health living
FROM YOUR FRIENDS AT PIH HEALTH
SPRING 2017

Colonoscopy Saves the Day
What You Need to Know About Aging in to Medicare
Life-Saving Heart Attack Response
SPRING 2017

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When Jean Harvey turned 50, she knew it was time for her first colonoscopy. This fact was confirmed during her yearly physical by her primary care physician, Elisabeth Brown MD. Jean agreed to set the appointment soon, and prepared to leave her doctor’s office. Fortunately, Jean was asked to watch a two-minute video that encouraged her to schedule her colonoscopy appointment before leaving the office. This gentle persistence by the PIH Health team may have saved her life.

“Setting the appointment before I left was a good thing because I’m one of those people who puts things off,” said Jean, a resident of Hacienda Heights.

The day of Jean’s colonoscopy, she saw a familiar face in the waiting room—her own primary care physician, Dr. Brown, who was also there as a patient for her own colonoscopy.

“It was good to know that PIH Health doctors don’t just give medical advice; they actually follow up on their own health, too,” said Jean.
Fortunately Jean didn’t procrastinate. Turns out, when PIH Health Gastroenterologist Neal Shindel MD, performed her colonoscopy, he found a large pre-cancerous polyp, which required follow-up surgery to remove.

According to Dr. Shindel, Jean’s case was the exception, not the norm. “Ninety-nine percent of the time, polyps found during a colonoscopy can be removed during the same procedure,” he said. “This case was uncommon in that surgery was necessary to remove the polyp in order to prevent cancer from developing.”

“The polyp was quite large but they got it all out before it turned into cancer, which then could have required additional surgery or chemotherapy,” said Jean.

Reflecting on her experience, Jean is tremendously grateful and says she couldn’t be more impressed with her physicians, the surgery itself and the compassionate expertise demonstrated by everyone during her three-day stay at PIH Health Hospital - Whittier.

“My private room was fantastic, and the nurses and staff were friendly, caring and attentive; when I pushed my call button, they were right there to help me,” said Jean. “Now I tell everyone I know that having a colonoscopy is simply not that bad, and that they shouldn’t put it off. This procedure may save you a lot of headaches down the road, and it might even save your life—it certainly helped me.”

Now, since her surgery, Jean is back to doing what she loves the most, spending time with family, friends and her horse.

To schedule your colonoscopy, call the PIH Health Colon Cancer Prevention Program today at 562.967.2656 or visit PIHHealth.org/Colonoscopy.
Life-Saving Heart Attack Response

STEMI Receiving Center Offers Unique Expertise for Patients

It was a hot, sunny day in June, when 65-year-old retiree, Gustavo Lopez was doing the ordinary—mowing the lawn at his home in Bell Gardens. Gustavo has always been healthy and active, so when he started feeling pain and tightness in his chest, he brushed it off as overexertion. He took a break from his yard work, went inside to get some water and waited a few minutes for the pain to pass.

When the symptoms increased—Gustavo began sweating and experiencing nausea—his daughter Radai, realized he needed help. She drove her dad to the nearest hospital, PIH Health Hospital - Downey, where the expert emergency team performed an electrocardiogram (EKG), and confirmed an acute heart attack.

With no time to waste, Gustavo was rushed by ambulance to PIH Health Hospital - Whittier, one of a select group of hospitals designated as a STEMI (ST Elevated Myocardial Infarction, or a particular pattern on an EKG) Receiving Center for Los Angeles County. Having around-the-clock cardiac experts on hand, STEMI Receiving Centers provide rapid and advanced care for people experiencing heart attacks.

“Our EKG confirmed 100 percent blockage in one of Gustavo’s arteries, which caused the heart attack,” said Paresh Patel MD, a PIH Health cardiologist working at the hospital that day. “We rushed him into the cardiac catheterization lab, where we performed percutaneous coronary intervention (a non-surgical procedure that uses a thin, flexible tube to place a small structure called a stent to open up blood vessels). This procedure reestablished Gustavo’s circulation.”

This life-saving procedure essentially stops a heart attack in its tracks.

For more information, visit PIHHealth.org/Find-A-Doctor
“This patient’s quick access to cardiac experts, and the technology available in our specialized facility enabled our team to act quickly, which salvages more heart muscle, minimizes the hospital stay and may prevent future congestive heart failure,” added Dr. Patel. “We were able to exceed the American Heart Association’s 90-minute standard for opening a blockage.”

Gustavo was released from the hospital three days later and is now back to feeling well and enjoying life.

“I’m extremely impressed by the STEMI Receiving Center and very grateful for PIH Health, which provided an expert team and excellent service,” said Gustavo. “I’m so fortunate.”

A heart attack happens when blood flow to the heart is blocked. Common symptoms of a heart attack may include chest pain or pressure in the chest (or the back, neck, jaw or shoulders), sweating, shortness of breath, nausea or vomiting, lightheadedness or sudden weakness, and a fast, irregular heartbeat.

If you have symptoms of a heart attack, call 911—wait for an ambulance and don’t try to drive yourself. PIH Health is specially trained and equipped to provide state-of-the-art heart care and treatment to prevent further damage and complications.

To learn more about heart care and treatment options at PIH Health, or make an appointment, call 562.698.0811 Ext. 11240.

When it comes to maintaining a healthy heart, there are a few simple diet and exercise tips you can follow. You do not have to become a nutrition fanatic or workout obsessed, but by making small significant lifestyle changes, you can keep your heart healthy.

“To prevent heart disease, the foods you eat should be low in saturated fat, trans fat and sodium,” said Danielle Halewijn, clinical nutrition manager at PIH Health. “And be sure to eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish at least twice per week), nuts, legumes and seeds.”

Additionally, Danielle advises to cut down meat intake and try eating meals without meat. If you must have meat in your meal, select the leanest cuts available.

For physical activity, the American Heart Association recommends two and a half hours of moderate-intensity aerobic activity (think brisk walking, for example) every week. Or, if you’re healthy and able, do one hour and 15 minutes of vigorous-intensity aerobic activity (like a brisk jog or run) per week. Additionally, at least two days a week, perform muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

To avoid injuries or physical complications, be sure to check with your doctor before you begin any exercise program. By making some healthy, consistent choices, you can decrease your risk of heart disease and stroke. If you’re interested in finding a cardiologist or primary care physician, visit PIHHealth.org/Find-A-Doctor.
Groundbreaking Ceremony Signals Beginning of Construction

The current PIH Health Hospital - Downey Emergency Department (ED) was constructed in 1998 to accommodate 25,000 patients visits per year. Today, the facility handles approximately 50,000 patients per year.

To better serve our community, PIH Health will expand the facility, to nearly double the current footprint by adding 5,000 square feet of space. Capacity in the waiting room alone will increase from 37 to 80 seats. In addition, this project will

PIH Health Hospital - Downey
Emergency Department Expansion

PIH HEALTH HOSPITAL - DOWNEY
EXERCISE CLASSES

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

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

From left to right: Ramona Pratt, COO, PIH Health Hospital - Downey; Jane Dicus, Chair, PIH Health Board of Directors; Martha Sodetani, former patient; former Mayor Alex Saab; and Mayor Fernando Vasquez break ground on PIH Health Hospital - Downey's Emergency Department expansion.
incorporate new and improved service areas, such as a “fast track” area which will serve patients who are not experiencing life-threatening emergencies, 11 additional exam rooms, a new registration desk, modern nursing stations and new hospital equipment, including a state-of-the-art CT scanner. Construction is scheduled to begin this spring.

Civic dignitaries, former patients and employees helped celebrate the expansion of the ED with a groundbreaking ceremony. Downey campus Chief Operating Officer Ramona Pratt presided over the ceremony, which included attendees such as former Downey Mayor Alex Saab and current Downey Mayor Fernando Vasquez. PIH Health Board Chair Jane Dicus and former ED patient Martha Sodetani were featured speakers.

“PIH Health continues to invest in the Downey facility and in technologies that will enhance the quality of care and the patient experience,” said Ramona. “We remain committed to those who come to us for care and we are dedicated to ensuring high standards.”

The Emergency Department will remain open during construction. Completion is expected in 2019.

For more information, visit PIHHealth.org/Downey.
SPRING 2017

Three Grants Help Improve Access and Community Collaboration

1. **UniHealth Grant Increases Community Access to Healthcare**
   
   Support from UniHealth will fund a two-year project at PIH Health Hospital - Downey to reduce low-acuity Emergency Department visits through a case management model. Using bilingual case managers and discharge coordinators, PIH Health will connect patients who lack primary care doctors to a medical home through Wesley Health Center-Downey, a federally-qualified health clinic located right down the street from the Downey hospital campus.

   “When patients with non-emergency ailments come to the Emergency Department, they often have to wait for hours for medical care,” said Judy Pugach, chief nursing officer at PIH Health Hospital - Downey. “We’re very excited about this grant because it will help us redirect these patients and give them a better opportunity to receive a more appropriate level of care. It is a win-win for PIH Health and the community.”

2. **CCF Builds Stronger Community Alliances**
   
   A grant from CCF will help PIH Health bring together community-based organizations and foster collaboration to address identified community health needs and reduce health disparities.

   “We’re looking forward to working with PIH Health to align work and build alliances between healthcare and public health systems to create healthier communities,” said Silvia Prieto MD MPH, area health officer for the Los Angeles County Department of Public Health.

When it comes to caring for our communities, PIH Health offers prevention-focused programs and nurtures meaningful community partnerships that promote health and wellness. Three new grants have strengthened PIH Health’s ability to improve health outcomes and extend community collaboration in the areas we serve. PIH Health received this important grant funding from the UniHealth Foundation, the California Community Foundation (CCF) and the Robert Wood Johnson Foundation Global Ideas Fund at CAF America. Here’s how each initiative will help PIH Health impact more lives:

To learn how you can help spread the health, visit PIHHealth.org/Support

Spreading the Health

Presenters for the “Health Action Lab” launch—a CCF-funded project—included representatives from PIH Health, Los Angeles County Department of Public Health, Center for Nonprofit Management and Biel Consulting Inc.
of Public Health. “Community assessments have indicated that there is great potential in developing coordinated community health improvement work throughout our service area. The grant from the CCF will enable our partnership with community stakeholders to work collectively to align efforts, avoid duplication and increase efficiencies.”

3 International Project Focuses On Community Engagement

PIH Health is proud to be one of five United States (U.S.) organizations selected to participate in a two-year international project, led by the Training and Research Support Centre (TARSC), an international research center, and supported by the Robert Wood Johnson Foundation Global Ideas Fund at CAF America. Selected organizations will exchange information and learn from approaches used in other countries, as a basis for enhancing local community participation and decision-making about health initiatives.

“Healthcare in the U.S. is facing unprecedented challenges,” said Shelly Necke, PIH Health vice president of post-acute care services. “This international collaboration with other healthcare systems will provide a rich platform of learning and understanding new models of care that are focused on community participation, power and decision-making. This approach will help us learn and gain new knowledge about giving patients the right care in the right place—with improved quality, experience and lower costs.”

Every Moment Delayed Could Mean a Moment Missed. Schedule Your Cancer Screening Today.

Get Screened Today

Cancer strikes our local community, too. In fact, cancer deaths in PIH Health’s service area cities are higher than statistics reported for the rest of Los Angeles County and California.

Your best defense is regular screening so cancers can be found early, when treatment is most effective, or in some cases prevented.

Colon Cancer: Colon cancer is preventable, and yet it is the second leading cause of death among men and women combined. A colonoscopy is the only screening method with the ability to detect and remove precancerous polyps in the colon. If you’re over 50 and have never had a colonoscopy, or have not had one in the past 10 years, call the PIH Health Colon Cancer Prevention Program to schedule yours today at 562.967.2656.

Breast Cancer: PIH Health recommends that a woman should begin breast screening (mammogram) at age 40. Every adult woman should discuss breast cancer screening with her primary care physician to review family history, health and breast density to determine if an earlier screening is necessary. For questions or to schedule your mammogram, call 562.906.5692.

Lung Cancer: If you are a current or past smoker over 55-years-old, you may qualify for a simple procedure to screen for lung cancer. To learn if our Lung Cancer Screening Program is right for you, call 562.967.2892.
One Couple Gives Thoughtful Gift in Memory of Their Son

During his painful journey, Jorge Jr. was plagued with complications that required him to spend weeks at a time at PIH Health Hospital - Whittier for blood transfusions, testing and monitoring. Through it all, his devoted parents, Jorge Sr. and Rebeca, were appreciative of the excellent care their son received.

“I remember Jorge Jr. very well—he was a patient you could never forget,” said Steven Wu MD, a PIH Health gastroenterologist. “He was a real fighter and never gave up, even though he was on the brink of death many times due to his severe condition. With his determination and strong support from his family, he made it each time. Even though he lost the battle in the end, he was always a strong and positive person. Others might have died much earlier.”

After losing their beloved son, Jorge Sr. and Rebeca were determined to make something positive out of their son’s experience to help others. In honor of his life, they made a wonderful contribution to PIH Health Foundation toward the purchase of new and highly advanced equipment to perform colonoscopy procedures with greater precision and accuracy. Ultimately this equipment can help to prevent or diagnose colon cancer as nearly all cases arise from polyps that grow and become cancerous over a length of time—usually between five and 15 years—if they go undetected or untreated. Regular screening, beginning at age 50, is the key to preventing colon cancer.

Jorge Cruz Jr., at his college graduation 2007

Jorge Cruz Jr. was only 18-years-old when he was diagnosed with ulcerative colitis, a chronic disease of the large intestine. Jorge Jr. bravely fought the disease for years, until it ultimately progressed into colon cancer, and took his life at the young age of 37.

Celebrate National Doctors’ Day on March 30, 2017

Has there been a physician who cared for you with true compassion and respect in your time of need? National Doctors’ Day is on March 30, 2017, this is the perfect occasion to express your gratitude and celebrate our exemplary physicians who provide healing and hope to thousands in our community and beyond. We will send your physician a letter notifying them of your gift (no amount is mentioned).

Don’t miss this opportunity to thank your physician(s) for the difference they’ve made in your life.

Contact PIH Health Foundation at 562.698.0811 Ext. 81520 or visit, PIHHealth.org/DoctorsDay to make a donation, today.

From Heartbreak to Hope

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Jorge Cruz Jr. was only 18-years-old when he was diagnosed with ulcerative colitis, a chronic disease of the large intestine. Jorge Jr. bravely fought the disease for years, until it ultimately progressed into colon cancer, and took his life at the young age of 37.
“We considered making a donation to many different organizations, but PIH Health Hospital - Whittier helped our son so much when he really needed it; this felt like the natural choice,” said Jorge Sr. “We hope that many others will benefit from this gift, and we know our son would be very proud that we supported PIH Health.”

“With colon cancer being the second leading cause of cancer deaths in our community we are truly grateful to Jorge Sr. and Rebeca Cruz for choosing to impact this area with a very generous donation,” said Amy Fitzgerald PIH Health Foundation executive director. “Their gift will help save lives and their generosity is such a lovely way to honor their son and show their gratitude for the exceptional care he received at PIH Health.”

To schedule your colonoscopy screening, contact the PIH Health Colon Cancer Prevention Program today at 562.967.2656.

To support PIH Health Foundation through a donation toward life-saving treatments, call 562.698.0811 Ext. 81520.

The PIH Health Legacy Society was created to recognize and express our appreciation to those who have expressed their commitment to PIH Health through an important form of financial support. These donors have named PIH Health as the ultimate beneficiary of a planned gift. Planned gifts may include a will or bequest and/or charitable income gifts, such as charitable gift annuities, or gifts of life insurance.

**PIH Health Legacy Society Membership**

PIH Health Legacy Society members ensure that financial resources are available to meet future needs of PIH Health through planned gifts in any amount. It is a visionary group of people who share a passion for the future of healthcare in our community.

Benefits of PIH Health Legacy Society membership include the following:

- An invitation to our annual PIH Health Legacy Society event where we honor PIH Health Legacy Society members
- Name recognition in membership listings
- A special PIH Health Legacy Society lapel pin

Planned giving is easier than you think with our **free** estate planning service. To join the PIH Health Legacy Society or for more information about our **free** estate planning service, please call 562.698.0811 Ext. 81598 or visit [PIHHealthGiving.org](http://PIHHealthGiving.org).
Swinging clubs has never been more fun—or more beneficial to community healthcare. On September 26, 2016, 144 enthusiastic golfers showed up at the Friendly Hills Country Club in Whittier for PIH Health Foundation’s 23rd Annual Frank Scott Pro/Am Golf Tournament. The sold-out event demonstrated how much our community cares about improving health outcomes in Southern California.

After a beautiful day filled with swings, drives and putts, participants and their guests capped off the competitive fun with a festive evening featuring a cocktail reception, dinner and silent and live auctions. They enthusiastically bid on a wide range of travel, dining, entertainment and shopping experiences—to benefit a great cause.

The collective commitment to fundraising paid off. The net proceeds of $240,000 will support the purchase of new state-of-the-art imaging systems, the Siemens Somatom Force CT Scanner.

Driving for Results

23rd Annual Frank Scott Pro/Am Golf Tournament Raises $240,000

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Siemens technology offers clearer, more precise imaging and diagnoses, and provides full-body imaging in less than five seconds, which 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.

“This year’s event was exceptional due to the support of our committee and attendees, whose generosity helped us surpass our fundraising goal toward the purchase of a high-tech CT scanner,” said Rich Atwood, 2016 Golf Committee Co-Chair for the second year. “PIH Health’s donors stepped up to support this life-saving technology, which will have a profound effect on patients,” added Co-Chair Annette Atwood.

If you are interested in helping support PIH Health’s lifesaving work, consider making a donation to help purchase the state-of-art CT Scanners by visiting PIHHealth.org/Support or call the PIH Health Foundation at 562.698.0811 Ext. 81520.

Beware of Allergy and Asthma Triggers

The sun is shining, the birds are singing and the flowers are blooming. Spring is a wonderful time of year...unless you have allergies or asthma.

Twenty-two million Americans suffer from asthma. Even more people, 50 million to be exact, suffer from nasal allergies.

Many people with asthma also have allergies; the two can be a dangerous combination. A severe asthma attack can send a person to the emergency room and can even lead to hospitalization.

Pollen in the air is one of the most common triggers for both allergy and asthma attacks. But it’s not the only one. Hany Nashed MD, a PIH Health pediatrician in Whittier, says triggers can be found around every corner.

Asthma and allergy triggers include:

- Smoke
- Pollution
- Cold air
- Cold and flu viruses
- Exercise
- Food allergies
- Mold
- Dust mites
- Pet dander
- Decongestants
- Allergy shots

There are many treatments available for asthma and allergy sufferers including:

- Steroids
- Bronchodilators
- Antihistamines
- Off-label treatments

Most asthma symptoms can be controlled with daily medication. Dr. Nashed says that many patients can avoid attacks by being aware of their triggers and avoiding them.

“I tell my patients to use common sense,” Dr. Nashed says. “Check the pollen count for the day, use your rescue inhaler if you know you’re going to do a lot of physical activity and give your dog a bath once a week. He probably needs one anyway!”
Thank You to Our Generous Supporters
We Are Honored to Acknowledge Your Generosity

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For more information
visit PIHHealth.org/Support
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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.

To learn more about how you can become a PIH Health Circle of Excellence member, call 562.698.0811 Ext. 81520 or visit, PIHHealth.org/Support/Circle-of-Excellence.

JANUARY 1, 2016 – DECEMBER 31, 2016

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Circle of Excellence

Give every year. Make a difference every day.

Circle of Excellence members listen to a powerful testimonial from one of our former patients.
We always welcome new Circle of Excellence members—join today!

PIH Health Critical Care Center staff give Circle of Excellence members a behind-the-scenes tour of their facility.
When the unexpected happens, PIH Health is ready to assist patients to get back to their former selves. Esther Hernandez can attest to that. She had hernia surgery in April 2016 and while at home recovering, developed an infection. About eight percent of hernia patients experience post-surgery infections. Esther's daughter convinced her to visit the PIH Health Hospital - Whittier Emergency Department where she was immediately admitted then referred to the Transitional Care Unit (TCU) for approximately two weeks to regain her strength and mobility.

“Although the infection was not life-threatening, she still had to be closely monitored and attended to,” said Dianne Sauco, administrative director for Care Management, Transitional Care Unit and Acute Rehabilitation Center. Just like a regular hospital stay, TCU creates a personalized care plan for each patient. Since the focus is continued medical management and rehabilitation, both the nursing and therapy team work together on a plan that typically includes treatments and therapies such as strength and stamina exercises, flexibility and coordination routines, even thinking, speaking and swallowing therapies, if necessary.

“Esther was very weak when she first came to the TCU. Her personalized care plan included helping her gain strength, endurance and mobility,” added Dianne. “We helped with basic things like getting out of bed, using a walker and climbing stairs while providing nursing care that was focused on managing her pain and infection, all of which helped return her to the condition she was in before she entered the hospital.”
The TCU offers an extensive list of services, including nursing, physical, occupational, and speech therapies as well as hygiene and nutritional counseling, pain management, even spiritual care and, of course, 24-hour access to all the hospital support services. “The nurses and therapy staff were great and provided excellent service,” said Esther. “I had to re-learn the daily activities of living, such as walking and riding in a car, but I have been back home now and doing very well.”

The TCU also provides training for family and caregivers, and can arrange home health services to help ensure that patients continue to receive the support they need. A well thought out transition from hospital to home is key to helping patients reach full recovery once they leave the hospital.

To learn more about transitional care services at PIH Health Hospital - Whittier, please call 562.789.5451.
Urinary incontinence (UI), or the loss of bladder control, is a common and embarrassing problem. Approximately a quarter to a third of women in the U.S. suffer from urinary incontinence. UI itself is not a disease; rather, it is a symptom of something else happening in your body which is why it’s always important to consult your doctor when any symptoms arise, no matter how harmless they may seem. Regardless of cause, UI can affect your quality of life. Factors that increase your risk for developing a UI include obesity, smoking, being female, certain diseases and conditions, advanced age and caffeine (coffee) consumption.

There are five different types of incontinence.

1. **Stress incontinence**: may lead to urinary leaks due to pressure to the pelvic area from actions such as laughing or coughing.
2. **Urge incontinence**: a sudden urge to urinate even if you emptied your bladder a short while ago.
3. **Overflow incontinence**: more common in men with prostate gland problems, and is caused by a damaged bladder or blocked urethra resulting in an inability to empty the bladder.
4. **Mixed incontinence**: where patients experience both stress and urge incontinence.
5. **Functional incontinence**: caused by physical or emotional disabilities and mobility issues.
Stimulating New Procedure for Patients with Bladder Control Issues

Incontinence at minimum is a nuisance, and at worst, is a sign of something more serious.

Percutaneous Tibial Nerve Stimulation (PTNS) is a new, low-risk procedure that has shown positive results. After a doctor has assessed the indications and evaluated the needs of a patient, a trained nurse can perform this non-surgical treatment during an office visit, which usually takes about 30 minutes. “It involves sending gentle electrical impulses to the nerves in the ankle area to improve bladder activity,” said Peter Roca MD, a board certified obstetrician and gynecologist at PIH Health. “It’s proven effective for 60-80 percent of patients, and best of all, it’s relatively painless with very few side effects.”

PTNS may improve, or altogether eliminate urinary frequency caused by overactive bladder or incontinence. And, for those patients who respond to initial PTNS procedures, future symptoms can be prevented or minimized with additional periodic treatments. Improvement time varies by patient, but one study indicated that symptoms improved in as few as two weeks. Your doctor can help you decide if this treatment is right for you, as there are certain individuals who should not consider this procedure, such as those with pacemakers.

PTNS is covered by Medicare and most insurance plans. PIH Health will contact each patient’s insurance on a case-by-case basis for approval. Please call PIH Health Women’s Health at 562.967.2876 to schedule an appointment.

Ask the Expert

Q: Are there poison prevention measures I should take to protect my young children at home?

A: About 90 percent of unintentional poisonings occur at home, so it is critical to take preventative measures, especially with specials needs children. However, these tips apply to all homes with kids.

Store poisonous items, including medications and vitamins out of reach and use safety locks that children cannot open on cabinets that are within their reach. Try several different types, if necessary.

• Don’t take medication(s) in front of children. Many pills are colorful and can look like candy, so avoid being seen taking them to keep their curiosity at bay.

• Read product labels. Items such as art supplies and even make-up can be toxic if ingested.

• Place stickers with “NO” or “DON’T TOUCH” on dangerous items to warn kids away.

• Use stories to explain the dangers and remind them often what to stay away from.

Lastly, post the Poison Control Center hotline in a location where all in your household can see, and add it as a contact in your cell phone: 1.800.222.1222.
A breast cancer diagnosis is shocking at any age, but for a young wife still hoping to have children, it can be especially devastating. This was certainly true for Maggie Paxton, who was a married 30-year-old in December 2014, when she was diagnosed with a small but aggressive cancer (HER2 positive), along with multiple pre-cancerous spots, in her right breast. Maggie turned to PIH Health oncologist Lisa Wang MD for care. Dr. Wang recommended a treatment plan that would involve immediate chemotherapy to shrink the tumor, plus a targeted immunotherapy designed to block cancer growth. With several pre-cancerous spots in the same breast, Dr. Wang also recommended a mastectomy and shared some somber news.

“Because my cancer was hormone (ER/PR) positive, pregnancy hormones would dramatically increase my chances of cancer recurrence, with no treatments available during pregnancy,” said Maggie. “I had to come to terms with not getting pregnant—another devastating blow.”

Maggie didn’t have to consider her decision long.

“Knowing what I did, it was an easy decision to choose a double mastectomy, which gave me some peace of mind that we had done all we could to prevent the cancer from coming back on either side,” she added.

With chemotherapy set to begin soon, Dr. Wang offered a second suggestion—to consult with a fertility specialist. Appointments with fertility specialists can take weeks, but Dr. Wang said she would try to help as best she could. Thirty minutes later, the fertility doctor called and made himself available. The Paxtons were thrilled.

“We saw the specialist on Tuesday and started fertility treatment the very next day,” Maggie said. “Within 23 days, they were able to remove 27 eggs, which is extremely rare. The eggs were fertilized by my husband, and we’re fortunate to have 12 viable embryos; we were able to get all of this done before I started chemo.”

After finishing her last round of chemo in June, Maggie had a double mastectomy at PIH Health Hospital - Whittier in July 2016. During surgery, physicians inserted tissue expanders to assist with breast reconstruction after recovery.
Throughout her journey, Maggie has remained extremely positive and grateful for all her PIH Health relationships, including her oncologist, nurse navigator, chemotherapy nurse and surgeons.

“From the very beginning, everyone has been knowledgeable and compassionate,” said Maggie. “I’m especially grateful for how fast everything has happened. It really says a lot about the physicians’ commitments and their willingness to schedule procedures right away. Everyone was truly phenomenal. I can’t say enough good things about my experience with PIH Health.”

Today, with cancer treatments behind her, Maggie is celebrating exciting news—she and her husband are expecting twin girls thanks to a surrogate, Maggie’s sister.

“Our successful fertility efforts have been such a huge part of my journey and such a positive blessing,” said Maggie. “The idea of having children carried me through some of the darkest days and I’m in a really good place now.”

Schedule your mammogram today by calling 562.906.5692. For more information, visit PIHHealth.org/Mammogram.

Q: What are the symptoms of an unhealthy thyroid?

A: The thyroid is a butterfly-shaped gland in the neck situated just below your Adam’s apple, and it has a dramatic impact on a wide variety of body functions. It produces thyroid hormone (TH) which regulates your body temperature, metabolism and heart rate, among other things.

Hypothyroidism is a disorder where your thyroid doesn’t produce enough TH, and the most common symptom is fatigue. Other symptoms may include increased sensitivity to cold, constipation, dry skin and weight gain. In addition, you may become forgetful and depressed. When left untreated, the signs and symptoms can become quite severe. Standard treatment for hypothyroidism involves daily use of a synthetic thyroid hormone to restore normal levels of TH and reverse the signs and symptoms of hypothyroidism.

Another condition of an unhealthy thyroid is hyperthyroidism. This means your thyroid is producing too much TH. Symptoms of this condition include sudden weight loss, rapid heartbeat, increased appetite, nervousness, anxiety and irritability. Treatment of hyperthyroidism depends on your age, physical condition, the underlying cause and the severity of the disorder, and can include oral medications and even removing the thyroid gland in more severe cases.

If you think something may be wrong with your thyroid gland, schedule an appointment with your primary care physician or an endocrinologist.
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. 11320
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Tuesdays, 2/28, 4/25, 6/27 and 8/22
9:30 am – 12 noon
Wednesdays, 3/29, 5/24, 7/5 and 9/24
6 – 8:30 pm

DIABETES MANAGEMENT

Diabetes Nutrition Education
Learn how to control your diabetes through nutrition classes taught by a registered dietitian. Registration required.
To register: Call Ext. 25580
PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Call or visit PIHealth.org/Calendar for dates and times.

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
Mon 3/20-4/24
9:30 am – 12 noon
Wed 4/5-5/10
5:45 – 8:15 pm
Uptown Whittier YMCA
12510 Hadley St., Whittier
(YMCA membership not required)
Call or visit PIHealth.org/Calendar for dates and times.

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
Wednesdays, 3/29, 5/24, 7/5 and 9/24
9:30 am – 12 noon

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
Mon 3/20-4/24
9:30 am – 12 noon
Wed 4/5-5/10
5:45 – 8:15 pm
Uptown Whittier YMCA
12510 Hadley St., Whittier
(YMCA membership not required)
Call or visit PIHealth.org/Calendar for dates and times.

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
Saturdays, 10:30 – 11:30 am

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 4/15-4/29
10 – 11:30 am
Sat 6/10-6/24
10 – 11:30 am
Sat 8/12-8/26
10 – 11:30 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
Call or visit PIHealth.org/Calendar for dates and times.

Every moment delayed could mean a moment missed. Schedule your screening today.
PREVENTATIVE SCREENING PROGRAMS

Colorectal Cancer Prevention Program
Colorectal 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 562.967.2656.

Breast Mammography
If you’re one of the women who will be diagnosed with breast cancer, an annual mammogram, beginning at age 40, is the key. Schedule yours today.

Call 562.906.5692.

Lung Cancer Screening Program
If you are 55 to 80-years-old, have a smoking history of a pack a day for 30 years, are a current smoker or have quit in the last 15 years, call today to find out if screening is right for you.

To learn more: Call 562.967.2892.

HEALTHY AGING

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 ssambulatory@PIHHealth.org

PIH Health Home Health
15050 Imperial Hwy., La Mirada
First Wednesday of every month, 5 – 6:30 pm

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 3/15-4/26 6 – 8 pm
Wed 5/17-6/28 6 – 8 pm
Wed 9/13-10/25 6 – 8 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 dietitian.

To register: Call Ext. 25580

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Wednesdays, 3/8, 4/12, 5/10, 6/14, 7/12, 8/9 and 9/13, 6 – 7 pm

CARDIAC REHAB LECTURE SERIES

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.

For questions: Call Ext. 12733

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Wednesdays, 3 – 4 pm

EMOTIONAL HEALTH AND WELL-BEING

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

CPR and AED
Fee: $30
First Aid, CPR and AED
Fee: $55

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

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

East Whittier YMCA
15470 Starbuck St., Whittier
Wed 3/22 1 – 3:30 pm

Friends of Family Health Center
501 S. Idaho St., La Habra
Thu 3/3/7/11 5:30 – 8 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
Sat 3/4 9 am – 1 pm
Thu 5/25 5 – 9 pm
Tue 6/20 5 – 9 pm
First Aid, CPR and AED
Fee: $70
Sat 4/8 9 am – 4:30 pm
Sat 7/22 9 am – 4:30 pm

SUPPORT GROUPS

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

Bariatric
For those considering surgery and those who have already had the procedure. No registration required. Second Tuesday of every month 7:30 – 8:30 pm

Breast and Women’s Cancer
First Tuesday of every month. 7 pm
Call 562.696.5964.

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)
For parents with a child in the NICU. Call Ext. 17351.

Perinatal Bereavement
Call Ext. 17882.

Postpartum Depression
Second Thursday of every month, 11 am – 12 noon. Call Ext. 82022.

Scleroderma Support Group
Call Ext. 81085.

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

PREGNANCY AND NEW BABY

Breastfeeding 101
• Getting Ready for Your Baby**
• Cesarean Section Class**

In Person Classes
• Big Kids/Sibling Orientation
• Cesarean Section Class**
• Getting Ready for Your Baby**
• Neonatal Intensive Care Unit (NICU)

In Person Classes
• Neonatal Intensive Care Unit (NICU)

SUPPORT GROUPS

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

Bariatric
For those considering surgery and those who have already had the procedure. No registration required. Second Tuesday of every month 7:30 – 8:30 pm

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For EXERCISE CLASSES at our Downey campus, see pages 6-7.

For EXERCISE CLASSES at our Downey campus, see pages 6-7.
We Want to Hear From You

Please send your questions or story ideas 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.

Coming Soon!

New PIH Health Santa Fe Springs Medical Office Building. See Page 7 for more details.

PIH Health Urgent Care Center New Hours

PIH Health Urgent Care Center (UCC) at Whittwood is now open every day from 10 am to 8 pm, including holidays. No appointments necessary, patients can walk-in during office hours.
### List of PIH Health Services

<table>
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<tr>
<th>#</th>
<th>Address</th>
<th>Services</th>
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<tbody>
<tr>
<td>1</td>
<td>12401 WASHINGTON BLVD., WHITTIER, CA 90602</td>
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<tr>
<td></td>
<td>PIH Health Hospital - Whittier</td>
<td>562.698.0811</td>
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<tr>
<td></td>
<td>Optical Shop</td>
<td>562.967.2885</td>
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<td>2</td>
<td>11500 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
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<td>PIH Health Hospital - Downey</td>
<td>562.904.5000</td>
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<td>11420 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
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<tr>
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<td>Rehabilitation and Wellness Center</td>
<td>562.904.5414</td>
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<td>12393 WASHINGTON BLVD., WHITTIER, CA 90606</td>
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<tr>
<td></td>
<td>Patricia L. Schefly Breast Health Center</td>
<td>562.906.5692</td>
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<td>Ruby L. Golleher Oncology Center</td>
<td>562.696.5964</td>
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<td>2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640</td>
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<tr>
<td></td>
<td>Endocrinology</td>
<td>323.726.7601</td>
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<td>Internal Medicine</td>
<td>323.728.0321</td>
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<td></td>
<td>Diabetes and Endocrinology, Suite 205</td>
<td>562.789.5447</td>
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<td>Family Medicine Residency, Suite 500</td>
<td>562.698.2541</td>
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<td>PIH Health Outpatient GI Center, Suite 410</td>
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<td>Wound Healing Center, Suite 100</td>
<td>562.789.5462</td>
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<td>Radiology/Interventionists, Suite 302</td>
<td>562.906.5572 Opt. 6</td>
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<td>12462 PUTNAM ST., WHITTIER, CA 90602</td>
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<td>Aesthetic Medicine, Suite 501</td>
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<td>Same Day Surgery</td>
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<td>Psychiatry, Suite 500</td>
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<td>Urgent Care Center</td>
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<td>Dermatology and Aesthetics Center, Suite 300</td>
<td>562.967.2851</td>
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<td>15050 IMPERIAL HWY., LA MIRADA, CA 90638</td>
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<td>Home Healthcare</td>
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<td>Physical and Occupational Therapy</td>
<td>562.789.5451</td>
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<tr>
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<td>Family Medicine, Suite 88</td>
<td>626.964.3040</td>
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<td>Mammography, Suite 88</td>
<td>626.225.4905</td>
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<td>Pediatrics, Suite 300</td>
<td>626.964.6012</td>
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<td>Orthopedics &amp; Sports Medicine</td>
<td>714.879.3400</td>
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<tr>
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<td>Home Nursing and Health Services</td>
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Space is limited, so call 1.888.365.4450 or visit PIHHealth.org/Medicare to reserve your seat today.