

feeling great
ST. JOSEPH HOSPITAL



COMPREHENSIVE BREAST CENTER

A Soothing, Healing Environment * Meet Our New Medical Director * Mammography Musts
American Health Journal * SJH Celebrates its 75th Anniversary

Caring Exponentially



In July 2003 St. Joseph Hospital was awarded three stars for overall patient experience – the highest rating possible – in a survey by the California Healthcare Organization, the Patients' Evaluation of Performance in California (PEP-C Survey). St. Joseph Hospital also received five stars from HealthGrades for Women's Health services. We proudly continue our rich heritage of providing the best medicine has to offer in an environment that welcomes all.

For a referral to a St. Joseph Hospital physician, call **714-633-DOCS**, or for more information call **714-771-8075** or visit www.sjo.org.

The latest technology works best in caring hands

Our Services Include >

- Behavioral Health Services
- Blood Donor Center
- Comprehensive Breast Center
- Emergency Services (including the only dedicated Pediatric Emergency Room in Orange County)
- Endoscopy Center
- Heart Center
- Kidney Center & Kidney Transplant Program
- Nasal and Sinus Center
- Orthopedic Services
- Outpatient Pavilion
- Physical Rehabilitation
- Regional Cancer Center
- Sleep Disorders Center
- Surgical Services
- Women's Heart Center
- Women's Services
- Wound Management Center

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Progressive Comprehensive Breast Center Reflects Age-Old Ideals

The soothing sounds of cascading waterfalls and soft music; the warm ambiance of candles and softly colored walls; the promise of relaxing meditation and massage therapy — although it may sound like a day spa experience, it is actually a glimpse into the St. Joseph Hospital Comprehensive Breast Center.

Located in the St. Joseph Hospital Outpatient Pavilion, the Comprehensive Breast Center is one of the first of its kind in Southern California, where the latest technology for physical health mingles with comforting amenities for spiritual and mental well-being. This unique and healing environment reflects a holistic approach founded on the timeless values upheld for more than 300 years by the hospital's founding Sisters of St. Joseph.

Compassionate care, coupled with patient-centered sensibilities and clinical excellence, are the broad notions that set the Center apart from other breast care facilities. However, it is in the details that one can see and experience the difference.

Following are just a few of the features that contribute to the truly enlightened breast care the new Center provides:

Patient Care Navigator > A calming presence during tests and treatments, a knowledgeable source of information, a trusted advocate — these are among the various roles embraced by the Center's dedicated Patient Care Navigator. This personal coordinator assists patients (and their families or caregivers) with everything from resolving insurance

CONTINUED...



Meet Our Me

issues and understanding test results to communicating with health-care providers and explaining procedures as they arise. The Patient Care Navigator offers guidance and support to alleviate anxiety and to ensure that patients receive the best possible care.

Breast Care Coordinator > The statistics and information for benign breast disease and breast cancer can be overwhelming, startling and confusing. The Comprehensive Breast Care Coordinator provides support, education and comfort to patients in better understanding guidelines, risks, statistics, credible research sources and appropriate preventative measures. The Breast Care Coordinator is a familiar face to patients – whether it's a risk assessment, pre- or post-op teaching, or one-on-one support. It's nice to know a dedicated registered nurse is also a trusted friend throughout every patient's care.

Meditation Room > The serene surrounding of this specially designed retreat invokes a restorative tranquility for the healing of mind, body and spirit. From gentle lighting to relaxing couches, the Meditation Room provides a peaceful haven to ease feelings of apprehension.

Massage Therapy > Nurturing and calming, massage is available as an integral part of the individualized treatment plans at the Center. While seemingly a simple indulgence, the relaxing therapy has curative value in fostering a sense of well-being within patients.

Support > The Comprehensive Breast Center offers support to patients through a variety of programs. As a Southern California affiliate of the Y-Me National Breast Cancer Organization, the Center offers 24/7 phone banks, peer support groups and educational programs. Additionally, the Center offers community outreach and education, psychosocial support, and even childcare services to breast care patients.

In addition to these finer points, the Comprehensive Breast Center features cutting-edge technology, an expert breast care team, and a leading medical director (who is profiled on this page).

By creating an inviting sanctuary focused on healing mind, body and spirit, the Center offers visionary treatment along the continuum of care — from routine mammograms to cancer therapy. It serves as the most comprehensive breast program in Orange County.

If you have any questions or concerns regarding breast symptoms or would like to schedule your yearly check-up, the Center would welcome your call at 714-744-8601. Or, learn more by participating in a special live, online webchat with Comprehensive Breast Center Medical Director Jay Harness, M.D. at www.sjo.org on November 10, 2003 from 7 to 9 p.m.

Jay K. Harness, M.D. is the Medical Director of the new St. Joseph Hospital Comprehensive Breast Center. A renowned leader in the field, Dr. Harness oversees the Center's impressive team of medical professionals devoted to breast health, and is instrumental in ensuring the harmonious interaction of diverse disciplines to deliver the highest caliber of comprehensive care. The following briefly spotlights Dr. Harness' role, expertise, and contributions to the Center and to the field at large.

Dr. Harness' Patient Care Philosophy

In his relationships with his patients, Dr. Harness strives to deliver multidisciplinary care in the prevention, screening, diagnosis and treatment of breast diseases. He promotes mental, physical and spiritual well-being by providing compassionate care and the most advanced technology available. Dr. Harness makes every effort to educate and empower his patients, and believes in fostering increased breast health in the community. Dr. Harness upholds St. Joseph Hospital's core values of Dignity, Service, Excellence and Justice.

"My job as a physician and surgeon is to help people, and I am passionate about educating patients, utilizing the most advanced technology and treatment methods available to aid in their care and working hard to bring increased breast health to the community. I joined this team of talented medical

Medical Director

Credentials

Dr. Harness has an impressive list of accomplishments, and brings 30 years of experience to the Comprehensive Breast Center. He previously served as the director of multidisciplinary breast care centers in Ann Arbor, Michigan and Boston, Massachusetts, and is a former Clinical Professor of Surgery at the University of California at San Francisco. Dr. Harness is also the former Chief of Surgical Oncology at the Alameda County Medical Center in Oakland, Calif. He has published over 40 peer-reviewed articles and numerous book chapters. He was the first physician in the United States to perform an ultrasound-guided breast biopsy.

Dr. Harness earned his medical degree and completed his surgical training at the University of Michigan, and is board-certified in surgery. He furthered his education by completing the Program for Health Systems Management at Harvard University. He is active in many professional organizations including the American Society of Breast Surgeons, the American College of Surgeons, and the American Association of Endocrine Surgeons.

You can connect with Dr. Harness directly through a special live webchat that will take place on Monday, November 10, 2003 from 7 to 9 p.m. Simply log on to www.sjo.org to register and for more information.

professionals for a number of reasons, but specifically I was struck by the values that St. Joseph Hospital uses in its delivery of health care. Treating a person's mind, body and spirit is a philosophy I too believe in, and feel it's an essential component for delivering high-quality health care."

— Jay K. Harness, M.D.

Medical Director, St. Joseph Hospital Comprehensive Breast Center

If you are interested in supporting the Comprehensive Breast Center, please use the enclosed envelope or call the Foundation Office at 714-771-8211.



The Musts of a Mammography Center

According to the National Association of Breast Cancer Organizations, the five-year survival rate is approximately 95 percent when breast cancer is detected and treated in its early stages. This is why an accurate, annual mammogram from a reputable imaging center is so critical for women over the age of 40.

However, not all imaging centers are alike. So it's important that you choose the best facility available for your next mammogram. Here are five components a mammography center must have to deliver the highest quality results for this life-preserving procedure.

Accreditation > The imaging center you choose should be accredited by the American College of Radiology in numerous disciplines, including screening and diagnostic mammography, ultrasound, and core biopsies.

FDA Certification > A seal of approval by the FDA is one important indicator that the center adheres to quality assurance standards.

Certified Mammography Technicians > Be sure that the center only allows Certified Mammography Technicians to perform mammogram procedures. These specialized professionals have undergone the highest level of training available, and you can identify them by spotting the initials ARRT or CRT after their names.

Diagnostic Mammogram Radiologists > Because of their highly specific training in reading breast films, Diagnostic Mammogram Radiologists are more likely to spot any abnormalities when reading results. So insist on having only these doctors read your films, because they have the knowledge and know-how to help ensure accurate outcomes.

Sophisticated Equipment > The facility you choose should house state-of-the-art breast imaging and diagnostic technology, including Breast MRI. Extras like the MammoPad®, which can increase your comfort during the procedure, are also a big plus.

So exercise your freedom of choice in selecting the right mammography center that meets the above criteria.

Call or visit the St. Joseph Hospital Comprehensive Breast Center to experience a facility that offers values-based care, a nationally recognized team of multidisciplinary professionals, and a holistic approach for healing mind, body and spirit. To make an appointment at the Comprehensive Breast Center, call 714-744-8601.



Excellence Measured by the Sum and its Pa

An interdisciplinary approach is increasingly becoming recognized as the ideal model for delivering optimal breast health care. This comes as no surprise, as it makes sense that the collaboration of various medical professionals will yield more complete understanding, more thorough research, and more comprehensive care.

However, in order for this model to function successfully, each individual who composes the interdisciplinary team must possess outstanding skills and knowledge in his or her area of expertise.

The St. Joseph Hospital Comprehensive Breast Center was founded on the concept of providing the highest caliber of care through an interdisciplinary team of leading healthcare professionals. This Center's team — led by prominent authority Dr. Jay Harness (see page 3 for more information about Dr. Harness) — is comprised of unparalleled, caring experts from a range of medical fields.

Whether evaluating the organization as a whole, or each of its highly skilled team members, the commitment to and achievement of excellence is evident at every level.

Following are just a few reasons why the Center has an outstanding reputation within the medical community for clinical superiority, and within the broader community for unsurpassed service.

Diagnostic Mammography Radiologists. The Center is proud to have fellowship-trained Diagnostic Mammogram Radiologists who are nationally recognized in the field of breast imaging. These highly seasoned professionals

have undergone specialized training in reading breast films, which hones their abilities to identify abnormalities for earliest-possible detection.

Concordance Conferences. Because communication and collaboration among clinicians, radiologists and pathologists is critical in ensuring accurate and timely breast cancer diagnoses, the Center conducts weekly Clinical-Radiological-Pathological Concordance Conferences (RAD/PATH). These interdisciplinary pretreatment planning sessions are highly effective in minimizing misdiagnoses and maximizing comprehensive care.

Breast Tumor Board. Bi-weekly Tumor Boards enable physicians and allied health professionals from various specialties to exchange insights and recommendations in developing the best possible multidisciplinary treatment plan for a specific patient. These dedicated Boards are available to all newly diagnosed patients, and Monthly Tumor Forums are also held to educate staff regarding the latest advances in research, diagnosis and treatment.

Accreditation. The St. Joseph Hospital Comprehensive Breast Center is fully accredited and FDA certified. Its accreditation in the following areas is a tangible indicator of the facility's commitment to quality and excellence:

- > Mammography Quality Standards Act (MQSA)
- > American College of Radiology (ACR) three-year accreditation for Stereotactic Biopsy program
- > American College of Radiology (ACR) accreditation for Mammography units



Our dedicated Breast Care Team is comprised of compassionate and expert:

- Breast Surgeons and Surgical Oncologists
- Medical Oncologists
- Radiation Oncologists
- Mammography Technologists
- Diagnostic Imaging Technologists
- RN Breast Care Coordinator
- Pathologists
- Cancer Risk Assessment RN
- Spiritual Counselors
- Complementary Health Services
- Social Workers

rts

> American College of Radiology (ACR) three-year accreditation for Breast Ultrasound, Core Needle Biopsy, and Fine Needle Aspiration Cytology.

Community Outreach. The interdisciplinary model, which values dissemination and sharing of information from diverse perspectives, naturally leads the Comprehensive Breast Care center to the community. At the Center, information is actively circulated on a weekly basis at Health Fairs, Lunch and Learn programs, Patient Education and Wellness Forums, and other special events. The Center's specialists also frequently host breast health awareness classes for men's and women's groups, corporations, churches and other local organizations.

St. Joseph Hospital cancer survivors and hospital physicians light up the runway and celebrate life at the Annual Circles of Life Fashion Show and Luncheon. Join us at the Hyatt Regency Irvine on Sunday, June 6, 2004, and enjoy a champagne reception, opportunity drawing, silent auction, luncheon, and view lovely fashions, while supporting the St. Joseph Hospital Regional Cancer Center. For more information on tickets and sponsorship/underwriting opportunities for next year's Fashion Show, please use the enclosed envelope or contact the Foundation Office at 714-771-8211.

SJH in the news

Blue Cross Recognizes St. Joseph Heritage Medical Group

Recently, Blue Cross of California recognized the St. Joseph Heritage Medical Group for the quality health care and patient service this group provides. In fact, St. Joseph Heritage Medical Group, a primary-care-based multispecialty network affiliated with St. Joseph Hospital, was named as the top-performing medical group in Southern California.

Out of 160 medical groups that contract with Blue Cross across the state, 80 groups qualified for recognition by Blue Cross through their "Quality Scorecard." A "top scorer" was selected for both Northern and Southern California.

With their Scorecard, Blue Cross looks to see if patients are satisfied with their care and how they were treated. Blue Cross evaluated St. Joseph Heritage Medical Group on such criteria as waiting times for appointments, number of complaints and grievances, patient satisfaction surveys, peer and staff reviews, and patient turnover. In addition, more than half of a medical group's score is now based on clinical outcomes and patient satisfaction surveys.

For more information about the St. Joseph Heritage Medical Group, visit their website at www.sjhmg.org.

St. Joseph Hospital Television Ads Win Three Silver Telly Awards

Santa Ana-based advertising agency DGWB has received three coveted silver Telly awards for a series of television ads produced on behalf of St. Joseph Hospital. The Telly – a national award that honors TV, film and video production – has become one of the most sought-after awards in the industry.

DGWB and St. Joseph Hospital received two awards for 30-second and 60-second spots titled "The Most Powerful Treatment," focusing on the hope the hospital's Regional Cancer Center provides to patients. The third silver Telly was awarded for a 30-second spot titled "Microfiche," promoting the history of firsts and breakthroughs achieved both currently and over the years by the St. Joseph Hospital Heart Center.

"The team from St. Joseph Hospital and DGWB wanted to avoid typical hospital advertising," said Dave Swartz, creative director at DGWB. "We didn't sugar-coat anything. The best way to deal with the delicate issues of health care is honesty."

The Telly Awards were founded in 1980 to showcase and give recognition to outstanding non-network and cable commercials. During the past 23 years, the Telly Awards has become a well-known, highly respected national competition.

calendar of events

november 2003 -
february 2004

helping you feel great



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.

enroll by calling
800-227-2204 or
714-771-8913

CPR classes

CPR classes are available through St. Joseph Hospital's Community Education Department. For specific class dates and times, and to register, call 714-771-8913 or 800-227-2204. Class types and fees are as follows:

Healthcare Provider: \$50 per person

Basic Life Support for Adult/Infant & Child: \$35 per person or \$55 for 2 people

Infant & Child only: \$35 per person or \$55 for two people

Monthly Support Groups

Nutrition for a Healthy Heart

**First Tuesday of each month
from 2 to 4 p.m.**

St. Joseph Outpatient Pavilion,
Conference Room 2A
1140 W. La Veta Ave., Orange

The St. Joseph Hospital Heart Center invites you and your family to join us for this heart-healthy class. To register or for more information, call 714-744-8727.

Cardiac Support Group

**First and Third Tuesdays of each month
from 1 to 2 p.m.**

St. Joseph Outpatient Pavilion,
Conference Room 2A
1140 W. La Veta Ave., Orange

You are invited to join our group of cardiac patients and their families who meet under the guidance of a licensed social worker to assist each other in dealing with lifestyle changes following a cardiac event. To register or for more information, call 714-744-8727.

Understanding Heart Disease, Risk Factors and Exercise

**Second Tuesday of each month
from 2 to 4 p.m.**

St. Joseph Outpatient Pavilion,
Conference Room 2A
1140 W. La Veta Ave., Orange

The St. Joseph Hospital Heart Center invites you and your family to join us for this heart-healthy class. To register or for more information, call 714-744-8727.

Stress Management

**Third Tuesday of each month
from 2 to 4 p.m.**

St. Joseph Outpatient Pavilion,
Conference Room 2A
1140 W. La Veta Ave., Orange

The St. Joseph Hospital Heart Center invites you and your family to join us for this heart-healthy class. To register or for more information, call 714-744-8727.

St. Joseph Hospital Foundation Events

20th Annual Light Up A Life Tree Lighting Ceremony

Sunday, December 7, 2003
St. Joseph Hospital Park

For more information, call the Foundation Office at 714-771-8211

19th Annual TODOS Golf Tournament

Monday, April 19, 2004
Santa Ana Country Club

For more information, call the Foundation Office at 714-771-8211

8th Annual Circles of Life Fashion Show

Sunday, June 6, 2004
Hyatt Regency Irvine

To benefit St. Joseph Hospital Regional Cancer Center. For more information, call the Foundation Office at 714-771-8211

November

Landing on Your Feet — Balance and Fall Prevention

Wednesday, November 5, 2003
from 12:30 to 1:30 p.m.

Brookhurst Senior Center,
2271 W. Crescent Ave., Anaheim

Join Kathy Berger, M.P.T. and Mark Hisayasu, O.T.R., from St. Joseph Hospital Rehabilitation Services, as they provide tips to guard against falls, a checklist for hazards in the home, and therapy programs for strengthening and balance.

Is Bariatric Surgery Right for You?

Wednesday, November 5, 2003,
from 6:30 to 7:30 p.m.

St. Joseph Outpatient Pavilion Lobby,
1140 W. La Veta Ave., Orange

Bariatric surgery is a new option for individuals who have had no success with dieting and other mainstream weight-loss methods. Sami Hamamji, M.D. and Jeffrey Johnsrud, M.D. will answer your questions about this procedure and help you determine if it's right for you.



Lifting the Cloud of Depression

Tuesday, November 11, 2003
from 1:30 to 2:30 p.m.

Park Plaza Retirement Residence,
620 S. Glassell Street, Orange

Join Tom Loats, Program Director of St. Joseph Hospital Behavioral Health Services, as he discusses the leading causes and common symptoms of depression. Topics include holiday depression, feelings of loneliness and sadness, change of residence, loss of a loved one, and medications that could cause depression.

Alternative Medicine: Is It Good for You?

Wednesday, November 12, 2003
from 11 a.m. to noon

Wintersburg Presbyterian Church,
2000 N. Fairview Street, Santa Ana

Alternative Medicine is fast becoming a viable form of treatment for various medical conditions. Join Shida Saam, D.O. as she explains what alternative medicine is, and if it's an option for you.



January

Is Bariatric Surgery Right for You?

Tuesday, January 13, 2004
from 6:30 – 7:30 p.m.
St. Joseph Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Bariatric surgery is a new option for individuals who have had no success with dieting and other mainstream weight-loss methods. Sami Hamamji, M. D. and Jeffrey Johnsrud, M.D. will answer your questions about this procedure and help you determine if it's right for you.

February

Is Bariatric Surgery Right for You?

Tuesday, February 10, 2004
from 6:30 – 7:30 p.m.
St. Joseph Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Bariatric surgery is a new option for individuals who have had no success with dieting and other mainstream weight-loss methods. Sami Hamamji, M. D. and Jeffrey Johnsrud, M.D. will answer your questions about this procedure and help you determine if it's right for you.

Sinus Alert! Adults and Children Sinus Sufferers Can Find Relief

Thursday, November 13, 2003
from 7:00 to 8:30 p.m.
St. Joseph Outpatient Pavilion Lobby,
1140 W. La Veta Ave., Orange

Last year, over 26 million U.S. men, women and children visited their physician for sinus-related problems. Join Robert del Junco, M.D. and Roberto Baretto, M.D. as they discuss the management of sinus disease in adults and children and how this chronic problem is treated. For more information or to reserve a spot at this program please call 800-973-NOSE (6673) or visit www.sjhnasalsinus.com.

Managing Pain in the Aging Spine

Tuesday, November 18, 2003
from 1:30 to 2:30 p.m.
Triangle Terrace, 555 S. Shaffer, Orange

Many factors contribute to back pain as we age. A St. Joseph Heritage Medical Group physician will discuss some of the common causes of back pain, and the effects of aging on the spine.

Hypertension: The Silent Killer

Wednesday, November 19, 2003
from 8:30 to 9:30 a.m.
Paradise Café, Westfield Shoppingtown
MainPlace, Santa Ana

Hypertension, commonly referred to as high blood pressure, is a major contributor to heart disease, heart attacks, and brain attacks (also known as strokes). A St. Joseph Heritage Medical Group physician will discuss how to keep your blood pressure in check through appropriate lifestyle changes.

Let's Talk Eye to Eye: Macular Degeneration

Thursday, November 20, 2003
from 1 to 2 p.m.
St. Joseph Center Auditorium,
480 S. Batavia, Orange

New advances are changing the way we look at this ocular disease. Join Aisha Simjee, M.D., ophthalmologist, as she explains the latest advances in the treatment of this disorder and what you or a loved one can do if you have this eye problem. You will also have the opportunity to ask questions related to other eye diseases.

Don't Lose Your Snooze... Find Relief from Snoring

Thursday, February 12, 2004
from 7:00-8:30 p.m.
St. Joseph Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Seven out of ten Americans snore to some degree. Snoring is a problem that affects you and your loved ones, whether you're the snorer or the person who's kept awake. Join Navin Amin, M.D. to learn more about snoring and sleep apnea, and also the latest treatments available for treating this annoying problem. For more information or to reserve a spot at this program please call 800-973-NOSE (6673) or visit www.sjhnasalsinus.com.

American Health Journal

TV series filmed at St. Joseph Hospital delivers medical information you can rely on

Many people today automatically turn to the internet when researching information on medical conditions. Although useful information can be found on the internet, there is also a wealth of outdated, speculative, and sometimes dangerous information floating around. Most doctors are pleased when their patients want to better understand their medical conditions, but they want them to have reliable information that is correct, understandable and current.

Recognizing this need, St. Joseph Hospital, the award-winning American Health Journal and KOCE have produced a 27-episode educational series titled "The American Health Journal." During the course of the series, which was filmed at the hospital and physicians' offices, viewers will meet 27 of St. Joseph Hospital's highly respected physicians and learn about 27 of today's most pertinent health problems.

Each half-hour American Health Journal show delves into different medical conditions, helping viewers understand causes and symptoms and their best treatment options. In some cases, actual medical procedures will be shown. Doctors will also discuss ways to prevent or reduce the risk factors for certain conditions. Viewers who would like additional information can contact any of the featured specialists through a special "800" number that is listed at the end of each show.

The American Health Journal can be seen on KDOC Channel 56:

November 11, 2003 through February 15, 2004

Every Tuesday at 7:30 p.m.

Every Friday at 1:30 p.m.

Every Sunday at 3 p.m.

Amid the gentle surroundings of the St. Joseph Hospital Comprehensive Breast Center, the latest technology for breast disease detection and treatment thrives. The hospital's longstanding commitment to compassionate care has in no way compromised its strong conviction to be at the forefront of emerging medical advancements for malignant and benign breast disease.

In line with the hospital's dedication to holistically treating mind, body, and spirit, the Comprehensive Breast Center has diligently worked to achieve the optimal blend of high-tech with high-touch care.

The Center is a leading breast care facility in Orange County, and is the first and only site with such cutting-edge technology as Microthermotherapy and 3-D Whole-Breast Ultrasound. Following is a brief glimpse into some of the innovations available to patients at the Comprehensive Breast Center.

A Soft Setting for the

Microthermotherapy. The Comprehensive Breast Center is the only breast center in Orange County involved in an investigational clinical research study that delivers microwaves to cancerous tumors. Using minimally invasive, focused heat, Microthermotherapy can destroy tumors and surrounding cancer cells without harming healthy tissue. The system is designed to sufficiently reduce the size of tumors so breast-conserving lumpectomies can be performed instead of complete mastectomies. Its use prior to lumpectomy also can increase the overall safety and effectiveness of the surgery.

3-D Whole-Breast Ultrasound. The Comprehensive Breast Center is one of 16 sites in the United States, and the only breast center in Orange County, participating in a clinical research study to determine if automated 3-D whole-breast ultrasound is useful in combination with mammography in finding breast cancer in women who have no breast lumps or other clinical signs or symptoms of breast cancer. Patients who have cancer that is not visible by mammogram may benefit from early detection by ultrasound.

Breast MRI. This noninvasive procedure produces hundreds of cross-sectional images of the breast, which can detect small lesions that may sometimes be missed by mammography. Since Breast MRI does not use x-rays or radioactivity, it is believed to have no long-term health hazards, and it is particularly successful in imaging dense breasts as well as breast implants.

Cutting Edge

CADStream. Computer aided detection (CAD) is highly effective in discriminating between false-positives and real cancer indicators, which increases the accuracy of detection. The CADStream software featured in the new Center is the first CAD application designed exclusively for MRI, and it results in more standardized image processing and analysis, better quality images and faster interpretation of MRI exams.

Ductal Lavage. Primarily designed for women with a high risk of breast cancer, the Ductal Lavage procedure can detect pre-malignant and malignant breast cells well before they become visible tumors. It is an effective, minimally invasive means of collecting cells, which are then analyzed and identified as normal, atypical or malignant.

High-Risk Program. This innovative program offers genetic susceptibility testing, education, access to support programs, and consultations to high-risk patients through a multidisciplinary team of experts. The program focuses on helping women and their families make informed decisions about care, enabling them to create — along with their physicians — a personal health plan tailored to their individual circumstances. Invaluable information and recommendations regarding evaluation, monitoring, risk reduction, and interventions are provided along with accurate risk assessment. Each patient's privacy is safeguarded and all information is confidential.

From evaluations and diagnostic imaging, to interventional procedures and treatment, the St. Joseph Hospital Comprehensive Breast Center offers emerging technology that is on the forefront of medical research, all while maintaining its steadfast commitment to providing compassionate care in an environment devoted to treating the whole person – body, mind and spirit.

For more information on the St. Joseph Hospital Comprehensive Breast Center, call 714-744-8601 or log on to www.sjo.org.

ask the doctor

Q: I've heard that the symptoms of a heart attack can be different for women than for men. Could you tell me what some of these symptoms would be?

A: Many women don't realize that heart disease is the single greatest threat to their health — more than half a million American women lose their lives to heart disease every year. And nearly twice as many women die from heart disease than all forms of cancer combined.

"Symptom recognition is a key problem," says cardiologist Shalizeh Shokooh, M.D., co-medical director of the Women's Heart Center at St. Joseph Hospital. "About one third of women don't experience the typical symptoms most men experience: severe crushing chest pain that radiates to the neck, shoulder(s), arm(s) or back. Many women report having vague chest discomfort with a sudden onset of severe fatigue or shortness of breath."

These nonspecific symptoms are difficult for a woman to identify as being heart-related. According to Dr. Shokooh, additional symptoms often experienced by women include a mild burning sensation in the middle of the chest with a transient feeling of panic and dizziness, and severe indigestion with upper abdominal pain, nausea and vomiting. If a woman is not able to recognize these symptoms and seek the necessary care early on, her life is at risk.

"This is one of the reasons St. Joseph Hospital opened the Women's Heart Center," says Dr. Shokooh. "Participation in the Center provides women with the heart-health protection they need."

All women are encouraged to attend a private screening by a highly trained cardiac registered nurse. The screening should include lipid panel, glucose, body mass index, EKG, Pocket EKG, blood pressure, self-risk assessment and nurse consultation.

To schedule your private screening, or for more information on the St. Joseph Hospital Women's Heart Center, call 866-996-4278.



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

Help us celebrate!

St. Joseph Hospital will soon celebrate its 75th Anniversary. The Sisters of St. Joseph of Orange opened the hospital in 1929 to serve the growing Orange County community. The values on which the Sisters founded this facility still serve as the hospital's guiding principles today.

Do you have a story to tell about St. Joseph Hospital? Were you born here? Do you have a unique picture of the hospital, its staff, or the Sisters you'd like to share? An anecdote? A significant event in your or a loved one's life that happened here and you think would be of interest to others? Or would you like to volunteer to be part of a special event celebrating the hospital's 75-year involvement in the community?

Items of interest can be emailed to us at sjh75th@sjo.org or sent to:
Marketing Department
St. Joseph Hospital
1100 W. Stewart Drive
Orange CA 92868

If you are sending us photos, please be sure to send us a copy and not the original — we will be unable to return items to you. You can also give us a call at 714-771-8075. We want to hear from you!

chat online with our breast care expert



Although there are volumes of useful medical information on the Internet, St. Joseph Hospital recognizes how important it is for consumers to have access to the most current, accurate and reliable medical information available. To this end, we have launched a series of live web chats featuring some of our most distinguished physicians. During these live sessions, you can post your questions and have our expert physicians respond directly to you during our two-hour chat!

On **November 10, 2003 from 7 to 9 p.m.**, nationally recognized breast surgeon **Jay Harness, M.D.**, will be available to chat with you live and answer your questions about surgery for breast cancer and other conditions of the breast, and also about breast health and wellness.

Go to www.sjo.org to register or for more information.



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St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

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