Healthy living
FROM YOUR FRIENDS AT PIH HEALTH
FALL 2017

Grateful Breast Cancer Survivor Spends Her Retirement Giving Back

Open Enrollment: Choose Your Healthcare Benefits

PIH Health Hospital - Downey Facility-Wide Improvements
Every fall, Medicare has an annual election period, also known as open enrollment. During this time, Medicare beneficiaries can enroll in a Medicare Advantage (HMO) plan or Medicare Supplement, switch plans or disenroll. This year, the open enrollment period is October 15 to December 7, 2017. Changes made to any Medicare plan will take effect on January 1, 2018. Those turning 65 and aging into Medicare, have a seven-months initial enrollment period and the open enrollment period does not apply to them until the following year.

Open enrollment is the best time to assess your healthcare needs and review your options, especially since Medicare plans can change from year-to-year, the costs of your plan can increase or decrease, and benefits may change. If you have new medications or have been recently diagnosed with a medical condition, it is important to review your plan to determine if it still meets your needs.

During this time you can select the health plan, doctors and hospital that works best for you. It’s important to remember that when you select a doctor and medical group, you are also choosing the hospital where you will be admitted, should you need hospitalization.

If you are currently enrolled with PIH Health Physicians, you have access to the highest quality physicians and hospitals. If you are not enrolled with PIH Health Physicians, we encourage you to choose PIH Health during this year’s open enrollment.
Medicare Open Enrollment:
Make the Choice that is Best for You

Why Choose PIH Health?
• PIH Health is the area’s premier healthcare network.
• PIH Health provides compassionate and highly-skilled physicians, advanced practice practitioners, and clinical staff in numerous convenient community locations.
• We can help patients and caregivers navigate the options and choose the plan that fits their needs.

At PIH Health, we understand that selecting the right plan can be confusing. To help answer any questions or concerns you may have we host several free benefits presentations by various health plans and brokers that are open to the public. Attend a session to learn more about Medicare plans and which one is right for you. Please visit our website, PIHHealth.org, for the full list of Medicare presentation dates, times and locations.

Free Medicare Forums
PIH Health invites you to join us at one of our free upcoming Medicare Forums. These forums will feature a speaker who is an expert on Medicare as well as an opportunity to talk with representatives from all of the Medicare health plans accepted by PIH Health. These forums will be held:

- Saturday, October 21, 2017 and Saturday, November 18, 2017

  9 am to 12 noon
  PIH Health Hospital - Whittier | Auditorium, Conference Rooms A-E
  12401 Washington Blvd., Whittier, CA 90602

- Saturday, November 4, 2017

  9 am to 12 noon
  PIH Health Hospital - Downey | Auditorium
  11500 Brookshire Ave., Downey, CA 90241

For more information or to register, please call 888.365.4450 or visit PIHHealth.org/Medicare.

Adult Wellness Appointments:
A Special Program for Medicare Beneficiaries at PIH Health

Did you know that as a PIH Health patient and a Medicare beneficiary, you are eligible for annual wellness visits at no cost?

PIH Health has made it easy to take advantage of this benefit with our new Adult Wellness Clinic held on Saturdays from 8 am to 12 noon at:

PIH Health
Whitwood Medical Office Building
15725 Whittier Blvd., 4th floor
Whittier, CA 90603

You do not need to change your primary care physician to take advantage of the Adult Wellness Clinic. These visits are scheduled for 40 minutes, and a doctor will meet with you to conduct a thorough health-risk assessment, update your health screenings and provide personalized health advice. All results will be forwarded to your primary care physician to be added to your medical records.

You may receive a call from PIH Health to schedule your visit, or you can call 562.967.2880 to make an appointment. Should you need answers to specific questions or would like more information regarding the Adult Wellness Clinic, please call us at 888.365.4450.

Remember, the Adult Wellness Clinic is specifically for Medicare annual wellness visits with no copayment or coinsurance payment required. Bring any and all medications you are taking, including over-the-counter drugs, supplements and vitamins. We hope to see you soon!
If you receive health insurance through your employer, you may be in your annual open enrollment periods during the fall or early winter. During this specific timeframe, employees may select their healthcare plans for the following year. This is a great opportunity to review and change your elective healthcare benefits. Be sure to choose carefully since your selection will determine the quality of care you receive for the upcoming year.

There are many health plan options but you can generally choose from two different types of 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 physicians and hospitals available to plan members. 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 by paying a higher co-payment. Monthly premiums and out-of-pocket costs tend to be higher with this plan, and you will be responsible for managing and coordinating your own healthcare needs. You can also self-refer to specialists.

It’s important to know that each health plan and medical provider is different. Doctors and hospitals will vary in degrees of experience and expertise, and certain health plans may not offer all of the benefits you need, so it’s important to take the time to research thoroughly.

When you choose a doctor and medical group, you are also choosing the hospital where you will potentially be admitted, should you need hospitalization. Is your current primary care physician affiliated with PIH Health? If you are not sure, we encourage you to give us a call 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 and PIH Health Hospital - Downey may still be identified as Downey Regional Medical Center. But know that they are all PIH Health.

**Why Choose PIH Health?**

- **Outstanding care**: The PIH Health network includes board-certified physicians, advanced practice providers, such as nurse practitioners and physician’s assistants, plus a comprehensive support staff with extensive training and continuing education.

- **Advanced equipment**: PIH Health continues to invest in the latest instruments and technologies to help provide improved diagnostic results and medical outcomes.

- **Wide range of services**: PIH Health features two full-service hospitals, home healthcare services as well as heart, cancer, stroke, women’s health, urgent care and emergency services.

- **Convenience**: The PIH Health network consists of numerous physicians and medical offices throughout the community and offers nearly every medical specialty.

- **History of medical excellence**: PIH Health has been consistently recognized as one of the nation’s top hospital networks for quality, cutting-edge advancements and technology.

For more information about your insurance options or to see a list of doctors in your area, please visit our website at PIHHealth.org/OpenEnrollment or call our patients services at 888.365.4450.
PIH Health recently celebrated the opening of the all-new Bloomfield Medical Office Building in Santa Fe Springs, located at 12400 Bloomfield Avenue, at the corner of Imperial Highway. The three-story, 35,076 square-foot facility provides the local community with access to high-quality medical services. While PIH Health has updated and revamped many existing medical offices throughout the area, this is the first completed ground-up construction project in the Santa Fe Springs/Norwalk area. Centrally located between PIH Health Hospital - Whittier and PIH Health Hospital - Downey, the new Santa Fe Springs medical office building brings multi-disciplinary care to the neighborhood coupled with the latest in medical technology and facility design.

“This new medical office building is our first large expansion in Santa Fe Springs,” explained Andrew Zwers, vice president at PIH Health. “The facility brings primary care and specialty services together, under one roof, so patients can access comprehensive care closer to work and home.”

Excellent Care in Your Backyard

The Bloomfield Medical Office Building offers the following services:

- A Family Medicine office where excellent primary care is available for the entire family.
- A new Community Pharmacy where prescriptions can be sent electronically after a patient’s appointment, filled by an on-site pharmacist, and conveniently purchased on the way out. Community members can also shop at the pharmacy for low-cost, over-the-counter medicine (opening late 2017).
- A walk-in Urgent Care Center that is open every day including holidays, from 10 am to 8 pm.
- An Orthopedics and Sports Medicine office where patients can be seen for a wide-range of services related to diagnosing and treating bone and joint conditions.
- Radiology services providing X-rays and Dexa scanning.
- An Eye Care Center for all your eye exam needs and the latest in name-brand and custom eyeglass frames as well as sunglasses.

One centralized lobby and check-in area welcomes visitors to expedite patient registration. There is open space on the building’s third floor for added services that will reflect the evolving needs of the community.

Family Medicine physicians and staff have moved from the current Norwalk office into the new Santa Fe Springs building, where new Family Medicine doctors have joined the team to help meet the growing health needs of patients. Also, the PIH Health Orthopedics office has relocated to the new facility from a former office building on Telegraph Road.

For more information about physicians, services and appointment scheduling at the PIH Health Bloomfield Medical Office Building, please call, 562.967.2800 or visit, PIHHealth.org/BloomfieldMOB.
When Bonnie Cairns retired from her job in November 2011, she envisioned spending more time with the people, hobbies and things she loved most. Being diagnosed with breast cancer exactly five months later wasn’t part of the plan.

“This was definitely not how I expected my retirement to start off,” said Bonnie, a 68-year-old Whittier resident. “I have no family history of cancer, so it was quite a shock.”

The cancer was first detected on Bonnie’s routine mammogram—a screening she had diligently done every year since turning 40, at the PIH Health Breast Center. Radiologist, Maureen Jensen MD, spotted something suspicious in one breast and called Bonnie back for additional imaging and evaluation. The scan elicited some concern, so an ultrasound was conducted followed by a biopsy. Bonnie was diagnosed with Stage 2 breast cancer. A follow-up MRI detected a second spot in the same breast, which prompted Bonnie to have both breasts removed (a bilateral mastectomy), followed by reconstructive surgery later in 2012.

“I realized there was no guarantee that I wouldn’t get cancer again, but it couldn’t come back to breasts that weren’t there,” Bonnie said.

Her bilateral mastectomy surgery was performed in July 2012 by PIH Health general surgeon Kennith Thompson MD. The actual surgery went well, but Bonnie’s lymph nodes showed the presence of cancer in the sentinel node. She subsequently underwent a genetic test that evaluates 21 genes in a tumor and scores them to create a recurrence score. In Bonnie’s case, her test showed a high risk of the cancer returning, which meant she would need chemotherapy in an effort to minimize the risk of the cancer coming back.

Therefore, after recovering from surgery, Bonnie worked with PIH Health oncologist Dustin Stevenson DO, on a fairly aggressive chemotherapy treatment, which continued for five months. In 2013, she started an oral hormone-blocking medication, and continued making lifestyle changes to optimize her health—including losing weight to reduce her cancer risk. A nutritionist recommended PIH Health’s extensive...
offering of free Community Education classes, including a diabetes prevention class called “Live Your Best Life.”

“I wasn’t diabetic or even pre-diabetic, but the information I learned about exercise, nutrition and portion control helped me lose nearly 50 pounds,” she said. “Since then, I’ve attended many PIH Health classes and even repeated some as a refresher.”

Today, Bonnie is fully enjoying retirement—she spends time with her favorite people and pursues her hobbies. But she also shares her story and offers encouragement to others. Bonnie volunteers once a week in the PIH Health Infusion Center, where she once received her own chemotherapy treatments. She also mentors women who are newly diagnosed with breast cancer, answering their questions, sharing her experiences and offering hope and support.

“It’s my way of giving back and it’s been very rewarding for me,” Bonnie said. “I deliver pillows and blankets to help patients feel more comfortable, and I’m able to tell breast cancer patients that there is a light at the end of the tunnel, and that they can get through it. I’m very grateful that PIH Health is my health and wellness partner in more ways than one.”

To schedule a mammogram call 562.906.5692, or for a list of upcoming community classes, visit PIHHealth.org/Calendar.
Physical Improvements to Campus Reflect High-Caliber Medical Care

Since joining PIH Health in 2013, the PIH Health Hospital - Downey campus has undergone extensive updates to both its physical structures and internal systems. PIH Health has devoted significant investments toward functional and aesthetic improvements throughout the Downey facilities to reflect the high-level quality of healthcare that it provides to patients. Fourteen different projects are currently underway, including an expansion of the Emergency Department, which began in March 2017, with an expected completion date of May 2019.

Most noticeably, an all-new entrance is transforming on the west side of the campus. Inside, an updated main lobby will include increased seating capacity and comfortable furniture, central docking stations for personal devices, and access to free Wi-Fi. External improvements will include additional disabled parking and a more efficient patient drop-off circle.

Throughout the campus, crews have been working on seismic retrofitting that upgrades shear walls, strengthens the building core and reinforces all internal structures to better handle a large-magnitude earthquake. PIH Health Hospital - Downey’s cafeteria is also being revamped to replace carpeting, seating and décor so that patients and staff alike can enjoy a nutritious meal in a calming setting. Across the 705,100 square feet Downey campus, updated landscaping projects have created a more healing environment to promote patient wellness and comfort visitors.
“We want our patients and their loved ones to experience a beautiful and efficient medical campus while they are here,” said Director of Construction Glenn Coates, who is responsible for overseeing the upgrades to the Downey campus.

Other projects currently underway at PIH Health Hospital - Downey include:

• All-new, more efficient and comfortable Outpatient Registration Waiting Area
• A new Nuclear Medicine Department with state-of-the-art technology
• A new Respiratory Department
• Updated Pharmacy for more efficient distribution of medication
• A new high-tech X-ray facility

“Our facility improvements are an extension of our high-quality healthcare,” said PIH Health Hospital - Downey Chief Operating Officer Ramona Pratt. “We are pleased to make these enhancements to better serve our communities and appreciate the continued support of our local civic leaders as we grow to meet the healthcare needs of the residents of Downey and surrounding communities.”

New PIH Health Physicians in Downey

Now Offering Women’s Center Services: Ear, Nose and Throat and Family Medicine

Since the acquisition of our Downey hospital, PIH Health has been bringing numerous services to the city of Downey and its surrounding communities. The latest additions, now available adjacent to the campus of PIH Health Hospital - Downey, are new OB/GYN, Otolaryngology (ENT), and Family Medicine physicians.

“We recognized that patients living and working in the Downey community were in need of key services to help make their healthcare journey more convenient. These primary and specialty care doctors are the first from PIH Health’s medical group—PIH Health Physicians—to offer outpatient services in the Downey area,” said Andrew Zwers, PIH Health Physicians vice president of operations. PIH Health is pleased to offer these additional practices:

Brookshire Medical Office Building
11411 Brookshire Avenue, Downey, CA 90241

Ear, Nose and Throat
Suite 302
562.789.5456

Family Medicine and Women’s Center (OB/GYN)
Suite 207
562.904.5151

“Our goal is to significantly improve the community’s access to integrated high-quality care. Adding these physicians to Downey was a vital first step in meeting that goal,” added Andrew.

If you would like to learn more about these physicians, please visit PIHHealth.org/Find-a-Doctor, or call one of the numbers above to schedule an appointment.
There are a Lot of Ways to Cover Your Butt

But a Colonoscopy is By Far the Best

1 in 20 People Will Develop Colon Cancer.*

Colon cancer is the nation’s second-leading cause of cancer-related deaths in the U.S. (men and women combined)

Facts

Polyps are non-cancerous growths that develop on the inner lining of the colon wall. They start small and grow slowly, but have the potential to turn into cancer.

40 to 50% of adults ages 50+ have polyps growing silently in their large intestine.*

Removing polyps helps reduce the risk of colon cancer developing. Studies have shown that colonoscopies reduce colon cancer deaths by as much as 90%.

* Approximate
There are a lot of ways to cover your butt.

But a colonoscopy is by far the best.

If you’re 50 years or older, call the PIH Health Colon Cancer Prevention Program at 562.967.2656 or visit PIHHealth.org/Colonoscopy and get scheduled today.

Your Butt

Coloscopy Preparation
It’s not that bad!

Preparation may vary depending on your preference however your doctor will provide you with instructions.

24 hours before your procedure you are to be on a clear liquid diet.

Lastly, RELAX. It’ll be over before you know it—chances are you won’t even remember.

For more information, visit: PIHHealth.org/ColonScreen

This information has been verified by a PIH Health clinician and is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan.

*Approximate

Ask the Expert

John J. Lah MD
PIH Health Gastroenterology
12291 Washington Blvd., Suite 201
Whittier, CA 90606
562.698.0306

Q. Now that I’m 50, I know I need to get screened for colon cancer. What are my options?

A. While there are multiple testing options available, a colonoscopy is the “gold standard” for colorectal cancer screening, and is the only method that can prevent colon cancer. All other testing methods can only detect colon cancer once it’s already present. A few screening options are:

- **Colonoscopy** – This is the most sensitive test available, allowing the doctor to view the rectum and entire colon, and perform biopsies or polyp removals during the test, if necessary. Preparation to clean the colon is involved, it’s the only screening option for preventing colorectal cancer. As with all types of cancers, early detection is key as that is when it is the most treatable. Though we aim to detect cancers when present, our real goal is to prevent cancers through detection and removal of precancerous, yet benign, polyps.

- **Fecal Immunochemical Test (FIT)** – This noninvasive test can detect small amounts of hidden blood in your stool. By collecting a sample at home and shipping it directly to the lab, it is advantageous in that it is noninvasive and simple. However, detections of precancerous polyps are poor.

- **Cologuard** – This is a noninvasive screening option that is taken at home by collecting a stool sample and shipping to the lab in specialized containers. This test looks for DNA in the stool, which are linked to colon cancers. This test does not detect precancerous polyps.

There are other options to consider, but the bottom line is that a preventative approach is always preferable to having to detect and then to deal with cancers, if present. FIT and Cologuard are also not the final step—if positive, a colonoscopy is recommended.

PIH Health would rather prevent colon cancer and keep you healthy. To schedule a colonoscopy, call 562.967.2656 or visit PIHHealth.org/Colonoscopy.
Planning for end-of-life care is important. When that time comes for you or a loved one, you want the final weeks or days to be as peaceful and comfortable as possible. That’s why PIH Health Hospice is so important. These services provide comfort, relief and dignity for PIH Health patients enduring serious life-limiting illnesses—at a time when they need it most—while also compassionately supporting their family members and loved ones.

Because hospice care is so integral to the quality of care delivered by PIH Health, the PIH Health Foundation designated PIH Health Hospice as the fundraising focus for this year’s Foundation Gala.

The annual gala took place on April 29, 2017, at the Hyatt Regency Huntington Beach Resort and Spa. At the black-tie event, 650 guests enjoyed a “Shining Star” theme as they celebrated with 70’s-era music, dancing and fine dining. Guests also enjoyed a silent and live auction featuring an unforgettable prize package—a trip for two to New York City including show tickets for the Broadway sensation Hamilton, plus airfare, hotel, backstage passes and even dinner with the cast members!
Amidst all the lively fun, the guests never forgot their mission—raising money for a very worthy cause. Together, our generous donors raised more than $420,000, which will be used to upgrade the comfortable and peaceful surroundings of PIH Health’s two hospice homes, and continue the supportive services that help patients and their families find comfort during the end-of-life transition.

“End-of-life care is extremely important—not only for members of our community during life’s most challenging moments, but also for their loved ones and caregivers who benefit from PIH Health’s programs,” said Jennifer Rodgers, Gala Committee chair.

For more information, or to make a contribution to PIH Health Foundation supporting the Hospice program, please call 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org.
If given the choice, most people would prefer to die at home—surrounded by familiar things and the people they love the most. This was certainly the case for Ed and Joyce Reyes, a couple whose roots in Whittier ran deep. They met while attending Whittier College and married soon after graduation. They bought a small home in Whittier on Cadbury Road, and when their family outgrew it, they bought a bigger house across the street so they could stay on the street—and in the community—they loved. Together, they raised four children and lived a life that made them proud.

As Ed got older and neared the end of his life, he became a patient of the Hospice program at PIH Health. “I didn’t know anything about hospice at the time, but these caring people came into our home, embraced us and took care of everything,” said Marisa Reyes, the oldest of the four children. “The hospice team kept us informed about what was happening from one doctor’s appointment to the next, they answered any questions we had, and they knew exactly what to say. Their care was very comforting.”

When Ed passed in 2003 at age 79 after a week at home, the hospice care didn’t stop. “They reached out to make sure we were all okay and coping well,” said Marisa. “They even helped her mother with a grief counseling program, not once, but twice.”

And then the unthinkable happened. In 2015, Joyce, now 85, was very suddenly sick from lymphoma. After an unsuccessful regimen of chemo, Joyce decided she wanted no more treatment and simply wanted to go home.
Six Ways to Give

**Gifts of Cash**
Outright gifts are the simplest gifts you can make. They can be made online at PIHHealth.org/Support or through cash, check, credit card or a money order payable to PIH Health Foundation.

**Matching Gifts**
Employer matching gifts can double or even triple your donation to PIH Health Foundation. To initiate a matching gift, consult the human resources department at your place of employment.

**AmazonSmile**
When you make purchases at smile.amazon.com, you’ll find the exact same low prices, vast selection and convenient shopping experience as amazon.com; with the added bonus that amazon will donate 0.5 percent of your total purchase to PIH Health Foundation. Select “PIH Foundation” when you choose your charity.

**Gifts of Stock**
When transferred to PIH Health Foundation before they are sold, gifts of stock can provide considerable tax advantages. If you have held your securities for more than one year, you may find that your gift will provide a two-fold tax benefit, creating an income-tax deduction as well as helping avoid the capital-gains tax that would have been due on their sale.

**Charitable IRA Rollover**
In 2015, the President signed a tax bill to make the IRA charitable rollover permanent. If you are 70 ½ or older, you can make a gift from your IRA account directly to PIH Health Foundation. Gifts up to $100,000 per year from you IRA are not reportable as taxable income and qualify for your required minimum distribution (RMD) which can lower your income and taxes.

**Memorial and Tribute Gifts**
These gifts allow you to remember or recognize those special to you—including family, friends, your physicians and other caregivers—by making a gift to support PIH Health in their name. You can also utilize our free online tool to create a memorial or tribute page for someone special.

“This time, I was ready for hospice to help,” said Marisa. “It was wonderful the way they came in and established a trusting relationship with my mom. The nurse addressed her needs and then ours. When she passed away, we got phone calls from the hospice team, checking on us and our needs. Most importantly, both my mom and dad were able to pass away at home, where they wanted to be.”

Now, Marisa is giving back to support the program that was there for her and her family when they needed it most. When her father passed away, she began donating to support PIH Health Hospice programs and services. After her mother passed, and having been inspired by the care her parents received, Marisa decided to include PIH Health Hospice in her estate plans by gifting a percentage of her estate to benefit hospice care at PIH Health in the future.

“PIH Health Hospice is more than worthy of my help,” Marisa said. “I was so impressed with the level of caring service—I really don’t know how we could have gotten by without them. I’m proud to support them financially because they were such a comfort to my parents and to me, right there in our family home on Cadbury Road.”

To learn more about leaving a gift to PIH Health in your estate plan, please visit PIHHealthgiving.org or call PIH Health Foundation at 562.698.0811 Ext. 81520.
A Near Total Eclipse of the Heart

At 44-years-old, the last thing anyone would expect is to be on the verge of a heart attack, yet that is exactly what Richard Fajardo faced in April 2016. Richard had been feeling tired but attributed the fatigue to his diabetes. Jackson Ma MD, an Independent Practice Associate (IPA) physician of PIH Health, referred him to Sudhaker Nayak MD, a PIH Health cardiologist.

“Prior to the evaluation, Richard had no indication of any heart condition,” said Dr. Nayak. “Yet, a nuclear scan stress test (to evaluate blood flow to the heart) and an angiogram (imaging technique to see the blood flow) showed that 90 percent of some of his heart vessels were clogged and he needed immediate open heart surgery.”

The severity of Richard’s condition prevented less invasive procedures such as an angioplasty or placing a stent, procedures which help open arteries in the heart. Instead, physicians in the catheterization lab inserted an intra-aortic balloon pump to support his heart. “It was a near miss situation because he presented with very vague, atypical symptoms,” said Dr. Nayak. “Fortunately we caught Richard’s heart condition in time.”

Shortly thereafter, Richard was admitted for quadruple bypass surgery, which turned into a sextuple bypass procedure.

“We bypassed almost everything in his heart,” said Eduardo Tovar MD, a PIH Health cardiac thoracic surgeon who performed the surgery.

Due to brittle diabetes (severe and hard to control condition), a minor stroke not related to his surgery, high cholesterol and anemia, Richard remained hospitalized for 20 days. “It is very
unusual for such a young man to have so many health issues. But, he received sustained care after surgery from an excellent team of staff and nurses,” explained Dr. Tovar.

Although great care is ideal in an event like this, the relationship with loved ones can also help lift our spirits and promote further healing. “I missed my family during that long hospital stay,” said Richard. “But the staff was great and it turned out to be an awesome experience. I got to know everyone at the hospital and everyone felt like family.” Richard continued with cardiac rehabilitation therapy at PIH Health and believes that his positive attitude helped him recover.

For Richard, early detection by experienced doctors and the skills of his surgical team were critical to preventing a “silent heart attack.” “It’s been a life-changing experience. I quit smoking two days before the angiogram and have not smoked since,” added Richard. In addition, he joined Mended Hearts at PIH Health Hospital - Whittier, a support group for heart disease patients, their families and caregivers.

For more information about PIH Health’s heart care or to make an appointment, contact our experts at 562.698.0811 Ext. 11240.
Welcoming Baby

Education and Expert Care for One Young Mom’s First Birthing Experience

Having a baby is one of life’s greatest joys, and having the support of an excellent hospital makes it all the better. Jaslene Lizama, a 24-year-old Whittier resident, knows this first-hand after she delivered her baby girl at PIH Health Hospital - Whittier last October.

Like most new mothers, Jaslene experienced some fear and anxiety about the prospect of giving birth. “This was my first baby, so I was nervous about how it was going to go: Would I have pain? Would it all go according to plan? There was just so much that was unknown,” Jaslene said.

Jaslene and her fiancé, Jesus, prepared themselves as much as possible for this new chapter; they attended a PIH Health Community Education class called, “A four-week Journey through Childbirth (Lamaze).” Over four sessions, Jaslene and Jesus learned various techniques to help them work through labor. Techniques included relaxation, breathing techniques, comfort measures, the coach’s role and what to expect during the birth experience.

“The class was very helpful, and the fact that the instructor, Carol Daniels, was a highly experienced PIH Health labor nurse made it even better,” said Jaslene. “She was very knowledgeable, practical and real with us.”

That education came in handy when the baby arrived. Jaslene was at the hospital taking the Breastfeeding 101 class when she started cramping and having lower back pain. She checked herself into PIH Health Hospital - Whittier’s Labor and Delivery triage unit. The team discovered that her amniotic sac (the fluid-filled sac that contains and protects a fetus in the womb) had torn, so they wanted to admit her to the hospital and induce labor. There was only one challenge: An ultrasound showed that the baby was inverted (face up instead of face down) inside the womb. In this position, the only option would be a Cesarean-section delivery. In an attempt to avoid that,
an expert PIH Health nursing team, including her Lamaze instructor, immediately got to work. They applied the latest massage techniques and physical maneuvers to help the baby rotate. The efforts were successful and the baby turned into the proper position, enabling Jaslene to have the vaginal birth she preferred.

A beautiful baby girl, Jade Brielle Chavez, was born at 10:12 am on October 16, 2016. During her first seconds, Jade needed the expertise of PIH Health once again—the umbilical cord was wrapped around her neck twice, so the delivering physician, Julia Wilner MD, a PIH Health OB/GYN had to work fast to cut it quickly to protect her airflow.

Looking back, Jaslene couldn’t be happier that she delivered her baby at PIH Health Hospital - Whittier.

“I had a wonderful experience,” said Jaslene. “The qualified staff was very comforting, worked as a great team and I always felt that I was in good hands. We plan on having a second baby and I’m definitely planning to go back to this hospital.”

For more information on PIH Health Community Education classes on a wide variety of pregnancy, childbirth and parenting topics, please visit PIHHealth.org/wellness/classes-events. Or if you are considering becoming pregnant and are looking for a compassionate and expert OB/GYN, please visit PIHHealth.org/Women.

Q. I’m in my 30s, why am I still getting acne?

A. You’re not alone. The idea that acne is limited to our teen years is far from reality. In fact, some people who never had acne as teenagers often can get frustrated when it begins in their 30s, 40s, 50s or even 60s. Several factors can contribute to adult acne. Sometimes it’s caused by a genetic (family) predisposition, the use of certain skincare products, or even by stress, which increases androgen, a hormone that stimulates oil glands.

For women, additional factors can include hormone fluctuations around menstrual cycles, pregnancy, birth control, peri-menopause and even menopause. Fortunately, there are several highly effective treatment options that can help you get the best skin of your life. They include oral antibiotics to help decrease inflammation and decrease skin bacteria, retinoid creams to chemically exfoliate the skin and unclog pores, birth control pills and oral Accutane. Every treatment plan is unique, so you should seek help through a dermatology office. A dermatologist can also assist with extractions and chemical peels, which can help fight adult acne, as well. To schedule an appointment with PIH Health Dermatology, please call 562.789.5439.

Heather Amitrone PA-C
PIH Health Dermatology, Aesthetic Medicine and Mohs Surgery
Wells Medical Office Building
12462 Putnam St., Suite 501
Whittier, CA 90602

562.789.5439

Ask the Expert
A New Age of Glaucoma Treatment

College Professor Enjoys Better Vision

It was 2012 when Charles Hill, a psychology professor at Whittier College, first started seeing PIH Health Ophthalmologist Jacob Reznik for routine eye exams. At the time, Dr. Reznik recognized very mild cataracts and signs of early glaucoma, an eye disease in which damage to the optic nerve can lead to progressive, irreversible vision loss. After a full evaluation, Dr. Reznik confirmed some optic nerve damage and peripheral vision changes, confirming a diagnosis of glaucoma.

To keep the condition from progressing, Charles began a common treatment plan—using daily eye drops to regulate his intraocular pressure (IOP). However, for Charles, some drops weren’t effective and others caused redness, itching and burning of his eyes. After several tries, they found one medication that worked well with only mild side effects, so Charles used those drops for several years.

Last year, Charles’ situation changed. His vision was worsening, and Dr. Reznik determined that his cataracts had grown. Together, they decided it was the right time for cataract surgery. Dr. Reznik also proposed a new surgical option to address the glaucoma—a tiny microsurgical device called iStent.

“Implanted into the eye drainage system during cataract surgery, iStent can effectively lower IOP, which may reduce a patient’s reliance on glaucoma medication,” said Dr. Reznik.

Whittier College Psychology Professor, Charles Hill PhD.
“It’s intended for patients with mild-to-moderate primary open-angle glaucoma who are currently using eye drops and already planning cataract surgery. iStent has an excellent safety profile, adds very little time to surgery and offers rapid recovery time. For patients who qualify, there are very few downsides.”

Last summer, Charles underwent cataract surgery and concurrent iStent implants in both eyes. The results were amazing. By removing the cataracts, Charles’ vision improved; and the iStents dropped his eye pressure, which stabilized the glaucoma and enabled him to quit using eye drops.

“I’ve been delighted with the outcome,” said Charles. “I’ve eliminated the hassle and expense of daily eye drops. Best yet, my vision is crystal clear, I no longer have cataracts. I can now see facial expressions of students sitting in the back row, as well as actors in plays without having to sit in the front row. Dr. Reznik did a wonderful job and I couldn’t be happier.”

To learn if this procedure is right for you, visit PIHHealth.org/EyeCare. For advanced glaucoma cases, PIH Health collaborates with Keck Medicine of USC, allowing a USC glaucoma specialist to consult with patients at the PIH Health La Mirada office.

COLD or Flu?

Cold and flu season is coming. The incidence of these illnesses usually peaks between December and February, but seasonal flu activity can begin as early as October and may not end until late May. Here are the most common symptoms:

**COLD - NOT THE FLU!**

- SORE THROAT
- RUNNY NOSE, WATERY EYES
- STUFFY NOSE AND CONGESTION
- SNEEZING AND COUGHING
- SLIGHT FEVER IS POSSIBLE

**THE FLU**

- FEVER AND CHILLS
- SORE THROAT
- ACHES
- HEADACHE
- CONGESTION AND COUGH
- FATIGUE
- FAST ONSET OF SYMPTOMS

**DURATION**

- 3 TO 10 DAYS
- 7 TO 14 DAYS AND MAY LINGER FOR UP TO THREE WEEKS

**WHEN TO CONTACT A DOCTOR**

According to Alexander Mendez MD, a PIH Health Family Medicine physician, people should consult a doctor if they have any of the following symptoms:

- Fever lasting more than three days
- Painful swallowing, which could mean strep throat
- Coughing that lasts for two or three weeks
- Persistent congestion and headache

Total Hip Replacement Gets Tennis Instructor Back On the Court

Growing up, Antonio Padilla loved playing sports—everything from baseball to soccer to tennis. By the time Antonio was an adult, he had become a part-time volunteer tennis instructor and an avid player who was on the court three times a week, for years. However, everything changed two years ago, when hip pain put this active 62-year-old on the sidelines.

“I had horrible pain in my left hip that was getting worse and worse—every step was painful,” said Antonio, a production manager who spends much of his workday on his feet in a factory. “I suspected I might need a hip replacement, but I kept putting it off. Finally, the pain was so bad, I couldn’t put it off any longer.”

For more information, visit PIHHealth.org/Orthopedics
Antonio sought help from Bindesh Shah MD, an orthopedic surgeon at PIH Health. He learned that over time, the cushion of cartilage in his left hip had worn down; leaving a ball-and-socket joint that was bone on bone, an extremely painful condition. They both agreed: a total hip replacement was the best option.

Dr. Shah performed Antonio’s surgery at PIH Health Hospital - Downey in March.

The surgery went so well that Antonio was up and walking that afternoon, and released the very next day. His recovery continued at home, where he received six sessions of private physical therapy. After that, his physical therapy continued once a week for 12 weeks.

“Antonio had a very good outcome and very good recovery,” said Dr. Shah. “His pain was well controlled by our multiple approaches to pain management. This comprehensive strategy relies on a combination of local injections and pain medications, some before surgery and some after. The benefits are less post-op pain and less narcotic consumption, which results in fewer narcotic-related side effects and a more rapid recovery.”

Today, Antonio is back to work and doing great. He is enjoying life and being back on the tennis court.

PIH Health Orthopedics coordinates care from diagnosis through treatment and beyond—from a fracture to bone or joint repair and everything in between.
Health Education Calendar

FALL 2017 – WINTER 2018

DIABETES PREVENTION

Live Your Best Life
Explore ways of lowering the risk of developing diabetes and gain new tools to support your wellness goals. Topics include understanding important lab tests, eating healthier at home or on the go, and how to re-energize your physical activity while managing stress.

Three-class series (meets once a week)
Note: Series does not need to be taken in the same month or location.
To register: Call 562.967.2890 or email Community.Health@PIHHealth.org

Caring Connections (Bellflower Unified School District)
1603 Clark Ave., Bellflower
Tue 10/3-10/17* 6 – 7:30 pm

Friends of Family Health Center
501 S. Idaho St., La Habra
Sat 3/3-3/17 11 am – 12:30 pm
Sat 4/14-4/28* 11 am – 12:30 pm

PREP Program at Pioneer High School
10800 Benavon St., Whittier
Wed 1/17-1/31 6 – 7:30 pm

Downey Family YMCA
11531 Downey Ave., Downey
Tue 9/12-9/26 11 am – 12:30 pm
Thu 10/5-10/19* 11 am – 12:30 pm

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 3/1-3/15* 10 – 11:30 am

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 10/11-10/25 1:30 – 3 pm
Mon 12/2-12/5 10 – 11:30 am
Mon 3/12-3/26 1:30 – 3 pm

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Mon 10/30-11/13 6 – 7:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Mon 10/23-11/6* 6 – 7:30 pm
Wed 4/11-4/25 6 – 7:30 pm

VACC: The Gary Center
201 S. Harbor Blvd., La Habra
Tue 10/3-10/17* 10 – 11:30 am
Tue 11/7-11/21 10 – 11:30 am
Tue 2/6-2/20* 6 – 7:30 pm
Thu 3/6-3/20 6 – 7:30 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Wed 2/14-2/28 1:30 – 3 pm
Thu 3/22 - 4/5 1 – 2:30 pm

DIABETES MANAGEMENT

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 562.967.2890 or email Community.Health@PIHHealth.org

PREP Program at Pioneer High School
10800 Benavon St., Whittier
Thu 10/5-10/19* 9 – 11:30 am

YWCA GLA Walnut Park
7515 Pacific Blvd., Walnut Park
Thu 1/11-2/15* 9 – 11:30 am

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 9/6-10/11 9:30 am – 12 noon
Wed 2/7-3/14 5:30 – 8 pm
Mon 4/9-5/14 9:30 am – 12 noon

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
Tue 10/24 9:30 am – 12 noon
Wed 9/24 & 11/29 6:30 – 8 pm

CANCER TOPICS

Cancer Survivorship Series
Please join us as we will have a panel of three physicians speaking on the current recommendations for cancer screening and early detection.
To register: Call 562.698.0811 Ext. 12570

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 9/30 10 – 11:30 am

Oncology Resource Center and Wig Bank
The Oncology Resource Center and Wig Bank is available for patients and their family members to access educational material and resources. No appointment necessary.
Monday - Thursday 10 am – 2 pm or call 562.968.0811 Ext. 12820

Mind, Body & Spirit Workshop
Reduce worry, anxiety and find the meaning in challenging times. Connection with spirituality, mind and body to help find meaning and purpose in the mist of illness. Connect with others coping with similar issues. Please plan to attend all three workshops.
Call 562.967.2890 Ext. 12580

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thu 9/14 3 – 4:30 pm
Thu 9/21 3 – 4:30 pm
Thu 9/28 3 – 4:30 pm

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or illness. Connect with others coping with similar issues. Please plan to attend all three workshops.

To register:
Call Ext. 11320

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 10/14 10 – 11:30 am
Sat 10/21 10 – 11:30 am
Sat 10/28 10 – 11:30 am

PIH Health Hospital - Downey
7200 E. Imperial Highway, Downey
Sun 1/7 10 – 11:30 am

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 11:30 am

WEIGHT & NUTRITION

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 562.967.2890 or email Community.Health@PIHHealth.org

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

Families in it Together (FIT) for Health
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 562.967.2890 or email Community.Health@PIHHealth.org

SPIRIT Family Services
8000 Painter Ave., Whittier
Sat 9/16-9/30* 12:30 pm – 2 pm

Caring Connections (Bellflower Unified School District)
16703 Clark Ave., Bellflower
Tue 1/16-1/30* 6 – 7:30 pm
Thu 3/15-3/29 6 – 7:30 pm

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Sat 9/16-9/30 10 – 11:30 am
Sat 10/28-11/11 10 – 11:30 am
Sat 1/13-1/27 10 – 11:30 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Sat 3/3-3/17* 10 – 11:30 am

VACC: The Gary Center
201 S. Harbor Blvd., La Habra
Fri 10/6-10/20* 4 – 5:30 pm
Fri 1/12-1/26* 4 – 5:30 pm

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

*Class in Spanish/Clases en español
Preventative Screening Programs

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 562.967.2656.

Breast Mammography
If you’re one in eight 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.

FIT Parent Support
Are you trying to keep your family healthy but finding it challenging? Join other parents/guardians and share ways to get your whole family on board when it comes to eating healthy, being active, and maintaining healthy habits.

To register: Call 562.967.2890 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Sat 10/7 10 – 11:30 am
Thu 11/16 6 – 7:30 pm
Sat 2/3 10 – 11:30 am
Thu 4/12 6 – 7:30 pm

Weigh To Go
Learn how to incorporate healthy living and physical activity into your every day life.

To register: Call 562.967.2890 or visit PIHHealth.org/Calendar

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier

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. 12918 or visit PIHHealth.org/Calendar

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier

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 562.967.2890 or email Community.Health@PIHHealth.org

Downey Family YMCA
11531 Downey Ave., Downey
Tue 5/6/19 10 am – 12 noon

SPIRITT Family Services
8000 Painter Ave., Whittier
Tue 10/21/19 10 am – 12 noon

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Mon 9/11/19 10 am – 12 noon

La Habra Family Resource Center
501 S. Idaho St., La Habra
Tue 4/17/19 6 – 8:30 pm

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

Registration optional.

For questions: Call Ext. 12733

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

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 who have completed 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 562.967.2890 or email Community.Health@PIHHealth.org

CPR and AED
Fee: $70
Sat 10/19 9 am – 4:30 pm
Sat 2/24 9 am – 4:30 pm

First Aid, CPR and AED
Fee: $20
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.

Pregnancy and New Baby

Breastfeeding 101
• Getting Ready for Your Baby**
• Cesarean Section Class**
• Big Kids/Sibling Orientation
• Childbirth Basics – English, Spanish, Chinese
• Great Expectations
• Maternity Care Center – Open House and Stork Tea
• Infant/Toddler Safety – English**, Spanish, Chinese
• Childbirth Refresher
• A Journey through Childbirth**

**Not held in December

To register, call Ext. 25580 for PIH Health Hospital - Downey or Ext. 17541 for PIH Health Hospital - Whittier.

For additional classes and locations, visit PIHHealth.org/Calendar.

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 Womens Cancer
First Tuesday of every month, 7 pm Call 562.696.5964.

Breastfeeding
Provide knowledge and support. Every Thursday. Call Ext. 25580 or Ext. 17541.

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.

Mom’s Group
Second Thursday of every month, 2 – 3:30 pm, Call Ext. 82022.

Scleroderma Support Group
Call Ext. 81085.

Stoke
Second Tuesday of every month, 2 – 3:30 pm, Call Ext. 12453.
PIH Health Site Locations Map

PIH Health Urgent Care Center Hacienda Heights has Reopened

PIH Health has reopened Urgent Care in Hacienda Heights at 1860 S. Azusa Ave., Hacienda Heights, CA 91745.

Hours of operation are every day from 10 am to 8 pm, including holidays.

For serious medical emergencies, call 911 or go to the nearest Emergency Room.

See page 7 for more information

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 2017 Most Wired Award Recipient

PIH Health is pleased to announce that it has been named a 2017 Most Wired hospital for its Whittier campus by Hospitals and Health Networks (H&HN), a monthly publication from the American Hospital Association (AHA). This is the fourth time that PIH Heath Hospital - Whittier has received the recognition. And for the first time, PIH Health Hospital - Downey was also recognized, receiving an award for Most Improved.

Get 24/7 online access from any computer, smartphone or tablet! Visit PIHHealth.org/MyPIHHealth
List of PIH Health Services

1. 12401 WASHINGTON BLVD., WHITTIER, CA 90602
   - PIH Health Hospital - Whittier
   - Optical Shop
   - Phone: 562.698.0811

2. 11500 BROOKSHIRE AVE., DOWNEY, CA 90241
   - PIH Health Hospital - Downey
   - Phone: 562.904.5000

3. 11420 BROOKSHIRE AVE., DOWNEY, CA 90241
   - Rehabilitation and Wellness Center
   - Phone: 562.904.5141

4. 11411 BROOKSHIRE AVE., DOWNEY, CA 90241
   - Family Medicine, Suite 207
   - Otolaryngology, Suite 302
   - Women's Health, Suite 207
   - Phone: 562.904.4411

5. 12293 WASHINGTON BLVD., WHITTIER, CA 90606
   - Patricia L. Scheffly Breast Health Center
   - Ruby L. Golleher Oncology Center
   - Phone: 562.906.5692

6. 2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
   - Endocrinology
   - Internal Medicine
   - Otolaryngology
   - Phone: 323.726.7601

7. 12291 WASHINGTON BLVD., WHITTIER, CA 90606
   - Diabetes and Endocrinology, Suite 205
   - Digestive Health Services, Suite 201
   - Family Medicine Residency, Suite 500
   - Laboratory, Suite 103
   - PIH Health Outpatient GI Center, Suite 410
   - Wound Healing Center, Suite 100
   - Radiology/Interventionists, Suite 302
   - Phone: 562.789.5456

8. 12462 PUTNAM ST., WHITTIER, CA 90602
   - Cardiology, Suite 203
   - Chiropractic, Suite 402
   - Dermatology and Aesthetic Medicine, Suite 501
   - Hematology and Oncology, Suite 206
   - Laboratory / Blood Draw Station, First Floor
   - Orthopedics & Sports Medicine, Suite 402
   - Otolaryngology (ENT), Suite 500
   - Pain Management, Suite 402
   - Pharmacy, Suite 105
   - Podiatry, Suite 402
   - Pulmonary, Suite 208
   - Radiology, First Floor
   - Phone: 562.698.0811 Ext. 17071

9. 12415 WASHINGTON BLVD., WHITTIER, CA 90602
   - Same Day Surgery
   - Phone: 562.696.3887

10. 12522 E. LAMBERT RD., WHITTIER, CA 90670
    - Family Medicine
    - Phone: 562.789.5420

11. 12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670
    - Eye Care Center
    - Family Medicine
    - Orthopedics and Sports Medicine
    - Pharmacy (opening late 2017)
    - Urgent Care Center
    - Phone: 562.967.2830

12. 15725 E. WHITTIER BLVD., WHITTIER, CA 90603
    - Coumadin, Suite 500
    - Family Medicine, Suite 400
    - Internal Medicine, Suite 500
    - Pediatrics, Suite 300
    - Psychiatrist, Suite 500
    - Phone: 562.947.2840

13. 15733 E. WHITTIER BLVD., WHITTIER, CA 90603
    - Urgent Care Center
    - Phone: 562.974.5666

14. 12675 LA MIRADA BLVD., LA MIRADA, CA 90638
    - Dermatology and Aesthetics Center, Suite 300
    - Eye Care Center, Suite 301
    - Family Medicine, Suite 201
    - Laboratory/Radiology, Suite 219
    - Pediatrics, Suite 401
    - Women's Health, Suite 401
    - Phone: 562.789.5453

15. 15050 IMPERIAL HWY., LA MIRADA, CA 90638
    - Home Healthcare
    - Hospice
    - Phone: 562.947.3668

16. 15082 IMPERIAL HWY., LA MIRADA, CA 90638
    - Podiatry
    - Phone: 562.967.2805

17. 15088 IMPERIAL HWY., LA MIRADA, CA 90638
    - Physical and Occupational Therapy, Suite 88
    - Speech Therapy, Suite 88
    - Phone: 562.906.5560

18. 1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745
    - Family Medicine, Suite 88
    - Mammography, Suite 88
    - Pediatrics, Suite 300
    - Urgent Care Center
    - Phone: 562.964.9012

19. 121 W. WHITTIER BLVD., LA HABRA, CA 90631
    - Eye Care Center, Suite 100
    - Phone: 562.694.2500

20. 1400 S. HARBOR BLVD., LA HABRA, CA 90631
    - Orthopedics & Sports Medicine
    - Phone: 714.879.3400

21. 351 E. FOOTHILL BLVD., ARCADIA, CA 91006
    - Home Nursing and Health Services
    - Phone: 626.358.3061
If you no longer wish to receive this publication, or if you would like to begin to receive information, please:

• Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
• Send your full name and mailing address to MarComm@PIHHealth.org, or
• Visit PIH Health Foundation Building or send a letter with your preference at 7612 Greenleaf Ave., Whittier, CA 90602 and provide your full name and address

Healthy Living is produced by the PIH Health Marketing Communications Department. We welcome your comments and suggestions. You may contact us at the phone number or email address above.

Information included in Healthy Living is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan.

PIH Health Physicians’ Patients’ Rights and Responsibilities document is available at PIHHealth.org/rights. A printed copy is available upon request by calling our Patient Services Department at 1.888.365.4450.

PIH Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

For information (in English, Español, 繁體中文, Tiếng Việt, Tagalog, 한국어, فارسی, မြန်မာ, العربية, Hmong, भारतीय, ไทย) visit PIHHealth.org.

Medicare makes you KING OF YOUR ROAD.

Selecting a Medicare plan to meet your healthcare needs for the road ahead can be a daunting task, but it doesn’t need to be. PIH Health can help simplify the process of deciding if a Medicare Advantage plan is right for you. Join us at one of our Get to Know Medicare events and we can help you navigate this major change in your healthcare.

Space is limited, so call 1.888.365.4450 or visit PIHHealth.org/Medicare to reserve your seat today.