In this issue of FeelinGreat, we offer you a fact-filled publication for women of all ages dedicated to health and wellness. Making a commitment to her own good health is something every woman owes to herself.

For many women and adolescent girls, weight concerns can progress to an unhealthy, and even life-threatening, obsession.

Many women don’t recognize that heart disease is the single greatest threat to their health.

Too often, new parents’ first few days or weeks with their newborn turns into a haze of anxiety and exhaustion.

Urinary incontinence is no laughing matter, and help is available.

Cancer of the ovary, uterus or breast may mean an increased risk for colorectal cancer.

Snoring may be a sign of a more dangerous medical condition.

Don’t neglect monthly and yearly breast exams.

Every minute counts in a cardiac emergency!

Urinary incontinence is no laughing matter, and help is available.

In this issue of FeelinGreat, we offer you a fact-filled publication for women of all ages dedicated to health and wellness. Making a commitment to her own good health is something every woman owes to herself.

For many women and adolescent girls, weight concerns can progress to an unhealthy, and even life-threatening, obsession.

Many women don’t recognize that heart disease is the single greatest threat to their health.

Too often, new parents’ first few days or weeks with their newborn turns into a haze of anxiety and exhaustion.

Urinary incontinence is no laughing matter, and help is available.

Cancer of the ovary, uterus or breast may mean an increased risk for colorectal cancer.

Snoring may be a sign of a more dangerous medical condition.

Don’t neglect monthly and yearly breast exams.

Every minute counts in a cardiac emergency!
A recent television commercial that featured "Doctor Mom" dispensing medicine and tender, loving care to her family spoke volumes about the role of women in health. If you are like many women, you probably make it a priority to do everything you can to keep those you cherish — your children, partner, parents, even your pets — healthy and strong.

But what about you? Many women place their own health needs at the very back of the line — behind their family responsibilities, job demands, chores and errands. The medical community has made tremendous strides in the management of conditions and diseases that commonly affect women, but in most instances, early diagnosis and treatment help assure a successful outcome. When women don’t make time for regular check-ups, take a wait-and-see attitude toward troubling symptoms or ignore their doctor’s recommendations, they are not only shortchanging themselves, but also the people who care about and depend on them.

Women have historically been caretakers, and even today in a country where gender equality is highly valued, many women still tend to put everyone else’s needs before their own. If you ask why they will probably tell you there’s not enough time, but time is not the only factor. The reasons are varied and complex, ranging from traditional gender roles and maternal instinct to cultural and personal expectations.

In airplane travel passengers are always instructed to slip on their own oxygen mask first in an emergency, before assisting their children or others who need their help. The reason is simple — you have to look after yourself, or you won’t be able to help anyone else. This same rule applies to everyday life. Making a commitment to your own good health will enable you to be there for others. At the same time, you will be setting a good example for your loved ones to follow.

Every woman needs and deserves her own personal health protection plan that includes regular check-ups and expert medical care, an assessment of her unique risk factors for certain diseases and conditions, and education about how to balance any risk factors with protective factors. Get advice about creating your own health protection plan at the 5th Annual Women’s Day of Health on Saturday, May 17 at the Westin South Coast Plaza Hotel in Costa Mesa. Presented by St. Joseph Hospital and Women Doctors of Orange County, this unique health fair offers a "by women – for women" approach to health care. All of the topics and displays are geared to women's issues and health concerns, and all physician speakers are women. To register for the event, call 800-227-2204.
In image-conscious Southern California, it’s not unusual for women, and even girls, to spend considerable time and effort experimenting with diets and weight loss remedies. But for one out of 10 women and one in five adolescents, weight concerns can progress well beyond dieting into an unhealthy, and even life-threatening, obsession with body image and food.

Known as eating disorders, the two most commonly diagnosed types are anorexia nervosa and bulimia nervosa. Both conditions can lead to even more serious health complications including heart disease and kidney failure. “Eating disorders are a major health concern for women,” says Ted Williams, M.D., a St. Joseph Hospital psychiatrist and eating disorders expert. “In excess of two million women in this country are struggling with bulimia nervosa, and another million are suffering from anorexia nervosa.”

Eating disorders are largely misunderstood and misjudged. In spite of what some people assume, eating disorders are not a result of poor willpower or self-indulgent behavior. Rather, eating disorders are treatable medical illnesses whose symptoms include distorted attitudes and unhealthy eating patterns.

Although challenging to treat, the condition can be overcome in nearly 90 percent of cases. Eating disorders are complex conditions, with numerous causes and risk factors, some of them not yet fully understood, and successful treatment must be highly personalized and comprehensive. “Recognizing when there is a problem and getting a diagnosis sooner, rather than later, is the first step,” says Dr. Williams. “This illness can be defeated when the patient and treatment team work together to address all of the factors that contribute to the illness.” For more information about eating disorders contact the St. Joseph Hospital Eating Disorders Clinic at 714-771-8085.
Starting this fall, many St. Joseph Hospital surgeons will be using the da Vinci Surgical System for urology, gallbladder and specific cardiac and gynecological surgical procedures. The da Vinci Surgical System is the only FDA-cleared system available in the United States today that is fully operative for minimally invasive robotic surgery in multiple medical disciplines. This impressive surgical system also is the only commercially available technology designed to provide the surgeon with the instinctive control, fine tissue manipulation capability, full range of motion and 3-D visualization characteristics of open surgery, while simultaneously allowing them to work through small incisions during surgical procedures.

“A robotic operating room is not the wave of the future, it is a reality now,” said Jeffrey Johnsrud, M.D., a general surgeon at St. Joseph Hospital. “Thanks to surgery utilizing robotic technology, data shows that patients experience less pain and infections, emerge from surgery sooner, with better outcomes and faster recovery times. The incisions are tiny, too, so there are no disfiguring scars as with some surgical procedures.”

Bringing this state-of-the-art technology to St. Joseph Hospital is just one more symbol of the hospital’s dedication to clinical excellence. While this surgical system will never take the place of a skilled surgeon, it will assist in making their job easier and even more efficient.

For more information about the other state-of-the-art services offered at St. Joseph Hospital, visit www.sjo.org.

Ask for a Pocket EKG for Mother’s Day!

There’s an easy and simple way to do something for your heart. Just walk into the St. Joseph Hospital Heart Center on any Monday or Friday between 7:30 a.m. and 4:30 p.m. and tell them you’re there for your Pocket EKG — a heart identification card that contains your baseline EKG and vital health information that can help save your life in a medical emergency. “We introduced the Pocket EKG to Orange County because we are passionate about reducing the coronary death rate,” says James Grimes, M.D., medical director of the St. Joseph Hospital Heart Center.

It isn’t necessary to have an appointment or even to have a history of cardiac disease. You will be asked to answer a questionnaire about your health history and have an electrocardiogram. The fee is only $20. The Heart Center is located on the first floor of the St. Joseph Hospital Outpatient Pavilion at 1140 W. La Veta in Orange. For more information about preventing cardiovascular disease, visit www.sjo.org/services/heartcenter.htm.

These nonspecific symptoms are difficult for a woman to identify as being heart-related. 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. Santora. “Participation in the Center provides women with the heart-health protection they need.”

Women can attend a private screening by a highly trained cardiac registered nurse that includes a lipid panel, glucose level, 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.
Relief for Women Who “Gotta Go”

You’ve probably seen the commercials: a female executive hastily excusing herself from a meeting, a police officer fleeing her traffic post, a woman golfer sprinting to the clubhouse. Funny stuff for many viewers, but not so amusing for the nearly 13 million Americans, 85 percent of them women, who suffer from urinary incontinence.

Urinary incontinence is a bladder condition that causes an involuntary release of urine. “Incontinence in itself is not a disease,” says Lamia Gabal-Shehab, M.D., a urologist at St. Joseph Hospital, “but it occurs when the muscle that closes the bladder fails to stop urine from leaking out.” Sometimes incontinence is a temporary condition that can be cleared up with appropriate treatment, but often it is chronic, and the symptoms tend to increase with age. For some women the symptoms may be annoying or embarrassing — a small amount of urine leaking out during exercise or a sneeze. But in more severe cases a woman may feel forced to stay close to a bathroom, and her sense of freedom and social confidence can be eroded.

There are many options to successfully treat urinary incontinence, but far too many women suffer in silence…

“Although there are several types of incontinence, we most commonly see stress incontinence and urge incontinence,” says Dr. Gabal-Shehab. In the former, laughter, exercise, lifting, even coughing and sneezing can cause urine leakage. Urge incontinence, also known as overactive bladder, triggers frequent and almost overwhelming urges to urinate, and leakage can occur on the way to the bathroom. Women often suffer from more than one type.

There are many options to successfully treat urinary incontinence, but far too many women suffer in silence, often out of embarrassment. If you are a woman who has to “go” too often, talking to your doctor about your symptoms could be your first step toward relief.

For more information on urinary incontinence you are invited to attend “Bladder Control – The Latest Treatment Options,” on Wednesday, June 4. See the Calendar of Events on page 7 for registration information. To make an appointment with Dr. Gabal-Shehab, call 714-973-4600.
Q. I have leg pain when I walk. A friend mentioned peripheral vascular disease (PVD). What is PVD and is leg pain a symptom?

A. Your friend may be on the right track. Leg pain can indeed be a symptom of PVD. The pain usually appears as a tight or squeezing feeling in your calf, thigh or buttocks when you are exerting yourself. You may notice that the pain reoccurs at the same point in your activity each time, and rest usually relieves it.

PVD is most commonly caused when plaque — a buildup of fat, calcium and other substances under the inner lining of the artery — causes the arteries in the leg or leading into the leg to narrow. It's important to have a doctor investigate the cause of your leg pain. If PVD is diagnosed, lifestyle changes and medication may be recommended to manage the condition and prevent it from worsening. It may sound strange, but your leg pain could be a blessing. Without treatment, PVD can progress and cause tissue death, gangrene, serious leg infections and even lead to amputation.

— Dean Healy, M.D.
St. Joseph Hospital Vascular Surgeon

Are you at risk for Colorectal Cancer?
Log onto www.sjo.org/services/colorectalcenter.htm to evaluate your risk.

Q. I have leg pain when I walk. A friend mentioned peripheral vascular disease (PVD). What is PVD and is leg pain a symptom?

A. Your friend may be on the right track. Leg pain can indeed be a symptom of PVD. The pain usually appears as a tight or squeezing feeling in your calf, thigh or buttocks when you are exerting yourself. You may notice that the pain reoccurs at the same point in your activity each time, and rest usually relieves it.

PVD is most commonly caused when plaque — a buildup of fat, calcium and other substances under the inner lining of the artery — causes the arteries in the leg or leading into the leg to narrow. It's important to have a doctor investigate the cause of your leg pain. If PVD is diagnosed, lifestyle changes and medication may be recommended to manage the condition and prevent it from worsening. It may sound strange, but your leg pain could be a blessing. Without treatment, PVD can progress and cause tissue death, gangrene, serious leg infections and even lead to amputation.

— Dean Healy, M.D.
St. Joseph Hospital Vascular Surgeon

Are you at risk for Colorectal Cancer?
Log onto www.sjo.org/services/colorectalcenter.htm to evaluate your risk.

Introducing Heartbeat

St. Joseph Hospital Heart Center is proud to announce a new publication, Heartbeat. This monthly email newsletter is dedicated to keeping your heart healthy with such features as:

> Easy-to-follow diet and exercise tips that help your heart stay in shape
> Quick and easy heart-healthy recipes that taste great!
> Technology News brought to you by St. Joseph Hospital cardiologists
> Ask the Cardiologist — a monthly Q&A with a St. Joseph Hospital cardiologist
> Monthly calendar of upcoming free Heart events
> Links to important heart information you need to know to stay healthy

To subscribe to Heartbeat, visit www.sjo.org and click on the beating heart.
### May - July 2003

**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

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition for a Healthy Heart</strong></td>
<td>First Tuesday of each month from 2 to 4 p.m.</td>
<td>St. Joseph Outpatient Pavilion, Conference Room 2A 1140 W. La Veta Ave., Orange</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Cardiac Support Group</strong></td>
<td>First and Third Tuesdays of each month from 1 to 2 p.m.</td>
<td>St. Joseph Outpatient Pavilion, Conference Room 2A 1140 W. La Veta Ave., Orange</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Understanding Heart Disease, Risk Factors and Exercise</strong></td>
<td>Second Tuesday of each month from 2 to 4 p.m.</td>
<td>St. Joseph Outpatient Pavilion, Conference Room 2A 1140 W. La Veta Ave., Orange</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Stress Management</strong></td>
<td>Third Tuesday of each month from 2 to 4 p.m.</td>
<td>St. Joseph Outpatient Pavilion, Conference Room 2A 1140 W. La Veta Ave., Orange</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Diabetes and You!</strong></td>
<td>Wednesday, May 7, 2003 from 11 a.m. to noon</td>
<td>Wintersburg Presbyterian Church, 2000 N. Fairview Street, Santa Ana</td>
<td>Learn what diabetes is and how you get it. Find out how diet and exercise can keep blood sugar levels under control, and how the latest medical treatments can help.</td>
</tr>
<tr>
<td><strong>Get the Facts about Macular Degeneration</strong></td>
<td>Tuesday, May 13, 2003 from 1:30 to 2:30 p.m.</td>
<td>Park Plaza Retirement Residence, 620 S. Glassell, Orange</td>
<td>New advances are changing the way we look at this ocular disease. Keith Rundle, M.D. will explain what you or a loved one can do if you have this problem.</td>
</tr>
<tr>
<td><strong>Keeping Your Skin Healthy As You Age</strong></td>
<td>Thursday, May 15, 2003 from 1 to 2 p.m.</td>
<td>Orange Senior Center, 170 S. Olive Street, Orange</td>
<td>Ana Fajardo, M.D. will provide general information and useful tips to help you understand the aging of human skin. Your skin will benefit greatly from proper care, and you can improve the way your skin looks and feels. Learn how to prevent damage and what “skin dangers” you should look out for.</td>
</tr>
<tr>
<td><strong>Don’t Ignore the Snore — Advanced Treatments for Snoring and Sleep Apnea</strong></td>
<td>Thursday, May 15, 2003 from 7:00 to 8:30 p.m.</td>
<td>St. Joseph Outpatient Pavilion Lobby 1140 W. La Veta Ave., Orange</td>
<td>If snoring is causing you or your loved ones too many sleepless nights, we invite you to come and learn about snoring, sleep apnea and the latest treatments available for treating these annoying problems from Robert del Junco M.D. and Sarah Mosko Ph.D. To register or for more information, call 800-973-NOSE (6673) or visit <a href="http://www.sjhsalsinus.com">www.sjhsalsinus.com</a>.</td>
</tr>
<tr>
<td><strong>New Developments in Pain Control</strong></td>
<td>Wednesday, May 21, 2003 from 6 to 7 p.m.</td>
<td>St. Joseph Irvine Health Center, 4050 Barranca Parkway, Irvine</td>
<td>Changes in the field of medicine have opened up new avenues for the treatment of some conditions. Join Jieh Li, M.D. as she teaches you about alternative medicine and the options it offers.</td>
</tr>
<tr>
<td><strong>The Growing Popularity of Alternative Medicine</strong></td>
<td>Wednesday, June 4, 2003 from 11 a.m. to Noon</td>
<td>Tustin Area Senior Center, 200 S. “C” Street, Tustin</td>
<td>Over 12 million Americans suffer from urinary incontinence or an overactive bladder. Join Luis Kobashi, M.D. as he discusses the causes and treatments of this annoying problem.</td>
</tr>
<tr>
<td><strong>Bladder Control: The Latest Treatment Options</strong></td>
<td>Wednesday, June 4, 2003 from 6:30 to 7:30 p.m.</td>
<td>St. Joseph Irvine Health Center, 4050 Barranca Pkwy., Irvine</td>
<td>Learn how you can choose from a variety of nonsurgical procedures designed to reverse, improve, or erase the earliest signs of aging. Join Hamid Towhidian, M.D. for an informative lecture on some of the new advances in cosmetic dermatology, including botox injections, wrinkle treatments, and microdermabrasion. Refreshments will be served.</td>
</tr>
<tr>
<td><strong>New Advances in Cosmetic Dermatology</strong></td>
<td>Wednesday, June 4, 2003 from 6:30 to 7:30 p.m.</td>
<td>St. Joseph Irvine Health Center, 4050 Barranca Pkwy., Irvine</td>
<td>Learn how you can choose from a variety of nonsurgical procedures designed to reverse, improve, or erase the earliest signs of aging. Join Hamid Towhidian, M.D. for an informative lecture on some of the new advances in cosmetic dermatology, including botox injections, wrinkle treatments, and microdermabrasion. Refreshments will be served.</td>
</tr>
</tbody>
</table>

※ Denotes event of special interest to women
Hearing Loss: There Is Hope
Tuesday, June 10, 2003 from 1:30 to 2:30 p.m.
Park Plaza Retirement Residence, 620 S. Glassell, Orange

Hearing loss is one of the most common conditions affecting older adults. Alison Grimes of the Providence Speech & Hearing Center will discuss common symptoms associated with hearing disorders, as well as the latest technology in hearing aids.

*Landing On Your Feet! Balance and Fall Prevention
Wednesday, June 11, 2003 from 10 to 11 a.m.
Nohl Ranch Inn, 380 S. Anaheim Hills Road, Anaheim Hills

Join Kathy Berger, O.T.R. 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.

*Signs of Stroke & Prevention
Wednesday, June 18, 2003 from 8:30 to 9:30 a.m.
Paradise Café & Bakery, Westfield Shoppingtown MainPlace, Santa Ana

This lecture explains how to spot the signs of a stroke, what causes a brain attack (stroke) and how to reduce your risk.

*Understanding Food Labeling
Thursday, June 19, 2003 from 1 to 2 p.m.
Orange Senior Center, 170 S. Olive Street, Orange

Come learn from a St. Joseph Heritage Health Educator what’s on your food labels and why knowing what you’re eating can lead to a healthy lifestyle. Discover all the common listings on food labels and what they really mean.

St. Joseph Healthy Heart Screening for Dads and Grads
Thursday, June 19, 2003 from 5 to 7 p.m.
and Tuesday, June 24, 2003 from 7 to 9 a.m.
Heart Center, St. Joseph Outpatient Pavilion, 1140 W. La Veta Ave., Orange

This exam includes an electrocardiogram (EKG); Pocket EKG (wallet card with your baseline EKG and vital medical information); blood pressure and cholesterol screening, body fat; take-home Health Risk Assessment: free heart health education materials; and consultation with a cardiac nurse and exercise physiologist. Fee: $30 ($10 for Senior Savers Club members). Refreshments will be served.

*Osteoporosis: The Silent Epidemic
Tuesday, June 24, 2003 from 1:30 to 2:30 p.m.
Triangle Terrace, 555 S. Shaffer Street, Orange

Join Dr. Joo-Hyung Lee, M.D. as he discusses some of the risk factors, symptoms, treatments and the latest preventative therapies for osteoporosis.

July
*A Women’s Guide to Health Issues
Wednesday, July 9, 2003 from 7 to 8 p.m.
845 E. Chapman Ave. (NW corner of Cambridge and Chapman Avenues), Orange

Ana Fajardo, M.D. will be providing information that every woman should know about female health issues including hormone replacement, bone health, osteoporosis, heart disease, weight management, breast health, and more. Blood pressure screening available. Refreshments will be served.

*Heart Disease: What Every Woman Should Know
Tuesday, July 15, 2003 from 6 to 7 p.m.
St. Joseph Outpatient Pavilion Lobby, 1140 W. La Veta Ave., Orange

When it comes to heart disease, men and women are definitely not the same. Research shows that men and women with coronary heart disease differ in their symptoms, risk factors, and disease progression. Join Warren Johnston, M.D. as he discusses heart disease in women and what each woman needs to do to reduce her own risk. Cholesterol screening available. Refreshments will be served.

Treating and Preventing Sports Injuries
Thursday, July 24, 2003 from 6:30 to 7:30 p.m.
St. Joseph Outpatient Pavilion Lobby, 1140 W. La Veta Ave., Orange

Join Steve Mora, M.D. for a discussion on treating and preventing sports injuries — from strains and sprains, knees and ankles, to soccer-related injuries. Refreshments will be served.
Ah, the bedroom! An oasis that beckons at the end of a long and exhausting day — a quiet and enveloping cocoon where a woman can drift into a peaceful and well-deserved sleep. But what starts out as restful slumber can quickly turn into a nightmare of exhaustion when loud snores keep you awake night after night.

A quarter of the American population are habitual snorers, and the majority are men. Although women, too, can snore, they are typically affected more indirectly. A recent study at the Mayo Clinic found that women who share a bedroom with a loud snorer lose an average of an hour’s sleep a night and can suffer from sleep deprivation and fatigue. Even switching bedrooms doesn’t always help, because some snorers can be heard right through closed doors.

Snoring is often viewed as fodder for stand-up comics, but according to Navin Amin, M.D. of the St. Joseph Hospital Nasal and Sinus Center, “Chronic snoring is no laughing matter. Not only can it affect the health of the snorer’s partner, it can also be an indicator of a more dangerous medical condition called sleep apnea.”

In obstructive sleep apnea, the snorer actually stops breathing. This breathless state can last for up to two minutes, reducing the blood’s oxygen content and causing fatigue. At worst, the condition can even lead to death.

“A lot of men are not concerned about their snoring until their sleep-deprived mate says, “I’ve had it. I can’t take this anymore.” Fortunately, this often spurs the snorer to see a doctor and begin treatment.

To learn more about the treatment options for snoring and sleep apnea, plan to attend Don’t Ignore the Snore, Advanced Treatments for Snoring and Sleep Apnea on Thursday, May 15, 2003. See the Calendar of Events beginning on page 7 of this issue for registration information, or you can also call the Center at 714-744-8758 or visit the website at www.sjhnasalsinus.com.

Your breasts need more than the support of a well-fitted bra to stay healthy. Experts agree that the best defense against breast cancer is early diagnosis and treatment, but too many women fail to give their breasts the support they really need — monthly and yearly breast exams.

Your healthy breast program should include a yearly clinical exam by a physician at and after age 20. During the visit, your doctor can also show you the correct method for self-examination. There is an excellent article and how-to illustrations on the St. Joseph Hospital website at www.sjo.org. Click on “Health Topics,” then “Women’s Health,” and look under the "Medical Tests" heading.

No busy woman relishes adding yet another task to her busy schedule, but a monthly self-examination deserves a prominent (and non-negotiable) place on your calendar. Through regular self-exams, you will get to know the density and texture of your own breasts, and you will be able to alert your doctor to any changes or abnormalities.

Once a woman reaches age 40, most experts recommend a regular mammogram because the risk of developing breast cancer increases with age. Mammograms may reveal tumors that are difficult to detect on manual exams. Before making an appointment, M. Linda Sutherland, M.D., co-director of St. Joseph Hospital Breast Imaging Services, recommends some screening of your own. “Ensure that the mammogram center is FDA-certified, and inquire if the person doing the procedure is a Certified Mammography Technologist. These professionals have the initial A.R.R.T. (M) or C.R.T (M) after their name." Dr. Sutherland also suggests asking if the doctor who will be reading the films is a Dedicated Mammography Radiologist. "These doctors have specialized training and are more likely to detect any abnormalities."

When breast cancer is found and treated in the early stages, the five-year survival rate is around 95 percent. According to the National Association of Breast Cancer Organizations, an effective breast health program that includes an annual clinical exam, monthly self-exams and mammograms for women over the age of 40 is the best way to protect the health of your breasts.

To schedule your mammogram at the St. Joseph Hospital Comprehensive Breast Center, call 714-744-8705.
Every minute counts in a cardiac emergency. If treated within the first 30 minutes, the chances for survival increase dramatically.

At the St. Joseph Hospital Chest Pain Center, the response time in treating patients with chest discomfort or other suspicious symptoms is two and a half times faster than the national average. The Chest Pain Center is equipped with specialized cardiac monitoring equipment and its own on-site laboratory so doctors receive the information they need...fast. "If it’s a heart attack, a specially trained team will start procedures to minimize damage to the heart muscle. If there’s no immediate danger, the patient will be further assessed in the low to moderate risk Chest Pain Unit to help determine the appropriate treatment for the symptoms,” says Donald Mahon, M.D., Medical Director of the St. Joseph Hospital Heart Center.

Dr. Mahon encourages his patients not to take any chances with their health. “Know the risk factors for heart disease, your personal health risk, and the early warning signs of heart attack,” he says.

You can evaluate your personal cardiac risk by logging onto www.sjo.org and taking an on-line cardiac health assessment. Just click on "My Personal Health" and look for the Health Quotient button.

Remember, chest discomfort of other suspect symptoms should never be ignored. Early treatment is crucial to recovery. For more information on the St. Joseph Hospital Heart Center, call 800-227-2204 for a free brochure, or log onto www.sjo.org/services/heartcenter.htm.
This is a stethoscope from St. Joseph Hospital.

It is no different from a stethoscope you may find at any hospital. What makes a hospital special is not the equipment, or the building, or the location. It’s the quality and dedication of the medical staff. It’s the doctors.

The St. Joseph Hospital family would like to recognize the outstanding physicians of St. Joseph Hospital for their dedication, clinical expertise and never-ending devotion to their patients. To be referred to a St. Joseph Hospital physician, call our Physician Referral Service at 714-633-DOCS or visit www.sjo.org.

St. Joseph Hospital physicians are rated #1 by O.C. residents.