

## St. Joseph Hospital Named Cardiac Receiving Center

Orange County Emergency Medical Services recently announced that St. Joseph Hospital has been designated as a Cardiovascular Receiving Center.

"As a cardiac receiving center, paramedics will send patients with ST-elevation myocardial infarction, or STEMI, to St. Joseph Hospital because we are equipped to rapidly treat these heart attack patients," says Donald Mahon, M.D., medical director of cardiology for St. Joseph Hospital.

This designation also means that St. Joseph Hospital has a highly skilled cardiac response team ready to treat heart attack patients 24 hours a day, seven days a week. "Time is of the essence," says Mahon. "If the heart muscle loses blood supply for an extended period, it dies. And you can't recover what was lost."

For more information on St. Joseph Hospital's cardiology program, visit [www.sjo.org](http://www.sjo.org). For a referral to a St. Joseph Hospital cardiologist, call our Physician Referral Line at **714-633-DOCS**.



ANNIVERSARY  
ST. JOSEPH HOSPITAL

*Fulfilling our mission.  
Yesterday, today, tomorrow.*

# Finding Quality Healthcare

In addition to "kicking the tires" when purchasing a new car, many Americans turn to various consumer guides to help them make informed buying decisions rather than educated guesses. When it comes to healthcare, the same holds true as more and more Americans turn to the World Wide Web to research a hospital's quality prior to making a selection. But what should consumers be looking for when judging a hospital's quality?

"When seeking information about quality health care and patient satisfaction, it is important to ask the right questions and find reliable, objective answers," says Helen Macfie, Vice President of Quality and Performance Improvement at St. Joseph Hospital. According to Macfie, consumers need to ask:

- > What quality ratings for the hospital are available to the public?
- > Does the hospital have any written materials explaining their quality ratings?
- > Has the hospital taken any steps to improve the quality of care described by the quality ratings?
- > Is there any additional information available about the hospital's performance on providing the specific type of care, or performing the particular procedure, you will need?

According to Macfie, there are a number of reliable websites that provide important consumer information on general hospital quality and safety. These include:

The Institute for Healthcare Improvement ([www.ihl.org](http://www.ihl.org))

California Health Care Foundation ([www.calhospitals.org](http://www.calhospitals.org))

The Leapfrog Group ([www.leapfroggroup.org](http://www.leapfroggroup.org))

Joint Commission on Accreditation of Healthcare Organizations ([www.jcaho.org](http://www.jcaho.org))

Remember, whether you're buying a car or choosing a hospital, finding reliable, objective information is the key. For comprehensive information on St. Joseph Hospital's quality, safety and patient satisfaction ratings, please visit any of the websites referenced above or visit us at [www.sjo.org/outcomes](http://www.sjo.org/outcomes).

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St. Joseph Hospital   
ST. JOSEPH  
HEALTH SYSTEM

A Ministry of the  
Sisters of St. Joseph  
of Orange

1100 West Stewart Drive  
Orange, California 92868

[www.sjo.org](http://www.sjo.org)

The medical information contained in this newsletter should not be substituted for the advice from your personal physician.

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Quarterly News from St. Joseph Hospital \* Summer 2005

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St. Joseph Hospital

YOUR SKIN AND THE SUN



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St. Joseph Hospital Cancer Institute provides OC residents with access to a wide range of cutting-edge technology and services.

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How this lifesaving initiative is raising the standard of care across the country and in your backyard.

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## When fun in the sun turns deadly

Ah, summertime. As the days get longer, our thoughts turn to backyard barbecues, beach days and lazy afternoons at the ball park—all activities that expose us to the harmful effects of the sun. It's no wonder skin cancer is the most common of all cancers, accounting for more than 50% of all newly diagnosed cases.

Melanoma is the most deadly type of skin cancer. Although only about 4% of skin cancer cases are melanoma, it causes nearly 80% of all skin cancer deaths. Unlike nonmelanoma skin cancer (called basal cell carcinoma and squamous cell carcinoma), melanoma sometimes can spread to other organs in the body, like the lymph nodes, lungs or brain, while the original "skin cancer" still appears small. For this reason, prevention is paramount.

The main cause of melanoma appears to be related to sun exposure. The sun's ultraviolet (UV) radiation can damage the DNA in skin cells, causing them to grow out of control. Tanning lamps and booths are also sources of UV radiation. Melanoma gets its name from the "melanocytes" in the skin where the cancer begins. These cells produce melanin, the brown pigment responsible for making the skin tan. Because most melanoma cells still produce melanin, melanoma tumors are usually, but not always, brown or black.

Melanoma most often appears on the trunk of fair-skinned men and on the lower legs of fair-skinned women. The risk of melanoma is about 20 times higher for whites than for African Americans. Having darkly pigmented skin can lower your risk, but is not a guarantee that you will not develop melanoma.

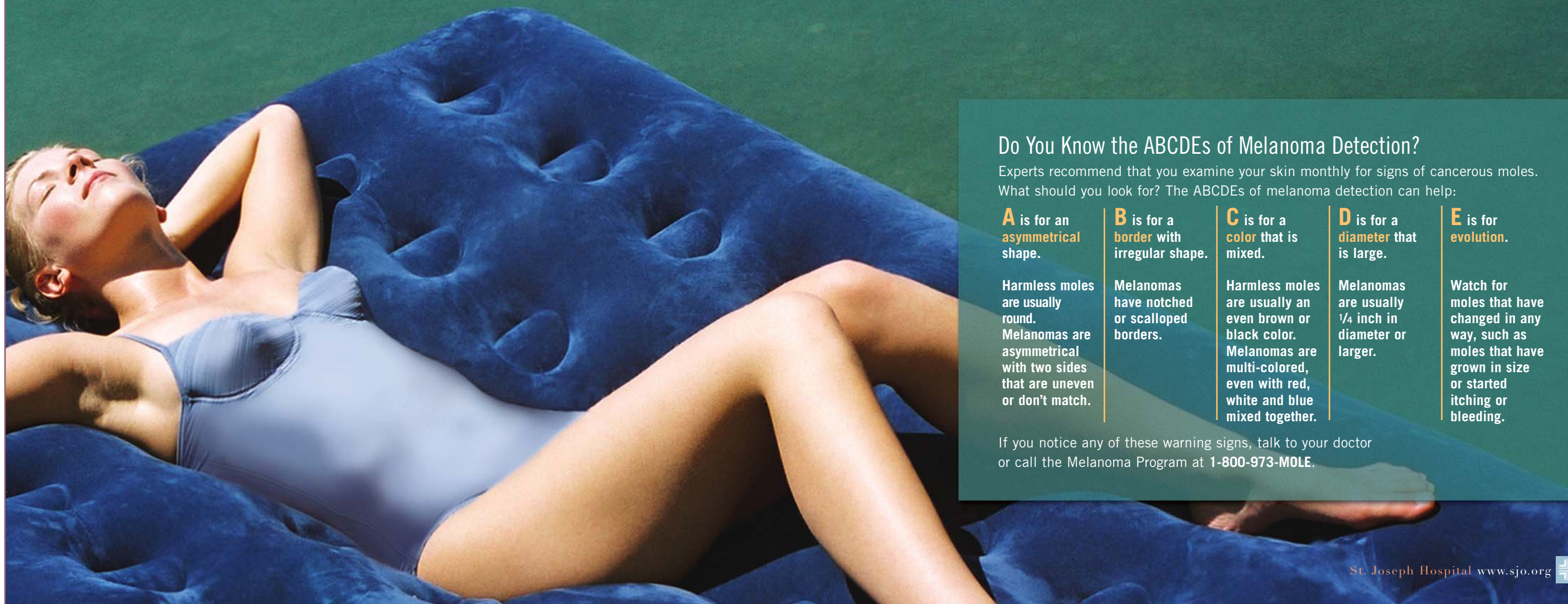
Other risk factors include a family history, severe childhood sunburn, a large number of abnormal moles and having moles present at birth (called "congenital melanocytic nevi"). Differences between an ordinary mole and a melanoma are related to the size, shape and color of the mark. Any change in these elements may be a warning sign for melanoma.

It's important for everyone, but particularly for those at risk, to check his/her skin monthly for changes. St. Joseph Hospital can help make this process more accurate with the first and only Digital Skin Imaging System in Orange County. This advanced system creates baseline photographs of the entire skin's surface. The melanoma experts at St. Joseph Hospital then use these photos to skillfully track changes in the appearance of moles over time. Patients also receive a CD of these images to use at home in order to track any changes. Digital Skin Imaging is recommended for people with any of the risk factors previously mentioned, as well as for people with more than 50 moles.

Careful monitoring of skin changes is critical to catch melanoma early. Like nonmelanoma skin cancers, melanoma is almost always curable in its earliest stages. Should your doctor suspect that you have melanoma, he or she will order further tests, such as a biopsy. Should the results reveal a melanoma, there are many innovative treatment options at St. Joseph Hospital, including often minimally invasive surgery to remove the tumor, immunotherapy, biologic therapy and radiation therapy. Patients at St. Joseph Hospital also have the opportunity to enroll in clinical trials to test the newest, most promising treatments.

There are protective measures that you can take today, in addition to monthly exams, to help reduce your melanoma risk. They include wearing hats, long-sleeve shirts, long pants, and broad-spectrum sunscreen (15 SPF or higher). Because the sun's rays are most damaging between 10 a.m. and 3 p.m., exposure should be limited between these times. Children's exposure to the sun also should be strictly limited because even one blistering sunburn before age 20 can increase the risk of melanoma.

The Melanoma Program at St. Joseph Hospital offers Orange County residents one of the most comprehensive approaches to detection, treatment and follow-up. If you're fair skinned or have any of the other melanoma risk factors, call **1-800-973-MOLE** or visit [www.sjo.org](http://www.sjo.org) for more information or to schedule your Digital Skin Imaging.



### Do You Know the ABCDEs of Melanoma Detection?

Experts recommend that you examine your skin monthly for signs of cancerous moles. What should you look for? The ABCDEs of melanoma detection can help:

<b>A</b> is for an <b>asymmetrical</b> shape.	<b>B</b> is for a <b>border with irregular</b> shape.	<b>C</b> is for a <b>color that is mixed</b> .	<b>D</b> is for a <b>diameter that is large</b> .	<b>E</b> is for <b>evolution</b> .
Harmless moles are usually round. Melanomas are asymmetrical with two sides that are uneven or don't match.	Melanomas have notched or scalloped borders.	Harmless moles are usually an even brown or black color. Melanomas are multi-colored, even with red, white and blue mixed together.	Melanomas are usually 1/4 inch in diameter or larger.	Watch for moles that have changed in any way, such as moles that have grown in size or started itching or bleeding.

If you notice any of these warning signs, talk to your doctor or call the Melanoma Program at **1-800-973-MOLE**.

According to the American Cancer Society, nearly 1.4 million people will suffer from some type of cancer in 2005. The good news is that survival rates continue to rise due to advances in research and technology. The St. Joseph Hospital Cancer Institute is an important contributor to this effort.

# Cancer Institute Delivers the Latest Technology in the Hands of Caring, Experienced Specialists

## Comprehensive Breast Center

Orange County has the highest incidence of breast cancer in the state of California. Fortunately, the St. Joseph Hospital Comprehensive Breast Center offers the most all-inclusive breast program in the region. From routine mammograms and minimally invasive surgery to leading edge research, the center's services are at the forefront of today's breast care.

Collaboration is the hallmark of the St. Joseph Hospital Comprehensive Breast Center's interdisciplinary team of specialists, which includes fellowship-trained mammographers, highly respected surgeons, medical and radiation oncologists, specialty trained pathologists and dedicated nurse coordinators. Patient satisfaction scores of over 95% are a reflection of this talented team's ability to combine advanced technology with genuine compassion and a commitment to excellence.

In 1988, the St. Joseph Hospital Regional Cancer Center became the first facility of its kind in Orange County to provide cancer patients and their families with quality, comprehensive care in a more centralized setting. Over time, as technology and research progressed, St. Joseph Hospital recognized the need for a more specialized approach and the cancer program evolved into today's "Cancer Institute." These programs provide access to a wide range of technology and services and highly individualized cancer care, including dedicated coordinators who provide one-to-one education, support and guidance. Seven of the Institute's programs are profiled here.

**For more information about any of the leading-edge treatments mentioned here, or to learn more about the specialized care offered at the St. Joseph Hospital Cancer Institute, visit [www.sjo.org](http://www.sjo.org).**

**The Cancer Institute relies on philanthropic support to carry out its mission. To learn more about how to support the Institute, please call Chanda Parrett at the St. Joseph Hospital Foundation at 714-771-8211.**

## Lung Program

Lung cancer is the number one cancer killer in America. Supporting the St. Joseph Hospital Lung Program is a team of highly trained physician specialists and healthcare professionals. They participate in weekly patient care conferences and strive to achieve the best outcomes possible by recommending treatments tailored to the needs of each individual.

The Lung Program provides many services, including post-op pulmonary rehabilitation, smoking cessation classes and a lung cancer support group. Another key component of the program is early detection with Spiral CT lung screening, an innovative tool that can detect cancers at their earliest, most curable stage.

## Radiation Oncology

St. Joseph Hospital Radiation Oncology Center offers a full range of state-of-the-art technologies for the cancer patient. In addition to conformal treatment, the center offers Intensity Modulated Radiation Therapy (IMRT), which delivers highly targeted radiation to the patient's tumor and minimizes exposure to surrounding, healthy tissue. IMRT is especially effective for tumors that are located next to critical organs.

Brachytherapy is another exciting technique that delivers radiation directly to the tumor site. Mammosite, a form of High Dose Rate (HDR) Brachytherapy, uses a single catheter to deliver a tiny radioactive pellet to the lumpectomy site, reducing treatment time and side effects. Gynecological cancers can also be treated with HDR Brachytherapy using similar technology. Low Dose Brachytherapy is used for prostate "seed therapy," wherein rice-sized radioactive seeds are implanted inside the body, achieving cure rates equal to or better than traditional surgery.

## Head and Neck Program

Approximately 45,000 Americans were diagnosed with oral, head and neck cancers during 2004. As a leading treatment center for these conditions, the St. Joseph Hospital Head and Neck Program offers a comprehensive range of services for patients with benign and malignant tumors of the sinuses, oral cavity, larynx (voice box), salivary gland, swallowing passages and thyroid.

## Colorectal Program

Although colorectal cancers are prevalent, most cases can be successfully treated if detected early. The St. Joseph Hospital Colorectal Program 5-year survival rates are equal to or better than national survival rates, and 25% better for Stage 2 colon and Stage 2 rectal cancers.

A wide range of services are offered for both colorectal cancer and non-cancer disease, including a comprehensive GI laboratory, minimally invasive surgery and the latest cancer treatment modalities. A recent addition is the new Secca® procedure, which provides significant relief from fecal incontinence. The program also offers several support groups for those who are battling colorectal cancer.

## Prostate Cancer Program

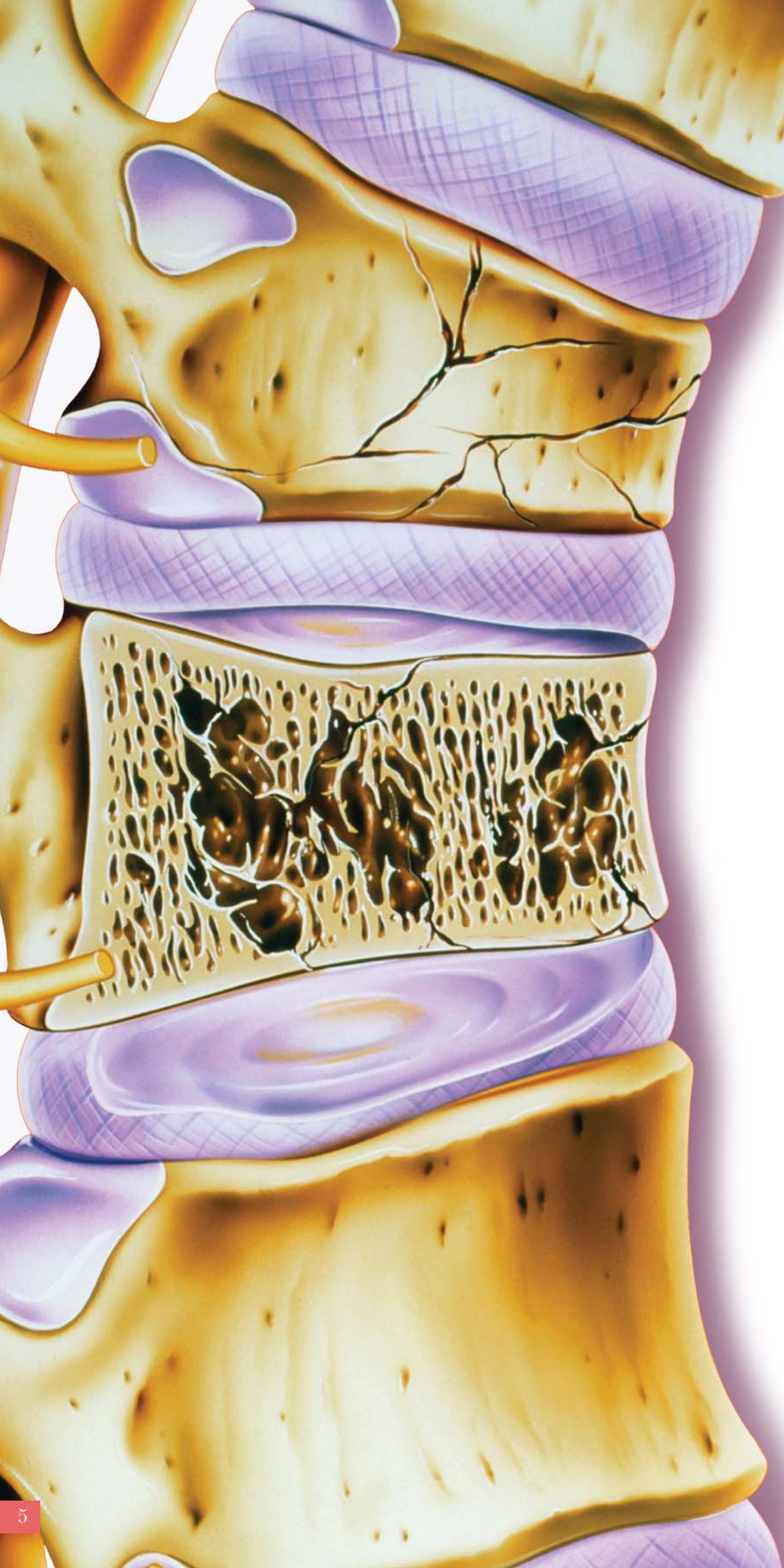
Prostate cancer is the most commonly diagnosed cancer among men. Early detection of prostate cancer contributes not only to long-term patient survival, but provides multiple options for individualized treatment choices and preserving quality of life. An advanced imaging technique, ProstaScint, is now available at St. Joseph Hospital to accurately evaluate prostate lesions and help guide treatment recommendations. The Prostate Cancer Program offers a wide range of treatment options to fit individual needs and preferences of patients diagnosed with prostate cancer; hormone therapy, conformal radiation therapy, open and robotic surgery, cryotherapy and seed implants.

Using the same care guidelines as the National Cancer Institute's Comprehensive Cancer Centers and incorporating the latest in prostate cancer research, the physician specialists and healthcare professionals of the St. Joseph Hospital Prostate Cancer Program truly provide the latest technology in caring hands.

## Hematopoietic Progenitor Cell Transplant (HPCT) Program

More than a decade ago, St. Joseph Hospital performed the first outpatient bone marrow transplant in Orange County. With the discovery of new therapies, the need for transplant is now focused on leukemia and lymphoma patients.

The St. Joseph Hospital HPCT Program continues to be one of only a few programs in the county to serve as a National Bone Marrow Donor Program Collection Center and Peripheral Blood Stem Cell Collection Center. The program's team manages peripheral blood stem cell collection, follow-up and medication administration. They welcome healthy adults who believe they may be a "match" for a transplant recipient.



## Focusing on women's health to prevent fractures and save lives

Women are at high risk for both osteoporosis and heart disease. Although these two conditions are very different, they have one critical thing in common: Both can emerge with few, if any, obvious symptoms. That's why screenings are so essential.

If you think you're not at risk for osteoporosis, think again. According to the National Institutes of Health, about 20% of women over 50 have osteoporosis. Another 30% have osteopenia, or low bone density, that can progress into osteoporosis if not treated.

Osteoporosis causes bones to become thin and susceptible to fracture. Women after menopause are at extremely high risk because they lose bone rapidly due to the drop in estrogen production. As a result, about half of women over age 50 will suffer a hip, wrist, or vertebra fracture.

Heart disease poses an even greater threat. It's actually the #1 killer of women. During a heart attack, women may not experience the same symptoms as most men, such as chest pain/pressure. Instead, women can experience fatigue, nausea, cold sweats, back, jaw or neck pain, anxiety and loss of appetite. This confusion often leads to "silent" heart attacks that go untreated at first—which is one of the reasons why more women than men die of sudden heart attacks.

Understanding risk factors can help you beat the odds. In addition to estrogen deficiency, factors that speed bone loss are pregnancy, nursing and immobility. Risk factors for heart disease include high cholesterol, diabetes, high blood pressure, smoking and obesity.

The best way to get a handle on these risk factors is to get screened. To ensure that all OC women has affordable access to these life-saving exams, St. Joseph Hospital offers low-cost screenings for cardiovascular disease. For more information or to make an appointment, call **866-996-4278** or visit [www.sjo.org](http://www.sjo.org).



St. Joseph Hospital is the proud hospital sponsor for the American Heart Association's "Southland Goes Red for Women" campaign.

## SJH Joins Campaign to Save 100,000 Lives

As part of a nationwide effort to make healthcare safer and more effective, St. Joseph Hospital has joined the 100,000 Lives Campaign, sponsored by the Institute for Healthcare Improvement (IHI). The Campaign aims to enlist thousands of hospitals across the country to improve their overall level of care by implementing a series of proven interventions.

Don Berwick, Chief Executive of the Institute for Healthcare Improvement, believes that if these interventions are implemented on a wide enough scale, 100,000 lives could be saved in the United States over the next 18 months and every year thereafter.

Berwick, a pediatrician and professor at Harvard University School of Medicine, has spent many years working to help improve the overall level of health care provided by our American system. Frustrated with the slow pace of change, last December Berwick announced the 100,000 Lives Campaign, urging hospitals around the United States to adopt six "best practices" of care and report the results to the Institute. The "best practices" are defined as:

1. Deploying a "rapid response team" to rush to a patient's bedside at the first sign of serious distress
2. Delivering reliable, evidence-based care to heart-attack patients
3. Preventing adverse drug reactions by assuring patients get all the medications they need and only the ones they need
4. Preventing infections from catheters and IV tubes
5. Preventing post-surgical infections
6. Preventing pneumonia induced by ventilators

St. Joseph Hospital has already been working on all of the treatment standards promoted by Berwick's group. Our survival or mortality rate is 20% better than expected and we have seen further improvements as a result of these initiatives. More than 1,800 hospitals have joined the 100,000 Lives Campaign since its inception. You can learn more about this lifesaving initiative, as well as outcomes at St. Joseph Hospital, by following the links on [www.sjo.org](http://www.sjo.org).

## St. Joseph Hospital hosts OC launch of new donor registry for Californians

On April 4th, the St. Joseph Hospital Kidney Transplant Center was one of only 12 California hospitals chosen to host the official launch of the Donate Life California Organ & Tissue Donor Registry. The St. Joseph Hospital Kidney Transplant Center was chosen by Donate Life California as the ideal Orange County host for this event. The St. Joseph Hospital Kidney Transplant Center has long been recognized as a leading transplant facility in the region. The Center has the highest patient survival and transplant success rates in Southern California.

Until now, the "pink donor dot" placed on driver's licenses has been the primary method used by individuals to express the desire to be organ donors, but such donor wishes were never recorded on an official list. The new Donate Life California Registry will make it easier to share your decision about organ and tissue donation. Donor information will be stored in a secure, confidential database that records the donation wishes of all registered California residents.

The Donate Life California Registry can be accessed by logging onto [www.sjo.org/kidney/kidneytransplantcenter.htm](http://www.sjo.org/kidney/kidneytransplantcenter.htm). To learn more about the St. Joseph Hospital Kidney Transplant Center, call **714-771-8033**.



[www.donateLIFecalifornia.org](http://www.donateLIFecalifornia.org)

After a long wet winter this year, Southern California residents are looking forward to some fun in the sun this summer. Liberated from our sweaters and rain coats, we'll enjoy outdoor activities like tennis, golf and a game of catch with the kids. However, if you suffer from joint problems, these activities may be joys of the past. Even a walk on a warm summer night may bring pain. There is good news, though, for those plagued by joint pain. Now there is incredible new joint-replacement technology to help people turn back the clock on their bodies.

## Get out there this summer without joint pain

In the hands of skilled orthopedic surgeons, today's joint-replacement options offer new hope. The surgeries to replace overused or simply aged joints are now less invasive, resulting in reduced post-operative pain and a faster recovery.

"I have several patients who report they are 100% back to normal," says Robert Gorab, M.D., one of St. Joseph Hospital's premier surgeons. "We do joint replacements today through much smaller incisions. Such procedures used to leave scars up to 12 inches. Now my patients have minimal scarring, and they're using their new joints within days of the procedure."

The team of surgeons at St. Joseph Hospital, including Dr. Gorab and Dr. Steven Barnett, has seen many patients enjoy the benefits of less invasive joint-replacement procedures.

After all, they generally perform more replacement procedures in a week than most other surgeons do in year. They're also well respected by other orthopedic surgeons for their work designing and evaluating new joint-replacement implants. As fellowship-trained joint replacement surgeons, Drs. Gorab and Barnett have helped design many techniques and implants

that are used or sold globally. Through live surgical demonstrations and medical conferences worldwide, Drs. Gorab and Barnett are also active in educating surgeons on new techniques and joint-replacement implants.

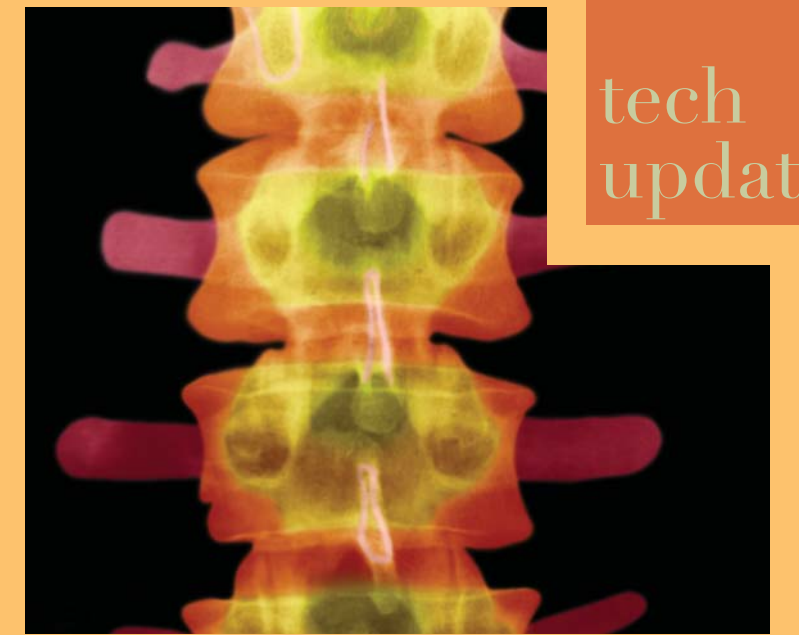
Joint replacement is getting more cutting-edge as more people start to feel the effects of a lifetime of use—or overuse in the case of athletes. Doctors used to recommend joint replacement mainly in older people who typically put less strain on the artificial joint. With the research of St. Joseph's Hospital surgeons and others, there are now new synthetic joint devices, so active

younger adults can receive joint replacement surgery as well.

Joint movement can become difficult when one or more parts of the joint are damaged from an injury, years of use (called osteoarthritis) or a chronic disease (such as rheumatoid arthritis and gout, which can be hereditary). In most cases, cartilage (the soft tissue layer that covers the ends of the bones at the joint) has cracked or worn away, resulting in stiffness and eventually pain.

When conventional treatments like medication and exercise fail to relieve symptoms, joint replacement may be a consideration. Joint repair may also be an option, which involves surgically removing debris from a joint or correcting a bone deformity. With joint replacement, surgeons remove damaged bone and cartilage and replace them with the synthetic parts designed just like a healthy, natural joint. More than 450,000 American receive hip, knee and shoulder replacement surgery every year.

Drs. Gorab and Barnett, as well as their colleagues, at St. Joseph Hospital are among the top surgeons nationwide in terms of procedure volume. The Orthopedic Services at St. Joseph Hospital also include specialized treatment programs to reduce pain and help prevent further joint degeneration in arthritis and joint disease patients. If you would like to learn more about joint repair and replacement at St. Joseph Hospital, call **714-744-8811**. You can also visit [www.sjo.org](http://www.sjo.org) to learn about how to prevent arthritis or find a doctor.



tech  
update

### New minimally invasive options to relieve spinal fracture pain

More than 700,000 osteoporosis-related spinal fractures happen each year. While some heal on their own, others leave people crippled by pain when traditional treatments do not offer relief. For some of these people, there is now hope with new minimally invasive procedures.

"Many patients experience great pain relief within 24 hours of the procedures," says Howard Dorne, M.D., Director of Interventional Radiology at St. Joseph Hospital. "It's an incredible turnaround, especially for patients who were previously confined to a bed."

The new minimally invasive procedures are vertebroplasty and kyphoplasty. Both are generally performed in an outpatient setting with only local anesthesia. In vertebroplasty, a physician inserts a needle through the skin and injects acrylic bone cement into the crushed vertebrae. Using X-ray images, the physician precisely guides the needle to the correct location. The acrylic bone cement hardens and stabilizes the fractured vertebrae. Kyphoplasty is similar except the physician also temporarily places a balloon to elevate the crushed vertebrae prior to injecting the cement.

"The success rate for new therapies is very high," note Dorne. "Patients usually go home the same day after a relatively short and virtually painless procedure."

Traditional treatments for spinal fractures include pain medication, back bracing and bed rest. However, these interventions do not provide relief for everyone. Women over age 50 have the highest risk of spinal fracture, with nearly a 1 in 3 chance of suffering this injury during their lifetime.

For more than 30 years, St. Joseph Hospital has been one of Orange County's leaders in orthopedic services. Vertebroplasty and kyphoplasty are just 2 of the many advanced treatment options available. For more information about these new minimally invasive procedures, call **714-744-8849** or visit [www.sjo.org](http://www.sjo.org).

Monthly Classes and Groups

Group Therapy

**Thursdays: June 2, June 9, June 16, June 23, June 30, July 7, July 14, July 21, July 28, August 4, August 11, August 18, August 25, from 12:00 p.m. to 1:00 p.m.**  
St. Joseph Hospital Community Counseling, Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

This new, talk-therapy group is facilitated by a licensed clinical social worker and meets every Thursday. Discover the benefits of a “teamwork” approach to problems in a confidential group setting. An initial interview is required prior to beginning. Fee: \$20 for initial assessment and \$10 per group session. For registration or more information, call 714-771-8243.

Life Balance Workshop

**Session 1: Monday, June 6, Session 2: Monday, August 1, 5:30 p.m. to 6:45 p.m.**  
St. Joseph Hospital Community Counseling Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

Learn about maintaining emotional wellness in a challenging and diverse world, including coping with physical or mental illness in one's life and long-term stress. This class is a two week session. The fee is \$15 per session or \$25 for two sessions. For more information or to register, call 714-744-8243.

Quit Smoking: Monthly Support Groups

**Mondays: June 6, August 1, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Hospital Regional Cancer Center 1100 W. Stewart Drive, Orange

This free, ongoing “quit smoking” support group meets monthly and is sponsored by the Tobacco Free Communities Cessation Services. To register call Pam Matten, RN, OCN Lung Program Coordinator at 714-771-8254.

Nutrition and Cholesterol Management

**Mondays: June 6, July 11, August 1, from 1:00 p.m. to 3:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

This class is designed to help people live healthy, higher-quality lives. The class reviews cholesterol and triglyceride management, lifestyle/behavioral changes and heart-healthy eating goals. For registration or more information, call the Heart Center at 714-744-8727.

Relationship Workshop

**Session 2: Communicating, Tuesday, June 7**  
**Session 3: Conflict Resolution, Tuesday, June 21**  
**Session 4: Stress & the Relationship, Tuesday, July 19**  
**Session 5: Transition in the Relationship, Tuesday, August 2**  
**Session 6: The Long Haul: Maintaining the Works Tuesday, August 16 7:00 p.m. to 8:30 p.m.**  
St. Joseph Hospital Community Counseling Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

Each session explores aspects of handling relationships, for those experiencing current issues or seeking to enhance relationships. Fee is \$15 per session or \$40 for three sessions.

Lung Cancer Support Group

**Thursdays: June 9, July 14, 6:30 p.m. to 8:00 p.m.**  
St. Joseph Hospital Regional Cancer Center 1100 W. Stewart Drive, Orange

This is a support group especially designed for individuals with lung cancer. Designed to provide psychological, emotional and mutual support. Educational materials will be provided. For registration and information call Pam Matten, RN, at 800-441-0110.

Anxiety Program

**Mondays: Sessions begin June 13, June 20, June 27, July 11, July 18, and July 25 5:30 p.m. to 6:45 p.m.**  
St. Joseph Hospital Community Counseling, Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

This is a group for individuals who feel anxious, uneasy, nervous, or overwhelmed. Meet with others who are experiencing similar feelings, and offer support for one another with anxiety-related issues. Each session is six weeks. Fee: \$75 per six-week session. For registration or more information, call Community Counseling at 714-771-8243.

Bereavement Series

**Session 3: Grief and the Relationship, June 14**  
**Session 4: Men, Women and Grief, June 28**  
**Session 5: Complicated Grief, July 12**

**Session 6: Integrating Loss into Life, July 26**  
**Meets Tuesdays: 4:00 p.m. to 5:30 p.m.**  
St. Joseph Hospital Community Counseling Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

This series focuses on various aspects of the grief process and navigating this difficult transition for those going through bereavement or for anyone wanting more information. Fee: \$15 per session or \$40 for three sessions, or \$75 in advance for all six sessions. For registration or more information, call Community Counseling at 714-771-8243.

Coronary Artery Disease and Exercise

**Mondays: June 13, July 18, and August 8, from 1:00 p.m. to 3:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

Sponsored by the St. Joseph Hospital Heart Center, this class identifies risk factors as well as educates about coronary artery disease. You will learn strategies to prevent future cardiac events and how to start an exercise program to increase your energy level and sense of well-being. For registration or more information, call the Heart Center at 714-744-8727.

Colorectal Cancer Support Group

**Tuesdays: June 14, July 12, August 9, from 6:00 p.m. to 8:00 p.m.**  
St. Joseph Hospital Regional Cancer Center 1100 W. Stewart Drive, Orange

This support group is held in conjunction with the American Cancer Society and meets the second Tuesday of every month. Dinner is served and there is no cost to participate. One guest is allowed to attend with the attendee. For more information or to register, call 714-744-8754.

Stress Management

**Mondays: June 20, July 25, August 15, from 1:00 p.m. to 3:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

This class, led by the staff of the St. Joseph Hospital Heart Center, helps you to understand and manage your response to stress. Discussions include methods to cope with stressful situations and relaxation techniques to reduce the effects of stress. Meets the 3rd Monday of the

month. For registration or more information, call the Heart Center at 714-744-8727.

Congestive Heart Failure Support Group

**Mondays: June 27, July 25, August 29, from 10:00 a.m. to 12:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

Meets the 4th Monday of each month. For registration or information, call the Heart Center at 714-744-8727.

New Beginnings Group

**Session 2: Begins Tuesday, June 28, Session 3: Begins Tuesday, August 9, from 5:30 p.m. to 6:30 p.m.**  
St. Joseph Hospital Community Counseling Sister Elizabeth Bldg., 2nd Floor 1100 W. Stewart Drive, Orange

A six week support group for those who have lost a spouse in the past 3–24 months. We combine the benefits of mutual support and educational material related to coping with grief. Each six-week session is \$60. For registration or more information call Community Counseling at 714-771-8243.

ICD Support Group

**Tuesdays: June 28, July 26, and August 30, from 5:30 p.m. to 7:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

As the indications for defibrillators are expanding, the number of men and women with these devices is growing. Having a defibrillator can evoke numerous emotions such as fear, anxiety and depression. After the device is implanted, many people tend to feel unattractive, have trouble sleeping, or experience difficulty being intimate with their significant other. It helps to learn that you are not alone. This group meets the last Tuesday of every month. Dr. Suzanne Feigofsky and Dr. Sean Sterling will be leading the group. For registration or more information, call the Heart Pacemaker and Arrhythmia Center 714-744-8772.

June

Men's Health and Prostate Cancer

**Wednesday, June 1, from 11:00 a.m. to 12:00 p.m.**  
Wintersburg Presbyterian Church 2000 N. Fairview Street, Santa Ana

Prostate cancer is the second most common cause of cancer deaths among men and early detection is the key to successfully treating it. Join Dr. Luis Kobashi, Urologist, to learn about risk factors, screenings and the newest treatments available.

CT Lung Screening

**Saturday, June 4, from 7:00 a.m. to 12:00 p.m.**  
St. Joseph Hospital Regional Cancer Center 1100 W. Stewart Drive, Orange

CT Lung Screening is held monthly for individuals at risk for lung cancer. If you are over 50 years of age and have smoked, or formerly smoked for more than 20 years, you may qualify for a low-cost spiral CT screening. This test is used to detect lung cancer in early stages, when it is treatable and potentially curable. The test is not covered by most insurance policies and your insurance will not be billed. Screenings are held the first Saturday of every month. Fee: \$125. To register for a CT screening, please call 714-633-DOCS.

Stress Management

**Wednesday, June 8, from 6:00 p.m. to 7:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

This class is offered by the Vascular Institute and Women's Heart Center. During the session attendees will learn about the body and mind connection and how they work for better health, healing and well-being. They will learn the role your subconscious plays in managing stress, and learn visualization and deep relaxation techniques to manage stress and improve their overall health. There is a nominal charge of \$35 per person (\$25 for Senior Saver Club members) or \$50 per couple. For more information or registration, please call 714-744-8849.

Smoking Cessation Class

**Wednesday, June 8, from 6:30 p.m. to 8:00 p.m.**  
St. Joseph Hospital Regional Cancer Center Conference Room 1100 W. Stewart Drive, Orange

Two Week Smoking Cessation Class. This free smoking cessation seminar is sponsored by the Tobacco Free Communities Cessation Services. To register call Pam Matten, RN, OCN, Lung Program Coordinator at 714-771-8254.

Health Screenings While You Shop

**Thursday, June 9, from 12:00 p.m. to 3:00 p.m.**  
Westfield Shoppingtown MainPlace, Center Court (in front of the Mac kiosk) 2800 N. Main Street, Santa Ana

St. Joseph Hospital Community Education is offering free body fat testing at the mall. No appointments or registration are required.

CPR: Infant & Child

**Saturday, June 11, from 8:30 a.m. to 12:30 p.m.**  
St. Joseph Hospital Sr. Elizabeth Bldg., Classroom 4 1100 W. Stewart Drive, Orange

Price: \$35 per person, \$55 per two people (includes one book). CPR classes are available through St. Joseph Hospital's Community Education Department. To register, call 714-771-8913 or 1-800-227-2204.

Gastric Bypass Surgery: Is It Right For You?

**Tuesday, June 14, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby 1140 W. La Veta Ave., Orange

If you are a minimum of 100 pounds overweight and have tried all the mainstream weight-loss methods and diets without any long-term success, it may be time to consider surgical weight loss. We invite you to attend this free lecture on bariatric surgery. Jeffrey Johnsrud, M.D. and Sami Hamamji, M.D. will present valuable information and answer questions regarding this surgical approach to long-term weight loss, and help you determine if this procedure is right for you. To register or for more information, call 714-771-8913.

Smoking Cessation Class

**Wednesday, June 15, from 6:30 p.m. to 8:00 p.m.**  
St. Joseph Hospital Regional Cancer Center Conference Room 1100 W. Stewart Drive, Orange

See the Wednesday, June 8 description for more information.

Geriatric Fitness—Strength Training... the Missing Link

**Wednesday, June 15, from 8:30 a.m. to 9:30 a.m.**  
Westfield Shoppingtown MainPlace Paradise Bakery & Cafe 2800 N. Main Street, Santa Ana

Everyone agrees that exercise is vitally important in maintaining health and preserving functional independence in our senior years. Join John Luster, M.D. as he presents how strength training is mostly overlooked and many authorities now believe to be the most important part of a senior's exercise program. What strength training is—and isn't—will be discussed, and how seniors can take the next step will be presented. For registration or more information, call 714-771-8913 or 1-800-227-2204.

CPR: Adult, Infant & Child, Parts 1 and 2

**Part 1: Wednesday, June 15 and Part 2: Thursday, June 16 from 6:00 p.m. to 9:30 p.m.**  
St. Joseph Hospital Sr. Elizabeth Bldg., Classroom 4 1100 W. Stewart Drive, Orange

Price: \$40 per person, \$60 per two people (includes one book). CPR classes are available through St. Joseph Hospital's Community Education Department. To register, call 714-771-8913 or 1-800-227-2204.

Health Screenings While You Shop

**Thursday, June 16, from 11:00 a.m. to 2:00 p.m.**  
The Village at Orange 1500 E. Village Way, Orange

St. Joseph Hospital Community Education is offering free pulmonary function screening. No appointments or registration are required.

Stress Management

**Monday, June 20, from 1:00 p.m. to 3:00 p.m.**  
St. Joseph Outpatient Pavilion Conference Room 2A 1140 W. La Veta Ave., Orange

See the Wednesday, June 8 description for more information.

CONTINUED...

St. Joseph Hospital offers many educational opportunities to help you on your way to better health. Unless otherwise noted, all community education events are free of charge. Registration is required.

feelinggreat



St. Joseph Hospital

Register now online at [www.sjo.org](http://www.sjo.org)

or call us at 1-800-227-2204 or 714-771-8913

June continued...

**The ABCDE's of Melanoma**

**Wednesday, June 22, from 11:00 a.m. to 12:00 p.m.**  
Tustin Area Senior Center  
200 South "C" Street, Tustin

Join Denise Otair, R.N. from the St. Joseph Hospital Regional Cancer Center as she discusses this type of skin cancer. Learn about the warning signs, risk factors and the ABCDE's of melanoma.

**Gastric Bypass Surgery: Is It Right For You?**

**Tuesday, June 28, from 6:00 to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange

See the Tuesday, June 14 description for more information.

July

**CT Lung Screening**

**Saturday, July 2, from 7:00 a.m. to 12:00 p.m.**  
St. Joseph Hospital Regional Cancer Center  
1100 W. Stewart Drive, Orange

See the Saturday, June 4 description for more information.

**Gastric Bypass Surgery: Is It Right For You?**

**Tuesday, July 12, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange

See the Tuesday, June 14 description for more information.

**CPR: Infant & Child**

**Tuesday, July 12, from 6:00 p.m. to 10:00 p.m.**  
St. Joseph Hospital  
Sr. Elizabeth Bldg., Classroom 4  
1100 W. Stewart Drive, Orange

See the Saturday, June 11 description for more information.

**Stress Management**

**Wednesday, July 13, from 6:00 p.m. to 7:00 p.m.**  
St. Joseph Outpatient Pavilion  
Conference Room 2A  
1140 W. La Veta Ave., Orange

See the Wednesday, June 8 description for more information.

**CPR: Adult, Infant & Child**

**Saturday, July 16 from 8:30 a.m. to 2:30 p.m.**  
St. Joseph Hospital  
Sr. Elizabeth Bldg., Classroom 4  
1100 W. Stewart Drive, Orange

Price: \$40 per person, \$60 per two people (includes one book). CPR classes are available through St. Joseph Hospital's Community Education Department. To register, call 714-771-8913 or 1-800-227-2204.

**CPR: Healthcare Provider, Parts 1 and 2**

**Part 1: Wednesday, July 20, Part 2: Thursday, July 21, from 6:00 p.m. to 9:30 p.m.**  
St. Joseph Hospital  
Sr. Elizabeth Bldg., Classroom 4  
1100 W. Stewart Drive, Orange

Price: \$50 per person (includes one book) (This is a two-day class.) CPR classes are available through St. Joseph Hospital's Community Education Department. To register, call 714-771-8913 or 1-800-227-2204.

**Gastric Bypass Surgery: Is It Right For You?**

**Tuesday, July 26, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange

See the Tuesday, June 14 description for more information.

August

**CT Lung Screening**

**Saturday, August 6, from 7:00 a.m. to 12:00 p.m.**  
St. Joseph Hospital Regional Cancer Center  
1100 W. Stewart Drive, Orange

See the Saturday, June 4 description for more information.

**The Do's and Don'ts of Colorectal Health**

**Monday, August 8, from 10:00 a.m. to 11:30 a.m.**  
Lakeview Senior Center  
20 Lake Road, Irvine

You might already be familiar with some of the "do's" to prevent colorectal disease, but do you know the "don'ts"? Recent debate has emerged as to which diet and lifestyle factors do and do not reduce the risk of

colon cancer. The number of people in the U.S. with colon cancer is rapidly growing, but early detection can help. Come listen to George Moro, M.D. to learn the do's and don'ts related to colorectal disease and how you can reduce your risk of getting this disease.

**Gastric Bypass Surgery: Is It Right For You?**

**Tuesday, August 9, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange

See the Tuesday, June 14 description for more information.

**Stress Management**

**Wednesday, August 10, from 6:00 p.m. to 7:00 p.m.**  
St. Joseph Outpatient Pavilion  
Conference Room 2A  
1140 W. La Veta Ave., Orange

See the Wednesday, June 8 description for more information.

**CPR: Infant & Child**

**Saturday, August 13, from 8:30 a.m. to 12:30 p.m.**  
St. Joseph Hospital  
Sr. Elizabeth Bldg., Classroom 4  
1100 W. Stewart Drive, Orange

See the Saturday, June 11 description for more information.

**Gastric Bypass Surgery: Is It Right For You?**

**Tuesday, August 23, from 6:00 p.m. to 7:30 p.m.**  
St. Joseph Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange

See the Tuesday, June 14 description for more information.

**CPR: Adult, Infant & Child, Parts 1 and 2**

**Part 1: Tuesday, August 23 Part 2: Wednesday, August 24 from 6:00 p.m. to 9:30 p.m.**  
St. Joseph Hospital  
Sr. Elizabeth Bldg., Classroom 4  
1100 W. Stewart Drive, Orange

Price: \$40 per person, \$60 per two people (includes one book). CPR classes are available through St. Joseph Hospital's Community Education Department. To register, call 714-771-8913 or 1-800-227-2204.



SAVE THIS DATE!

St. Joseph Hospital  
33rd Annual Benefit

Recognizing Those Who Serve the Community  
with Dignity, Service, Excellence & Justice

Saturday, October 29, 2005  
from 6:30 to 11 p.m.  
Anaheim Hilton & Towers  
777 Convention Way, Anaheim

Fee: \$350 per person or  
\$3,500 per table of ten

Sponsorship packages, underwriting, advertising and item donation opportunities are available. For more information please contact the St. Joseph Hospital Foundation at 714-771-8211 or email foundation@sjo.stjoe.org.

ask  
the doc



**Q:** My mother had breast cancer, and her mother also had cancer, though I think it was ovarian cancer. Should I worry about breast or ovarian cancer? What is my risk of developing cancer?

**A:** It is well known that some cancer can run in families. In particular, breast and ovarian cancer have been linked to genes inherited from either parent. If you're aware of a positive family history, there are measures that you can take to reduce your risk of cancer. Keep in mind also that a family history does not guarantee that you will develop cancer. That's why a genetic risk assessment can more accurately define your risk.

Hereditary cancer is the result of changes ("mutations") in the genetic information ("genes") passed from parents to their child. About 7-10% of all breast and ovarian cancers are linked to an inherited mutation in the BRCA1 or BRCA2 genes. These genes normally suppress tumors, but a mutation can turn this function off. The lifetime ovarian cancer risk for women with a BRCA1 or BRCA2 mutation is estimated to be between 25% and 50% by age 70. This is in contrast to the general population risk of 2%.

Given your family history, a genetic risk assessment would be helpful to determine your specific risks. There are blood tests to detect whether you have inherited the BRCA1 or BRCA2 mutations. There are also several options to consider to help reduce your chances of developing breast or ovarian cancer or detect it at its earliest stages if they find these mutations.

The Cancer Risk Program at St. Joseph Hospital is designed for people like you. Risk assessment services are available at both the St. Joseph Hospital Cancer Institute and the St. Joseph Hospital Comprehensive Breast Center located in the Outpatient Pavilion. A focus of the program is on breast and ovarian cancers, with the goal of helping women understand their risk and take the appropriate preventative steps. We invite you and others with a cancer history to call 714-771-8293 and discuss your situation.

—Dr. David Margileth

Medical Director, Breast Cancer Risk Program,  
St. Joseph Hospital Cancer Institute

St. Joseph Hospital offers many educational opportunities to help you on your way to better health. Unless otherwise noted, all community education events are free of charge. Registration is required.



Register now online  
at [www.sjo.org](http://www.sjo.org)

or call us at  
1-800-227-2204 or  
714-771-8913

## MEDICARE UPDATE

The Centers for Medicare and Medicaid Services (CMS) has proposed new criteria for the coverage of mobility assisted devices, such as power wheel chairs and increasingly popular scooters. The proposed coverage would begin with an analysis of whether or not a beneficiary has a mobility limitation with mobility-related activities of daily living in the home. The evaluation would also include what type of device is needed (it could be as simple as a cane), whether or not it would improve the ability to function within the home, and whether or not the beneficiary has any other conditions or impairments that would affect the effective use of such equipment.

CMS has approved expanded coverage for surgically implanted heart defibrillators. These small devices help prevent sudden cardiac death by emitting an electrical current to fix abnormal heart rhythms which often accompany heart failure. Medicare coverage is now expanded to those beneficiaries who have mild to moderate heart failure, whereas before the qualifications included only those with severe heart problems.

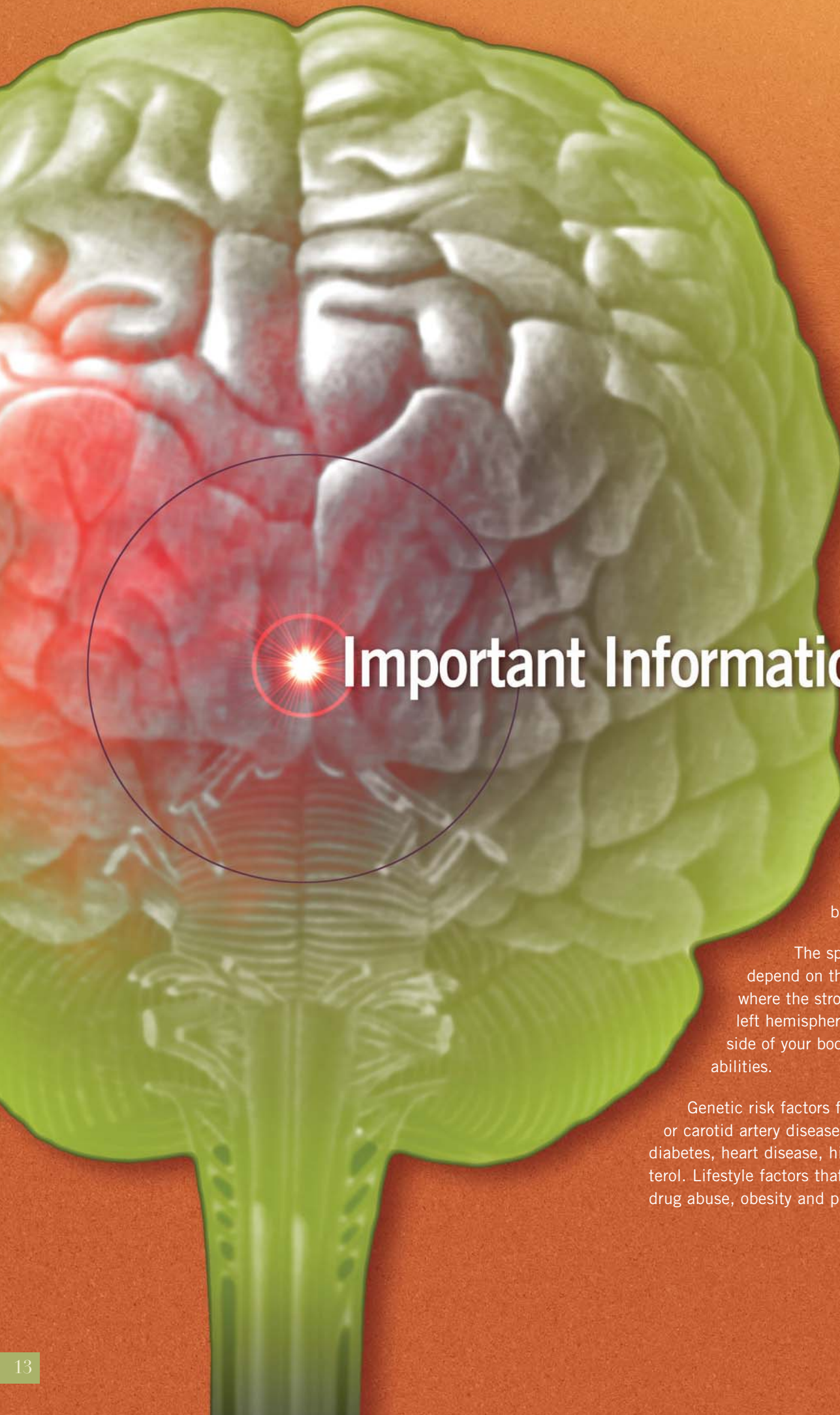
In an ongoing effort to stress prevention, Medicare will begin paying for smoking cessation counseling. Coverage will be available to beneficiaries who have illnesses caused or complicated by smoking, such as heart disease, stroke, lung cancer, emphysema, cataracts, blood clots, and weak bones. Coverage will also be extended to those who take medications whose effectiveness can be compromised by smoking. Medicare will cover two cessation attempts per year. Each attempt includes a maximum of four sessions, with a total annual benefit of up to eight sessions in a twelve month period.



## WELCOME SENIOR SAVERS CLUB MEMBERS!!

In our continuing effort to bring you the most current and up-to-date information regarding medicine and the newest technologies available, St. Joseph Hospital has consolidated its newsletter publications into one, *Feelingreat*. The *Wisdom* newsletter will no longer be provided, however all of the same information, and more, will be available for you in *Feelingreat*, including Medicare updates, and a community calendar of all events, lectures and programs offered through St. Joseph Hospital. Senior Savers Club members may visit [www.icacard.com/1065](http://www.icacard.com/1065) to view a list of merchants participating with the Senior Savers Club. If you do not have access to a computer, please call **714-771-8072**.

If you are 50 or older and would like to become a member of the Senior Savers Club, please call **714-771-8072**.



# Important Information about Strokes Can Minimize Your Risk

About 700,000 Americans will have a stroke this year—that's one person every 45 seconds. Stroke is the number three killer of Americans and is a leading cause of severe, long-term disability. Fortunately, you can reduce your chance of suffering a stroke by gaining a greater understanding of how this condition occurs and by identifying common risk factors and symptoms.

A stroke occurs when the blood flow leading to or within the brain becomes blocked or when a blood vessel ruptures and blood leaks into the

brain tissue. Blood carries oxygen and nutrients to the nerve cells in the brain, so when the blood flow stops, the cells begin to die. As a result, these nerve cells can lose their ability to function. Approximately 85% of all strokes are caused by an obstruction in the blood flow to the brain. The remaining 15% are caused by the rupturing of a blood vessel in the brain itself.

The specific abilities that are lost or affected by a stroke depend on the extent of cell death and the location in the brain where the stroke happens. For example, if a stroke occurs in the left hemisphere of the brain, you may lose function in the right side of your body, and some or all of your speech and language abilities.

Genetic risk factors for stroke include age and family history of diabetes or carotid artery disease. You are also at risk for a stroke if you have diabetes, heart disease, high blood pressure, low estrogen or high cholesterol. Lifestyle factors that increase your risk include smoking, alcohol and drug abuse, obesity and physical inactivity.

The symptoms of an impending stroke may include sudden weakness or numbness in the face, arm and leg on one side of the body; trouble talking or understanding speech; dimness or loss of vision; and unexplained dizziness or sudden falls.

Until a few years ago, strokes were thought to be untreatable. Because it was assumed that brain cells died within minutes after a stroke began, stroke treatment was believed to be useless. Now researchers have discovered that some brain cells can survive up to several days after a stroke that is caused by an obstruction. In addition, new techniques have resulted in our ability to stop the hemorrhage and potentially reduce the size of the stroke that is caused by a ruptured blood vessel. As a result, treatment following a stroke—

especially within three hours of onset—can help preserve brain tissue.

The lasting effects of a stroke can vary dramatically from person to person. Some people are only slightly affected. Others suffer such serious damage that it takes a long time to regain even partial use of their limbs, speech, and other affected normal functions. However, most stroke patients can benefit from rehabilitation, and today the outlook is more hopeful than ever before. At the St. Joseph Hospital Vascular Institute, advances in treatment and rehabilitation have made it possible for many stroke patients to regain full function and quality of life.

You can minimize your risk of a stroke by lowering your blood pressure, quitting smoking, keeping physically fit, controlling health problems with appropriate medication, maintaining optimal weight, and eating a diet high in fruits and vegetables. Assessing your level of risk for stroke is another important health measure that you can take.

The St. Joseph Hospital Vascular Institute offers screenings to help you get this important information. If you have any of the risk factors for stroke, contact the St. Joseph Hospital Vascular Institute for more information or to schedule a screening at **1-877-VASC123 (1-877-827-2123)** or visit us at [www.sjo.org](http://www.sjo.org).