Lung Cancer Survivor Shares the Value of Screening

Open Enrollment: Choose Your Healthcare Benefits

Discover Advantages with IRA Charitable Distributions
As fall approaches, many of us have the opportunity to review our health insurance needs. For those eligible for Medicare, primarily those aged 65 and older, the annual election period, (AEP), begins October 15, 2016 and ends December 7, 2016. During this time, all Medicare recipients have the option to review their current Medicare coverage, make updates or choose a new plan.

Staying with your current Medicare plan may be sufficient, however it may not be the best choice since Medicare alone does not cover all healthcare needs; and out-of-pocket costs can be expensive. You may also want to select a new type of Medicare coverage. There are two types of Medicare plans available: Medicare Advantage Plans and Medicare Supplement Plans.

### Medicare Advantage Plans

These plans can save you money over time, and provide extra benefits such as transportation, chiropractic and discounts on medications. You will choose a primary care physician (PCP) to manage your care, and will pay a small, set amount of copayments for most doctors’ visits. All specialists and hospitals are contracted by the health plans, and your care is provided within a network of providers. Visits to specialists must be referred by your PCP.

### A Medicare Supplement Plan

This plan is also known as Medigap, meaning it covers the benefit gaps left by Medicare. The plan may assist in paying Medicare deductibles and co-insurance costs, and provide benefits not covered by Medicare. You can purchase a supplemental plan by paying a higher monthly premium. There is no network of providers and you can visit any doctor who accepts Medicare.
Below is a side-by-side comparison between Medicare Advantage Plan and a Medicare Supplemental Plan (Medigap):

<table>
<thead>
<tr>
<th>Plan Type / Coverage</th>
<th>Medicare Advantage Plan</th>
<th>Medicare Supplemental Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly Premium</td>
<td>Low monthly premium, as low as $0</td>
<td>Monthly premiums that typically range from $95-$185</td>
</tr>
<tr>
<td>Network</td>
<td>Closed network of contracted specialists and hospitals</td>
<td>Open to all doctors and hospitals that accept Medicare</td>
</tr>
<tr>
<td>Office Visits</td>
<td>Set co-payments, as low as $0 with max out-of-pocket expenses ranging from $3K-$7K</td>
<td>Some plans cover balance of fees not paid by Medicare</td>
</tr>
<tr>
<td>Issuing Process</td>
<td>Guaranteed to all Medicare recipients, with the exclusion of those who have end stage renal disease (kidney failure)</td>
<td>Underwriting process (some exclusion, including when first turning 65)</td>
</tr>
<tr>
<td>Enrollment Period</td>
<td>Annual election period (AEP): 10/15-12/7 Open enrollment periods: 1/1-2/14 Lock-in periods: 2/15-12/31</td>
<td>Open enrollment throughout the year without restrictions</td>
</tr>
<tr>
<td>Rate</td>
<td>Same within the service area (usually by county)</td>
<td>Based on age, gender and tobacco usage</td>
</tr>
</tbody>
</table>

At PIH Health, we value our Medicare patients and are here to ensure that you have access to PIH Health hospitals and physicians. We encourage you to contact us by phone at 1.888.365.4450 or visit us online at PIHHealth.org/Medicare.

Attend a Free Medicare Forum

A Medicare forum is an in-person presentation where questions about Medicare and the different Medicare plans are answered. It is important that those who are eligible for Medicare attend a forum to obtain up-to-date information about all changes taking place in the upcoming year to Medicare, their current health plans and potential Medicare plans.

PIH Health invites you to attend our free Medicare forums. Health plan representatives will be there to help you select the Medicare plan that best suits your needs.

**PIH Health Hospital - Downey**
11500 Brookshire Ave.
Downey, CA 90241
10/15/16 Saturday, 9 am –12 noon

**PIH Health Hospital - Whittier**
12401 Washington Blvd.
Whittier, CA 90602
10/22/16 Saturday, 9 am –12 noon

For more information or to register, please call 1.888.365.4450 or visit PIHHealth.org/Medicare.
Many people in the workforce receive health insurance through their employer. And most employers’ groups have their annual open enrollment during the fall and early winter seasons with a January 1 effective date. This is a great opportunity to change your elective healthcare benefits, but choose carefully as your selection will determine the quality of care you will receive for the upcoming year.

There are many health plan options, and you can choose from two different plans; a Health Maintenance Organization (HMO) and a Preferred Provider Organization (PPO).

1. **HMO** – This plan tends to offer lower monthly premiums with a limited network of doctors and hospitals. You must choose a primary care physician (PCP) who will coordinate all your care. If you require specialists as a part of your healthcare, you must be referred by your PCP.

2. **PPO** – This plan gives you access to a larger provider network and the option to go out of network with higher copays. Monthly premiums and out-of-pocket costs tend to be higher. You govern your own healthcare needs and are responsible for coordinating your own care.

Remember, not all health plans and providers are alike. Doctors and hospitals all have varying degrees of experience and expertise, and certain health plans may not offer the benefits you need, so it’s important to take the time to do your research thoroughly.

When you choose a doctor and medical group, you are also choosing the hospital where you would potentially be admitted and treated. Is your current primary care physician affiliated with PIH Health? If you are unsure, we encourage you to give us a call at 1.888.365.4450 to verify. We have had some name changes over the last few years. You may notice that PIH Health Physicians may still be listed as Bright Health Physicians; PIH Health Hospital - Whittier may still be listed as Presbyterian Intercommunity Hospital or PIH Health Hospital - Downey may still be listed by its former name, Downey Regional Medical Center. So check the directory for your specific health plan to find a PIH Health physician.

### Have you heard about Vivity?

Vivity brings together some of the top primary care doctors, specialists and hospitals in Los Angeles and Orange Counties, with Anthem Blue Cross. PIH Health is one of the seven participating hospitals that founded and participate in Vivity. Vivity is more than just a healthcare plan. It is a coordinated health system experience. Your doctors and hospitals work jointly to make sure you get the right care. This is the future of healthcare, and PIH Health has been at the forefront of Vivity since its inception.

To learn if you have access to Vivity, check with your employer.

For more information, visit PIHHealth.org/Find-A-Doctor
Every Second Counts

Stroke Patient Gets Back to Life

A stroke is a medical emergency that requires immediate treatment—and every second counts.

David Trcopan, a 53-year-old Downey resident, was glad he got to PIH Health Hospital - Whittier, one of the few area hospitals designated by Los Angeles County as a primary Stroke Receiving Center with advanced certification for rapid diagnosis and treatment.

David’s stroke happened on a Sunday night around 10 pm. When his wife Kathy checked on him, he appeared to be paralyzed on his right side. She immediately called 911.

Once David arrived at PIH Health Hospital - Whittier, physicians performed a CT scan and said he needed to remove a blood clot in his brain. Physicians assessed him with a National Institutes of Health (NIH) Stroke Scale of 29 (indicating a severe stroke), and whisked him into surgery around 1:15 am. Fortunately, time was on their side.

“The physicians removed the clot without any issues, and after David was moved to a room, he had begun moving his right foot and started to speak,” explained Kathy. “By the next morning, David was walking around the intensive care unit. Several doctors commented on his miraculous recovery and ability to walk so soon after surgery. I believe it was a combination of excellent physicians plus the power of prayer.”

One day after surgery, David’s Stroke Scale had improved to 10 (a significant improvement) and four days later, David was released from the hospital into an acute rehab program. Today, David is walking, talking, driving, back to work, and—tremendously grateful to the doctors and nurses at PIH Health who helped with his recovery.

“PIH Health Hospital - Whittier is unique because we offer endovascular specialists that are trained in extracting a blood clot blocking arteries in the brain,” said C. Rodger Hughes MD, PIH Health interventional radiologist. “This level of treatment is not available at all stroke-certified hospitals.”

Symptoms of a stroke happen quickly, often causing sudden numbness, weakness or loss of movement in the face, arm or leg (especially on only one side of the body). A stroke can also cause sudden vision changes, trouble speaking, a severe headache, confusion or imbalance. If you suspect a stroke, remember the FAST acronym:

- **F**ace – Ask the person to smile. Does one side of the face droop?
- **A**rms – Ask the person to raise both arms. Does one arm drift downward?
- **S**peech – Is their speech slurred or strange?
- **T**ime – If you observe any of these signs, call 911 immediately.

To learn more about what makes PIH Health a Stroke Receiving Center, visit PIHHealth.org/Stroke.
Robin Zamora, 52, has a busy life, a demanding career and all the responsibilities of raising three children. She certainly didn’t have time for breast cancer.

So when Robin discovered a lump in her right breast last October, she was naturally afraid. After a mammogram, ultrasound and biopsy at the Patricia L. Schieffly Breast Center, Robin learned she actually had two spots, and the diagnosis was a HER2-positive cancer.

HER2-positive breast cancer is a disease that involves a protein called human epidermal growth factor receptor 2 (HER2), which promotes the growth of cancer cells. In one of almost five breast cancers, the cancer cells have a gene mutation that makes an excess of this HER2 protein. This disease tends to be more aggressive than other types of breast cancer.

“I was shocked because there is no history of breast cancer in my family,” said Robin. “I try to eat right, exercise and stay in shape. I never would have thought it would happen to me.”

Robin’s team of PIH Health physicians recommended a mastectomy and chemotherapy, followed by a prescription hormone-blocker to lower the risk of recurrence.

The mastectomy was done at PIH Health Hospital - Whittier in November 2015 by surgeon Kenneth Thompson MD. One month later, Robin started chemotherapy with oncologist Edwin Lin MD. And in August, Robin will have breast reconstructive surgery with John Britto MD.

“It’s very gratifying to work as a team with other PIH Health physicians to bring healthy outcomes to breast cancer patients,” said Dr. Thompson. “Through state-of-the-art surgical methods, we were able to perform Robin’s mastectomy, remove the cancer and also lay the foundation for her breast reconstruction all during the same surgery. We’re all very pleased with Robin’s outcome.”
Throughout Robin’s entire journey, she was highly impressed with PIH Health.

“I absolutely feel like I was given the very best care that’s available today,” she said. “I believe PIH Health is at the forefront with its team approach as well as with its technology, like its 3-D mammography machine. I just can’t imagine getting better care anywhere else.”

Today, Robin is doing well and very optimistic about her future.

“It’s not an easy thing to go through, but in the end, I relied on my medical team, the power of positive thinking and my faith in the Lord,” she said.

Robin was especially glad she could attend her daughter’s 8th grade trip to Washington, D.C., in March. She had signed up long before her diagnosis and worried her chemotherapy schedule would prevent her from going.

“We worked everything out, and I was able to go,” she said. “The trip was fabulous and I felt great the entire time. This trip was a big deal for me—it represented important life moments that I didn’t want to miss.”

Schedule your mammogram today.

For information or to schedule your mammogram at PIH Health, call 562.906.5692 or visit, PIHHealth.org/Mammogram.

After a mastectomy, a woman has several options to consider, including reconstruction with breast implants or breast prosthesis. However, sometimes a woman isn’t a candidate for an off-the-shelf prosthesis. She may have had excessive tissue removed from the chest wall or have already had a failed reconstruction. In these situations, a pre-fabricated prosthesis will rarely sit correctly and comfortably on the chest; therefore, a custom fit may be best.

Custom breast prosthesis are made with a lighter silicone material than those that are prefabricated and are created specifically for an individual patient. The back of the prosthesis fits like a puzzle, perfectly matching the patient’s chest wall; filling in any gaps.

Fortunately, for women with these unique needs, PIH Health’s Mariposa Boutique in Whittier offers a helpful solution—an advanced scanner that’s no bigger than an iPad.

“The process of creating a custom prosthesis was fairly time-consuming because a plaster mold had to be taken of the woman’s chest.” The new scanner eliminates that whole process, and captures a full image of the chest within a few minutes. That image is then sent directly to the manufacturer who creates the customized prosthesis.

Three-time breast cancer survivor Joanne Flynn was thrilled to discover this service last December. After a double mastectomy and failed reconstruction at another medical center, Joanne came to PIH Health.

“This method was incredibly simple. It only took five or 10 minutes and the hand-held scanner just passes across your chest. It could not be easier, and I couldn’t be happier. My prosthesis fits me perfectly.”

Besides breast prosthesis and bras, Mariposa Boutique also offers swimsuits, clothing, hats, wigs, head wraps and other products for women to adjust to life during and after breast cancer. For more information about the PIH Health Mariposa Boutique, call 562.906.5638.

Mariposa Boutique Offers Custom Prosthesis for Breast Cancer Survivors
PIH Health places great emphasis on identifying and addressing our communities’ most significant health needs. In order to understand where our efforts can make the most impact, PIH Health conducts a Community Health Needs Assessment (CHNA) every three years, specific to the primary service area communities for both PIH Health Hospital - Downey and PIH Health Hospital - Whittier, representing over 1.6 million residents.

The CHNA features findings from stakeholder interviews, community focus groups and multiple health-related statistics.

To view the full 2016 assessments, visit PIHHealth.org/CHNA.

Images illustrate some statistics from the CHNA that describe the population’s significant health concerns.

### Obesity

**Adult Obesity**
California Health Interview Survey, 2014

- **27%** California
- **27.2%** Los Angeles County
- **30.5%** Healthy People 2020
- **39.3%** Service Planning Area 7

### Diabetes

**Adults Diagnosed With Diabetes**
California Health Interview Survey, 2014

- **12.4%** Service Planning Area 7
- **10%** Los Angeles County
- **8.9%** California

### Heart Disease

**Heart Disease Death Rate per 100,000 Persons**
California Department of Public Health, 2009-2013 age adjusted average

- **158.4** California
- **169.3** Los Angeles County
- **177.1** PIH Health Hospital - Whittier Communities
- **198.5** PIH Health Hospital - Downey Communities
- **187.8** All PIH Health Primary Service Area Communities
Planning for Impact: PIH Health’s Community Health Improvement Plan

Based on PIH Health’s 2016 Community Health Needs Assessment, our Community Health Improvement Plan outlines strategies related to the following significant health concerns of our local communities:

- Obesity
- Diabetes
- Heart disease
- Preventative screenings & immunizations

PIH Health offers a full spectrum of health education programming designed to address these needs, and also supports programs led by our community partners. Visit PIHHealth.org/CommunitySupport to learn more.

At the root of many health concerns are socio-economic and physical environment factors – known as social determinants of health. Based upon assessment findings, our Community Health Improvement Plan also emphasizes the following social determinants of health:

- Educational attainment
- Food insecurity (lack of access to sufficient nutritious food)
- Homelessness

In addressing the needs of the communities we serve, PIH Health is proud to be an integral part of many thriving local collaboratives. Our Community Health Improvement Plan provides the foundation for innovative partnerships with others who share the same vision of improving health outcomes.

The full plan outlining our partnerships and initiatives can be found at PIHHealth.org/CHIP.

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Preventative Screenings and Immunizations

Preventative Screenings & Immunizations, Service Planning Area 7

<table>
<thead>
<tr>
<th>Service Planning Area 7</th>
<th>Los Angeles County</th>
<th>Healthy People 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Colorectal Cancer Screening</strong> 50+ years*</td>
<td>71.1%</td>
<td></td>
</tr>
<tr>
<td><strong>Mammograms in past two years Women 50-74 years</strong></td>
<td>81.1%</td>
<td></td>
</tr>
<tr>
<td><strong>Pap Smear in past three years Women 21-65 years</strong></td>
<td>83.3%</td>
<td></td>
</tr>
<tr>
<td><strong>Flu Vaccine, Total Population</strong>*</td>
<td>35.2%</td>
<td></td>
</tr>
<tr>
<td><strong>Pneumonia Vaccine, Adults 65+</strong></td>
<td>62.4%</td>
<td></td>
</tr>
</tbody>
</table>

*California Health Interview Survey, 2009
**Los Angeles County Health Survey, 2011
***California Health Interview Survey, 2014

† Healthy people 2020 are national objectives for improving health led by the Federal Department of Health and Human Services.
†† Due to the large size of Los Angeles County, it has been divided into eight geographic regions, called Service Planning Areas (SPA). PIH Health hospitals are most closely aligned with SPA 7.
George Vega doesn’t have diabetes, at least not yet, and he’s taking important steps to make sure he stays that way. George is considered pre-diabetic, which means his blood sugar levels are higher than normal, but not high enough to be considered full-blown diabetes. People with pre-diabetes are at high risk of developing Type 2 diabetes and are at increased risk of developing heart disease.

“I’m not currently diabetic, but my status could change if I don’t control my weight,” explained George, a 65-year-old retiree. “I have a relative who is also borderline diabetic, and typically the older people get, the more easily it is to become diabetic if we don’t watch our steps. Because diabetes runs in my family, my doctor was concerned and suggested that I attend some of PIH Health’s diabetes education classes, so that’s what I did.”

George signed up for PIH Health’s Live Your Best Life, a free, four-week diabetes prevention program that helps people explore ways to reduce their risk of developing diabetes while gaining tools for healthier living through interactive and hands-on activities.

“I learned exactly what to do to hopefully prevent diabetes,” George said. “I learned the value of exercise and eating the proper meals, and how to read package labels when shopping for food. I’m now eating mostly vegetables, swimming every day, and doing my best to control the situation. The class instructor was very helpful and answered all of my questions. It was great.”

In fact, George was so impressed by his first education program, he signed up for a second program called Better Choices, Better Health. This self-management program, developed by the School of Medicine at Stanford University, is for people with chronic conditions like diabetes, high blood pressure and heart disease. Participants will learn the three major skills essential to self-management: action planning, problem solving and making good decisions.
Here’s another thing that George and others have learned: PIH Health is serious about diabetes prevention and management. A variety of programs are offered in multiple locations to help people manage this condition. Most are free and offered in both English and Spanish. Available programs include:

- Live Your Best Life, a diabetes prevention program
- Better Choices, Better Health, a chronic disease self-management program
- Diabetes Self-Management Program, scheduled to launch early 2017
- Diabetes Nutrition Education
- Diabetes Education Center (DEC), offering pre-diabetes and self-management classes

“Diabetes affects nearly one in 10 Americans (9.3 percent of the population), making it the number one health need in our community,” said Christian Gastelum MD, PIH Health endocrinologist. “Our community is lucky to have all these tremendous educational resources available from PIH Health. I encourage anyone with diabetes to attend one of these programs so they can stay one step ahead of their condition and live a longer, healthier life.”

For more information on managing diabetes or how the PIH Health Diabetes Education Center can help, visit PIHHealth.org/Diabetes or call 562.698.0811 Ext. 11320.

If you find your health could improve by losing weight, here are a few of the comprehensive options and resources available through PIH Health:

- **Diabetes and Weight-Loss Education:** Through PIH Health’s Community Education program, you can gain valuable knowledge and practical skills to help you on your weight-loss journey. Our health, nutrition and exercise classes are available throughout the community and many are offered in English and Spanish. A few good options: Eating Healthy Never Tasted So Good; Mind Over Matter; One Step at a Time; Eating Healthy Begins at the Grocery Store; Why Weight; and Preparing for Bariatric Surgery.

- **Optifast:** This medically supervised, low-calorie diet helps patients consume around 800 calories per day for about 12-16 weeks. On average, patients lose around 50 pounds over the course of the diet plan.

- **Metabolic Surgical Weight Loss:** PIH Health Hospital - Whittier offers three powerful surgical weight loss options, the Gastric Bypass, the Gastric Sleeve and the Outpatient Lap-Band at our Bariatric Center of Excellence.

All three procedures are safe, effective and make patients feel full with smaller amounts of food. Hormonal changes after surgery help suppress appetite and may resolve related illnesses like diabetes. Post-operatively, a comprehensive team of experts help guide patients to permanent weight loss success.

For more information about how to care for diabetes and how the PIH Health Diabetes Education Center can help, or to register for classes, call 562.698.0811 Ext. 11320.
It all started with a sore throat. Then, before long, flu-like symptoms. That’s what Martha Sodetani of Downey felt when she began getting sick last February. She didn’t think it was bad enough to see a doctor, she just felt she needed a bit of rest and then she’d be fine. However, after a few days in bed, Martha began to feel worse. That’s when her daughter, Kim, decided it was time to take her to the Emergency Department at PIH Health Hospital - Downey.

At first, Martha hesitated, but the more she resisted, the more Kim became convinced that her mom needed to see someone fast. “To be honest, I was pretty short with my daughter. I didn’t want to go. But at the same time, I was really confused. I didn’t know what day it was or what time it was. All I knew was that I wanted to sleep,” Martha said. “By the time I got to the hospital, however, I knew it was pretty serious.”

“One of the things they measure right away is your blood oxygen level. Mine must have been pretty bad, because at first they weren’t sure they got an accurate reading. But when a second test was done with another monitor and that one showed the same result, they knew immediately I was in bad shape,” Martha added. Her breathing was labored, but Martha wondered if it was mild bronchitis. As it turned out, she was suffering from a bad case of pneumonia.
When it’s More Than the Flu

Pneumonia is an infection that attacks the air sacs in one or both lungs. The air sacs may fill with fluid, causing a bad cough with phlegm, a fever, chills and difficulty breathing. Pneumonia can be life-threatening and is most serious in young children, adults over 65 and people with health problems or weakened immune systems.

“When the X-ray showed pneumonia, they jumped into action pretty quickly,” said Martha. “I was given oxygen, an IV and admitted into the hospital. The care I got there was excellent. Everyone I was in contact with was very nice, very kind. Thanks to my wonderful care team, I made a full recovery.”

“Even now as I look back, it’s all pretty blurry. I finally realized that I wasn’t acting like myself, and that my judgement wasn’t reliable. I’m glad Kim came over and forced me to go in. And, I’m especially glad the hospital was so close and that they were able to accurately diagnose my condition and start the treatment so quickly. I feel really lucky to have the security of that hospital right here in our community.”

Dr. Mark Buchfuhrer, Martha’s pulmonologist agrees. “Martha was fortunate she came in when she did. Had she waited much longer, her condition could have been much worse.”

If your illness or injury seem serious to you or your loved ones, don’t hesitate to visit PIH Health’s Urgent Care Center or hospitals. If you’re not sure which one to go to, visit PIHHealth.org/Emergency-Urgent-Care/ on the web. That page can give you some guidelines to the care that’s appropriate for your situation.

Q. How effective is the flu shot in protecting me and my family from the virus?

According to the Centers for Disease Control and Prevention (CDC), flu vaccine is the single best way to prevent the flu. CDC recommends that everyone over the age of six months receive a flu vaccine. Our body’s immune response from vaccination declines over time, so it’s necessary to get vaccinated every year. Vaccines may make the illness milder if you do get sick, reducing the risk of serious outcomes, such as hospitalization.

A recent study showed the flu vaccine reduces:
- Children’s risk of flu-related hospital admission by 74 percent
- Flu-related hospitalization among adults of all ages by 71 percent
- Flu-related hospitalization among adults 50 years and older by 77 percent

Additionally, the vaccine was 92 percent effective in protecting newborns from hospitalization for flu when the pregnant mom was vaccinated.

With the flu season approaching (October to May), PIH Health highly recommends flu vaccines for the entire family. Vaccines are available each year, beginning in September. Please call your primary care physician’s office to schedule an appointment.
Discover Advantages with IRA Charitable Distributions

Paul and Mary Helfrey have always considered PIH Health Hospital - Whittier “their hospital.” During the couple’s 50-plus years living in Whittier, their four children were born at the hospital and any surgeries needed were performed there. They have always been extremely pleased with the care they received.

Yet as familiar as they were with the hospital, the Helfreys knew a lot less about PIH Health Foundation, a separate nonprofit organization with the sole mission to raise funds in support of PIH Health.

That all changed in April 2014, when Mary was invited to tour the Patricia L. Schiefly Breast Center and witnessed the innovation behind the facility’s first 3-D mammography machine.

“I was in awe when the doctor showed us the difference in the types of images, what they could see and what they could not,” she explained. “I came home and told my husband Paul all about the fantastic technology,” said Mary.

Shortly thereafter, PIH Health Foundation held its annual gala event, which was raising money to purchase more 3-D mammography machines. The Helfreys were inspired to make a donation and thrilled to support such an excellent cause, and have been supporting PIH Health Foundation ever since.

“We were especially pleased last year to support the James P. Fitzgerald MD Spiritual Care Services, since we have been dear friends with the Fitzgeralds for many years,” said Mary.

The Helfreys chose to make their donations through an IRA Charitable Distribution, one of the many ways to support PIH Health Foundation. With this type of gift, IRA owners who are 70½ or older can transfer as much as $100,000 per year to qualified charities directly from their IRAs, tax-free. That transfer is excluded from the owner’s taxable income. If done properly, the transfer counts toward an IRA owner’s required minimum distribution for the year.

Many donors like this method of giving because the transfer won’t inflate their adjusted gross income, which may spare people from possibly owing higher taxes on Social Security benefits and from having to pay higher Medicare premiums.

For the Helfreys, supporting PIH Health Foundation through IRA Charitable Distributions is the right way to give.

For more information on ways you can support PIH Health, please contact PIH Health Foundation at 562.698.0811 Ext. 81520 or PIHHealth.Foundation@PIHHealth.org.

New CT Scanners Will Bring Big Benefits to PIH Health

PIH Health Foundation is raising funds to purchase new CT scanners, the Siemens SOMATOM Force, aptly named, since it will truly be a positive force in PIH Health’s delivery of care.

“Our new scanner will provide better quality, added capacity, while enabling us to scan patients faster and more safely,” said Daniel Saket MD.

The Siemens SOMATOM Force is a 384-slice CT scanner that scans patients in less than a second. According to Dr. Saket, this speed is important, especially for young patients, older patients and very sick patients who have difficulty holding still long enough for scans. The new scanner also performs whole brain scans, an important aspect of stroke care. Plus, it adds sub-millimeter precision and detail to diagnostic images that help physicians treat thousands of health issues, including brain tumors, aneurism, trauma, bone injuries, lung cancer, chronic obstructive pulmonary disease (COPD), and determining the cause of abdominal pain.

“CT imaging is the backbone for all of the clinical services we provide,” said Dr. Saket. “It supports every clinical department and virtually every service line and specialty—everything from stroke care and critical care, to cardiovascular disease, cancer and general surgery. This new technology will ensure better patient access, enhance the hospital’s imaging capabilities and bring PIH Health to an even higher level of quality care.”

The purchase of Siemens SOMATOM Force CT scanners will not be possible without the fundraising efforts of the PIH Health Foundation.

“Three generous families have stepped up to provide the lead gifts, which totaled more than $1M, and the proceeds from the 2016 gala in April brought a net of $488,000,” said Amy Fitzgerald, PIH Health Foundation executive director. “This brings us closer to our goal of raising $2M towards the purchase of new CT Scanners for both PIH Health Hospital - Whittier and PIH Health Hospital - Downey. Once we reach our fundraising goal, it will be so exciting to have this highly advanced technology at work within our community.”

Now you, too, can help us reach our fundraising goal to acquire this vital new equipment by donating to PIH Health Foundation in any amount. To donate and make a difference today, please visit PIHHealth.org/Support or call us at 562.698.0811 Ext. 81520.
Ways to Support PIH Health

When you make a gift to PIH Health Foundation you are investing in the health of your community.

PIH Health Foundation is a separate 501(c)(3) nonprofit organization with the sole mission to raise funds in support of PIH Health. Your gift can make a real and lasting difference in the health of your family, friends and neighbors. We invite you to learn more about the various ways you can support PIH Health.

**PIH Health Foundation Circle of Excellence**

The Circle of Excellence recognizes generous donors in our communities who consistently support PIH Health with an annual gift of $1,000 or more. Circle of Excellence members help ensure that PIH Health consistently provides the highest quality of healthcare for our communities.

We are pleased to extend the following special courtesies to Circle of Excellence members:

- **Invitations** to exclusive gatherings and behind-the-scenes presentations with other members
- **Recognition** as a Circle of Excellence member in donor listings
- **A membership memento**

**PIH Health Legacy Society**

The PIH Health Legacy Society recognizes and honors those individuals whose estate gifts will provide future support for PIH Health. Planned giving is one of the most effective and sustainable ways to support PIH Health now and for future generations, and we are grateful to those who support PIH Health in their estate plans through wills, trusts, retirement plans, life insurance and other gift vehicles.

PIH Health Foundation expresses our appreciation to the PIH Health Legacy Society with the following recognition:

- **Invitation** to the annual PIH Health Legacy Society Luncheon where members are honored
- **Recognition** in PIH Health publications
- **A special PIH Health Legacy Society lapel pin**

**PIH Health Champions**

Want to raise funds to benefit PIH Health? Become a PIH Health Champion. PIH Health Champions are community groups, clubs, businesses or individuals that organize a fundraising activity or event to benefit PIH Health. These fundraising activities and events align with the mission of PIH Health and can include parties, run- or walk-a-thons, bake sales or other similar activities.

We are grateful to those who utilize their time, creativity and talent to plan, organize, host and execute fundraisers on our behalf. Because of PIH Health Champions, we are able to do more to support the work of PIH Health.

**Fundraising Events**

Supporting PIH Health through fundraising events is a fun and engaging way to make a positive contribution to the long-term health of our community. PIH Health Foundation holds two major fundraising events each year—the gala in the spring and the Frank Scott Pro/AM Golf Tournament in the fall.

We greatly appreciate everyone who supports these events through attendance. We offer a variety of recognition opportunities for those who donate items for silent or live auctions, and for our underwriters and sponsors.

For more information, visit PIHHealth.org/Support
There are many ways to support the PIH Health Foundation. Some like the simplicity of cash gifts. Others prefer planned legacy gifts, memorial gifts, or even gifts of property and real estate. In fact, the reasons for choosing one method over another are often as different as the givers themselves.

For David and Maria Furhman, the right choice is appreciated gifts of stock. For the past several years, this couple has found that donating appreciated stocks is an easy and tax-effective way to support the hospital they love. "It's a win-win, for both the giver and receiver," said Maria. "These gifts provide a two-fold tax benefit, creating an income-tax deduction while also helping to avoid the capital-gains tax that would normally be due upon sale. I like to say it makes good sense, and also good 'cents.'"

For Maria, deciding to give to PIH Health Foundation was easy. For more than a decade, she has maintained deep connections to PIH Health Hospital - Whittier, often calling it her "beloved hospital." She has served as a PIH Health Foundation Board Member and also a Governance and Education Committee Chair. Today, she serves as a PIH Health Foundation Trustee, and volunteers her time at the annual PIH Health Frank Scott Pro/Am Golf Tournament events.

"Considering the current landscape of medicine and healthcare, we want PIH Health to be able to continue doing what they do and remain a beacon of light in our community for many years to come," said Maria. "I have faith that if enough people make the commitment to give—either through this method or another—we can all help PIH Health continue its vision and mission."

For information on ways to give, please contact PIH Health Foundation at 562.698.0811 Ext. 81520 or PIHHealth.Foundation@PIHHealth.org.
Spreading the Word

Lung Cancer Survivor Shares the Value of Screening

“I often tried to quit,” Johanna said. “I went to smoking cessation classes and even tried acupuncture. I would stop smoking for a year or two, then start up again. For me, smoking was a stress reliever.”

But two years ago, Johanna’s breathing got worse more than ever. Because she has Chronic Obstructive Pulmonary Disease (COPD), she wanted to start exercising. When she could barely breathe well enough to walk, Johanna knew she had to quit smoking for good. Johanna smoked her very last cigarette on December 31, 2014, and hasn’t smoked since.

However, after she quit smoking her breathing worsened, so she decided to see her physician, William Welsh DO, who suggested a CT scan through PIH Health’s Lung Cancer Screening Program. This program screens high-risk patients using a low-dose computed tomography (LDCT), that takes hundreds of pictures and transfers the images to a computer that assembles them into detailed view of the inside of the lung. A radiologist views the images to see the size, shape and location of anything abnormal in the chest area.

Johanna Villarreal just might be the top patient advocate for PIH Health’s Lung Cancer Screening Program. That’s because without this program, Johanna would not have known she had lung cancer. The screening may very well have saved her life. Johanna, now 74 years old, started smoking in her teens, and smoked off-and-on her entire life.

For more information, visit PIHHealth.org/Lung
“My CT scan showed a cancerous nodule on one side of my lung and a small spot on the other side,” said Johanna. “I saw multiple PIH Health physicians, including a pulmonary specialist, an oncologist and a radiation oncologist. We decided that because of my pre-existing COPD, a wedge resection surgery to remove the cancer would be too risky, so I opted for targeted radiation instead.”

Johanna’s nurse navigator, Jessica Peckham, proved to be an incredible resource along the way.

“Jessica helped set up all of my appointments, arranged all of my treatment sessions, handled paperwork, followed up by phone and was always a reassuring voice when I was feeling anxious,” said Johanna. “Her support really helped make my journey less complicated. I was so thankful for her and all the physicians and staff at PIH Health that were involved in my treatment.”

Over the course of six weeks, Johanna’s targeted radiation treatment ended up eradicating one nodule altogether and shrunk the second one. She now has a follow-up CT scan every three months to watch for growth and any new nodules.

“I’m such an advocate for this program that when I’m out in public and see other smokers, I start talking to them about the benefits,” she said. “I tell them that lung cancer screening is the only way to make sure their lungs are fine. I also tell them to talk to their friends and family about the program. I keep the program phone number in my cell phone, and I’ve given it to about 24 people so far.”

To learn more, contact the PIH Health Lung Cancer Screening Program at 562.967.2892.

Q. How can I best manage Chronic Obstructive Pulmonary Disease (COPD)?

A. Although COPD, or chronic obstructive pulmonary disease, cannot be cured, it can certainly be managed—and there are a variety of things you can do for yourself. COPD is a progressive disease that can cause coughing that produces large amounts of mucus, wheezing, shortness of breath and chest tightness among other symptoms.

If you smoke, quitting is the most important thing you can do to slow progression of the disease and improve your quality of life. Talk to your doctor about programs and products that can help you quit. If you have trouble quitting on your own, consider joining a support group, like those available through PIH Health.

In addition, avoid triggers, such as air pollution, second-hand smoke and places with dust, fumes and other toxic substances that you may inhale. Other things that can make a difference include eating well (possibly eating smaller, more frequent meals or taking nutritional supplements), as well as staying active to improve your overall wellness and strengthen the muscles that help you breathe. Lastly, you can practice breathing therapies and learn new coping strategies to deal with anxiety or depression. Remember, each person’s COPD is different, so it’s important to work with your doctor to find the plan that works best for you.
Dancing Once Again

Bilateral Hip Replacement Returns Joy to Patient

She may not be a trained professional, but Maria Ruvalcaba loves to dance—anywhere, and anytime. Just put on some music, and she’s dancing. So, when her hip pain grew progressively worse—ultimately placing her in a wheelchair to relieve the pain—she wasn’t sure where to turn.

“I was getting weaker and it was just too painful to stand or walk, so I was in a wheelchair for about six months,” explained Maria, a 66-year-old resident of Pico Rivera.

Unable to endure the pain another day, she consulted with Bindesh Shah MD, PIH Health orthopedist, who diagnosed Maria with severe end-stage hip arthritis and an underlying mild dysplastic hip condition. He suggested a bilateral hip replacement—two surgeries (one on each side) that would take place three months apart.

Before the first surgery, PIH Health helped Maria get educated about what to expect. She discussed the surgery with Dr. Shah, watched a video in his office, and also attended a joint education class, where any additional questions she had were answered.

After her surgeries, Maria received physical therapy in the hospital to ensure an enhanced and faster recovery. She was up and walking that very first day, and had follow-up physical therapy and occupational therapy at her home.
When it comes to orthopedics, Dr. Shah says there are plenty of best practices that set PIH Health apart. For example, all patients have a nurse navigator as a personal resource before, during and after surgery. The navigator also makes follow-up calls following surgery to ensure patients are transitioning well throughout the healing continuum.

Patients also begin physical therapy within hours of completing their surgery. This helps maximize functional potential and assists in reducing the risk of blood clots or other complications. Nursing staff in the post-surgical unit have also begun an early mobility program to assist patients out of bed their first day, and have been trained to ensure safe mobility and prevent injury. For patients who require home health services, a nurse or physical therapist pays a visit within 24 hours to help patients transition home safely and comfortably.

In addition, PIH Health uses the best joint implants available and incorporate advanced pain management protocols, to help experience the best result and recover faster.

“The hospital was great, and Dr. Shah is one of the best doctors ever,” said Maria. “Thanks to him, I can dance again. I simply can’t express my gratitude.”

To learn more, visit PIHHealth.org/Orthopedics or to schedule an appointment with an orthopedic surgeon at one of our three convenient locations, call 562.967.2838.

Q. I have knee joint pain. What treatment options should I try before surgery becomes my only option?

A. Fortunately, there are many non-surgical treatment options that can be explored before considering surgery. Medication may be one option, including aspirin-free pain relievers and anti-inflammatory drugs. Regular exercise, including joint and muscle exercises, can also help by improving strength and flexibility, while also lessening pain. Remember to avoid activities that put extra stress on your knee, like high-impact sports, jogging and skiing. Use of heat/cold therapies over joints may provide short-term relief from pain and stiffness. If you are overweight, weight loss can also help ease pain by reducing stress on your joints. Also consider using a support brace or other assistive device (like a cane or walking aid) to alleviate excess stress on your knee. Working with a physical therapist to create a personalized exercise program is another option, as well as using water aerobics exercise and getting regular massages on the problem area. If these options don’t provide the results you want, it may be time to consult with a physician. Visit PIHHealth.org/Orthopedics to learn more or to schedule an appointment with an orthopedic surgeon at one of our three convenient locations, call 562.967.2838.
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
Learn about the risk factors and how to prevent the onset of diabetes.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

PIH Health Whitewood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 11/2 1:30 – 2:30 pm
Wed 2/1 1:30 – 2:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 10/25* 6 – 7 pm
Thu 12/1 6 – 7 pm

Our Lady of Guadalupe
900 W. La Habra Blvd., La Habra
Thu 11/3* 6:30 – 7:30 pm

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 10/13* 10 – 11 am

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

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

PREP Program
Pioneer High School
10800 Benavent St., Whittier
Wed 9/22* 6 – 7 pm

Helpline Youth Counseling
Liberty Plaza
14181 Telegraph Rd., Whittier
Wed 1/18 5 – 6 pm

Uptown Whittier YMCA
12510 Hadley St., Whittier
Wed 11/2 6:30 – 7:30 pm

Norwalk Social Services Center
11229 Alondra Blvd., Norwalk
Fri 9/9* 10 – 11 am
Fri 12/2* 10 – 11 am

Friends of Family Health Center
501 S. Idaho St., La Habra
Mon 9/19 6:30 – 7:30 pm

La Habra Family Resource Center
301 W. Las Lomas Dr., La Habra
Tue 10/11 6 – 7 pm

Downey Adult School
12340 Woodruff Ave., Downey
Thu 12/1 10:30 – 11:30 am

Boys and Girls Club of Whittier
7905 Greenleaf Ave., Whittier
Tue 10/4* 5 – 6 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/17* 6 – 7 pm

The Gary Center
341 Hillcrest St., La Habra
Fri 10/2* 10 – 11 am
Fri 1/6* 10 – 11 am

Family Fun Night
Join us for a one night event in honor of National Diabetes Awareness Month. Families and kids can participate in interactive games and activities that explore ways to increase physical activity, and make healthy food choices together. All local school districts are invited.
To Register: Call Ext. 81085 or email Community.Health@PIHHealth.org

Recovery Center
12401 Washington Blvd., Whittier
Wed 10/12 – 11/16* 5:30 – 8 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tuesdays, 10/18, 11/15, 12/20 and 1/17

Moving Forward with Diabetes: Regain Control and Live
Explore practical skills to take charge of Type 2 diabetes. 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

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Third Tuesday of the month, 4 – 5 pm

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 10/29 10 am – 12 noon

Spiritualty 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 or for more information:
Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

Meditation for Relaxation and Wellbeing
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

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

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness.
For Information: $5 per class
To Register: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

DIABETES MANAGEMENT

Diabetes Nutrition Education
Learn how to control your diabetes through nutrition classes taught by a registered dietician. Registration required.
To Register: Call Ext. 25580

Pre-Diabetes Class
This class focuses on lifestyle changes for those with pre-diabetes to reduce the risk of advancing to diabetes.
To Register: Call Ext. 11330

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tuesdays, 10/4 – 11/15
9:30 – 12 noon
Wednesdays, 10/5 – 11/16
6 – 8:30 pm

DIABETES MANAGEMENT

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Learn how to control your diabetes through nutrition classes taught by a registered dietician. Registration required.
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12401 Washington Blvd., Whittier

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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
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12401 Washington Blvd., Whittier

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

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness.
For Information: $5 per class
To Register: Call Ext. 12777
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

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*Class in Spanish
Every moment delayed could mean a moment missed. Schedule your cancer screening today.
Visit PIHHealth.org to learn more about our Preventative Screening Programs.

NUTRITION

Families in it Together (FIT) for Health
In this program, parents/guardians and their kids (ages six-15) will explore ways to increase physical activity and make healthier food choices together, through interactive games and food demonstrations.
Age: Six to 15 with parent/guardian
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
Sat 9/10 – 9/24 10 – 11:30 am
Sat 1/14 – 1/28 10 – 11:30 am
Sat 2/25 – 3/1 10 – 11:30 am

Santa Fe Springs Teen Center
11740 Telegraph Rd., Santa Fe Springs
Wed 10/5 – 10/19 6:30 – 8 pm

Southeast-Rio Vista YMCA
4801 E. 58th St., Maywood
Sat 12/3 – 12/17 10 – 11:30 am

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

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 11/9 1:30 – 2:30 pm
Wed 2/8 1:30 – 2:30 pm

Wesley Health Center
8530 Firestone Blvd., Downey
Wed 10/5* 6 – 7 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Tue 11/1* 6 – 7 pm
Thu 12/8 6 – 7 pm

Our Lady of Guadalupe
900 W. La Habra Blvd., La Habra
Thu 11/10* 6:30 – 7:30 pm

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 10/20* 10 – 11 am

Community Resource Center
10750 Laurel Ave., Whittier
Tue 9/13* 9:30 – 10:30 am

SPIRIT Family Services
8000 Painter Ave., Whittier
Thu 9/29* 6 – 7 pm

Helpline Youth Counseling
Liberty Plaza
14181 Telegraph Rd., Whittier
Wed 1/25 5 – 6 pm

Uptown Whittier YMCA
12510 Hadley St., Whittier
Wed 11/9 6:30 – 7:30 pm
(YMCA membership not required)

Norwalk Social Services Center
11929 Alondra Blvd., Norwalk
Fri 9/23* 10 – 11 am
Fri 12/9* 10 – 11 am

Friends of Family Health Center
501 S. Idaho St., La Habra
Mon 9/26 6:30 – 7:30 pm

La Habra Family Resource Center
301 W. Las Lomas Dr., La Habra
Tue 11/8 6 – 7 pm

Downey Adult School
12340 Woodruff Ave., Downey
Wed 12/8 10 – 11:30 am

Boys and Girls Club of Whittier
7905 Greenleaf Ave., Whittier
Tue 10/11* 5 – 6 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Tue 1/24* 6 – 7 pm

The Gary Center
341 Hilcrest St., La Habra
Fri 10/28* 8 – 9 am
Fri 1/27* 8 – 9 am

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

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 9/28 10 – 11 am
Wed 2/22 1:30 – 2:30 pm

The Gary Center
341 Hilcrest St., La Habra
Fri 10/28* 8 – 9 am
Fri 1/27* 8 – 9 am

Why Weight?
A weight management program 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, 10/11 – 12/13
Thursdays, 10/13 – 12/8
6:30 – 7:30 pm

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 10/19 11 am – 12:30 pm
Wed 12/14 6:30 – 8:30 pm

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 dietitian.
To Register: Call Ext. 25580

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Wednesdays, 10/12, 11/9, 12/14 and 1/11 6 – 7 pm

EXERCISE

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 and Thursdays, 7 – 8 pm

PREVENTATIVE SCREENING PROGRAMS

Lung Cancer Screening Program
A lung cancer screening procedure can help catch cancer early. If you are 55 to 80 years old and have smoked for over 30 years, are a current smoker or have quit within the last 15 years, call today to find out if a screening is right for you.
To Learn More: Call 562.967.2892.

Breast Mammography
If you’re the one in eight women who will be diagnosed with breast cancer, an annual mammogram is the key. Schedule yours today at one of our three convenient locations in Downey, Hacienda Heights or Whittier.
Call 562.906.5692.

Colorectal Cancer Prevention Program
Colon cancer is most common in men and women age 50 and older, and the risk increases with age. Colon cancer can be prevented and screening is recommended beginning at age 50. Schedule your colonoscopy today.
Appointments: Call 562.945.4754.
**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

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**Health Education Calendar**

**EXERCISE CONTINUED**

**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 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 – 6:30 pm

**Silver Pilates**
Raised mats are used instead of floor mats to make this a more adaptable class.
Eight 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 Tuesdays, 12:15 – 1 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 Hospital - Downey 11500 Brookshire Ave., Downey Wednesdays, 5 – 6 pm

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**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

**Mind Over Matter: One Step at a Time**
Life's challenges can often 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
PIH Health Whittwood Medical Office 15725 E. Whittier Blvd., Whittier Wednesdays, 10/5, 11/2, 12/7 and 1/4, 3 – 4:30 pm

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**HEALTHY AGING**

**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 a 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)
- Wed 9/21 9 am – 1 pm
- Wed 11/16 9 am – 1 pm

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

**Advance Care Planning**
Participants learn about advance 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 ssambulatroy@PIHHealth.org
PIH Health Whittwood Medical Office 15725 E. Whittier Blvd., Whittier Wednesdays, 10/5, 11/2, 12/7 and 1/4, 3 – 4:30 pm

**SeniorNet Computer Classes for Adults 50+**
Keep your mind sharp by learning new computer skills. Beginning and intermediate level classes, one and two day workshops and seminars are taught in a state of the art computer lab at the La Mirada Activity Center. Classes are taught by PIH Health senior volunteer instructors assisted by volunteer coaches.
For course descriptions, membership and class fees call 562.952.3177 or visit LSMeniomet.com.

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**LIVING WITH CHRONIC DISEASES**

**Better Choices, Better Health Program (Chronic Disease Self-Management Program)**
Explore practical skills to take control of your ongoing health condition(s) 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
La Habra Family Resource Center 301 Las Lomas Dr., La Habra
- Wed 2/15 1:30 – 2:30 pm
- Wed 2/22 1:30 – 2:30 pm
- Wed 3/15 1:30 – 2:30 pm
- Wed 3/22 1:30 – 2:30 pm
- Wed 4/19 1:30 – 2:30 pm
- Wed 4/26 1:30 – 2:30 pm

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*Class in Spanish*
PREGNANCY AND NEW BABY

To view all the classes offered, visit PIHHealth.org/Calendar.

- 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 and Stork Tea
- 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, call 562.698.0811 Ext. 12918 and register today!

LIVING WITH CHRONIC DISEASES CONTINUED

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

Uptown Whittier YMCA
12510 Hadley Street, Whittier
Thu 10/6 – 11/10 5:30 – 8 pm (YMCA membership not required)

Community Resource Center
10750 Laurel Ave., Whittier
Tue 10/11 – 11/15* 9 – 11:30 am

EMOTIONAL HEALTH AND WELL-BEING

Smoking Cessation
A facilitator from the American Lung Association provides participants with information, support and tips on how to quit smoking.

Seven-class series (meets once a week)
To Register: Call Ext. 12549

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wed 10/5 – 11/16 6 – 8 pm
Wed 1/11 – 2/22 6 – 8 pm

Essential Skills for Moving Forward
This five-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.

For more information: Call Ext. 65236

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

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 Hospital - Whittier
12401 Washington Blvd., Whittier
Thu 10/6 – 10/20 10 am – 12 noon
Thu 1/17 – 1/31 4 – 6 pm

Making Home Safe
Explore ways to improve the safety risk factors at home and help your loved one with Alzheimer’s or related dementia, stay at home and in the community for as long as possible.

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

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thu 11/15 4 – 6 pm

CPR

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 9/14 6 – 9 pm
Thu 11/17 6 – 9 pm
Wed 12/7 6 – 9 pm

First Aid, CPR and AED
Fee: $70
Sat 10/1 9 am – 4 pm
Sat 11/5 9 am – 4 pm

HeartSaver First Aid, CPR and AED Skills Session
Are you short on time? This course may be for you. After doing Part I of HeartSaver First Aid-CPR-AED online, complete Part II and III with us to earn your certification. Appointment required.

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

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier

CPR and AED
Fee: $85
First Aid, CPR and AED
Fee: $55

SUPPORT GROUPS

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

Bariatric
For those considering bariatric surgery and those who have already had the procedure. No registration required.

Tuesdays, 9/13, 10/11, 11/8 and 12/13, 7:30 – 8:30 pm

Breast Cancer
Call 562.698.5964.

Breastfeeding
Provide knowledge and support. Every Thursday. Call Ext. 25580.

Journey Through Cancer
Discussions include nutrition, coping with feelings, relationships, fears and living a ‘new normal.’ Third Thursday of each month, 11 am. Call Ext. 12570.

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

Mended Hearts
For heart surgery patients and their families. Call Ext. 12391.

Mental Health Family Support Group
(Conducted in Spanish) (Salud Mental-Grupo de Apoyo para la familia). Call Ext. 81085.

Neonatal Intensive Care Unit (NICU) Parents
For Parents with a child in the NICU. Call Ext. 17351.

Perinatal Bereavement
Call Ext. 17882.

Scleroderma Support Group
Call Ext. 81085.

Stroke
Second Tuesday of every month, 2 – 3:30 pm, Call Ext. 12453.

Ready for a lifestyle change? PIH Health offers Why Weight?, a class that focuses on healthy behaviors and eating habits. Call 562.698.0811 Ext. 12918 and register today!

For the most current list of classes offered, visit PIHHealth.org/Calendar.
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.

Please send your topics and stories 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 Named 2016 Most Wired Award Recipient

For the third time, PIH Health has been named a Most Wired hospital by Hospitals and Health Networks (H&HN), a monthly publication of the American Hospital Association (AHA).

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>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12401 WASHINGTON BLVD., WHITTIER, CA 90602</td>
<td>562.696.0811</td>
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<tr>
<td></td>
<td>PIH Health Hospital - Whittier: Blood Donor Center: Optical Shop</td>
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<tr>
<td>2</td>
<td>11500 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>562.904.5000</td>
</tr>
<tr>
<td>3</td>
<td>11420 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>562.904.5414</td>
</tr>
<tr>
<td>4</td>
<td>12393 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>323.726.7601 562.906.5692 562.696.5964</td>
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Access Your Medical Information Online

Welcome to My PIH Health, the patient portal that lets you make or request appointments, request prescription refills, and access your medical records on the go!

- Send and receive secure online messages
- View and print test and lab results
- Make appointments online

Get 24/7 online access from any computer, smartphone or tablet!

Visit PIHHealth.org/MyPIHHealth

Access your medical information on the go!
Download the free portal app at your Apple or Android store.