Young Mom Beats Cancer and Fulfills Her Wish to Have Another Baby

Family Medicine Closer to Home

Diabetic Patient Makes Lifestyle Changes to Improve Health
Healthy Mom, Growing Family

Young Mom Beats Rare Cancer and Fulfills Her Wish to Have Another Baby

When Theresa McGrath started experiencing extreme fatigue, rapid bruising and worsening vision, her primary care physician suggested that she see a specialist to review her blood tests. While waiting for her appointment date to arrive, she bumped her leg at the gym and watched the bruise quickly double in size within a matter of minutes, which prompted Theresa to make an emergency appointment with PIH Health Hematologist/Oncologist, Lisa Wang MD.

“When Theresa came into my office, she was in rapid decline—it was a true emergency,” said Dr. Wang. “I suspected she may have acute promyelocytic leukemia (APL), a rare form of blood cancer, but I needed a confirmed diagnosis. I immediately admitted her to the hospital for a bone marrow biopsy.”

For Theresa, this was a major curve ball. “If it was cancer, I would be in the hospital for the next 30 days,” Theresa said. “I was shocked—I was only 29 at the time, with a husband and two daughters at home.”

The results came back, confirming that Theresa had APL. Dr. Wang wanted to start chemotherapy immediately, but knowing Theresa’s desire to have another child, she wanted to protect Theresa’s reproductive system before treatment began.
In the hospital while she was recovering from intensive chemotherapy, her blood count dropped and she developed an infection. Theresa was given antibiotics and transfusions, but her body was rejecting the platelets, so Dr. Wang prescribed an immunotherapy called Rituxan, which stopped the bleeding. This allowed her to recover from complications of chemotherapy.

To ensure she stayed in remission, she was placed on maintenance chemotherapy with arsenic trioxide, which was a new therapy at that time, followed by oral chemotherapy. When treatment ended, Theresa’s reproductive system began functioning once again and within a few weeks, she was pregnant. Since she had just finished intensive cancer treatment, she was referred to a high-risk obstetrician at PIH Health to care for her and her unborn child.

Her obstetrician identified that a rare genetic mutation may have caused the platelet rejection during Theresa’s cancer treatment. Theresa was tested for that mutation and it came back positive, which can be dangerous for mother and baby during a natural birth. Armed with this information, PIH Health Obstetrician Brent Gray MD, scheduled a C-section to ensure a successful birth. Theresa’s baby girl was born in March 2018.

“We had such a great team that identified this issue and helped ensure a safe pregnancy for Theresa,” said Dr. Wang. “She had a healthy delivery—with zero bleeding complications. Today, Theresa remains in remission and in good health.”

“I had such a wonderful experience with the whole PIH Health team,” said Theresa. “Dr. Wang really knows her medicine, and had the expertise to help me through the toughest time of my life. I couldn’t be more grateful.”

To learn more about cancer treatments at PIH Health, visit PIHHealth.org/Oncology.
Walking Strong, Making History

Grateful Patient Becomes First in Los Angeles County to Receive New Stent

When 65-year-old Dolores Martinez Banda went to the emergency room at PIH Health Hospital - Downey in March 2018, she had no idea her chest pains were a sign of a minor heart attack.

Fortunately, the cardiovascular medical team, led by cardiologist Kaushal Tamboli MD, knew just what to do. First, the team needed to get a clear view of Dolores’ heart and arteries. Dr. Tamboli performed cardiac catheterization by putting a long, thin, flexible tube (called a catheter) into a blood vessel and threaded it into Dolores’ heart. Next, he performed a coronary angiography by putting a contrast dye into the catheter, which enabled him to take X-ray images of the heart to see if her coronary arteries were narrowed or blocked.

Dolores Banda enjoying a day at the park with her grandson, Mason Esqueda.
The team saw an existing stent, which Dolores received years ago to address a previous blockage. A stent is a tiny wire mesh tube that props open a blocked artery and is left in place permanently.

“The angiography showed severe narrowing in the existing stent and another area of severe narrowing in the patient’s artery,” said Dr. Tamboli. “We were able to clear Dolores’ existing stent with a balloon angioplasty, and we placed a brand new stent in her artery with excellent results.”

That new stent is no ordinary device. Measuring just 2.0 millimeters, it’s currently the smallest Drug-Eluting Stent (DES) on the market, and was approved by the United States Food and Drug Administration (FDA) just a few weeks before Dolores’ procedure. Dolores was the first patient in Los Angeles County to receive it.

“This 2.0 millimeter stent is very useful in patients with small blood vessels, especially diabetics,” said Dr. Tamboli. “The availability of small stent sizes gives medical professionals an additional option for treating patients with narrow blood vessels—people who could not be treated with stents before.”

Today, Dolores couldn’t be more pleased with the outcome and her new level of energy.

“I was very happy to get back to walking and exercising, with no concerns of chest pains or breathing problems. I feel absolutely great,” she said. “I was also excited and proud when I learned that I would be the first patient in LA County to receive this new stent. It’s nice to know that PIH Health Hospital - Downey has the latest medical devices available for patients like me, and physicians who are up to date on the latest technologies.”

To learn more about PIH Health Cardiology, visit PIHHealth.org/Heart.
Family Medicine Closer to Home

PIH Health Adds New Offices to Serve Local Needs

Family Medicine at PIH Health is rapidly expanding to better serve our communities.

“With the addition of PIH Health Hospital - Downey, we are more connected to a larger geographic area, and we want to ensure that extended area is getting the high-quality, integrated healthcare that PIH Health is so proud to provide,” explained Elisabeth Brown MD, PIH Health Family Medicine physician in Santa Fe Springs.

How much has family medicine grown? In 2018 alone, PIH Health added three new office locations in Downey, Montebello and most recently La Habra. Along with opening the new locations, PIH Health also recently hired five family medicine physicians, two nurse practitioners and one physician’s assistant, and this expansion doesn’t appear to be slowing down anytime soon.

“Over the next 18-24 months we will add new family medicine office locations, additional urgent care centers, and increase the number of physicians, nurse practitioners and physicians assistants in each location to better serve the needs our community,” explained Andrew Zwers, vice president, PIH Health Group Operations. “Improving access and delivering high-quality care is key for the health of our community and an essential priority for PIH Health. We want to not only meet these needs but meet them in a better and more convenient way for our patients and their families.”

What exactly is family medicine? Family medicine doctors treat patients of all ages—from newborn to the elderly—and manage their care. They serve as the “quarterback” of the healthcare team.
Family medicine physicians at PIH Health are board-certified and deliver a wide range of medical care, including acute, chronic and preventative services. They diagnose and treat illnesses and also provide routine check-ups, health risk assessments, immunizations, health screenings and personal counseling to maintain a healthy lifestyle. Family medicine doctors also manage chronic conditions by working closely with physician specialists.

New Family Medicine Office Locations:

**PIH Health Family Medicine – Downey**
11411 Brookshire Ave.
Downey, CA 90241
562.904.4411

**PIH Health Family Medicine – Montebello**
2205 W. Beverly Blvd.
Montebello, CA 90640
323.728.0321

**PIH Health Family Medicine – La Habra**
1400 S. Harbor Blvd.
La Habra, CA 90631
562.789.5491

For more information about PIH Health Family Medicine or to view a complete list of locations and doctors, visit PIHHealth.org/FM.

Time for a Colon Screening

Have you turned 50 recently? PIH Health recommends a colorectal cancer screening for both men and women at age 50, if you are at average risk. A colonoscopy is the preferred screening method to detect colon cancer before it develops—other tests only detect cancers that are already present.

To learn more, visit PIHHealth.org/Screenings or to schedule an appointment, call 562.967.2656.

New Awards Recognize PIH Health for Getting Healthcare Right

Health is a simple goal. Yet your individual health depends on a variety of factors, including the quality of healthcare in your community, as well as the lifestyle choices you make each day.

That’s why PIH Health is proud to be honored with several accolades from Healthgrades®, the leading online resource for information about physicians and hospitals. Every year, Healthgrades evaluates hospital performance at almost 4,500 hospitals.

PIH Health Hospital - Whittier was named one of America’s 250 Best Hospitals for the second year in a row, 2018-2019. This accolade solidifies PIH Health as one of the nation’s best healthcare facilities. For 2019, PIH Health Hospital - Whittier was also named one of America’s 100 Best Hospitals for Cardiac Care and one of America’s 50 Best Hospitals for Cardiac Surgery, and PIH Health Hospital - Downey was named among the Top 10 percent in the nation for Joint Replacement.

In addition to these highly regarded awards, PIH Health Hospital - Whittier was recognized by Healthgrades for care in Cardiac, Critical Care, Orthopedics and Gastrointestinal care. PIH Health Hospital - Downey was recognized in Cardiac, Orthopedics and Gastrointestinal care.

“At PIH Health, we have a culture of excellence that drives us to continuously work toward progressing in all that we do,” said Judy Pugach, vice president of Regulatory Affairs at PIH Health. “We pride ourselves in our ability to meet the needs of the community.”

For more information about PIH Health, visit PIHHealth.org.
Making Sweet Music

Lung Cancer Survivor and Hospital Volunteer Credits Her Positive Outcome to Outstanding Physicians and the Latest in Technology

If it weren’t for an unexpected case of pneumonia and PIH Health’s ability to perform low dose CT scans of the chest, 80-year-old Lois Bennett may have never known she had a cancerous nodule in her right lung. Thanks to the expert resources at PIH Health, doctors were able to detect the cancer early, when it is the most treatable.

After smoking heavily for more than 50 years, Lois was at high-risk for lung cancer. For that reason, PIH Health Internal Medicine physician Sy Oang DO, had been doing computerized tomography (CT) scans on Lois’ lungs for 10 years, regularly checking for small spots that could be cancerous.

After PIH Health introduced the Lung Cancer Screening Program, Dr. Oang suggested that Lois begin regular screenings using CT machines that follow a low-dose radiation protocol. Dr. Oang had been monitoring a three-millimeter nodule in her upper right lobe since 2014, which remained stable with only slight growth to four millimeters in August 2016.

A few weeks later, Lois was admitted to PIH Health Hospital - Whittier with an unexpected case of pneumonia. From a low-dose CT scan of the chest, doctors found a new 10 millimeter nodule also in the upper right lobe, near her four millimeter nodule; however this nodule was suspicious of cancer. After testing, Lois was found to have a very early stage (Stage 0) adenocarcinoma of the lung. Doctors recommended surgery to remove both nodules, and Lois agreed.

Lois Bennett, playing the piano in the PIH Health Hospital - Whittier lobby.
Q. I get frequent headaches. Could they be related to my sinuses?

A. In many situations, headaches are caused by muscle tension or stress. However, another common cause is inflammation in our sinuses—spaces within the bones in our face that secrete mucus to help with air filtration. Sinus inflammation can decrease the ability for mucus to drain, which increases pressure and may cause what is called a sinus headache. Common causes of inflammation are allergies, infections or colds. Symptoms of a sinus headache include:

- Pain in the face (cheeks, brow or forehead)
- Worsening pain if you bend forward or lie down
- Runny or stuffy nose
- Fatigue
- An achy feeling in your upper teeth

Typically, over-the-counter cold medicines can help decrease sinus inflammation and promote drainage. However, consult your doctor if you have a fever, nasal discharge, congestion or facial pain that lasts longer than 10 days, or keeps coming back. You may have a sinus infection (called sinusitis), which may need special treatment.

To schedule an appointment with an Ear, Nose & Throat specialist also known as an otolaryngologist, call 562.789.5456. To learn more about our services, visit PIHHealth.org/ENT.

For more information about the PIH Health Lung Cancer Screening Program, call 562.967.2892 or visit PIHHealth.org/Screenings.
Diabetic Patient Makes Lifestyle Changes to Improve Health

Lighter, Leaner, Healthier

A few years ago, when Joseph Salinas looked in the mirror, he no longer liked what he saw. After decades of being overweight, this 6’ 2” Whittier resident was hovering around 300 pounds and experiencing a growing list of health complications.

He was already dealing with high blood pressure, high cholesterol and a thyroid issue, but when Joseph was diagnosed with Type 2 diabetes, that’s when it finally hit home that his weight was playing a serious factor in his overall health.

“It really bothered me,” he said. “When I was younger, I always thought I was invincible. I had to come to the realization that I wasn’t a spring chicken anymore. I had to either accept my age and my weight—and what comes with it—or make the choice to do something about it.”

Joseph Salinas, before and after
In early 2017, several circumstances gave Joseph the inspiration he needed. His oldest daughter was graduating from college and getting married and he wanted to ensure his health improved for these milestone events. So Joe connected with an online diabetes support program.

After discussing his wellness goals with his family medicine doctor, Grace Jae MD at PIH Health, Joseph decided to make some serious lifestyle changes. He prioritized nutrition and exercise, joined a gym, and took advantage of online education and coaching support through weekly lessons and chat rooms.

“I was so determined to lose the weight,” he said. “I bought a treadmill and did cardio workouts every night for the first few months. The weight started coming off little by little. I also learned a lot about the difference between good carbs, bad carbs, glucose and sugar content.”

By the time Joseph’s daughter got married in October, he weighed 218 pounds—70 pounds lighter than his starting weight of 288 pounds. Best yet, his health had seen a dramatic turnaround.

“I’m no longer taking medication for Type 2 diabetes, high blood pressure, cholesterol or thyroid,” he said. “I’m very excited. I still treat myself with food I don’t normally eat from time to time, but I also know how to keep things under control and how to work it off. It’s a whole new lifestyle. For others who are dealing with obesity, I just want to say that it’s possible. If you put in the work, you will see the results.”

Today, 56-year-old Joseph is living a whole new life, and working on his bucket list. He participated in his first 5K event in April 2018 at Angel Stadium of Anaheim, followed by a second one in September 2018 at Dodger Stadium.

“Joseph is a model patient who has made consistent lifestyle changes to improve his physical health,” said Dr. Jae, who monitored Joe’s progress throughout his journey. “He has made impressive strides in weight loss changes over the last 18 months, and in turn, eliminated the need to continue medication for metabolic syndrome. His determination and healthy daily practices for good nutrition and regular exercise have made a positive impact on his life and family.”

To choose a PIH Health Family Medicine doctor, visit PIHHealth.org/FM.
Swing into Action

2018 Frank Scott Pro/Am Golf Tournament Raises $306,000 for Clinical Simulation Center

For golf lovers, nothing could be more meaningful than playing your favorite sport and supporting a great cause at the same time. On September 24, 2018 community members and loyal supporters participated in PIH Health Foundation’s annual golf event—the 2018 Frank Scott Pro/Am Golf Tournament—raising $306,000 for the PIH Health Clinical Simulation Center. The new center provides our physicians and nurses with technology and training to enhance their skills and ability to provide the highest-quality patient care available.

After a sunny day on the golf course, participants and guests capped off the competitive fun by joining a festive evening of entertainment, dinner and a silent and live auction. Even people who did not golf were able to support the cause by attending the dinner festivities.

Among the most popular auction items were two center floor concert tickets to Elton John’s final tour “Farewell Yellow Brick Road,” a seven-day California coastal cruise vacation, and four tickets to the 2019 Genesis Open at The Riviera Country Club.

“An event like this doesn’t happen without the support of the community,” said Annette Atwood and Ruth Kikuchi, Golf Committee co-chairs. “It takes many generous people who...”
understand the value of improving care for patients—and their investment toward the Clinical Simulation Center will do just that.”

At the end of the day, it’s the local community that benefits most. “We had an excellent turnout and we so appreciate the support for our Clinical Simulation Center,” said Rosalio Lopez MD MBA, senior vice president, chief medical officer and chief strategy officer at PIH Health. “The generous contributions will help us continue to provide excellent patient care to our community.”

If you’d like to make a donation to support the new Clinical Simulation Center, please visit PIHHealth.org/Simulation or call 562.698.0811 Ext. 81520.

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Give every year. Make a difference every day.

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.

Our Circle of Excellence community is comprised of individuals, families, community and business partners, as well as PIH Health physicians and staff.
Circle of Excellence members enjoy an interactive presentation.

Circle of Excellence members learn healthy eating tips from PIH Health nutritionists at a local grocery store.

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Every Meal Matters

PIH Health Helps Improve Access to Healthy Food

Most Americans are able to consistently access and purchase quality, nutritious food to live a healthy life. Yet, in 2017, an estimated 439,000 children in Los Angeles County were living with food insecurities. Research shows that food insecurity during childhood can lead to delayed development, diminished academic performance, impaired social skills, and early onset of obesity.*

PIH Health is doing its part to turn the tide. In September 2018, through its Community Support Program, PIH Health made a major contribution to assist FoodHelp food bank in Downey with the purchase of a truck for food pick up and deliveries.

“...a huge blessing to the food bank and the community, so we can continue buying and distributing food...”

PIH Health partners with FoodHelp, a food bank in Downey, and recently supported the purchase of a truck for food pick up and deliveries.
to our neighbors in need,” said Jim Wilkinson, FoodHelp’s board member. “This truck has been on our wish list for more than five years—and now it’s a reality. We expect this truck will last another 10 years, enabling us to touch the lives of many neighbors throughout the 54 cities in our community.”

PIH Health’s Community Support Program also funded organizations to expand CalFresh (food stamps) enrollment, through the Health Action Lab Food Security Coalition project. One recipient was Interfaith Food Center (IFC), another food bank and new CalFresh enrollment site.

“Support from PIH Health has allowed Interfaith Food Center to help eligible neighbors access CalFresh benefits, a positive step in the fight to end hunger,” said Verónica Castro, executive director, IFC. Their efforts will help individuals gain access to the CalFresh Program, of which only half of the eligible households in the area are currently receiving benefits. Enrollment is low because of perceived stigma around getting assistance, and an overwhelming application process. Interfaith Food Center’s goal is to work to remedy these barriers to enrolling in CalFresh through outreach, client advocacy, and application assistance.”

In addition to these efforts, the Food Security Coalition also promotes the free Summer Meal Program, a nationwide program that ensures low-income children continue to receive nutritious meals when school is not in session. PIH Health promotes this program through flyers at its pediatric medical offices, social media and digital signage throughout the organization. Together, we are helping to ensure that every child has access to affordable healthy food.


New Video Series to Help in “Navigating the Healthcare Maze”

Navigating today’s healthcare system is not always easy—sometimes it can be so confusing, it feels like a maze! Fortunately, PIH Health offers resources to help.

Our new online video series called “Navigating the Healthcare Maze” helps eliminate the 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’re looking for clarity, these short videos are for you.

Broken into five parts, the video series includes the following:

PART 1
Components of the Healthcare System

PART 2
Types of Patient Care and the Healthcare Team

PART 3
Types of Health Insurance

PART 4
Understanding Medical Bills

PART 5
Your Role as a Patient

To access the videos, go to PIHHealth.org/Resources.

For an in-person class schedule and registration information, visit: PIHHealth.org/Calendar.
Teleneurology Platform Speeds Stroke Care

Every 40 seconds, someone in the United States experiences a stroke—and in these situations, every second matters. Getting treated quickly and having immediate access to neurological expertise at the bedside is essential to ward off a stroke’s potentially devastating effects.

“During an acute stroke, brain cell loss is measured in minutes,” said Shao-Pow Lin MD PhD, PIH Health neuro-interventional radiologist. “If a stroke patient needs tissue plasminogen activator (tPA)—the only approved medicine for acute ischemic stroke (when an artery in the brain is blocked by a blood clot)—it must be administered within three hours of the first symptoms in order to be effective. Similarly, if a surgical procedure for physical removal of a large blood clot is needed, this must be done as soon as possible to achieve the best possible outcome. In other words, rapid diagnosis and treatment is key.”

Having the ability to rapidly assess patients with acute stroke symptoms 24-hours a day, seven days a week, poses a unique challenge.

For this reason, PIH Health recently invested in a cutting-edge technology—the InTouch Health telemedicine platform. In July 2018, PIH Health installed this system at each of its hospital’s emergency departments, keeping its Comprehensive Stroke Center on the forefront of innovation.

This technology provides PIH Health emergency room physicians with immediate access to our board-certified neurologists and interventional radiologists (even if they’re in a different location) via real-time, two-way audio and video communication. Utilizing secure, high-quality video conference capabilities, PIH Health medical teams can quickly evaluate stroke patients, consult with families, view test results and administer appropriate treatments as quickly as possible from virtually anywhere, and at any time.

This level of speed and efficiency is critical when treating stroke symptoms.

With the use of the InTouch Health telemedicine platform, around-the-clock neurological expertise is now available for stroke patients at both PIH Health hospitals.

To learn more about the PIH Health Comprehensive Stroke Center, visit PIHHealth.org/Stroke.
Breast Augmentation and Reconstruction

Quality Surgical Care Available at PIH Health

According to Millicent Rovelo MD, PIH Health’s newest plastic and reconstructive surgeon, breast reconstruction and breast augmentation both use breast implants, but for very different reasons.

Breast augmentation is a cosmetic procedure for female patients who are otherwise healthy and don’t have a history of breast cancer. Typically, these patients have healthy breast tissue and request augmentation to enhance their cosmetic appearance.

Breast reconstruction, on the other hand, is a medical procedure for women (typically breast cancer survivors) who are seeking to restore a breast to near normal shape, appearance and size following mastectomy, lumpectomy or congenital deformity. In many cases (like after mastectomy), these patients have little to no breast tissue.

“For breast cancer survivors, PIH Health offers a ‘whole team’ approach to care,” explained Dr. Rovelo. “We meet every week to discuss each patient’s unique plan of care, including their medical oncology, surgery and reconstruction treatment plan.”

In addition to helping breast cancer patients, Dr. Rovelo performs reconstruction for bariatric patients who have undergone weight loss surgery.

“Typically, bariatric patients have lost a large amount of weight in a short period of time,” said Dr. Rovelo. “Their skin has been stretched out from their previous weight and no longer has the elasticity to bounce back. Patients are often left with extra skin and redundant folds that can cause skin chafing, rashes and infections—or even interfere with normal activities. Reconstruction can help resolve this.”

Fortunately, patients seeking breast augmentation or reconstruction don’t need to travel far to find high-quality medical care.

To schedule a consultation with Dr. Rovelo, call 562.789.5439. To learn more, visit PIHHealth.org/PlasticSurgery.
New Urgent Care Center: Now Open in La Habra

When you need medical attention that can’t wait, PIH Health makes it easy for you to see a doctor and get treatment at one of five convenient PIH Health Urgent Care Centers (UCC), including our newest location in La Habra, that opened in November 2018. Other PIH Health Urgent Care Centers are in Hacienda Heights, Montebello, Santa Fe Springs and Whittier.

“We can’t really plan when we get sick, so for that reason, we’ve developed a network of high-quality urgent care centers that can help our patients when their regular doctor is unavailable,” said Roberto Madrid MD, vice president, medical group operations, PIH Health. “We want to make sure that our communities have access to a medical professional when they need it.”

Regardless of the location you visit, our doctors, physician assistants, nurse practitioners and nurses are available to treat a variety of minor illnesses and injuries, and even provide sports physicals.

Our UCCs are open every day from 10 am to 8 pm, including weekends and holidays, which means patients can access excellent medical care even during times when their doctor’s office isn’t open.

“The expanding service area of PIH Health UCCs offers an alternative and the convenience of receiving medical care with shorter wait times than an emergency room,” said Jaime Diaz MD, PIH Health urgent care system medical director and chief medical officer for PIH Health Hospital - Downey. “In-house labs and X-rays are provided at each facility, so patients can get their tests done at the same location. Our UCC physicians and staff work hand-in-hand with PIH Health hospitals in Whittier and Downey to help people feel better, faster.”

To check current UCC wait times or for more information, visit PIHHealth.org/UCC.

Need a Sports Physical?
Sports physicals are available for $25 at any one of our PIH Health Urgent Care Center locations. No appointment is necessary. To learn more or to check wait times, visit PIHHealth.org/UCC.
PIH Health's Downey Campus Completes Modern Updates

Campus-wide Enhancements Provide Community with a Modern, Spacious and Efficient Healthcare Facility

The Downey campus became part of PIH Health in 2013 and has recently finished several remodeling and expansion projects, including:

- **ED Express**, an extension of the current Emergency Department (ED), provides more efficient patient care and improved release times for non-emergent patients.
- New, front entrance with additional parking and a more efficient drop-off circle.
- All-new Main Lobby with increased seating, new space for the Respiratory Department, a more convenient Outpatient Registration waiting area, and a new inpatient Pharmacy.
- New patio adjacent to the cafeteria for outdoor dining.
- Updates to the Radiology Department that include a new digital X-Ray room and a new digital nuclear camera.

Major renovation and expansion of the ED is expected to be completed in the next two years and will provide 12 additional exam rooms and a larger lobby.

“Improvements to the Downey facility benefit our patients and the community,” said Ramona Pratt, PIH Health Hospital - Downey chief operating officer and chief nurse officer. “Now that the dust has settled for several of our improvement projects, community members can enjoy the increased space, new technologies and fresh appearance that promote well-being for our patients.”

PIH Health Named 2018 CHIME HealthCare’s Most Wired Recipient

College of Healthcare Information Management Executives (CHIME) Recognizes PIH Health Hospitals

Both PIH Health hospitals have been named 2018 Most Wired hospitals by the College of Healthcare Information Management Executives, an executive organization dedicated to serving chief information officers (CIOs), chief medical information officers (CMIOs), chief nursing information officers (CNIOS) and other senior healthcare information technology leaders.

This is the fifth time that PIH Heath Hospital - Whittier has received the Most Wired award recognition, and the first time for PIH Health Hospital - Downey as last year the Downey campus was recognized as a Most Improved facility.

“The collaboration between Information Solutions, staff and physicians has resulted in a robust technical infrastructure to enhance the overall patient experience,” said Jason Fischer, chief information officer. “At PIH Health, ‘Patients First’ is our primary focus and this award is a testament to our vision.”

Most Wired hospitals are transforming care delivery with knowledge gained from data and analytics. They are investing in analytics to support new delivery models and effective decision-making, and training clinicians on how to use analytics to improve quality, provide access and control costs.
Get Your Children’s Vaccines Updated

If your kids are heading off to summer camp, planning to join sports activities, or starting school this fall—they will likely need updated immunizations. It’s not too soon to get a jumpstart on the task.

Most pediatricians’ offices get busy right before school starts, so having your child immunized in the spring and summer months can save last-minute worries with summer programs and help you beat the back-to-school rush, which is only a few months away.

“Few measures in public health can compare with the impact of vaccines,” said Keith Miyamoto MD, a pediatrician at the PIH Health Whittwood Medical Office Building.

“Today’s vaccines protect our children from more than a dozen diseases, such as: measles, polio, tetanus, whooping cough, pneumonia or meningitis as well as malignancies such as liver, cervical or throat cancers. Beyond most other modern medical advances, vaccines not only lessen the population’s burden of disease, disability, and death, but also significantly reduce the cost of treating these illnesses.”

Not sure what shots your child needs? Here’s a basic recommendation guide. Be sure to consult your pediatrician for a more personalized plan, or to determine vaccination dates for any missed or skipped vaccines.

**Ages four to six:** Diphtheria (DTaP), Polio (IPV), Measles/Mumps/Rubella (MMR) and Chickenpox (Varicella) are all recommended to prevent highly contagious and dangerous diseases. Also recommended before starting pre-K or kindergarten: Pneumococcus (PCV13), HiB, Hepatitis A and B (if not already received). Consult your local school district for a complete list of vaccinations needed.

**Ages 11-12:** During this time, Tetanus, Diptheria and Acellular Pertussis (Tdap), Human Papilloma Virus (HPV) and Meningococcal (MenACWY) are all recommended. Vaccines are also available for Pneumococcus.

**Ages 16-18:** Check with your doctor to verify that boosters are given when needed for the various shots given earlier in life. It’s also time for both the Meningococcal (MenACWY) second dose and the Meningococcal B (MenB) immunizations to be administered, if needed.

Remember, the new California Senate Bill 277 now removes personal belief exemptions to vaccination requirements for entry into private or public elementary or secondary schools in California, as well as child day care centers. Unless there is a clear medical contraindication, the mandated vaccines are required for school entrance unless the parent plans to homeschool.

To make an appointment with a PIH Health pediatrician, call your doctor’s office or visit PIHHealth.org/Peds.
Health Education Calendar

DOCTOR DISCUSSIONS

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

Headache: When to Be Concerned
Meet Neurologist Ron Shatzmiller MD as he aims to help you understand how to recognize minor headaches, tension-type headaches versus severe headaches accompanied by symptoms such as slurred speech or numbness.

PIH Health Hospital - Whittier
12401 Washington Blvd., Whittier
Blanchard-Haendiges Auditorium
Thu 3/28 6 – 7 pm

Blood Pressure Matters
Join Family Medicine physician Gina Tran MD as she discusses hypertension (high blood pressure) in older adults. Topics will include: Symptoms and causes of high blood pressure, complications of untreated high blood pressure and prevention of high blood pressure.

Steinmetz Senior Center
1545 S. Stimson Ave., Hacienda Heights
Tue 4/23 1 – 2 pm

Vaccines to Consider After 50
When it comes to staying healthy and preventing illnesses, sometimes we all need a shot in the arm. Join us as Family Medicine physician Gina Tran MD discusses the importance of recommended vaccines for seniors. Topics will include: Influenza (flu), Shingles, Tdap and Pneumococcal.

Whittier Hearing Center
Conference Room
13127 E. Philadelphia St., Whittier
Thu 8/29 1 – 2 pm

Anxiety and Depression: Signs and Symptoms
How do you know if you or someone you love may be suffering? And, once you do, how do you help? Join us as Family Medicine physician Amber Lin MD discusses common signs and symptoms.

PIH Health Whittwood Medical Office Building
Conference Room 2
15725 E. Whittier Blvd., Whittier
Thu 4/25 6 – 7 pm

Anxiety and Depression in the Elderly
Ten to 20 percent of older adults suffer from anxiety and/or depression. Join us as Family Medicine physician Amber Lin MD discusses how anxiety and depression present itself differently in the elderly population.

Uptown Whittier Senior Center
13225 Walnut Street, Whittier
Thu 6/6 1 – 2 pm

Managing Back to School Stress
The beginning of a new school year can be a stressful time for parents and children. PIH Health invites parents and children to join Family Medicine physician Amber Lin MD as she speaks about stress factors: work, activity load, relationships and behavioral and physical changes.

PIH Health Whittwood Medical Office Building
Conference Room 2
15725 E. Whittier Blvd., Whittier
Tue 6/20 6 – 7 pm

Anxiety and Depression
In the Elderly
How do you know if you or someone you love may be suffering? And, once you do, how do you help? Join us as Family Medicine physician Amber Lin MD discusses common signs and symptoms.

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Uptown Whittier Senior Center
13225 Walnut Street, Whittier
Thu 6/6 1 – 2 pm

Cardiac Rehab Lecture Series
Free five-part recurring series, includes structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease. For questions, call Ext. 12733

PIH Health Whittwood - Whittier
Flo and Frank L. Scott Conference Center
12401 Washington Blvd., Whittier
Wednesdays, 3 – 4 pm

Oncology Resource Center and Wig Bank
The Oncology Resource Center and Wig Bank is available for patients and their family members to access educational materials and resources. For information, call Ext. 12820

Walk-ins are welcome
Mon-Thu, 10 am – 2 pm
PIH Health Hospital - Whittier
13225 Walnut Street, Whittier
Steinmetz Senior Center
1545 S. Stimson Ave., Hacienda Heights
Tue 4/23 1 – 2 pm

SUPPORT GROUPS

PREGNANCY AND NEW BABY

• Breastfeeding 101
• Getting Ready for Your Baby
• Cesarean Section Class
• A Journey through Childbirth

To register: Call Ext. 25580

For PIH Health Hospital - Downey or Ext. 17541 for PIH Health Hospital - Whittier

Visit us online at PIHHealth.org/Calendar or call 562.698.0811 and the extension noted.
Patient Surveys: Your Feedback is Valuable

PIH Health’s mission is to serve you with the very best patient and family-centered care—and we want to know what you think. After receiving care, questionnaires are mailed to patients at random from PIH Health so that you can share feedback about your experience.

You may also receive a phone survey from your physician’s office following an office visit. We use your feedback to improve our programs. Please let us know how we are doing by completing and returning the questionnaire or by participating in the phone survey.

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.

Receive Healthy Living Magazine by email

Would you like to receive PIH Health’s Healthy Living magazine by email instead of receiving a printed copy in your mailbox? If so, please visit PIHHealth.org/HL

Healthy Living is distributed twice per year in the spring and fall. Receiving the magazine digitally will permit you to take wellness tips with you while you’re on-the-go and at the same time, help us preserve our environment.

Are you a PIH Health patient who would like to have 24/7 access to your health information, make an appointment, view test results, order a prescription renewal or communicate with your physician quickly and confidentially? If so, we offer the My PIH Health portal to all of our patients. It’s free and it’s easy to sign up and use. Go to PIHHealth.org/MyPIHHealth and click the “Sign Up” button.
List of PIH Health Services

1. 12401 WASHINGTON BLVD., WHITTIER, CA 90602
   PIH Health Hospital - Whittier
   Optical Shop
   562.698.0811
   562.967.2885

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

3. 11420 BROOKSHIRE AVE., DOWNEY, CA 90241
   Rehabilitation and Wellness Center
   562.904.5414

4. 11411 BROOKSHIRE AVE., DOWNEY, CA 90241
   Family Medicine, Suite 207
   Women’s Health, Suite 302
   562.904.4411
   562.904.5151

5. 11480 BROOKSHIRE AVE., DOWNEY, CA 90241
   Digestive Health, Suite 111
   General Surgery, Suite 111
   562.904.4445
   562.904.1651

6. 12393 WASHINGTON BLVD., WHITTIER, CA 90606
   Patricia L. Schefly Breast Health Center
   Ruby L. Golleher Oncology Center
   562.906.5662
   562.696.5964

7. 2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
   Family Medicine
   323.728.0321
   Otolaryngology
   562.789.5456
   Urgent Care Center
   562.967.2780

8. 12291 WASHINGTON BLVD., WHITTIER, CA 90606
   Behavioral Health Clinic, Suite 300
   Digestive Health Services, Suite 201
   Endocrinology, Suite 205
   Family Medicine Residency, Suite 500
   Laboratory/Blood Draw Station, Suite 103
   PIH Health Outpatient GI Center, 4th Floor
   Radiology/Interventionists, Suite 302
   Wound Healing Center, Suite 100
   562.906.5572 Cpt. 4
   562.789.5462

9. 12462 PUTNAM ST., WHITTIER, CA 90602
   Cardiology, Suite 203
   562.789.5430
   Chiropactic, Suite 402
   562.789.5484
   Dermatology and Aesthetic Medicine, Suite 501
   562.789.5429
   Diabetes Education and Nutrition, Suite 303
   562.698.0811 Ext. 11330
   Oncology, Suite 206
   562.698.6888
   Laboratory / Blood Draw Station, Suite 101
   562.789.5422
   Orthopedics and Sports Medicine, Suite 402
   562.789.5461
   Otolaryngology (ENT), Suite 500
   562.789.5456
   Pain Management, Suite 402
   562.789.5466
   Pharmacy, Suite 105
   562.789.5412
   Podiatry, Suite 402
   562.789.5464
   Pulmonary, Suite 208
   562.789.5470
   Radiology, Suite 101
   562.698.0811 Ext. 1701
   Surgery
   Cardiopulmonary Surgery, Suite 200
   562.789.5489
   Head and Neck Surgery, Suite 500
   562.789.5456
   General Surgery, Suite 500
   562.789.5449
   Mohs Surgery, Suite 501
   562.789.5429
   Vascular Surgery, Suite 200
   562.789.5960
   Women’s Health, Suite 303
   562.789.5440

10. 12415 WASHINGTON BLVD., WHITTIER, CA 90602
    Same Day Surgery
    562.696.3887

11. 12522 E. LAMBERT RD., WHITTIER, CA 90606
    Family Medicine
    562.789.5420

12. 12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670
    Endocrinology
    562.967.2760
    Eye Care Center
    562.967.2820
    Family Medicine
    562.789.5434
    Neurology
    562.967.2801
    Orthopedics and Sports Medicine
    562.789.5452
    Pharmacy
    562.967.2810
    Urgent Care Center
    562.967.2830

13. 15725 E. WHITTIER BLVD., WHITTIER, CA 90603
    Coumadin, Suite 500
    562.448.1350
    Family Medicine, Suite 400
    562.947.1669
    Internal Medicine, Suite 500
    562.947.3307
    Laboratory/Blood Draw Station
    562.947.8478 Ext. 82127
    Pediatrics, Suite 300
    562.947.9399

14. 15733 E. WHITTIER BLVD., WHITTIER, CA 90603
    Urgent Care Center
    562.947.7754

15. 12675 LA MIRADA BLVD., LA MIRADA, CA 90638
    Dermatology and Aesthetics Center, Suite 300
    562.967.2851
    Eye Care Center, Suite 301
    562.967.2870
    Family Medicine, Suite 201
    562.903.7339
    Pediatrics, Suite 401
    562.789.5435
    Women’s Health, Suite 401
    562.789.5453

16. 15050 IMPERIAL HWY., LA MIRADA, CA 90638
    Home Healthcare
    562.902.7757
    Hospice
    562.947.3668

17. 15082 IMPERIAL HWY., LA MIRADA, CA 90638
    Podiatry
    562.967.2805

18. 15068 IMPERIAL HWY., LA MIRADA, CA 90638
    Physical and Occupational Therapy
    562.906.5560
    Speech Therapy
    562.906.5560

19. 15725 E. WHITTIER BLVD., WHITTIER, CA 90603
    Coumadin, Suite 500
    562.448.1350
    Family Medicine, Suite 400
    562.947.1669
    Internal Medicine, Suite 500
    562.947.3307
    Laboratory/Blood Draw Station
    562.947.8478 Ext. 82127
    Pediatrics, Suite 300
    562.947.9399

20. 121 W. WHITTIER BLVD., LA HABRA, CA 90631
    Eye Care Center, Suite 100
    562.694.2500

21. 1400 S. HARBOR BLVD., LA HABRA, CA 90631
    Family Medicine
    562.967.2790
    Orthopedics and Sports Medicine
    714.879.3400
    Urgent Care Center
    562.789.5950

22. 351 E. FOOTHILL BLVD., ARCADIA, CA 91006
    Home Health Nursing Services
    626.358.3061
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