

# To Your Health

October is Breast Cancer Awareness Month

Fall 2007



What every woman should know about early detection, Page 2

## In this issue

- Comprehensive breast care you can count on Page 3
- Innovative heart procedure offers life-saving option Page 4
- Hoag ranked among top five percent in nation Page 5
- Community education classes Page 6
- Hoag Health Centers Page 7
- Taking your health to heart Page 8
- A gut feeling Page 9
- Acute stroke care Page 10
- Ask the doctor: Hoag on call Page 11



# What every woman should know about



Breast Cancer Survivor Rebecca Rudolph has gotten “right back into the swing of things” with family and friends thanks to her proactive approach to early detection.

## One woman in seven will be diagnosed with breast cancer during her lifetime. And although there is no method for predicting who will get breast cancer, there is one key factor for increasing the chances for survival – early detection.

“Early detection translates to higher survival rates because it increases the opportunity to catch cancer early – before it has spread to other areas within the body,” explains Robert O. Dillman, M.D., medical and scientific director of Hoag Cancer Center. “At Hoag, our five-year relative survival rate for localized [early stage] breast cancer is 100 percent, and our five-year relative survival rate for all stages of breast cancer combined is a remarkable 98 percent – 10 percentage points higher than the national figure.”

### The advantages of early detection

Detecting breast cancer early not only increases the likelihood of survival, but also provides other significant advantages that directly impact a woman’s quality of life.

For example, when diagnosed early, many women have the option of breast-conserving surgery (lumpectomy) rather than removal of the entire breast (mastectomy). Studies show that for small and medium-size breast cancers, lumpectomy, followed by radiation therapy, has the same long-term survival outcome as mastectomy. This important finding enables women to confidently opt for an equally effective surgical option that spares the breast.

Additionally, when breast cancer is detected early, targeted radiation therapy can often be employed rather than traditional whole breast radiation. Hoag Cancer Center was the first in Orange County to offer MammoSite®, an innovative high-dose radiation therapy that is localized just to the area of the breast where cancer has been removed, thereby sparing healthy surrounding tissue. Not only does this method result in a significantly shorter course of treatment (five days, rather than several weeks), it also offers the added benefit of far fewer side effects.

Another advantage to early detection is that it generally results in less negative impact on a woman’s overall health and well being. That’s because the course of treatment for early stage breast cancer is often shorter and less aggressive than those methods used to fight advanced stage cancers, thereby enabling women to return to their daily lives more quickly.

Diagnosing breast cancer early also empowers women to take more proactive steps in managing their long-term health. Women with certain types of breast cancer may opt for preventive approaches, such as hormonal therapies, that help to decrease their risk of recurrence. In addition, genetic risk assessment can determine if a woman is carrying specific gene mutations implicated not only in breast cancer, but other cancers as well. The earlier this important information is discovered, the greater the opportunity to proactively manage not only breast cancer, but also other potential health issues as well.

“It’s important for women to see early detection as a major benefit extending far beyond survival. Early detection also significantly impacts quality of life,” asserts Sandy Finestone, Psy.D., coordinator of breast care services at Hoag Cancer Center. “The earlier breast cancer is detected, the less invasive the treatment. The less invasive the treatment, the quicker the recovery time and the less likely a woman will face long-term health issues as a result of her cancer treatment.”

### Two women with a common goal

Perhaps no one understands the benefits of early detection better than those who have experienced it.

“I never thought breast cancer could happen to me, but I got those annual mammograms anyway, because that’s what women are supposed to do,” shares 52-year old Rebecca Rudolph. “I was shocked when a routine mammogram turned into a cancer diagnosis. But am now so thankful that it was caught so early!”

The good news is, because her cancer was found early, Rebecca was able to opt for lumpectomy over the removal of her breast. And although she had to undergo both radiation and chemotherapy, Rebecca’s outcome is great and she has gotten “right back into the swing of things”, including her passion for gardening.

# early detection

"I feel so blessed because of the excellent care I've received from Hoag, and because of all of the support from family and friends," she says with a smile. "Even though I had to go through this, the physicians and nurses at Hoag made it so manageable, and I know my treatment has been so much easier than it might have been had I not discovered my cancer so early."

Attorney Alissa Sandin can relate firsthand to Rebecca's story. At just 48 years of age, Alissa was diagnosed with breast cancer after a routine annual mammogram found an area of concern.

Like Rebecca, Alissa discovered her cancer early and was able to opt for breast-conserving surgery. And in Alissa's case, she was able to take advantage of MammoSite – an innovative high-dose radiation therapy known for its significant reduction in side effects and shorter course of treatment.

"I knew that mammograms are an important part of detecting breast cancer early, so I was vigilant about getting one each year," says Alissa. "Because my cancer was found so early, I was able to recover from my cancer quickly, and get back to enjoying my life."

Although they've never met, Rebecca and Alissa share a common bond – survivorship – and they also share a common goal – encouraging women to make their breast health a priority.

"I hope that women will read this and realize that although it takes time out of your busy schedule, annual mammograms are one of the most important things you can do to take care of yourself," asserts Rebecca.

"Our experiences are proof that breast cancer can happen to anyone, even healthy young women," adds Alissa. "The key is to catch it as early as possible."

**Hoag Breast Care Center will be presenting monthly breast health education classes that discuss the risks for breast cancer, as well as the proactive steps women can take to ensure early detection. Call 949/764-5454 for details, or see "October is Breast Cancer Awareness Month" on page 6.**

## Comprehensive breast care you can count on

As a leader in breast health, Hoag Breast Care Center remains committed to providing a full range of state-of-the-art breast care services performed by its multidisciplinary team of breast care experts, including:

- Orange County's first total direct-to-digital mammography services
- Orange County's first dedicated breast MRI program
- Dedicated breast ultrasound
- The latest advances in minimally invasive breast biopsy and breast surgery
- Dedicated breast radiologists and surgeons (specializing in breast imaging and surgery)
- Consultation, second opinions and follow-up care
- Breast health coordinators and support programs

And each of these services is delivered within the comfortable and elegant confines of Hoag Breast Care Center – providing patients with the convenience, reliability and timeliness that all-encompassing care brings.

Hoag's caring team of breast specialists consists of highly trained radiologists, technologists, surgeons, oncologists, radiation oncologists, pathologists, plastic surgeons, social workers, certified genetic counselors and breast care coordinators – each of whom is committed to delivering patient care with the utmost compassion.

### Winning the battle against breast cancer

No one is ever prepared for a cancer diagnosis. Fortunately, leading-edge breast cancer treatment is just steps away for Hoag Breast Care Center patients.

That's because Hoag Breast Care Center and Hoag Cancer Center work hand-in-hand to provide patients with a seamless transition to the most advanced breast cancer treatment options available.

Hoag Cancer Center offers the most comprehensive and highest volume breast cancer treatment program in Orange County – treating more than 400 new breast cancer patients each

year. And more than 70 percent of women treated at Hoag are able to opt for innovative breast-conserving surgery over mastectomy.

"It's the unparalleled collaboration between Hoag Breast Care Center's expert diagnostic capabilities and Hoag Cancer Center's aggressive leading-edge treatment options that have enabled Hoag to consistently achieve five-year relative survival rates for breast cancer that now exceed national figures by 10 full percentage points," asserts Robert O. Dillman, medical and scientific director of Hoag Cancer Center.

As part of Hoag's multidisciplinary approach to breast cancer, tumor case conferences are held twice monthly. This unique forum brings medical experts from all disciplines together to review cancer cases from every angle to ensure that the latest knowledge in breast cancer treatment is applied.

Another important element is Hoag's Hereditary Cancer Program. This program provides risk assessment counseling and genetic testing to individuals with a family history of cancer or other significant risk factors.

Additionally, Hoag Cancer Center offers a full spectrum of breast cancer support services, including support groups, workshops, exercise classes and one-on-one counseling and educational support through Hoag's breast cancer services coordinator. This type of personalized support is a unique facet not available at many medical centers, but one that brings knowledge and hope to Hoag patients.

### Comprehensive care with the patient in mind

Hoag Hospital's philosophy of care reaches beyond our state-of-the-art facilities and expertise in comprehensive breast care services. Our specialized team of breast health experts are committed to providing compassionate care tailored to the individual needs of each patient.

**For more information about Hoag's comprehensive breast care services, please call 800/514-HOAG (4624).**

# Innovative heart procedure



**A group of Hoag physicians looked on in anxious anticipation as their colleagues, Drs. Haskell, Hunter, Levin and Raney, performed an innovative heart procedure – for the first time at Hoag Hospital. For this patient, use of the TandemHeart® was simply the best option. And although any uncharted territory presents inherent risks, it was the clear choice as far as Colene Dinsdale was concerned.**

After being rushed to the hospital due to shortness of breath, Colene was diagnosed with Congestive Heart Failure (CHF) and pneumonia. CHF is a relatively common condition, especially at Hoag Heart and Vascular Institute where CHF patients are treated frequently. In Colene's case, her CHF was secondary to underlying coronary disease. In normal circumstances, a coronary artery disease patient with CHF, would generally undergo bypass surgery or angioplasty to restore coronary flow to the heart muscle. However, Colene's situation was unique for a number of reasons.

Having been a smoker for many years, Colene had serious problems with her lungs and heart. An angiogram revealed that her left main coronary artery was 90 percent blocked. Colene also had severe blockages in her remaining arteries. In this situation, the angioplasty on the left main artery could compromise the already limited flow of Colene's other coronary arteries during the procedure.

In addition, her EKG and echocardiogram revealed evidence of a previous "silent" heart attack, which further weakened her heart muscle. Due to these circumstances, the prospects for successful angioplasty or bypass surgery were grim. This led her physicians to consider other options – namely, the TandemHeart.

"Although the TandemHeart is a relatively new device that is rarely indicated for use, due to this patient's individual scenario, it was considered a viable option," explains Richard Haskell, M.D., medical director of cardiology at Hoag. "The physicians of Hoag Heart and Vascular Institute are some of the most highly skilled in the country, and are well-equipped to perform procedures of this magnitude."

Essentially, the TandemHeart is an external artificial pump that can bypass the normal circulatory path within the heart. In cases such as Colene's, this enables the cardiologist and heart surgeons to perform a high-risk angioplasty while supporting the function of the heart, without having to do open heart surgery.

## Breakthrough technology increases options for heart patients

Utilizing the TandemHeart® PTVA® (Percutaneous Transseptal Ventricular Assist) System, cardiologists and cardiovascular surgeons at Hoag Hospital are helping heart patients survive heart attacks, high-risk procedures and other cardiac interventions without undergoing major surgery.

TandemHeart allows cardiac specialists at Hoag to provide mechanical circulatory support for patients. Guided through the femoral vein to the heart and connected to a pump outside the body, TandemHeart pulls oxygenated blood from the left atrium and returns it to the heart and vital organs.

This increase in blood flow helps to save vital organs and gives damaged hearts a chance to heal when patients experience acute heart conditions.

The device assumes approximately 85 percent of the heart's pumping function, improving blood flow until the patient is strong enough to undergo surgery or angioplasty. The device is also being used in supporting circulation during high-risk coronary interventions in Hoag's cardiac catheterization lab.

"Prior to this device, we were wary to perform angioplasty on patients with acute heart failure and left main artery blockage because of the high risk for serious complications," explains Hoag's Medical Director of Cardiology Richard Haskell, M.D. "Using TandemHeart, we are able to sustain these patients through artery-opening procedures and successfully treat the blockage."

Hoag Hospital is the only nonacademic-affiliated medical center in Southern California offering this breakthrough technology, providing a critical resource for heart patients in Orange County.

**For more information about TandemHeart, please speak with your cardiologist, or call Hoag Heart and Vascular Institute at 949/764-5598.**

– continued on page 5

# offers life-saving option

Upon reviewing each of the options with Colene, her physicians maintained a strictly unbiased position. They presented the facts and potential risks of the two options – bypass surgery or the TandemHeart – allowing Colene to make an informed decision.

“They told me that this would be the first time that angioplasty with the use of the TandemHeart had ever been attempted at Hoag,” recalls Colene. “Dr. Haskell felt very confident that the team could do it, but there was still always that risk.”

“After speaking in detail with Dr. Haskell and my primary cardiologist, Dr. Porzio, I felt very confident with them,” continues Colene. “I strongly believe that we are all in God’s hands – something inside me just said, ‘This is the way you should go.’”

During the procedure, Dr. Hunter inserted a catheter into Colene’s femoral vein then threaded the catheter into her left atrium to withdraw oxygen-rich blood into the TandemHeart pump.

Drs. Raney and Haskell proceeded to bypass the diseased coronary artery by attaching the device. At that point, the TandemHeart provided oxygen-rich blood to Colene’s heart and vital organs while Drs. Haskell and Levin performed the angioplasty.

Later that evening, Colene awoke doing well. And within just two days, she was able to return home. Since then, she’s had a smooth recovery. In fact, a recent angiogram revealed that her arteries are open and blood flow is excellent.

Now, less than a year after this life-changing experience, Colene’s life has returned to normal. She has resumed caring for her sister, spending time with the rest of her family and her miniature pincher, Gracie. Colene has also committed to living a more heart-healthy lifestyle. Following her procedure, she quit smoking, and now maintains a healthier diet.

While Colene’s story began much like one out of a television drama, due to the exceptional level of care at Hoag Heart and Vascular Institute, it ultimately ended – true to form – with a happy outcome.

## Hoag ranked among top five percent in nation

Hoag Hospital has been named as a recipient of the *2007 Distinguished Hospital Award for Patient Safety*, according to HealthGrades®, the nation’s leading independent health care ratings company.

This distinction reflects Hoag’s performance among the top five percent nationally for patient safety outcomes. Hoag is one of only two hospitals in California to receive the Distinguished Hospital Award for Patient Safety and to also be ranked among the top five percent nationally for overall clinical excellence in 2007.

“This recognition is a testament to our excellent nurses, physicians and staff working together and being ever vigilant to improve the safety for our patients,” says Hoag Chief Quality Officer Jack L. Cox, M.D., M.M.M.

In its *Fourth Annual Patient Safety in American Hospitals Study*, HealthGrades independently analyzed nearly 40 million Medicare patient records from federal fiscal years 2003 to 2005 using 13 patient safety indicators developed by the federal Agency for Healthcare Research and Quality (AHRQ).

The study found that on average, patients at Distinguished Hospitals for Patient Safety are 40 percent less likely to experience an adverse, preventable event during their stay than patients treated at the bottom-performing hospitals.

**This study, as well as the HealthGrades® ratings for all hospitals nationwide, is available online at [www.healthgrades.com](http://www.healthgrades.com).**



## September

### Breaking the Silence

Learn more about urinary incontinence, its causes and the treatment options available for improving your quality of life. Presented by Urogynecologist Matthew H. Clark, M.D., medical advisor for Hoag Continence Center.

**Wednesday, September 5, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Women and Heart Disease

Cardiovascular Disease (CVD) is the leading cause of death for women. Join us for a discussion about female heart health issues and the lifestyle changes that can reduce your risk for heart disease. Presented by Cardiologist Dipti Itchhaporia, M.D., medical director of disease management at Hoag Heart and Vascular Institute.

**Tuesday, September 11, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Understanding Arrhythmia

An abnormal rhythm of the heart is one of the most common disorders seen by cardiologists today. Learn about the signs, symptoms and current treatment techniques. Presented by Cardiologist Brian M. Chesnie, M.D.

**Tuesday, September 18, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### My Aching Knee

Learn about diagnosis and the latest treatment options in knee replacement used to reduce your hospital stay and recovery time. Presented by Orthopedic Surgeon Alan Beyer, M.D.

**Thursday, September 20, 6 p.m.**

**at Newport Orthopedic Institute in Newport Beach**

### Nutrition and Weight Loss

Most people know that eating right is the key to losing weight, but fad diets and junk food often foil our best efforts. Join us for a discussion on how proper nutrition can reduce the risk of obesity and get you back on track toward reaching a healthy weight. Presented by Clinical Nutritionist Shilpa Deshmukh, M.D.

**Thursday, September 20, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Medicare 101

A comprehensive class for seniors nearing their 65th birthday or those wishing to switch to a Medicare Advantage Plan affiliated with Hoag. Learn about Social Security and Medicare benefits as well as the Medicare Advantage Plan choices. Continental breakfast served. Presented by Robin Whyte of Greater Newport Physicians. Reservations required. Please call 949/764-8161.

**Saturday, September 22, 9:30-11:30 a.m. or Saturday, November 17, 9:30-11:30 a.m.**

**at Hoag Conference Center in Newport Beach**

## October

### October is Breast Cancer Awareness Month

Are you at risk for breast cancer? Most women tend to either overestimate or underestimate their risk for breast cancer. Find out the truth about who is at risk, and the key strategies for proactively managing your risk for breast cancer. This unique class helps women separate fact from fiction and identify important resources for breast health.

**For class dates and times, please call Hoag Breast Care Center at 949/764-5454.**

### Living with Hearing Loss

Dealing with hearing loss can put a strain on a person's social interactions and negatively affect their self-confidence. Join us to discuss options for treating loss of hearing, and ways of managing it. Presented by Otolaryngologist Jack Shohet, M.D.

**Wednesday, October 3, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Modern Management of Brain Tumors

Do you or someone you love have a brain tumor? Join us for an informative discussion on the latest in brain tumor management, research and treatment options. Presented by Neurosurgeon Christopher Duma, M.D., medical director of Hoag Gamma Knife Center.

**Monday, October 8, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Innovations in BPH

Benign Prostatic Hypertrophy (BPH) refers to the increase in size of the prostate seen in middle-aged and elderly men. Learn about the latest medical, herbal and surgical treatments, including laser therapy for BPH and treatment options for prostate cancer. Presented by Urologist Stephen Auerbach, M.D.

**Tuesday, October 9, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Maybe a Baby

Learn everything you need to know before pregnancy. Presented by OB/GYN Bernard Feldman, M.D.

**Monday, September 24, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Rhinoplasty: Balancing Form with Function

Do you or a loved one snore or have difficulty breathing through the nose? If so, join us for a discussion about functional rhinoplasty – an outpatient procedure that not only improves the ability to breathe through the nose and minimize snoring, but also shapes the nose to fit the face for a natural-looking result. Presented by Otolaryngologist Rami K. Batniji, M.D.

**Wednesday, September 26, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Allergies and Asthma

Do allergies and asthma affect your quality of life? Join us for an informative discussion on allergy and asthma management, and learn about the latest treatments and therapies available. Presented by Otolaryngologist Henry B. Bikhazi, M.D.

**Wednesday, October 10, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Orange County Conference for Women

The City of Newport Beach and Hoag Hospital present "Keeping women healthy in body, mind and spirit." For more information or to register, please call 949/548-2411 or visit [www.ocwomen.org](http://www.ocwomen.org).

**Tuesday, October 16, 8:30 a.m.–1 p.m.**

**The Balboa Bay Club & Resort Newport Beach**

### Are You at Risk for Thyroid Disease?

Should you be screened for thyroid disease? Join us for a discussion on the signs and symptoms of thyroid dysfunction, as well as the screening methods developed to detect thyroid disease. Presented by Endocrinologist Amy Teresi, M.D.

**Tuesday, October 16, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Healthy Caregiving: Mind, Body and Spirit

Caregivers often compromise their own health in an effort to meet the complex needs of a loved one with Alzheimer's disease or another dementia. Yet, taking care of oneself is one of the most important things caregivers can do for both themselves and their loved ones. Caregivers attending this workshop will gain skills to stay emotionally and physically healthy. Presented by Cordula Dick-Muehlke, Ph.D.

**Thursday, October 18, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Latest Advances in Hip Replacement

Learn about the diagnosis and latest treatment options in total hip replacement. Presented by Orthopedic Surgeon Steven Gausewitz, M.D.

**Tuesday, October 23, 6 p.m.**

**at Newport Orthopedic Institute in Newport Beach**

### Disease Prevention

Coronary artery disease is the leading cause of death, and diabetes is the fastest growing chronic disease in the nation. Learn key strategies and lifestyle changes that can help you prevent serious diseases from taking hold of your life. Presented by Internist Kalena Hwang, M.D.

**Wednesday, October 24, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Managing Fecal Incontinence

Fecal Incontinence is a condition that affects many Americans. Please join us for a discussion on the diagnosis, evaluation and available treatment options for this common problem. Presented by Gastroenterologist Phuong Nguyen, M.D., medical director of Hoag Advanced Endoscopy Center.

**Thursday, October 25, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Sexual Health and Intimacy

Join us for an in-depth discussion on how hormonal changes and chronic medical conditions can impact a woman's sexual health and intimacy. Common female sexual concerns will be discussed, as well as key strategies for enhancing and improving sexual function and intimacy. Presented by OB/GYN and Clinical Sexologist Michael Krychman, M.D., medical director of Hoag's Sexual Medicine Program.

**Monday, October 29, 6 p.m.**

**Hoag Conference Center, Newport Beach**

### Stress and Blood Pressure

A discussion about the recent discoveries on stress and its profound effects on blood pressure and the heart. Learn about new prevention and treatment strategies that recognize the vital connections between our cardiovascular system and our emotions. Presented by Family Practice Physician Todd A. Forman, M.D.

**Tuesday, October 30, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Stroke: The Warning Signs

Stroke is the number one cause of adult disability and the third leading cause of death in the U.S. Join us to learn the risk factors and warning signs of stroke. Presented by Neurologist David Brown, M.D., medical director of Hoag's Stroke Program.

**Wednesday, October 31, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Lung Cancer Early Detection

Hoag's Lung Cancer Early Detection (LCED) program uses the latest low-radiation CT scanning technology to detect even the smallest lung abnormalities. LCED is ideal for anyone over age 40 with a risk of lung cancer. This includes current or past smokers, those living with second-hand smoke and those who have been exposed to asbestos, radon gas or benzene. Cost is \$295. To schedule an appointment, please call 949/764-5573.

### Support for Mothers of Newborns

Hoag offers a Postpartum Adjustment Group for new mothers experiencing baby blues or postpartum depression. This free ongoing group focuses on teaching positive coping skills and providing support and education. For more information, please call The Bridges for Newborns Program at Hoag Hospital at 949/764-6153.

## November

### November is Epilepsy Awareness Month

Hoag Epilepsy Center offers an interactive support group for adolescent and adult epilepsy patients. The group meets the first Wednesday of every month. For more information, please call **949/764-8319**.

### November is Alzheimer's Awareness Month

Hoag Hospital and Adult Day Services of Orange County have joined forces to expand dementia and Alzheimer's care in the community. JumpStart is an ongoing peer group offering support and education for individuals with Mild Cognitive Impairment or early-stage Alzheimer's disease and their care partners. For more information or to register, please call **714/593-9630**.

### Senior Health: Medicare and You

Turning 65, new to Medicare, or changing from an employer group plan? Learn the details about Medicare parts A and B, Medicare supplements (Medigap), 2008 Medicare Advantage HMO's, Part D prescription drug plans, and Hoag Hospital's GoldenHealth PLUS program. Presented by Senior Insurance Specialist Sue Tarvin.

**Monday, November 5, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Advances in Joint Replacement Surgery

Is joint pain affecting your formerly active lifestyle? Join us for a discussion on the latest innovations in joint replacement surgery. Presented by Orthopedic Surgeon James Cailloutte, M.D.

**Wednesday, November 7, 6 p.m.**

**at Newport Orthopedic Institute in Newport Beach**

### The Latest Advances in Epilepsy Treatment

Epilepsy can significantly impact a person's quality of life. Join us for a discussion on the latest advances in epilepsy treatment. Presented by Epileptologist Shawn Masia, M.D., Hoag Epilepsy Center.

**Thursday, November 8, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Cancer Survivorship

Join us for an in-depth discussion on how cancer treatment and survivorship can impact a woman's overall health and quality of life. This class focuses on improving general health and well being, reducing risks for cancer recurrence, and optimizing intimacy and sexual function. Key strategies for general health maintenance and techniques for enhancing and improving sexual function and intimacy will be discussed. Presented by OB/GYN and Clinical Sexologist Michael Krychman, M.D., medical director of Hoag's Sexual Medicine Program.

**Monday, November 12, 6 p.m.**

**Hoag Conference Center, Newport Beach**

### Curing Epilepsy: Surgical Treatments

Epilepsy can significantly affect a person's quality of life. Join us for a discussion on the latest advances in epilepsy treatment. Presented by Neurosurgeon Richard Kim, M.D., M.S., medical director of Hoag Epilepsy Center.

**Tuesday, November 13, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Ask the Cardiologist

Participate in a discussion about the latest advances in the treatment of heart disease. This interactive session provides you with the opportunity to ask specific questions about cardiovascular disease. Presented by Cardiologist Jeffrey Bruss, M.D.

**Tuesday, November 20, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Got Sleep?

Do you suffer from snoring, insomnia and/or excessive daytime sleepiness? Learn about the symptoms and treatment options available for sleep disorders. Presented by Pulmonologist Paul Selecky, M.D., medical director of Hoag Sleep Disorders Center.

**Tuesday, November 27, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Is Minimally Invasive Heart Surgery Right for You?

Join us for an informative presentation on minimally invasive heart surgery. Learn when this type of surgery is appropriate and how new techniques mean smaller incisions and shorter recovery time. Presented by Cardiac Surgeon Aidan Raney, M.D., medical director of cardiac surgery at Hoag Heart & Vascular Institute.

**Wednesday, November 28, 6 p.m.**

**at Hoag Conference Center in Newport Beach**

### Race for a Cure

You are cordially invited to join the Hoag Hospital Team at this year's Susan G. Komen Race for the Cure. This fun and inspiring event is perfect for individuals and families who want to help make a difference in the fight against cancer! To join the Hoag team, go online to [www.ockomen.org](http://www.ockomen.org), and click "Race for the Cure" and then "Register Online Now." Then select "Join a Team" and type in "Hoag Cancer Center." Or you can stop by the cancer center to pick up an official entry form. All participants will receive a Hoag T-shirt, Race for the Cure shirt and race-day bib. For more information, please call Hoag Cancer Center at **949/764-8071**.

**Sunday, September 23**

**at Fashion Island in Newport Beach**

Bringing quality health care to your neighborhood

Hoag Health Centers are a convenient way to receive first-rate medical care from Hoag Hospital physicians. Hoag Health Centers offer:

- Urgent care and/or extended hours in most health centers.
- Most insurance plans accepted. (Check with your health care provider directly.)

Listed below are some of the services featured at Hoag Health Centers.

For more information, please call the health center phone number listed.



#### Hoag Health Center-Aliso Viejo

26671 Aliso Creek Road (in Aliso Viejo Town Center) – 949/425-0550

- Primary Care (Family Practice, Internal Medicine and Pediatrics)
- Eight Specialty Services
- Hoag Breast Care Center
- Pediatric Subspecialists (affiliated with CHOC)
- Physical Therapy
- Hoag Imaging Center
- Laboratory Services



#### Hoag Health Center-Costa Mesa

1190 Baker Street (at Fairview) – 714/668-2550

- Primary Care (Family Practice and Pediatrics)
- Hoag Breast Care Center
- Hoag Imaging Center
- Physical Therapy
- Urgent Care Center (Open 8 a.m. - 8 p.m., weekdays only.)
- UrgiKids (Pediatric Urgent Care)  
(Open 6-9 p.m. Monday through Friday. Open weekends and holidays from 9 a.m. - 9 p.m.)
- Laboratory Services



#### Hoag Health Center-Fountain Valley

18255 Brookhurst Street (south of Talbert) – 714/378-4920

- Primary Care
- Physical Therapy
- Urgent Care Center (Open 8 a.m. - 8 p.m., seven days per week.)



#### Hoag Health Center-Huntington Beach

19582 Beach Boulevard (at Yorktown) – 714/378-4900

- Primary Care (Family Practice and Internal Medicine)
- 10 Specialty Services
- Hoag Breast Care Center
- Pharmacy
- Hoag Imaging Center
- Laboratory Services



#### Hoag Health Center-Irvine

4870 Barranca Parkway (at Creek) – 949/451-6006

- Primary Care (Family Practice and Internal Medicine)
- Seven Specialty Services
- Hoag Breast Care Center
- Physical Therapy
- Hoag Imaging Center
- Urgent Care Center (Open 8 a.m. - 8 p.m., seven days per week.)
- Laboratory Services



#### Hoag Health Center-Woodbury

6340 Irvine Boulevard (at Sand Canyon) – 949/559-6500

- Primary Care
- Urgent Care Center (Open 8 a.m. - 8 p.m. weekdays, and 9 a.m. - 5 p.m. on weekends)
- Hoag Imaging Center

#### Coming Soon!

- Hoag Health Center-Newport Beach



# Taking your health to heart

## Nearly twice as many women in the United States die of heart disease and stroke than from all forms of cancer combined.

Thanks to the ongoing educational efforts of organizations such as the American Heart Association, awareness of this fact continues to increase nationwide.

Yet despite increased awareness, many women remain unclear as to how to translate this insight into personal action – an important step that can lead to the prevention and early detection of cardiovascular disease (CVD) for the millions of women at risk.

As a natural extension of Hoag's commitment to improving the heart health of Orange County, the Sue and Bill Gross Women's Wellness Center has launched a new screening program designed to help women identify their own personal risk for cardiovascular disease. This new program will provide women and their physicians with important information that can be used to implement preventive or interventional strategies to enhance health and well-being.

### Heart Health Screening Program for Women

As a result of the collaborative efforts of Hoag's Women's Wellness Center, Hoag Heart and Vascular Institute, and Laboratory Services, Hoag has developed a low cost Heart Health Screening Program for women. Through this new program, women may receive the following services for a nominal fee:

- Review of family medical history and identification of personal risk factors for CVD
- Review of current medications
- Blood pressure measurement
- Body composition analysis
- Electrocardiogram (EKG)
- Carotid artery ultrasound (checks for plaques and calcifications within the carotid artery)
- Laboratory tests – fasting blood sugar and fasting lipid panel (cholesterol panel, triglycerides)
- A nutritional consultation with the Wellness Center's registered nutritionist
- Personalized risk report (using the well known Framingham Risk Assessment tool) with results provided to the woman, her primary care provider (PCP) and/or other designated physicians on the same day

"The most important benefit of screening programs is that they provide the opportunity to catch problems before they become a major health issue," asserts Vivian Dickerson, M.D., medical director of Hoag Women's Health Services. "Hoag is providing this low-cost heart screening program as a service to the women in our community, because it is our goal that every woman know and understand her personal risk for cardiovascular disease. This important knowledge enables women to partner with their physicians to take appropriate steps to reduce those risks before a cardiovascular event occurs."

So who is a candidate for Hoag's new Heart Health Screening Program? The answer is any woman who wants to be more informed about her own cardiovascular health. It's especially important for women age 40 and older to be screened, and any woman with one or more risk factors for cardiovascular disease. (See "Are You at Risk for CVD?")

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***"The most important benefit of screening programs is that they provide the opportunity to catch problems before they become a major health issue"***

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Every woman who completes the screening program will receive a personalized risk report. The report will classify a woman as either at low, moderate or high risk for CVD over the next 10 years. Women will then be advised accordingly to follow up with their primary care physician, and if necessary, a Hoag-affiliated cardiologist.

### A tool for prevention and early detection

"This screening tool provides more than just the opportunity to assess one's own risk of heart disease. It also serves as an opportunity for preventive education by encouraging dialogue between women and their physicians," says Dr. Dickerson. "We're all working together for the health of the community. Through this new program, I'm confident we can make a significant impact on the lives of countless women and their families."

**For more information about Hoag's new Heart Health Screening Program for women, or to schedule an appointment, please call the Women's Wellness Center at 949/764-5437.**

## Are you at risk for CVD?

According to the American Heart Association, cardiovascular disease (CVD) is the leading cause of death for both men and women in the United States, claiming nearly one million lives each year.

There are some risk factors for CVD that are unpreventable, such as increasing age, heredity (family history of heart disease), and previous heart attack or stroke. However, there are many risk factors that can be prevented, treated or controlled by focusing on lifestyle modification, and medication therapy, if necessary.

The risk factors that can be controlled include:

- **Smoking** – Smoking is the single most preventable cause of death in the United States. It is a major cause of heart attack, stroke and cancer for both men and women.
- **High Blood Cholesterol** – High blood cholesterol is a major risk factor for heart attack and stroke. Studies show that women's cholesterol is higher than men's from age 45 on.
- **High Blood Pressure** – High blood pressure is a major risk factor for heart attack, and the most important risk factor for stroke.
- **Physical Inactivity** – Studies show that heart disease is almost twice as likely to develop in inactive people than in those who are physically active. That's why the American Heart Association recommends at least 30 minutes of physical activity on most or all days of the week.
- **Overweight/Obesity** – Being overweight or obese puts an individual at increased risk for several life-threatening medical conditions, including diabetes, cancer, heart disease and stroke.
- **Diabetes Mellitus** – Diabetes significantly increases an individual's risk of developing cardiovascular disease. That's why it's critically important for individuals with diabetes to work with their health care providers to manage their condition, as well as control any other risk factors.

Knowing your risk for cardiovascular disease and discussing it with your physician is the first step in proactively ensuring heart health. It's also important to obtain regular medical examinations and screenings, as well as adopt a healthy lifestyle that includes a well-balanced diet and regular physical activity. Each of these is a positive step toward a healthier today and tomorrow.

# A gut feeling



to produce pictures of the organs within the abdominal region. Other imaging tools used to diagnose gallbladder disease include computer tomography (CT) and magnetic resonance imaging (MRI).

## Know your risk

Approximately 20 million Americans – about one in 10 adults – develop gallstones. Of that number, 14 million are women. The higher prevalence of gallstones among women has been linked to multiple pregnancies, hormone replacement therapy and birth control pills.

For both men and women, the possibility of developing gallstones increases with age. The risk for gallstones is also higher for people with the following medical

conditions: overweight/obese, high cholesterol, chronic intestinal inflammation and diabetes. Heredity also plays a role – Mexican-Americans, Native-Americans and those with a family history of gallstones have an increased risk for developing this condition during their lifetime.

## A counter attack

The good news is, the pain and discomfort associated with gallstones does not have to be a lifelong occurrence.

“There are a couple of non-surgical options for treating gallstones,” explains General Surgeon Colleen Coleman, M.D. “However, the significant risk for recurrence associated with these methods is the reason why most physicians recommend gallbladder resection.”

And although surgery may seem extreme, removal of the gallbladder is actually somewhat similar to the removal of the appendix. The main difference is that the gallbladder has an important function – regulating the bile in the stomach to help the body digest fat. Yet surprisingly, once the gallbladder is removed, the liver completely takes over this function.

“In most cases, gallbladder resection is the only permanent solution, because once patients produce gallstones, they will always produce gallstones,” continues Dr. Coleman. “It’s a problem with the function of the gallbladder.”

At Hoag Hospital, gallbladder surgery is most often performed utilizing a minimally invasive procedure called laparoscopic cholecystectomy. This procedure involves making four tiny incisions in the patient’s abdominal area, and removing the gallbladder through the navel. Since it is done laparoscopically, patients have minimal scarring, reduced post-operative pain, reduced risk for complications and faster recovery times.

“Laparoscopic cholecystectomy has become the gold standard in gallstone treatment, because the risks are very low and the gains are great,” asserts Dr. Coleman. “To live pain free is a privilege that everyone deserves.”

**Many individuals experiencing episodes of severe abdominal pain may mistakenly attribute it to stress or their diet. Yet surprisingly, it may be coming from an area of your body that you’ve likely never considered – your gallbladder.**

“The symptoms of gallbladder disease can vary greatly among individuals,” explains Internist Leslie Meserve, M.D. “The most common culprit behind gallbladder disease is gallstones, which generally presents as a sudden attack of nausea and/or vomiting, accompanied by severe pain in the abdomen. However, many patients with gallstones may suffer from just a single symptom, or may experience vague, generalized pain or discomfort in the abdominal region.”

Because the symptoms of gallstones often mimic those of ulcers, appendicitis, irritable bowel syndrome, and even heart attack, it’s important to receive immediate medical care in order to ensure a correct diagnosis, especially if other symptoms develop such as fever, chills or jaundice.

Gallstones are generally diagnosed by primary care physicians via a thorough medical history and examination, which may also include diagnostic studies such as abdominal ultrasound – a painless, non-invasive imaging test that uses sound waves

## Could it be gallstones?

When the symptoms of gallstones occur, they are often described as an “attack” because they happen suddenly, causing overwhelming pain or discomfort. The typical gallstone attack includes:

- Severe pain in the upper abdomen that steadily increases and lasts from 30 minutes to several hours
- Pain in the back, between the shoulder blades, and/or pain in the right shoulder or right side
- Nausea and/or vomiting

Gallstone attacks most often follow a fatty meal, and they may occur at night. Other symptoms of gallstones include generalized gastrointestinal discomfort such as abdominal bloating, gas/belching and indigestion.

If you, or a loved one, are suffering from any of these symptoms, it’s important to see your primary care physician for a thorough medical evaluation.

**To locate a Hoag-affiliated physician near you, please call Hoag Physician Referral at 800/514-HOAG (4624).**

# Surpassing national criteria for acute stroke care

## Hoag partners with surgeons to provide new outpatient surgery center

As part of the hospital's commitment to meeting the increased medical needs of the community, Hoag has partnered with more than a dozen affiliated surgeons to open a new outpatient surgical center in Newport Beach.

Hoag Outpatient Surgery Center is an innovative 6,700-square-foot facility providing the latest in laparoscopic and minimally invasive outpatient surgery. The center features three state-of-the-art surgical suites and the latest in advanced surgical technology. Its experienced surgical team and nursing staff provide expert care within a patient-centered environment.

"As technology continues to advance, so does the volume of outpatient surgeries," explains General Surgeon Ronald Katz, M.D., chair of the center's board of governors. "This joint venture between Hoag Hospital and its affiliated surgeons enables the hospital to provide streamlined, efficient access to the latest in innovative, minimally invasive surgical procedures to a growing number of patients."

**Hoag Outpatient Surgery Center is conveniently located directly across from the hospital's main campus at 351 Hospital Road, Suite 110. For more information, please call 949/642-3263.**

### Let us know

Hoag Hospital's award-winning *To Your Health* newsletter is published three times a year. If you have questions, comments, or a topic you'd like to see covered, please contact:

To Your Health Managing Editor  
Hoag Marketing and Corporate Communications  
One Hoag Drive, PO Box 6100  
Newport Beach, CA 92658-6100

The medical information contained in *To Your Health* should not be substituted for the advice of your personal physician.

## Every 45 seconds, someone in America has a stroke. It is the third leading cause of death, and the leading cause of disability in adults.

Our community is fortunate to have a comprehensive neurosciences program that provides stroke care rivaling the finest medical centers on the West Coast – Hoag Hospital Neurosciences. And now, with new criteria for acute stroke care having recently been determined, Hoag continues to excel regionally, as well as surpass national guidelines.

According to David Brown, M.D., medical director of Hoag's stroke program, "We not only meet, but also exceed, the new recommendations for acute stroke care – and we have for the last three years."

"It is exceptionally rare for a stroke center to exceed the criteria," explains Dr. Brown. "As such, we're keeping pace with the top stroke centers in the country."

Ranked among the top 10 percent in the nation for overall stroke care by HealthGrades®, Hoag provides comprehensive services for the evaluation, prevention, treatment and ongoing care of stroke patients—a combination that is undoubtedly gaining attention in the community, as evidenced by its growing popularity.

"The number of stroke cases at this hospital is incredibly high," cites Dr. Brown. "Right now it's around 375 a year, and is getting busier and busier. Other hospitals in the area see half that many patients."

### Awareness is key

Despite the growing number of patients treated at Hoag for stroke, there is still a large percentage of the community that is unaware of the symptoms and necessary actions to take when experiencing them.

"We're committed to educating the community about the importance of seeking emergency care when experiencing stroke-related symptoms," says Dr. Brown.

It's critical to seek immediate care at an emergency care unit if you, or a loved one, are experiencing any of the following symptoms:

- Sudden change in vision
- Sudden confusion or difficulty of speech
- Sudden weakness



- Sudden loss of balance or dizziness
- Sudden change in sensation
- Sudden severe headache, unexplained, often described as the worst headache ever

"The faster patients receive appropriate stroke treatment, the better their chances for survival, and for suffering the least amount of permanent damage," asserts Dr. Brown.

**For more information about Hoag's comprehensive stroke program, please call 949/764-6066.**

### A Special Note to Seniors 65 and Older:

Through a generous grant from Edwards Lifesciences, Orange County seniors may qualify to receive a heart valve screening at no cost. Seniors who have not had previous heart valve surgery or have not been diagnosed with heart valve disease may be eligible. For more information about this special program, please call 949/764-VALVE (8258).

## What health risks are associated with being overweight?

### Dr. Shilpa Deshmukh responds:

Being overweight places an individual at higher risk for life-threatening health issues, such as diabetes, cancer, heart disease and stroke. At even greater risk for serious health and medical complications are obese individuals.

That's why it's important to be aware of your Body Mass Index (BMI), a measurement based on your weight and height. Your physician can calculate your BMI, or you can calculate it online at the National Institutes of Health Website.

Individuals with a BMI of 25 to 29.9 are overweight. Over time, particularly without intervention and lifestyle modification, individuals can reach a BMI of 30 or higher, which places them within the obese category.

When it comes to weight loss, a change in lifestyle that incorporates a healthy diet, regular exercise and key behavioral changes, as well as addressing any underlying health issues, is important. Weight loss surgery can also be a successful option, however, many individuals regain the weight over time, if lifestyle modification is not a part of their treatment regime.

The key to successfully achieving and maintaining a healthy weight for a lifetime is to seek personalized care from a physician specializing in clinical nutrition. This physician will conduct a complete medical history and examination, and then create a sustainable weight loss plan tailored to the unique challenges and medical issues of the individual.



### Meet Dr. Deshmukh

Dr. Shilpa Deshmukh specializes in clinical nutrition and is board certified in internal medicine and bariatric medicine. She completed her internal medicine residency at University of Illinois and her clinical nutrition fellowship at

University of Chicago, where she conducted research in obesity and vitamin D metabolism.

The focus of Dr. Deshmukh's practice is on clinical nutrition. She treats both pediatric patients and adults for obesity and nutrition-related medical disorders. "Many of my patients have been through multiple treatment programs, and even surgery, before coming to see me. Other patients have chronic medical conditions that need to be addressed from a nutritional standpoint."

Dr. Deshmukh believes in taking a holistic approach that incorporates mind, body and spirit. "When you understand your patients needs, you can then partner with them to create tailored programs which address their unique health concerns."

**To schedule an appointment with Dr. Deshmukh, please call 949/645-0000.**

**Join Dr. Deshmukh on September 20 for her presentation on nutrition and weight loss. See page 6 for details.**

## Can chronic medical conditions impact a woman's sexuality?

### Dr. Michael Krychman responds:

Sexual concerns are common among women and can be attributed to many different issues, both physiologic and psychological, which can impact a woman's sexual health and desire.

Chronic illnesses, such as hypertension, cardiovascular disease, diabetes and neurological disorders, can often times impact a woman's sexual function. Additionally, many medications used to treat these conditions can affect the sexual response cycle and cause sexual dysfunction as well.

Sexual dysfunction is also a common consequence of cancer therapy and often persists after treatment is completed. In fact, studies report that 90 percent of female cancer survivors have some form of long-lasting sexual complaint.

Hormones also play a significant role in regulating a woman's sexual function. Therefore, perimenopausal and postmenopausal women often experience sexual problems, especially vaginal dryness and painful intercourse. These symptoms, as well as others, can affect a woman's desire for intimacy and greatly impair her quality of life.

Yet despite the high prevalence of sexual dysfunction among women, few seek treatment because of embarrassment, or the belief that such symptoms are inevitable with aging or chronic illness. It's important for women to be aware that these concerns can be successfully addressed and treated through a comprehensive sexual health program.



### Meet Dr. Krychman

Dr. Michael Krychman is a board certified OB/GYN and clinical sexologist. He completed his medical degree at McGill University and his residency at Cedars-Sinai Medical Center. Dr. Krychman also holds a master's degree in public health and human sexuality.

Dr. Krychman, an expert in the field of sexual medicine and cancer survivorship, recently relocated to Orange County to develop the new Sexual Medicine Program at Hoag Hospital. "Hoag's comprehensive sexual health and cancer survivorship program focuses on enhancing sexual health and intimacy for women who have survived cancer, are dealing with chronic illness, or are undergoing medical treatment that is impacting their sexuality," he explains.

Dr. Krychman wants every woman to know that sexual dysfunction can be successfully treated. "Addressing a woman's sexual health is an important dimension of treating the whole person," he adds. "Through individually-tailored treatment programs and close follow-up care, Hoag focuses on enhancing a woman's intimacy and connectedness with her partner to improve her sexual health and quality of life."

**To schedule an appointment with Dr. Krychman, please call 949/764-4554.**

**Join Dr. Krychman for his presentation "Sexual Health and Intimacy" on October 29, or "Cancer Survivorship" on November 12. See pages 6-7 for details.**

## What is locking plate technology, and how is it used to repair fractures?

### Dr. Brett Peterson responds:

Locking plate technology is a new method for surgically repairing acute fractures. When most fractures are treated surgically, screws and plates are used to hold the broken bones together so they can heal. The screws go through the plate and lock into the bone.

With locking plate technology, the screws are not only threaded into the bone, but are also secured to the plate through a separate bolt-like thread. This new construction allows for stronger stabilization and increases the likelihood of proper bone healing.

This innovative technology is used for fractures that are displaced, fragmented or are close to a joint, and results in many benefits to patients, including smaller surgical incisions, no casting or limb immobilization and faster recovery. Even more important, locking plate technology allows for early motion, which directly translates to improved final outcomes, including better range of motion and strength.

The key to achieving the best possible recovery from a fracture is to be sure to have it diagnosed quickly. If a fracture requires surgery, the sooner this happens, the better. After too much time passes, it makes surgery a much more difficult process and may limit the options available for speeding recovery and proper healing.



### Meet Dr. Peterson

Dr. Brett Peterson is a board-certified orthopedic surgeon who earned his medical degree at UCLA and completed his residency there. Dr. Peterson also completed a Hand and Upper Extremity Surgery fellowship at UC Davis.

In 2006, Dr. Peterson relocated to Newport Beach to join Newport Orthopedic Institute. "It's a pleasure to be affiliated with Hoag Hospital and the quality health care it provides to the community," says Dr. Peterson. "Hoag remains at the forefront of orthopedic medicine, providing the latest technologies and treatment options."

Dr. Peterson enjoys serving as a trusted resource to his patients. "My expertise lies in how bones break and the best methods for getting them to heal properly. I share this knowledge with my patients and help them to understand each of their options. My goal is to help patients regain the highest level of recovery possible."

Dr. Peterson is committed to providing his patients with the latest proven medical treatments for acute fractures and trauma-related injuries. "The field of orthopedic surgery is rapidly advancing, bringing about the development of exciting new treatment options that continue to result in faster recovery times and improved patient outcomes."

**To schedule and appointment with Dr. Peterson, please call 949/722-7038.**



**Hoag Health Centers:**  
(See page 7 for services provided.)

**Aliso Viejo**  
949/425-0550

**Costa Mesa**  
714/668-2550

**Fountain Valley**  
714/378-4920

**Huntington Beach**  
714/378-4900

**Irvine**  
949/451-6006

**North Irvine (Woodbury)**  
949/559-6500

**Helpful numbers:**

**Hoag Hospital Main Line**  
949/764-HOAG (4624)

**Hoag Physician Referral**  
949/764-DOCS (3627)

**Hoag Insurance Information**  
800/400-HOAG (4624)

**GoldenHealth PLUS**  
949/764-8221

**Hoag OB Education**  
949/764-5940



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