Please Join Us!
PIH Health Hospital - Downey
One-Year Anniversary Celebration!
Saturday, October 18
Please see page 9 for more information.
It’s Time for Open Enrollment

Choose a Plan with Access to PIH Health

It’s nearly that time again — time to review your health insurance options and make any changes you’d like. Each year, the health insurance open enrollment period allows you to choose a healthcare plan and the doctors most suited to your specific healthcare needs. During this time, those seeking a health plan have the opportunity to sign up for health insurance easily and with fewer restrictions than at other times of the year. If you already have health insurance, open enrollment is the period of time when you can change the plan you have or drop your current coverage.

Got Medicare? Here’s What You Need to Know:

Every year from October 15 to December 7, Medicare offers its annual enrollment period to individuals 65+.

Medicare open enrollment is a great time to assess your healthcare needs and review your options. Keep in mind, Medicare plans can change from year-to-year — plan costs can go up or down and benefits may change. If you have changed medications or have been diagnosed with a new medical condition, it is important to review your plan to determine if it still meets your specific needs.

Got Private and Individual Insurance (Including Covered California)?

Open enrollment for most private and individual insurance plans is November 15, 2014 to February 15, 2015. For employer-sponsored plans, open enrollment can occur at any time of the year, but most large employers schedule open enrollment in the fall so that new coverage begins at the beginning of the following year. Check with your employer for specific details.
Getting Prepared for Open Enrollment

Three Steps to Success

1. **Do Your Homework**
   
   During the open enrollment period for any of these plans, review your health plan options carefully and ask yourself: Is my current coverage still the best fit for my family and me? Whether you have Medicare or private insurance, your company or current healthcare provider should provide you with information that clearly explains your benefits. If you don’t understand your insurance options, ask for help. Remember, once you’ve made a decision, you may not be able to change your plan again until the next year.

2. **Confirm Your Network Providers**
   
   Remember when you choose a doctor and medical group, you are also choosing the hospital where you will be admitted if you need hospitalization. Is your current primary care provider with PIH Health? If not, we encourage you to give us a call to learn more about our programs and doctors. With PIH Health, you’ll have access to the highest-quality physicians and preventative screenings, as well as our two area hospitals. The open enrollment period gives you the opportunity to make a choice about your healthcare and is the perfect time to choose well.

3. **Make Changes as Necessary**
   
   Before you sign an application to join a new health plan, confirm that your preferred doctor and hospital are part of the health plan network you are choosing. To make changes during the open enrollment period:

   - Select a primary care physician or medical group from the list you are provided. Make sure you choose PIH Health Physicians. Note: We have had some name changes over the last few years. You may notice that PIH Health Physicians may still be listed as Bright Health Physicians in some directories. Also, PIH Health may still be listed as Presbyterian Intercommunity Hospital (the former name of PIH Health Hospital - Whittier) or Downey Regional Medical Center (the former name of PIH Health Hospital - Downey).

   - Contact your employee benefits representative or health plan member services representative to let them know about your choice. The representatives can walk you through the enrollment process and tell you when you may begin seeing your new physician.

   PIH Health’s participation with health plans can change, so please make sure you check with your employer’s employee benefits representative, an insurance agent or advisor, or call PIH Health’s Patient Services line at 1.888.365.4450.
Introducing My PIH Health Patient Portal

For patients wanting a simple, flexible and convenient way to keep track of their medications and other personal health information, PIH Health’s new patient portal is proving to be a valuable resource. Many people across the community are feeling the positive effects.

The new online tool, called My PIH Health, enables patients to view their health information 24/7 from their home computers, tablets or smartphones — anywhere they have internet access — anytime they want. Using My PIH Health, you can:

› Review your medical record online in a safe, secure environment
› Communicate privately with your physician’s office via secure messaging
› View lab and radiology results, plus important vital signs like weight and blood pressure
› Create additional accounts for children or dependent adults
› View summaries of hospital and office visits, which include medications and discharge instructions
› Create and track wellness goals with online apps that let you monitor your health
› Browse with the highest levels of security, with data that is encrypted, and password-protected
› Use a single user-login to access all of your health records with PIH Health, whether they are from your doctor’s office or a hospital stay

“Thanks to this portal, we’re seeing more patients get actively engaged with their own healthcare,” said Davis Lee MD FAAP, chief medical information officer. “Not only do patients have immediate access to information, they are more likely to converse with physicians during office visits and can now communicate with them conveniently through the portal. We are a patient-first organization, and tools like the portal provide patients with more control and transparency over their own health.”

The portal went live in June for patients of PIH Health Hospital - Whittier and participating affiliated physicians and will launch for patients of PIH Health Hospital - Downey in the near future. The next time you see your PIH Health physician, be sure to sign up for the patient portal. To learn more, please visit PIHHealth.org/MyPIHHealth.
The surgical video system enables surgeons to look inside the human body as if they are looking with their bare eyes.

Technology Upgrades
A vast number of technology upgrades are paving the way for better healthcare (and a more comfortable patient experience). The buildings have been equipped with a modernized wireless infrastructure to support eMD, PIH Health’s electronic health record system, that will soon be implemented with its first phase on Downey’s campus.

PIH Health Hospital - Downey also added a new surgical video tower, becoming the first hospital in Southern California to use a 3-D videoscope to improve surgeons’ depth perception and precision during laparoscopic (minimally invasive technique done with small incisions) surgery. Also acquired was new mammography equipment with computer-aided diagnosis for easier transmission and viewing of digital images, new-and-improved anesthesia machines, state-of-the-art orthopedic surgical tools, new gurneys for more patient comfort, new vital sign monitors, new Pandä® Warmers to keep infants warm and countless other advancements made throughout the facility.

Construction Updates
This summer, the hospital completed the first phase of its preventative seismic improvement project, which strengthened the building’s exterior support columns for added protection and safety in the event of an earthquake. Today, its focus is on interior structural upgrades, which are already starting to transform the main lobby and registration areas for improved patient flow.

Current construction is also making room for a larger Emergency Department that will feature 5,000 square feet of new space to accommodate 15 new rooms, new triage areas and an expanded waiting area that can hold twice as many people as the current space.

Looking Ahead
What’s in store for year number two?
“We’ll continue working on our seismic upgrades and begin the physical expansion of our Emergency Department, which will help us accommodate thousands more patients each year and make room for future growth,” said Brian Smolskis, chief operating officer of PIH Health Hospital - Downey. “Every dollar we invest in this facility will benefit the community in a positive way, and we will continue to make those investments, based on the identified community needs. We’ve listened, we’re responding and we’re committed to this community.”

Come see our progress for yourself. Join our on-campus community anniversary celebration on Saturday, October 18, from 10 am to 1 pm. For more information please visit PIHHealth.org/DowneyAnniversary.
PIH Health: Growing to Meet the Health Needs of the Community

PIH Health was formed over 50 years ago by the community, for the community. Today, as a nonprofit healthcare delivery network, PIH Health’s promise remains the same as it was in 1959. Every day we strive to provide high-quality healthcare, without discrimination and contribute to the health and well-being of our communities in an ethical, safe and fiscally prudent manner, in recognition of our charitable purpose.

Every three years, PIH Health conducts a community health needs assessment (CHNA) to better understand and address community health needs for the PIH Health Hospital - Whittier and PIH Health Hospital - Downey service areas.

A CHNA of PIH Health Hospital - Downey’s primary service area was recently completed. The report features findings from ten stakeholder interviews, three community focus groups and multiple health-related statistics for the cities of Artesia, Bell, Bellflower, Bell Gardens, Cerritos, Commerce, Compton, Cudahy, Downey, Huntington Park, Lynwood, Maywood, Norwalk, Paramount, Pico Rivera, Santa Fe Springs, South Los Angeles and South Gate. Topics covered in the assessment ranged from population demographics, leading causes of death, disease incidence and health behaviors such as nutrition, physical activity and smoking rates.

PIH Health Hospital - Downey’s primary service area represents a population of 983,011 residents. Charts at left illustrate some statistics from the CHNA that describe the population’s demographics.

Based on assessment findings, the following health needs were identified as areas of concern in the Downey area:

- Childhood obesity
- Diabetes
- Health insurance coverage
- Heart disease
- Preventative screenings and immunizations

To view the full 2013-2014 PIH Health Hospital - Downey CHNA, visit PIHHealth.org/CHNA. To learn more, please contact the PIH Health Community Benefit Department at 562.967.2890 or send an email to CommunityBenefit@PIHHealth.org.

PIH Health Programs and Services

PIH Health offers a variety of programs and services aimed at addressing health needs indicated in the CHNA. Some of these programs include:

**Overweight and Obesity**
- PIH Health offers classes to help achieve and maintain a healthy weight and proper nutrition. For more information, please call 562.698.0811 Ext. 11320.

**Diabetic Care**
- PIH Health Diabetes Education Center, located at PIH Health Hospital - Whittier, offers free glucose screenings, one-on-one diabetes counseling, nutrition classes and more. For more information, please call 562.698.0811 Ext. 11320.
- PIH Health Hospital - Downey offers free diabetes nutrition education. For more information, please call 562.904.5580.

**Heart Health**
- Free Classes Offered at PIH Health Hospital - Whittier Campus
  - The Mended Hearts Support Group for heart surgery patients and their families. To learn more, please call 562.698.0811 Ext. 12727.
  - The Cardiac Rehab Educational Series, which entails six free education classes about heart health. To learn more, please call 562.698.0811 Ext. 12733.

- Free Classes Offered at PIH Health Hospital - Downey Campus
  - Healthy Heart nutrition class. To learn more, please call 562.904.5580.

**Immunizations and Screenings**
- Care Force One mobile health unit offers free and low-cost basic and preventative healthcare services, including childhood immunizations, to those who have difficulties accessing care and is available Monday – Friday at various sites. To find the nearest location or to make an appointment, please call 562.698.0811 Ext. 14816.

For a full listing of our current community health offerings, please see pages 22 - 23.
Spinal Cord Stimulator Proven to Alleviate Pain

According to the Mayo Clinic, nearly 80% of all Americans will suffer from back pain at least once in their lives. Lifestyle choices and injuries, including a sedentary lifestyle, obesity, depression/anxiety, pregnancy, vigorous physical exercise and strenuous physical work, can all cause back pain. Many patients undergo spine surgery, but a majority of them continue to suffer from back pain even after the surgery. An exciting, new technology at PIH Health Pain Management Department called the spinal cord stimulator can alleviate chronic back pain. The stimulator is implanted in the body to block neuropathic pain by emitting electrical impulses to the spinal cord. Rostam Khoshsar MD joined PIH Health in 2009 and has since performed more than 500 spinal cord stimulator procedures.

“The procedure is for patients who have already had neck or back surgery, and continue to suffer from pain or need to take strong medication to manage their constant pain,” Dr. Khoshsar explained. “We also use the procedure for patients who suffer from other neuropathic pain such as pain due to shingles, reflex sympathetic dystrophy or peripheral neuropathy.”

Patients are screened before implanting the device and then undergo a trial period. If a patient reports at least 50% less pain during the trial, the device will be implanted. The trial period increases the success rate significantly. “Implanting the stimulator is an outpatient procedure with a recovery time of one to two days,” Dr. Khoshsar said. “The device reduces pain and the need for strong medication. The device can be removed at any time in the future.”

According to Dr. Khoshsar, patients can return to their normal routine almost immediately after the procedure without any limitations. Dr. Khoshsar has reported an implant success rate of more than 95%. He is currently running a research project related to combined spinal cord and peripheral nerve stimulator for treating back pain and is enrolling new patients. For more information about the procedure, the research or to enroll, please call PIH Health’s Pain Management Department at 562.698.0811 Ext. 11471.

One Patient Shares Her First Mammogram Experience

Monica Redfox wasn’t looking forward to turning 40, especially since it meant she would begin getting annual screening mammograms. Yet earlier this year, she did both.

“I had heard stories that mammograms were painful and uncomfortable; yet I really wanted to keep an open mind because I knew I was doing it for my health,” said Monica, a wife, mother of two and a high school English teacher.

She soon learned that the procedure is quick, easy and painless. In July, she went to the PIH Health Patricia L. Scheffly Breast Health Center and the entire procedure took about 10 minutes — much faster than Monica expected. She was also impressed with a technician who was highly skilled, comforting and very careful.

“I had visions of walking into the room half naked and feeling embarrassed and self-conscious, but it wasn’t that way at all,” she said. “The technician screened one breast at a time and the side she wasn’t working with, she kept covered. She was very conscientious of not wanting me to be embarrassed or physically uncomfortable and I never was — not for one moment.”

Sadly, not every woman makes screening mammograms a priority. One of Monica’s own family members had a mother who passed away from breast cancer 25 years ago because she was afraid to schedule a screening.

“It makes me sad for all the women who feel the same way,” she said. “I wish I could reach out and tell them that screening mammograms are not painful, not scary and not embarrassing. All women should do it and be proactive about their health, so they can ensure longer, healthier lives.”

Don’t let the fear of the unknown keep you from a healthy life. Discuss your need for a mammogram with your primary care physician during your next appointment. For more information on breast health care, please visit PIHHealth.org/BreastHealth.

To make an appointment for a mammogram, please call the Breast Health Center in Whittier at 562.907.0667, PIH Health Mammography - Hacienda Heights at 626.225.4805 or the Radiology Department at PIH Health Hospital - Downey at 562.904.5555.
A Legacy of Love
A Sister Establishes Endowment Fund to Honor PIH Health Founding Physician

Legacy gifts come in all shapes and sizes — and they’re often as unique as the individuals who so generously give them. That’s certainly true for Dorothy Dewhirst Kosowsky, who has taken a creative approach to her giving. She recently committed the proceeds from the sale of her home to establish an endowment fund at PIH Health Foundation — all to honor her late brother, James H. Dewhirst MD.

Dr. Dewhirst was a man who cared deeply about his patients, the community and the far-reaching value of PIH Health. When he passed away in December 2013, the world lost a caring man, an advocate for a better future and a well-respected member of the PIH Health team. Sadly, he passed before he learned about his sister’s surprise plan — but those who knew him believe he surely would have appreciated the honor.

Not only did Dr. Dewhirst practice Family Medicine in Whittier and Hacienda Heights for 44 years, he was Chief of Staff at PIH Health Hospital - Whittier in 1981, on the Board of Directors for six years (1982-1988) and elected Director Emeritus in 1988. He retired in 2003. He lived and worked to make the world a better place, and his family is proud to help his life’s work live on.

“He not only helped establish PIH Health, the hospital was his second home and he was a strong advocate even after he retired,” said Dewhirst Kosowsky who helped raise her brother and describes him as the anchor of their family. “Creating the endowment fund is a way of honoring him because he loved family medicine so much. He really cared about his patients and would always put them first.”

The Dewhirst endowment fund will be used to support the PIH Health Family Medicine Residency Program to help provide services for the in-home healthcare program. As an open endowment fund, others can make contributions in Dr. Dewhirst’s honor.

Through her generous donation and his dedication to PIH Health, Dorothy Dewhirst Kosowsky and James H. Dewhirst MD have both made a lasting impact on PIH Health’s Family Medicine Residency program.

“Through her generous donation and his dedication to PIH Health, Dorothy Dewhirst Kosowsky and James H. Dewhirst MD have both made a lasting impact on PIH Health’s Family Medicine Residency program.”

Did You Know?
PIH Health Foundation Offers Charitable Gift Annuities
It’s said that when we give, we often receive more than we thought imaginable.

A charitable gift annuity is a great example of one type of gift that gives back. It provides a way to make a gift to PIH Health, while also receiving an income for yourself or others. By funding a charitable gift annuity with a gift of cash or appreciated assets, you can receive secure, lifetime payments at a rate based on your age, all while supporting the mission of PIH Health.

Would you like to see how a gift annuity could increase your income and save taxes now? Our website features a gift annuity calculator that can illustrate the income and tax benefits for you. Simply visit PIHHealth.org/CGA.

For more information about charitable gift annuities that support PIH Health — or other planned giving opportunities — please contact PIH Health Foundation at 562.698.0811 Ext. 81598 or Nicole.Jackson@PIHHealth.org.
Not Just for Children
Why Adults Need Immunizations, Too

When it comes to staying healthy and preventing illnesses, sometimes we all need a shot in the arm. Literally.

Regardless of our age, regular immunizations are important for keeping us healthy and protecting us from diseases that may otherwise be life-threatening. Even if you have received vaccines as a child that immunity wears off over time, and you may be at risk for new and different diseases as an adult including flu, shingles, tetanus, whooping cough (pertussis), cervical cancer, pneumonia, hepatitis A and B, typhoid and more.

Which Vaccines Do You Need?
The specific immunizations you need as an adult depends on your age, lifestyle, health conditions, travel locations and previous immunizations.

“Certain life changes can also dictate the need for immunizations,” said Grace Jae MD, PIH Health Family Medicine physician at La Mirada. “For example, most adults need a tetanus booster every 10 years, but pregnant women need a booster with each pregnancy,” added Dr. Jae. “In addition, we recommend the whooping cough vaccine (pertussis) for any new parents and even grandparents who will be interacting with babies and young children.”

At right is the current adult immunization schedule suggested by the Centers for Disease Control and Prevention (CDC), but ask your doctor which vaccines are right for you.

Talking to Your Doctor About Immunizations.
Like many health concerns, communicating openly with your physician about vaccines is important. Dr. Jae says that all questions are welcome and warranted, but to stay on top of your preventative care, ask specific questions such as:

› Am I due for any vaccines?
› What vaccines are appropriate for my age?
› Based on any recent life events or changes, which vaccines are most important?
› Based on any new health conditions, diagnoses or surgeries, will I be more susceptible to certain infections?

Dr. Jae also recommends bringing immunization records — especially verification of any recent vaccines given at local pharmacies or other locations outside of your doctor’s office — to your office visit so your electronic health record can be kept up-to-date.

Your need for immunizations does not end when you reach adulthood. Make an appointment with your primary care physician today to discuss any needed immunizations.

If you would like to schedule an appointment with a PIH Health Family Medicine doctor, visit PIHHeath.org/Find-A-Doctor or call 1.877.285.DOCS (3627).

Recommended Adult Immunization Schedule*

<table>
<thead>
<tr>
<th>VACCINE</th>
<th>AGE (in years)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19-21</td>
</tr>
<tr>
<td>Influenza (flu)</td>
<td>1 dose annually</td>
</tr>
<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)</td>
<td>Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years</td>
</tr>
<tr>
<td>Varicella (shingles and chickenpox)</td>
<td>2 doses</td>
</tr>
<tr>
<td>Human papillomavirus (HPV) Female</td>
<td>3 doses</td>
</tr>
<tr>
<td>Human papillomavirus (HPV) Male</td>
<td>3 doses</td>
</tr>
<tr>
<td>Zoster</td>
<td>1 dose</td>
</tr>
<tr>
<td>Measles, mumps, rubella (MMR)</td>
<td>1 or 2 doses</td>
</tr>
<tr>
<td>Pneumococcal 13-valent conjugate (PCV13)</td>
<td>1 dose</td>
</tr>
<tr>
<td>Pneumococcal polysaccharide (PPSV23)</td>
<td>1 or 2 doses</td>
</tr>
<tr>
<td>Meningococcal</td>
<td>1 or more doses</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>2 doses</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>3 doses</td>
</tr>
<tr>
<td>Haemophilus influenzae type b (Hib)</td>
<td>1 or 3 doses</td>
</tr>
</tbody>
</table>

For all persons in this category who meet the age requirements and who lack documentation of vaccination or have no evidence of previous infection; zoster vaccine recommended regardless of prior episode of zoster

Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indication)

No recommendation

*Immunization schedule based on recommendations from the Centers for Disease Control and Prevention. For more information, please visit cdc.gov/vaccines/schedules/hcp/imz/adult.html.
Early Detection: Key to Colon Cancer Prevention

In 2013, Monica Carlos’ father was diagnosed with stage one colon cancer after a routine colonoscopy. Following the diagnosis, Monica and her family discovered their family history included colon cancer – both her grandfather and great-grandfather. Carlos, a 34-year-old pre-Kindergarten teacher, spoke with her father’s doctor, John Lah MD at the PIH Health GI Center, at great length and scheduled her own appointment for a colonoscopy screening.

“I put the screening off for about a year because I was a little nervous about what the procedure entailed,” Monica said. “Based on my father’s screening, I was also nervous about the results, but I needed to know so I scheduled the procedure. Both the procedure and the preparation beforehand were smooth and easy. My results came back completely normal.”

Monica will return for another screening in five years to ensure her gastrointestinal (GI) health has remained intact. According to the American Cancer Society, people who are at an increased or high risk of colorectal cancer should begin screenings before age 50 and should also be screened more often.

However, those who are not at an increased risk, otherwise known as average risk patients, are recommended to be screened every 10 years.

People who are at an increased risk for colorectal cancer include:

- Those with a personal history of colorectal cancer or adenomatous polyps
- Those with a personal history of inflammatory bowel disease (ulcerative colitis or Crohn’s disease)
- Those with a strong family history of colorectal cancer or polyps
- Those with a known family history of hereditary colorectal cancer syndrome

“Dr. Lah genuinely cared about my health and wellness and explained the screening in a way that put me at ease,” Monica added. “The procedure wasn’t uncomfortable or invasive; and I was in and out of the office in no time.” Monica said. “There’s really no reason to put it off — the earlier something is caught, the easier it is to treat.”

For more information on colonoscopy screenings or to schedule an appointment, call the PIH Health GI Center in Whittier at 562.698.0306 or contact the Endoscopy Department at PIH Health Hospital – Downey at 562.904.5555.

“According to the American Cancer Society, people who are at an increased or high risk of colorectal cancer should begin screenings before age 50 and should also be screened more often.”

Early Detection is Also Key in Lung Cancer Prevention

Did you know that lung cancer is the leading cause of cancer death in both men and women in the United States? Because of this alarming statistic, PIH Health is pleased to offer a Lung Cancer Screening Program. This program is recommended for the following high-risk patients:

- Those ages 55 to 80;
- Smoking history equivalent to one pack per day for 30 years; and
- Is a current smoker or has quit within the past 15 years

Even if you have already quit smoking, you may still be at risk for developing lung cancer. When people start to experience symptoms, it usually means the cancer is already in later stages and is more difficult to treat.

If you meet the above criteria, you may be eligible for a low-cost screening exam. For more information, please contact our nurse navigator at 562.967.2892.

Pictured above and to the left, happy and healthy PIH Health patient Monica Carlos enjoys spending time with her father.
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.

[A] Because of your skin type and family history, you are in a high-risk group for skin cancer and should watch your skin carefully for any new or changing skin spots. Specifically, you should be on the lookout for any mole, spot or skin growth that changes in size, color, shape or any mole, spot or skin growth that is always best to have it examined by a dermatologist.

A. People need sleep to function and we need good sleep to function well. Energy, alertness, attention and mood are all commonly affected by the amount of sleep we get. These things in turn, can affect daily decisions that affect our health, such as whether or not you decide to exercise today or whether you spend the effort to make your dinner at home or eat out. The right amount of sleep is different for everybody. Some people only need about five to six hours while others need eight hours of sleep at night. The ideal amount, on average, may be somewhere close to eight hours of uninterrupted sleep per night. Don’t forget that a good nap in the middle of the day helps too.

Richard Lik-Kay Yung DO
Family Medicine at La Habra

Q. My husband was recently diagnosed with diabetes and we have been referred to an endocrinologist. Why?

A. Endocrinologists are specially trained physicians who treat conditions of the endocrine system (a complex group of glands that produce hormones). Insulin is one of many hormones produced. Therefore, an endocrinologist’s role is to assess the levels of insulin your husband’s body is making and determine the best diabetes treatment plan for him. This includes identifying the best medications, as well as providing information about diet, exercise, hygiene and other lifestyle changes that will help to manage your husband’s condition.

Your endocrinologist can also provide referrals to other specialists (like psychiatrists and dieticians), if needed. Since diabetes is often associated with other endocrine disorders, it’s important to have an endocrinologist as part of your husband’s care team to help identify and manage any of these other conditions.

Ghasak Amer Mahmood MD
Endocrinology

Q. Why is sleep important for staying healthy and how many hours of sleep at night is considered ideal?

Q. I have fair skin, blue eyes and a family history of skin cancer. How do I know when a skin spot should be seen by a dermatologist?

A. Because of your skin type and family history, you are in a high-risk group for skin cancer and should watch your skin carefully for any new or changing skin spots. Specifically, you should be on the lookout for any mole, spot or skin growth that changes in size, color, shape or any mole, spot or skin growth that inflamed skin wounds that do not heal or disappear within six weeks.

We suggest examining your skin from head to toe every few months, using a full-length mirror as well as a hand mirror to view your scalp, backs of ears and other hard-to-see places.

[Avanta Collier MD]

Dermatology
12462 Putnam St., Suite 501
Whittier, CA 90602
562.789.5429

Ghasak Amer Mahmood MD
Endocrinology
12291 Washington Blvd., Suite 205
La Habra, California 90631
562.789.5990

Richard Lik-Kay Yung DO
Family Medicine at La Habra

Make Sure Your Doctor is Affiliated with PIH Health’s Award-Winning Group of Physicians

PIH Health Physicians is the only physician group exclusively affiliated with PIH Health. Recently, PIH Health Physicians achieved Elite Status in the California Association of Physician Groups (CAPG) Standards of Excellence Awards for the third consecutive year. The survey measures organizations’ contributions to improving healthcare.

If you would like to make the switch to a PIH Health-affiliated doctor, contact the PIH Health Physicians Information and Referral Service. The free service is available to 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. For a referral by phone, please call 1.877.285.DOCS (3627). You can also visit PIHHealth.org/Find-A-Doctor for information on all of PIH Health-affiliated doctors.
FALL 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.

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 Fl and Frank L. Scott Conference Center at PIH Health Hospital - Whittier.

CA CANCER TOPICS
Explore, Express, Emote: Cancer Survivors & Caregivers Art Workshops
Second Thursday of each month
9:30 am - 12:00 pm
YMCA of Greater Whittier
12105 Hadley Street, Whittier, CA 90601
October is National Breast Health Awareness Month. Join us as we discuss the importance of early detection, learn the importance of self-check-ups, as well as the signs and symptoms of breast cancer. Registration required. Call Ext. 10302 or email Community.Health@PIHHealth.org.

Introduction to Reiki Healing Touch Therapy Classes
Wednesday, October 22, 2014, 6 - 8:00 pm
Reiki is a method of transmitting healing balancing energy to 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 wellbeing. This technique has been found helpful for patients and caregivers. Registration Required. Call Ext. 12777.

Reiki Healing Touch Sessions
First and third Wednesdays of the month
6 - 8:00 pm
Ruby L Goldberg Radiation Oncology Center Cancer patients, survivors and caregivers can experience the calming and balancing feelings of Reiki in a group setting. A brief discussion of Reiki is followed by a meditation session and each person participates in giving and receiving Reiki. Cost: Free. Registration Required. Call Ext. 12777.

Zumba Gold
Most Saturdays, 9:15 - 10:15 am
Open to all, Zumba Gold® dance-thrives provides modified, low-impact moves and effective cardio workout. Zumba Gold® is for those going through treatment or recovering from illness or injury and older adult. Cost: Free. Registration Required. Call Ext. 12777.

HEART
Cardiac Rehab Lecture Series
Wednesday, 3 - 4 pm
This continuing series of six free community education classes includes presentations on a variety of heart-related topics including the structure and function of the heart, reading and understanding food labels, benefits of regular exercise, understanding heart medications, managing stress and the emotional aspects of heart disease. Registration is Optional. Call Ext. 12733.

The Flu Ends With “U”
Monday, September 22, 2014, 5 - 6:45 pm
Gu papers, 12355 Walnut Street, Whittier, CA 90602
10 am - 1 pm
PIH Health Hospital - Whittier
Community.Health@PIHHealth.org. Please send an email to Community.Health@PIHHealth.org. PIH Health is proud to offer a variety of classes for expecting families. Below is a list of some of the classes that are offered at PIH Health:

CHILD BIRTH

Newborn Care
Preparation for Childbirth Series Cesarean Childbirth Childbirth Retraining Big Babes Stolling Orientation Preparation for Breastfeeding Childbirth Basics (offered in English, Spanish and Mandarin) Intent/Toddler Safety and CPR (offered in English, Spanish and Mandarin)

For more information on classes offered at PIH Health Hospital - Downey, please call 562.504.5580.

Exercise

Healthy Heart Nutrition Classes
Wednesday, October 8, November 12 and December 10, 2014, 4 - 7 pm
PIH Health Hospital - Downey

Diabetes Education Center
Saturday, November 1, 2014, 9:30 - 11:30 am
Wells Medical Office Bldg.
12482 Palm St., Suite 303
Whittier, CA 90602
The Diabetes Education Center provides individualized education, monthly classes and ongoing support. The Diabetes Education Center is accredited by the American Diabetes Association and a probe for the California Sweet Success Program for gestational diabetes. All services are free and may require a physician’s referral. Ext. 11200.

 classes offered at PIH Health Hospital - Whittier

Preparation for Childbirth Series Cesarean Childbirth Childbirth Retraining Big Babes Stolling Orientation Preparation for Breastfeeding Childbirth Basics (offered in English, Spanish and Mandarin) Intent/Toddler Safety and CPR (offered in English, Spanish and Mandarin)

For more information on classes, dates and times, or to register please visit PIHHealth.org/Calendar or call Ext. 1541.

23
HIGH HEALTH AGING

MOVIN’ BETTER: SENIOR EXERCISE CLASS
PIH Health Hospital - Downey
11420 Brookshire Ave.
Downey, CA 90241
Thursdays, 12:15 - 1 pm
A senior exercise group designed to increase flexibility, balance, coordination, muscular strength and cardiovascular endurance set to lively music for older adults. Participants in wheelchairs or walkers welcomed! Low impact. Registration required.
Call Ext. 10030 or email Wellness.Center@PIHHealth.org.

TICK TOCK DON’T LET YOUR HEART STOP
Barbara J. Riley Community & Senior Center
7910 Golf Drive, Downey, CA 90242
Friday, October 3, 2014, 12:30 - 1:30 pm
Join a PIH Health Provider as we discuss the steps you can take to prevent high cholesterol, high blood pressure, and high triglycerides to help reduce your “bad” cholesterol level. Registration required.
Call 888.365.4450.

KEEPING YOUR EYES HEALTHY FOR A LIFETIME
La Mirada Activity Center
13810 La Mirada Blvd.
La Mirada, CA 90631
Thursday, October 23, 2014, 10 - 11 am
Taking care of your eyes is just as important as proper nutrition and getting the adequate amount of physical activity. As we age, it is not uncommon to experience age-related changes in our eyes. Join us for an interactive discussion as we uncover some of the common eye conditions as we age, and the steps you can take to protect your vision. Registration required.
Call 888.365.4450.

FALL PREVENTION DESERVES YOUR ATTENTION!
Norwalk Senior Citizens Center
14010 San Antonio Drive
Norwalk, CA 90650
Tuesday, October 7, 2014, 10 – 11 am
La Habra Senior Center
101 W. La Habra Blvd.
La Habra, CA 90631
Wednesday, October 15, 2014, 9 - 10 am
Veteran's Park Senior Center
6502 Lowell Street
Bell Gardens, CA 90201
Tuesday, October 21, 2014, 10 - 11 am
People with diabetes can develop serious problems with their feet that can affect the way a person walks. According to the Center for Disease Control, people with diabetes are eight times more likely to undergo an amputation. Join us for the interactive discussion during American Diabetes Month as we learn how this disease can contribute to your poor foot health, and steps you can take to help reduce your risk of poor foot health. Reservations required.
Call 888.365.4450.

HEALTHY EXERCISE CLASSES
FOR CAREGIVERS
A AARP Smart Driver Courses
FOR ADULTS AGES 55+
PIH Health exercise programs. To become a Life Connections member, call Senior Services at 888.365.4450.

FOR LIFE CONNECTIONS MEMBERS:
PIH Health offers a wide variety of health and wellness opportunities for you and your family.

Unless otherwise indicated, all community health education events, classes and support groups are free of charge and are held in the Rio and Frank L. Scott Conference Center at PIH Health Hospital - Whittier.

FALL 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 562.968.0811 and the extension noted.

FALL 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 562.968.0811 and the extension noted.
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.

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. 1416.

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.
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

**PIH Health Urgent Care Centers**
- Hacienda Heights 626.225.4900
- Whittier 562.947.7754

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

All student athletes and cheerleaders are welcome. Please wear shorts and tanks or athletic t-shirts. Bring forms from your school or program and a parent or guardian (required).

If you have Medi-Cal, please call for more information.

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

**PIH Health Hospital - Whittier Emergency Department**
12401 Washington Blvd.
Whittier, CA 90602
562.947.7754

**PIH Health Hospital - Downey Emergency Department**
11500 Brookshire Ave.
Downey, CA 90241
626.225.4900

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

Please Note: Wait times in the Urgent Care Center may be extended during holidays and winter months.

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