<td></td>
</tr>
</tbody>
</table>

Couple Creates a Legacy

For many Americans, estate planning is often put off for another day. Many assume it’s either too intimidating or complicated—or they simply aren’t sure what decisions to make. Fortunately, PIH Health Foundation offers a free estate planning service that can make the process simpler.

Nathan Honda MD, a pathologist at PIH Health Hospital - Whittier and previous Chair of the PIH Health Foundation Board, recently went through the estate planning process with his wife, Helen—and both were glad they did. In the process of formalizing their estate plan, they chose to leave a gift to PIH Health and in so doing, became new members of the PIH Health Legacy Society.

“I would definitely recommend this estate planning process,” said Helen. “It was something we needed to do, but would have never gotten around to doing it without a nudge. We’re so glad we took this step and are proud to leave a legacy gift to PIH Health.”

For more details about the PIH Health Legacy Society and our free estate planning service, please contact the PIH Health Foundation at 562.698.0811 Ext. 81598.

PIH Health Community Pharmacy is Here for You

When it comes to buying prescription medicine, you have many choices. But where can you get the most reliable and personalized service? Where can you get deep medical knowledge and access to on-site doctors? Which pharmacy has the most complete medical information on you and your family members, and the ability to anticipate and avoid potential drug interactions?

Look no further than the PIH Health Community Pharmacy.

Not only is our in-house pharmacy your trusted source for all types of prescription medications, this resource is dedicated to serving as many people as possible. The pharmacy is open weekdays 8 am to 8 pm, as well as all-new Saturday hours 7:30 am to 4 pm.

“We have a fast turnaround time for prescription refills, and because we have a close relationship with our physicians, we can resolve issues and get necessary authorizations quickly,” said Ju Hui Lee PharmD, pharmacist in charge of outpatient pharmacy needs.

In addition, the PIH Health Community Pharmacy can fill a wide variety of prescriptions—often with same-day service on out-of-stock medications when ordered before 11 am. The pharmacy is run by a friendly and courteous staff who look forward to building trusted relationships with customers and learning each individual’s medication profiles so they can recognize omissions and connect with a physician accordingly.

“The pharmacists we have on staff have specialized training in a variety of areas, including pain management and making over-the-counter recommendations,” said Ju Hui.

The PIH Health Community Pharmacy is located in the Wells Medical Office Building on the PIH Health Hospital - Whittier campus and can be reached at 562.789.5412 Ext. 11180.

PIH Health Community Pharmacy
12462 Putnam St., Suite 105
Whittier, CA 90602
Q. My child is a picky eater who seems to be eating less and less these days. Is it possible that she could be malnourished?

A. If your child is growing on track with peers, you can rest assured that your child is not likely suffering from malnutrition. Studies show that up to 50 percent of American children are considered picky eaters. Thankfully, most kids outgrow this normal developmental stage gradually by age eight or nine.

Here are three tips to help expand a picky palate:

1. Designate your child the head chef and prepare meals together. Curious children will want to taste the fruits (and hopefully vegetables) of their labor.

2. Avoid showing disgust at the mere idea of trying new food. Not surprisingly, picky eaters will imitate your reactions, the same way they might mimic you on the telephone.

3. Do not bribe your child to eat. This mentality will seep into other everyday activities, and self-motivation will be nonexistent.

Should you have additional concerns, it is wise to discuss them with your child’s pediatrician.
Putting a Face to the Donation

Patient Thanks Donors at PIH Health Blood Mobile

“I never really knew how important it was to give blood until I started needing it myself,” he said. “I’m so inspired by these people’s kindness, especially when they don’t even know who the recipients will be. Blood donors saved my life and I’m grateful for each and every one. My story helps put a face to their generosity.”

For the past year, 61-year-old Jim Cimino has been living with a non-curable blood disease that, fortunately, can be controlled by regular blood transfusions at PIH Health. But before his diagnosis, he never gave much thought to those who donate blood and make these procedures possible.

When Jim learned that the PIH Health Blood Mobile would be at his church for a community blood drive, he wanted to express his appreciation. He showed up with bags of cookies for donors and took time to share his story about the value of blood donations, and to thank donors personally.

The PIH Health Blood Mobile is a roomy, luxury motor coach that travels throughout the community to provide and support life-saving blood drives. If you’d like to learn more about the PIH Health Blood Donor Center, the Blood Mobile or how to host a blood drive at your business, church or school, please call 562.789.5433 today.
Encouraging End-of-Life Discussions

When the time comes, you will want to have your medical wishes expressed instead of leaving the guesswork to your family. Advance Care Planning is for everyone, not just the elderly. And PIH Health is helping to facilitate these important decisions.

Thanks to a grant provided by the California HealthCare Foundation, PIH Health hosted a community event in the fall that included a screening of the film *Being Mortal*, followed by a facilitated discussion.

*Being Mortal* is a television documentary that explores the hopes of patients and families facing terminal illness and their relationship with the doctors who care for them. First aired nationally in February 2015, the film tells the story of a physician, Atul Gawande MD MPH, who is learning to think about death and dying in the context of being a healer. The stories in *Being Mortal* show the value of shared decision-making in medicine at the end of life and illustrate the importance of planning ahead as we reflect on what matters most to us.

For more information plus a free Advanced Care Planning guide, visit PIHHealth.org/ad or call Social Services at 562.947.8478 Ext. 82513.

PIH Health is delighted to announce the opening of the new Dermatology & Aesthetics Center in La Mirada. The center provides a full spectrum of general dermatological services, including medical as well as aesthetic and cosmetic treatments. For more information, please visit PIHHealth.org/Dermatology today.

**PIH Health Dermatology & Aesthetic Medicine - La Mirada**

12675 La Mirada Blvd., Suite 300
La Mirada, CA 90638
562.967.2851

Monday – Friday, 8 am – 5 pm
Health and wellness programs for you and your family.

Unless otherwise indicated, all health education programs and support groups are free of charge.

**DIABETES PREVENTION**

**What is Diabetes?**
**Know the Basics and Risks**
Explore the risk factors and how to prevent the onset of diabetes.

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 3/2 1:30 – 2:30 pm
Wed 4/6 1:30 – 2:30 pm
Wed 5/4 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 3/9 6 – 7 pm

Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera
Fri 2/12* 10 – 11 am
Wed 3/9 10 – 11 am

Community Resource Center
10750 Laurel Ave., Whittier
Tue 2/23* 6 – 7 pm

Hacienda Heights Community Center
1234 Valencia Ave., Hacienda Heights
Tue 3/15 10 – 11 am

The Gary Center
341 Hillcrest St., La Habra
Fri 4/1* 10 – 11 am

SPIRITT Family Services
8000 Painter Ave., Whittier
Wed 4/6 5 – 6 pm

Friends of Family Health Center
501 S. Idaho St., La Habra
Thu 4/7* 6 – 7 pm

Uptown Whittier YMCA
12510 Hadley St., Whittier
Thu 5/6* 6 – 7 pm
Thu 5/19* 6 – 7 pm
(YMCA membership not required)

**Eating Healthy Never Tasted So Good**
Small changes in your diet can help prevent diabetes. Join us as we explore ways to increase healthier eating.

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/10 10 – 11 am
Wed 3/9 1:30 – 2:30 pm
Wed 4/13 1:30 – 2:30 pm
Wed 5/11 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 2/11 6 – 7 pm
Thu 3/10* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 2/9 6 – 7 pm
Tue 3/22* 6 – 7 pm

Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera
Fri 2/19* 10 – 11 am
Wed 3/16 10 – 11 am

Community Resource Center
10750 Laurel Ave., Whittier
Tue 3/1* 6 – 7 pm

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 3/4* 10 – 11 am

The Gary Center
341 Hillcrest St., La Habra
Fri 4/8* 10 – 11 am
Wed 3/23 10 – 11 am

SPIRITT Family Services
8000 Painter Ave., Whittier
Wed 4/20* 5 – 6 pm

Friends of Family Health Center
501 S. Idaho St., La Habra
Thu 4/21* 6 – 7 pm

**Mind Over Matter: One Step at a Time**
Explore ways to increase movement and reduce stress to live your best life.

To register or for additional locations and dates this class is offered: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/17 10 – 11 am
Wed 3/16 1:30 – 2:30 pm
Wed 4/20 1:30 – 2:30 pm
Wed 5/18 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 2/18 6 – 7 pm
Thu 3/17* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 2/16 6 – 7 pm
Tue 3/29* 6 – 7 pm

Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera
Fri 2/26* 10 – 11 am

**Eating Healthy Begins at the Grocery Store**
Join us for a grocery store tour to explore ways to substitute usual food items you like with healthier options. No purchase necessary.

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/12 10 – 11 am
Wed 3/9 1:30 – 2:30 pm
Wed 4/20 1:30 – 2:30 pm
Wed 5/18 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Thu 2/18 6 – 7 pm
Thu 3/17* 6 – 7 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 2/16 6 – 7 pm
Tue 3/29* 6 – 7 pm

Pico Rivera Senior Center
9200 Mines Ave., Pico Rivera
Fri 2/26* 10 – 11 am

**DIABETES MANAGEMENT**

**All About Cholesterol**
Explains the basics of heart healthy eating to improve cholesterol levels and reduce risk of cardiovascular disease.

To register: Call Ext. 12722

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 3/30 6:30 – 8 pm

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

*Class in Spanish
HEART HEALTH

Diabetes Management continued

Pre-Diabetes Class
Class will focus on lifestyle changes for those with pre-diabetes to reduce the risk of advancing to diabetes.
To register: Call Ext. 11320
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tue 2/23, 3/22, 4/26, 5/24
9:30 am – 12 noon
Wed 2/24, 3/23, 4/27, 5/25
6 – 8:30 pm

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

HEARTSaver First Aid, CPR, and AED Skills Session
Short on time? After doing Part 1 of the Heartsaver FA–CPR–AED online, complete Parts II & III to earn your certification. Appointment required.
To register: Call Ext. 81085 or Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First Aid, CPR and AED
Fee: $70
Sat 2/6 9 am – 4 pm
Sat 4/19 9 am – 4 pm

Cardiac Rehab Lecture Series
For individuals with heart disease.
To register or for more information: Call Ext. 12733.
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
3/1, 3/2, 4/6, 5/3 5/4
To register: Call Ext. 11320

NUTRITION AND LIFESTYLE MANAGEMENT

Families in it Together (FIT) for Health
Parents/guardians and kids (ages six – 15) will explore ways to increase physical activity and make healthier food choices through interactive games and demonstrations.
Three-class series (meets once a week)

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Prep Program (at Pioneer High School)
10800 E. Benavon St., Whittier
Thu 2/4 – 2/10* 5:30 – 8 pm
Community Resource Center
10750 Laurel Ave., Whittier
Tue 5/24 – 6/28* 5:30 – 8 pm

Southeast Rio Vista YMCA
4801 E. 58th St., Maywood
Fri 3/18 – 4/22* 9:30 am – 12 noon
(YMCA membership not required)

John Wesley Health Center
8530 Firestone Blvd., Downey
Wed 5/25 – 6/30* 5:45 – 8:15 pm

Preparing for Bariatric Surgery
Designed for patients preparing for bariatric surgery. Twelve weeks of weight-management classes are required prior to attendance. This course reviews various bariatric procedures, the pre-surgery diet and behavior modification for successful outcomes. Free to patients in the Bariatric Preparation Program.
To register: Call Ext. 12918
Whittwood Medical Office Building
15725 E. Whittier Blvd., Whittier
Tue 3/26 6 – 8:30 pm
Tue 5/31 6 – 8:30 pm

WHENNESS AND PREVENTION

Better Choices–Better Health Program (Chronic Disease Self–Management Program)
Explore ways to manage chronic health conditions and create an action plan to improve quality of life. Family members, friends and caregivers are encouraged to attend.
Six-class series (meets once a week)
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 2/24 – 3/30 5:45 – 8:15 pm
Thu 3/24 – 4/28 9:30 am – 12 noon
Thu 5/26 – 6/30 5:45 – 8:15 pm
La Habra Family Resource Center
301 Las Lomas Dr., La Habra
Tue 1/19 – 2/23 5:45 – 8:15 pm
Tue 4/5 – 5/19* 5:45 – 8:15 pm

Why Weight
A weight management class designed for anyone who needs to make healthy lifestyle changes.
Twelve–week class
Fee: $25
To register: Call Ext. 12918 or visit PIHHealth.org/calendar
Health and wellness programs for you and your family.

Unless otherwise indicated, all health education programs and support groups are free of charge.

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

Health Education

Wellness and Prevention continued

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Every Tuesday and every Thursday, 1/5 - 3/3, 6:30 – 7:30 pm

The following Wellness and Lifestyle Management classes are also available:
1) Stress management for adults
2) Management of childhood asthma
To register or for more information: Call Ext. 81085 or email Community.Health@PIHHealth.org

EXERCISE

Tai Chi
Participants will explore gentle martial, meditative and healing arts to clear the mind, reduce stress, and improve concentration.
Six-class series (meets once a week)
Fee: $18
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tuesdays, 8:30 – 10 am

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness.
Fee: $5 per class
To register: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 11:30 am

Reiki Healing Touch Sessions
Experience the calming feeling of Reiki healing touch. Cancer patients and caregivers can experience the benefits in a group setting.
To register: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
First Third Wednesdays
6 – 8:30 pm

Meditation for Relaxation and Well-being
Learn meditation techniques that produce a deep state of relaxation and a tranquil mind to assist with the stress of illness.
To register: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Third Wednesday of the month
3:45 – 5 pm

Spirituality Workshop Series
Spirituality can help us move through life’s challenges. This four-week series explores ways to deepen your connection to yourself and spirit.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thu 2/11, 2/19 and 2/26, 3 – 4:30 pm

Classes listed below are held at PIH Health Hospital - Downey, Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey, CA 90241, except Yoga, which will be held at PIH Health Hospital - Downey, 11500 Brookshire Ave., Downey.

Belly Dance
A great way to exercise abs and thighs; for women of all ages.
Five classes
Fee: $35
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org
Tuesdays and Thursdays, 7 – 8 pm

Yoga
Practice various poses to improve emotional balance and mental clarity while providing stress relief.
Five classes
Fee: $25
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org
Wednesdays, 5 – 6 pm

Movin’ Better
This chair exercise class can increase flexibility, joint stability, balance, agility, muscular strength and cardiovascular endurance.
To register: Call 562.904.5551 or email 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 562.904.5551 or email 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 562.904.5551 or email Wellness.Center@PIHHealth.org
Tuesdays, 12:15 – 1 pm

Massage for Relaxation
Fee: $35 for 25 minutes or $65 for 50 minutes
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org

MENTAL HEALTH

Depression Screenings
Are you experiencing signs and symptoms of depression? We encourage you to take the first step and obtain a confidential screening with a Licensed Clinical Social Worker. Screenings are available to anyone age 18 and up.
To schedule an appointment or for more information: Call Ext. 82513 Mon-Fri 8:30 am – 5 pm or email ssambulatory@PIHHealth.org

HEALTHY AGING

AARP Smart Driver Courses
Participants (ages 50+) will learn safe driving techniques and may qualify for car insurance discounts (must complete 8-hr. course before 5-hr. renewal course).
Fee: $15 for AARP members/$20 for non-members
To register and for more information: Call Ext. 81085 or email Community.Health@PIHHealth.org

*Class in Spanish
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:

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

- Maternity Care Center – Tea for Two
- Infant/Toddler Safety – English**, Spanish, Chinese
- Childbirth Refresher
- A Journey through Childbirth**
  **Not held in December

To register or for more information on classes, dates and times, please contact PIH Health Hospital - Whittier at 562.698.0811 Ext. 17541 or PIH Health Hospital - Downey at 562.904.5580 or visit PIHHealth.org/calendar.

Savvy Caregiver Express
Caregivers will explore ways to care for a loved one with Alzheimer’s disease. Three-class series (meets once a week)

To register and for more information: Call Ext. 81085 or email Community.Health@PIHHealth.org

CANCER TOPICS
Cancer Survivorship Series
This series empowers participants and their loved ones as they transition from patient to survivor. Each class offers a different topic facilitated by a PIH Health physician and staff.

To register: Call Ext. 12570

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thursdays, 3/3 – 3/21
9 – 11 am

SPECIAL TOPICS
Essential Skills for Moving Forward
This six-class series is designed for those who have recently lost a loved one and may need help in the following areas: maintaining good health (exercise and nutrition), cooking for one, banking, and auto and home maintenance.

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thursdays, 3/3 – 3/21
9 – 11 am

Alzheimer’s Disease
For families. Call Ext. 12453.

Breast Cancer
Call Ext. 15621.


Journey through Cancer
Topics discussed include nutrition, coping with your feelings, family relationships, fear of recurrence and living the “new normal.”
Call Ext. 12570.

Living with Loss
Bereavement support program. Call Ext. 12500.

Mended Hearts
For heart surgery patients and their families. Call Ext. 12733.


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. 81085.

Stroke
For survivors and caregivers. Call Ext. 12453.
PIH Health is in Your Neighborhood

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 interested in learning more about. Additionally, if you would like to share a positive experience at any of our PIH Health locations, please send it to us via email at MarComm@ PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our family to yours.

PIH Health Service On-the-Go

PIH Health Blood Mobile

PIH Health’s 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

<table>
<thead>
<tr>
<th></th>
<th>Address</th>
<th>Services</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12401 WASHINGTON BLVD., WHITTIER, CA 90602</td>
<td>PIH Health Hospital - Whittier, Blood Donor Center, Optical Shop</td>
<td>562.698.0811 Ext. 12872, 562.967.2885</td>
</tr>
<tr>
<td>2</td>
<td>11500 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>PIH Health Hospital - Downey</td>
<td>562.904.5000</td>
</tr>
<tr>
<td>3</td>
<td>11420 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>Rehabilitation and Wellness Center</td>
<td>562.904.5414</td>
</tr>
<tr>
<td>4</td>
<td>12393 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Patricia L. Scheifly Breast Health Center, Ruby L. Golleher Oncology Center</td>
<td>562.907.0667, 562.696.5964</td>
</tr>
<tr>
<td>5</td>
<td>2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640</td>
<td>Internal Medicine, Endocrinology</td>
<td>323.728.0321, 323.726.7601</td>
</tr>
<tr>
<td>6</td>
<td>12291 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Wound Healing Center, Digestive Health Services, Diabetes and Endocrinology, Family Medicine Residency, PNI Health Outpatient GI Center</td>
<td>562.789.5422, 562.698.0306, 562.698.2541, 562.789.5449</td>
</tr>
<tr>
<td>8</td>
<td>12415 WASHINGTON BLVD., WHITTIER, CA 90602</td>
<td>Same Day Surgery</td>
<td>562.696.3887</td>
</tr>
<tr>
<td>9</td>
<td>12522 E. LAMBERT RD., WHITTIER, CA 90670</td>
<td>Family Medicine</td>
<td>562.789.5420</td>
</tr>
<tr>
<td>10</td>
<td>12115 TELEGRAPH RD., SANTA FE SPRINGS, CA 90670</td>
<td>Orthopedics &amp; Sports Medicine, Suite 112</td>
<td>562.789.5452</td>
</tr>
<tr>
<td>11</td>
<td>13330 BLOOMFIELD AVE., NORWALK, CA 90650</td>
<td>Family Medicine, Suite A</td>
<td>562.789.5434</td>
</tr>
<tr>
<td>12</td>
<td>15725 E. WHITTIER BLVD., WHITTIER, CA 90603</td>
<td>Pediatrics, Suites 200 and 250, Family Medicine, Suites 300 and 350, Internal Medicine, Suite 500</td>
<td>562.947.9399, 562.947.1669, 562.947.3307</td>
</tr>
<tr>
<td>13</td>
<td>15733 E. WHITTIER BLVD., WHITTIER, CA 90603</td>
<td>Urgent Care Center</td>
<td>562.947.7754</td>
</tr>
<tr>
<td>14</td>
<td>12675 LA MIRADA BLVD., LA MIRADA, CA 90638</td>
<td>Dermatology and Aesthetics Center, Family Medicine, Suite 201, Pediatrics, Suite 401, Women's Health, Suite 401, Eye Care Center, Suite 301</td>
<td>562.967.2851, 562.903.7339, 562.789.5435, 562.789.5453, 562.967.2870</td>
</tr>
<tr>
<td>15</td>
<td>15050 IMPERIAL HWY., LA MIRADA, CA 90638</td>
<td>Home Healthcare, Hospice</td>
<td>562.902.7757, 562.947.3668</td>
</tr>
<tr>
<td>16</td>
<td>10508 IMPERIAL HWY., LA MIRADA, CA 90638</td>
<td>Physical and Occupational Therapy</td>
<td>562.789.5451</td>
</tr>
<tr>
<td>17</td>
<td>1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745</td>
<td>Family Medicine, Suite 88, Pediatrics, Suite 300, Mammmography, Suite 88</td>
<td>626.964.3040, 626.964.6012, 626.225.4905</td>
</tr>
<tr>
<td>18</td>
<td>121 W. WHITTIER BLVD., LA HABRA, CA 90631</td>
<td>Ophthalmology and Optometry</td>
<td>562.694.2500</td>
</tr>
<tr>
<td>19</td>
<td>1400 S. HARBOR BLVD., LA HABRA, CA 90631</td>
<td>Orthopedics &amp; Sports Medicine</td>
<td>714.879.3400</td>
</tr>
<tr>
<td>20</td>
<td>351 E. FOOTHILL BLVD., ARCadia, CA 91006</td>
<td>Home Nursing and Health Services</td>
<td>626.358.3061</td>
</tr>
</tbody>
</table>

---

1.877.285.DOCS (3627) PIHealth.org
Every moment delayed could mean a moment missed.

Schedule your cancer screening today.

Lung Cancer Screening 562.967.2892
Colon Cancer Screening 562.945.4754

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