Expanding for a Growing Community

Since the former Downey Regional Medical Center, which is now PIH Health Hospital - Downey, joined PIH Health’s network in October, there have been a number of exciting activities on campus, all of which are making this hospital an even greater asset to our patients, the community and our hard-working employees.

It starts with emergency preparedness. A Voluntary Seismic Improvement project — a $13 million dollar initiative — is underway to retrofit the building to provide a safe infrastructure in the event of an emergency, when the community will count on us most. Construction includes building access tunnels and scaffolding, with expected project completion slated for Spring 2016. Additional plans will improve the Main Lobby, Registration and Administration areas, with completion scheduled for summer 2015.

The updates continue on with emergency care. Patients will benefit from an expanded Emergency Department (ED) featuring 5,000 square feet of new space that accommodates 13 new rooms, two new triage areas and an expanded lobby waiting area, which will double the amount of seats currently available for patients and visitors. This will help staff to work even more efficiently in serving the approximately 50,000 patients who visit the ED annually.

Of course, the security of patient records is also a top priority. The implementation of eMD, PIH Health’s electronic health record system, is set to go live late this summer. This state-of-the-art system speeds access to patient information, fostering a stronger environment of safety, quality, efficiency and security.

With all the recent enhancements, the local community is sure to benefit. Earlier this spring, local media and public officials including Downey’s mayor, members of the City Council and Chamber of Commerce enjoyed a tour to highlight the many upgrades and to learn of future plans. The event generated positive articles in a variety of media publications, including the Los Angeles and Orange Counties and the San Gabriel Valley region.

With the addition of Downey Regional Medical Center, which is now PIH Health Hospital - Downey, PIH Health has increased its population reach by more than half a million; growing from 1.5 million to now more than 2.1 million residents in the Los Angeles and Orange Counties and the San Gabriel Valley region.

For more information on our Downey campus, please visit PIHHealth.org/Downey.

Come Celebrate with Us
Stay tuned for more details on a one-year anniversary event for PIH Health Hospital - Downey, scheduled for this fall.
Healthy Habits Save Lives

Why You Need Regular Health Screenings

We have all heard that regular health screenings like mammograms and colonoscopies are important; but when you consider the actual statistics, the true value becomes undeniable.

Consider the facts about mammography. Since 1990, this screening tool has helped reduce breast cancer mortality in the United States by nearly one-third. Furthermore, one in six breast cancer diagnoses occur in women ages 40-49. Even women who have no family history of the disease are at risk.

"Three-quarters of women diagnosed with breast cancer have no family history and are not considered high risk, so we encourage all women to have annual mammograms starting at age 40, even if they have no symptoms," said Lily Wang MD, a PIH Health radiologist.

The goal of screening mammography is to detect breast cancer at an early stage, before it causes symptoms and while it is most treatable. Mammograms can detect changes in the breast up to two years before a patient or physician can feel them, putting valuable time on your side.

Colonoscopies are another essential screening tool; although they are often ignored, excused or put off by people who would simply rather not have them done. However, colorectal cancer is the nation’s second-leading cancer killer, claiming the lives of 56,000 people each year.* Getting a colonoscopy should be a priority for everyone over the age of 50, as a way to help prevent colon cancer.

The health benefits are clear. Nearly 93 percent of colon cancers occur in people over age 50, but when colorectal cancer is found at an early stage, it has a nearly 90 percent cure rate.

"Roughly one-third of colon cancer deaths could have been prevented if patients had undergone a colonoscopy screening," said Renee Palta DO, a PIH Health gastroenterologist. "The problem is that fear and embarrassment often make people reluctant to discuss the subject with their doctors. Colorectal cancer is usually more treatable when found before it causes symptoms or has a chance to spread. Therefore early screening with a colonoscopy may be a form of cancer prevention, not just early detection."

To Schedule a Mammogram:
Downey 562.904.5555
Hacienda Heights 626.225.4905
Whittier 562.907.0667

To Schedule a Colonoscopy:
Downey 562.904.5499
Whittier 562.946.4754

*Cancer Screening Checklist

Staying current on cancer screenings could save your life. Here are some recommendations from the United States Preventive Services Task Force (USPSTF):

Breast
All women age 40 and older; screening mammogram every year.

Cervical
Women ages 21 - 65; screening every three years.

Colorectal
Men and women age 50 and older; colonoscopy screening every 10 years.

Lung
Men and women ages 55 - 80 with a smoking habit equivalent to one pack per day for 30 years or have quit smoking within the past 15 years.

Your physician may recommend screenings at different intervals based on your health history and personal risk factors. Discuss which screenings are right for you with your physician. For more information or to find a PIH Health physician, please visit PIHHealth.org/physicians.

*According to the American Cancer Society.
A Bold, New Online Presence

PIH Health Launches Expanded Website — PIHHealth.org

In today’s world, having a great website is essential for healthcare institutions to provide high-quality service to their communities. That’s why PIH Health has introduced a new-and-improved website, PIHHealth.org. Our patients, their families, volunteers, staff, donors and other community members can easily access useful information with the click of a button or swipe on a phone.

After more than a year of planning and development, the new website launched in April and now provides:

› A new Find a Doctor feature – Locating an outstanding physician for you and your family just got easier. The website’s new search engine enables you to search and learn about local physicians based on specialty, zip code, gender and even languages spoken.

› An enhanced PIH Health Locations Directory – Looking for a medical office that’s most convenient for you? Our new site has you covered. Not only can you view all our community locations, you can see a photo of the facility, read about the services offered and find a map and directions.

› An extensive Health Library – Access 40,000 pages of videos, health descriptions and definitions on every topic from A to Z. This library is continuously updated, giving you all the tools you need to stay up-to-date on health conditions of every kind.

› Complete Description of Services – Read about all the services offered at our PIH Health hospitals and medical offices, so you can find the right care for you and your family.

› Easy accessibility – Automatically adapts to fit any mobile device screen.

“We are pleased to launch our new website that will provide convenient accessibility to information about our entire health system, including hospitals in Whittier and Downey, 22 medical offices, physicians and services provided, and helpful health information for the 2.1 million people living in our primary service area and beyond,” said PIH Health President and Chief Executive Officer James R. West.

In addition, the new website enables you to quickly find job listings, register for classes and events, get healthy living advice in our Wellness section, pay a bill securely online and make donations to support the PIH Health Foundation. It’s simple and packed with useful information.

“We’re very pleased to introduce the new PIH Health website to our patients and the entire PIH Health community,” said Terri Skitch, digital media marketing manager. “This resource not only provides easy access to all of our services at PIH Health, it’s also an excellent source of health information and offers a number of convenient features to make life simple.”

Check out all the new features for yourself. Visit PIHHealth.org today.
14-year-old Analaura Amezquita designed the winning logo for Activate Whittier’s Healthy Pick logo contest. “I’m really surprised,” Amezquita said. “I wasn’t planning to enter the contest, but I’m glad that I did. It’s exciting to know that my logo will potentially help so many people improve their food choices.”

Smart Smarter Food Choices + Active Lifestyles

A Winning Combination

All over Southern California, people are making smarter food choices and getting active thanks to community programs designed to encourage healthier lifestyles.

In Whittier, community residents involved with the Activate Whittier collaborative’s Healthy Picks program surveyed six local markets. A pilot market, Whittier Farms, was selected to partner with Activate Whittier to improve access to nutritious food options. On April 3, 2014, this store began featuring vibrant Healthy Pick labels next to food and beverage items that meet or exceed state nutrition standards. Even if you don’t live near this market, you can follow healthy eating tips: avoid processed foods, fill your plate with vegetables, choose snacks like fruits, seeds, and nuts, and swap soda for water, 100% juice or skim milk.

Meanwhile, residents of Downey are getting active. As part of the city-wide Healthy Downey initiative, people are joining low-cost bike activities designed to inspire free-wheeling fun. On Saturday, June 14, the Tour de Downey Bike Ride Event will feature several opportunities for street and/or riverbed riding. Riders can take a 35-mile loop from Downtown Downey to Long Beach and back, or they can enjoy a six-mile ride from Downtown Downey to Dennis the Menace Park at Furman Park and back to Downey City Hall. Youngsters ages three to seven can join the free Tour de Trainees, an oval, closed-loop course featuring obstacles, and there will also be opportunities to learn about bicycle safety. For more information, please call 562.904.7238.

No matter where you live, there are a variety of ways to get a jumpstart on your health. Visit your city’s website or call their Parks and Recreation department to find out about exercise and wellness programs. You can also visit PIHHealth.org/calendar for classes and programs designed to keep you healthy. If you’d like to learn more about Healthy Downey initiatives, please visit Downeyca.org or call 562.904.7167. To get details on Activate Whittier, please visit ActivateWhittier.org or call 562.907.6530.

Community Benefit: PIH Health Contributed More than $54 Million to Community Benefit Programs in 2013

PIH Health takes pride in dedicating assets to Community Benefit programs such as financial assistance (charity care), mobile health services, and other community-based initiatives to promote healthy living and improve access to healthcare, regardless of health or economic status. PIH Health’s Community Benefit investment totaled $54.1 million for Fiscal Year 2012-2013, reflecting our long-standing commitment to improving the health and well-being of the communities we serve.

The Fiscal Year 2012-2013 Community Benefit Report details total Community Benefit investment for the following PIH Health entities:

- PIH Health Hospital - Whittier ($49.5M)
- PIH Health Physicians ($4.3M)
- PIH Health S. Mark Taper Foundation A Day Away Adult Day Healthcare Center ($340,177)

Below is a breakdown of PIH Health Hospital - Whittier’s Community Benefit Investment:

The full report can be found at PIHHealth.org/CBAnnualReport. The Community Benefit Department also completed a Community Benefit Report for Downey Regional Medical Center for Fiscal Year 2012-2013 (July 1, 2012 through June 30, 2013). The report was conducted before the hospital officially became part of PIH Health in October 2013 as PIH Health Hospital - Downey. To view the full report, please visit PIHHealth.org/CBAnnualReport-Downey. For more information, call 562.967.2890 or send an email to Community.Benefit@PIHHealth.org.
From Labor Pains to Growth Charts
How PIH Health Helped One New Mom Make an Important Life Transition

Having a baby is a major life change for any first-time mom. And being pregnant with twins only adds to the uniqueness. Yet one Whittier resident, Sharon McGregor, discovered that PIH Health could easily help her handle this important life transition.

A new member of PIH Health, this 27-year-old science teacher began her patient-physician relationship with Julia Willner MD, an obstetrician/gynecologist in La Mirada. Sharon needed to see Dr. Willner (or her colleague, John Sanchez MD) frequently because she was considered a high-risk pregnancy with twins — but the office was excellent about getting her in for appointments and working around her busy teaching schedule. The team was also great about referring Sharon to a specialist, who was monitoring her for possible complications.

“There were times when I would have three different appointments in any given week,” said Sharon. “But these doctors were always extremely helpful and informative.”

When the time came to deliver the babies — six weeks early — PIH Health was there.

“From the time I checked in, everyone was very supportive — from the triage nurses to the anesthesiologist, the Neonatal Intensive Care Unit (NICU) nurses and Dr. Willner who performed the C-Section,” said Sharon. “They were all very helpful, reassuring and answered all of our questions. It was a wonderful experience.”

An even more joyful experience was finally welcoming her identical baby boys, Benjamin and Ian.

After several weeks in the NICU, the healthy twins were able to go home. Sharon knew that she needed to start pediatric visits. That transition was a smooth one, too. Sharon selected pediatrician Anita Sinha MD, conveniently located in the same building as Dr. Willner.

“It’s been outstanding knowing that the PIH Health team is as much a part of helping my children grow and develop as we are,” said Sharon. “If we do have more children in the future, you can bet we will be using this excellent team again.”

To learn more about the physicians in this article or to become a patient, contact the PIH Health Women’s Center – La Mirada at 562.789.5453 or PIH Health Pediatrics – La Mirada at 562.789.5435.
Get Ready, Stay Ready
A Month-By-Month Guide for Creating Your Family’s Emergency Kit

One of the first steps in preparing for any type of disaster is to make sure you have the items your family might need in the first critical hours and days after a major event. Preparation doesn’t have to be complicated or expensive — you can build up your reserves all at once, or by buying one or two items per month. Here is a month-by-month guide for stocking up to get you started.

MONTH 1
Storage. Identify an area in your home to keep emergency supplies and purchase a plastic tote to store items. If you have a recreational vehicle (RV), this can also serve as an ideal place for storage and shelter.

MONTH 2
Bottled water. You should store at least one gallon of water per person, per day for five days.

MONTH 3
Food. Non-perishable food, like canned meats, fruit and vegetable juices, cereal, granola bars, dried nuts and crackers (be sure to include a manual can opener). Remember to include your pet’s food, too.

MONTH 4
Flashlights or lanterns, a radio (battery powered or hand crank) and extra batteries in a convenient, easy to reach location. Avoid candles and matches as they increase chances of fire.

MONTH 5
Clothing and toiletries. You’ll want one complete change of warm clothes. Don’t forget your toiletries for comfort.

MONTH 6
Medications and a first aid kit. Keep medicines like daily prescriptions, pain relievers in your first aid kit. Check your first aid kit regularly for expiration dates and refill any supplies that have been used.

MONTH 7
Cash and important documents. Remember that if power is out, ATMs will not be available. Make copies of your house deeds, medical records and insurance paperwork.

MONTH 8
Miscellaneous tools and supplies. Include scissors, a knife, screwdriver and a fire extinguisher.

MONTH 9
The great outdoors. RVs are fully contained and mobile, they have a generator, water tank, refrigerator and non-perishable foods can be stored inside.

MONTH 10
Family communication and evacuation/escape plan. Disaster may strike when your family is not together and you will need to be able to communicate with them. Your plan should include an in-state/out-of-state contact and an out-of-state contact.

MONTH 11
Don’t forget your pets. Include pet food and water for your pets in your disaster kit.

MONTH 12
Emergency/Disaster kit for your car and work area. Keep a complete change of clothing in your car/trunk and in your desk. Also keep bottled water and dried nuts or dried fruits. Remember to rotate these items as needed.

To learn more about preparing an emergency kit, please visit PIHHealth.org/DisasterPreparedness.

Discover PIH Health Family Practice Residency
Have you ever wanted a “medical home” for your entire family — a team of providers serving everyone from babies to the elderly? Search no more.

The PIH Health Family Practice Residency program, managed by PIH Health Hospital - Whittier, provides quality, evidence-based care for the entire family in an academic, team-based setting. They serve patients of all ages, offering prenatal, obstetric, pediatric, dermatologic care and more, with a focus on prevention and chronic disease management.

It’s all offered at the Family Practice Residency offices, with locations in both Whittier and Santa Fe Springs. The sites offer training for interns and resident doctors in the process of receiving their board certification. Also on hand are supervising faculty staff, registered nurses, health educators, dieticians, social workers and more than 50 skilled clinicians. All providers are well-versed in the latest medical treatments, using evidence-based care tailored to individual needs.

Why consider the PIH Health Family Practice Residency program? Many patients who have chronic conditions or those who prefer receiving care from younger practitioners love the fact that they can have more time with their doctors, while enjoying a team-based approach to ensure optimal care. What’s more, the interns and residents, under the supervision of board-certified faculty staff, can conduct minor surgical procedures at the office for added patient convenience and efficiency. Best yet, residents providing prenatal care can also deliver the patient’s baby for greater continuity of care. For more information on PIH Health’s Family Practice Residency program, please call 562.698.0811 Ext. 18516 or visit PIHHealth.org.
Save the Date

21st Annual Frank Scott Pro/Am Golf Tournament — September 22, 2014

Swing some clubs, join in the community fun and help benefit PIH Health through our Healthy Living - Healthy Giving campaign. You can do all three by participating in PIH Health Foundation’s 21st Annual Frank Scott Pro/Am Golf Tournament. This year’s event will take place at Friendly Hills Country Club in Whittier on September 22, 2014.

This much-anticipated event is always a highlight for golfers in our community, and we would love to see you there.

To learn more, please contact PIH Health Foundation at Foundation.Events@PIHHealth.org or call 562.698.0811 Ext. 81520.

If you have included PIH Health in your estate plan, please consider becoming a member of the PIH Health Legacy Society. We would sincerely appreciate the opportunity to pay tribute to your generosity.

For more information or to join the PIH Health Legacy Society, please call 562.698.0811 Ext. 81520.
Fly Me to the Moon
Record Breaking Funds Raised with Net Proceeds Exceeding $1.2 million
Imagine Frank Sinatra and the music of the early Rat Pack era. Now envision a spectacular dinner and musical event designed to raise money for powerful new breast-screening technology. Both came together on April 26 at the 30th annual PIH Health Foundation Gala event, themed “Fly Me to the Moon.”

This year’s sold-out event was a magical affair that entertained more than 740 people and raised a record-setting $1.2 million to purchase new 3-D mammography breast imaging equipment. Gala attendees not only supported a great cause, they also enjoyed a delectable meal, fabulous silent and live auctions and world-class entertainment.

“Our initial goal was to raise enough to purchase at least one 3-D mammography machine for PIH Health, which costs about $500,000,” said Mary McCarthy, Gala Chair. “However, thanks to an extremely generous donor who put up an early $500,000 challenge grant to match individual donations, we were able to elevate our goal and raise enough to purchase multiple machines. It has been incredibly exciting.”

Of course, the real beneficiaries are the members of our community. Ground-breaking 3-D mammography enables doctors to “look through” breast tissue and better pinpoint suspect cells and tumor masses. This superior technology can result in earlier detection, greater accuracy, and a decrease in the need for patients to return for further examinations.

Thank you to the generous support provided by Intercommunity Dialysis Center, Whittier Kidney Dialysis and Acute Dialysis Services. Pictured from left to right: Shahriare N. Moaddeli MD, Riad Darwish MD, Maureen Jensen MD and Kimberly Bickell MD.

To make a contribution to PIH Health, please call 562.698.0811 Ext. 81520 or visit PIHHealth.org and click “Donate.”

You will be helping to preserve the health of so many lives in our community – your loved ones, friends, and neighbors.

Physicians from the PIH Health Patricia L. Scheffly Breast Health Center (from left to right) James Kuo MD, Lily Wang MD, Maureen Jensen MD and Kimberly Bickell MD.

Donors raise their cards during the live auction and appeal, which helped PIH Health raise record breaking funds for breast health.

Susanne Sundberg of the Henry L. Guenther Foundation was the lucky winner of the opportunity drawing.

Save the date for the 31st annual PIH Health Foundation Gala
Saturday, April 25, 2015
Thank You to Our Generous Contributors

The PIH Health Foundation extends its heartfelt thanks to the following contributors whose gifts of $500 or more were received during 2013:

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**Ask the Expert**

People often have many questions concerning their health. A few of PIH Health’s highly-trained and compassionate physicians address some of these common inquiries below.

**Ernesto Ong MD**
Pediatrics

**Q.** My daughter has a runny nose, sore throat and cough. Does she need antibiotics?

**A.** Most of the time, children don’t need antibiotics to treat respiratory illnesses like chest colds, bronchitis and flu, because these are usually caused by viruses, not bacteria. Therefore, antibiotics (which fight bacteria, not viruses) won’t help.

In fact, giving antibiotics when they aren’t needed may do more harm than good. The drugs can cause diarrhea and vomiting, and about five in 100 children are allergic to them. Some reactions can be serious and life-threatening.

Your child might need antibiotics if his or her cough does not get better in 14 days, or if your physician diagnoses a bacterial form of pneumonia or whooping cough (pertussis). Antibiotics might also be necessary if he or she has strep throat (based on a throat culture), a yellow sore throat or an elevated temperature of at least 102°F for several days in a row.

Ernesto Ong MD
1850 S. Azusa Ave.
Suite 300
Hacienda Heights, CA 91745
626.964.6012

**Randolph Holmes MD**
Family Practice

**Q.** Lately I’ve had a lot of sneezing and watery eyes, but I’ve never had allergies before. Should I see a doctor?

**A.** You may have a food, seasonal or pet allergy, or you may have something else entirely. If your symptoms don’t improve with self-help steps like avoiding triggers, using a humidifier or air purification system or taking over-the-counter drugs, it might be time to see your doctor.

To pinpoint whether you have an allergy problem, and determine the best treatment regimen, your doctor will ask questions about your symptoms and habits. Based on that information and your medical history, he or she may suggest a skin test or throat culture or a yellow-streaked throat or an elevated temperature of at least 102°F for several days in a row.

Randolph Holmes MD
15725 E. Whittier Blvd., Suite 300
Whittier, CA 90603
562.947.1669

**Dennis Sargent MD**
General and Vascular Surgery

**Q.** What is arterial vascular disease and what are the symptoms?

**A.** As we age, our arteries accumulate cholesterol in the lining, leading to a reduction in size. Vascular disease occurs when the size is narrowed enough to restrict blood flow, which affects the organs that receive blood from a particular artery. The areas of the body that are most often affected are the legs, brain and heart.

When the heart is affected, chest pain may be chronic (angina pectoris) or an acute heart attack (myocardial infarction) may occur. Sometimes, a person may experience shortness of breath or fatigue instead of chest pain.

When blood flow to the brain is restricted, it may cause weakness on one side of the body or slurred speech. If this is permanent, it is called a stroke. Symptoms in the legs are typically experienced when walking some distance, causing discomfort in the muscles. If sudden symptoms are experienced, immediate attention is needed.

Dennis Sargent MD
12201 E. Washington Blvd., Suite 102
Whittier, CA 90606
562.698.2291

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**Support Groups**

Call 562.698.0811 and ask for the extension noted for more information including meeting dates, times and locations.

- **Alzheimer’s Disease**
  - For families. Call Ext. 12453
- **Breast Cancer**
  - For patients. Call Ext. 15721
- **Caregiver**
  - Call 562.722.5305
- **Compulsive Eaters Anonymous (CEA-HOW)**
  - Call Ext. 16930
- **Grupo de Apoyo Para La Familia**
  - For families of those diagnosed with mental illness. Please note this class is conducted in Spanish. Call Ext. 16035
- **Hepatitis C Patient Education**
  - Call Ext. 16035
- **Living with Loss**
  - Bereavement support program. Call Ext. 12000
- **Journey through Cancer**
  - Support group for those dealing with cancer. Call Ext. 12705
- **Mended Hearts**
  - For heart surgery patients and their families. Call Ext. 17351
- **Neonatal Intensive Care Unit (NICU) Parents**
  - For parents with a child in the NICU. Call Ext. 17862
- **Perinatal Bereavement**
  - For those coping with pregnancy loss, stillbirth or infant death. Call Ext. 17351
- **Scleroderma**
  - For patients. Call Ext. 18305
- **Strokes (Brain)**
  - For survivors and caregivers. Call Ext. 12500
  - Call 562.698.2291
  - Please note this class is conducted in Spanish. Group de Apoyo Para La Familia

**Make Sure Your Doctor is Affiliated with PIH Health**

PIH Health Physicians is the only medical group exclusively affiliated with PIH Health. The PIH Health Physicians Information and Referral Service can help you find a PIH Health affiliated doctor 24 hours a day, seven days a week.

An advisor will provide you with free information about each doctor’s education, training and office location, and can answer your questions about PIH Health.

Referrals are available by phone or online.

Call 1.877.285.DOCS (3627) or visit PIHHealth.org and click on “Find a Doctor.”
SUMMER 2014 EVENTS AND CLASSES FOR ALL AGES

For the latest PIH Health community education updates or to register for a class online, be sure to visit PIHHealth.org/calendar. Registration is also available by calling the phone number listed or 562.988.0811 and the extension noted.

CANCER TOPICS

Visit PIHHealth.org/CancerCare for more information about PIH Health's cancer program.

Reiki Healing Touch Sessions

Radiation Oncology Center
First and third Wednesdays of each month, 6 – 8 pm
Experience the wonderful calming and balancing feeling of Reiki. Cancer patients, survivors, and caregivers can experience the amazing benefits in a group setting. A brief discussion of Reiki is followed by a meditation session, then each person participates in giving and receiving Reiki. Registration required. Call Ext. 12777.

Yoga for Healing

Saturday, 10:45 – 11:45 am
Open to all. Connect with your body through gentle yoga designed especially for those facing or recovering from the challenges of cancer or illness. This gentle yet safe exercise program consists of easy yoga stretches and meditative breathing techniques. Fee: $3 per class. Registration not required. Call Ext. 12777.

Explore, Express, Emote: Cancer Survivors and Caregivers Art Workshops

Second Thursday of each month, September through May, 10 am – 1 pm
Express yourself through art. Explore drawing, collage, pottymaking, clay and more. Materials provided. No experience required. Call Ext. 12820.

Writing for Wellness

Eight Mondays, starting September 22, 2014 from 10 – 11:30 am
A workshop designed for cancer survivors, caregivers, or those dealing with illness or loss. Emphasis is placed on the therapeutic benefits of a focused writing experience. No writing experience is necessary. Call Ext. 12820.

Heart Health

Cancer Survivorship Series

Saturday, July 26, 2014, 10 am – 12 noon
Moving Forward: Empowerment through Lifestyle Changes. This is the third of a series of four workshops. Reservations encouraged. Call Ext. 12707.

Introduction to Reiki Healing

Hands Therapy Class

Wednesday, July 30, 2014, 6 – 8 pm
Reiki is a method of transmitting healing balancing energy to the body through touch. Learn to tap into Reiki energy to reduce pain, stress and nausea and to bring the body into a state of balance and well-being. This technique has been found helpful for patients and caregivers. Registration required. Call Ext. 12777.

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Radiation Oncology Center
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Special Topics

Heart Health

Heartsaver Adult and Child CPR and First Aid

CPR Only: Tuesday, June 24, 2014, 6 – 9 pm, Fee $20.
CPR and First Aid: Saturday, August 2, 2014, 9 am – 4 pm, Fee: $25.
This class covers the critical skills and knowledge needed to respond and manage a first aid or sudden cardiac arrest emergency. Registration required. Call Ext. 14602 or email Community.Health@PIHHealth.org.

Wisdom of Men's Health

September 15, 2014, 5:00 – 8:00 pm
September is National Prostate Health Month. Join a PIH Health physician to learn the importance of prostate checkups and the signs/symptoms of prostate cancer. Registration required. Call Ext. 13032 or email Community.Health@PIHHealth.org.

Essential Skills for Moving Forward

Five-week series held on Thursdays, September 4 – October 2, 2014, 9 – 10 am
This continuing series of free Community Education classes includes presentations on a variety of heart-health topics like the structure and function of the heart, how to read and understand food labels, and the structure and function of the heart, how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding how to read and understand food labels, and the importance of regular exercise, understanding 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PIH Health offers a wide variety of health and wellness opportunities for you and your family. Unless otherwise indicated, all community education events, classes and support groups are free of charge and are held in the RO and Frank L. Scott Conference Center at PIH Health Hospital - Whittier.

SUMMER 2014 EVENTS AND CLASSES FOR AGES 55+
For the latest PIH Health community education updates or to register for a class online, be sure to visit PIHHealth.org/calendar. Registration is also available by calling the phone number listed or 562.698.0811 and the extension noted.

EXERCISE
Tai Chi and Qigong Exercise Classes
Tuesdays, 8:30 – 10 am
Participates will experience gentle martial, meditative and healing arts that help clear the mind, reduce stress, increase concentration and improve balance. Fee: $15 for six sessions for Life Connections members, $20 for non-members. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Arthritis Foundation Seniors in Motion Exercise Class
Classes offered at multiple community locations; call for dates and times.
In partnership with the Arthritis Foundation, this exercise program is a life-impact, physical activity program proven to reduce pain and decrease stiffness. Participants will learn gentle, range-of-motion exercises that are suitable for every fitness level. Classes are designed for older adults. Registration required. Call Ext. 14091.

Tingwens in the Hinges Water Aerobics Class
Offered weekly, call for dates and times.
In partnership with the Arthritis Foundation, participants will learn low-impact exercises from head-to-toe. Entire class session is conducted in a pool. Appropriate exercise attire required. Fee: $2 per class. Registration required. Call Ext. 14091.

Senior Exercise
Thursdays, 12:15 – 1 pm
PIH Health Hospital - Downey, 11420 Brookshire Ave., Downey
A senior group exercise class designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance for older adults. Low impact. Call to register is 562.698.0811 or email Wellness.Center@PIHHealth.org.

A Matter of Balance
Call for dates and times. Classes offered at multiple locations.
In this evidence-based program, participants learn to see falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Class designed for older adults. Registration required. Call Ext. 14091.

Cuidando con Respeto
(Senior Caregiver for Spanish Speaking Families)
Saturdays, 10 30am and 4pm
In collaboration with the Alzheimer’s Association, the program provides family caregivers the knowledge and skills needed to care for a family member who has been diagnosed with Alzheimer’s disease or another dementia. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

How's the Sun
(Tai Chi for Older Adults)
Wednesday, June 4, 10:30 am – 12:15 pm
In partnership with the Arthritis Foundation, this class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance for older adults.

Don’t Stop Smelling the Roses
(Senior Caregiver for Spanish Speaking Families)
Friday, May 15, 10 am – 11 am
This course provides family caregivers the knowledge and skills needed to care for a family member who has been diagnosed with Alzheimer’s disease or another dementia. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Here Comes the Sun
(Tai Chi and Qigong)
Wednesday, July 2, 10 am – 11:30 am
In partnership with the Arthritis Foundation, this class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance for older adults.

 HEALTHY AGING

Savvy Caregiver
Six consecutive Tuesdays, July 1-5, 9 am – 12 pm
In partnership with the Alzheimer’s Association, this program provides family caregivers the knowledge and skills needed to care for a family member who has been diagnosed with Alzheimer’s disease or another dementia. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

 forks to eat with.

A light breakfast and lunch will be served.

Call to register is 562.698.0811 or email Wellness.Center@PIHHealth.org.

For information call 562.698.0811 Ext. 18302 or email Community.Health@PIHHealth.org.

Are you not alone — Free Caregiver Conference
Saturday, July 12, 9 am – 1 pm
PIH Health Hospital, Whittier, 11420 Brookshire Ave., Downey
A caregiver is the person who helps care for a loved one. Recognizing that you are a caregiver and caring for yourself is one of the most important things you can do. When your needs are taken care of, then the person you care for will benefit too. Here’s a few tips.

Types of Stress
• Understanding the stress
• Coping with stress
• Reducing stress

For additional information, call 562.698.0811 Ext. 18302 or email Community.Health@PIHHealth.org. A light breakfast and lunch will be served. Limited space is available. Please register by July 7, 2014.

You Are Not Alone — Caregiver Conference
Saturday, July 12, 9 am – 1 pm
PIH Health Hospital, Whittier, 11420 Brookshire Ave., Downey
Are you worried you may be diabetic or have been diagnosed with diabetes and are unsure of your next steps? If so, join a PIH Health physician as we discuss the basics of pre-diabetes and diabetes management. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Am I Diabetic?
Thursday, August 28, 2014, 10 – 11 am
Are you worried you may be diabetic or have been diagnosed with diabetes and are unsure of your next steps? If so, join a PIH Health physician as we discuss the basics of pre-diabetes and diabetes management. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Hypertension, Diabetes and Alzheimer’s Disease
Thursday, September 11, 2014, 1 – 3 pm
Join the Alzheimer’s Association as they discuss how diabetes and hypertension may influence brain health. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Can 30 Minutes a Day Keep the Doctor Away?
Thursday, September 25, 2014, 10 – 11 am
Join the Alzheimer’s Association as they discuss how exercise can make you feel better and help prevent disease. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

Living with Alzheimer’s: For Early Stage Caregivers
Tuesdays, August 12, 19 and 26, 2014, 10 am – 12 noon
This is part one of a three-part series presented by the Alzheimer’s Association. Participants will learn about diagnosis, how to plan for the next steps and resources available. Registration required. Call Ext. 18302 or email Community.Health@PIHHealth.org.

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PIH Health is in Your Neighborhood

With many neighborhood locations, we are nearby and dedicated to serving your health and wellness needs. Please use this map to locate a PIH Health facility near you.

We Want to Hear from You
Send us an email and tell us what health or lifestyle questions you would like to see in an upcoming issue of Healthy Living. We want to be sure and cover health topics that our community members are concerned with and/or interested in learning more about.

Additionally, if you would like to share a positive experience at any of our PIH Health locations, we would love to know about it.

Send an email to MarComm@PIHHealth.org. You could be featured in an upcoming issue.

Until then, greetings of health and wellness from our family to yours.

PIH Health Services On-the-Go

Care Force One Mobile Health Unit
Care Force One provides free and low-cost basic and preventative healthcare services to those in the community who have difficulties accessing care. Care Force One operates Monday - Friday, at various sites. To find the nearest location or to make an appointment, please call 562.698.0811 Ext. 14816.

PIH Health Blood Mobile
PIH Health’s Blood Mobile is available for Community Blood Drives. Scheduling a blood drive is a great way to help support the community and the PIH Health Blood Donor Center. The PIH Health Blood Mobile conducts blood drives at companies, schools, churches health fairs and other public events. To schedule a blood drive with PIH Health’s state-of-the-art Blood Mobile, call 562.789.5433 or email BloodDonor@PIHHealth.org.

List of PIH Health Services

1. 12401 Washington Blvd., Whittier, CA 90602
   - PIH Health Hospital - Whittier
   - Blood Donor Center
   - Phone: 562.698.0811

2. 11500 Brookshire Ave., Downey, CA
   - PIH Health Hospital - Downey
   - Phone: 562.904.9000

3. 11420 Brookshire Ave., Downey, CA
   - Physical Therapy and Wellness Center
   - Phone: 562.904.5414

4. 12393 Washington Blvd., Whittier, CA 90606
   - Patricia L. Schelly Breast Health Center
   - Phone: 562.907.0697
   - Ruby L. Goldman Oncology Center
   - Phone: 562.606.1966

5. 401 W. Beverly Blvd., Montebello, CA 90640
   - Internal Medicine
   - Phone: 323.728.0321
   - Endocrinology
   - Phone: 323.728.7801

6. 9251 Pioneer Blvd., Santa Fe Springs, CA 90670
   - Family Medicine
   - Phone: 562.698.2541

7. 12251 Washington Blvd., Whittier, CA 90606
   - Wound Healing Center, Suite 100
   - Phone: 562.789.5402
   - Laboratory Blood Draw Station, Suite 103
   - Phone: 562.789.5415
   - Digestive Health Services, Suite 201
   - Phone: 562.608.0306
   - Diabetes and Endocrinology, Suite 205
   - Phone: 562.789.5447
   - Family Medicine Residency, Suite 500
   - Phone: 562.698.2541

8. 12462 Putnam St., Whittier, CA 90602
   - Laboratory / Blood Draw Station
   - Phone: 562.789.5420
   - Radiology
   - Phone: 562.698.0811 Ext. 17071
   - Cardiology, Suite 203
   - Phone: 562.789.5430
   - Hematology and Oncology, Suite 206
   - Phone: 562.608.6888
   - Obstetrics and Gynecology, Suite 303
   - Phone: 562.789.5440
   - Gynecoplastic, Suite 402
   - Phone: 562.789.5484
   - Orthopedics & Sports Medicine, Suite 402
   - Phone: 562.789.5404
   - Pain Management, Suite 402
   - Phone: 562.789.5406
   - Podiatry, Suite 402
   - Phone: 562.789.5404
   - WoundCare, Suite 402
   - Phone: 562.789.5463
   - General and Colorectal Surgery, Suite 500
   - Phone: 562.789.5449
   - Otolaryngology
   - Phone: 562.789.5456
   - Vascular Surgery, Suite 500
   - Phone: 562.789.5900
   - Dermatology & Mohs Surgery, Suite 501
   - Phone: 562.789.5439
   - Orthopedics & Sports Medicine, Suite 501
   - Phone: 562.789.5439

9. 13415 Washington Blvd., Whittier, CA 90602
   - Same Day Surgery
   - Phone: 562.606.3887

10. 12522 E. Lambert Rd., Whittier, CA 90670
    - Family Medicine, Suite D
    - Phone: 562.789.5420

11. 12215 Telegraph Rd., Santa Fe Springs, CA 90670
    - Family Medicine, Suite 112
    - Phone: 562.789.5450
    - Orthopedics & Sports Medicine, Suite 112
    - Phone: 562.789.5462

12. 13330 Bloomfield Ave., Norwalk, CA 90650
    - Family Medicine, Suite A
    - Phone: 562.789.5434

13. 15725 E. Whittier Blvd., Whittier, CA 90603
    - Pediatrics, Suite 200 and 250
    - Phone: 562.947.3302
    - Family Medicine, Suite 300 and 350
    - Phone: 562.947.1869
    - Internal Medicine, Suites 400 and 450
    - Phone: 562.947.3307
    - Laboratory Draw Station
    - Phone: 562.947.9478 Ext. 62105

14. 15733 Whittier Blvd., Whittier, CA 90603
    - Urgent Care Center
    - Phone: 562.947.7754

15. 12675 La Mirada Blvd., La Mirada, CA 90638
    - Family Medicine, Suite 201
    - Phone: 562.903.7339
    - Pediatrics, Suite 401
    - Phone: 562.789.5435
    - Obstetrics and Gynecology, Suite 401
    - Phone: 562.789.5453

16. 15050 Imperial Hwy., La Mirada, CA 90638
    - Home Healthcare Hospice
    - Phone: 562.902.7757

17. 15060 Imperial Hwy., La Mirada, CA 90638
    - S. Mark Taper Foundation A Day Away
    - Adult Day Healthcare Center
    - Phone: 562.902.5305

18. 15088 Imperial Hwy., La Mirada, CA 90638
    - Physical and Occupational Therapy
    - Phone: 562.789.5461
    - Laboratory Draw Station
    - Phone: 562.608.0811 Ext. 65324

19. 1850 S. Azusa Ave., Hacienda Heights, CA 91745
    - Family Medicine, Suite 88
    - Phone: 626.964.3040
    - Pediatrics, Suite 300
    - Phone: 626.964.6012
    - Urgent Care Center, Suite 88
    - Phone: 626.225.4060
    - Mamography, Suite 88
    - Phone: 626.225.4060

20. 121 W. Whittier Blvd., La Habra, CA 90631
    - Ophthalmology and Optometry, Suite 100
    - Phone: 562.696.2500

21. 1400 S. Harbor Blvd., La Habra, CA 90631
    - Family Medicine
    - Phone: 562.789.5950
    - Orthopedics & Sports Medicine
    - Phone: 714.879.3400

22. 301 W. Bantanchery Rd., Fullerton, CA 92835
    - Ophthalmology and Optometry, Suite 140
    - Phone: 714.525.2251

23. 351 E. Foothill Blvd., Arcadia, CA 91006
    - Home Nursing and Health Services
    - Phone: 626.358.3061
If you no longer wish to receive this publication or if you would like to begin to receive information, please:
• Call 562.698.0811 Ext. 81120 and leave your full name as it appears on this mailing label, or
• Send your full name and mailing address to MarComm@PIHHealth.org.

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

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

PIH Health Physicians’ Patients’ Rights and Responsibilities document is available at PIHHealth.org. A printed copy is available upon request by calling our Patient Services Department at 562.947.8478 Ext. 82199.

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Facebook.com/PIHHealth

Urgent Care vs. Emergency Care

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**
- Cold and flu symptoms
- Allergies and respiratory or sinus infections
- Mild asthma attack
- Minor cuts and scrapes
- Minor fractures and sprains

**EMERGENCY DEPARTMENT**
- Chest pain
- Signs of stroke
- Severe breathing problems
- Major injuries, especially head injuries
- Broken bones
- Poisoning

**PIH Health Urgent Care Centers**
15733 Whittier Blvd.
Whittier, CA 90603
562.947.7754

1850 S. Azusa Ave., Suite 88
Hacienda Heights, CA 91745
626.225.4900

Monday through Friday 2 - 10 pm
Weekends and Holidays 9 am - 6 pm

If you have a health question that cannot wait, PIH Health provides a community advice line staffed by nurses 24 hours a day. To contact the Community Advice Nurse, call 1.888.780.1875.

If you believe you need emergency care, call 911 or go directly to the nearest emergency room.