Avid Soccer Player Finds Healing Through Orthopedics and Sports Medicine

Marine Veteran Quits Smoking to Save His Heart

Grateful Patient Thanks PIH Health for Successful Delivery and Life-Saving Surgery
Two Roads to Recovery

Marine Veteran Quits Smoking to Save His Heart

On June 21, 2017, while most Californians were celebrating the beginning of summer, things weren’t looking so bright for Marine Veteran Troy Goodspeed of Hacienda Heights. Troy was experiencing chest pains and shortness of breath—signs of a heart attack. A smoker since he was 11-years-old, he also had a history of diabetes, glaucoma, hypertension and chronic obstructive pulmonary disease (COPD). Considering his medical history and symptoms, he and his wife decided to drive to the PIH Health Hospital - Whittier Emergency Department (ED).

The emergency room physician ordered tests and confirmed Troy was indeed in heart failure. The staff sent him to the catheterization laboratory (cath lab), an examination room in the hospital with special diagnostic imaging equipment that doctors use to clearly look at the arteries and chambers of the heart. While there,
Q. Are heart disease and stroke related?

A. Yes. According to the American Heart Association and the American Stroke Association, individuals with coronary heart disease, angina, or who have had a heart attack due to atherosclerosis (also called “hardening of the arteries”), have more than twice the risk of stroke than those who haven’t. That’s because if you have atherosclerosis in the coronary arteries, you’re very likely to have atherosclerosis in other parts of your body.

Heart disease and stroke share many of the same risk factors, such as: high LDL (“bad”) cholesterol levels, low HDL (“good”) cholesterol levels, high blood pressure, smoking, diabetes, physical inactivity, and being overweight or obese. On the other hand, leading a healthy lifestyle that includes regular exercise, nutritious meals, no smoking, and control over high blood pressure and diabetes, will lower risks for both heart disease and stroke.

For more information about heart disease, call PIH Health Cardiology at 562.789.5430.
YOUR LIFE, YOUR PLAN:
BE PROACTIVE ON YOUR PERSONAL PATH TO HEALTH

How To Make Sure You Are On The Healthiest Road Possible

There’s no perfect, one-size-fits-all plan when it comes to maintaining your health. As days and weeks turn into years, how can you ensure you’re getting the right health checkups along the way? Follow PIH Health’s map to wellness to help you continue doing the things you love and enjoying friends and family for years to come.

STOP HERE:
Immunizations!
- Flu shot?
- Pneumonia?
- Tetanus?
- Childhood vaccinations? Ask your Primary Care Physician or child’s Pediatrician about which immunizations are right for you (and your child).

SPEED BUMP:
Urgent Care is Here for You

Is something slowing you down? Sprained ankle? Sore throat? Earache? PIH Health Urgent Care Centers can help get you back up to speed.

PATH TO GOOD HEALTH

STEP ONE:
Choose a PIH Health Primary Care Physician
Visit PIHHealth.org/Find-a-Doctor or call 562.789.5982.

EXTRA POINTS:
Annual Wellness Checkup
Make an appointment with your Primary Care Physician to receive your annual wellness exam. Collect extra points for scheduling next year’s appointment in advance!

CONGRATS!
Expecting a Baby?!
Need an OB/GYN?
Make an appointment with a PIH Health OB/GYN early in your pregnancy. To help you plan and receive the proper prenatal care for you and your baby.
HAPPY TRAILS TO YOU:
Mammogram Screening
Yearly mammograms beginning at age 40 are key to early detection of breast cancer and the best possible outcomes. Moderate exercise can lower a woman’s risk by 10 to 20 percent; get moving!

DETOUR:
Lung Cancer Screening
If you are a former or current smoker, your risk for developing lung cancer is up to 25 times higher than a non-smoker. It may be time for a lung screening.

FLAT TIRE:
Emergency Department Needs
Sometimes life throws you an unexpected situation. The Emergency departments at PIH Health Hospital - Whittier and PIH Health Hospital - Downey are here for you in an emergency situation.

TAKE THE BRIDGE:
Colonoscopy Screening
All men and women over age 50 should be screened for colon cancer. It’s the second most common cause of cancer-related deaths, but can be prevented by timely colonoscopy exams.

DETOUR

CELEBRATE:
Happy Birthday!
Birthdays come once a year, and are a great time to celebrate and reflect. Did you make the necessary stops on your path to health? If not, PIH Health is here for you.

HIT THE ROAD:
Vacation Awaits
Studies show that vacations are great for your well-being and mind. Start planning!

FEELING GREAT!
Double Points:
Register for free health education classes and stay on track with your health. See PIHHealth.org/Calendar

Things can change within a year. Be sure that you continue to consciously make an effort to stay on your best path to wellness, by calling 562.789.5982 or visit PIHHealth.org/Find-a-Doctor.
Healthy Mom, Healthy Baby

Grateful Patient Thanks PIH Health for Successful Delivery and Life-Saving Surgery

Welcoming a newborn baby is a joyous event—but every delivery is as unique as the babies themselves. Just ask Laura Noguchi, who relied on the expertise and responsiveness of PIH Health to help bring her third child safely into the world and immediately address an unforeseen complication.

After safely delivering two children, Laura thought she knew what to expect with baby number three. But life has a way of throwing unexpected curveballs. With this baby, she was considered a high-risk pregnancy with signs of premature labor. Sure enough, with the due date still four weeks away, Laura started having contractions—and woke up not feeling
Laura was experiencing postpartum hemorrhage—excessive bleeding following the birth of a baby—a rare condition affecting only about four percent of women. The average amount of blood loss after a vaginal delivery of a single baby is about 0.5 liter (or half a quart), but Laura lost much more than that.

“Laura had lost two liters of blood within the first few minutes and eventually lost seven liters in total,” explained Sara Soto MD, Obstetrics/Gynecology. “She needed to have an immediate transfusion. In addition, after the birth of her baby, Laura’s placenta was stuck to her uterus so we had to perform an emergency hysterectomy to remove both. Fortunately, PIH Health Hospital - Whittier has a ‘Code OB’ hemorrhage protocol in place, and everyone is trained and experienced in responding rapidly.”

After the Code OB was announced, the hospital’s blood bank immediately prepared 42 units of blood products (a combination of red blood cells, platelets, plasma and cryo) and delivered it within minutes. Meanwhile, Laura was rushed from the delivery room to the operating room in the same wing, where Dr. Soto performed the emergency surgery and Laura was given life-saving transfusions.

“I couldn’t be happier with my stay at PIH Health Hospital - Whittier,” said Laura. “The hysterectomy was unexpected, but the experience was great. The nurses took excellent care of my baby, and even brought her to me in the Critical Care Unit the first night. They were all so nice and really treated me like family. It almost felt like I was being taken care of at home. I was especially grateful they allowed my daughter to stay at the hospital until we were both ready to go home, together, five days later.”

Call 562.967.2876 today to schedule an appointment with an OB/Gyn and learn more about the wide range of women’s health services available at PIH Health.
Not Once, But Twice

Two-Time Liver Cancer Patient is in Recovery Thanks to State-of-the-Art Treatments

Randy Bernard, 77, never felt any symptoms of liver cancer when it first struck in 2012. In fact, the first and only clue came from a routine blood test, which showed an elevated tumor marker. After an MRI and biopsy, Randy’s doctors confirmed he had liver cancer—a single tumor in his left lobe.

Fortunately, Yong Park MD, an interventional radiologist at PIH Health Hospital - Whittier, knew just what to do. Dr. Park performed localized cancer treatment called radio frequency ablation. During the procedure, a thin, needle-like probe was temporarily inserted into the tumor through a tiny incision in the skin, using Computerized Tomography (CT) scan or ultrasound guidance. The probe then releases high-energy radio waves to heat and destroy cancerous cells. The treatment was a success, and the tumor never returned.
Q. What is a deviated septum, and how do I know if I should go see a doctor?

A. A deviated septum occurs when the nasal septum (the bone and cartilage that divide your nose's nasal cavity in half) is displaced to one side (or "deviated"). This makes the nasal septum off center, or crooked, making one or both nasal passages smaller. Some people are born with a deviated septum. Others develop the condition after injury or trauma to the nose.

When a deviated septum is severe, it can block one side of your nose and reduce airflow, and also make breathing difficult. Another common symptom is nasal congestion (usually one side is more congested than the other). Recurrent sinus infections can also be a result of a deviated septum. Other symptoms may include: nosebleeds, facial pain, headache, postnasal drip or sleep apnea. Sometimes symptoms can be relieved with medications; but if medicine alone doesn’t offer adequate relief, a surgical procedure called septoplasty may be needed to repair a crooked septum and improve breathing. See your doctor if you experience:

• Obstruction of one or both nostrils
• Frequent nosebleeds
• Recurring sinus infections

To schedule an appointment with an Ear, Nose and Throat specialist, also known as otolaryngologist, call 562.789.5456. For information about conditions treated, including deviated septum, visit PIHHealth.org/ENT.
Safe Cycling

Riding a bicycle can be great. It gets you outside in the fresh air while providing the same cardiovascular benefits you get from other forms of aerobic exercise, like walking or running. It’s easy on the joints and helps prevent cartilage damage, which may make it good for someone suffering from foot problems, knee troubles or other impact-related injuries.

However, it can be dangerous too, especially in California. According to findings published in the Governors Highway Safety Association report in 2014, bicycle deaths accounted for about two percent of motor vehicle deaths nationwide but over four percent in California. And the number is going up. Between 2010 and 2012, U.S. bicyclist deaths increased by 16 percent.

The best thing you can do to stay safe when riding your bike is to wear a helmet. According to the Bicycle Helmet Safety Institute, 85 percent of cyclists’ head injuries could be prevented if the rider wears a Consumer Product Safety Commission certified helmet. Not only is wearing a bicycle helmet a smart thing to do, for some it’s also the law.

What you may not know is that California has a bicycle helmet law that requires anyone under the age of 18 to wear a helmet when riding a bicycle on a street, bike way or public bicycle path or trail, even if you’re a passenger. That includes children who are sitting in a restraining seat or being towed behind the bike in a trailer.

Even though the law targets bicycle riding specifically, it also applies to scooters, inline skates and skateboards.

In order to follow the law, you have to be sure that your bicycle helmet meets the legal standard. That means it should have a prominent label from the manufacturer, which says that the helmet meets the necessary safety standards of either the American National Standards Institute; the Snell Memorial Foundation’s Standard for Protective Headgear for Use in Bicycling or the American Society for Testing Materials. Since it’s illegal to sell a helmet in California that doesn’t meet at least one of these legal standards, you should be fine as long as you bought your helmet in California.

When shopping for a helmet, it’s also important to make sure it fits properly. That means it sits low on your head and should comfortably touch your head all the way around. It should stay in place when you shake your head, and it should cover most of your forehead. If the helmet slides back off your forehead, it’s not going to provide the protection you need. The best way to get a proper fit is to have an expert at the bicycle shop or sporting goods store help you.

“Cycling is great for all ages,” said Mehwish Khan MD. “Everyone can benefit from riding a bike, from children to the elderly. For the elderly, it is a great non-weight bearing exercise for the knees.”

To choose a PIH Health Family Medicine doctor, call 562.789.5434. For more information, visit, PIHHealth.org/Find-a-Doctor.

How Are We Doing? Your Feedback is Valuable to Us

Please Complete Our Patient Satisfaction Survey

PIH Health’s mission is to serve you with the very best patient and family-centered care. You’re the reason we’re here, and we want to know what you think. After visits, questionnaires are mailed to patients at random from PIH Health Hospital - Downey and PIH Health Hospital - Whittier so that you can share feedback about your experiences. You may also receive a phone survey from your physician’s office following an office visit. Please let us know how we are doing by completing and returning the questionnaire or by participating in the phone survey.

“We know your time is valuable, and we truly appreciate you sharing your responses with us—successes and areas for improvement,” said PIH Health President and Chief Executive Officer Jim West. “Your support and observations help us enhance your overall healthcare experiences.”
Facility Updates Allow More Streamlined, High-Quality Care

The PIH Health Hospital - Downey campus continues to experience large-scale facility improvements, including an all-new hospital entrance that consists of new elevators and a more spacious seating area, seismic retrofitting throughout the main buildings, an updated outpatient registration area with additional seating, parking lot resurfacing and landscape improvements. A modernized nuclear medicine facility is scheduled for completion in 2019, and construction has begun on an expanded Emergency Department (ED) which will be completed in 2021. The new ED will accommodate more patients and feature the latest technology.

“Improving the PIH Health Hospital - Downey campus allows us to offer the very best inpatient care to our community in an updated and calming setting,” explained Chief Operating Officer Ramona Pratt. “These projects provide more efficient use of space and light; more advanced equipment and technology, and an overall updated look to the campus that will help put patients on a path toward greater health and wellness.”

A computer generated image offers a glimpse into future PIH Health Hospital - Downey facility improvements.
Golfing for a Great Cause

24th Annual Frank Scott Pro/Am Golf Tournament Raises $250,000 for Hospice Care

It was another packed golf course for the 24th Annual Frank Scott Pro/Am Golf Tournament. Enthusiastic golfers joined together at Friendly Hills Country Club in Whittier to have fun and raise money for an important cause. On September 25, 2017, community members and loyal supporters joined PIH Health Foundation to raise $250,000 to benefit PIH Health Hospice care. The event pushed us closer towards our goal of raising $1 million to enhance our hospice program.

Participants spent a beautiful day engaging in a friendly golf competition and putting the “fun” in fundraising. When the tournament ended, the party began at the club house. Participants joined their guests on the outdoor patio where they mixed and mingled, enjoying an evening of live jazz music, delicious themed food stations; wine and beer pairings and a silent and live auction.

At PIH Health, end-of-life care is extremely important. Our hospice services improve the quality of life for patients enduring serious life-limiting illnesses and provide comforting support for their families.

“Funds raised during the golf tournament will help PIH Health Hospice program upgrade its serene and calm surroundings, continue crucial supportive services and ensure patients and their families find peace,” said Annette Atwood and Ruth Kikuchi, event co-chairs. “We were excited to co-chair the tournament that raised financial support for such a valuable cause.”
Specifically, the funds will help PIH Health redesign and update our Hospice Homes so they will be more comfortable for our patients in their end-of-life stages. PIH Health plans to create private rooms in our Rose House so that families can have a private space with their loved ones. The redesign will also move nursing stations closer to patient rooms to provide enhanced care. To create a beautiful and peaceful environment, PIH Health will update the kitchen and bathrooms, install new furniture and refresh the paint and décor. All of this will help PIH Health provide greater care in a tranquil and serene space.

“I was filled with gratitude for the overwhelming generosity demonstrated at the golf tournament!” said Shelly Necke RN MSN MSHCA, vice president of post-acute care services at PIH Health. “We had an amazing turnout and support for our Hospice program. The generous contributions will help us continue to provide excellent end-of-life care for our community.”

If you would like to make a donation to support PIH Health Hospice, please contact PIHHealth.org/Support or call 562.698.0811 Ext. 81520.

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With today’s interest rates, a Charitable Gift Annuity could be a smart financial decision. However, it’s about a lot more than just a secure income; it’s about the good feeling that goes with knowing you helped provide exceptional healthcare in your community.

For more information visit PIHHealthGiving.org or contact PIH Health Foundation at 562.698.0811 Ext. 81520.
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JANUARY 1, 2017 – DECEMBER 31, 2017

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Friendly Hills Country Club
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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.

Give every year.
Make a difference every day.
We always welcome new Circle of Excellence members—Join Today!

John and Jan Sprague enjoy an afternoon Circle of Excellence luncheon at Friendly Hills Country Club.
Bouncing Back from a Knee Injury

Avid Soccer Player Finds Healing Through Orthopedics and Sports Medicine

For a die-hard soccer player and avid snowboarder, few things could be worse than a knee injury that keeps you on the sidelines. Fortunately, 31-year-old Anthony Zuliani found advanced orthopedics and sports medicine care close to home at PIH Health.

While Anthony doesn’t play soccer professionally, he’s extremely good—and highly competitive. He started playing at age eight, and continued into adulthood, often joining city soccer leagues. During his five years in the United States Air Force, he even played in the military travel league—competing against soccer teams from the United Kingdom and Thailand. After his military service, Anthony moved back to Orange County, where he continued his love of the sport.

During one game in 2015, Anthony suffered a partial tear of his left Anterior Cruciate Ligament (ACL), which keeps the knee stable. The ACL is one of the knee ligaments that joins the upper leg bone with the lower leg bone. After the injury, he consulted with one doctor, and then reached out to Kyle Low MD, at PIH Health Orthopedics & Sports Medicine for a second opinion.
Dr. Low’s extensive education prepared him to help – he earned his medical degree at Harvard Medical School and completed his orthopedic surgery residency at Johns Hopkins Hospital. He went on to obtain further specialization in sports medicine with a fellowship at the University of Missouri School Of Medicine in Kansas City, where he worked with the Kansas City Chiefs football team. He also has a foot and ankle fellowship from Mount Sinai Medical Center in New York. This training made him a highly qualified resource.

Dr. Low agreed that surgery was a good choice, but also gave Anthony the option to rehab it himself. Because it was only a partial tear, the injury might heal on its own with proper rehabilitation and physical therapy. Anthony chose not to have surgery, and focused on physical therapy instead. The ACL eventually healed, enabling Anthony to resume soccer. But in 2016, Anthony suffered another injury—this time, a completely torn ACL.

“I reconnected with Dr. Low, who ordered a new MRI,” said Anthony. “The results were pretty conclusive. This time, the injury would not heal without surgery. I proceeded with ACL reconstruction surgery in July 2016 at PIH Health Hospital - Whittier, which was definitely the right decision.”

During the outpatient surgery, Dr. Low used modern, cutting-edge procedures to reconstruct Anthony’s ACL.

“I used a minimally invasive ‘all inside’ technique,” explained Dr. Low. “Because this procedure uses smaller incisions, it allows for less post-operative pain and faster overall recovery. We always strive to return patients to their previous level of function after injuries—and Anthony did great. He received physical therapy for eight weeks at our PIH Health La Mirada location, and is doing very well.”

Today, Anthony is proud to report that he has no knee instability and is not limited in any way. “Between full-time work and school, I have not returned to playing soccer just yet, but I’m looking forward to getting back on the slopes and snowboarding,” he said.

To learn more about PIH Health Orthopedics and Sports Medicine, visit PIHHealth.org/Orthopedics or call 562.967.2838.

Score One at a PIH Health Urgent Care Center (UCC)

Whether your child favors soccer, football, baseball or track, playing sports is a great way for young people to learn teamwork, have fun and stay in shape. That’s why more than 38 million American children and teenagers play at least one extracurricular sport—either at school or as part of a community league.

Yet whatever the sport, there’s always the risk of getting hurt. Injury prevention starts with a sports physical—well before the season begins. It’s often a legal requirement, too. Some states won’t let young athletes start a season without first having a sports physical. Unlike an annual wellness check-up, which evaluates your child’s general health, growth and vaccinations, a sports physical will make sure your child’s body is in shape and healthy enough to safely participate in their sport of choice.

“We review the family’s medical history and look for any diseases or injuries that might make it unsafe for the child to play, or that might limit the amount of activity the teen can handle—things like heart conditions, breathing problems or joint problems,” said Roberto Madrid MD, a family medicine physician and PIH Health Physicians VP Medical Operations. “We can also talk about proper nutrition and how to monitor for overuse injuries.”

If your child needs a sports physical, PIH Health makes it convenient. Simply visit any PIH Health Urgent Care Center location in Hacienda Heights, Santa Fe Springs or Whittier. No appointment is necessary and wait times are often just 20 minutes. For more information, visit PIHHealth.org/UCC.
Dedicated to Serving People—Even Off the Clock

PIH Health Physicians and Nurses Find Joy in Helping Others

PIH Health doctors and nurses chose a career in healthcare because they love helping people—and practicing medicine. Considering the level of commitment it takes to succeed in the healthcare field, it’s no surprise to learn that many PIH Health professionals also use their skills to serve people in their free time—outside their PIH Health responsibilities—as volunteers. According to Chester Cheng OD, “I look forward to volunteering because I love helping and serving the community. Not only do I provide eye screenings to low-income seniors but I also get to practice speaking Mandarin.”

Here are just a few of the PIH Health professionals who give their time and talents to help people in need:

- **Rosemary Castillo NP, Family Medicine**: Provides camp/sports physicals for the Boy Scouts of America during the summer.
- **Chester Cheng OD, Optometry**: Volunteers annually to provide eye health screening at the Taiwanese Lions Club of Rosemead.
- **Deep Dudeja MD, Ophthalmology**: Volunteers for an international medical mission one week every year along with local eye camps providing glaucoma screening.
- **Sylvia Gonzalez MD, Pediatrics**: A Board Member for SPIRITT Family Services in Whittier, which provides a wide
range of programs to children and families in the Whittier community that focuses on prevention, early intervention treatment and recovery for people suffering from mental health issues, domestic violence, child abuse, and substance abuse.

- **Rachael Moore MD, Dermatology**: Serves as a volunteer clinical instructor at the West Los Angeles Veterans Affairs Hospital once a month and is a clinical faculty at the University of California, Los Angeles.

- **Sy Oang DO, Internal Medicine**: Volunteers one week every year for medical mission work in Cambodia.

- **Jung Park MD, Co-Medical Director, Obstetrics Laborist Program**: Went to remote villages in Honduras and Nicaragua to provide medical care. Also helps financially in building houses for the less fortunate.

- **Yong Park MD, Medical Director of Radiology at PIH Health Hospital - Downey**: Went to Uganda for two weeks with a medical mission to provide healthcare for refugees and prisoners.

- **Bindesh Shah MD, Orthopedic Surgery**: Volunteers at community health fairs at the Jain Center of Southern California in Buena Park.

- **Kennith Thompson MD, Cancer Committee Chairman and Co-Medical Director of the PIH Health Hospital - Whittier Breast Cancer Program**: Serves with a surgical team that provides general surgical care for underserved areas in various parts of the Philippines.

- **Nhordia Torres NP, Family Medicine**: Provides physicals for youth planning to attend summer camp through the Interfaith Food Center.

- **Lisa Yang MD, Ophthalmology**: Provides annual eye health screenings at the Taiwanese Lions Club in Rosemead.

“Whether serving people in our community or underserved populations overseas, PIH Health providers are living out their passion and mission to serve people in need,” said Senior Vice President, Chief Medical Officer and Chief Strategy Officer at PIH Health Rosalio Lopez MD MBA.

To find a doctor affiliated with PIH Health, visit PIHHealth.org/Find-a-Doctor.

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Many people use social media to stay in touch with friends and family around the world, but do you know just how many are using it? According to the Pew Research Center*, 79 percent of adults who go online log into Facebook. Other popular social media sites are Instagram and Twitter.

More Americans than ever are using social media platforms to get their news. A recent study** showed that in 2017, two-thirds of U.S. adults get their news from social media. And people over the age of 50 are often looking for healthcare content.

As part of our mission of “Patients First,” PIH Health constantly provides our patients and community with the information they need to get and stay healthy.

Find our information here:
- Read our Healthy Living Online news blog at PIHHealth.org/Blog
- Follow us on Instagram at @PIHHealth
- Like us on Facebook at Facebook.com/PIHHealth
- Follow us on Twitter at Twitter.com/PIHHealth

Get the information you need to live a healthy life and then share it with your friends and family!

*Source: Survey conducted March 7-April 4, 2016

**Source: Survey conducted Aug 8-21, 2017

“News Use Across Social Media Platforms 2017”

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To find a doctor affiliated with PIH Health, visit PIHHealth.org/Find-a-Doctor.
Health Action Lab:  
A Coordinated Effort to Improve Local Health

Last year, thanks to a grant from the California Community Foundation (CCF), PIH Health was able to take community collaboration to the next level. PIH Health, in partnership with the Center for Non-profit Management, Kaiser Permanente Downey Medical Center and Los Angeles (LA) County Department of Public Health, brought 62 non-profit agencies from across LA County’s Service Planning Area (SPA) 7 (southeast cities) together, with a shared goal of improving community health and addressing important identified health needs.

Over the following months, through honest discussion, research and a focus on possibilities, the non-profit agencies formed into four coalitions with a common purpose, thus forming the group now known as the Health Action Lab. During monthly meetings, these coalitions developed their vision statements and action plans—then they got to work.

“The Health Action Lab has supported the LA County Department of Public Health’s Community Health Improvement Plan by educating community partners and stakeholders about the issues and strategies that are important for our Service Planning Area. It has created a forum for community based organizations and partners to collaborate and respond to issues impacting those we serve.” - Lindsey Lastra, health program analyst, Los Angeles County Department of Public Health
Mental Health and Substance Use

This coalition discovered a need for training of case/care managers. To address this need, they held an “Effective Case Management Symposium” on October 24, 2017, attracting nearly 160 participants representing mental health, substance use, healthcare and homeless provider organizations.

“The inspiring and knowledgeable speakers made for an amazing day of learning, sharing, validation and empowerment,” said Executive Director of Helpline Youth Counseling Jeff Farber. “We hope that this is the first of many opportunities to build the skills, capacity, knowledge and resources of our community partners to improve the mental health and well-being of people in SPA 7.”

In 2018, the coalition plans to continue building capacity of case managers as well as develop a plan for policy/advocacy work in the area of mental health and substance use.

Food Insecurity

To address the shortage of CalFresh (California’s food stamp program that assists low-income households in purchasing adequate healthy food) enrollment sites in Southeast LA County, this coalition decided to add three new locations in the service area: Interfaith Food Center, Kingdom Causes and Caring Connections/Bellflower Unified School District. This effort will increase awareness and improve access to CalFresh benefits. The coalition has also developed strategies to promote farmers markets which accept CalFresh vouchers, as well as free summer lunch program locations, administered through the U.S. Department of Agriculture.

Opportunities for Youth

This coalition began a large asset-mapping project, which will create a comprehensive list of all local after-school programs, mentoring opportunities and youth resources. By consolidating these resources into one place, the team hopes to identify gaps to drive future coalition goals, increase services, and ultimately, access to these important resources. In addition, the coalition has spearheaded the creation of a PIH Health Community Health Improvement Fellowship with Whittier College to support Health Action Lab coalitions.

Chronic Disease Prevention and Management

This coalition is starting a pilot “Health Hub” program. The Health Hub will provide educational resources, such as grocery store tours, nutrition and exercise classes, and connection to vital services such as CalFresh enrollment, food and mental health resources and more in the City of Downey. Services will be offered by various organizations—all of whom will benefit from a coordinated calendar and promotion efforts. The coalition will also support policy work related to health and wellness.

The 2016 Community Health Needs Assessment conducted by PIH Health revealed that Downey area communities have the highest rates from diabetes and heart disease, as well as incidence of obesity, higher than Los Angeles County rates.

Studies show that many chronic diseases are largely preventable by addressing poor nutrition, physical inactivity, tobacco use and obesity. To help reverse these trends, PIH Health sought new ways to become an active partner in the Downey community.

PIH Health found just the right initiative to support—Stay Healthy Downey—a community collaborative led by the City of Downey that focuses on creating a sustainable approach to health and wellness that will positively impact current and future generations. PIH Health is one of 25 community partners supporting this cause, along with the Downey Unified School District, Downey Family YMCA, Kaiser Permanente Downey Medical Center, the Los Angeles County Department of Public Health, and TLC Family Resource Center.

Today, Stay Healthy Downey hosts a wide range of community-focused initiatives—from soda-free campaigns and the promotion of smoke-free environments, to more active living and healthy food choices at schools.

“Looking into the future of Stay Healthy Downey, I envision the collaboration between the City of Downey and PIH Health will only get stronger, as we look at ways to collectively prevent chronic disease, increase physical activity, promote better nutrition, and overall become a healthier city,” says City of Downey Director of Parks and Recreation, Pamela Passow.

For more information on Stay Healthy Downey, visit Downeyca.Org/About/Healthy_Downey
Registration is easy and free of charge, unless otherwise indicated.

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

Health Education Calendar
SPRING / SUMMER 2018

HEALTHCARE ACCESS
Navigating the Healthcare Maze: Five Things you Need to Know About Accessing Healthcare (and a whole lot more!)
This class aims to eliminate confusion around how to access and move through the healthcare system. Topics include considerations for insurance coverage, understanding bills, and useful tips for taking control and managing your health. If you are looking for clarity, this class is for you!
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 5/9 1 – 2:30 pm
Wed 7/18 6 – 7:30 pm
Wed 9/5 10 – 11:30 am
Wed 10/10 10 – 11:30 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Mon 5/7-5/21* 6 – 7:30 pm
Tue 9/11-9/25* 6 – 7:30 pm

PIH Health Downey Medical Office
11480 Brookshire Ave., Downey
Wed 4/11-4/25 6 – 7:30 pm
Wed 6/6-6/20* 6 – 11:30 am
Thu 7/11-7/25* 10 – 11:30 am

SPIRITT Family Services
8000 Painter Ave., Whittier
Tue 4/17-5/5* 10 – 11 am

Whittier City School District
Parent Center
6005 S. Magnolia Ave., Whittier
Longfellow School (Room 18)
Tue 5/9-5/22 9 – 10:30 am

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Mon 6/4-6/18* 10 – 11 am

La Habra Family Resource Center
501 S. Idaho St., La Habra
Wed 8/14-8/26* 6 – 7:30 pm

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 key lab tests, eating healthier at home or on the go, and re-energizing 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
Los Nietos Library
8511 Duchess Dr., Whittier
Wed 4/18 - 5/2* 10 – 11:30 am

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Mon 4/9-4/23* 6 – 7:30 pm
Wed 5/2-5/16 6 – 7:30 pm
Thu 6/7-6/21* 10 – 11:30 am
Thu 7/12-7/26 1:30 – 3 pm
Thu 8/9-8/23* 6 – 7:30 pm

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Mon 5/7-5/21* 6 – 7:30 pm
Tue 9/11-9/25* 6 – 7:30 pm

PIH Health Hospital - Whittier
11500 Brookshire Ave., Downey
Mon 4/2-5/17 6 – 8:30 pm
Thu 6/7-7/12 5:30 – 8 pm
Wed 8/1-9/5 9:30 – 12 noon

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Mon 6/14-7/9 5:30 – 8 pm
Tue 7/24-8/28* 6 – 8:30 pm

Gus Velasco Neighborhood Center
9255 S. Pioneer Blvd., Santa Fe Springs
Thu 4/12-5/17 1 – 3:30 pm
Mon 7/23-8/27* 9 – 11:30 am

DIABETES MANAGEMENT
Diabetes Self-Management Class
Participants diagnosed with diabetes will learn the skills needed to manage and improve their condition. If you are newly diagnosed or have never attended a diabetes class, this is for you.
To register: Call Ext. 11320
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 7/21 10 am – 12 noon

Moving Forward with Diabetes: Regain Control and Live
Explore practical skills to take charge of prediabetes or diabetes. Create your own management plan for better health. This is an excellent follow-up to the Diabetes Self-Management Class, but is not required. Family and caregivers are welcomed. Six-class series (meets once a week)
To register: Call 562.967.2890 or email Community.Health@PIHHealth.org
PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Mon 4/2-5/17 6 – 8:30 pm
Tue 6/5-7/17* 6 – 8:30 pm
Thu 6/7-7/12 5:30 – 8 pm
Wed 8/1-9/5 9:30 – 12 noon

PIH Health Hospital - Whittier
11500 Brookshire Ave., Downey
Mon 6/4-7/9 5:30 – 8 pm
Tue 7/24-8/28* 6 – 8:30 pm

CANCER TOPICS
Cancer Survivorship Series
Please join us for our semi-annual Cancer Survivorship Series. This session is titled “Nutrition Through Treatment and Beyond.” Reservations required.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thu 4/12-5/3 3 – 4:30 pm
Thursdays, 4/12, 4/19, 4/26 and 5/3,
3 – 4:30 pm

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 7/21 10 am – 12 noon

CANCER TOPICS
Cancer Survivorship Series
Please join us for our semi-annual Cancer Survivorship Series. This session is titled “Nutrition Through Treatment and Beyond.” Reservations required.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 7/21 10 am – 12 noon

Wig Event
Cancer survivors who have experienced hair loss or thinning are invited to join the PIH Health Comprehensive Cancer Program for a free wig event. All participants will receive one free wig or head covering. Cosmetologists will be on site to assist with wig fittings. Reservations are required.
To RSVP or questions: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Sat 4/14 10 am – 12 noon

Yoga for Healing
Reconnect with your body through gentle yoga designed for those facing or recovering from the challenges of cancer or illness. Fee: $5 per class.
To register: Call Ext. 12570
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Saturdays, 10:30 – 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. For information call Ext.12820. Walk-ins are welcome Mon-Thu, 10 am – 2 pm

Mind, Body & Spirit Workshop
Increase spiritual connections with yourself and others. Learn tools to practice mindfulness reduce anxiety and worry while coping with cancer and chronic diseases. Please plan to attend all four classes.
PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Thursdays, 4/12, 4/19, 4/26 and 5/3,
3 – 4:30 pm
Thursdays, 8/2, 8/9, 8/16 and 8/23,
5:30 – 7 pm

WEIGHT AND 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
Mon 4/2 1:30 – 3 pm
Mon 4/9* 6 – 7:30 pm
Wed 5/23 6 – 7:30 pm
Thu 6/28* 10 – 11:30 am
Thu 8/2 1:30 pm – 3 pm
Thu 8/30* 6 – 7:30 pm

*Class in Spanish/Clase en español
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

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Sat 4/14/26 10 – 11:30 am
Sat 4/14/26 10 – 11:30 am
Sat 7/17/22* 12:30 – 2 pm
Sat 9/8/22 10 – 11:30 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Sat 6/16/630 10 – 11:30 am
Sat 8/4/816* 10 – 11:30 am

La Habra Family Resource Center
501 S. Idaho St., La Habra
Thu 7/24-8/7 6 – 7:30 pm

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 7/7 10 – 11:30 am

PIH Health Hospital - Downey
11500 Brookshire Ave., Downey
Sat 9/1* 10 – 11:30 am

Why Weight?
A weight management program that focuses on healthy eating and healthy behavior for achieving a healthy weight.
Fee: $25
To register: Call Ext. 12918

PIH Health Hospital - Whittier address.
Class offered every Thursday 6:30 – 7:30 pm

EXERCISE

Belly Dance
A great way to exercise abs and thighs for women of all ages, shapes and sizes.
Fee: $35 Five (5) classes
To register: Call 562.904.5551 or Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey Rehabilitation Center
11500 Brookshire Ave., Downey
Tuesdays and Thursdays, 10 am – 12 noon

Yoga
Practice various sets of yoga poses including bending, twisting and stretching. Kundalini yoga is known to improve emotional balance, mental clarity and stress relief.
Fee: $25 Five (5) classes
To register: Call 562.904.5551 or Wellness.Center@PIHHealth.org

PIH Health Hospital - Downey Auditorium
11500 Brookshire Ave., Downey
Wednesdays, 5 – 6 pm

Pilates
A method of exercise and physical movement designed to stretch, strengthen and balance the body.
Fee: $40 Five (5) classes
To register: Call 562.904.5551 or Wellness.Center@PIHHealth.org

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

Silver Pilates
Raised mats are used instead of floor mats to make this a more adaptable class.
Fee: $40 for one session eight classes
To Register: Call 562.904.5551 or Wellness.Center@PIHHealth.org
Tuesdays, 12:15 – 1 pm

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 4/4-5/9 1 – 3:30 pm

La Habra Family Resource Center
501 S. Idaho St., La Habra
Tue 4/17-5/22 6 – 8:30 pm

PIH Health Hospital - Downey
Thu 5/3-6/7* 6 – 8:30 pm

Cardiac Rehab Lecture Series
Free 5-part continuous series of classes include structure & function of the heart, understanding food labels, benefits of regular aerobic exercise, heart medications, managing stress and emotions of the heart. 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 in non-healthcare fields looking to fulfill job requirements.
To register: Call 562.967.2890 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
CPR and AED
Fee: $40
Thu 4/19 5:30 – 9:30 pm
Thu 6/21 5:30 – 9:30 pm
Thu 7/26 5:30 – 9:30 pm
Thu 9/20 5:30 – 9:30 pm

First Aid, CPR and AED
Fee: $70
Sat 5/19 9 – 4:30 pm
Sat 8/25 9 – 4:30 pm

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 content from 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.

HEALTHY AGING

Advanced Care Planning
Participants learn about advance healthcare directives and physician orders for life-sustaining treatment (POLST), Recommended age 15 and up. To schedule an appointment or for more information: Call Ext. 82022 or email ssambulatory@PIHHealth.org

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

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 4/4-5/9 1 – 3:30 pm

La Habra Family Resource Center
501 S. Idaho St., La Habra
Tue 4/17-5/22 6 – 8:30 pm

PIH Health Hospital - Downey
Thu 5/3-6/7* 6 – 8:30 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 562.967.2890 or email Community.Health@PIHHealth.org

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
CPR and AED
Fee: $40
Thu 4/19 5:30 – 9:30 pm
Thu 6/21 5:30 – 9:30 pm
Thu 7/26 5:30 – 9:30 pm
Thu 9/20 5:30 – 9:30 pm

First Aid, CPR and AED
Fee: $70
Sat 5/19 9 – 4:30 pm
Sat 8/25 9 – 4:30 pm

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 562.967.2890 or email Community.Health@PIHHealth.org

PIH Health Whittwood Medical Office
15725 E. Whittier Blvd., Whittier
Wed 4/4-5/9 1 – 3:30 pm

La Habra Family Resource Center
501 S. Idaho St., La Habra
Tue 4/17-5/22 6 – 8:30 pm

PIH Health Hospital - Downey
Thu 5/3-6/7* 6 – 8:30 pm

Cardiac Rehab Lecture Series
Free 5-part continuous series of classes include structure & function of the heart, understanding food labels, benefits of regular aerobic exercise, heart medications, managing stress and emotions of the heart. 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 in non-healthcare fields looking to fulfill job requirements.
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*Class in Spanish/Clase en español
PIH Health Hospital - Whittier has been named one of the nation’s 50 Top Cardiovascular Hospitals by Watson Health. Watson Health recently released the 50 Top Cardiovascular Hospitals 2018 study identifying the top U.S. hospitals for inpatient cardiovascular services. The study uses a balanced national scorecard of hospital performance metrics to identify the highest performing cardiovascular service lines in the nation.

This is the second year PIH Health Hospital - Whittier has been recognized with this honor.

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.

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

**Urgent Care vs. Emergency Care**

<table>
<thead>
<tr>
<th>Emergency Care</th>
<th>Urgent Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Chest pain</td>
<td>• Cold and flu symptoms</td>
</tr>
<tr>
<td>• Signs of stroke</td>
<td>• Allergies and respiratory or sinus infections</td>
</tr>
<tr>
<td>• Severe breathing problems</td>
<td>• Mild asthma attack</td>
</tr>
<tr>
<td>• Major injuries, especially head injuries</td>
<td>• Minor cuts and scrapes</td>
</tr>
<tr>
<td>• Broken bones</td>
<td>• Minor fractures and sprains</td>
</tr>
<tr>
<td>• Poisoning</td>
<td></td>
</tr>
</tbody>
</table>

**PIH Health Site Locations Map**

Visit PIHHealth.org/UCC to learn more. If you need emergency care, call 911 or go to the nearest emergency room.
# List of PIH Health Services

<table>
<thead>
<tr>
<th>Number</th>
<th>Address</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12401 WASHINGTON BLVD., WHITTIER, CA 90602</td>
<td>PIH Health Hospital - Whittier, Optical Shop</td>
</tr>
<tr>
<td>2</td>
<td>11500 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>PIH Health Hospital - Downey</td>
</tr>
<tr>
<td>3</td>
<td>11420 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>Rehabilitation and Wellness Center</td>
</tr>
<tr>
<td>4</td>
<td>11411 BROOKSHIRE AVE., DOWNEY, CA 90241</td>
<td>Family Medicine, Suite 207, General Surgery, Suite 207, Women's Health, Suite 207</td>
</tr>
<tr>
<td>5</td>
<td>12393 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Patricia L. Scheifly Breast Health Center, Ruby L. Golleher Oncology Center</td>
</tr>
<tr>
<td>6</td>
<td>2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640</td>
<td>Endocrinology, Internal Medicine, Otolaryngology</td>
</tr>
<tr>
<td>7</td>
<td>12291 WASHINGTON BLVD., WHITTIER, CA 90606</td>
<td>Endocrinology, Suite 205, Digestive Health Services, Suite 201, Family Medicine Residency, Suite 500, Laboratory, Suite 103, Psychology, Suite 300, PIH Health Outpatient GI Center, Suite 410, Wound Healing Center, Suite 100, Radiology/Interventionists, Suite 302</td>
</tr>
<tr>
<td>9</td>
<td>12415 WASHINGTON BLVD., WHITTIER, CA 90602</td>
<td>Same Day Surgery</td>
</tr>
<tr>
<td>10</td>
<td>12522 E. LAMBERT RD., WHITTIER, CA 90670</td>
<td>Family Medicine</td>
</tr>
<tr>
<td>11</td>
<td>12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670</td>
<td>Eye Care Center, Family Medicine, Neurology, Orthopedics and Sports Medicine, Pharmacy, Urgent Care Center</td>
</tr>
<tr>
<td>12</td>
<td>15725 E. WHITTIER BLVD., WHITTIER, CA 90603</td>
<td>Cournadin, Suite 500, Family Medicine, Suite 400, Internal Medicine, Suite 500, Pediatrics, Suite 300</td>
</tr>
<tr>
<td>13</td>
<td>15733 E. WHITTIER BLVD., WHITTIER, CA 90603</td>
<td>Urgent Care Center</td>
</tr>
<tr>
<td>14</td>
<td>12675 LA MIRADA BLVD., LA MIRADA, CA 90638</td>
<td>Dermatology and Aesthetics Center, Suite 300, Eye Care Center, Suite 301, Family Medicine, Suite 201, Pediatrics, Suite 401, Women's Health, Suite 401</td>
</tr>
<tr>
<td>15</td>
<td>15050 IMPERIAL HWY., LA MIRADA, CA 90638</td>
<td>Home Healthcare, Hospice</td>
</tr>
<tr>
<td>16</td>
<td>15082 IMPERIAL HWY., LA MIRADA, CA 90638</td>
<td>Podiatry</td>
</tr>
<tr>
<td>17</td>
<td>15088 IMPERIAL HWY., LA MIRADA, CA 90638</td>
<td>Physical and Occupational Therapy, Speech Therapy</td>
</tr>
<tr>
<td>18</td>
<td>1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745</td>
<td>Family Medicine, Suite 88, Mammography, Suite 88, Pediatrics, Suite 300, Urgent Care Center</td>
</tr>
<tr>
<td>19</td>
<td>121 W. WHITTIER BLVD., LA HABRA, CA 90631</td>
<td>Eye Care Center, Suite 100</td>
</tr>
<tr>
<td>20</td>
<td>1400 S. HARBOR BLVD., LA HABRA, CA 90631</td>
<td>Family Medicine, Orthopedics &amp; Sports Medicine</td>
</tr>
<tr>
<td>21</td>
<td>351 E. FOOTHILL BLVD., ARCADIA, CA 91006</td>
<td>Home Nursing and Health Services</td>
</tr>
</tbody>
</table>
Send and receive secure online messages

View and print test and lab results

Make appointments online

Visit PIHHealth.org/MyPIHHealth

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

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