

Quarterly News from St. Joseph Hospital * Fall 2005

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St. Joseph Hospital

A LIFESAVING CHOICE FOR WOMEN

Another first
in robotic
surgery

Protecting
against
women's #1
health threat

Prostate
cancer
screening

Understanding
peripheral
artery disease

feelinggreat



St. Joseph Hospital

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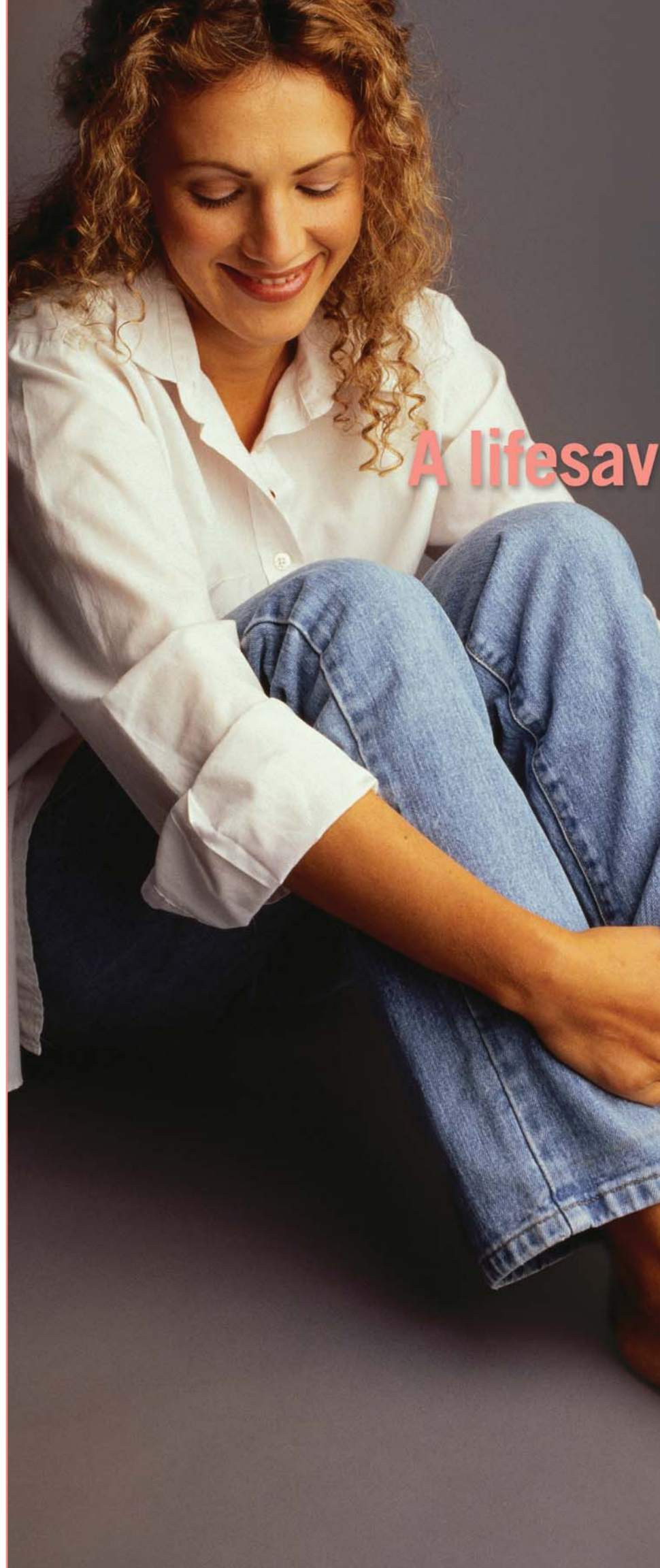
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It is estimated that 1 out of 8 women will be affected by breast cancer in their lifetime. Women in Orange County need to know another statistic too—we have the highest rate of breast cancer in California.

Access to early intervention is important if we're going to turnaround the numbers. Yet, only 57% of women over 40 in Orange County have had an annual mammogram in the past year. Without a mammogram, the cancer cannot be detected early. And, if the cancer isn't detected early, 5-year survival rates are as low as 26% according to the American Cancer Society.

ing choice for women

On the other hand, 5-year survival rates are 98% if breast cancer is caught early. Yearly mammograms are a valuable tool to help save lives. New technologies at St. Joseph Hospital Comprehensive Breast Center are also making breast cancer diagnosis more precise. In some cases, they're just what the doctor ordered for Orange County women.

“Up to 15% of screening mammograms will require more testing,” notes Dr. M. Linda Sutherland, a fellowship-trained mammographer (a specially trained doctor in breast imaging) at St. Joseph Hospital Comprehensive Breast Center. “The new breast imaging technologies give us new insights in diagnosing, staging and monitoring breast cancer.”

St. Joseph Hospital Comprehensive Breast Center is currently investigating several advances in breast imaging. All studies conducted at the center are reviewed and approved by an Institutional Review Board (IRB). Using FDA guidelines, the IRB works to ensure that patient risk is minimal or appropriate for the patient's condition.

SonoCiné and Naviscan® Positron Emission Mammography (PEM) Flex Breast Scans are two advances being investigated at St. Joseph Hospital Comprehensive Breast Center. With SonoCiné, a

computer-guided “arm” gently guides an ultrasound probe over breast tissue. No breast compression or radiation is involved. This technique has shown promise as an effective tool to find cancers obscured by dense tissue on mammography. In women with diagnosed or suspected tumors, PEMFlex™ Scans may make it easier to detect and track potential cancer cell activity within breast tissue.

Beyond these investigational technologies, there are several other new options for breast imaging. Breast MRI with CADstream can show subtle cancers possibly undetectable by mammography. At St. Joseph Hospital Comprehensive Breast Center, mammographers also use breast MRI in patients with proven cancer to detect additional lesions in the same breast, find unsuspected tumors in the opposite breast, track response to chemotherapy and look for recurrences on annual follow-up.

With new breast-imaging technology also comes the need for new skills from doctors. Mammographers have become integral to the fight against breast cancer because they focus solely on breast imaging. This expertise can play significantly into the success of screening. In fact, mammographers tend to show higher detection rates for breast cancer.

“Our outcomes at St. Joseph Hospital Comprehensive Breast Center support this trend. Our mammographers detect up to 3x as many new breast cancer cases per 1,000 patients compared to national averages,” explains Dr. June Chen, another fellowship-trained mammographer. “Women generally don't think about who reads their mammogram. But the more cases found, the more lives potentially saved.”

Yearly mammograms are recommended for all women over age 40. When choosing a breast imaging center, it's important to consider factors such as who will be reading your mammogram and available technology. Other considerations include a history of achieving or surpassing national statistics for cancer survival, FDA licensing, and accreditation by the American College of Radiology.

St. Joseph Hospital Comprehensive Breast Center is a fully accredited facility with a reputation for excellence in both diagnosis and treatment. It has a 94.8% overall patient satisfaction rate, which surpasses the national benchmark of 80%. If you are one of the many women in Orange County who have not had their yearly mammogram or you would like more information, visit www.sjo.org or call (714) 744-8601.



American Cancer Society
Hospital Affiliate

STAFF

What a man does today could save his life to

1 in 6 men will be diagnosed with prostate cancer in their lifetime. In Orange County alone, almost 5,000 men will be diagnosed with prostate cancer this year. That's two times the number of women diagnosed with breast cancer. Yet, men remain relatively quiet about this common threat. With September being Prostate Cancer Awareness Month, our hope is men will take the steps necessary to reduce their risks.

If caught at an early stage, survival rates for prostate cancer are more than 90%. If caught at a later stage, when the cancer has spread, only about 34% of men will survive at least 5 years. This dramatic difference is why early detection is so critical.

Generally, men are encouraged to begin screening at age 40. If the initial tests are normal, repeat the test at age 45. It's important that additional tests are performed, despite a first normal test, because prostate cancer often has no symptoms. With such treatment success due to early detection, many experts even suggest earlier screening at age 35. This provides doctors with baseline numbers from which to compare later.

"While it's usually rare in younger men, research shows about 2% of men in their 20s show evidence of prostate cancer," comments Dr. Martin Weissman, Medical Director of St. Joseph Hospital Prostate Cancer Program. "The figure increases to 32% in their 40s and up to 55% in their 50s. Certainly, risk factors like a family history may increase these numbers too."

The most common risk factor for prostate cancer is age. More than 70% of men diagnosed with prostate cancer are over the age of 65. Family history is a risk factor when a brother or father has had the disease. Race also plays into the picture for men of African American descent. It is less common in Asian and American Indian men. Finally, there is also some evidence that a diet high in animal fats and possibly omega-6 fatty acids (from oils used in baked goods, like corn oil) may increase a man's risk. On the contrary, eating lots of fruits and vegetables may decrease the risk of prostate cancer, as well as cancers of the colon, esophagus and stomach.

The PSA test and digital rectal exam (DRE) are the primary screening tools to detect prostate cancer early. A PSA test is a simple

Another first for St. Joseph Hospital Robotics Program

Surgeons at St. Joseph Hospital recently performed the first robotic cystoprostatectomy and neobladder construction to treat a man with advanced bladder cancer. St. Joseph Hospital is one of only 11 hospitals worldwide that has successfully performed this procedure.

“Thanks to robotic technology, the patient’s recovery is faster and pain is much less compared to open surgery,” says Dr. Ashok Kar, one of the urologists who performed the procedure. “Due to the precision of the optical systems, the blood loss is also minimal, which makes the need for transfusions rare.”

The 9-hour surgery involved removing the patient’s bladder, prostate and lymph nodes using robotic arms controlled by the surgeons. They then constructed a new bladder (“neobladder”) using a length of the patient’s small intestine. Using the robotic hands again, they reattached the neobladder to the patient’s urethra through an 8-cm incision. Surgeons view the surgery through a console that allows them to visualize the patient’s anatomy in 3-D. With this type of surgery, patients are able to void via their urethra without wearing an external appliance.

“The robotic hands mimic the dexterity of the human wrist,” adds Dr. Brian Nourouzi who also took part in the surgery. “While this system will never take the place of a skilled surgeon, it will make our job easier and more efficient.”

On average, robotic prostate surgery allows patients to return home within 36 hours after surgery. Only a select few hospitals in the country have completed the necessary training to use the robotic technology known as the da Vinci™ Surgical System. This surgical innovation is the only FDA-cleared technology available in the United States for minimally invasive robotic surgery in multiple medical disciplines.

Acquired through philanthropic funding, the da Vinci™ Surgical System represents the important role that the community plays in supporting the hospital. Thanks to their gifts, one man has been given hope and thousands more can benefit from other life-saving technologies at St. Joseph Hospital. To learn more about the Robotics Program, visit www.sjo.org. If you would like to support technologies like robotic surgery, please call the St. Joseph Hospital Foundation at **(714) 771-8211**.

morrow

test that measures prostate-specific antigen (PSA) in the blood. A PSA level of greater than 2.5 may indicate the presence of cancer activity and warrants further evaluation. The DRE is also a simple exam in which your physician inserts a gloved, lubricated finger into the rectum. He or she checks for evidence of abnormalities in the prostate gland’s texture, shape or size.

Despite being the most common cancer among men, prostate cancer is a curable disease if the disease is detected early. The St. Joseph Hospital Prostate Cancer Program offers numerous screening tools, as well as the latest technology to rule-out or confirm diagnoses quickly and accurately.

If you or a loved one is over 40 and has not been screened for prostate cancer, call **(714) 771-8264** to schedule an appointment or visit www.sjo.org to learn more.

Joint pain: a fact of life or a chance at a new

More than 450,000 Americans receive hip, knee and shoulder replacement surgery every year. These procedures used to be reserved for older people, but new technology and even computer-assisted surgery at St. Joseph Hospital can make treating joint pain less invasive and less painful—for everyone young and old.

“We used to recommend joint replacement mainly in older patients who typically put less strain on the artificial joint,” explains Dr. Steve Barnett, a St. Joseph Hospital orthopedic surgeon. “With today’s research, however, there are new synthetic joint devices, so now active younger adults can receive new joints.”

The surgeries today are also less invasive, resulting in reduced post-operative pain and a faster recovery. Patients of all ages are able to quickly return to their favorite pastimes, whether it’s as simple as golf or as rigorous as skiing.

“I have several patients who report they are 100% back to normal,” adds Dr. David Smith, another St. Joseph Hospital orthopedic surgeon. “We do joint replacements through much smaller incisions now. Now

my patients have minimal scarring, and they’re using their new joints within days of the procedure.”

Computer-assisted surgery is one of the latest advancements in joint replacement. The new technology provides surgeons with a 3-D view of the joint to help them more accurately align implants during replacement procedures, regardless of the incision size. Surgeons can virtually map out the entire surgery using a computer screen that gives them real-time, 3-D images to match the patient’s anatomy.

Joint replacement becomes a consideration when conventional treatments like medication and exercise fail to relieve a person’s symptoms. Joint pain and difficulty with movement are generally caused by joint damage due to injury, years of use (called osteoarthritis) or a chronic disease (such as rheumatoid arthritis and gout). Obesity also can contribute to problems because the extra weight can put excessive strain on joints. In most cases of joint problems, 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.



life?

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.

Drs. Barnett and Smith, as well as their colleagues at St. Joseph Hospital, are among the top orthopedic surgeons nationwide in terms of procedure volume. They generally perform more replacement procedures in a week than most other surgeons in a year. Several St. Joseph Hospital surgeons have also helped design many of the techniques and joint implants used or sold globally.

The St. Joseph Hospital Orthopedic Services 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 or visit www.sjo.org.



hospital update



www.sjo.org — health information you can trust

Health information is by far one of the most searched-for topics on the World Wide Web. And while no one would testify that health information is lacking on the Internet, many would (and should) question the validity of the content they read. This is why it is so important to know that the health information you rely on comes from a trusted source.

St. Joseph Hospital is proud to offer reliable and topical information on our newly redesigned website at www.sjo.org. Our new site offers easier navigation and more in-depth health information. Plus, features like On-line Check Ups allow you to take a proactive approach to your healthcare while giving you access to some of Orange County's most skilled and compassionate clinicians.

For additional health information, we invite you to visit our calendar page for a comprehensive listing of upcoming health classes, support groups and physician lectures. For added convenience, you can now register for St. Joseph Hospital events on-line!

To stay abreast of the latest news in healthcare, don't forget to subscribe to our monthly e-health newsletters dedicated exclusively to health concerns that impact you today. You can rest assured knowing that this topical health information comes directly from the medical experts at St. Joseph Hospital.

Visit www.sjo.org today for health information from a trusted source: the medical experts at St. Joseph Hospital.

Support Groups and Classes

Coronary Artery Disease and Exercise

Mondays: September 19, October 3, November 14, December 12, 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.

Melanoma Education Support Group

Session 4: Oncology Advances, Monday, September 19
Speaker - Timothy Byun, M.D.
Session 5: Panel Discussion, Monday, September 26
Speaker - Dietician, Pharmacist, and Nurse Practitioner including Skin Imaging Information
Session 6: Comprehensive Medicine, Monday, October 3
Speaker - Anne Freeman, Holistic Care Manager
Session 7: General Support, Monday, October 10
Speakers - Debi Lichty, MSW and Denise Otair, RN
from 6:00 p.m. to 7:30 p.m.
St. Joseph Hospital Regional Cancer Center
Conference Room
1100 W. Stewart Drive, Orange

This is a support group for melanoma cancer patients, survivors, family and friends. Discussions include information regarding treatment, follow-up management, clinical trials and nutrition with time set aside for sharing and discussion. Meets Mondays, from 6:00 p.m. to 7:30 p.m. Dinner is served and there is no cost to participate. One guest is allowed to attend with attendee. For registration or more information, call 714-771-8000 ext. 2505 or ext. 7395.

New Beginnings

Tuesdays: Session #2: September 20, September 27, October 4, October 11, October 18, October 25; Session #3: November 8, November 15, November 22, November 29, December 6, December 13, 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.

CPR: Healthcare Provider

Part 1 and 2: Wednesday and Thursday, September 21 & 22, from 6:00 p.m. to 9:30 p.m., Saturday, November 19, from 8:30 a.m. to 4:00 p.m.,
St. Joseph Hospital Sr. Elizabeth Bldg,
Classroom 4
1100 W. Stewart Drive, Orange

Price: \$50 per person (includes 1 book).
CPR classes are available through St. Joseph Hospital's Community Education Department. To registration or more information, call 714-771-8913 or 800-227-2204.

"You Are Not Alone" Lung Cancer Education Support Group

Session 2: Chemotherapy: Side Effects and Clinical Trials, Thursday, September 22
Speaker - Sui Fong Wong, Pharm.D.
Session 3: Ask the Pulmonologist, Thursday, October 13
Speaker - Raymond Casciari, M.D.
Session 4: Ask the Oncologist, Thursday, October 27
Speaker - Timothy Byun, M.D.
Session 5: Nutrition and Cancer, Thursday, November 10
Speaker - Cynthia Fine, Registered Dietician,
Session 6: Maximize Your Breathing Potential Through Relaxation and Exercise, Thursday, December 8
Speaker - Dori Miller, Respiratory Therapist,
Session 7: Emotional Issues and Lung Cancer, Thursday, January 5
Speaker - Debi Lichty, MSW
from 6:00 p.m. to 8:00 p.m.
St. Joseph Hospital Regional Cancer Center
1100 W. Stewart Drive, Orange

This is a supportive group centered on lung cancer patients and their families. It is designed to provide education, support and encouragement when dealing with issues surrounding lung cancer diagnosis. For registration or more information, contact Pam Matten, RN, OCN Lung Program Coordinator at 714-771-8254.

Group Therapy

Thursdays: September 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8, 15, 22, 29, 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 Community Counseling at 714-771-8243.

Congestive Heart Failure Support Group

Mondays: September 26, October 24, November 28, 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 more information, call the Heart Center at 714-744-8727.

Stress Management

Mondays: September 26, October 17, November 21, December 19, 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.

Gastric Bypass Surgery: Is It Right for You?

Tuesdays: September 27, October 11, October 25, November 8, November 22, December 13, December 27, 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. For registration or more information, call 714-771-8913.

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.

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Register now online
at www.sjo.org

or call us at
800-227-2204 or
(714) 771-8913

ICD Support Group

Tuesdays: September 27, October 25, November 29, December 27, 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 Pacemaker and Arrhythmia Center 714-744-8772.

Smoking Cessation Class

Wednesdays: October 5, October 12, October 19, October 26, November 2, November 9, from 6:00 p.m. to 7:30 p.m.
St. Joseph Hospital
Regional Cancer Center
1100 W. Stewart Drive, Orange

These classes are co-sponsored by the Vietnamese American Cancer Foundation. This class is held in six consecutive Wednesdays. Classes include: nicotine replacement therapy counseling, behavioral therapy and tools necessary to quit smoking for good. Registration is required. For registration or more information, call Pam Matten, RN, OCN Lung Program Coordinator at 800-441-0110.

Living with Cancer Support Group

Thursdays: October 6, October 20, November 3, November 17, December 1, December 15, from 6:30 p.m. to 8:00 p.m.
St. Joseph Hospital Regional
Cancer Center
1100 W. Stewart Drive, Orange

This is a general support group especially designed for individuals with cancer. Family members are welcomed to attend. Meets the first and third Thursday of each month. For registration or more information, call Debi Lichty, MSW at 714-771-8999.



Nutrition and Cholesterol Management

Mondays: October 10, November 7, December 5, from 1:00 p.m. to 3:00 p.m.
St. Joseph Outpatient Pavilion Heart
Center 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-health eating goals. For registration or more information, call the Heart Center at 714-744-8727.

Colorectal Cancer Support Group

Tuesdays: October 11, November 8, December 13, 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 registration or more information, call 714-744-8754.

Adult Children of Aging Parents

Tuesdays: October 11, November 8, December 6, from 7:00 p.m. to 8:30 p.m., Thursdays: October 27, December 22, from 10:00 a.m. to 11:30 p.m.
St. Joseph Hospital Community
Counseling, Sister Elizabeth Bldg.,
2nd Floor
1100 W. Stewart Drive, Orange

This program combines an educational workshop on the changing relationships with our aging parents with a support group to ventilate concerns. Participants benefit from group problem-solving approach. Fee: \$15 per session. For registration or for more information, call Community Counseling at 714-771-8243.

Stress Management

Wednesdays: October 12, November 9, December 14, 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 staff of the St. Joseph Hospital 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, and the role your subconscious plays in managing stress. They will learn visualization and deep relaxation techniques, and how to use them 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 registration or more information, please call 714-744-8849.

CPR: Infant & Child

Saturday, October 15, from 8:30 a.m. to 12:30 p.m., Tuesday, November 15, from 6:00 p.m. to 10:00 p.m., Saturday, December 10, 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 1 book). CPR classes are available through St. Joseph Hospital's Community Education Department. For registration or more information, call 714-771-8913 or 800-227-2204.

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

Part 1 and 2: Wednesday and Thursday, October 26 & 27, from 6:00 p.m. to 9:30 p.m., Part 1 and 2: Wednesday and Thursday, December 7 & 8, 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 1 book). (This is a two-day class).

CPR classes are available through St. Joseph Hospital's Community Education Department. For registration or more information, call 714-771-8913 or 800-227-2204.

Bereavement Workshop

Thursdays: Session 2: November 3, November 10, November 17, December 1, December 8, December 15, from 10:00 a.m. to 11:30 a.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. Topics covered are: Symptoms, Strategies & Resolution; The Daily Grind; Grief and the Relationship; Men, Women and Grief; Complicated Grief; and Integrating Loss into Life. Fee: \$15 per session or \$75 in advance for all 6 sessions. For registration or more information, call Community Counseling at 714-771-8243.

Anxiety Program

Mondays: Session 2: November 7, November 14, November 21, November 28, December 5, December 12, from 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 of 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.

Pace Volunteer Training

Wednesdays: in five-week blocks
Please call for dates and times
St. Joseph Hospital Community
Counseling, Sister Elizabeth Bldg.,
2nd Floor
1100 W. Stewart Drive, Orange

A ten-hour interactive course on aging, communicating with and working through the special problems of older adults. This training will enhance your understanding of self and the maturing process, as well as prepare participants to become peer counselor volunteers in the PACE Program. Fee: \$50 per five-week session. For registration or more information, call Community Counseling at 714-771-8243.

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.

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Register now online at www.sjo.org

or call us at 800-227-2204 or (714) 771-8913

September

Find Relief from Sinus Problems, Snoring & Sleep Apnea

Wednesday, September 28, from 7:00 p.m. to 8:30 p.m.
St. Joseph Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

If you or a loved one suffer from chronic sinus problems or snoring, you will want to attend this presentation. We invite you to come listen and learn as Robert del Junco, M.D. and Peter Fotinakes, M.D. discuss the latest treatments available for treating these annoying problems. For more information, a free DVD, or to reserve a spot at our program, please call 800-973-NOSE (6673) or visit our website at www.sjhnasalsinus.com.

October

Varicose Veins: Types and Treatments

Wednesday, October 5, from 6:00 p.m. to 7:00 p.m.
St. Joseph Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Varicose veins can appear anywhere on the body, they affect legs, feet and yes the pelvic area. In both cases the valves in the veins that help blood flow toward the heart do not work properly. As a result, blood pools in the veins and the veins in the affected body part stretch and bulge. The good news is that it can be treated successfully with a variety of medical and surgical treatments. Join Jeffrey Ballard, M.D. from St. Joseph Hospital Vascular Institute as he discusses the causes and prevention of these veins and the latest technology available.

National Depression Screening Day

Thursday, October 6, from 5:30 p.m. to 8:30 p.m.
St. Joseph Outpatient Pavilion Conference Room 2A
1140 W. La Veta Ave., Orange

Join Vinayak Shanbhag, M.D., Psychiatrist, with St. Joseph Hospital's Behavioral Health Service, will present a lecture designed to educate participants about the signs, symptoms and treatments for clinical depression and the effects depression has on one's overall health. This program is being presented as part of National Depression Screening Day. Licensed clinical staff will be present from 5:30 p.m.– 8:30 p.m. to assist individuals with National Depression Screening Exam. This event is open to the community. Refreshments will be served. For more information, please call 714-771-8900.



Beat the Holiday Blues

Wednesday, October 19, from 8:30 a.m. to 9:30 a.m.
Westfield Shoppingtown MainPlace
Paradise Café & Bakery
2800 N. Main Street, Santa Ana

Many factors can cause the "holiday blues": stress, fatigue, unrealistic expectations, financial constraints, and the inability

to be with one's family and friends. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. Others who do not become depressed may develop other stress responses, such as: headaches, excessive drinking, over-eating, and difficulty sleeping. Join Kimberly Motta, M.D., as she provides tips and tools to help you stay mentally healthy during the holiday.

Scoliosis – Curvature of the Spine

Wednesday, October 19,
from 6:30 p.m. to 9:00 p.m.
 Children's Hospital of Orange County (CHOC)
 Harold Wade Education Center
 455 S. Main Street, Orange

Scoliosis is not a disease, but a condition that may appear in more than one member of a family in the same or different generations. Join us as Dr. Afshin Aminian, Orthopedic Surgeon, Dr. Jeffrey Decky, Orthopedic Surgeon, Kim Mayes, Child Life Specialist, and Dr. Joseph Lantz, PH.D. share the latest information on treatments to diminish the progression of spinal curvatures. Dr. Aminian will discuss aspects for both congenital and adolescent scoliosis, Dr. Decky will discuss aspects for adult scoliosis and spondylolisthesis, Kim Hayes will discuss the mental aspects of scoliosis as it relates to the younger population and Dr. Joseph Lantz will discuss the mental aspects of scoliosis as it relates to the adult population. For more information or to register, call St. Joseph Hospital Community Education at 714-771-8913 or 800-227-2204 or visit us on the web at www.sjo.org.

Snoring and Sinus Problems...You Don't Have to Suffer

Thursday, October 20,
from 7:00 p.m. to 8:30 p.m.
 St. Joseph Outpatient Pavilion Lobby
 1140 W. La Veta Ave., Orange, CA

Since 1995, the St. Joseph Hospital Nasal and Sinus Center has been providing the highest quality of care to thousands of patients suffering from chronic sinus problems, snoring and sleep apnea throughout Southern California. We invite you to come listen and learn as Narvin Amin, M.D. discusses how you can find relief from chronic allergies, chronic congestion, snoring & sleepless nights. For more information or to reserve a spot at our program, please call 800-973-NOSE (6673) or visit our website and email us at www.sjhnasalsinus.com.

The Heart Truth: Women and Heart Disease

Wednesday, October 26,
from 11:00 a.m. to 12:00 p.m.
 Tustin Area Senior Center
 200 South "C" Street, Tustin

Did you know heart disease not breast cancer is the number one killer of women? Learn how heart disease affects men and women differently: from heart size to heart attack symptoms. Join Renee Mazeroll, Executive Director for Cardiac and Vascular Services, as she addresses risk factors that affect a woman's heart health and finds ways to prevent future heart disease.

November

Staying Healthy During the Cold & Flu Season

Wednesday, November 2,
from 11:00 a.m. to 12:00 p.m.
 Tustin Area Senior Center
 200 South "C" Street, Tustin

With the flu season approaching, learn what you can do to ward off a winter's worth of sneezing and fevers. Join Dr. Robert Cho, from St. Joseph Heritage Medical Group, as he explores the concerns about influenza and provides valuable tips to protect against the cold and flu.

The Latest on Lung Cancer

Wednesday, November 9,
from 11:00 a.m. to 12:00 p.m.
 Wintersburg Presbyterian Church
 2000 N. Fairview Street, Santa Ana

The chances of beating lung cancer are much greater if the disease is discovered in its early stages. Join Dr. Richard Fischel, Cardio-Thoracic Surgeon, as he presents the warning signs, treatment and prevention, and new surgical developments available.

Diabetes and Your Feet

Thursday, November 10,
from 1:30 p.m. to 2:30 p.m.
 Orange Senior Center
 170 S. Olive Street, Orange

One of the most common complications of diabetes is from wounds. Please join one of our wound specialist case managers, from St. Joseph Hospital Wound Management Services, as she discusses the latest treatments available on healing difficult wounds.

The discussion will also include: prevention and treatment of major categories of wounds, including diabetic, venous, arterial and pressure ulcers related to individuals who have diabetes.

Medicare's New Prescription Drug Coverage

Wednesday, November 16,
from 8:30 a.m. to 9:30 a.m.
 Westfield Shoppingtown MainPlace
 Paradise Café & Bakery
 2800 N. Main Street, Santa Ana

Join a representative from the Social Security Administration Office as he shares the latest on the new Medicare Prescription Drug Coverage Program beginning January 1, 2006.

Sinus Alert! Adults and Children Sinus Sufferers Can find Relief

Wednesday, November 16,
from 7:00 p.m. to 8:30 p.m.
 St. Joseph Outpatient Pavilion Lobby
 1140 W. La Veta Ave., Orange

Join Edward Lee, M.D. and Roberto Baretto, M.D. as they discuss the management of sinus-related disease in adults and children and how this chronic problem is treated. For more information or to reserve a spot at one of our programs, please call 800-973-NOSE (6673) or visit our website and email us at www.sjhnasalsinus.com.





Snoring solutions can improve sleep and health

Snoring is more than just annoying noise. It can contribute to headaches, fatigue and high-blood pressure. There are many reasons people snore—and many new solutions to help you stop.

The most common cause of snoring is narrowed airways. The flow of air in the nose or throat can become partially or completely blocked. The blockage causes snoring in mild cases and sleep apnea in more severe cases. Allergies, blocked nasal passages due to a cold or sinus infection, swollen tonsils or adenoids, and being overweight can also contribute to snoring. Snoring can also be caused by a deviated septum (the cartilage separating the nostrils is crooked).

One of the most serious consequences of snoring is high-blood pressure. Researchers have recently found that younger adults who snore and have sleep apnea are one-and-a-half times more likely to suffer from high-blood pressure than those who don't.

“When a person snores, it may actually threaten their health, says Robert del Junco, MD, of the St. Joseph Hospital Nasal and Sinus Center. “It’s a good idea to see a specialist if common remedies don’t work.”

When snoring is not a health threat, simple solutions include sleeping on your side, using decongestants or nasal strips, and losing weight. If snoring persists, you should see a specialist. Surgery can straighten a deviated septum. If sleep apnea is suspected, a specialist can evaluate you and determine appropriate treatment. A specialist will also check your tonsils and adenoids for enlargement.

To learn more about your options to treat snoring or schedule a consultation, contact the St. Joseph Hospital Nasal and Sinus Center at **1-800-973-NOSE (6673)** or visit us at www.sjhnasalsinus.com.

How to protect the #1 women's health

According to Shalizeh Shokooh, MD, co-medical director of the St. Joseph Hospital Women's Heart Center, nearly 290,000 Orange County women were diagnosed with cardiovascular diseases last year, and it's estimated that the number will rise to almost 320,000 by 2007.

These statistics are evidence of a frightening reality: Cardiovascular disease is the #1 killer of women today. What's worse, more women are dying suddenly of a heart attack with no prior symptoms. A key reason is that women don't experience the symptoms most men experience during a heart attack, including chest pain/pressure, and pain down the left arm. Instead, women can experience fatigue, nausea, cold sweats, back, jaw or neck pain, anxiety and loss of appetite with the onset of a heart attack.

To combat this growing health threat, St. Joseph Hospital established the first Women's Heart Center in Orange County. The Center offers the most comprehensive care available, including preventive screenings, early detection and innovative treatments. St. Joseph Hospital is also the sole hospital sponsor of the American Heart Association's Southland Go Red for Women campaign. In collaboration with this awareness initiative, the hospital provides education, cardiac risk assessment screenings and a one-on-one cardiac nurse consult.

The experts at the Women's Heart Center work to help women understand

ect against omen's threat

the risk factors for heart disease, which 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.

A cardiovascular screening includes a blood test to measure total cholesterol, HDL (good cholesterol), triglycerides and blood sugar level. An individual's body mass index, blood pressure and heart rate are taken, and an electrocardiogram (EKG) (an electronic recording of the heart's activity) is performed. St. Joseph Hospital is also able to screen the blood vessels that feed the brain, body and/or legs.

"During the screening process, women consult with a nurse to discuss their risks," says Dr. Shokooh. "That's probably one of the most valuable aspects of the screening, because the more you know, the more you can do to save your life."

"It's such a simple idea," adds Warren D. Johnston, MD, co-medical director of the Women's Heart Center. "Get screened, get healthy and get a better chance at not ending up as a statistic."

For more information or to schedule your cardiovascular screening, call the St. Joseph Hospital Women's Heart Center at **(714) 633-DOCS** or visit www.sjo.org.



ask the doc

Q: It seems women suffer from depression more than men. Are they really the "weaker sex?"

A: It is true that women suffer from depression at a rate twice as high as the rate for men; however, it's not because women are weak in any way. Research suggests that issues unique to women may be responsible for this higher incidence.

One such issue is hormones. Studies show that women and men experience depression at about the same rate before adolescence and late in life. However, the rate for women is generally higher than the one for men after puberty, with a decrease commonly seen after menopause.

A woman's reproductive events (such as the menstrual cycle, pregnancy and menopause) can cause fluctuations in hormone levels. Dramatic changes in these levels, such as what happens after delivering a baby, can alter the balance in brain chemistry. Post-partum depression actually occurs in 10% to 12% of all mothers. Severe premenstrual syndrome (called Premenstrual Dysphoric Disorder) occurs in approximately 3% to 5% of all women.

Beyond hormones, psycho-social issues may also lead to higher rates. Women face unique stresses like being a working mother, a single mother or a caregiver for aging parents. Additionally, women are more likely to be victims of violence and abuse—traumatic events that can lead to depression.

There are several successful treatment options for depression, including medication, psychotherapy or a combination of both. With a staff specially trained in the treatment of women with mood disorders, the St. Joseph Hospital Behavioral Health Program is uniquely qualified to help women regain hope and quality of life. For more information, call **(714) 771-8134**.

—Dr. Himasiri De Silva

St. Joseph Hospital Behavioral Health Service

When people think about cardiovascular disease, they usually think of a heart attack. However, because the heart and blood vessels are part of the same system, the disease can take many different forms.

Specialists at the St. Joseph Hospital Vascular Institute believe that problems in the “peripheral” blood vessels—particularly those

Saving lives is at the heart of Vascular

in the abdomen, kidneys, legs, neck and brain—are just as important as problems of the heart. Millions of Americans over the age of 50 have peripheral arterial disease (PAD), and the prevalence of this condition increases as people age.

PAD occurs when fatty deposits cause a narrowing or blockage in the body’s blood vessels. This leads to a range of serious health problems, including high blood pressure, crippling leg pain, heart attack, stroke, aneurysms and even kidney failure. PAD is often called the “silent killer” because it can progress with few obvious symptoms. As a result, many people who have PAD go undiagnosed.

Early detection is critical. It is extremely important to be aware of your risk and understand all of the different signs and symptoms of PAD, strokes and aneurysms, as well as heart attacks. The St. Joseph Hospital Vascular Institute offers a comprehensive approach to the treatment of PAD, including patient education and preventive measures, risk assessment and



modification, early diagnosis, and minimally invasive treatment using the latest technology. As a result, the Vascular Institute not only saves lives, but also helps to improve patients' overall health and quality of life.

Patients are cared for by a multidisciplinary team of highly experienced physicians, nurses, technologists and physicians assistants. Treatments

Institute's vision

are based on the severity of each patient's condition and factors that are unique to each individual. Vascular Institute physicians also work closely with primary care physicians to ensure that the care they provide is complimentary to patients' existing health issues.

By increasing awareness and offering the latest treatments, the St. Joseph Hospital Vascular Institute is helping to ensure that PAD does not remain a silent killer. You can do your part by finding out if you are at risk. Schedule your vascular health screening today by calling toll-free at **1-877-VASC123 (1-877-827-2123)**. The screening takes just 20 minutes and is simple, painless, noninvasive and inexpensive. You can also access more information about the Vascular Institute and complete an online risk assessment by visiting www.sjo.org.

The addition of new technology such as 'intravascular ultrasound' was made possible through funding from philanthropic dollars. Without this support, thousands of life-saving procedures would never have been possible. If you are interested in making a contribution to the Vascular Institute, please call the St. Joseph Hospital Foundation at **(714) 771-8211**.



What women need to know about lung cancer

Until recently, lung cancer was viewed as a disease that struck the elderly – primarily men. However, medical research and recent media attention focused on lung cancer have shed new light on this devastating disease.

LUNG CANCER FACTS FOR WOMEN:

- > During the past 20 years, lung cancer deaths among women have skyrocketed 150 percent compared to 20 percent for men. In fact, lung cancer kills more women than breast and ovarian cancers combined.
- > New studies show that women may be more sensitive than men to carcinogens such as tobacco.
- > Lung cancer has no symptoms in its earliest stages.
- > Second-hand smoke and exposure to asbestos and chemicals such as radon puts you at increased risk.

If you smoke or have smoked for more than 20 years and are over age 50, the medical experts at the St. Joseph Hospital Lung Program urge you to have a CT lung screening today. A CT screening can detect tumors as small as 2 millimeters. The cost is \$125 and the benefits last a lifetime.

Call **(714) 633-DOCS** today to schedule your screening. You must be an Orange County resident and have a primary care physician. To learn more about the St. Joseph Hospital Lung Program, log onto www.sjo.org.



NOT JUST DOCTORS.

St. Joseph Hospital Doctors

WHY NOT SETTLE FOR THE BEST?

Between balancing your life and your checkbook, the last thing you want to worry about is your family's health. At St. Joseph Hospital, we take the worry out of healthcare by affiliating with Orange County's finest physicians. From highly skilled primary care doctors to more than 600 renowned specialists, we're proud of our medical staff and their pioneering medical achievements, like performing the first robotically assisted total hysterectomy in the United States.

We know Orange County is proud of our physicians, too. After all, they named St. Joseph Hospital Affiliated Physicians number one in the region in 2005. Additionally, Blue Cross of California named St. Joseph Heritage Medical Group number one in Southern California.

So take the worry out of healthcare and choose a physician affiliated with St. Joseph Hospital. How? It's easy. Call **1-888-881-3136** to find out if your current doctor can be accessed through St. Joseph Hospital Affiliated Physicians or St. Joseph Heritage Medical Group. If you don't have a physician, our service representative can help you select one that best meets your family's growing needs. It's that easy!

For more information, call us today at **1-888-881-3136**, or log onto www.sjo.org.

You're Invited!

ST. JOSEPH HOSPITAL

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T H I R D

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B E N E F I T

SERVING THE DEAR NEIGHBOR

Saturday, October 29, 2005

6:30 p.m. - Reception & Auction

7:30 p.m. - Auction, Dinner & Entertainment

Anaheim Hilton and Towers

777 Convention Way, Anaheim, California

Master of Ceremonies - Dwight Kennedy

Entertainment - Dwight Kennedy Band

\$350 Per Person / \$3,500 Per Table of Ten

RSVP by October 14, 2005

(714) 771-8211

Black Tie Optional, Complimentary Parking

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