



ST. JOSEPH HOSPITAL
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MEDICAL STAFF BRIEFS



A PUBLICATION FROM THE ST. JOSEPH HOSPITAL MEDICAL STAFF OFFICE

Get Smart: Learn what's new for you at Burlew

Please join us on Tuesday, February 19, or Wednesday, February 20, to learn about all the new offerings in Burlew Medical Library. We will have a library exhibit and opportunity to talk to a librarian in the cafeteria on February 19, 9 am – 1 pm.

We will also offer a one-hour class in Zoul Auditorium on February 19, 11- Noon, and February 20, 1 -2 pm. You may bring your lunch to this class; no sign ups are required. Whether you chose to visit our library exhibit or attend the one-hour class, be sure to stop by to find out what the library can do for you, enter a drawing for Amazon gift certificates and enjoy some Valentine candy.

A brief summary of what's new at Burlew includes:

- The Health Resource Center (consumer health library), Lobby, Building 2
- Our online catalog CyBurCat

- The Health Resource Center website <http://www.sjh.healthresourcecenter.org>
- UptoDate and Clinical Evidence databases
- OVID Medline and CINAHL now offering "natural language searching" (basic search tab) as well as advanced, Boolean searching under OVID Syntax tab
- CINAHL will be offered exclusively through EBSCO beginning in January 2009—so begin to familiarize yourself with the EBSCO search system
- More than 600 full text journals linked on our library web site www.burlewmecallibrary.org (id= library passw= web)

The January 2008 ACOG reading packet is ready at Burlew Medical Library. The cost is \$15/packet. Please call the medical library at 771-8291 to reserve a reading packet.

Got pain?

According to the musical "*Wicked*," "Life is painless for the brainless." However, the rest of us may want to avail ourselves to the services of the St. Joseph Hospital Pain Clinic. Pain is the most common reason for medical care in the U.S. today, and low back pain is the most prevalent type of chronic pain. Unbeknownst to many physicians, for a number of years St. Joseph Hospital has offered an outpatient Pain Clinic, primarily for spine disorders. The Clinic focuses on effective pain control, functional restoration, and medication reduction.

The Pain Clinic offers a wide variety of cervical, thoracic and lumbar spinal injections for patients who have failed to respond to conservative treatment. Anesthesiologists **Afshin Shabanie, M.D.**, and **Armen Chalian, M.D.**, provide interventional pain management techniques such as interlaminar and transforaminal epidural steroid injections, facet and caudal blocks, selective nerve root blocks, stellate ganglion blocks, etc. The primary care physician and all other referring physicians receive feedback reports on all consultations and treatments.

Dr. Shabanie states that the response from patients has been excellent: "While there are a number of area pain centers, as a St. Joseph Hospital-based Pain Clinic we offer superior personnel and state of the art facilities with high-end fluoroscopy technology. We work with neuro-surgical and orthopedic spine surgeons in a program recently named among the top 50 in the nation. By incorporating the same standards, the Pain Clinic serves to improve the patients' overall experience."

The Pain Clinic receives referrals from an extensive array of physicians, from primary care physicians to spine surgeons. Patients come for an average of three visits over a six-month period. The clinic

is open on Wednesday and Thursday afternoons at the St. Joseph Hospital Outpatient Pavilion, 1140 W. La Veta Ave., on the 2nd floor adjacent to the Endoscopy suite. To ensure minimal patient wait times, the addition of a third afternoon is projected for April.

Primary care physicians, physical medicine and rehabilitation specialists, orthopedic surgeons and spine surgeons interested in making a direct referral may call **Drs. Shabanie** or **Chalian** at (714) 619-5383.

Predicting cardiac events with calcium scoring

Recent findings prompted the American Heart Association to recommend coronary calcium screening as a predictive tool for cardiovascular disease. St. Joseph Hospital's Women's Heart Center now offers an EBCT coronary calcium screening as part of its comprehensive heart assessment. During National Heart Month, a free community lecture on preventive tactics for heart health will be given by **Shalizeh Shokooh, M.D.**, on February 20, at 6:30 pm. Screening and lecture registrations may be made by calling (714) 633-DOCS.

LEARNING OPPORTUNITY:

Adult Congenital Heart Disease & Cardiac Comorbidities

Tuesday, February 12, 6:30 pm, OCMA Turnip Rose • 1 CME credit
Featuring **Farhouch Berdjis, MD**, SJO Medical Director of the Congenital Heart Program, and **Richard Gates, MD**, SJO Medical Director of Cardiac Surgery. Buffet dinner included. Seating is limited. To register for this free program call 1 (866) 714-1777.

In the trenches with Jeffrey L. Ballard, MD, Vascular Surgeon

What vascular advances excite you?

We're seeing remarkable advances in endovascular devices and techniques. However, the zest to view every potential treatment as an "endo" opportunity must be tempered by physician knowledge and experience in open surgical as well as minimally invasive procedures. Endovascular procedures are often perceived as more glamorous yet have limitations.

What are the strengths of the Vascular Institute?

I believe that we have the strongest six-person group in the U.S., comprised of talented and well-known vascular surgeons and interventional radiologists working for the good of patients with vascular disease.

What has been most gratifying for you?

Non-surgically, it's my fulfilling marriage of 25 years to Tami, who is truly a wonderful woman and who also provides me with emotional strength. I'm also quite proud of my daughters, Lauren and Katelyn, who attend UC Irvine and UC Santa Barbara, respectively.

Surgically, I developed a new method for open repair of complex thoracoabdominal aortic aneurysms (TAA). Previously, this

operation was associated with numerous patient and technical complications. Using this technique, open TAA repair can be performed in an unhurried manner and our data demonstrate better patient tolerance. Secondly, I've championed retroperitoneal exposure of the abdominal aorta for repair of aneurysms and other complex aortic problems. This approach was not my original idea, but I began using it routinely at a time when few to no other vascular surgeons were doing so. Over the ensuing years, techniques have been refined and even the most complex of aortic/mesenteric and renal cases can be performed using this exposure. Prior to its use patients typically had long midline incisions and a hospital stay of 7-10 days; now they're going home in 2-3 days following extensive vascular surgery!

As a past president and current member of the national, regional and local Vascular Societies, what issues are you involved in?

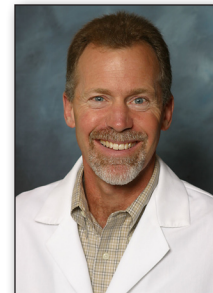
One of the biggest issues involves our identity. Few people recognize that vascular surgeons are the only physicians who can truly offer comprehensive care for patients with peripheral vascular disease. We've made some strides regionally and nationally but have a lot of work ahead on this branding issue. I'm also concerned about the devaluation of the work that physician/surgeons

do. Reimbursement dollars for professionals are being diverted away from MDs to third-party payers and administrators rather than to those who truly take on the risk and do the work.

Dr. Ballard grew up in Fullerton and after his undergraduate studies at Stanford University, he attended Vanderbilt University Medical School. He spent the first 12 years of his vascular surgery career on staff at Loma Linda University Medical Center, advancing to Professor of Surgery before joining the practice of Flanigan and Harward in 2004.

He and his wife, Tami, are avid golfers who frequent the Tustin Ranch course. They hold season tickets to the Performing Arts Center Broadway series and enjoy catching a movie at the Edwards University Town Center and dinner at Britta's Café in Irvine. He also professes to be an ardent Stanford Cardinal fan.

**Interested in being
featured in the
Medical Staff Briefs?
Call (714) 744-8559
or email marketing@stjoe.org**



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St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

1100 W. Stewart Dr.
Orange, CA 92868

www.sjo.org