Welcome PIH Health
Good Samaritan Hospital

Grateful Patient Loses More Than 125 Pounds with Bariatric Surgery

Orthopedic Surgeon Enables 8th Grader to Enjoy Family Watersports
Welcome
PIH Health
Good Samaritan Hospital

The PIH Health Network Has Grown to Meet the Needs of the Los Angeles Community

To provide care to more patients in the Los Angeles area, PIH Health has added a third hospital, Good Samaritan Hospital, Los Angeles, to its network. This addition brings PIH Health to 7,100 full-time employees, three hospitals totaling 1,130 licensed beds, and 27 outpatient clinics. Good Samaritan Hospital, Los Angeles is now known as PIH Health Good Samaritan Hospital.

“PIH Health Good Samaritan Hospital has an impressive 135-year history and we are thrilled to welcome its physicians, staff, volunteers and patients to the PIH Health network,” says James R. West, PIH Health President and Chief Executive Officer. “Adding Good Samaritan Hospital into the PIH Health network enables us to continue to build our resources and expertise to enhance the care and services we provide to all of our patients, offering a high level of both primary and tertiary care, and creating a sustainable model in the current and foreseeable healthcare marketplace.”

PIH Health Good Samaritan Hospital is now a subsidiary of PIH Health, with the same relationship status as PIH Health Downey Hospital, PIH Health Whittier Hospital and PIH Health Physicians. PIH Health will invest the necessary resources and capital to provide PIH Health Good Samaritan Hospital with the ability to remain dedicated to the highest quality healthcare in its current location in downtown Los Angeles.

“PIH Health and PIH Health Good Samaritan Hospital share a common commitment to the health and wellness of the residents of Southern California. We plan to expand services that will benefit even more members of our community,” added West. “We believe that combining the resources and expertise of two of Southern California’s outstanding health systems will result in enhanced care and services.”
PIH Health is implementing a transition plan to incorporate PIH Health Good Samaritan Hospital into its network in a manner that will permanently maintain and enhance the organization’s ability to provide outstanding care to patients.

As PIH Health continues to grow and expand its healthcare services, our mission and vision will always remain to put our patients first. We look forward to providing high quality care to the communities we serve.

PIH Health Good Samaritan Hospital is located at 1225 Wilshire Blvd., Los Angeles, CA 90017.

For more information about PIH Health Good Samaritan Hospital, please visit GoodSam.org

Emergency Department or Urgent Care Center: Which Do You Need?

With a number of hospitals closing their doors and the population in our local communities increasing, emergency departments (ED) continue to become impacted and wait times have increased. The emergency room is often now a place of first and last resort.

When patients arrive in the emergency room, they are evaluated through a process called triage, which is used to determine who receives priority care. This ensures that patients who need life-saving treatment are seen first and those who have less serious illnesses or injuries and can wait, are seen later.

But patients needing same-day care have options.

By design, emergency departments specialize in the treatment of critically ill patients suffering from symptoms such as chest pain, difficulty breathing, signs of stroke, poisoning, uncontrolled bleeding and other serious symptoms.

Urgent care centers help fill a vital gap when a patient becomes sick or injured but their condition is not serious or life threatening, and they cannot see their own physician. These centers are outstanding at treating less serious medical problems, such as cold and flu, allergies, minor cuts, scrapes, broken bones, sprains and urinary tract infections.

If you are unsure, it is always best to call 911 or visit the emergency department for life-threatening issues. For more information or to check wait times at our urgent care center locations, visit PIHHealth.org/UCC.
Ride of His Life

Grateful Patient Loses Over 125 Pounds with Bariatric Surgery

Forty-eight-year-old Kevin Teafatiller knew he was overweight, but didn’t realize how much until a motorcycle accident left him with a herniated shoulder and landed him in the Emergency Department at PIH Health Whittier Hospital.

“I couldn’t be moved, so the staff had to weigh me on the bed,” said Kevin. “I was 357 pounds—it was a real shocker. I made the decision right then that I had to change.”

After healing from shoulder surgery, Kevin took nutrition classes. The strategies he learned were successful, but he couldn’t lose more than 40 pounds on his own.

He researched PIH Health’s Bariatric Surgery program.

“During my consultations with Kevin, I presented three surgical options—gastric bypass, gastric sleeve and gastric band,” said Justin D. Braverman MD, PIH Health Bariatric Surgeon. “He chose to have the gastric sleeve because it’s less invasive than the gastric bypass but still nearly as effective.”

Kevin had surgery in March 2016.

“I changed my way of eating and the pounds started melting away,” said Kevin. “I also changed my exercise habits by riding 10 miles every day on my exercise bike, and on the weekends, between 30 and 60 miles. I got down to 195 pounds, and I’ve been able to keep the weight off.”

Today, Kevin couldn’t be happier, and he’s more active than ever. He enjoys bike riding, motorcycle rides and hiking with his wife.

“Looking back, I wish I hadn’t waited so long. Before the surgery, my knees and back hurt and I was tired all the time. Now I’ve got more energy than I know what to do with, nothing hurts and it’s easier to tie my shoes, too.”

To learn about weight loss surgery options, call 562.789.5444 or visit PIHHealth.org/WeightLoss.
Several days after working in a friend’s backyard, 58-year-old Tim Rich developed an irritating rash on his chest. The itchy red blotches spread across his upper body, and despite trying numerous over-the-counter creams over the next several weeks, nothing worked. The rash persisted.

Thinking he had a skin condition, Tim decided to see Lubomira Scherschun MD, a PIH Health dermatologist. But after testing a skin sample, Dr. Scherschun suspected an autoimmune condition, so Tim was referred to a rheumatologist.

Tim was relieved to get an appointment with Roodabeh Koolaee DO, a new rheumatologist located at PIH Health Wells Medical Office Building, right away.

“Dr. Koolaee knew almost immediately what the condition was, but she ordered blood work to confirm,” said Tim. “Her suspicion was correct—I had an autoimmune condition called subacute cutaneous lupus.”

Dr. Koolaee started Tim on a prescription medication that same day.

“Lupus is an autoimmune disease which affects multiple organs and systems in the body,” said Dr. Koolaee. “Subacute cutaneous lupus is often characterized by lesions, like those Tim had, and one of the most effective treatments is a medication called Plaquenil.”

The rash stopped itching and was completely gone in a few weeks. While Tim will need to stay on the medicine for the rest of his life, his lupus is under control and he is otherwise fine and back to normal.

“In today’s hurried healthcare environment, I really appreciated that Dr. Koolaee took so much time with me and my wife to answer all of our questions,” said Tim. “She was very good at explaining my condition, the medicine, the side effects and the benefits. I can’t say enough good things about the PIH Health Rheumatology team, and especially the expertise of Dr. Koolaee.”

For more information about PIH Health Rheumatology, call 562.862.2775.
PIH Health Downey Hospital Kicks Off Celebration of a Century of “Patients First” Healthcare

PIH Health Downey Hospital celebrates its 100th anniversary this year, having opened September 13, 1920 with just two doctors and six beds. Since then, it has grown to be a cornerstone in the community, dedicated to providing some of the best healthcare available anywhere. A beloved community fixture, the hospital joined the PIH Health network in 2013 and initiated building improvements and technological updates. PIH Health also welcomed new Downey doctors into its medical group, PIH Health Physicians (PHP) and recently opened the Downey Urgent Care Center. Many more enhancements are in the works.

Kicking off the centennial celebration, PIH Health participated in the Tournament of Roses Parade in Pasadena as a proud supporter of the Downey Rose Float Association’s 2020 entry, ‘On the Wings of Hope.’ Riding on the float this year were Jaime Diaz MD, PIH Health urgent care system medical director and chief medical officer for PIH Health Downey Hospital and PIH Health patient and local resident Alfonso Estrada. A number of employees from PIH Health and their families participated in decorating the float along with other volunteers from the Downey community. Volunteers from PIH Health helped the Downey Rose Float Association meet...
PIH Health Downey Hospital is about half way to completion of its Emergency Department expansion, which will be finished by the first quarter of 2021. The facility is adding 5,200 square feet of space, along with 13 new exam rooms (bringing the total to 33), a new diagnostics X-Ray space and CT-scanner, two new triage rooms, four nursing stations and a 60-seat waiting room.

In addition, a new space will be opened in the summer of this year to enable PIH Health Downey Hospital staff to thoroughly examine tissue samples for medical diagnosis. Also in the Summer of 2020, the Critical Care Unit (CCU) will receive an interior refresh, along with the addition of two new negative pressure rooms. And, in the summer of 2021, the Intensive Care Unit (ICU) will receive enhancements.

“We’re so pleased that PIH Health Downey Hospital’s enhancement projects have provided a modern and efficient facility for our community,” said Richard Trogman, PIH Health Downey Hospital President. “We’ve been designated as a Los Angeles County Primary Stroke Center, and these types of upgrades help us to continue to deliver the very best interventional procedures and patients-first care.”

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Are Childhood Immunizations Safe?

Debunking Three Myths About Vaccines

Lately, more parents have been skipping or delaying vaccinations for their children, a trend that has contributed to recent outbreaks of nearly forgotten diseases such as measles, mumps and whooping cough. Sadly, much of the anxiety about vaccines is based on myths or misinformation.

“Fears over the safety of vaccines are understandable,” said Roberto Madrid MD, PIH Health Family Medicine physician. “However, research shows that most of people’s biggest fears about vaccines are unfounded.”

Myth #1: Vaccines cause autism.

Few medical myths have been debunked as thoroughly as this one. More than 20 scientific studies have failed to find a link between autism and vaccines. The myth was fueled by a small, flawed study published in The Lancet in 1998, which was later retracted.

Myth #2: Vaccines cause serious side effects.

Vaccines are tested in more children over a longer period of time than any other drugs, and research overwhelmingly shows them to be safe.

Myth #3: Vaccine-preventable diseases aren’t that serious.

Not true. Vaccines have nearly eliminated diseases that once sickened, disabled or killed hundreds of thousands of Americans. Whooping cough, for example, once sickened 300,000 people a year and killed 7,000, mostly young children. Because few young parents have encountered any of these diseases, they don’t realize how dangerous they are.

As a health and wellness partner in Southern California, PIH Health believes in the power of immunizations to save lives, improve health and ensure long-term prosperity through the miracle of life-saving vaccines.

In an effort to keep patients, staff and the community safe from the spread of vaccine-preventable diseases, PIH Health Physicians medical group requires all patients to receive state-mandated immunizations and will not provide healthcare services to patients who have not been properly immunized or plan to catch up on their immunizations.

For more information about PIH Health Pediatrics, visit PIHHealth.org/Peds.
PIH Health Designated as a Great Place to Work

PIH Health is Great Place to Work-Certified™. This recognition is the result of PIH Health employees providing feedback to the Great Places to Work rigorous data-driven survey.

“We are pleased to be Great Place to Work-Certified™,” says James R. West, PIH Health President and Chief Executive Officer. “We make the employee experience a priority every day and it means a lot that our employees have reported a consistently positive experience with their coworkers, their leaders, and with their jobs. This is important to us because we know that when our employees are highly satisfied with their work, they are more productive, and provide outstanding care.”

If you are interested in joining the PIH Health team, please visit PIHHealth.org/Careers to learn more about job opportunities.

Marc Baskin MD
PIH Health Allergy and Immunology
11480 Brookshire Ave., Suite 300
Downey, CA 90241

Q. My seasonal allergies are unbearable and over-the-counter medications do not bring much relief. Should I consider getting allergy shots?

A. Allergy shots in combination with allergy medications may provide long-term relief of severe allergy symptoms. They are effective for most people with allergies to:

- Pollen (ragweed, grasses, trees)
- Dust mites and cockroaches
- Animal dander (dog and cat)
- Mold (fungus)

If you’re interested in allergy shots, an allergist will first need to test to identify exactly what you’re allergic to (allergens). Your doctor will create a shot formulation based on the results, and begin injecting small doses of those allergens under your skin. Over time, this decreases your reaction to allergens.

Allergy shots are given over the course of three to five years, beginning with one shot a week, and later one to two shots a month. Your doctor might recommend taking an antihistamine prior to each shot, and you’ll need to wait about half an hour after each shot to ensure there’s no serious reaction.

If you have coronary artery disease, are taking certain medications, are pregnant, or have an impaired immune system, allergy shots may not be right for you. Consult with your doctor for other medications and immunotherapy options available.

To find an allergy and immunology specialist, visit PIHHealth.org/Find-a-Doctor.
Elvia Rodriguez MD Uses Life Lessons to Help Others

New PIH Health Primary Care Physician Enjoys Serving the Community She Grew Up In

Last October, Elvia del Carmen Rodriguez MD, joined the PIH Health clinic on 14609 Whittier Blvd., in Whittier. Dr. Rodriguez is board certified in family medicine and has been practicing for 25 years.

Dr. Rodriguez not only serves Whittier, she also grew up in the city. She attended Pioneer High School where she played basketball and discovered her interest in science and biology. She was highly curious, loved to read, and enjoyed studying things under the microscope. Her high school counselors encouraged her to go to college, and she attended University of California, Irvine—where her interest in healthcare began.

Dr. Rodriguez also drew inspiration from her mom.

“I learned from my mom as a caregiver—watching as she prepared natural home remedies for our ailments, taught us healthy habits and took us to the doctor when needed,” she said. “I also learned from my mom as a patient, since she spoke only Spanish and I was the translator at her medical visits. That early exposure to healthcare showed me the importance of good communication, trust and compassion in medical care.”

Today, Dr. Rodriguez applies all of her knowledge, experience and bilingual skills to the mission of patient care.

“I always remember that patients are the main priority, and I make time to really listen to their concerns,” she said. “I also emphasize the value of health education and preventative medicine. I consistently encourage patients to make lifestyle changes that are within their control and make a difference in their overall quality of life. I’m excited for the privilege of being part of a community where the focus is to help maintain and improve the well-being of others.”

In her free time, Dr. Rodriguez enjoys reading, watching science fiction movies and spending time with family and friends.

To make an appointment with Dr. Rodriguez, please call 562.789.9592.
Family Medicine Residency Center Offers Quality Care in a Team-Based Setting

Have you ever considered going to the PIH Health Family Medicine Residency Centers in Downey or Whittier for healthcare services? Here are several reasons why they may be the right fit for you.

“Many patients who have chronic conditions like the fact that they can have more time with their doctors, while enjoying a team-based approach to ensure high-quality care,” said Nelson Dalla Tor MD, Family Medicine physician and program director of the PIH Health Family Residency Center at Whittier. “Others appreciate having the convenience of same-day access and all the benefits of having multiple generations of family members going to the same clinic. The reasons are unique for everyone.”

The two PIH Health centers are training sites for 39 resident doctors who are in the process of receiving their board certification. They serve patients of all ages, offering prenatal, obstetric, pediatric, dermatologic care, chronic disease management and more.

For more information about becoming a patient at one of the PIH Health Residency Centers, call 562.904.4411 for Downey and 562.698.0811 Ext. 18599 for Whittier.

Ask the Expert

Andrew N. Luu MD
PIH Health Orthopedics & Sports Medicine
Bloomfield Medical Office Building
12400 Bloomfield Ave.
Santa Fe Springs, CA 90670

562.789.5452

Q. What is unique about an anterior approach to hip replacement surgery?

A. There are a variety of ways for surgeons to perform a hip replacement surgery. The two most common are the “posterior” approach and the “direct anterior” approach. The main difference between them is where the incision is made to access the hip joint. In the traditional posterior approach, the incision is made through the back of the hip while the patient is on his or her side. In an anterior approach, which is growing in popularity, the incision is made through the front of the hip while the patient is laying on his or her back.

There are many pros and cons to both approaches, but one main advantage of the anterior approach is that it is less invasive and therefore patients typically have less postoperative pain and experience a quicker recovery. In addition, the anterior hip replacement is a muscle-sparing approach so no muscles or tendons are cut during the procedure, unlike more traditional approaches. As a result, patients may experience better range of motion, require fewer hip restrictions, and most importantly, have a decreased risk of hip dislocation after surgery.

To schedule an appointment with Dr. Luu, call 562.789.5452. To learn more, visit PIHHealth.org/Ortho.
PIH Health Helps Diagnose Underlying Digestive Health Issue

Thanks to the PIH Health Digestive Health Services team, Anthony Bolanos, a 40-year-old Whittier resident, was finally able to relieve an issue that had plagued him for nearly a decade.

At the age of 30, Anthony started having trouble swallowing. He went to a local healthcare provider, who told him he had Gastroesophageal Reflux Disease and an esophagus stricture (a narrowing of the passageway from the throat to the stomach). Anthony was put on acid reflux medication, and thought he was fine.

Turns out, Anthony also had a hiatal hernia, which occurs when the upper part of the stomach bulges through the large muscle separating the abdomen and the chest (diaphragm). Anthony’s previous doctor was unaware of this root cause.

Last year, when Anthony had trouble recovering from the flu, he decided to see his new PIH Health Family Medicine Physician, Hyejin (Grace) Jae MD. After doing some bloodwork, Dr. Jae realized that Anthony’s blood count was abnormally low, and ordered an immediate transfusion. Anthony was also

Anthony enjoys working out and making his health a priority.
referred to Ashwin Ashok MD, PIH Health Gastroenterologist, who determined that hiatal hernia was the cause of his ongoing acid reflux.

“Over the course of a few months, our team conducted multiple endoscopies and slowly stretched Anthony’s esophagus to relieve the stricture,” said Dr. Ashok.

“We also scheduled a surgery to repair his hiatal hernia, which was one of the underlying causes of his ongoing issues, and encouraged him to lose some weight.”

In May 2019, Anthony had the hiatal hernia repair surgery, and has also changed his lifestyle to lose weight and minimize some other causes of acid reflux.

“I have changed how much I eat, when I eat, and what I eat—I’m 80 percent vegetarian now, and have cut way back on my alcohol consumption,” said Anthony.

“I’m proud to report that I’ve lost 70 pounds—down from nearly 300 pounds originally—and I have a lot more energy.”

Today, Anthony’s stomach acid and GERD are under control.

“Dr. Ashok and Dr. Jae saved my life,” he said. “I wasn’t just another patient. They really invested their time to answer my questions and make sure they knew my full situation. I’m very grateful.”

To learn more about Digestive Health Services, call 562.698.0306 or visit PIHHealth.org/Digestive.

New Awards Recognize PIH Health’s Culture of Excellence

PIH Health has been honored with several accolades from Healthgrades®, the leading online resource for information about physicians and hospitals. Every year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals.

This year, PIH Health Whittier Hospital is proud to be named one of America’s 50 Best Hospitals for Cardiac Surgery and one of America’s 100 Best Hospitals for Cardiac Care. PIH Health Downey Hospital was recognized as one of America’s 100 Best Hospitals for Joint Replacement.

In addition to these prestigious awards, both hospitals were recognized by Healthgrades for excellence in the specialties of Cardiac, Critical Care, Orthopedics, Pulmonary, and Gastrointestinal care.

“Our patients are always top of mind, and our doctors and staff take great pride in providing the kind of care that makes a profound difference in their lives,” said Judy Pugach, vice president of Regulatory Affairs at PIH Health.

“We are pleased to receive these recognitions that further support our commitment to providing the best clinical outcomes, and reinforce that we are ultimately doing the right thing for the communities we serve.”

To learn more about other honors PIH Health has received, visit PIHHealth.org/Awards.
2019 Frank Scott Pro/AM Golf Tournament Raises $250,000 for PIH Health Patients

Teeing off has never been more fun—or more beneficial to PIH Health patients. On September 23, 2019, community members and loyal supporters turned out at Friendly Hills Country Club in Whittier for the PIH Health Foundation’s annual golf event—the 2019 Frank Scott Pro/AM Golf Tournament—ultimately raising $250,000 for the PIH Health community to support one mission—Patients First.

Today, these funds are being used to address the greatest patient needs within the organization as we continue to ensure quality healthcare for all who need it.

After spending a sunny day on the golf course, participants capped off the competitive fun by joining a festive night of entertainment, dinner and a silent and live auction. Golfers joined guests from the community on the outdoor patio where they enjoyed food stations and energetically bid on travel, dining, entertainment and technology auction items.

“Year after year, this event proves to be a real highlight for the PIH Health community—and a chance for people to display incredible generosity,” said Annette Atwood, event co-chair.

“Once again, this year’s event brought together many loyal supporters who are excited to raise money for PIH Health programs, services and vital patient care. We are honored to have their friendship, their fun-loving spirit and their continued support,” said Ruth Kikuchi, event co-chair.

If you’d like to make a donation to support PIH Health’s mission—Patients First, please email Foundation.Events@PIHHealth.org or call 562.698.0811 Ext. 81520.

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Leaving a Legacy

Sam and Beverly Mathis Discover the Value of Estate Planning and the Benefits of the Charitable IRA Rollover

For most people, given the choice between paying more taxes or supporting charitable causes in the community, the decision is an easy one. However, financial and estate planning can both be complex matters, so the right options are not always clear.

Such was the case for Sam and Beverly Mathis, long-time residents of Downey and loyal supporters of PIH Health Downey Hospital. They were delighted to learn about a complimentary service available through PIH Health Foundation from Thompson & Associates that could make the complex easy to understand, and help them create the perfect balance between their goals for their own financial peace of mind, providing for their family, and supporting charitable organizations.

Thompson & Associates is nationally recognized as the leader in value-based planning. Their planning sessions with individuals and couples like Sam and Beverly are entirely confidential, unbiased, and pressure free. The Mathis’ were able to create a written plan that they understood and believed in, one that could be taken to their own professional advisors for review and implementation.

“We met several times with Bob Hoffman from Thompson & Associates, who walked us through the entire estate planning process,” said Beverly, who currently serves as the Board Chair for PIH Health Foundation. “Through those conversations, we not only restructured and improved our trust, we also learned how we could save money in taxes through a Charitable IRA Rollover. Instead of giving more to the government, we’d much rather give the money to PIH Health Foundation to support PIH Health Downey Hospital and other causes we care about.”

The Charitable IRA Rollover allows individuals age 70 ½ and older to make direct transfers of up to $100,000 per year from individual retirement accounts to qualified charities without having to count the transfers as income for federal tax purposes.

Ask how you can meet your own personal and financial needs while helping us continue to provide high-quality healthcare to the community we serve.

For more information on complimentary estate planning service through Thompson & Associates, and ways to support PIH Health, email PIHHealthFoundation@PIHHealth.org or call 562.698.0811 Ext. 81520.
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* PM Health Employee
Community members come together to fundraise for PIH Health Foundation.

It is the legacy gift that is often motivated by a vision for a better tomorrow. We are grateful to so many friends who, through thoughtful planning, have made provisions in their estates to support their charitable interests beyond their lifetimes. On behalf of future generations, we say thank you.

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* Charter members  
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To learn more or to join the PIH Health Legacy Society, call 562.698.0811 Ext. 81520 or visit PIHHealthGiving.org.
Circle of Excellence Members

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 who care deeply about the patients that we serve.

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* PIH Health Employee  ** Membership for 5 consecutive years
Join us for our next Circle of Excellence gathering!

Circle of Excellence members enjoy gathering together in support of PIH Health Foundation.
Choose Health: Small Steps Can Lead to Great Outcomes

Taking charge of your health puts you on the path to living your best life. Small steps such as staying up-to-date with preventative screenings and maintaining a healthy diet free of excess sugar can lead to better piece of mind and a healthier you.

Schedule Your Life-Saving Preventative Screenings
Beyond regular checkups with your doctor, taking advantage of preventative screenings is one of the most important things you can do to stay healthy. These medical tests may detect diseases and health conditions before symptoms even appear, which can lead to more effective treatment and better health outcomes. In fact, screenings can be life-saving, especially for diseases such as cancer, if detected early.

See the chart of preventative cancer screenings below and their recommended intervals.

Monitoring of blood sugar levels and blood pressure are also vital to controlling chronic issues like diabetes, and preventing heart attacks and strokes. Blood pressure and blood sugar levels should be checked regularly, especially if you have certain risk factors such as a family history of the disease or obesity.

Speak to your primary care physician about what screenings are right for you. For more information, visit PIHHealth.org/Screenings.

Drink In Flavor, Not Sugar
Sugary drinks add more calories to your diet but not many nutrients. Too much added sugar can lead to tooth decay and weight gain and being overweight can lead to chronic diseases such as Type 2 diabetes, certain cancers, and heart disease. Sugary drinks may also have caffeine which can cause problems with sleep or changes to your mood. Taking the time to read food labels can also help with choosing foods and beverages with little to no added sugars.

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>GENDER/AGE</th>
<th>EXAM</th>
<th>FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Cancer Screening</td>
<td>Women 40+ years</td>
<td>Mammogram</td>
<td>Annually</td>
</tr>
<tr>
<td>Cervical Cancer Screening</td>
<td>Women 21-64 years</td>
<td>Pap Smear</td>
<td>Every 3-5 years*</td>
</tr>
<tr>
<td>Colorectal Cancer Screening</td>
<td>Men and Women 50-75 years</td>
<td>Colonoscopy</td>
<td>Every 10 years**</td>
</tr>
<tr>
<td>Lung Cancer Screening</td>
<td>Men and Women 55-77 years***</td>
<td>Lung CT Scan</td>
<td>Annually</td>
</tr>
<tr>
<td>Wellness Visit</td>
<td>Men and Women 21+</td>
<td>Physical</td>
<td>Annually</td>
</tr>
</tbody>
</table>

*If normal, per doctor recommendation.
**For average risk individuals; every three to five years for high risk individuals.
***Current smoker with 30-pack per year history or smoking cessation for 15 years or less.
"Reducing the amount of sugar consumed through your diet will likely increase your energy levels, improve your ability to focus and decrease inflammation along with many other lasting benefits," says Gregory J. Galbreath MD, a PIH Health Family Medicine physician.

For a healthier beverage option, try swapping sugary drinks with fruit-infused water for a flavorful and refreshing drink.

**Citrus Blackberry Infused Water**

1. **Wash ingredients thoroughly, and place in a pitcher or carafe.**
2. **Muddle the ingredients to release the juices and flavors, pour water over top, and stir or shake the mixture.**
3. **Leave for 24 hours to allow the flavors to infuse thoroughly, then drink and enjoy!**

**Directions**

Reference: California Department of Public Health, Rethink Your Drink.

To learn more about the health of your community and how PIH Health is working alongside community partners to improve community health, visit PIHHealth.org/CHIP.

Every three years, PIH Health evaluates the health of the communities we serve. Our recently released 2019 Community Health Needs Assessment serves as the basis for our three-year Community Health Improvement Plan, which is focused on the below areas:

**Preventative Practices**
- Emphasis on flu and pneumonia vaccines and cancer screenings

**Social Determinants of Health**
- Access to Care
- Dental Care
- Mental Health
- Food Insecurity
- Housing/Homelessness

**Chronic Diseases/Disorders**
- Cancer Incidence (Emphasis on colon and breast cancer)
- Diabetes Incidence/Mortality
- Heart Disease/Stroke Incidence/Mortality
- Overweight and Obesity
- Substance Use and Misuse

Overarching strategies of the plan include:
- Investing financial resources in organizations to improve community conditions
- Fostering cross-sector collaboration to improve community health and well-being
- Leveraging clinical-community partnerships to meet health needs

Find more easy and healthy recipe ideas for meals and snacks at CalFresh.DSS.CA.Gov/CFHL.
Breast Reduction Surgery Can Relieve Chronic Pain

Large breasts can be a burden—one that can contribute to medical problems as women age.

Just ask Rosemary, a Montebello resident who has lived with large breasts her entire life. Over time, Rosemary began suffering from chronic pain in her back and neck, and she developed indentations in her shoulders from the weight of her bra straps.

After researching the possibility of a breast reduction for about two years, Rosemary decided to move forward with surgery in April 2019. She got a referral from her PIH Health Family Medicine Physician, Mark Magged MD, and the surgery was covered by insurance as medically necessary.

“Many women with large breasts don’t realize that there is a safe and effective alternative—one that can alleviate a lot of physical discomfort and suffering,” said John Britto MD, plastic surgeon. “A breast reduction surgery, called reduction mammoplasty, removes excess breast tissue and skin to achieve a breast size more in proportion to the body. It’s a highly effective solution for many women.”

“Dr. Britto was great and the surgery went extremely well,” Rosemary said. “I have very little scarring, and within 24 hours, I was managing pain with over-the-counter medications alone. I feel so much lighter now—I went from a DD bra size to a size C—and the pain in my back and shoulders is gone. I would definitely recommend this surgery to other women living with large breasts—there’s simply no reason to live with the pain. For me, this surgery was life-changing.”

To learn more about Plastic Surgery and Aesthetic Medicine, call 562.789.5439 or visit PIHHealth.org/PlasticSurgery.
Orthopedic Surgeon Enables 8th Grader to Enjoy Family Watersports

Bike riding is a lot of fun, but accidents happen. Just ask 13-year-old Landon Ploog who was riding his bike last spring when his brakes locked up and he flew over the handlebars. He landed on his left hand and felt immediate pain.

His parents took him to the Emergency Department at PIH Health Whittier Hospital, where an X-ray revealed a broken wrist near the growth plate. Landon would need surgery. The next day, the family consulted with Andrew Hsiao MD, PIH Health Orthopedic Surgeon.

“In children, the growth plate is the weaker area of the bone at the end of the forearm—so it is easily injured,” said Dr. Hsiao. “It’s always important to treat injuries like this quickly to avoid potential stunted growth of the bone, decreased function, or deformity.”

Landon’s surgery was scheduled for that same afternoon. Dr. Hsiao, an orthopedic sports medicine specialist, set the wrist with a pin and Landon went home the same day with a cast he would wear for four weeks.

“Landon was worried the cast would interfere with our annual trip to Minnesota and keep him from waterskiing and tubing on the lake,” said Raluca, Landon’s mom. “Fortunately, when the cast came off, an X-ray showed the wrist was fully healed, so the pin came out. Landon was thrilled.”

Landon healed just in time; he was able to enjoy all of his favorite water activities on vacation.

“Dr. Hsiao was amazing. We are thankful for him and the entire team,” said Raluca. “Landon is back to normal—enjoying basketball, biking and all of his school activities. We are very grateful for the team at PIH Health.”

To learn more about Orthopedics & Sports Medicine, call 562.789.5461 or visit PIHHealth.org/Ortho.
Q. What is geriatrics and how is it different from internal medicine?

A. Geriatrics is a sub-specialty that focuses on the care and special needs of older adults. An older adult’s body is distinctly different than that of a younger person. As the body ages, it becomes more susceptible to falls, memory loss, pain, incontinence and certain chronic diseases, which can lead to taking multiple medications. A geriatrician is a specialist who has expert training in the aging process, and who can skillfully manage complex health issues and medication for older adults.

To schedule an appointment with Dr. Bui, call 562.789.5420.

Don’t Forget To Schedule Your Medicare Adult Wellness Appointment This Year

Medicare beneficiaries who are patients of PIH Health are eligible for annual wellness visits at no cost. These visits are designed to help prevent diseases and disabilities based on current health and risk factors. Adult wellness visits are comprehensive 40-minute exams. Your doctor will meet with you to:

- Conduct a thorough health risk assessment
- Update your health screenings
- Provide personalized health advice

All results will be incorporated into your personalized prevention plan and added to your medical records.

Call your doctor’s office now to schedule your annual Medicare wellness visit.

Remember, these visits require no copayment or coinsurance payment. Be sure to bring all your medications including over-the-counter drugs, supplements and vitamins.

We hope to see you soon!
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.

Commercial Open Enrollment

In healthcare, “commercial” refers to employer sponsored insurance plans. In other words, if you have a job and receive your health insurance through your employer, you have commercial health insurance. Unlike state or federally sponsored plans such as Medi-Cal or Medicare, commercial plans do not have a set open enrollment time. Each company will set their own timeframe of when employees can make changes to their health insurance.

Pay attention to your company’s open enrollment period. This is the time to review your healthcare needs and make changes, if needed.

No matter which health plan you choose, make sure you have continued access to PIH Health Physicians and hospitals to ensure that you get high quality, compassion care.

To learn if your insurance plan contracts with PIH Health, call 888.365.4450.

PREGNANCY AND NEW BABY

- Breastfeeding 101
- Getting Ready for Your Baby
- Cesarean Section Class
- Infant/Toddler Safety Class
- A Journey through Childbirth

To register: Call Ext. 25580 for PIH Health Downey Hospital or Ext. 17541 for PIH Health Whittier Hospital

SUPPORT GROUPS

Alzheimer’s/Dementia
For Families. First Tuesday of the month from 1 – 3 pm, call Ext. 12453

Bariatric Surgery
For those considering surgery and those who have already had the procedure. No registration required. Second Tuesday of every month from 7:30 – 8:30 pm, call Ext. 12918

Breast and Women’s Cancer
First Tuesday of every month at 7 pm, call 562.696.5964

Breastfeeding
Provides knowledge and support. Every Thursday in Downey, call Ext. 25580. Every Wednesday in Whittier, call Ext. 17650

Depression Screenings
For an appointment, call Ext. 82023

Postpartum Depression Mom’s Group
Every Wednesday from 11:30 am – 1 pm, call Ext. 82023

Living with Loss
Bereavement support program, call Ext. 12500

Mended Hearts
For heart surgery patients and their families. Fourth Wednesday of every month, call Ext. 12388

Mental Health Family Support Group (Salud Mental-Grupo de Apoyo para la familia)
Conducted in Spanish. Every Thursday from 6 – 8 pm, call Ext. 17882

Scleroderma
Meets quarterly on Saturdays, call Ext. 12492

Stroke Support Group
Second Tuesday of every month from 2 – 3:30 pm, call Ext. 12453

CANCER TOPICS

Journey Through Cancer
Receive caring friendships from others who relate and offer support. Oncology certified nurse in attendance. Third Thursday of each month from 11 am – 12:30 pm, call Ext. 12570

Survivorship Series: Fear of Reoccurrence
Empowers patients and their loved ones as they go through their journey. Saturday, May 2 from 10 am to 12 noon, call Ext. 12896

Mind, Body and Spirit
Connect with spirituality, mind and body to help find meaning and purpose in the midst of illness, recovery and survivorship. Thursdays, May 7, 14, and 21 from 6 pm – 7:30 pm, call Ext. 12896

Oncology Resource Center and Wig Bank
Available for patients and their family members to access educational materials and resources. Call for an appointment Ext. 12820

SPECIAL TOPICS

Cardiac Rehabilitation 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. Wednesdays, 3 – 4 pm, call Ext. 12733

Advance Care Planning
Learn about advance healthcare directives and physician orders for life-sustaining treatment (POLST). First Wednesday of every month from 5 - 6:30 pm, call Ext. 82023 or ssambulatory@PIHHealth.org

Freedom from Smoking
This program offers you a step-by-step process to quit for good. To register, call Ext. 12549
PIH Health Good Samaritan Hospital is located in Los Angeles. Please see the pull-out box below for their location on the map.
List of PIH Health Services

1. 12401 WASHINGTON BLVD., WHITTIER, CA 90602
   - PIH Health Whittier Hospital
     - Optical Shop
     - 562.968.0811
   - 105

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

3. 1225 WILSHIRE BLVD., LOS ANGELES, CA 90017
   - PIH Health Good Samaritan Hospital
     - Emergency Department
     - 213.977.2121

4. 11420 BROOKSHIRE AVE., WHITTIER, CA 90602
   - Urgent Care
   - 302

5. 11411 BROOKSHIRE AVE., WHITTIER, CA 90602
   - Urgent Care Center
     - 401

6. 11480 BROOKSHIRE AVE., WHITTIER, CA 90602
   - Urgent Care
     - 402

7. 12393 WASHINGTON BLVD., WHITTIER, CA 90606
   - Urgent Care Center
     - 105

8. 320 W. BEVERLY BLVD., MONTEBELLO, CA 90640
   - Urgent Care Center
     - 201

9. 12291 WASHINGTON BLVD., WHITTIER, CA 90606
   - Behavioral Health Clinic, Suite 300
     - 62.967.2840
   - 207

10. 12462 PUTNAM ST., WHITTIER, CA 90602
    - Urgent Care Center
      - 400

11. 2205 CLARK AVE., LONG BEACH, CA 90815
    - Urgent Care Center
      - 500

12. 15725 W. WHITTIER BLVD., WHITTIER, CA 90603
    - Urgent Care Center
      - 500

13. 22678 LAMIRADA BLVD., LA MIRADA, CA 90638
    - Urgent Care Center
      - 500

14. 2500 IMPERIAL HWY., LA MIRADA, CA 90638
    - Urgent Care Center
      - 500

15. 2851 KATELLA AVE. SUITE 155, LOS ALAMITOS, CA 90724
    - Urgent Care Center
      - 500

16. 4476 TWEEDY BLVD., SOUTH GATE, CA 90280
    - Urgent Care Center
      - 500

17. 121 W. WHITTIER BLVD., LA HABRA, CA 90631
    - Urgent Care Center
      - 500

18. 100 S. HARBOR BLVD., LA HABRA, CA 90631
    - Urgent Care Center
      - 500

19. 10251 ARTESSA BLVD., BELFLOWER, CA 90706
    - Urgent Care Center
      - 500

20. 1245 WILSHIRE BLVD., LOS ANGELES, CA 90017
    - Urgent Care Center
      - 500
When an accident happens or an illness strikes, here are a few guidelines to keep in mind:

**URGENT care**

- Cold symptoms
- Fever and flu-like symptoms
- Allergies and sinus infections
- Urinary Tract Infections (UTI) or bladder infections
- Mild asthma attacks
- Minor cuts, scrapes and burns
- Minor fractures and sprains
- Earaches and upper respiratory infections

**EMERGENCY care**

- Chest pain
- Signs of stroke
- Severe breathing problems
- Major injuries, especially head injuries
- Broken bones
- Poisoning
- Uncontrolled bleeding
- Confusion or change in mental state
- Sudden or severe pain

Visit PiHHealth.org/UCC to learn more. If you need emergency care, call 911 or go to the nearest emergency room.