How Timely Screening Made All the Difference for Breast Cancer Survivor
Barostim Baroreflex Activation Therapy Provides a New Option for Cardiac Patients
PIH Health NICU Team Nurtures Premature Baby and His Family
Donate Blood to Save a Life
The United States is Facing One of the Worst Blood Shortages in Over a Decade

If you are 16 years or older, weigh more than 110 pounds, are in good health, and haven’t travelled to a malaria-risk country in the past three years, consider donating blood at an upcoming blood drive in your community. PIH Health hosts monthly blood drives at our three hospitals in Downey, Los Angeles and Whittier. Even if you have tested positive for COVID-19, you can donate blood if you are fully recovered and are symptom-free for at least 10 days before donating. If you have been vaccinated against COVID-19, you may still donate blood. Knowing the name of the vaccine manufacturer will determine the waiting period after your most recent dose.

For more information, visit RedCrossBlood.org.
MEDICARE OPEN ENROLLMENT BEGINS OCTOBER 15

Your Top Questions, Answered

Are you a Medicare beneficiary? Do you want to make changes to your coverage? If so, you might have some questions about your options and timing. PIH Health is committed to helping you get the answers you need.

What is Medicare Open Enrollment and when does it happen?

Every fall, Medicare has an annual election period (AEP), also known as open enrollment. During this time, Medicare beneficiaries can enroll in a Medicare Advantage (HMO) plan or Medicare Supplement, switch plans or disenroll. Medicare AEP is October 15 to December 7, 2022. Changes made during AEP will take effect on January 1, 2023.

Why is AEP important?

AEP is the best time to assess your healthcare needs and review your options, since Medicare plans, costs and benefits can change every year. During AEP, you can select the health plan, doctors and hospital that work best for you.

“Remember, when you select a doctor and medical group, you are also choosing the hospital where you will be treated, should the need arise,” said Roberto Madrid MD, vice president of medical group operations at PIH Health Physicians. “As you review your plan choices, we encourage you to consider a Medicare Advantage plan that gives you access to the full PIH Health network, including primary care physicians, specialists and hospitals. Expect exceptional senior care at PIH Health.”

At PIH Health, we know that Medicare can be confusing. To help answer your questions, we will host four free Medicare Forums*:

Saturday, October 1 and 15, 2022
(in English and Spanish)
9 am to 12:30 pm
PIH Health Whittier Hospital
12401 Washington Blvd., Whittier, CA 90602

Saturday, November 5, 2022
(in English and Korean) and
Saturday, November 19, 2022
(in English and Spanish)
9 am to 12:30 pm
PIH Health Good Samaritan Hospital
Moseley Salvatori Conference Center
637 Lucas Avenue, Los Angeles, CA 90017

*Note: Forums held on-site are tentative. Based on CDC guidelines, events may only be offered virtually.

To learn more, visit PIHHealth.org/Medicare and sign up for a Medicare Forum at one of our locations.
NEW URGENT CARE CENTER SERVES DOWNTOWN LOS ANGELES

If you have a sprained ankle, flu-like symptoms, a urinary tract infection or another non-life-threatening health issue, visiting a PIH Health urgent care center might be the most convenient way to get the care you need. The newest urgent care center at 2200 West 3rd Street, Suite 120, Los Angeles, CA 90057, is located in the Westlake area just west of Downtown Los Angeles. The facility features more than 3,800 square feet of space and seven large exam rooms. Eight physicians staff the new center and the team can provide care in English, Spanish and Korean. Services include x-ray, lab testing, and rapid and PCR COVID-19 testing.

PIH Health now operates seven urgent care centers to serve residents of Los Angeles County and northern Orange County. PIH Health Urgent Care Centers are located in Downtown Los Angeles, Downey, Hacienda Heights, La Habra, Montebello, Santa Fe Springs and Whittier, with plans to open another urgent care center on the campus of PIH Health Good Samaritan Hospital next year.

Upon entering the building, urgent care center patients are greeted by a colorful mural celebrating the people of Los Angeles.
COMMERCIAL OPEN ENROLLMENT: YOUR TIME TO CHOOSE PIH HEALTH

If you get health insurance through your employer, you may be approaching an important time of year. It’s called “open enrollment”—your chance to add, drop or change your elective healthcare benefits. Here’s what you need to know:

The timing: Open enrollment happens once a year, usually in the fall.

The choices: Typically, you can choose between two types of plans—a Health Maintenance Organization (HMO) and a Preferred Provider Organization (PPO). There are benefits and drawbacks for each.

The value: It’s a great chance to review and update your healthcare coverage, based on your needs.

“I strongly encourage individuals to choose an insurance plan affiliated with PIH Health, which will give them access to the best physicians, specialists and hospitals in the area,” said Andrew Zwers, president of PIH Health Physicians.

To learn more, visit PIHHealth.org/OpenEnrollment.

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“Our new urgent care center in Los Angeles is a state-of-the-art facility designed to meet the medical needs of local residents as well as people who work in the area,” said Jaime Diaz MD, chief medical officer, PIH Health Good Samaritan Hospital and medical director, PIH Health Urgent Care System.

People who need to see a medical professional can walk-in and receive same day care when their regular doctors are not available. Additionally, urgent care centers have shorter wait times and cost less than a trip to a hospital emergency room.

There is a tremendous need for more urgent care centers and PIH Health continues to work towards meeting the unique needs of our communities.

Patients still need to visit a hospital emergency room for life-threatening medical conditions. The PIH Health Good Samaritan Hospital Emergency Department is located at 1230 W. 6th Street, Los Angeles.

Visit PIH Health Urgent Care Center Westlake at 2200 West 3rd Street, Suite 120, Los Angeles, CA 90057. Check wait times or learn more at PIHHealth.org/UCC.
At 56 years old, Colleen Verbeck always knew she was at higher risk for breast cancer. After all, her immediate family members all had breast cancer; so she knew she had to take an active role in early detection.

Colleen also knew that she had dense breast tissue, which is normal, but can make mammograms less effective at picking up cancer. After a discussion with her doctor, she was found to be high risk for developing breast cancer. Her doctor ordered a high-risk breast cancer screening every six months—a mammogram first, followed by an MRI six months later.

The plan turned out to be a smart one. During one of her MRI screenings, James Kuo MD, PIH Health radiologist, spotted a small spot in Colleen’s left breast and recommended a biopsy. They detected a 0.7 cm cancerous mass, which was surgically removed. Colleen also started Tamoxifen as follow-up treatment. Today, she’s doing great and is proud to be cancer free for five years.
“I had my annual mammogram six months before my MRI and nothing showed up,” said Colleen. “When the MRI spotted the cancer, it was very small, and simple to treat.”

Colleen’s doctor wholeheartedly agrees.

“Thanks to frequent screenings, Colleen’s cancer was detected at an early enough stage that our team was able to treat her cancer with minimal aggressive interventions,” said Lisa Wang MD, hematologist/oncologist and PIH Health Cancer Program medical director.

It’s important to know that Colleen’s extra precautions are not required for everyone.

“For most women, an annual mammogram is recommended and sufficient for regular screening,” said Dr. Kuo. “However, Colleen’s family history placed her in a high-risk category, so an MRI was recommended in addition to her mammogram. Because Colleen was proactive and stayed on top of her regular screenings, she helped us discover her breast cancer very early, which led to a successful—and possibly—life-saving outcome.”

To schedule your mammogram, visit PIHHealth.org/Mammogram or call 562.906.5692.

Breast Cancer Screening & Prevention Lecture
October 11, 2022 from 6 to 7 pm

About 1 in 8 U.S. women will develop breast cancer in her lifetime, and a small number of men will be diagnosed with breast cancer as well. Please join us for a live, virtual lecture by James Kuo MD from PIH Health Breast Imaging and Diagnostic Radiology as he discusses breast cancer screening and prevention. To register, visit PIHHealth.org/BreastHealthLecture.

Q. If I’m feeling dizzy, when should I see a doctor?

A. Dizziness is a term that may include sensations of vertigo (spinning), feeling off balance, lightheadedness, heavy headedness or floating. Many episodes are temporary and may resolve themselves quickly. The cause of your dizziness may be as simple as motion sickness, or it may be caused by something more serious such as a disorder of the inner ear, a bacterial or viral infection, or a growth on the balance nerve among other certain medical conditions.

See your doctor if you experience any recurrent, sudden, severe, or prolonged and unexplained dizziness. Call 911 if dizziness is accompanied by a severe headache, chest pain, difficulty breathing, fainting, confusion or slurred speech, irregular heartbeat, vomiting, seizures, double vision or facial numbness. These symptoms may be sign of a stroke or other life-threatening problems. If you have simultaneous hearing loss, ear pressure, or tinnitus, you should see an ear, nose, and throat doctor right away. To find a doctor, visit PIHHealth.org/Find-a-Doctor.
Clinical trials have the power to change lives—and to inspire new hope. Just ask Mercedes Uribe, a 59-year-old Pico Rivera resident who was running out of options in her multi-year battle with cancer.

It all started in 2014 when she was diagnosed with stage 4 uterine cancer. After undergoing a complete hysterectomy, Mercedes started two types of chemotherapy which kept her in remission for more than a year. But in 2015, her cancer returned and new cancer nodules were discovered. Lisa Wang MD, a PIH Health hematologist/oncologist and PIH Health Cancer Program medical director, began switching up the chemotherapies because the treatments stopped working over time (an issue called drug resistance).

As a result of a clinical trial, PIH Health patient, Mercedes Uribe’s cancer is currently at bay, allowing her to enjoy her favorite activity—shopping.
Meanwhile, Dr. Wang submitted Mercedes’ biopsy details to see if there was a clinical trial that might be a match for her cancer. Her tumor was found to have an AKT1 mutation therefore she was placed in an experimental clinical trial with an AKT inhibitor called Ipatasertib in 2020.

As soon as Mercedes started the trial, her cancer cells started shrinking. Mercedes takes two pills a day, and more than two years later, it’s still keeping her cancer at bay.

“I feel extremely fortunate—first, to have Dr. Wang as my oncologist, and second, that they found a clinical trial that works for me,” said Mercedes. “I was running out of options with existing chemotherapies, and so far, this one is working for me. I couldn’t be more grateful.”

Knowing the tremendous value of clinical trials, PIH Health has made significant investments to expand its offerings.

“Our program has grown dramatically in the past two years,” explains Jennifer Yanovski, research director at PIH Health. “We used to only have one treatment area (oncology), but now we have more than 20 studies in oncology alone and have expanded into additional therapeutic areas, including stroke, cardiovascular, peripheral vascular, neonatal and podiatry. I’m thrilled about this growth. Without clinical research, we wouldn’t be able to offer the newest and best treatments for our patients and community. We’re making tomorrow’s medicine available today.”

To learn more, visit PIHHealth.org/ClinicalTrials.

THE BENEFITS OF TRANSRADIAL CARDIAC CATHETERIZATION

Heart disease is the most common cause of death in U.S. adults. It is no surprise that cardiac catheterization—a procedure that helps doctors treat the blood vessels that supply the heart—is one of the most commonly performed invasive procedures. Although traditionally performed through a large artery in the groin, this procedure can now be done through a small artery in the wrist, known as transradial catheterization.

“Transradial catheterization offers multiple advantages over the traditional approach, including elimination of prolonged immobilization, fewer restrictions in returning to regular activity, and most importantly reducing the risk of life-threatening bleeding. Multiple research studies have confirmed the benefits of transradial catheterization in different patient populations, such as patients having outpatient procedures as well as those having emergent cardiac catheterizations for unclogging of a blocked artery during a heart attack,” explained Katrine Zhiroff MD, PIH Health interventional cardiologist.

Multiple professional cardiology societies have endorsed transradial catheterization as part of best practices and the preferred approach for patient safety. We are proud to offer cardiac patients at PIH Health state-of-the-art heart care and transradial cardiac catheterization. Adopting this procedure is one more way PIH Health remains on the forefront of healthcare. For more information, visit PIHHealth.org/HeartCare.
INNOVATION FOR HEART FAILURE
Barostim Baroreflex Activation Therapy Provides a New Option for Cardiac Patients

In the U.S. alone, nearly 6.9 million adults suffer from heart failure—a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body’s needs for blood and oxygen.

Systolic heart failure is one of two main types of heart failure. It occurs when the left ventricle loses its ability to contract normally and is unable to push blood throughout the body. Essentially, the heart can’t keep up with its workload.

Barostim Baroreflex Activation Therapy is the world’s first FDA-approved heart failure therapy to use neuromodulation to improve the symptoms of patients with systolic heart failure.
Jeffrey Miller, a 60-year-old retired iron worker, suffered with this condition for years.

“I had been living with atrial fibrillation (AFib) and systolic heart failure since 2013, and the doctors had done everything they could do for me,” he said. “I often felt lightheaded, unstable on my feet, and I couldn’t take more than a few steps without losing my breath. I was very depressed.”

When Jeffrey saw a Facebook ad for a new heart failure treatment, he immediately connected with Jessica Weiss MD, PIH Health cardiologist, who explained the benefits of Barostim Baroreflex Activation Therapy.

“This therapy uses neuromodulation—the power of the brain and nervous system—to improve symptoms for patients with systolic heart failure,” said Dr. Weiss. “Barostim is delivered by the Barostim NEO Generator, an implantable device that sends electrical pulses to baroreceptors in the wall of the carotid artery, which in turn, trigger an autonomic response to the heart.”

After Jeffrey was confirmed to be a good candidate, he underwent surgery to implant the device in September 2021.

“Jeffrey’s outcome was exactly what we hoped and expected,” said Ali Gheissari MD, PIH Health cardiothoracic surgeon. “The therapy is designed to restore balance to the autonomic nervous system reducing the workload of the heart, thereby reducing the patient’s symptoms. It’s a unique technology that can really improve someone’s quality of life.”

PIH Health Good Samaritan Hospital has been treating patients with heart failure using the Barostim since early 2021.

“It’s so amazing—I noticed a difference right away,” he said. “Since the surgery, I’ve got tons of energy and feel great. It’s the single best thing I’ve ever done for myself.”

For more information, call the Heart and Vascular Center at PIH Health Good Samaritan Hospital at 213.977.2239 or visit PIHHealth.org/HeartCare.
97 DAYS IN THE NICU
PIH Health NICU Team Nurtured a Premature Baby and His Family

Josie Masaniai’s second pregnancy didn’t exactly go as planned, but thanks to the experts at PIH Health, it had a very happy ending.
Throughout Josie’s pregnancy, she had intermittent light bleeding, which can be normal, especially in the first trimester. But when she was 27 weeks along, she woke up one night with a large blood clot. She and her husband Joseph immediately headed to PIH Health Whittier Hospital.

“Josie was admitted to the antepartum unit on Labor and Delivery, where we monitored her baby and ran tests to evaluate her condition,” said Cariza Mercurio MD, PIH Health obstetrician. “After a week of monitoring her bleeding had resolved however, she developed worsening abdominal pain and at only 28 weeks, she was found to be in active labor.”

Two hours later, Josie delivered a strong baby boy, Joseph Jr. However, because the baby was born premature and small (2 pounds 13 ounces), he spent the next 97 days in the Neonatal Intensive Care Unit (NICU). He was cared for by expert doctors and nurses until he was ready to go home.

“Joseph Jr. experienced the full gamut of modern NICU care including mechanical ventilation via nasal prongs, intravenous central lines, IV nutrition and medication, and tube feedings,” explained Devang Patel MD, PIH Health neonatologist. “He eventually grew mature enough to be able to breathe on his own, tolerate oral feedings, and gain good weight, and finally was discharged home at 41 weeks weighing 10 pounds, 9 ounces.”

Nobody was happier than Josie and Joseph.

“We were thrilled to finally bring baby Joseph home,” said Josie. “It was New Year’s Eve and that last day was very emotional. While our family was happy to bring our son home, we were also going to miss the NICU team. All of the doctors and nurses were so caring and nice—we knew everyone by name and they truly became like family to us. Now that we’ve discovered PIH Health, we will not go anywhere else.”

To learn more pregnancy and birth services at PIH Health, visit PIHHealth.org/WomensHealth.
MAKING AN IMPACT ON TOMORROW’S HEALTHCARE

One Couple’s Meaningful Gift to PIH Health
As the holidays and end of the year approach, many people count their blessings, reflect on the passage of time, and make plans to give more to the causes they care about.

Steve and Louise Griffith discovered the value of supporting PIH Health Good Samaritan Hospital in a unique way. At the end of 2021, the Los Angeles couple made a donation of long-term appreciated stock, which gave PIH Health the full market value of the stock, while helping the Griffith’s avoid a significant capital gains tax. That meant more money went to a place the Griffith’s have known and treasured for years.

“We love PIH Health Good Samaritan Hospital. The doctors are excellent, and the hospital just keeps getting better and better,” said Steve and Louise, both of whom were born at the hospital, as were three of their grandsons. “We’ve been involved with and committed to supporting the hospital for many decades.”

Louise’s work at the hospital goes back to when she volunteered as a candy-striper (hospital volunteer) at age 16. Later, after she was married and her children were in school, she returned to the hospital and volunteered for more than 20 years. She was also a member of the auxiliary, served on the auxiliary board, and now currently sits on the PIH Health Foundation Board as one of its newest members.

“I’ve always been very connected and felt very happy to be able to give back—we’ve been doing so for more than 40 years,” said Louise. “I believe that PIH Health Good Samaritan Hospital is truly one of the very best hospitals in Southern California and we wouldn’t go anywhere else.”

If you’re looking for creative ways to give to PIH Health, you have many options that offer tax advantages while making a meaningful difference. For example, you could consider a Qualified Charitable Distribution (QCD) from an IRA, a gift of appreciated stock, or a distribution from a donor advised fund. Other ways to support PIH Health include gifts of cash, matching employer gifts, and including PIH Health in your estate plans. PIH Health Foundation can help you customize a solution that works best for you.

To learn how you can support PIH Health, visit PIHHealth.org/Support.
ASKING THESE QUESTIONS HELPS YOU TAKE CHARGE OF YOUR HEALTH

Seeing a doctor and managing your health can be a stressful and confusing matter, but asking the right questions can help you get the answers you need.

“Asking questions is the key to good communication and fully understanding your health,” said Winston Lai DO, PIH Health family medicine physician. “The more involved you are in pursuing information about your healthcare, the more of an advocate you can be for yourself.”

Here are some questions to ask your doctor in different situations.

If you’ve been diagnosed with a health issue:
• What is the name of the condition I have?
• How serious is it, and how will it affect me?
• What may have caused it?
• Could something else be causing my symptoms?
• What is the treatment?
• How long will it last?
• Is there a cure?
• How can I learn more about the condition?

About medications and treatments:
• What are my treatment options?
• How am I supposed to do something (if instructions aren’t clear)?
• What is the name of the medication or treatment being prescribed?
• Why is it being prescribed to me?
• How long do I take it/do it for?
• Does this medication interact with anything else I take?
• What are the side effects, and what should I do if I have any?
• How will I know if the medication/treatment is working?

Before a medical test:
• Why is the test being done, and what will it show?
• How accurate is the test?
• Are there any dangers or side effects?
• What does the test involve?
• What do I need to do to prepare for the test?
• How will I get the results and when will I get them?
• Do I need a follow-up visit after the test?
• Are there other tests I may also need?

If you’re looking for a PIH Health physician to help you take charge of your health, visit PIHHealth.org/Physicians.
Palliative Care Clinic Now Open in La Mirada

PIH Health is expanding its Palliative Care program and has moved from the Lambert Medical Office Building in Whittier to a much larger space in the La Mirada Medical Office Building located at 12675 La Mirada Boulevard, Suite 220, La Mirada, CA 90638. The clinic opened its doors to the community in July.

“We’re excited to offer a larger space to care for our palliative care patients,” says Shelly Necke MSN RN, vice president of Post-Acute Care Services. “This clinic signifies new beginnings and new opportunities for well-managed care and a better quality of life for our patients.”

What is Palliative Care?

Palliative care providers support patients and their family members who have a serious illness or chronic health condition. This type of care focuses on providing symptom management like pain, discomfort, and spiritual and emotional distress, with a goal of improving the quality of life for patients. The PIH Health Palliative Care team works together with patients and their primary care doctor or specialist to manage their care.

Learn more at PIHHealth.org/PalliativeCare.

NEED HELP PAYING FOR YOUR MEDICAL CARE?

YOU MAY QUALIFY FOR FINANCIAL ASSISTANCE

As a nonprofit healthcare delivery system, PIH Health provides financial assistance to qualified uninsured or underinsured individuals who are unable to pay all or part of their hospital bills through the following:

Benefits Assistance: If a patient does not have health insurance, PIH Health can help them find and apply for no cost or low-cost programs that may cover their medical bills.

Uninsured Discounts: PIH Health offers a discount to patients who may not have health insurance.

Payment Plans: If a patient is unable to make the full payment of their medical bill, we can help find a financial payment plan that works with their budget.

Emergency Care: PIH Health’s emergency rooms provide care for emergency medical care regardless of a person’s ability to pay or apply for financial assistance.

For more information, please call the number listed on your bill or our customer service representatives at 562.698.0811 Ext. 14181. Office hours are Monday through Friday from 8:30 am to 4:30 pm.

If you would like to learn more about our Financial Assistance Program, visit PIHHealth.org/Assistance.
MAKING IT EASIER TO CHOOSE HEALTH

PIH Health Partners to Combat Chronic Disease and Address Food Insecurity

PIH Health’s commitment to putting patients first, includes addressing the tie between access to healthy food and rates of chronic disease. A recent study conducted in Los Angeles County found:

- 11.6% of adults had diabetes
- 26.1% of adults had high blood pressure
- 31.9% of adults were overweight
- 13.1% of children were overweight

Fresh produce is offered monthly to community members to support a healthy lifestyle.
Incorporating more fruits and vegetables into your daily diet helps you feel better and improves your health. To help patients and community members make this part of their daily routine, PIH Health partners with local agencies to provide emergency food services for community members in need through support of local food pantries and school districts across the service area.

PIH Health also helps patients experiencing food insecurity (a lack of consistent access to enough food for an active, healthy life) receive fresh produce through a partnership with the Los Angeles County Department of Public Health (LADPH). LADPH hosts a monthly fresh food distribution for local residents, which is especially aimed at individuals and families living with chronic diseases who are experiencing food insecurity.

“Good nutrition helps us live longer, healthier lives,” explains Muthukumar Vaidyaraman MD, medical director of PIH Health MSO/IPA. “Poor nutrition can lead to chronic disease, which is the leading cause of death and disability, and a driver of our nation’s healthcare costs. Consuming the right type of food lowers the risk of obesity, heart disease, type 2 diabetes and certain cancers.”

Dr. Vaidyaraman says that healthy eating can help people with chronic diseases manage these conditions and prevent complications. He explains that PIH Health physicians can prescribe medical condition-appropriate nutrition for those with food insecurity and provide medical advice for others who have decided to make a lifestyle change.

“For most of us, good nutrition is a lifestyle choice,” he adds. “But there are some who cannot afford any food, let alone nutritious food. PIH Health’s partnerships help our patients and community members have access to fresh food for a healthy lifestyle.”

If you or someone you know is interested in food resources, please visit PIHHealth.org/CommunityResources.

If you or someone you know is interested in food resources, please visit PIHHealth.org/CommunityResources.
LUMP UNEXPECTED

Young Mom Discovers the Value of Paying Attention to Changes in Her Breast

Had it not been for Ani’s commitment to paying careful attention to changes in her body, her breast cancer story may have unfolded quite differently.

Now in remission, Ani is doing well. She hopes to inspire others to keep up with regular breast cancer screenings and breast self-exams.
Ani went in for a mammogram that came back negative but several months later she felt a lump on her breast. After seeing her gynecologist, Ani had another mammogram and a biopsy, and this time the result came back positive—Ani had breast cancer.

“Hearing the news for the first time was the worst part of the journey,” she said. “The next step was to find a good oncologist. A friend referred me to PIH Health Oncologist Lisa Wang MD, who was amazing.”

Before moving forward with surgery, Dr. Wang started chemotherapy to shrink Ani’s tumor. After five months of treatment, the lump had virtually disappeared. Even though she had a great response to treatment, she chose to have a double mastectomy, just to eliminate the risk of the cancer possibly coming back.

After the mastectomy, Ani had six weeks of radiation and then chose breast reconstruction surgery, performed by Millicent Rovelo MD, PIH Health plastic surgeon.

“My advice is to not postpone yearly checkups. And if something isn’t right with your body, do not put off seeing your doctor. I hope to inspire others to be more proactive with their health,” said Ani. “Choosing PIH Health for my cancer treatment was great, and I couldn’t have asked for a better team. Each doctor was amazing and cared for me like they would their own family member. I’ve learned that having a positive attitude and the right medical team is important. I’m extremely grateful.” Today, Ani is in remission and is doing well.

“Many breast cancers are detected by women who feel a lump,” explains Dr. Wang. “Mammograms are important because they can help detect cancer before you can feel a lump, but breast self-exams help you to be familiar with your breasts so you can alert your doctor if there are changes.”

To learn more about breast self-exams or to schedule a mammogram, visit PIHHealth.org/Mammogram.

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**ASK THE EXPERT**

**Kelly A. Francis MD**  
PIH Health Bariatric Surgery  
12291 Washington Boulevard., Suite 102  
Whittier, CA 90606  
3 562.789.5444

**Q. How do I know if bariatric surgery is right for me?**

**A.** Bariatric surgery, also known as weight-loss surgery, can help improve your quality of life and treat obesity-related symptoms. You might be ready for a bariatric surgery such as gastric bypass or gastric sleeve if your doctor has determined weight loss surgery can improve your overall health.

You may benefit from surgical weight loss if:
- Diet/exercise haven’t helped you lose weight
- Your body mass index (BMI) is at least 35 with health conditions such as heart disease, diabetes, high blood pressure, high cholesterol or sleep apnea
- Your BMI is 40 or above without additional health conditions

Keeping weight off will take effort with an exercise program, follow-up care, counseling and healthy dietary changes. If this sounds like something you’re ready for, talk to your doctor. To schedule a consultation with our bariatric surgery team, call 562.789.5444. To learn more, visit PIHHealth.org/Bariatrics.
Lonnie Huey, 45, is a professional martial arts and parkour instructor, as well as a former gymnast and competitive snowboarder. So it’s no surprise that his life comes with extreme physical demands. Lonnie’s highly specialized skills include kicking, jumping, handsprings, splits, and flipping off two-story buildings landing on hard ground.

But there was a downside.

“Between my martial arts, snowboarding and gymnastics, my hip really took a beating,” he said.

Lonnie ended up with osteoarthritis, which damages the slick cartilage covering the ends of the bones that helps joints move smoothly.

“My serious pain started in 2015,” he explained. “At first, I thought I had simply strained or torn some muscles, so I began icing and taking ibuprofen regularly. I did that for about seven years. But the pain kept getting worse to the point where I couldn’t kick above my hip and it affected my ability to walk, run and teach.”

In 2021, Lonnie reached out to his primary care physician, who referred him to Andrew Luu MD, PIH Health orthopedic surgeon.

“An x-ray confirmed that Lonnie had serious osteoarthritis and needed a total hip replacement,” said Dr. Luu. “With Lonnie’s profession, an anterior approach surgery was ideal since we wouldn’t be cutting through any muscles, tendons or ligaments, greatly reducing recovery time.”

After having total hip replacement surgery, PIH Health patient, Lonnie Huey is back to his full active capabilities.
Q. I have carpal tunnel on my right hand. How can surgery alleviate my pain?

A. Carpal tunnel surgery is one of the most common hand surgeries. It is very effective at addressing carpal tunnel syndrome, where there is excess pressure on the median nerve that runs through the wrist. The compression of the median nerve causes pain in the hand and wrist, and can lead to permanent disability if left untreated.

Carpal tunnel surgery relieves the pressure by creating more space for the median nerve inside the carpal tunnel. I perform carpal tunnel surgery endoscopically, which requires just a small incision and provides for a quicker recovery. Remember, surgery may not be for everyone, since every patient’s case is unique. Discuss your condition and your options with a hand surgeon.

For more information, visit PIHHealth.org/Ortho.

Wilshire Outpatient Imaging Center is Now Open

A new outpatient imaging center is located in the PIH Health Wilshire Medical Office Building at 1245 Wilshire Boulevard, North Tower, Suite 205, Los Angeles, CA 90017. It is a multi-specialty, diagnostic imaging facility that offers:

- CT Scan
- MRI
- Ultrasound
- X-Rays
- Mammography – Coming Soon!

Same-day scheduling is available in most cases.

For more information or to schedule an appointment, please call 213.977.2140 or visit PIHHealth.org/Radiology.

Fully on board with the plan, Lonnie had his hip replacement surgery in December 2021 during his studio’s two-week holiday shutdown. The surgery was two hours long, and Lonnie was walking within four hours. He needed a walker for the first two days, then used a cane for another 10 days, and by the time he returned to his studio, he was walking unassisted and back to teaching. Within eight weeks, Lonnie was back to his full active capabilities—minus the backflips—and feeling no pain at all.

His only regret?
Not having the surgery sooner.

“Dr. Luu was a real life-saver!” he said. “For anyone experiencing any kind of chronic hip or joint pain, go see him. Don’t wait seven years like I did.”

To learn more about Orthopedics at PIH Health, including new technology like the ROSA™ Robotic Surgical Assistant, visit PIHHealth.org/Ortho.
ROADMAP TO MEN’S HEALTH

Expert Urology Services and Robotic Surgery Address a Variety of Men’s Health Concerns

For some men, seeing a doctor is about as likely as stopping for directions—they simply won’t do it. In fact, many don’t think they even need a checkup until they have an obvious problem.

However, as men get older, regular visits with a skilled urologist become more and more important.

As men age, the focal point of their health concerns may center around quality-of-life issues—things like regular urination, prostate health and sexual health. All of these concerns are on many men’s minds as they mature.

That’s why men need a urologist—a doctor who specializes in diagnosing and treating conditions that affect the urinary system and male sex organs. Symptoms of a urologic problem may include: blood in the urine, difficulty urinating, painful urination, incontinence, overactive bladder, urinary tract infections (UTIs) or male sexual dysfunction.

“It’s simple: If you have any bothersome symptoms, seek treatment,” said Gerald Yoon MD, PIH Health urologist. “We are here to help you achieve your best health and wellbeing.”

You can depend on your doctor to expertly diagnose and address common urologic conditions, including kidney or bladder stones, and benign or malignant tumors in the urinary system. Your doctor can also provide complete care for male reproductive conditions, including male infertility, prostate cancer, vasectomy and erectile dysfunction (ED) or other sexual concerns.

It’s smart to start seeing a urologist beginning at age 40.

If a problem should arise that requires surgery, rest assured that PIH Health urologists have access to the latest in robotic surgery technology, the Da Vinci XI Surgical System®. This robotic system helps doctors perform minimally invasive, more accurate and effective surgeries. It also allows for a shorter operative time and quicker patient recovery.

“The Da Vinci XI Surgical System allows us to mimic the gentle hands of a surgeon to provide men with the most effective urologic treatment,” explained Dr. Yoon. “With this tool, we can tackle even the toughest cases and surgeries.”

Men don’t have to navigate their urological health alone. We encourage you to ask for directions and take a preventative approach to your healthcare and quality-of-life today.

To learn more about treatments and services, visit PIHHealth.org/Urology.
CALENDAR
Visit us online at PIHHealth.org/Calendar or call 562.698.0811 and the extension noted below for more information.

PREGNANCY AND NEW BABY
• Breastfeeding 101
• Getting Ready for Your Baby
• Childbirth Basics
• Infant/Toddler Safety Class
To register, call Ext. 17541

SUPPORT GROUPS

Bariatric Support Group
Fourth Thursday of every month, 6 - 7 pm. Virtual meeting, email WeightLossSurgery@PIHHealth.org

Bereavement Support Groups
Healing After Loss
Eight-week sessions. Ongoing, currently virtual, registration required. Email Audrey.Centeno@PIHHealth.org
Living with Loss
Six-week sessions. Ongoing, registration required. Call Ext. 12500

Breast and Women’s Cancers
First Tuesday of every month, 6 pm. Virtual meeting, call Ext. 15325

Journey Through Cancer
Second Thursday of every month, 11 am - 12:30 pm. Virtual meeting, call Ext. 12570

Metastatic Cancer Connect
Third Thursday of every month, 11 am. Virtual meeting, call Ext. 18317

Mended Hearts
For heart surgery patients and their families. Third Wednesday of every month, 6 pm. Virtual meeting, call Ext. 12638

Stroke Support Group
Second Tuesday of every month, 1 - 2 pm. Virtual meeting, email Stroke@PIHHealth.org or call Ext. 13727

CANCER TOPICS

Breast Cancer Screening and Prevention Lecture
October 11 at 6 pm. Virtual meeting. Register online at PIHHealth.org/BreastHealthLecture

Mind, Body & Spirit Workshop
October 6, 13, 20, and 27 at 3 pm at PIH Health Whittier Hospital Lower Level Conference Room, call Ext. 12896 to RSVP

Oncology Resource Center and Wig Bank
Call Ext. 12820 to make an in-person appointment

Cancer Survivorship Workshop
“Overcoming the Fear of Recurrence”
Saturday, March 11, 2023 from 10 am - 12 noon at PIH Health Whittier Hospital Auditorium, call Ext. 12570 to RSVP

SPECIAL TOPICS

Advance Care Planning
First Wednesday of every month, 5 - 6:30 pm. Call Ext. 13337 or SSAmbulatory@PIHHealth.org

Smoking Cessation Program
Call Ext. 12549 or email QuitSmoking@PIHHealth.org to register

SHARE YOUR EXPERIENCE
YOUR FEEDBACK IS VALUABLE
At PIH Health, it’s very important that we understand how we’re meeting your expectations while you are in our care. After a visit at any PIH Health facility, you may receive a questionnaire via email, phone or mail, asking about your experience. We know you are busy, but please let us know how we are doing by providing your valuable feedback.

COMMUNITY HEALTH RESOURCES
Visit PIHHealth.org/CommunityResources to learn more.

NOVEMBER IS LUNG CANCER AWARENESS MONTH
Visit PIHHealth.org/Lung to learn more.
# List of PIH Health Services and Locations

### 11500 Brookshire Ave., Downey, CA 90241
- **PIH Health Downey Hospital**: 562.904.5000  
- **PIH Health Breast Center Downey**: 562.906.5692

### 1225 Wilshire Blvd., Los Angeles, CA 90017
- **PIH Health Good Samaritan Hospital**: 213.977.2121

### 12401 Washington Blvd., Whittier, CA 90602
- **PIH Health Whittier Hospital**: 562.698.0811  
- **Optical Shop**: 562.967.2885

### 351 E. Foothill Blvd., Arcadia, CA 91006
- **Home Health**: 626.358.3061

### 10251 Artesia Blvd., Bellflower, CA 90706
- **Family Practice**: 562.867.8681  
- **Internal Medicine**: 562.867.8681  
- **Pediatrics**: 562.867.8681  
- **Radiology (Diagnostic)**: 562.862.4566

### 16510 Bloomfield Ave., Cerritos, CA 90703
- **Coumadin/Diabetic Center**: 562.229.0902  
- **Family Practice**: 562.229.0902  
- **Internal Medicine**: 562.229.0902  
- **Pediatrics**: 562.229.0902

### 10601 Walker St., Suite 100, Cypress, CA 90630
- **Cardiology**: 714.656.2140

### 11411 Brookshire Ave., Downey, CA 90241
- **Family Medicine Residency, Suite 207**: 562.904.4411  
- **Women’s Center, Suite 302**: 562.904.5151

### 11420 Brookshire Ave., Downey, CA 90241
- **Rehabilitation**: 562.904.5414

### 11480 Brookshire Ave., Downey, CA 90241
- **Allergy & Immunology, Suite 300**: 562.977.1690  
- **Cardiology, Suite 204**: 562.977.1690  
- **Digestive Health, Suite 204**: 562.904.4445  
- **General Surgery, Suite 111**: 562.904.1651  
- **Hematology & Oncology, Suite 201**: 562.904.4480  
- **Otalaryngology (ENT), Suite 300**: 562.904.4485  
- **Pain Management, Suite 204**: 562.904.4435  
- **Rheumatology, Suite 204**: 562.904.4466

### 12214 Lakewood Blvd., Suite 110, Downey, CA 90242
- **Chiropractic**: 562.862.2775  
- **Family Practice**: 562.862.2775  
- **Infectious Disease**: 562.862.2775  
- **Internal Medicine**: 562.862.2775  
- **Pediatrics**: 562.862.2775  
- **Urgent Care Center**: 562.904.4430

### 1850 S. Azusa Ave., Hacienda Heights, CA 91745
- **Family Medicine, Suite 88**: 626.964.3040  
- **Pediatrics, Suite 300**: 626.964.6012  
- **Urgent Care Center, Suite 88**: 626.225.4900

### 121 W. Whittier Blvd., La Habra, CA 90631
- **Eye Care Center, Suite 100**: 562.694.2500

### 1400 S. Harbor Blvd., La Habra, CA 90631
- **Family Medicine**: 562.967.2790  
- **Orthopedics and Sports Medicine**: 714.879.3400  
- **Urgent Care Center**: 562.789.5950

### 5750 Downey Ave., Suite 205, Lakewood, CA 90712
- **Family Medicine**: 562.597.4181  
- **Pediatrics**: 562.597.4181

### 12675 La Mirada Blvd., La Mirada, CA 90638
- **Dermatology and Aesthetic Medicine Center, Suite 300**: 562.967.2851  
- **Eye Care Center, Suite 201**: 562.903.7339  
- **Palliative Care, Suite 220**: 562.967.2273  
- **Pediatrics, Suite 401**: 562.789.5435  
- **Women’s Health, Suite 401**: 562.789.5453

### 15050 Imperial Hwy., La Mirada, CA 90638
- **Home Healthcare**: 562.902.7757  
- **Hospice**: 562.947.3668

### 15082 Imperial Hwy., La Mirada, CA 90638
- **Chiropractic**: 562.789.5484  
- **Podiatry**: 562.967.2805

### 15088 Imperial Hwy., La Mirada, CA 90638
- **Physical and Occupational Therapy**: 562.906.5560  
- **Speech Therapy**: 562.906.5560

### 43723 20th St. West, Lancaster, CA 93534
- **Cardiology**: 661.674.4222

### 3851 Kettle Ave., Suite 155, Los Alamitos, CA 90720
- **Chiropractic**: 562.344.1350  
- **Internal Medicine**: 562.344.1350  
- **Pediatrics**: 562.344.1350

### 1245 Wilshire Blvd., Los Angeles, CA 90017
- **North Tower**
  - **Cardiology, Suite 703**: 213.977.0419  
  - **Cardiology Testing, Suite 711**: 213.977.0419  
  - **Cardiothoracic Surgery, Suite 606**: 213.493.1055  
  - **Family Medicine, Suite 307**: 213.482.2770  
  - **General Surgery, Suite 905**: 213.977.0294  
  - **Internal Medicine, Suite 307**: 213.482.2770  
  - **Outpatient Imaging, Suite 205**: 213.977.2140  
  - **Pharmacy, Suite 201**: 213.977.4111  
  - **PIH Health House Clinic**
    - **Allergy, Suite 812**: 213.483.9930  
    - **Audiology, Suite 100**: 213.483.9930  
    - **Ear Surgery (Neurotology), Suite 804, Suite 812**: 213.483.9930  
    - **Neurosurgery, Suite 603**: 213.353.7067
Rheumatology, Suite 307  213.482.2770
Women’s Center, Suite 307  213.747.4391
South Tower
Ambulatory Surgery Center, Suite 200  213.977.2169
Radiation Oncology, Suite 101  213.977.2360
Women’s Center, Suite 690  213.977.4190
2200 W. 3RD ST., SUITE 120, LOS ANGELES, CA 90057
Urgent Care Center  213.202.7170
8631 W. 3RD STREET, SUITE 444E, LOS ANGELES, CA 90048
Women’s Center  310.652.4252
3663 W. 6TH ST., SUITE 309, LOS ANGELES, CA 90020
Cardiology  213.387.8200
2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
Family Medicine  323.728.0321
Otolaryngology (ENT)  562.789.5456
Urgent Care Center  562.967.2780
431 S. BATAVIA ST., SUITE 200, ORANGE, CA 92868
PIH Health House Clinic  714.516.9570
41210 11TH ST. WEST, SUITE G, PALMDALE, CA 93551
Cardiology  661.274.1777
7777 MILLIKEN AVE., SUITE 330, RANCHO CUCAMONGA, CA 91730
Cardiology  909.883.5315
12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670
Endocrinology  562.967.2760
Eye Care Center  562.967.2820
Family Medicine  562.789.5434
Neurology  562.967.2801
Orthopedics and Sports Medicine  562.789.5452
Pharmacy  562.967.2810
Urgent Care Center  562.967.2830
4476 TWEEDY BLVD., SOUTH GATE, CA 90280
Family Practice  323.563.9499
Internal Medicine  323.563.9499
Pediatrics  323.563.9499
Podiatry  323.563.9499
12291 WASHINGTON BLVD., WHITTIER, CA 90606
Bariatric Surgery, Suite 102  562.789.5444
Behavioral Health Clinic, Suite 300  562.967.2840
Digestive Health Services, Suite 201  562.698.0306
Endocrinology, Suite 205  562.789.5447
Family Medicine Residency, Suite 500  562.698.2541
Outpatient GI Center, 4th Floor  562.698.0811 Ext. 18450
Radiology/Interventional Radiology Clinic, Suite 302  562.9086.5572 Opt. 4
Wound Healing Center, Suite 100  562.789.5462
12393 WASHINGTON BLVD., WHITTIER, CA 90606
Patricia L. Scheiffly Breast Health Center  562.906.5692
Ruby L. Golleher Oncology Center  562.696.5964
12415 WASHINGTON BLVD., WHITTIER, CA 90602
Same Day Surgery  562.696.3887
12462 PUTNAM ST., WHITTIER, CA 90602
Audiology, Suite 500  562.789.5456
Cardiology, Suite 203  562.789.5430
Dermatology and Aesthetic Medicine Center, Suite 501  562.789.5429
Diabetes Education and Nutrition, Suite 303  562.698.0811 Ext. 11320
Laboratory/Blood Draw Station, Suite 101  562.698.0811 Ext. 1130
Oncology, Suite 206  562.789.5480
Orthopedics and Sports Medicine, Suite 402  562.789.5461
Otolaryngology (ENT), Suite 500  562.789.5456
Pain Management, Suite 402  562.789.5466
Perinatal Center, Suite 303  562.789.5460
Pharmacy, Suite 105  562.789.5412
Podiatry, Suite 402  562.789.5464
Pulmonary, Suite 208  562.789.5470
Radiology, Suite 101  562.698.0811 Ext. 17071
Rheumatology, Suite 402  562.967.2788
Surgery
Cardiothoracic Surgery, Suite 208  562.789.5489
Colorectal Surgery, Suite 500  562.789.5449
General Surgery, Suite 500  562.789.5449
Head and Neck Surgery, Suite 500  562.789.5456
Mohs Surgery, Suite 501  562.789.5429
Neurosurgery, Suite 402  562.967.2757
Plastic Surgery, Suite 501  562.789.5439
Surgical Oncology, Suite 500  562.789.5449
Vascular Surgery, Suite 200  562.789.5960
Women’s Center, Suite 303  562.789.5440
12522 E. LAMBERT RD., WHITTIER, CA 90606
Family Medicine  562.789.5420
Internal Medicine  562.789.5420
14350 WHITTIER BLVD., SUITE 100, WHITTIER, CA 90605
Urology  562.907.7600
15725 E. WHITTIER BLVD., WHITTIER, CA 90603
Family Medicine, Suite 400  562.947.1669
Internal Medicine, Suite 500  562.947.3307
Laboratory/Blood Draw Station, 1st Floor  562.947.8478 Ext. 82127
Medication Management, Suite 500  562.448.1350
Pediatrics, Suite 300  562.947.9399
15753 E. WHITTIER BLVD., WHITTIER, CA 90603
Urgent Care Center  562.947.7754