

feelinggreat
ST. JOSEPH HOSPITAL



WOMEN'S HEART CENTER

New Women's Heart Center is the First in Orange County * Advanced Radiation Technology
Available for Cancer Patients * SJH Designated "Choice" Hospital by Blue Shield

chat online with our heart experts



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. We regularly host DocTalk, a web chat series with St. Joseph Hospital physicians. During these live sessions, you can post your questions and have our expert physicians respond directly to you.

On **February 24, 2004 from 7 to 9 p.m.**, St. Joseph Hospital cardiologists **Thomas Kim, M.D.**, **George Wesley, M.D.** and **Jay Lee, M.D.** will be available to chat with you live and answer your questions about heart health. Go to www.sjo.org to register or for more information.

FEATURES

(COVER STORY)

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With heart disease striking one of every three females, this new Center strives to improve the heart health of women in our community

4* BLUE SHIELD NETWORK PROGRAM ANNOUNCES THE RESULTS OF ITS LATEST HOSPITAL COMPARISONS

St. Joseph Hospital again receives the highest designation – Choice Hospital

5* SHORTER RADIATION PERIOD APPEALS TO BREAST CANCER PATIENTS

Breast Conservation Therapy offers an alternative to mastectomy for most early-stage cancer patients

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Colorectal cancer is not just an “older person’s disease” – and a simple screening can catch the disease in its early stages

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St. Joseph Hospital Opens First Women's Heart Center in Orange County

Last year, nearly 290,000 women in Orange County were diagnosed with cardiovascular disease, and it's estimated that by 2007 that number will increase to almost 320,000. Cardiovascular disease – which includes high blood pressure, coronary heart disease, congestive heart failure, stroke and congenital cardiovascular defects – is the single largest killer of Americans, both men and women.

While this statistic is startling, even more profound is the number of women who die each year from heart disease. “Nearly 54 percent of those who die from cardiovascular disease are women and in fact, each year heart disease strikes a staggering one in three American women, killing more than 500,000,” according to Shalizeh Shokooh, M.D., co-

director of St. Joseph Hospital's Women's Heart Center, Orange County's first center dedicated solely to the prevention, early detection and treatment of heart disease for women in Orange County.

The heart's physical structure – its arteries, blood vessels, valves and veins – are virtually the same for a man and a woman. However, studies have shown that a woman's cardiovascular system differs from a man's in many ways, such as how their system deals with hormonal changes or responds to stress, the increased adverse effect of lipid (fatlike substances) disorders in women as compared to men, and the fact that smoking increases the cardiovascular risk to a greater extent in women than men.

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Warren D. Johnston, M.D. is the co-director of the Women's Heart Center and feels that it's important to correct the misinformation about heart disease in women and inform them about how serious this ailment can be.

"Most people think this is a disease more common in men, but that's not true. Most women also believe that breast cancer is the leading cause of death, when actually heart disease kills more women than all forms of cancer combined," he said.

For more information about its diagnostic services or to have a private consultation with the Women's Heart Center nurse, please call **866-9WN-HART (866-996-4278)** or visit www.sjo.org. Also plan on attending a Heart Healthy Education Class during heart month. See page 7 for the Calendar of Events.

How to Prevent Heart Disease

A common misconception about women and heart disease is that women are only affected after they've gone through menopause. According to Lawrence Santora, M.D., women are being diagnosed with cardiovascular disease at all stages of life. Dr. Santora reinforces that the ability to educate women about heart disease, as well as the importance of early detection, will allow the St. Joseph Hospital Women's Heart Center to chip away at these types of perceptions and help more and more women achieve heart health. Women and men can make lifestyle changes that can aid in preventing life-threatening heart ailments, **including ...**

dept spotlight

Women's Heart Center Offering a Special Heart and Wellness Package during Heart Month

Special Heart and Wellness Package reduced to \$99 for the month of February!

Call now, because this special offer is limited to the first 50 callers! This Health Heart Exam package takes about 1 hour to complete, and is available with a physician's referral. Call now ... this could save your life or the life of someone you love! The package includes:

- 50-minute Swedish massage
- Consultation with a nurse specialist
- Personal heart profile
- Complete cholesterol analysis
- Blood glucose test
- Blood pressure and pulse check
- Resting EKG reading with results printed on a wallet "Pocket EKG" card

Call **866-996-4278** to make an appointment or for more information.

Blue Shield Network Choice Program Selects St. Joseph Hospital as Choice Hospital

Blue Shield of California's Network Choice program recently announced the results of its latest hospital comparisons. Based on their findings, St. Joseph Hospital was once again awarded the highest designation — Choice Hospital.

The Network Choice program categorizes hospitals as either Choice or Affiliate, based on an analysis of numerous factors, including risk-adjusted cost, quality of care and patient experiences.

One of the ways the Network Choice program determines a hospital's quality is by considering how a hospital encourages and applies stringent patient safety practices. Examples of patient safety practices would include electronic ordering systems for physicians and staffing procedures in the Intensive Care Unit.

The program also looks at patient satisfaction, based on a survey of patients' evaluations of a hospital's performance. The survey is overseen by the California Institute of Health Systems Performance and the California HealthCare Foundation. Both are nonprofit organizations dedicated to improving healthcare quality.

For more information about St. Joseph Hospital's quality rankings, visit www.sjo.org.

Ask for a Pocket EKG for Valentine'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.

The Pocket EKG is 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 Donald Mahon, M.D. "By carrying this card in your purse or wallet, the essential information needed by emergency room staff start treatment will be readily available."

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 take an electrocardiogram. The fee is only \$20, and in just a few weeks you'll receive your personal Pocket EKG. The Heart Center is located on the first floor of the St. Joseph Hospital Outpatient Pavilion at the corner of West La Veta and Pepper Street in Orange. For more information about preventing cardiovascular disease, visit www.sjo.org/heart.

Lose Excess Weight

Ask your doctor what your ideal body weight should be, and the proper diet for you. If weight loss is necessary, suggested modifications can include eating a low-calorie diet with plenty of fruits and vegetables, drinking at least 64 ounces of water every day and taking part in aerobic exercise for at least 20 to 30 minutes daily.

Quit Smoking

A woman who smokes is three times more likely to have a heart attack. Within two years of quitting, that risk drops by half.

Reduce Stress

Allow for plenty of sleep and maintain a healthy exercise program.

Lower Cholesterol

Have your good (high-density lipoprotein or HDL) and bad (low-density lipoprotein or LDL) cholesterol levels checked regularly.

Maintain a Normal Blood Pressure

Have your blood pressure checked regularly by your doctor.

Learn About Your Family History

If your family has a history of heart disease, you may be at a higher risk for heart ailments.

For more information about the St. Joseph Hospital Women's Heart Center, call **866-9WN-HART (866-996-4278)** to speak to a nurse dedicated to women's heart health, or visit www.sjo.org.

ask the doctor

Recently, St. Joseph Hospital hosted a web chat featuring nationally recognized breast surgeon Jay Harness, M.D., medical director of the St. Joseph Hospital Comprehensive Breast Center. Below are some of the topics discussed on the chat. Visit www.sjo.org/chatonline/archive.htm to view the full archive of the webchat with Dr. Harness.

Q: What is the correlation between breast pain and breast cancer? Is breast pain an indicator of any other ailments?

A: Most breast cancers do not cause breast pain. However, that is not always true. Clearly, complaints like breast pain should be completely evaluated by a competent specialist. Such an evaluation can involve the use of mammography and breast ultrasound. Things such as strain of the muscles in the chest and inflammation of the cartilage near the breastbone may cause breast pain, but not necessarily from the breast. Again, a complete evaluation is necessary to evaluate the cause of the breast pain.

Q: What is the difference between a cyst and a lump?

A: A breast lump is a description of what we feel in the breast. A lump can be caused by several things including a cyst(s), a benign tumor such as a fibroadenoma, or a cancer. One of the accurate ways in determining if a lump is caused by a cyst is breast ultrasound. Any “lumps” of the breast require complete evaluation by a physician.

Q: What is the best way for me to access emerging breast care technology?

A: We are fortunate that at the St. Joseph Hospital Comprehensive Breast Center we are able to offer emerging technologies in breast care. Not all breast centers are capable of providing this level of service. The best way to find such centers can be through national organizations such as the National Consortium of Breast Centers and the American Society of Breast Surgeons. These organizations can be located with your web browser.

Q: If my breast cancer requires surgery, what kinds of qualifications should my doctor and hospital have?

A: While breast cancer surgery is a common procedure for general surgeons, more and more women are now seeking the services of surgeons who specialize in breast disease. Many of these surgeons are members of the American Society of Breast Surgeons. At the St. Joseph Hospital Comprehensive Breast Center, we are fortunate that we have such highly experienced surgeons. In addition, these surgeons have access to cutting-edge technology. Please call the Center at **714-744-8601** for more information or an appointment.

Shorter Radiation Periods Offer Hope to Breast Cancer Patients

For many years, the only treatment option for women who had breast cancer was complete removal of the breast (mastectomy). Fortunately, time and research have produced alternative treatments that offer excellent hope for long-term survival, with less disfiguration.

Today, when a woman is diagnosed with breast cancer, she is likely to have several choices for treatment. Her treatment options depend to a large degree on the stage of the cancer, the size of the tumor and whether it has spread beyond the breast. Many women whose cancer is diagnosed at an early stage can be treated successfully with breast conservation therapy (BCT), which includes several procedures. First, a lumpectomy is performed to remove the tumor and the surrounding tissue, sparing most of the breast. The lumpectomy is followed by radiation therapy to reduce the risk of recurrence, and additional treatments may also be prescribed. According to the National Cancer Institute, BCT is “preferable” to mastectomy for most early-stage cancer patients.

Until recently, the radiation therapy of choice was external beam radiation, which uses high-energy x-rays from a machine to irradiate the entire breast. Although patients must make daily visits to a treatment center for five to seven weeks, and there may be expected modest effects on normal tissue during treatment, this type of radiation works well to prevent recurrence in the treated breast and results in satisfactory breast cosmesis. Overall, women with early-stage cancer treated with breast conservation therapy have similar long-term survival rates to those treated with mastectomy.

Surprisingly though, a report from the National Cancer Institute suggested that as many as 40% of patients with early-stage breast cancer were still choosing to undergo mastectomies, and data from the National Breast Cancer



Period Appeals ents

Coalition indicated that up to 25% of women who had opted for lumpectomies did not follow through with the recommended radiation therapy.

“Women today have extremely busy and complex lives,” says Jay Harness, M.D., Medical Director of the St. Joseph Hospital Comprehensive Breast Center. “When they have to make decisions about their treatment, they almost always want the breast to be saved, but they also want to get on with their lives as quickly as possible after surgery. Each woman’s decision is unique and personal, but it appears that many women have chosen mastectomy over lumpectomy because of their concerns about having to undergo nearly two months of external radiation therapy.”

One of the new treatment modalities called MammoSite® high dose rate brachytherapy will soon be offered at St. Joseph Hospital. This treatment procedure allows the patient to be finished with radiation therapy treatments in only five days, which is appealing to many women. The MammoSite Radiation Therapy System is a breakthrough procedure that delivers radiation from inside the breast, and targets only the tissue where cancer is most likely to recur. Follow-up studies done over five years have shown little difference between the effectiveness of the two types of therapy. “I’m optimistic that this shorter-term radiation procedure is helping women who are candidates for breast conservation therapy to feel more confident about choosing that procedure,” says Judith Harrison, M.D.

The St. Joseph Hospital Department of Radiation Oncology was the first such facility in Southern California to be accredited by the American College of Radiology. For more information please about MammoSite, please call the St. Joseph Hospital Comprehensive Breast Center at **714-744-8601** or log onto www.sjo.org.

Comprehensive Breast Center offers \$40 for 40

Are you a woman facing the big four-o? Lucky you! Many women who have already passed that milestone say the fortieth decade is the best ever – a time of increased self-awareness, renewed energy and hard-won confidence. However, there is a risk that comes with turning 40 that every woman needs to be aware of.

Beginning at 40, the possibility of developing breast cancer rises with each passing decade. Breast cancer comprises the leading cancer diagnosis for women, and is the leading cause of death for American women between the ages of 40 and 55. Nationally, one in eight women will be affected by it, but in Orange County the statistics are even higher.

“Orange County has one of the highest incidences of breast cancer in the United States,” says Jay Harness M.D. of the St. Joseph Hospital Comprehensive Breast Center, the most complete and technologically advanced breast care center in Orange County. “The statistics can’t be ignored: this is a major public health concern for our community. Approximately 46% to 52% of women who live in Orange County are considered at high risk for developing breast cancer in their lifetime.”

The American Cancer Society urges women to start a regular prevention program by ensuring they have a baseline mammogram by the age of 40. The doctors and experienced breast care specialists at St. Joseph’s Comprehensive Breast Center agree.

“Our approach is to tackle the problem head on by encouraging women to become our active partners in prevention, intervention and risk reduction,” says Dr. Harness. “Early and regular screenings should be a part of every woman’s basic health program.”

If you are turning 40, or know a woman who is, the Comprehensive Breast Center, in partnership with the Moran, Rowan and Dorsey Women’s Imaging Center, has a unique offer—a baseline mammogram for an unusually low cash price of \$40 for women without implants and no prior history of breast cancer. No referral is needed; your insurance will not be billed. This is a cash-only offer that also includes the R2 ImageChecker Computer Aided Detection System (a \$25 value). The ImageChecker creates a digital image to aid the radiologist in reviewing mammograms by calling attention to complex patterns of interest that many not be easily seen by the naked eye. Studies show that the use of the ImageChecker may result in earlier detection of up to an additional 20 percent of cancers.

The St. Joseph Hospital Comprehensive Breast Center is offering the \$40 mammogram, including the use of the ImageChecker, until April 30, 2004 only. For prompt service, please call the Women’s Imaging Center at **714-771-8360** to make an appointment for the \$40 mammogram screening offer. Office hours are 8 a.m. to 5 p.m. Monday through Friday, and Wednesdays from 8 a.m. to 7 p.m. The Women’s Imaging Center is adjacent to the St. Joseph Hospital Outpatient Pavilion at 705 W. La Veta, Ste. 107, Orange and is accredited in mammography by the American College of Radiology.

This special offer is extended to women of all ages. The St. Joseph Hospital Comprehensive Breast Center encourages all women, especially those over 40 years of age, to begin the New Year with a baseline mammogram.

calendar of events

january - april 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

Wellness Center

St. Joseph Hospital recently announced the opening of its new Wellness Center, located in the St. Joseph Hospital Outpatient Pavilion. The Wellness Center offers everything from reasonably priced 15-minute chair massages to a total wellness experience in an environment dedicated to holistic health and healing.

For more information and a complete listing of services, log onto www.sjo.org, or call 714-771-8000 ext 7771.

monthly classes and groups

Nutrition and Cholesterol Management

Mondays: February 2, March 1, and April 5, 2004 from 1 to 3 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/behavior changes and heart-healthy eating goals. Call 714-744-8727 for more information.

Young Women with Breast Cancer Support Group

Tuesdays: February 3, March 2, and April 6, 2004 from 6 to 8:30 p.m.

St. Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460, 1140 W. La Veta Ave., Orange

This support group meets on the first Tuesday of every month. For more information, call 714-744-8601.

Coronary Artery Disease and Exercise

Mondays: February 9, March 8 and April 12, 2004 from 1 to 3 p.m.

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

This class identifies risk factors as well as educates you 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 more information, call 714-744-8727.

Y-ME Breast Cancer Support Group

Tuesdays: February 10, March 9, and April 13, 2004 from 7 to 9 p.m.

St. Joseph Outpatient Pavilion, 2nd Floor Board Room, 1140 W. La Veta Ave., Orange

This Breast Cancer Support Group is sponsored by the Y-ME National Breast Cancer Foundation. The group meets on the 2nd Tuesday of every month. Call 877-377-4963 for more information.

Stress Management

Mondays: February 16, March 15, and April 19, 2004 from 1 to 3 p.m.

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

This class helps you to understand and manage your response to stress by discussing ways to cope with situations and teaches relaxation techniques to reduce the effects of stress. To register or for more information, call 714-744-8727.

january

Women's Wellness: Breast Health

Thursday, January 22, 2004 from 6 to 7:30 p.m.

St. Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460, 1140 W. La Veta Ave., Orange

One in eight women will be diagnosed with breast cancer in their lifetime! Learn the latest about breast cancer detection and prevention. Julie Beck, R.N. from the Comprehensive Breast Center will teach you about breast cancer risk, breast self-exam, breast cancer prevention, and the importance of annual mammography.

Mother-Daughter Breast Health Program

Wednesday, January 28, 2004 from 6 to 7:30 p.m.

St. Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460, 1140 W. La Veta Ave., Orange

Comprehensive Breast Center staff will teach mothers and daughters about mammograms, how to do breast self-exams, how to check for breast lumps, how to lower their risk of breast cancer in the future, and general early-detection tips and methods. Refreshments will be served.

february

St. Joseph Premier Health Heart Screening

Thursday, February 12, 2004 from 7 to 9 a.m.

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

This exam includes: electrocardiogram (EKG); wallet card with your baseline EKG and vital medical information; blood pressure and cholesterol screening; take-home Health Risk Assessment; free heart-health education materials; and consultation with a cardiac nurse. Fee: \$35.00 (\$10 for Senior Savers Club members). To register or for more information, call 714-771-8913 or 800-227-2204. Refreshments will be served.

Women and Heart Disease

Wednesday, February 18, 2004 from 8:30 to 9:30 a.m.

Paradise Café, Westfield Shoppingtown MainPlace, Santa Ana

Did you know heart disease – not breast cancer – is the number one killer of women? Shalizeh Shokooh, M.D. will discuss how risk factors can affect a woman's heart health and how to prevent future heart disease. She will also discuss the differences in heart disease symptoms between men and women.

Women's Wellness: Breast Health

Wednesday, February 18, 2004 from 6 to 7:30 p.m.

St. Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460, 1140 W. La Veta Ave., Orange

See January 22, 2004 class description.

Women Can Do Anything Men Can Do...Like Develop Heart Disease

A Special Brunch Focusing on Women's Heart Health Saturday, February 21, 2004 from 10 a.m. to 1 p.m.

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

At this brunch event, learn from Shalizeh Shokooh, M.D. about heart disease and how to reduce your personal risk. Screenings will include cholesterol and blood pressure, and topics such as smoking, exercise, stress, obesity and diabetes will be addressed. You will receive tools to help you take care of yourself.



Coronary Artery Disease and Exercise

**Tuesday, February 24, 2004
from 11 a.m. to noon**

Tustin Area Senior Center,
200 South C Street, Tustin

What is heart disease and what are your risk factors? Come to this class and learn about risk factors and 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.

St. Joseph Premier Health Heart Screening

**Tuesday, February 24, 2004
from 5 to 7 p.m.**

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

This exam includes: electrocardiogram (EKG); wallet card with your baseline EKG and vital medical information; blood pressure and cholesterol screening; take-home Health Risk Assessment; free heart-health education materials; and consultation with a cardiac nurse. Fee: \$35.00 (\$10 for Senior Savers Club members). To register or for more information, call 714-771-8913 or 800-227-2204. Refreshments will be served.

Varicose Veins: Prevention and Treatments

**Wednesday, February 25, 2004
from 11 a.m. to noon**

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

Varicose veins and spider veins can appear anywhere on the body, but mostly affect the legs and feet. Preston Flanigan, M.D. will discuss the causes and prevention of these veins.

The Healthy Heart Food Festival

**Wednesday, February 25, 2004
from 6 to 8 p.m.**

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

The St. Joseph Hospital Heart Center is dedicated to keeping your heart healthy. During this evening of food, fun and heart-health education, we invite you to sample delicious heart-healthy foods, take part in chef demonstrations, and talk to Orange County's leading heart experts, including Warren Johnston, M.D. Learn how you can improve your heart health at the "Care for Yourself – Care for Your Heart" lecture.

Dining with the Doc

**Thursday, February 26, 2004
from 6 to 8 p.m.**

Scotts Seafood, 3300 Bristol St., Costa Mesa

Come dine with Orange County's most skilled electrophysiologist during Heart Month. Jay Lee, M.D. will be the featured guest speaker for a heart-healthy dining experience. Topics will include "When Your Heart Skips A Beat" in addition to how to reduce the risk for heart disease as well as information about the latest options for treating heart disease. Cost is \$25.00 per person or \$45.00 per couple (dinner included). Space is limited — call 800-227-2204 or 714-771-8913 for reservations.

march

Preventing Colorectal Cancer — Winning the Fight

Tuesday, March 2, 2004 from 2 to 3 p.m.
Triangle Terrace, 555 S. Shaffer Street, Orange

Recent debate had emerged as to which diet and lifestyle factors do and don't reduce the risk for colon cancer. Anita Gregory, M.D. will examine the latest findings and offer sensible risk-reduction strategies. Free colon cancer screening kits will be available.

Is Bariatric Surgery Right for You?

**Tuesday, March 9, 2004
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.

Battling Allergies & Sinus Problems...There's Hope

**Wednesday, March 10, 2004
from 7 to 8:30 p.m.**

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

If you suffer from chronic allergies or sinus problems you'll want to attend this presentation. As spring has arrived, so have seasonal allergies. Chao-I Lin, M.D. and Edward Lee, M.D. will discuss the proper treatment for allergies and sinus problems and how effective treatment can help you feel better. For more information or to reserve a spot at one of our programs please call 800-973-NOSE (6673) or visit www.sjhnasalsinus.com.

Understanding Eating Disorders

**Thursday, March 11, 2004
from 6 to 7 p.m.**

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

This informative lecture, led by Ted Williams, M.D., will define different eating disorders, including anorexia, bulimia and compulsive overeating. Also included will be a discussion of the psychological implications, later treatment options and resources for help.

Early Detection of Prostate Cancer

Wednesday, March 17, 2004 from 8:30 to 9:30 a.m.

Paradise Café, Westfield Shoppingtown MainPlace, Santa Ana

Early detection is the key to successfully treating prostate cancer. Join Lamia Shelab-Gabal, M.D. as she discusses current information about risk factors, screening, diagnosis and treatments.

Women's Wellness: Breast Health

**Wednesday, March 17, 2004
from 6 to 7:30 p.m.**

St Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460,
1140 W. La Veta Ave., Orange

See January 22, 2004 class description.

Mother-Daughter Breast Health Program

**Wednesday, March 24, 2004
from 6 to 7:30 p.m.**

St Joseph Hospital Comprehensive Breast Center, St. Joseph Outpatient Pavilion Suite 460, 1140 W. La Veta Ave., Orange

Comprehensive Breast Center staff will teach mothers and daughters about mammograms, how to do breast self-exams, how to check for breast lumps, how to lower their risk of breast cancer in the future, and general early-detection tips and methods. Refreshments will be served.

april

Is Bariatric Surgery Right for You?

**Tuesday, April 13, 2004
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.

Hip and Knee Joint Replacement: Do You Need Surgery?

**Tuesday, April 20, 2004
from 11 a.m. to Noon**

St. Joseph Hospital Irvine Health Center, 4050 Barranca Parkway, Irvine

Join Bradley Greenbaum, M.D. as he discusses the latest advances in joint replacement, and whether this procedure is the right solution for you.

Breast Health for the Mature Woman

Wednesday, April 21, 2004 from 8:30 to 9:30 a.m.

Paradise Café, Westfield Shoppingtown MainPlace, Santa Ana

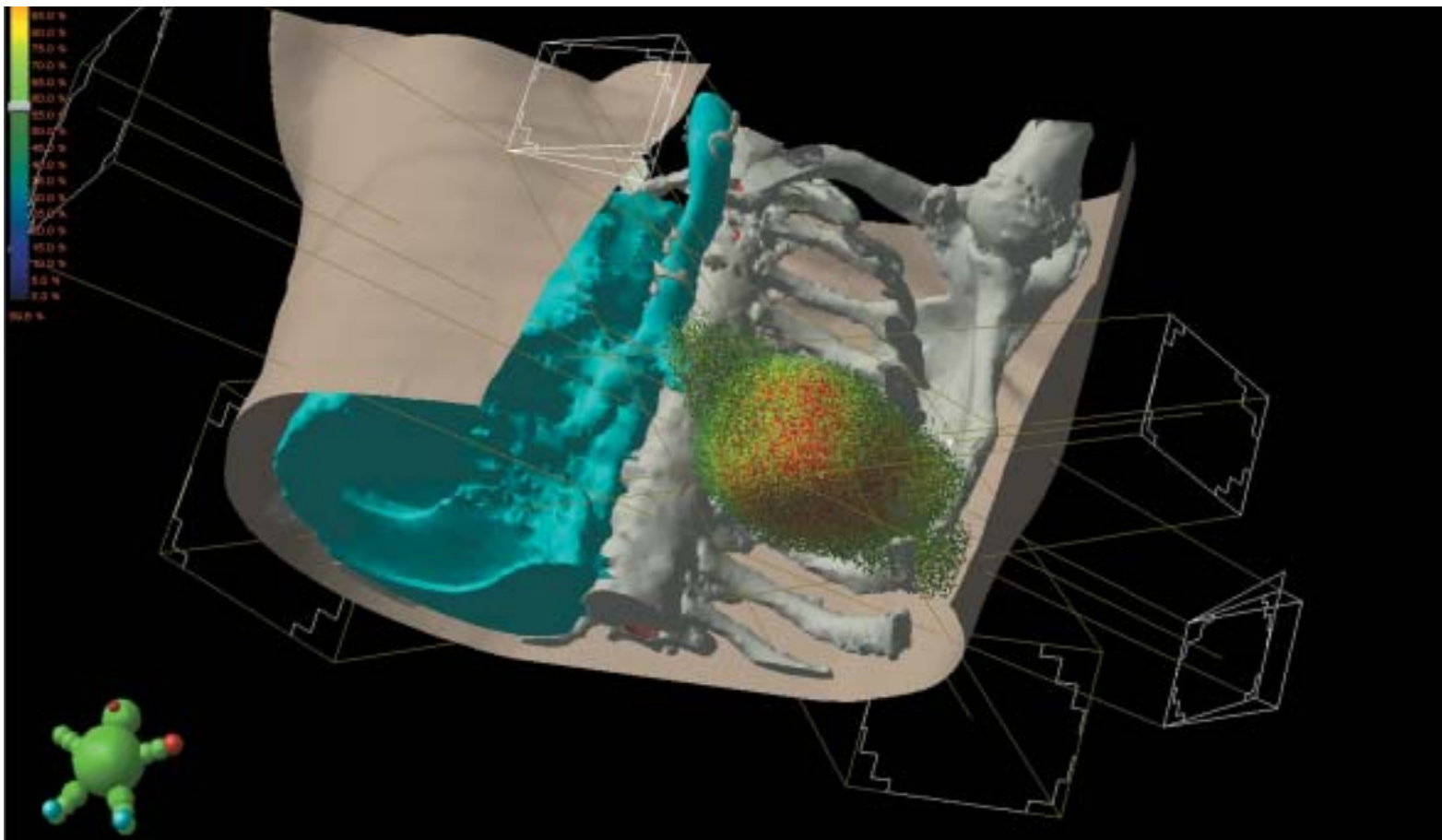
Julie Beck, R.N. will discuss the importance of breast health and mammography, understanding symptoms of menopause and the risk and benefits of hormone replacement therapy.

Snoring...Find Relief from Those Sleepless Nights

**Wednesday, April 21, 2004
from 7 to 8 p.m.**

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

If snoring is causing you or your loved ones too many sleepless nights, the Nasal & Sinus Center and Sleep Disorders Center can help. Luca Vassalli M.D. and Peter Fotinakes, M.D. will discuss snoring, sleep apnea and the latest treatments available for treating these annoying problems. For more information or to reserve a spot at one of our programs, please call 800 973-NOSE (6673) or visit www.sjhnasalsinus.com or www.sjhsleepcenter.com.



Advanced Radiation Technology offers Cancer Patients Better Results with Fewer Side-Effects

The American Cancer Society estimates that more than 1.3 million people will be diagnosed with cancer this year, and more than half will need radiation therapy to treat their tumors. Most radiology centers still treat cancerous tumors using conventional radiation therapy. In this procedure, the treatment area is designated, the radiation dose is calculated, and the beam of radiation is then aimed at the tumor site. Healthy, as well as cancerous, tissue can be affected as the beam passes through the body.

Fortunately, there is now new technology that allows the tumor to be more precisely targeted while minimizing damage to the surrounding healthy tissue. The St. Joseph Hospital Radiation Oncology Center is one of the first in Orange County to offer this technology, a fully integrated Intensity Modulated Radiation Therapy (IMRT) system.

IMRT is an advanced form of 3-D therapy. The patient's treatment team uses a powerful computer program to develop a targeted plan that is tailored to the location, shape and size of the patient's tumor. This allows the delivery of a precise dose of radiation directly to the patient's tumor by breaking up the traditional x-ray beam into multiple pencil-sized rays. Each ray can be modified and adjusted during the treatment to dramatically reduce the dosage level of radiation that could affect the sensitive, healthy tissue, while delivering a very high dose to the tumor.

"I am very impressed with the benefits to our patients with the new IMRT technology," says Judith Harrison, M.D., medical director at the Radiation Oncology Center. "The tumor gets a higher dose of life-saving radiation, and the patient can expect fewer side-effects."

The IMRT technology is fully integrated with the center's sophisticated treatment planning system. The members of a dedicated and experienced in-house support team — including a physicist who calculates the complex treatments — work in concert to ensure the highest standard of accuracy and patient care. "We treated approximately 600 patients in 2003 at the center," explains Dr. Harrison, "and around 60% of these cases may be able to benefit from the IMRT technology."

Neena Shaw, M.D., a radiation oncologist at the Center, has seen the benefits firsthand. "Beginning with the very first patient I treated using the new technology, I was able to deliver a targeted dose of radiation directly to the tumor, while protecting the patient's healthy tissue. As a care provider, it's very gratifying to have this capability, because it is helping to increase our patients' survival rates. That's what it's all about for us."

For more information about this technology, visit www.sjo.org/services/cancercenter.



Early Screening for Colorectal Cancer Can Save Lives

Why should a person who is middle-aged or even younger bother taking a test for an “older person’s disease?” St. Joseph Hospital staff hear this question frequently, but they know that physicians at the hospital’s colorectal center are seeing younger and younger patients — some only in their 30s — with colorectal (colon or rectal) cancer. Although it’s true that the disease is diagnosed most often after age 50, the disease can show up years, and even decades, earlier in some people.

Many television viewers became aware that younger people can develop colorectal cancer several years ago when popular NBC Today show host Katie Couric lost her husband, Jay Monahan — a fit and healthy 42-year-old — to the disease. Couric’s way of dealing with her loss was to launch a public awareness campaign aimed at convincing people of all ages to be tested for the disease. However, according to the American Cancer Society, fewer than 25% of Americans age 50 and over are following the screening recommendations.

“There is no doubt that screening saves lives,” says Theodore Coutsoftides, M.D. “When the disease is caught in its early, most treatable stage, colorectal cancer is close to 90% curable. What better reason can there be for getting tested?”

Waiting for symptoms to show up is a mistake. Warning signs for colorectal cancer can be vague or nonexistent in the early stages. Symptoms include rectal bleeding, blood in the stool or a change in the bowels, but these signs can be present in many other conditions, and people sometimes ignore them. This can lead to a delay in diagnosis, greatly affecting the chances for a complete cure.

“St. Joseph Hospital operates the only comprehensive colorectal center of its kind in Orange County, and many outside specialists routinely send their patients to our center to be assessed or treated,” says George Moro, M.D. “But we all have one piece of advice for everyone — get screened early and regularly.”

Anita Gregory, M.D. also recommends that people look into their family history. There is some increased risk if a parent or sibling had colorectal cancer, polyps or other types of cancer, especially endometrial, breast or ovarian. Other risk factors include a personal history of colorectal polyps or cancer, or inflammatory bowel disease. There are several things you can do to reduce your risk of developing colorectal cancer: eat a healthy, low-fat diet, rich in fruits and vegetables, increase your level of physical activity and — here it is again — get screened!

March is Colorectal Awareness Month, a perfect time for screening. Call the St. Joseph Hospital Colorectal Center at 714-744-8754 to speak to a dedicated colorectal nurse, or e-mail marketing@stjoe.org and ask for your free Fecal Occult Blood Screening kit. The test can be done in the privacy of your own home and then mailed in for evaluation. To learn more about colorectal cancer, log onto www.sjo.org or attend our lecture, “Preventing Colorectal Cancer—Winning the Fight” on March 2 (see page 8 for more information).



*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.stjoe.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!

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