Medicare Annual Election Period (AEP): October 15 – December 7

Game-Changing Technology for Heart Patients

Orthopedic Surgery Rapid Recovery Program Offers Same-Day Discharge for Smoother Recovery
New Advanced Primary Care for Medicare Advantage Members

Medicare Advantage plan members with complex health issues now have more options for care. Our new Advanced Primary Care clinic, located at PIH Health Washington medical office building, is staffed by a geriatrician who specializes in the care and intricate needs of the elderly. As the body ages, it becomes more susceptible to falls, memory loss, pain, incontinence and certain chronic diseases, which can lead to multiple medications. Geriatricians have special training in the aging process and can skillfully manage various health issues and medication for older adults. Case management, social work and home health services are also provided through our clinic.

For more information, visit PIHHealth.org/SeniorHealth.
MEDICARE ANNUAL ELECTION PERIOD (AEP): OCTOBER 15 – DECEMBER 7

Your Step-by-Step Guide

Medicare benefits change each year. It’s important to know about these changes in order to make an informed decision about your health coverage.

01 KNOW YOUR PLAN OPTIONS

**Original Medicare:** You can make an appointment with any doctor who accepts Medicare. You will pay a deductible, copayment and co-insurance.

**Medicare Supplemental plans:** Additional insurance to cover care not covered by Original Medicare. Must pay a monthly premium.

**Medicare Prescription plan or Part D:** Provides prescription coverage under Original Medicare or Supplement.

**Medicare Advantage plans:** Must choose a primary care physician to coordinate your healthcare needs within a network of providers. Offers low, predictable copayments and additional services not provided by Original Medicare. Part D prescription benefit usually included.

02 CHOOSE A HEALTH PLAN AND DOCTOR WITH PIH HEALTH

Select the health plan, doctors and hospital that work best for you. Consider a Medicare option that gives you access to PIH Health’s hospitals, doctors and our exceptional senior care.

03 ATTEND A FREE UPCOMING MEDICARE FORUM

PIH Health will host several Medicare Forums where you’ll have an opportunity to speak with representatives from all the Medicare health plans we accept. Upcoming forums will be held:

**SATURDAYS, 9 AM TO 12:30 PM**

- October 16, in English
- November 6, in Spanish
- November 20, in Korean

PIH Health Good Samaritan Hospital
Palm Oak Conference Room
1225 Wilshire Boulevard
Los Angeles, CA 90017

- October 2, in English
- October 30, in Spanish
- November 13, in English

PIH Health Whittier Hospital
Blanchard-Haendiges Auditorium, A, B, C, D, E, F
12401 Washington Boulevard
Whittier, CA 90602

“There are many reasons for seniors to choose a PIH Health doctor,” stated Roberto Madrid MD, vice president of medical group operations at PIH Health Physicians. “Our board-certified physicians provide senior-focused healthcare to help you live your best life.”

To learn more about 2022 benefit changes for Medicare, call 888.365.4450 or visit PIHHealth.org/Medicare to reserve your seat at an upcoming Medicare Forum.

562.789.5982   PIHHEALTH.ORG
Our PIH Health physicians are available to provide expectant mothers evidence-based information and education to support a happy, healthy and active pregnancy.
Mark Dwight MD, an OB/GYN at the PIH Health Women’s Center – Wilshire, addresses a few common myths and provides facts to set the record straight:

**EATING AND DRINKING**

“**You’re eating for two, so eat as much as you want.**”

This guidance is misleading because pregnant women should only consume about 300 more calories than their normal intake.

“**Don’t drink caffeine.**”

Actually, moderate intake is permitted, but try to limit caffeine to 200 milligrams per day, the equivalent of one 12-ounce cup of coffee.

**BEAUTY PRODUCTS**

“**You shouldn’t color your hair.**”

There’s no medical data to suggest that hair dye causes any problems. As a precaution, you can avoid chemical hair treatments during the first trimester of pregnancy, when the fetus is changing most rapidly.

**PETS AND ANIMALS**

“**You need to give up your cat.**”

You don’t have to give up your cat if you get pregnant, but you should avoid cat feces, which can transmit an infection called toxoplasmosis. Our suggestion: have someone else clean the litter box. You should also avoid contact with pet rodents such as hamsters, guinea pigs and mice, as well as reptiles like lizards and snakes.

“Our expectant patients hear so much contradictory advice that some are afraid to do almost anything,” said Dr. Dwight. “We encourage expectant mothers to enjoy this time in their lives and take unsolicited advice with a grain of salt by checking it with a doctor or another reputable source.”

**IT’S TIME FOR COMMERCIAL OPEN ENROLLMENT**

If you get health insurance through your employer, you’re approaching an important time of the year. Most employer groups have their annual “open enrollment” during fall, when you can make changes to your insurance options. It’s a great chance to review and update your healthcare coverage, especially if your needs have changed.

“It’s very important to choose the right primary care physician and medical group, so you have access to the best hospitals and physicians,” said Brian Smolskis, system chief operations officer for PIH Health. “I strongly encourage individuals to choose PIH Health Physicians, where you can receive compassionate, high-quality care from an expert medical team with the convenience of accessing PIH Health hospitals in Downey, Los Angeles and Whittier, if necessary.”

For more information about your insurance options or for a list of PIH Health doctors, call 888.365.4450 or visit PIHHealth.org/Find-a-Doctor.
MAMMOGRAMS AND COVID-19 VACCINATIONS
Both Are Important—Don’t Delay Either

If you follow women’s health news, you may have heard about the connection between the COVID-19 vaccine and false-positive mammograms.

Doctors have noticed that the Pfizer and Moderna COVID-19 vaccines can cause swollen lymph nodes under the arm in which the shot was given. These benign lymph node enlargements will show up on a mammogram, which may cause unnecessary worry. For this reason, some healthcare providers suggest that women either get their mammograms before the vaccine or postpone their mammograms until four to six weeks after receiving the vaccine—enough time for the lymph nodes to go back to their normal size.
However, with more data and experience, PIH Health and many other healthcare providers no longer advocate any delay in screening mammography. We recommend that mammograms continue as scheduled—women’s breast health is too important.

“Reactive or swollen lymph nodes in the area after any vaccine are to be expected,” explains James Kuo MD, radiologist at PIH Health. “Lymph nodes are part of the body’s natural immune system, and swelling is a sign that the body is responding to the vaccine and building up defenses against COVID-19.”

In the vast majority of cases, with proper vaccination information, PIH Health radiologists can correctly attribute the swollen lymph nodes to the vaccination without further workup. “We believe this approach will prevent delays in both screening mammography and COVID-19 vaccination, dispel confusion, and provide patients with the best care possible,” says Dr. Kuo.

Bottom line: Don’t delay your mammogram on account of potential swollen lymph nodes and don’t delay vaccination either—both are important to your health.

To schedule a mammogram, call 562.906.5692 or visit PIHHealth.org/Mammogram.

ASK THE EXPERT

Teresa K. Leung DO

📍 12675 La Mirada Boulevard, Suite 401
La Mirada, CA 90638
📞 562.789.5453

Q. Why are prevention and early detection for cervical cancer important?

A. Cervical cancer is one of the most preventable and treatable forms of cancer in women—which is why vaccinations and regular screenings are important. This type of cancer can remain undetected for years and can grow into a large mass within months.

Cervical cancer develops when cells on the cervix become abnormal, then change and become cancerous. A common virus called human papillomavirus (HPV) is largely responsible for causing cells to change.

Cervical cancer can be prevented through early detection and treatment. Screening is done with a Pap test, and if a test result comes back as abnormal, your doctor may test for HPV—or in some cases, perform both tests together.

To find a doctor, visit PIHHealth.org/Find-a-Doctor.
PIH HEALTH BEGINS REMOTE PATIENT MONITORING INITIATIVE

Technology provides new option for patients with chronic conditions

Technology continues to play an integral role in healthcare. Throughout the COVID-19 pandemic, physicians and patients became accustomed to telemedicine visits, using their phone, tablet or computer to communicate with each other. PIH Health also introduced another technology known as Remote Patient Monitoring to collect and analyze patients' physiological data directly from their homes.
PIH Health’s Remote Patient Monitoring program allows patients with chronic conditions such as Chronic Obstructive Pulmonary Disease (COPD), Congestive Heart Failure (CHF) and Diabetes to reduce physician office and Emergency Department visits as well as hospitalizations.

Remote Patient Monitoring gathers vital signs such as weight, blood pressure and blood oxygen saturation levels using simple devices that are already familiar, such as weight scales, blood pressure cuffs and pulse oximeters. These devices are connected via Bluetooth to a tablet that is provided to the patient when they enroll in the program. The patient’s vitals are then transmitted to PIH Health to monitor. Through monitoring, PIH Health can ensure patients receive the care they need, when they need it.

The device also provides medication reminders to track medication usage, which leads to better outcomes. “The medication reminders really helped me stay on track,” said Patricia Vejar (age 74) of Hacienda Heights, one of the program’s first patients. “If you forget to take your medication the device will alert you. It’s very helpful.” When asked what advice she would give others, Ms. Vejar is quick to say, “Learn how it works before you say that you can’t do it. You CAN do it. You just need to try.”

For more information on PIH Health’s Remote Patient Monitoring program contact PIH Health Home Health at 562.902.7757.

TIPS FOR STAYING PHYSICALLY AND MENTALLY HEALTHY WHEN YOU’RE AT HOME

If you’ve been indoors and isolated due to COVID-19 or other factors, there are a few things you can do to keep mentally and physically fit.

“Even when you’re staying inside at home all day, it’s good to have some structure or a schedule,” says Randolph Holmes MD, PIH Health family medicine and addiction physician.

Tips include:

• Starting your day with stretching and breathing exercises to get your body moving and circulation going
• Reading or working on a puzzle to keep your mind engaged
• Staying in touch with loved ones through video or phone calls
• Writing letters to friends or keeping a journal
• Eating healthy and staying hydrated with water
• Getting enough sleep

Talk with your doctor about any concerns about being confined to home, and remember that there are resources for help, especially for senior citizens.

For more information about community resources, please visit PIHHealth.org/SeniorHealth.
Mitral regurgitation is the most common type of heart valve insufficiency, affecting nearly one in 10 people who are 75 years and older—approximately four million people in the United States. Left untreated, this disorder may lead to congestive heart failure and, eventually, loss of life.
Surgically repairing or completely replacing the faulty mitral valve remains a good option for patients who are strong enough to undergo open-heart surgery. However, many elderly patients simply cannot endure a stressful operation.

Older patients with mitral valve regurgitation, many of whom are not candidates for traditional heart surgery, now have an option. The MitraClip®, a small metal clip less than one inch long, can be inserted via a delivery catheter through the groin and into the heart to repair the leak and improve blood flow—all without surgery.

“This is a game-changer for many heart disease patients,” said Steven Burstein MD, medical director of the Cardiac Catheterization Laboratories at PIH Health Good Samaritan Hospital. “The patient can usually go home the next day to resume normal activities. In the majority of cases, patients report immediate relief from their previous symptoms.”

Frank Randall, a 91-year-old Newport Beach resident, recently had the procedure to receive a MitraClip, and he’s quite pleased with the results.

“My experience was very easy—I only spent one night in the hospital and was released the very next day,” he said. “Before the procedure, I had very low energy, which made it hard to do everyday things. But since the procedure, I have a lot more energy, and I’m feeling great.”

For more information, call the Heart and Vascular Center at PIH Health Good Samaritan Hospital at 213.977.2239 or visit PIHealth.org/HeartCare.
COMBATING A HISTORY OF
CHRONIC ILLNESS
How One Family Stays Committed to a Healthy Lifestyle

Making healthy lifestyle changes can benefit everyone, but people with a family history of chronic diseases may have the most to gain. Even though you can’t change your genes, a healthy lifestyle can positively impact your health.

The Cervantes family knows this well, which is why Sylvia, Santiago and their two children have taken active steps to live a healthier life.

“Diabetes and high blood pressure run on my side of the family,” said Sylvia. “And on Santiago’s side there is a history of colon cancer, breast cancer, kidney failure and heart disease. In fact, his father passed away from heart disease at the age of 55.”

Healthy eating is a big focus. Sylvia does most of the cooking and resists going out to eat more than twice a month. She shops for healthier food alternatives, and always keeps fruit in the house for an easy snack. She also incorporates a lot of vegetables in her meal planning and regularly uses her air fryer and oven bakes her food.

Santiago is a police officer, and because of his unpredictable schedule, he often ate on the go, which led to weight issues. Today, Sylvia packs healthy lunches and snacks for him so he won’t be tempted by fast food.

The Cervantes family is also committed to staying active. To cut down on her kids’ electronics time, Sylvia enrolled them in Jujitsu and mixed martial arts classes.

Her tip for maintaining a healthy family lifestyle? “Focus on gradual but consistent effort,” she said. “Start with small changes but make them a part of your life.”

Speak to your doctor if you are looking for additional tips on changing your lifestyle. To find a PIH Health Family Medicine doctor, visit PIHHealth.org/Find-a-Doctor.
“NO MORE FAST FOOD FOR ME”

Twelve-Year-Old Makes Bold Choice to Lose Weight and Live a Healthier Life

In mid-2020, when 12-year-old Andrew looked in the mirror, he didn’t like what he saw. At 5’2” and 147 pounds, he was overweight, afraid of hitting 150 pounds. Andrew decided to make a bold lifestyle change, starting immediately.

That same day, when his parents offered to take him to McDonald’s, he chose to eat at home. That kicked off a series of healthy changes that Andrew continues to follow today.

Andrew stopped eating meat and started getting active. He traded potato chips for homemade apple chips. He pays close attention to portion control, and knows how to treat himself occasionally within limits.

He stays active by playing tennis and golf (without a cart) with his family, going fishing, hiking, and doing one-mile runs around his neighborhood.

“Not only have I lost weight, I’ve gained more energy,” said Andrew. “When playing tennis, I can make cross-court shots, which I couldn’t do before, and I like how I look and feel.”

Today, Andrew is down 14 pounds, as he continues to grow in height—he’s becoming leaner and more muscular as he gets taller. He attributes his healthier lifestyle to his doctor, Shalini Bhargava MD, a pediatrician at PIH Health La Mirada medical office building. Andrew and his brother continue to receive care from Dr. Bhargava, even after they moved further away from the office.

“After Andrew began gaining weight in elementary school, we would often talk about the importance of maintaining a healthy weight,” said Dr. Bhargava. “It’s very difficult to make healthy lifestyle choices—and stick to them. I’m proud of Andrew and his commitment. The changes he has made will benefit him greatly throughout his life.”

For more information about the PIH Health Pediatrics department, visit PIHealth.org/Peds.
SPIRITUAL CARE LENDS STRENGTH TO PATIENTS AND CAREGIVERS

Care of the human spirit is critical to health—not only for patients who come to PIH Health for treatment, but also for the frontline physicians, nurses and staff working tirelessly to deliver it.

Joyce Fitzgerald and Annette Atwood in front of the James P. Fitzgerald Spiritual Care Services chaplain office at PIH Health Whittier Hospital.
This fact was brought into sharp focus during the pandemic’s global healthcare crisis, which prompted unprecedented feelings of fear, sadness and isolation. Patients, their families, visitors, our communities, and healthcare workers all felt it.

Thankfully, we have the PIH Health James P. Fitzgerald MD Spiritual Care Program—a compassionate team of chaplains who provide spiritual and emotional support, a calming presence, prayer, and a voice of encouragement, hope and peace.

“We are fortunate to have a program that concerns itself for the whole health of a person,” said Richard and Annette Atwood, whose family made the lead donation to name the Spiritual Care Services program in honor of their friend, Dr. Fitzgerald, in 2015.

Shortly after, PIH Health implemented the Certified Pastoral Education (CPE) program, an interfaith, professional education process that helps chaplain interns deepen their competency as spiritual caregivers and, in a supervised setting, engage with patients, families and staff.

“It’s a beautiful example of PIH Health’s ‘patients first’ philosophy—not just taking care of each patient’s physical needs, but their spiritual needs, too,” explained the Atwoods.

“We’ve been involved with the Spiritual Care and CPE programs from the beginning,” added Richard. “We are committed to continue our work with the PIH Health Foundation to ensure these programs become fully endowed, further securing our ability to provide these critical services across our communities for years to come.”

While this work is always important, it was especially vital during the height of the COVID-19 pandemic.

“We try to live in a way that reflects Christ,” said Annette. “So, stewarding what we have been given to support programs like Spiritual Care and CPE are important to us because they care for everyone regardless of faith. This is why our family is invested in seeing this program flourish.”

To learn how you can help support PIH Health James P. Fitzgerald MD Spiritual Care Services call, 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org, or go to PIHHealth.org/Support.
FIGHTING COVID-19 TOGETHER
Healthcare Workers and the Community Band Together Against the Pandemic

If there’s one silver lining in a year marred by a global pandemic, it’s this: healthcare organizations like PIH Health have demonstrated commitment and compassion for the community, and the community in return has supported us.

Anita Sinha MD, PIH Health pediatrician, and Los Angeles County Public Health Director Barbara Ferrer at a COVID-19 vaccine point of dispensing site.

PIH Health nursing staff alongside school district nurses administered over 850 COVID-19 vaccines to teachers and staff from surrounding neighborhood school districts at PIH Health Whittier Hospital’s first drive through clinic.
Last winter, COVID-19 dramatically impacted PIH Health, with COVID-19 patient hospitalizations peaking at 552 patients on a single day, across our three hospitals. Our staff worked tirelessly to care for these patients.

Today, PIH Health’s commitment continues. We support all efforts to ensure our community is vaccinated. In fact, when COVID-19 vaccinations first became available, many former PIH Health nurses came out of retirement to help vaccinate healthcare workers and local school employees.

PIH Health physicians like Pediatrician Anita Sinha MD, were among the first to volunteer at community vaccination sites. For her, the experience was emotional and hopeful for better times to come.

“Pure joy is the only way to describe the experience,” said Dr. Sinha of her first time volunteering at the COVID-19 vaccine dispensing site in Downey in February 2021. “The day ended with thousands of vaccine doses being given to our most vulnerable community members and that felt amazing.”

Dr. Sinha and other care providers continue to support the community—serving in some of PIH Health’s more than 55 vaccination dispensing clinics to date and volunteering in the community.

“I continue to encourage my patients and their families to get vaccinated, and provide reassurance about vaccine safety,” said Dr. Sinha. “We want to protect as many people as possible.”

In response to our efforts, PIH Health continues to benefit from the support of our communities, in the form of hospital volunteers, donations of funds and supplies, letters of support, prayers and more. We could not do it without you!

To view our 2020 Community Benefit Annual Report and see all of the ways PIH Health cares for the community, visit PIHHealth.org/CommunityBenefit.

COVID-19 VACCINES AVAILABLE NOW

Being vaccinated against the virus that causes COVID-19 is the only way to help end the pandemic. As of early August 2021, more than 191 million Americans have received at least one dose of the vaccine against the virus that causes COVID-19. According to the Centers for Disease Control and Prevention, vaccinations teach our immune systems to recognize and fight the virus that causes COVID-19. Scientists are still learning about how well vaccines prevent spreading the virus, and early data shows that they help.

If you have not received your COVID-19 vaccine, PIH Health encourages you to visit MyTurn.CA.gov to make an appointment at a clinic near you.

Please talk to your doctor if you have further questions. For more information, please visit PIHHealth.org/Vaccine.
DOWN 200 POUNDS IN 12 MONTHS
Gastric Bypass Helped One Man Go from Morbidly Obese to Energetically Strong

Few people have a more dramatic weight loss story than Andrew, a 50-year-old business owner, husband and father of two.
At his heaviest, Andrew weighed 480 pounds—considered morbidly obese. But after nearly dying in 2016 from septic shock while vacationing and spending three weeks in a coma, Andrew made some radical changes that ultimately put him on the path of health.

During his recovery, he connected with the experts at PIH Health. Andrew learned that his obesity was a primary factor in several of his health problems, including high blood pressure, sleep apnea, pre-diabetes, high cholesterol, elephantitis (abnormal swelling of tissues in the lower body), arthritis, back pain, difficulty walking and more.

In 2019, Andrew connected with PIH Health Bariatric Surgeon Justin Braverman MD and decided to have gastric bypass surgery.

Andrew was put on a strict regimen that helped him lose the first 74 pounds within six weeks. After his surgery in October 2019, Andrew started dropping even more weight and he developed a passion for working out.

“I was really fired up,” he said. “I started going to a local gym, but then the pandemic hit. I converted my garage to a gym and started working out every day. I went from a size 65 suit down to where I am today with a 32-inch waist—and I have more energy than ever.”

Andrew’s weight loss journey has been remarkable.

“Eighteen months after surgery, Andrew had lost 201 pounds, which is 89 percent of his excess weight,” said Dr. Braverman. “He went from 411 pounds at the time of surgery to 210 today. His BMI is now under 30 and he’s no longer obese. Best yet, he no longer has hypertension, sleep apnea, pre-diabetes or any of his other previous conditions. He’s an excellent example of surgery and diligence paying off.”

Q. How can I eat healthy while on the go?

A. Preparation is key. Have healthy snacks in your refrigerator such as fruits or vegetables like an apple or baby carrots to satisfy your hunger and keep you from reaching for empty calories. Low-sugar yogurt, dried fruits and raw seeds and nuts are healthy options, too.

It is also helpful to plan ahead if you will be away from your home and take healthy snacks with you. If you forget your snacks, make a mental list of healthy options you may be able to purchase while out.

When purchasing food and snacks, it is important to review food labels carefully. Watch sugar, fat and sodium levels to make sure you’re not exceeding daily recommendations.

For more information on how to achieve your health goals, talk to your doctor. To find a doctor, visit PIHHealth.org/Find-a-Doctor.
SUSPECT A STROKE?
EVERY MINUTE MATTERS
Prompt Response by PIH Health Helps Whittier Woman Enjoy a Full Recovery

One morning, when 89-year-old Teresa Wroblewski was pouring herself a cup of coffee, she suddenly felt like she might faint. Her daughter, a registered nurse, helped her back to bed, but realized she was having trouble forming words. Teresa’s blood pressure was also higher than normal. The symptoms disappeared but returned a few minutes later.
Teresa’s daughter suspected her mom may have had a stroke—in which case, every moment matters. She quickly called 911, and Teresa was brought to PIH Health Whittier Hospital for evaluation.

While at the hospital, Teresa’s symptoms became more apparent—this time with facial drooping on the right side, inability to form words, and tingling and numbness in her right fingers and toes.

“After discussions with the family, we decided to administer tissue plasminogen activator (tPA), a medicine that works to dissolve blood clots,” said Adrian Burgos MD, PIH Health neurologist. “This therapy works best when delivered within three hours of stroke symptoms, so it’s always important to take signs of stroke very seriously and to act quickly.”

Thanks to excellent care from her medical team, Teresa’s outcome was phenomenal. She stayed in the hospital for three days before returning home. Today, she has no lingering effects from her stroke and is back to volunteering on Tuesdays at PIH Health.

Time is critical for anyone having a stroke. You can recognize a stroke by thinking “BE FAST.”

**THE SIGNS OF A STROKE**

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- Loss of balance
- Lost vision
- Face drooping
- Arm weakness
- Speech difficulty
- Time to call an ambulance

For more information on stroke care at PIH Health, visit [PIHHealth.org/Stroke](http://PIHHealth.org/Stroke).

**ASK THE EXPERT**

Mehwish Kahn MD

12400 Bloomfield Avenue
Santa Fe Springs, CA 90670

562.789.5434

**Q. Why should I get the flu shot this year?**

**A.** Due to the ongoing COVID-19 pandemic, getting a flu vaccine is more important than ever. Flu vaccines will not prevent COVID-19, but they will help your body build up immunity and make it less likely you’ll get the flu. Avoiding the flu will keep you healthier and your immune system stronger to fight off other illnesses like COVID-19.

The Centers for Disease Control and Prevention recommends flu shots for everyone six months of age or older, especially for certain people with elevated risks of flu complications including young children, older adults and pregnant women.

You can get your flu shot from your primary care physician’s office or one of the PIH Health pharmacies. For hours and addresses, visit [PIHHealth.org/Pharmacy](http://PIHHealth.org/Pharmacy).
TOTAL KNEE REPLACEMENT—AND HOME THE SAME DAY

Orthopedic Surgery Rapid Recovery Program Offers Same-Day Discharge for Smoother Recovery

Nothing can stop an active lifestyle like severe knee pain. Just ask Marjorie, a 60-year-old Yorba Linda resident whose knee pain had grown progressively worse in recent years.
As a nurse, working long shifts on her feet for more than 40 years only compounded Marjorie’s knee problem. Her cartilage had deteriorated to where there was no padding left between her knee joint.

“I would come home after working 12-hour shifts and have a lot of pain the next day,” she said. “When I walked, I could hear the joint grinding, and it was quite uncomfortable.”

Marjorie originally tried other things to remedy the pain. She had periodic cortisone shots, but they would only work for so long. She even had arthroscopic knee surgery two years ago, but the pain eventually came back and finally became unbearable.

Marjorie connected with Andrew Luu MD, a PIH Health orthopedic and sports medicine surgeon who specializes in the Rapid Recovery Program, which offers same-day discharge after surgery. Marjorie eventually had her knee replacement surgery in November 2020.

“After my early morning surgery and transition to a recovery room, I was literally up and walking about 50 feet within the first hour. I was shocked that I could walk so far that soon after surgery, and I was home by 4 pm, which helped me recover where I’m most comfortable.”

Dr. Luu said, “Marjorie was a great candidate for our Rapid Recovery Program. Studies have shown that patients discharged home early have quicker recovery and healing, and she is proof of that.”

Today, Marjorie feels great and is back to living an active lifestyle.

Learn more about Orthopedic Surgery Rapid Recovery Program at PIHHealth.org/Ortho, or talk to your doctor to see if same-day discharge is right for you.
Since the start of the pandemic in early 2020, COVID-19 has claimed the lives of more than 4 million people across nearly 200 countries, including tens of thousands in Southern California. Ignacio “Nacho” Avila, a 47-year-old Whittier resident, was among those affected. He was also one of the more than 98 percent of those impacted by the virus who, despite a harrowing experience, survived.

In July 2020, Nacho lost consciousness during a nap. When his family couldn’t wake him, they called 911 and Nacho was rushed to PIH Health Whittier Hospital where he tested positive for COVID-19 and was immediately admitted to the Critical Care Unit. For the next four weeks, Nacho was in a coma and on a ventilator, a machine that forced oxygen-rich air into his fluid-filled lungs. This was distressing for his family, since about half of coronavirus patients on ventilators die.

Due to Nacho’s weight (about 515 pounds at the time) and prolonged time in bed, he developed a large and serious bed sore that wouldn’t heal. COVID-19 patients often get blood clotting problems that decrease blood flow and hinder healing. Fortunately, Nacho came out of his coma and was released from Critical Care, but he was paralyzed on the left side of his body.

He spent the next three months in the Acute Rehabilitation Center, where physical therapy, occupational therapy and wound care teams worked with him every day. He also lost 120 pounds. “Considering Nacho’s multiple factors, he is very lucky to be alive,” said Ali Hafezi MD. “Many people wouldn’t have survived, let alone walk again. Nacho’s survival is phenomenal.”

Nacho went home just before Christmas and PIH Health Home Health Services continued his therapy at home.

While Nacho is still working toward a full recovery, he can walk about 60 yards and looks forward to the day when he can resume work at his family’s restaurant in Uptown Whittier.

For more information on PIH Health physical therapy or our three locations, visit PIHHealth.org/PT.
CALENDAR

Visit us online at PIHHealth.org/Calendar or call 562.698.0811 and the extension noted below for more information.

PREGNANCY AND NEW BABY

- Breastfeeding 101
- Getting Ready for Your Baby
- Childbirth Basics
- Infant/Toddler Safety Class
To register, call Ext. 17541

SUPPORT GROUPS

Bariatric Support Group
Contact WeightLossSurgery@PIHHealth.org or call Ext. 12918

Bereavement Support Groups
Healing After Loss
Eight-week sessions. Ongoing, currently virtual. Email Audrey.Centeno@PIHHealth.org
Living with Loss
Six-week sessions. Ongoing, registration required. Call Ext. 12500

Breast and Women’s Cancers
First Tuesday of every month, 6 pm. Virtual meeting, call Ext. 15325 or email Alexa.Giron@PIHHealth.org

Journey Through Cancer
Second Thursday of every month, 11 am - 12:30 pm. PIH Health Whittier Hospital, Conference Room C, call Ext. 12570

Metastatic Cancer Connect
Third Thursday of every month. Virtual meeting, call Ext. 18317

Mended Hearts
For heart surgery patients and their families. Third Wednesday of the month, 6 pm. Virtual meeting, call Ext. 12638

Stroke Support Group
Second Tuesday of every month, 1 - 2 pm. Virtual meeting, email Stroke@PIHHealth.org or call Ext. 13727

CANCER TOPICS

Cancer Survivorship Workshop
“Overcoming the Fear of Recurrence”
Saturday, March 19, 2022 from 10 am - 12 noon at PIH Health Whittier Hospital Auditorium, call Ext. 12896 to RSVP

Mind, Body and Spirit Workshop
October 7, 14, 21, 28 at 6 pm at PIH Health Whittier Hospital Lower Level Conference Room, call Ext. 12896 to RSVP

Oncology Resource Center and Wig Bank
Call Ext. 12820 to make an in-person appointment

SPECIAL TOPICS

Advance Care Planning
First Wednesday of every month, 5 - 6:30 pm. Call Ext. 13337 or SSAmbulatory@PIHHealth.org

Smoking Cessation Program
Call Ext. 12549 to register

SHARE YOUR EXPERIENCE
YOUR FEEDBACK IS VALUABLE

At PIH Health, it's very important that we understand how we're meeting your expectations while you are in our care.

After a visit at any PIH Health facility, you may receive a questionnaire via email, phone or mail, asking about your experience. We know you are busy, but please let us know how we are doing by providing your valuable feedback.
### List of PIH Health Services and Locations

<table>
<thead>
<tr>
<th>Address</th>
<th>Services</th>
<th>Phone Number</th>
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<td>11500 Brookshire Ave., Downey, CA 90241</td>
<td>PIH Health Downey Hospital</td>
<td>562.904.5000</td>
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<td>1225 Wilshire Blvd., Los Angeles, CA 90017</td>
<td>PIH Health Good Samaritan Hospital</td>
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<td>12401 Washington Blvd., Whittier, CA 90602</td>
<td>PIH Health Whittier Hospital</td>
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<td>Optical Shop</td>
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<td>351 E. Foothill Blvd., Arcadia, CA 91006</td>
<td>Home Health</td>
<td>626.358.3061</td>
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<td>10251 Artesia Blvd., Bellflower, CA 90706</td>
<td>Family Practice</td>
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<td>10601 Walker St., Suite 100, Cypress, CA 90630</td>
<td>Cardiology</td>
<td>714.656.2140</td>
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<td>Family Medicine Residency, Suite 207</td>
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<td>Allergy &amp; Immunology, Suite 300</td>
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<td>Mammography, Suite 88</td>
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<td>Dermatology and Aesthetic Medicine Center, Suite 300</td>
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<td>Ambulatory Surgery Center, Suite 200</td>
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