healthy living
FROM YOUR FRIENDS AT PIH HEALTH
SPRING/SUMMER 2016

Sidelined No More: Knee Surgery Helps Longtime Downey Resident

Unique Clinical Trial is a Game Changer for Lung Cancer Patient

A Great Experience from Heart to Finish
A Great Experience from Heart to Finish

Whittier resident and attorney Robert “Bob” Haendiges attributed the pain in his chest to a pulled muscle caused by a morning workout. “Around 9:30 pm that night, my wife convinced me to get checked out,” Bob said. “I just didn’t feel right.” Upon arrival at the PIH Health Hospital - Whittier emergency room, Robert was seen within 10 minutes, received an EKG (checks for problems with the electrical activity of the heart), among other examinations, and was ultimately admitted to the hospital for further examination.

“Our goal for the Emergency Department (ED) is to provide a fast, accurate assessment and begin care,” explains PIH Health Hospital - Whittier Emergency Department Administrative Director, Joan Rolland RN MBA MICN. “We also make sure patients understand their situation and feel as comfortable as possible.”

Bob exhibited the commonly recognized symptoms of heart disease—a pressure-like sensation over the chest which radiates to the neck or shoulder—along with nausea and vomiting, which he attributed to gastrointestinal/stomach issues. However, gastrointestinal distress is quite common in heart attack sufferers. Gerald Beckham MD, a cardiologist at PIH Health, ordered additional exams to determine a precise diagnosis.

Bob had two significant blockages; one appeared chronic and the other appeared to be a plaque rupture—the severe culprit of his heart attack. “He required a series
of stent procedures that involved the insertion of a wire mesh to open an artery,” said Dr. Beckham. “The stent is permanent and allows greater blood flow to the heart muscle. After the procedure, Bob felt almost instantaneous improvement in his symptoms.”

Every patient who arrives at a PIH Health hospital receives the attention of a multidisciplinary team of medical experts and support staff. Hospitalist James Rodgers MD, specializes in coordinating the medical care provided to hospitalized patients by working with the patient’s specialist and arranging follow up care with the primary care physician.

“Bob had many people involved in his case, so it was imperative that someone keep track of it all,” said Dr. Rodgers.

In addition to coordinating proper care for patients admitted by other doctors, Dr. Rodgers oversees efficient and timely patient discharge. “We want to optimize the length of a patient’s hospital stay and reduce the risk of readmission. We think sleeping in one’s own bed is one of the best remedies,” said Dr. Rodgers.

“After a two-day stay and the wonderful care and attention of trained nurses, doctors, technicians and specialists, I strongly recommend PIH Health,” added Bob. “My case was complicated and the team taking care of me offered all of the services I needed to get back on my feet quickly.”

For more information about heart care at PIH Health, please call 562.698.0811 Ext. 11240 or visit PIHHealth.org/Services/Heart-Care/.

Q. With warm weather approaching, what are some basic water safety tips parents should be aware of? Are water sports safe for kids with asthma?

A. Nothing is more relaxing or fun than enjoying a pool or the beach on a hot day, but when it comes to water safety there are a few important things to keep in mind. First, teach children how to swim. Use life vests, as these will help make kids feel safe. Never leave kids alone in or near water. Constant supervision is critical, and so is knowing cardiopulmonary resuscitation (CPR). If you have a pool at home, don’t let kids run or ride bikes near the pool deck, remove toys when the pool is not in use, and do not allow diving in the shallow end. Remember to empty blow-up pools after each use. Also, make sure to reapply sunblock every few hours to protect the skin, as water and sweat will eventually wear off the UV-defending components, leaving your child’s skin exposed to harmful rays.

Have an asthmatic child who loves playing outdoors? Consider placing them in swimming lessons—or if they’re older—water aerobics. Water-related sports or activities are a great option for kids who love to play outdoors, but struggle when playing in a dry environment. Studies indicate that swimming may also help improve the lung function of small children and some adults with allergies, as the humid air contains lower levels of allergy-triggering substances and cuts down on airway drying.

Cesar L. Espiritu MD
Family Medicine
12522 Lambert Rd.
Whittier, CA 90606
562.789.5420

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When 69-year-old Michael Cleveland was diagnosed with Stage III squamous cell lung cancer, he wasn’t given long to live—perhaps eight to 14 months. Since few drug therapies are available, this type of cancer is extremely difficult to treat. But thanks to a unique clinical trial, Michael has already beaten the odds.

Immediately after diagnosis, Michael began standard first-line therapies including radiation and chemotherapy. Surgery was not an option because the cancerous tumor was attached to his aorta, the body’s largest artery located near the heart. After reaching the maximum amounts of radiation and chemotherapy, Michael had few options left. That’s when PIH Health oncologist, Lisa Wang MD, told Michael he was an excellent candidate for a large, multi-center clinical trial called Lung-MAP.

“It was pretty scary to look death in the eye, so I was open for anything that might prolong my life,” said Michael, who smoked heavily in his younger years. “I had no hesitation at all about joining the clinical trial.”

When Michael enrolled in the Lung-MAP trial at PIH Health in January 2015, he was screened using a comprehensive genomic profiling platform that scans more than 200 cancer-related genes for mutations. Based on those results, he was given a specific investigational drug designed to target his unique tumor characteristics.

Michael’s drug was a type of immunotherapy, which works by marshalling the body’s own immune system to fight cancer. After one year, his results have been promising. Not only has there been no progression (growth) of the tumor, but doctors even saw some shrinkage—a tremendous outcome.
PIH Health Outpatient GI Center Impacts the Fight Against Colon Cancer

PIH Health’s Outpatient Gastrointestinal (GI) Center has impacted the fight against colon cancer and other conditions since its opening in February 2015. Using the latest technology, including high-definition equipment and monitors, doctors working in the center have performed more than 6,400 outpatient screenings and procedures, including colonoscopies, endoscopic procedures and esophageal treatments.

The majority of procedures performed at the center are colonoscopies, a screening procedure that could prevent the onset of cancer. PIH Health gastroenterologist, Neil Shindel MD, suggests that people talk with their physicians about their personal risk factors to determine if and when a colonoscopy is right for them. For most people, this screening should begin at age 50.

“From easy appointment scheduling to a thorough registration process, the GI Center is committed to making appointments for patients as efficiently as possible,” said Janice Garcia, assistant clinical director of the GI Center. “Most importantly, a positive patient experience always comes first. Our highly skilled staff goes out of their way to ease patients’ minds, answer their questions and help them feel as comfortable as possible. We’re truly focused on our patients.”

For more information, or to schedule a screening appointment, call the PIH Health Colon Cancer Prevention Program at 562.945.4754.
At PIH Health Family Medicine’s Lambert Medical Office, doctors can now keep an even closer watch on patients’ eye health. Thanks to the installation of a new, state-of-the-art, retinal scanner, ophthalmologists can now remotely read fundus photography (retinal photography) to screen for diabetic retinal disease.

This special scanner, not much larger than a computer, photographs blood vessels on the retina (the innermost coating or film on the back part of the eye). These images can screen for abnormalities of various eye conditions and diseases, including diabetes, age-related macular degeneration (AMD) and glaucoma.

For patients with diabetes mellitus, for example, regular fundus screenings—once every year—are important to monitor for diabetic retinopathy, since visual loss due to diabetes can be prevented by retinal laser treatment if spotted early.

“We are pleased to introduce diabetic retinal screening at our Lambert Family Medicine Office,” said Deep Dudeja MD, section chair for ophthalmology at PIH Health. “Diabetic eye disease remains one of the leading causes of blindness among adults. This new technology enables us to assess any damage caused by diabetes, and the photos can be done conveniently after a visit to your primary care physician, saving patients an extra visit to the eye doctor.”

Retinal photographs are taken at the Lambert Family Medicine office, and read remotely by the highly trained PIH Health...
eye care physicians. The Family Medicine provider will determine if the retinal scan is necessary during your appointment and you will have the opportunity to have the test performed right away, without ever having to leave the office or schedule another appointment. Not every patient can qualify for the retinal screenings, but those who do will be able to get early diabetic screenings done conveniently at their primary care doctor’s office. Patients are then notified of the results and any abnormalities can be followed up with a full eye exam at a PIH Health Eye Care Center.

For more information, visit PIHHealth.org/EyeCare.

New Financial Partners Credit Union Branch Now Open

Located inside PIH Health Hospital - Whittier, this interactive branch of Financial Partners Credit Union, features state-of-the-art, user-friendly technology. The new branch enables hospital staff, patients and visitors to consult on a variety of products and services, including mortgages, auto loans, investments and insurance.

- Teller services: Available 7:30 am to 5 pm (Monday through Thursday); 7:30 am to 6 pm (Friday); and 9 am to 1 pm (Saturday)
- On-site representative: Available 7:30 am to 4:30 pm, (Monday through Friday).

Q. I have recently been diagnosed with Type 2 diabetes. How can I best manage my condition?

A. Type 2 diabetes is the most common form of diabetes, a condition that causes the body’s blood glucose (sugar) levels to rise higher than normal. Fortunately, there are many things people can do to stay as healthy as possible after this diagnosis. First, learn all that you can about Type 2 diabetes and establish a relationship with a diabetes educator. Next, combine a healthy diet with exercise, which is the best way to maintain a healthy body weight and help control blood sugar. If you are on any diabetes medication to lower blood sugar, please consult with your physician to customize your exercise program and adjust your medications. Recommended daily exercise is 30 minutes for most days of the week. Don’t forget to schedule yearly physicals and eye exams, and work with a physician to follow his or her specific advice and recommendations.

Ghasak A. Mahmood MD
Endocrinology Department
12291 Washington Blvd., Suite 205
Whittier, CA 90606

562.789.5447
PIH Health’s Community Support Program is a tangible demonstration of its charitable mission. Through this program, PIH Health provides financial contributions to local nonprofit organizations that are meeting an identified community health need, underscoring our commitment to improving community health and bringing services directly to those who are most in need.

Here’s a snapshot of some of the ways our partners are leveraging community support dollars to collectively improve health and wellness.

**Rotary Club of Whittier**

During 2015, PIH Health donated Community Support funds toward the Rotary Club of Whittier’s school-based oral health and nutrition program called “Healthy Smiles, Healthy Children.” The program provided nine days of education at four Whittier elementary schools: West Whittier, Lydia Jackson, Sorenson and Longfellow. Together, these efforts provided 1,930 students with 30 minutes of oral health education, plus a take-home oral health kit and oral health information in English and Spanish. Nearly 564 of those students also received dental screenings and fluoride varnish applications. Based on the screenings, about 43 percent of students needed dental work, with nearly five percent in urgent need. As a follow up, the schools’ health aides, contacted parents to confirm that they were seeking treatment.

“We are grateful for PIH Health and for the partnership we have developed to serve the oral health care needs of underserved children in the city of Whittier,” said Charlene Dimas-Peinado, past-president, Rotary Club of Whittier.

**Interfaith Food Center**

The Interfaith Food Center recently used PIH Health Community Support funds to help purchase a refrigerated truck, which is used to pick up donated food for distribution to low-income and homeless individuals and families in Whittier, La Mirada and Santa Fe Springs.
With the help of this truck, Interfaith Food Center was able to serve 4,458 individuals, including 2,304 children. These individuals have been assisted with 408,636 meals.

“We truly appreciate our partnership with PIH Health, not only for the funding toward the purchase of a new refrigerated truck, but also the regular visits from the Mobile Health Services nurse and nutritional guidance provided to our clients,” said Amy Catt, executive director of Interfaith Food Center.

For more information on PIH Health’s Community Support Program, including the application process, visit PIHHealth.org/CommunitySupport.

As a nonprofit healthcare delivery system dedicated to creating healthy communities, PIH Health invested $54.8 million last year in programs and services that promote health and wellness and increase access to healthcare services. Emphasis is placed on collaborating with community partners to address identified health needs such as diabetes, heart disease, and childhood obesity.

The chart below illustrates the community benefit investment by Internal Revenue Service-recognized categories for Fiscal Year 2014-2015.
Knee Surgery Helps Longtime Downey Resident Move at the Speed of Life

For nearly 10 years, Charles “Dan” Fox had suffered from severe arthritis in both knees, causing serious on-and-off, pain and unstable balance. Eventually, the pain and the fear of falling started affecting his quality of life including the time he spent with his wife, children and grandchildren.

“It became hard to do the things I loved to do, like riding a bike,” said Dan, a 75-year-old Los Angeles County retiree. “As time went on, my bike rides kept getting shorter and shorter.”

As the pain continued, Dan realized there was a real problem, so he scheduled an appointment with his primary care physician. After analyzing his condition and weighing his options with his doctor, Dan decided to have surgery on his left knee.

Fortunately, deciding on an orthopedic surgeon was no struggle for Dan because three of his physicians gave high recommendations for Vance Eberly MD, an orthopedic surgeon at PIH Health Hospital - Downey, who has been practicing for 15 years.

The operation was a success and Dan was up and walking in less than 24 hours. In fact, after walking about 50 feet, he told his physical therapist he could walk even further, and so he did.

“At PIH Health Hospital - Downey, we treat knee surgery patients with platelet rich plasma to promote faster healing and we use a continuous passive motion (CPM) machine to slowly and gently flex and extend the knee for the patient,” said Dr. Eberly.

The day after surgery Dan walked the entire length of the hospital hallway and after two days, he was released from the hospital. Within two weeks, he was driving and walking without any aids.

In addition to a CPM machine, every knee surgery patient is advised to do physical therapy. The average length may vary.
depending on fitness and how diligent a patient is about their physical therapy, but the process offers significant improvement for the joints and a patient’s overall healing response.

“Dr. Eberly is a skilled and compassionate doctor, and explained everything very clearly and thoroughly before and after the operation,” said Dan. “If anyone is struggling with knee pain and is thinking about having surgery, I would definitely recommend him.”

As a resident of Downey for more than 50 years, Dan has witnessed the changes that have occurred at PIH Health Hospital - Downey since PIH Health acquired it in 2013, and he couldn’t be more pleased with his experience.

“Everyone at the hospital was very polite, and the nurses checked on me constantly to make sure I was feeling good,” said Dan. “I received excellent care, and the food was pretty tasty, too.”

Dan stated that he can feel the difference in the functioning of his left knee each day that has followed his surgery. And although his left knee was taken care of, Dan is still suffering from bone-on-bone knee pain in his right leg. He is planning to correct this issue next year. At which point, Dan has confidently said, “I will definitely go to Dr. Eberly, again, for treatment of my right knee.”

For more information about PIH Health Hospital - Downey, please call 562.904.5000 or visit PIHHealth.org/Downey.

Yasmeen Shaw MD, a board-certified pulmonary and critical care physician became the first hospitalist-intensivist at PIH Health Hospital - Downey in August 2015. Dr. Shaw also serves as the Intensive Care Unit (ICU) Medical Director.

Intensivists have advanced training and experience to treat complex illnesses and provide special care to critically ill patients in the hospital. Having an intensivist on-site helps improve patient outcomes, reduce complications, shorten lengths of stay and enhance medication safety.

“I take care of the sickest people in the hospital,” said Dr. Shaw. “I do this because I love helping families through this tough time. I give my patients guidance, options and unbiased information about their health benefits and risks. I put myself in their situation and treat and speak to them the way I would want my physician to speak and treat me.”

In March, this year, Dr. Shaw was joined by a new hospitalist, Vladimir Ayvazyan MD. “I chose the specialty of internal medicine and became a hospitalist to reach a broad range of patients and help many of them manage their chronic illnesses,” said Dr. Ayvazyan.

“Having multiple hospitalists on staff 24/7 optimizes inpatient care,” said Brian Smolskis, chief operating officer, PIH Health Hospital - Downey. “The hospitalist can treat patients immediately, such as in the middle of the night, when their primary care doctor may not be on-site, and take action such as ordering tests and procedures.”

Additional benefits of hospitalists are their availability to speak to patients’ family members about the treatment plan for their loved one’s.
PIH Health Team Makes Expert Decisions for Pregnant Mother

When cancer makes a surprise appearance—and threatens you and your unborn baby—medical excellence becomes a critical lifeline. Just ask Gina Zapanta-Murphy, who at 29-weeks pregnant, discovered she had cervical cancer and relied on experts at PIH Health to care for her and her unborn baby.

As a 35-year-old mom, Gina’s second pregnancy started out as a breeze. Then at around seven months, she noticed a watery discharge. A few weeks later, as the discharge continued, Gina feared a slow rupture and called her obstetrician at the PIH Health Women’s Health Center.

“After describing my symptoms, they encouraged me to go right to the hospital,” she said. “I didn’t think I was in early labor, but I decided to go just to be safe.”

After a series of tests and an overnight stay, Gina went home to rest. Two days later, she received shocking news—her lab results identified cervical cancer.

“I couldn’t make sense of it all—it was all so bizarre,” she said. “We were all so worried, yet I had to maintain my sanity—I was still pregnant and was married with a three-year-old.”

After connecting with PIH Health Gynecologic Oncologist Samuel Im MD, Gina learned she had Stage I cervical cancer and a lesion nearly 1.5 centimeters long. The team decided to monitor the situation and to determine the healthiest delivery date for the baby, given the new diagnosis. The plan was to do a C-section, followed by an immediate hysterectomy to remove the cancer.

“Two weeks later, Dr. Im said he felt very uncomfortable with how aggressively the cancer was growing,” said Gina. “When I was six weeks along, I had a pap smear that came back totally normal. Seven months later, I now have a cancerous lesion that’s growing quickly.”

Regular pap smears are recommended for all women 18 years and older, and although most tests come back negative for any signs of pre-cancerous and cancerous cells; some cells may lie dormant and do not show up until a later time, as with Gina’s case.

For more information visit PIHHealth.org/Women

Miracle Baby

Gina Zapanta-Murphy enjoys an afternoon with daughter Sofia Adaline (three) and daughter, Valentina Angela (five months).
“Instead of waiting until 37 weeks, Dr. Im moved up the C-section to 34 weeks,” said Gina. “He and my obstetricians had to weigh the risks of my growing cancer with the risks of delivering a premature baby.”

It all happened on October 14, 2015. Gina underwent a complex set of back-to-back surgeries, performed by an expert team of PIH Health obstetricians, surgeons, oncologists, anesthesiologists and the Neonatal Intensive Care Unit (NICU) team. Brent Gray MD and Peter Roca MD performed the C-section, which was followed by a hysterectomy.

“I stayed awake for the delivery, and was able to kiss my baby girl before I went under for the hysterectomy,” said Gina. “That was my last memory before I woke up in recovery. I was tremendously relieved when Dr. Im came in and said he was pleased with the outcome of the surgery.”

Twenty-four hours later, Dr. Im found Gina nursing baby Valentina in the NICU, and reported that her final pathology report was clear.

“I have nothing but praise for the hospital and all of the amazing PIH Health doctors and surgeons who helped me and my daughter. I could not be more grateful,” said Gina. “I know this is what they do every day, but it really does change lives.”

For more information or to make an appointment, please call the PIH Health Women’s Center at 562.967.2876.

New Guidelines on Breast Health and Mammography Screenings

What Do They Mean for You?

If you’re a woman over 40-years-old, you may be confused about when to start getting regular mammograms for breast cancer screening, and how often you should get them. After all, the guidelines have changed, and not all medical experts agree.

For years, the American Cancer Society (ACS) urged women to start mammograms at age 40, but last October, they changed their guidelines. The ACS now recommends mammograms beginning at age 45, or at age 40 if the patient chooses.

Other groups, such as the American College of Obstetricians and Gynecologists (ACOG), say that starting at 40 is best. Meanwhile, the United States Preventive Services Task Force (USPSTF) says that women can wait until age 50.

These medical experts also disagree on screening frequency. ACOG advises to go annually. USPSTF suggests every two years. And the most recent ACS guidelines recommend annual screenings between ages 45 and 54; after that, they say it’s okay to wait two years between screenings.

Which advice is best?

“The best way to know when to begin screening mammograms and how often to get them is to talk with your doctor so that you can make that decision together,” said Lisa Wang MD, PIH Health Oncologist. “I suggest that for patients with a family history of breast cancer, who have lumpy breasts, take hormones or are simply anxious about breast cancer, they should begin screening at age 40, or 10 years prior to the youngest age of breast cancer in the family.”

Schedule your mammogram today.

For more information, visit PIHHealth.org/Mammogram.
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We are grateful for the following members of PIH Health Legacy Society, a group of like-minded donors who have remembered PIH Health in their estate plans. These generous individuals have shared with PIH Health Foundation their intention to support the mission of PIH Health beyond their lifetimes. On behalf of our community and future generations, we thank you.

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To learn more about how you can become a member of the PIH Health Legacy Society call 562.698.0811 or visit PIHHealthGiving.org.
Circle of Excellence Members

PIH Health Foundation - Circle of Excellence, recognizes the generous donors in our communities who support PIH Health. Through a minimum annual gift of $1,000, members ensure great healthcare for our communities.

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** PIH Health Physician  * PIH Health Employee
PIH Health Foundation Gala Raises Funds for New Imaging Systems

The 2016 PIH Health Foundation Gala was a hit. The Miami-inspired event, titled, “Get On Your Feet,” featured cuban-style dining, music and dancing. The sold out, black tie affair took place on April 30 at the Hyatt Regency Huntington Beach Resort & Spa, entertained nearly 750 guests, and raised net proceeds of more than $480,000 to help purchase new state-of-the-art imaging systems, Siemens SOMATOM Force CT Scanners.

Fundraising efforts to support this vital cause began prior to the gala when a lead gift was made by Richard and Kathy Luciano, Sam and Beverly Mathis and the Atwood family who contributed a total of $1,070,000. “We are grateful for those in our community who recognized how important it is for PIH Health to always have the latest technological advances,” said PIH Health Foundation Board Chair Melanie Lyons. “Only with generous philanthropic support are we able to take PIH Health to the next level.”

This new technology offers clearer, more precise imaging and diagnoses, and provides full-body imaging in less than five seconds. This means quicker scans, faster diagnoses and reduced treatment wait-times for our patients. The earlier the diagnosis, the sooner treatment can begin, which in many cases, can be lifesaving for patients affected by stroke, heart disease, cancer, internal bleeding, brain injuries and other serious conditions.

“I’ve trusted PIH Health for my own family’s healthcare needs for the past four decades, and I’m thrilled to be part of an event that raises money to extend this excellent care and expertise to others in our community,” said Diane Kirkpatrick, Gala Committee chair.

Attendees had fun supporting a great cause, and enjoyed a delicious meal, a silent and live auction and world-class entertainment. During the lively auctions, attendees outbid one another for fabulous prizes, including two floor-level VIP seats at the sold out Adele concert in Los Angeles this summer, as well as a gorgeous bar cart filled with an assortment of premium spirits, which was generously donated by members of the Gala Committee.

For more information, or to make a contribution to the PIH Health Foundation supporting the CT Scanners, please call 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org.
1. Yong Park MD, Chief of IR and President of Lambert Radiology Medical Group, began the evening with the invocation.

2. Seated from left to right: Elaine Goolsby, Doug Lindquist, Patti Lindquist, Bill Ankerberg. Standing from left to right: Rick Goolsby, Annette Atwood, Rich Atwood, Katie Macnider, Bill Macnider and Arlie Ankerberg.

3. PIH Health Foundation Board Chair Melanie Lyons with her husband Matt Lyons.

4. Seated from left to right: Mrs. Jo-Anne Romero, Mr. Steve Romero, Joseph Park MD, Mrs. Keejoo Park, Mr. Tyson Kovash and Nanette Kovash MD. Standing from left to right: Mrs. Jenny Saket, Daniel Saket MD, Mrs. Kim Benitez and Mr. Oscar Benitez.

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- Table Dessert
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- Friends of PIH Health
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**Save the Date**

**PIH Health Foundation Annual Frank Scott Pro/Am Golf Tournament**

Monday, September 26, 2016

**2017 PIH Health Foundation Gala**

Saturday, April 29, 2017

**AmazonSmile:**

Shop for a Great Cause

When you shop at [smile.amazon.com](http://smile.amazon.com), you’ll find the same low prices, vast selection and convenient shopping experience as [Amazon.com](http://amazon.com). Yet with each purchase, Amazon will donate 0.5 percent to PIH Health Foundation. AmazonSmile is a simple and automatic way for you to support PIH Health every time you shop, at no extra cost. Funds received by PIH Health Foundation from Amazon will be used to support the organization’s mission to provide the highest quality healthcare and contribute to the health and well-being of our communities.

To begin directing donations to PIH Health today, simply begin your next shopping experience at [smile.amazon.com](http://smile.amazon.com), select “PIH Foundation” when you choose your charity and make sure to bookmark the site for future use. Making a difference has never been simpler.
Healthy Weight, Happy Spirit

Bariatric Center Resolves One Mom’s Struggle with Weight Loss

The ongoing battle with obesity and its related health conditions can often lead to feelings of disappointment and hopelessness; leaving many who are struggling with weight loss to ask, “what’s the point?” This can cause people to give up on their weight loss efforts.

Fortunately, Sarah Carlton, would not give up. Instead, the 35-year-old mom turned to PIH Health’s new Bariatric Center of Excellence, and discovered an action plan that finally worked for her.

“I’ve always struggled with my weight, but about six years ago, I began experiencing serious fatigue, migraines and joint pain,” Sarah said. “The symptoms kept getting worse and the doctors eventually decided it was poly cystic ovarian syndrome (PCOS). Meanwhile, no matter what I did, I kept gaining more weight. At one point, I was up to 270 pounds and nothing was really working.”

While researching possible treatments, Sarah learned about bariatric surgery. She also found out she was pregnant—a happy surprise, but after delivering a healthy baby boy, her painful symptoms returned. Sarah decided to educate herself, talk with her doctor and proceed with gastric sleeve surgery—one of several surgical procedures available at PIH Health’s Bariatric Center of Excellence.

Sarah said, “This was definitely a very big decision for me, but I was a single mom with a 14-month-old and I wanted a good quality of life, not only for him, but also for myself.”

The gastric sleeve is a safe and effective procedure that helps patients lose weight by causing them to feel full with smaller amounts of food. The procedure reduces the size of the stomach by up to 80 percent and removes a portion of the stomach that produces the hormones that cause hunger.

“People talk to weight-loss surgeons because they simply aren’t living the life they want to live,” said the PIH Health Director of Bariatric Surgery, Justin Braverman MD, Sarah’s surgeon. “The truth is, obesity is also known to contribute to at least 60 distinct disease processes.”

“For an obese person with body mass index (BMI) over 40, recent research states that the odds of reaching a normal
Ask the Expert

Q. Are there certain ingredients in sunblock that can cause skin irritations?

A. The importance of using sunblock all year around cannot be overstated. Even on cloudy days, about 80 percent of the sun’s ultraviolet rays get through. Skin cancer is usually associated with UVB rays, but studies over the past couple of decades indicate that UVA rays can also impact the basal layer of the skin where cancer occurs.

There are two types of sunscreen: physical and chemical. For people with sensitive skin, physical sunscreens, known as sunblocks, are a better option. Physical sunscreens are made with natural minerals to reflect harmful rays, and protect against both UVA and UVB rays. Chemical sunscreens are made with synthetic ingredients that are absorbed by the skin to filter harmful rays, typically UVB rays only.

The American Academy of Pediatrics recommends the following for children:

• Wear proper sunglasses, clothing and hats and minimize outdoor activities during peak hours (10 am – 4 pm)
• Apply sunscreen with SPF 15 or higher every two hours and after swimming, sweating or drying off with a towel
• Infants younger than six months should be kept out of direct sunlight and protected with clothing and hats. If sun exposure is unavoidable, be sure to apply small amount of sunscreen to exposed areas only

Shoba Rao MD
Pediatrics
12675 La Mirada Blvd., Suite 401
La Mirada, CA 90638
562.789.5435

Sarah had her surgery in April 2015, and today she feels like a new woman. Ten months after surgery, she has lost 108 pounds from her starting weight of 255 pounds. Today, she weighs 147 pounds, which is considered normal weight.

“I’m very happy I made this decision. My overall health is better, I have more energy, and I can do so much more with my son, like play on the floor with him or walk around Disneyland all day without being exhausted. I just feel better in the skin I’m in.”

To learn if bariatric surgery is right for you, please call the PIH Health Bariatric Center of Excellence at 562.698.0811 Ext. 16451.
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:
• Visit PIHHealth.org/Calendar
• Call 562.698.0811 and extension noted

Health Education Calendar

DIABETES PREVENTION

What is Diabetes?
Know the Basics and Risks
Join us to 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 6/8 1:30 – 2:30 pm
Wed 7/6 1:30 – 2:30 pm
Wed 8/10 10 – 11 am
Wed 9/7 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 5/31* 6 – 7 pm
Thu 9/1 4 – 5 pm

PIH Health Hospital - Whittier
7515 Pacific Blvd., Walnut Park
Thu 9/6* 9:30 – 10:30 am

PIH Health Hospital - Whittwood
Medical Office
15725 E. Whittier Blvd., Whittier
Wed 6/15 1:30 – 2:30 pm
Thu 7/13 1:30 – 2:30 pm
Wed 8/17 10 – 11 am
Wed 9/14 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 6/7** 6 – 7 pm
Thu 8/11 6 – 7 pm

PIH Health Whittwood
Medical Office
15725 E. Whittier Blvd., Whittier
Wed 6/10 10 – 11 am
Thu 7/12* 10 – 11 am
Wed 8/24 10 – 11 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 6/14* 6 – 7 pm
Thu 8/18 6 – 7 pm

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 6/30* 10 – 11 am
Tue 9/13* 6 – 7 pm

Our Lady of Guadalupe
900 W. La Habra Blvd., La Habra
Thu 6/26* 6 – 7 pm

Helpline Youth Counseling (at Liberty Plaza)
14181 Telegraph Rd., Whittier
Wed 6/8 10 – 11 am

Community Resource Center
10750 Laurel Ave., Whittier
Tue 7/12* 9:30 – 10:30 am
Thu 9/6* 9:30 – 10:30 am

SPIRITT Family Services
8000 Painter Ave., Whittier
Mon 9/1* 4 – 5 pm
Thu 9/1* 4 – 5 pm

UpTown Whittier YMCA
12510 Hadley St., Whittier
Thu 8/30 6:30 – 7:30 pm
Thu 9/8* 6:30 – 7:30 pm
(YMCA membership not required)

DIABETES MANAGEMENT

Pre-Diabetes Management
This class focuses 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
Wed 6/29 6 – 8:30 pm
Tue 7/26 9:30 – 12 noon
Wed 8/24 6 – 8:30 pm
Tue 9/27 9:30 – 12 noon

Diabetes Self-Management Training
Participants diagnosed with diabetes will learn the skills needed to manage and improve their condition.
To register: Call Ext. 11320
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tue 6/7 – 9/20 9:30 – 11 am
Wed 6/8 – 9/21 6 – 8:30 pm

Mind Over Matter:
One Step at a Time
Life’s challenges can get in the way. Create a personal plan to increase physical activity and manage stress to achieve lifelong wellness.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Eating Healthy Never Tasted So Good
Small changes in your diet can help prevent diabetes and other on going conditions. Explore ways to increase healthier eating at home and on the go.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Eating Healthy Begins at the Grocery Store
Join us for a grocery store tour to explore ways to enhance some of the food items you love with healthier options and portions. No purchase necessary.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Eating Healthy Begins at the Grocery Store
Join us for a grocery store tour to explore ways to enhance some of the food items you love with healthier options and portions. No purchase necessary.
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

SPIRITT Family Services
8000 Painter Ave., Whittier
Mon 6/8 4 – 5 pm
Thu 9/15 4 – 5 pm

UpTown Whittier YMCA
12510 Hadley St., Whittier
Thu 7/7 6:30 – 7:30 pm
Tue 7/19* 6:30 – 7:30 pm
Thu 9/15* 6:30 – 7:30 pm
(YMCA membership not required)

*Class in Spanish
NEW CLASS! Moving Forward with Diabetes: Regain Control and Live
Explore practical skills to take charge of your diabetes and create your own management plan for better health. Family and caregivers welcomed.

Six class series (meets once a week)
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Wesley Health Center
12360 Firestone Blvd., Norwalk
Tue 8/2 – 9/6* 5:45 – 8:15 pm

**HEART HEALTH**

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

To register: Call Ext. 12722
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 6/15 6:30 – 8:30 pm
Wed 7/13 11 am – 12:30 pm
Wed 9/14 6:30 – 8:30 pm

Heartsaver First Aid, CPR and AED
Become certified in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED), or First Aid-CPR-AED. This class is also for those in non-healthcare fields looking to fulfill job requirements.

To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

CPR and AED
Fee: $40
Wed 6/15 6 – 9 pm
Thu 7/14 6 – 9 pm
Wed 8/31 6 – 9 pm

First Aid, CPR, and AED
Fee: $70
Sat 7/30 9 am – 4 pm
Sat 9/3 9 am – 4 pm

**HEALTHY HEART NUTRITION**

**Healthy Heart Nutrition**
Healthy food habits can help reduce three of the major risk factors for heart disease: high cholesterol, high blood pressure and excess body weight. Taught by a registered dietician.

To register: Call Ext. 25580
PIH Health Hospital - Downey
11500 Brockshire Ave., Downey
Wednesdays, 3 – 4 pm

**Cardiac Rehab Lecture Series**
Recurring, six-part series that includes learning about the structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease.

Registration optional.
For questions: Call Ext. 12733
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wednesdays, 3 – 4 pm

**Wellness and Prevention**

**Better Choices, Better Health Program (Chronic Disease Self-Management Program)**
Explore ways to take control of your ongoing health conditions for heart disease, high blood pressure and diabetes. Create your own management plan for better health.

Six-class series (meets once a week)
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Uptown Whittier YMCA
12510 Hadley St., Whittier

Thu 7/14 – 10/18* 5:45 – 8:15 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Mon 9/12 – 10/17* 9:30 am – 12 noon

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 Tuesday of the month, 4 – 5 pm

Janice Foust RD CDE demonstrating a cooking lesson during an Eating Healthy Never Tasted So Good class.

For the latest in health education programs and classes, 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:
• Visit PIHHealth.org/Calendar
• Call 562.698.0811 and extension noted

Health Education Calendar

WELLNESS AND PREVENTION CONTINUED

Reiki Healing Touch Sessions
Experience the calming feeling of Reiki healing touch. Patients and caregivers can experience the benefits in a group setting.
To register: Call Ext. 12777
The Ruby L. Golleher Oncology Center
12393 Washington Blvd., Whittier
First and Third Wednesday of the month, 6 – 8:30 pm

PIH Health Education Calendar
programs and support groups are free of charge.

WEIGHT LOSS

Why Weight?
A weight management class that focuses on healthy eating and healthy behavior for achieving a healthy weight. This 16-week class is also appropriate for patients seeking bariatric surgery.
16-week class
Fee: $25
To register: Call Ext. 12918
PIH Health Whittwood
Medical Office
15725 E. Whittier Blvd., Whittier
Tuesdays, 6/28, 7/26, 8/23 and 9/27, 7:30 – 8:30 pm

Bariatric Support Group
Monthly support group for those considering bariatric surgery as well as those who have already had a procedure. Topics vary and are designed for long term weight loss. No registration required.
To register: Call Ext. 12777
PIH Health Whittwood
Medical Office
15725 E. Whittier Blvd., Whittier
Tuesdays, 6/28, 7/26, 8/23 and 9/27, 7:30 – 8:30 pm

EXERCISE

Tai Chi
Participants will experience gentle martial, meditative, and healing arts that help clear the mind, reduce stress, increase concentration, and improve balance.
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, 9 – 10 am

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
PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays 7 – 8 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
PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Tuesdays and Thursdays, 7 – 8 pm

Silver Pilates
Raised mats are used instead of floor mats to make this a more adaptable class.
Five classes
Fee: $40
To register: Call 562.904.5551 or email Wellness.Center@PIHHealth.org
PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Thursdays, 5:30 pm – 6:30 pm

PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
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
PIH Health Hospital - Downey
Rehabilitation and Wellness Center
11420 Brookshire Ave., Downey
Thursdays, 5:30 pm – 6:30 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
PIH Health - Downey
11500 Brookshire Ave., Downey
Wednesdays, 5 – 6 pm

SIX-HOUR COURSE

Depression Screenings
Do you think you may be suffering from depression? We encourage you to take the first step and obtain a confidential assessment with a Licensed Clinical Social Worker.
Age: 18 and up
To schedule an appointment or for more information: Call Ext. 82513 or email ssambulatory@PIHHealth.org

MENTAL HEALTH

AARP Smart Driver Courses
In partnership with AARP, participants will learn safe driving techniques. Program graduates may qualify for automobile insurance discounts (Must have completed an eight-hour course before taking five-hour renewal course).
Age: 50+
Fee: $15 for AARP members/$20 for non-members
To register: Call Ext. 81085 or email Community.Health@PIHHealth.org
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

Eight-Hour Course
(Must attend both days)
Mon 8/15 9 am – 1 pm
Wed 8/17 9 am – 1 pm

Five-Hour Renewal Course
Wed 7/20 9 am – 1 pm
Wed 9/21 9 am – 1 pm

Healthy Aging

A great way to exercise abs and thighs (for women of all ages).

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness. Registration not required.
Fee: $5 per class
For questions: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 11:30 am

*Class in Spanish
For the most current list of exercise classes, visit PIHHealth.org/Calendar

Savvy Caregiver Express
Join us for a three-class series where caregivers will explore skills and knowledge needed to care for a loved one with Alzheimer’s disease.
Three-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
Wednesdays, 8/10, 8/17 and 8/24, 5:30 – 7:30 pm

CANCER TOPICS

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
Thursdays, 8/4, 8/11, 8/18 and 8/25
3 – 4:30 pm

Smoking Cessation
A facilitator from the American Lung Association provides participants with information, support and tips on how to quit smoking. Six-class series (meets once a week)
To register: Call Ext. 12549
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 6/8 – 7/13 6 – 8 pm
Wed 8/17 – 9/21 6 – 8 pm

ADVANCED CARE PLANNING

Participants learn about advanced healthcare directives and Physician Orders for Life-Sustaining Treatment (POLST). Recommended age 18 and up.
To schedule an appointment or for more information: Call Ext. 82513 or email ssambulatory@PIHHealth.org

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, 9/1 – 9/29
9 – 11 am

CANCER TOPICS

Cancer Survivorship Series
Empowers patients and their loved ones as they go through their journey. Each class will offer a different topic based on survivorship. Reservations required.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 7/30 10 am – 12 noon
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 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.
## List of PIH Health Services

<table>
<thead>
<tr>
<th></th>
<th>Location</th>
<th>Service Details</th>
<th>Phone Numbers</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, 562.967.2885</td>
</tr>
<tr>
<td>2</td>
<td>11500 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>PIH Health Hospital - Downey, Rehabilitation and Wellness Center</td>
<td>562.904.5000, 562.904.5414</td>
</tr>
<tr>
<td>3</td>
<td>11420 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>PIH Health Hospital - Downey, Rehabilitation and Wellness Center</td>
<td>562.904.5414</td>
</tr>
<tr>
<td>4</td>
<td>12393 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Patrick L. Scheiffly 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>Endocrinology, Internal Medicine</td>
<td>323.726.7601, 323.728.0321</td>
</tr>
<tr>
<td>6</td>
<td>12291 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Diabetes and Endocrinology, Digestive Health Services, Family Medicine Residency, PIH Health Outpatient GI Center, Wound Healing Center</td>
<td>562.789.5447, 562.945.4754</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>1252 E. LAMBERT RD., WHITTIER, CA 90670</td>
<td>Family Medicine</td>
<td>562.789.5420</td>
</tr>
<tr>
<td>10</td>
<td>12215 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>Family Medicine, Suite 400, Internal Medicine, Suite 500, Pediatrics, Suites 200 and 250</td>
<td>562.947.1669, 562.947.3307, 562.947.9399</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, Eye Care Center, Family Medicine, Suite 201, Pediatrics, Women's Health</td>
<td>562.967.2851, 562.967.2870, 562.903.7339, 562.789.5435, 562.789.5453</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>15088 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, Mammography, Pediatrics, Women's Health</td>
<td>626.964.3040, 626.225.4905, 626.964.6012</td>
</tr>
<tr>
<td>18</td>
<td>121 W. WHITTIER BLVD., LA HABRA, CA 90631</td>
<td>Eye Care Center, Suite 100</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>
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• Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or

• Send your full name and mailing address to MarComm@PIHHealth.org, or

• Visit PIH Health Foundation Building or send a letter with your preference at 7612 Greenleaf Ave., Whittier, CA 90602 and provide your full name and address

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

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Twitter.com/PIHHealth (@pihhealth)

When you or a loved one is experiencing a health problem, it sometimes can be confusing about what to do and where to go. Here are a few guidelines:

**urgent care**

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

**emergency care**

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

PIH Health
Urgent Care Center
15725 E. Whittier Blvd., Suite 500
Whittier, CA 90603
562.947.7754

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

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

PIH Health Hospital - Downey
Emergency Department
11500 Brookshire Ave.
Downey, CA 90241

If you believe you need emergency care, call 911 or go directly to the nearest emergency room.