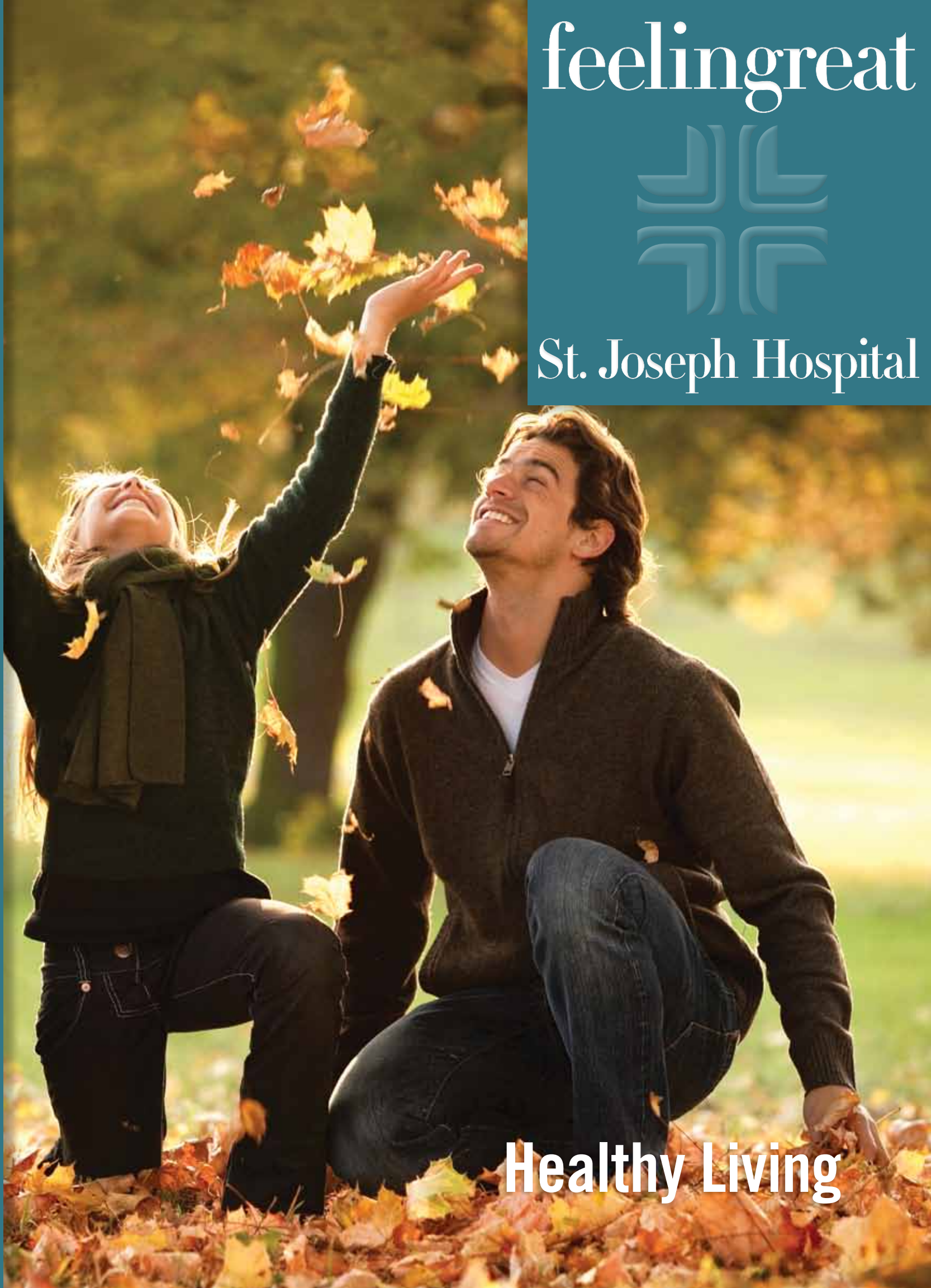


feelinggreat



St. Joseph Hospital



Healthy Living

Food for Thought

Reduce Your  
Cancer Risk

Building  
Bone Mass

Prepare for Open  
Enrollment

Healthy Living

# feelinggreat



## St. Joseph Hospital

Quarterly News from St. Joseph Hospital Fall 2010

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(Cover Story)

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Learn how Americans are living healthier lifestyles and eliminating many controllable risk factors for disease.

#### 3\* **How to Reduce Your Cancer Risk**

While doctors don't know for sure why some people develop cancer and others don't, they do know that diet and exercise can help reduce the risk.

#### 5\* **Food for Thought – and a Healthy Heart!**

We are what we eat, and over time, what we eat can help lower our risk of heart disease. Learn what foods to feast on and which ones increase your risk.

#### 7\* **Building Bone Mass for a Stronger Tomorrow**

Bones are living tissue. Read how exercise is one of the most important lifestyle changes we can make to encourage bone cell growth.

#### 9\* **Tips to Help You Prepare for Open Enrollment**

For many, fall is the time our employers ask us to enroll in a health plan that meets our family's medical needs. This year, learn how to prepare.

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## It's Time for Healthy Living

It's a national movement – and one that will hopefully change the course of history: Americans are making an honest effort to live healthier lifestyles. And the timing couldn't be better. According to Centers for Disease Control, almost half of the adult population suffers from high blood pressure, high cholesterol or diabetes, and about one-third is overweight. Yes, the time to change is now.

But while many Americans still prefer French fries to fresh fruit, there is a growing number who understand the health benefits of regular physical activity and a diet rich in whole grains, fresh fruits and vegetables. This growing trend is garnering plenty of publicity, too, thanks in part to First Lady Michelle Obama's Let's Move campaign. By targeting childhood obesity, Let's Move challenges parents, schools and the community to provide healthier food options for kids and to encourage our youth to become more physically active.

"People are beginning to understand that high blood pressure, high cholesterol, obesity and diabetes are all major risk factors for disease,"



# ing

states internal medicine physician Kenneth K. Tram, MD. “And if you can control these risk factors through diet, exercise and regular visits to your doctor, you can help prevent heart disease, stroke, some cancers, and many orthopedic conditions.”

City of Orange residents Gene and Teri Vioria understand. Both diabetics, Gene and Teri decided to make healthy lifestyle changes to lose weight, control their diabetes and to set a good example for their teenage daughter, Mikaela. “She doesn’t want to end up like us,” says Teri. “And she knows she’s at high risk.”

To help Mikaela lead a healthy lifestyle, Gene and Teri enrolled her into sports programs at an early age. “My high school softball team has vigorous exercises six days a week,” says Mikaela. “I keep very active!”

The Vioria’s also run a sugar-free household. “I learned to control my diabetes through diet and exercise, and now I prepare healthy family meals,” says Gene, the family cook. “As a family, we always read nutrition labels and have learned how to control our intake of carbs.”

While the Vioria’s make lifestyle changes that improve their family’s overall health, many Orange County families are still learning the positive impact healthy eating and exercise can have on preventing disease. “That’s why we’re out in the community partnering with local schools to provide tools and resources to help youth and their families adopt a healthy lifestyle,” says Azhar Qureshi, MD, senior vice president of Community Health at St. Joseph Hospital’s parent company, the

St. Joseph Health System. “Through our Healthy for Life initiative, we teach the importance of physical activity and a responsible diet,” says Dr. Qureshi. “It’s exciting to see positive results, too. One of our students at Century High School lost more than a hundred pounds.”

If Americans can continue to trim their waistlines, many will see an immediate impact on their health: weight loss is the most effective method for controlling high blood pressure without medication. “Losing just five to 10 pounds can help lower and control blood pressure, which in turn can lower your risk for heart disease and stroke,” says Dr. Tram. “This same 10 pounds can also relieve an extra 30-50 pounds of stress on the joints, lowering the risk of developing osteoarthritis.”

The health benefits of a healthy lifestyle are endless, which is why community outreach programs like Let’s Move and Healthy for Life continue to proactively educate families. And for those who need a little more help, St. Joseph Hospital’s Center for Health Promotion offers health and wellness classes specifically designed for patients. “The Center offers a variety of programs and support groups to help patients and their families make the changes they need to improve their quality of life,” says Dr. Tram.

And at the end of the day, helping you live a better quality of life is our commitment. That’s why we devoted this entire issue of *FeelinGreat* to prevention and wellness. So grab an apple, find a comfortable chair and read how you can help keep your family healthy by preventing the risk factors that cause major disease.

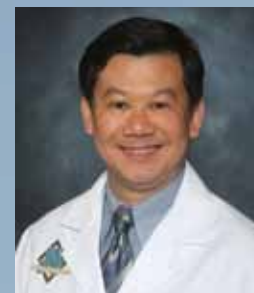
## Start living healthy – today!

We’re dedicated to keeping your family healthy. That’s why we’ve launched a new health and wellness website that features tips and resources to healthy living. Our new site also features hundreds of healthy recipes and healthy cooking videos – perfect for busy families! Visit us at [www.healthylivingoc.org](http://www.healthylivingoc.org).

### Featured Doctors:



**Azhar Qureshi, MD**  
Senior Vice President  
of Community Health,  
St. Joseph Health System



**Kenneth K. Tram, MD**  
Internal Medicine,  
St. Joseph Hospital

# How to Reduce Your Cancer Risk

Is cancer really *preventable*? If you asked this question 20 years ago, the answer might have been “no.” Today, however, thanks to scientific research, we know that some cancers are indeed preventable.

Take skin cancer, for example. “The number of people diagnosed with skin cancer is startling, especially since the main cause is ultraviolet radiation that comes from the sun, sunlamps, tanning beds or tanning booths,” says medical director of the Melanoma Program at St. Joseph Hospital, Kim James Charney, MD. “To prevent skin cancer, reduce your exposure to UV radiation.”

Lung cancer may also be prevented by making a simple lifestyle change: if you are thinking about smoking - don't! More than eight out of 10 lung cancers are the result of smoking, yet 46 million Americans continue to smoke, according to Centers for Disease Control. “Educate your children about the risk of cancer and smoking,” says co-medical director of the Thoracic Oncology Program at St. Joseph Hospital, Brian Palafox, MD.

A healthy diet includes plenty of foods that are high in fiber, vitamins and minerals. This includes whole-grain breads and cereals, as well as five to nine servings of fresh fruits and vegetables a day. Studies show that a diet high in fiber reduces the risk of colon cancer. Limiting processed, barbecued and red meats may also help reduce the risk of developing colon, stomach and prostate cancers.

So what about antioxidants and Vitamin D? Do these help prevent cancer, too? “Although some evidence suggests that antioxidants and Vitamin D might provide some protection against certain types of cancer—particularly colon and rectal, the research is limited and inconsistent,” says co-medical director of the Colorectal Program at St. Joseph Hospital, Anita Gregory, MD. “Until we have conclusive, scientific evidence, we can't recommend the use of antioxidants and Vitamin D to reduce the risk of developing cancer.”

One lifestyle factor that research does support wholeheartedly is exercise – at least 30-60 minutes a day, three-five days a week. “The evidence is very

strong that physical activity will reduce the risk of getting breast cancer,” says medical director of the Breast Program at St. Joseph Hospital, Michele Carpenter, MD. “Yet more than 50 percent of Americans don't engage in enough regular exercise.”

In addition to leading a healthy lifestyle, doctors also recommend cancer vaccines. “Much like traditional vaccines that prevent polio and German measles, cancer vaccines target infectious agents that cause or contribute to the development of cancer,” says gastroenterologist, Hardeep Singh, MD.

Today, two cancer vaccines are approved by the Federal Food and Drug Administration: The first protects against hepatitis B virus, which can lead to liver cancer, and the second protects against human papillomavirus (HPV), which can lead to cervical cancer.

So we know that a healthy lifestyle and vaccines can help prevent certain cancers. Is there anything else we can do to protect ourselves?

“Absolutely,” says Dr. Palafox. “Participate in early detection cancer screenings. Screening for early stage disease is the most important step you can take to detect cancer in its most curable state.”

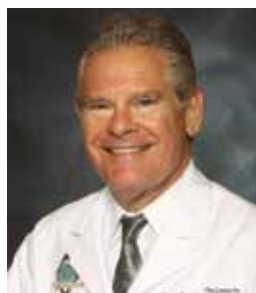
Take pap tests, for example. As part of woman's annual wellness exam, a pap test looks for abnormal changes in the cells of the cervix. “These abnormal cells might not be cancerous yet,” says obstetrician/gynecologist (OB/GYN), Lilly Ramirez-Boyd, MD. “but if the cell changes are not treated, they may become cancer.”

Mammograms and breast self-exams also help women detect breast tumors in their earliest stages of development -- when they are most curable. For men, a simple blood test can measure the level of prostate-specific antigens (PSA). An elevated PSA level may signal the need for further prostate cancer testing. And for both men and women, a colonoscopy can detect pre-cancerous polyps which can lead to colon cancer.

## Featured Doctors:



**Michele Carpenter, MD**  
Medical Director,  
Breast Program



**Kim James Charney, MD**  
Medical Director,  
Melanoma Program



**Anita Gregory, MD**  
Co-medical Director,  
Colorectal Program



**Brian Palafox, MD**  
Co-medical Director,  
Thoracic Oncology Program

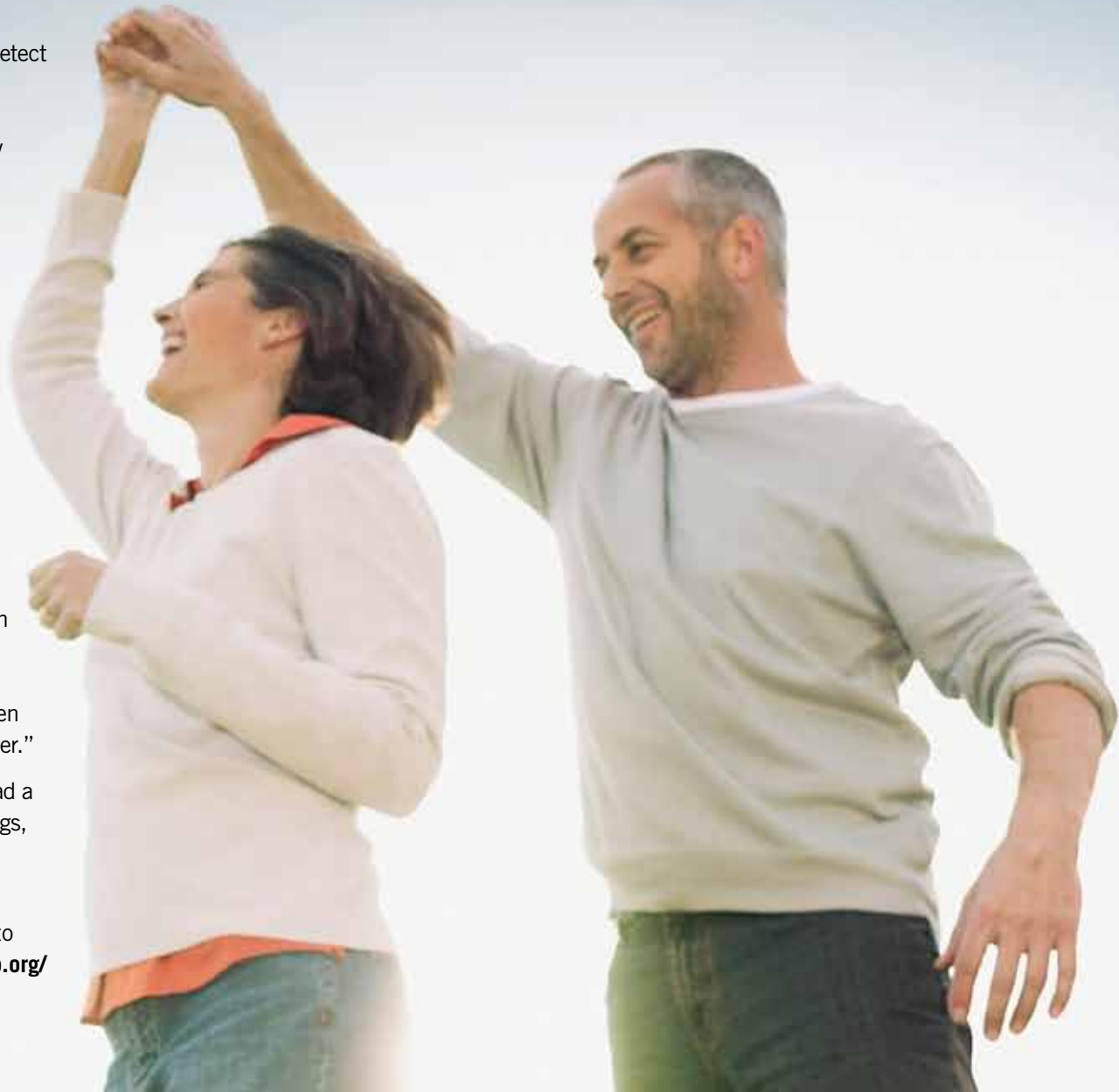
And if you think you're at risk for lung cancer, a Computed Tomography (CT) lung screening can detect cancer not visible on chest X-rays. "More than 65 percent of lung cancers detected with a CT have been in the earliest stages, with a high probability of cure," says thoracic radiologist, Dan Vu, MD.

For those at risk for liver cancer, such as those who have had hepatitis B and/or hepatitis C viral infection, a CT scan can also help doctors diagnose and treat liver cancer.

While doctors can't determine why some people develop cancer and others don't, we can reduce our risk by proactively participating in early detection cancer screenings; eating healthy fruits, vegetables and grains; and being physically active. "Our risk of developing certain cancers can be reduced by making lifestyle changes," says executive director of The Center for Cancer Prevention and Treatment at St. Joseph Hospital, Lawrence D. Wagman, MD. "And if we combine a healthy lifestyle with participation in early detection cancer screenings, then we've taken important steps in protecting ourselves from cancer."

Log onto [www.sjo.org/cancerscreenings](http://www.sjo.org/cancerscreenings) to download a complete guide of recommended cancer screenings, provided by the experts at The Center for Cancer Prevention and Treatment at St. Joseph Hospital.

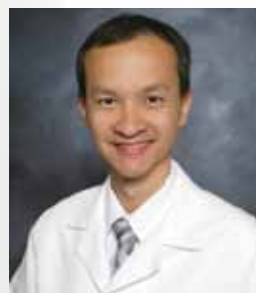
For more information on risk factors and how to register for a CT Lung Screening, visit [www.sjo.org/lungscreening](http://www.sjo.org/lungscreening) or call 714-633-DOCS (3627).



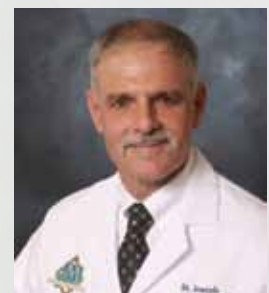
**Lilly Ramirez-Boyd, MD**  
Obstetrician/Gynecologist



**Hardeep Singh, MD**  
Gastroenterologist



**Dan Vu, MD**  
Thoracic Radiologist



**Lawrence D. Wagman, MD**  
Executive Medical Director,  
The Center for Cancer  
Prevention and Treatment

# Food for Thought - and a Healthy Heart!

It's time, America! Time to eat a little less and exercise a little more. Time to supersize our servings of fruits and vegetables and downsize sugars and fats. It's time to face the fact that we are what we eat, and over time, what we eat can help lower the risk of heart disease.

"Many people are aware that they need to follow a healthy diet, but don't," says medical director of the Heart Failure Program at St. Joseph Hospital, Maged Azer, MD.

This could be why obesity has doubled and diabetes has tripled in the past 25 years among American adults, according to a study conducted by Centers for Disease Control. And obesity and diabetes, along with high blood pressure and high cholesterol form the building blocks for many diseases, especially heart disease.

"Sadly, many of these conditions can be controlled. Take Type 2 diabetes, for example, obesity and lack of exercise are two of the most common causes for this type of diabetes," says Dr. Azer. "And diabetes is a major risk factor for affecting the performance of the

heart's left ventricle, which is the major pumping chamber. This may also lead to heart failure."

So what's happened in the past 25 years that's contributed to America's growing waistline and increased risk for heart disease?

According to the United States Department of Agriculture, American's are consuming about 300 more calories each day than they were in 1985. Of these calories, 46 percent are from refined grains (white breads, white flour, pastas, tortillas); 24 percent are from added fats; and 23 percent are from added sugars.

So how does this add up to increased risk for heart disease?

"Refined grains don't contain fiber, and fiber helps reduce LDL (bad) cholesterol levels and lowers the risk of heart disease and stroke," says internal medicine physician Ronald Daoud, MD. "If you have to eat refined grains, make sure the grains are enriched, which means many of the nutrients lost in processing have been added back in. However, remember that most of the fiber lost through processing is not replaced."

## Tips for making healthy meat choices

From ribs to round steaks and pork chops to chicken, meat is a rich source of protein. However, meat can also be high in saturated fats, which raises the LDL (bad) cholesterol in your blood. The following tips will help you select the healthiest options:

- ▶ The United States Department of Agriculture (USDA) stamps beef products with quality grades: Prime, Select or Choice. While USDA Prime is the highest quality cut, it also has the highest amount of "marbling," or fat distribution throughout the lean part, which makes the meat tender and flavorful. USDA Select cuts are your best options as they have the least amount of marbling.
- ▶ When buying USDA Select cuts, look for the Federal Food and Drug Administration's "lean" or "extra lean" stamps as well. These stamps indicate less than five grams of fat per 3.5 ounces for "extra lean" and 10 grams of fat per 3.5 ounces for "lean."
- ▶ Select ground meat that is at least 90 percent lean.
- ▶ Select pork that contains little to no fat around the outside.
- ▶ Choose USDA Choice lamb and veal cuts.
- ▶ Skinless, white chicken and turkey meat contain the least amount of fat – 1 gram per ounce.

While the fiber contained in whole grains, as well as in many fruits and vegetables, helps reduce cholesterol levels, trans fats have the opposite effect.

“Trans fats, which are found in many snack foods, cookies, donuts, French fries and onion rings, increase cholesterol levels, which increases the risk for heart disease and stroke,” says Dr. Daoud.

But, thanks to new nutrition labeling requirements, which requires food manufacturers to add the saturated fat, trans

fat and dietary cholesterol content to Nutrition Facts labels, we now have the information we need to make heart-healthy food choices.

Also linked to heart disease and unhealthy cholesterol levels is the amount of added sugar in our diets. According to a study published in the *Journal of the American Medical Association*, the average American consumes the equivalent of about 21 teaspoons of added sugar each day, which is about three times more than heart disease prevention guidelines recommend. When you consider that a 12-ounce can of soda has between eight to 10 teaspoons of sugar, it’s easy to see how added sugar can sneak into our diets.

It’s also easy to see how 300 additional “empty” calories a day can cause risk factors for heart disease to rise. To help you prepare healthy meals for your family, log onto [www.healthylivingoc.org](http://www.healthylivingoc.org) for hundreds of heart healthy recipes (which all contain Nutrition Fact labels). Also check out the healthy cooking videos for quick tips in preparing more nutritious, heart-healthy meals.



### How well do you know your food facts?

- True  False All fruits and vegetables are cholesterol-free.
- True  False Fruit juices contain little or no fiber.
- True  False All food made from milk products, including cream cheese, cream and butter, contain calcium.
- True  False Drinking fat-free or low-fat milk reduces the nutritional benefit milk provides.
- True  False Some ready-to-eat cereals (such as corn flakes, raisin bran) can contain high levels of sodium.
- True  False Almonds are a rich source of calcium.
- True  False Smoking can reduce bone mass and increase risk for fractures.

For the answers to this quiz, log onto [www.healthylivingoc.org](http://www.healthylivingoc.org).

#### Featured Doctors:



**Maged Azer, MD**  
Medical Director,  
Heart Failure Program



**Ronald Daoud, MD**  
Internal Medicine

# Building Bone Mass for a Stronger Tomorrow

The year is 1936 and a 21-year-old exercise and nutrition enthusiast named Jack La Lanne opens his first gym in Oakland, Calif. He promotes healthy eating, calisthenics and weight training – even though (at the time) most doctors warn that working out with weights could cause a heart attack. Some 15 years later Jack debuts his exercise TV program, The Jack La Lanne Show, and tells America: “Get up, work out and feel better!”

The year is 2010, and according to the U.S. Department of Health and Human Services’ most recent statistics, 67 percent of American adults age 20 years and older are overweight; 34 percent are obese. In fact, the prevalence of obesity in adults doubled between 1980 and 2004.

## **Get up, work out and feel better!**

“Exercise is one of the most important lifestyle changes that we can make to prevent certain diseases – and it’s completely within our control,” says orthopedic surgeon, Gregory Carlson, MD. “Regular physical activity lowers risk factors for heart disease, high blood pressure, Type 2 diabetes and some cancers. Physical activity also plays an important role in bone health.”

Indeed it does. Bones are living tissue whose growth is affected by diet and exercise. “When we put stress on our bones, we encourage bone cell growth,” says Dr. Carlson. So the more we work our bones through strength training and high-impact exercises the stronger and denser they become. For post-menopausal women, physical activity can help maintain current bone health by preventing bone loss and reducing the risk of osteoporosis, or thinning bones.

“The best exercises to build healthy bones include weight lifting, hiking, stair climbing, racquet sports, running and walking,” says Dr. Carlson. “But for those who can’t participate in these types of activities, low-impact aerobics and working with light weights and elastic exercise bands are beneficial.”

And don’t be discouraged if it’s been a while since you’ve exercised. While your bones benefit the most if you begin at an early age, they will still benefit no matter when you start. If you haven’t been active in a while, Dr. Carlson recommends that you work with your doctor to develop an exercise program that’s right for you, “especially if you have high blood pressure, diabetes and heart disease,” he says.

In addition to exercise, bone health also depends on calcium and Vitamin D. “Our need for calcium changes as we age,” says family medicine physician, Lawrence Ehrlich, DO. “During childhood and adolescence calcium is needed to build peak bone mass. But by age 30, the process stops and progressive bone loss occurs as we age, particularly in women.”

For adults, 1,000-1,200 mg of calcium each day can help slow bone loss and help prevent osteoporosis. “Since the body can’t produce



calcium, it needs to be absorbed through food or supplements,” says Dr. Ehrlich. “Vitamin D is equally important as it’s essential for promoting calcium absorption in the intestine.”

In addition to knowing which foods can help slow bone loss, it’s equally important to know what deprives your body of needed calcium. The offenders? Cigarettes and alcohol. “Nicotine and toxins found in cigarettes actually destroy bone-making cells,” says Dr. Ehrlich. “And smoking, as well as consuming excessive alcohol, may also lower the amount of calcium absorption in the intestine.”

As you can see, the secret to strong, healthy bones is really no secret at all. A healthy diet, aerobic exercise and weight training are all you need for a stronger tomorrow. So, get up, work out and feel better!

To consult with a St. Joseph Hospital doctor who can partner with you to keep your life in motion, visit [www.sjo.org/findadoctor](http://www.sjo.org/findadoctor) or call 714-633-DOCS (3627).

## Hidden sources of calcium

If you’re not a milk drinker and limit the cheese in your diet, turn to these calcium-rich alternatives:

- ▶ Almonds
- ▶ Cabbage
- ▶ Cereal (ready-to-eat, calcium fortified)
- ▶ Cottage cheese, 1%
- ▶ Orange juice, calcium fortified
- ▶ Salmon (canned)
- ▶ Tofu, firm, made with calcium sulfate
- ▶ Pudding (instant, chocolate, made with 2% milk)
- ▶ Yogurt (plain, low fat)

### Featured Doctors:



Gregory Carlson, MD  
Orthopedic Surgeon



Lawrence Ehrlich, DO  
Family Medicine

## ask the doc



Francis H. Rhie, MD  
Endocrinologist

### **Q: Both of my parents have diabetes. I’m 45, a little overweight and try to exercise. Am I at risk?**

**A:** Yes! While family history is an uncontrollable risk factor for Type 2 diabetes, your weight and activity level also put you at risk, but these two risk factors are well within your control. In fact, weight is the single most important risk factor for developing Type 2 diabetes. Being overweight can prevent your body from producing and properly using insulin. That’s why it’s important to reach and maintain your optimal weight. By doing so, you can reduce your risk of developing Type 2 diabetes by more than 50 percent.

To start, avoid crash diets. Instead, make a life-long commitment to eating nutritious foods like whole grains; leafy green vegetables; and healthy fats, like canola oil, olive oil, avocado, nuts and seeds. Cut way back on high-sugar drinks and fruit juices, as well as white bread, rice, pasta and potatoes. If you want to eat bread, rice and pasta, choose the whole-wheat varieties. And if you’re hungry for a potato, try a sweet potato. It’s full of vitamin A and fiber. Fat-free milk and yogurt are also good choices, as are lean meats, dried beans (kidney or pinto beans), some seafood (salmon in particular) and citrus fruit.

Also try to increase your activity level. Start by walking or riding your bike for 30 minutes a day, five days a week. If this is too strenuous, try 15 minutes a day and build up from there. Also look for opportunities in your day-to-day routine that will increase your activity, like parking at the far end of a parking lot and walking to your destination.

By eating nutritious foods, increasing your physical activity, and maintaining your optimal weight, you can substantially reduce your risk of developing Type 2 diabetes.

# Tips to Help You Prepare for Open Enrollment

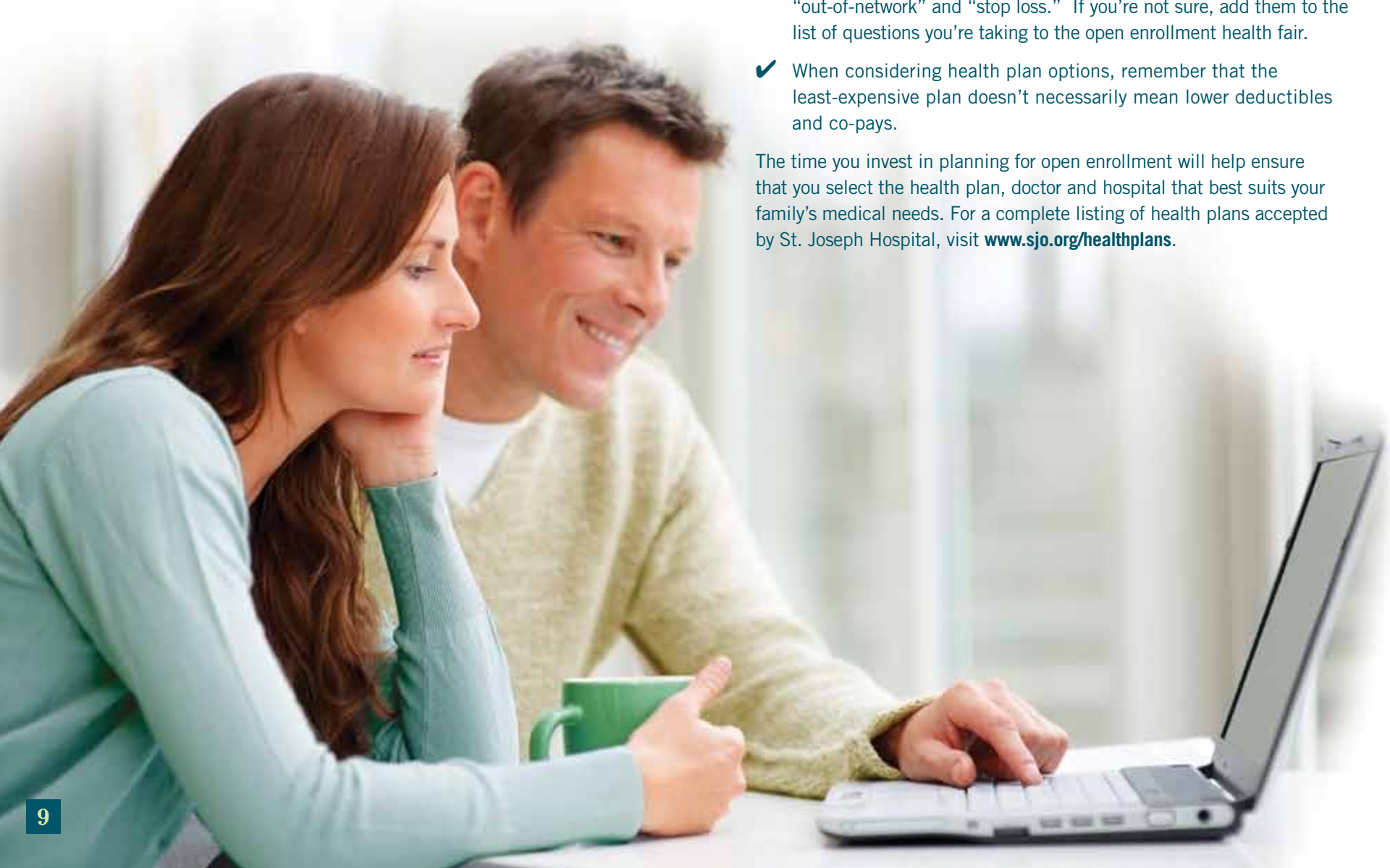
For many of us, open enrollment is fast approaching – a time when our employer asks us to select or “enroll” in a health plan that best suits our family’s medical needs. While it sounds easy enough, for some, open enrollment is reminiscent of tax season – too much paperwork, confusing terms and conditions and ever-changing co-pays and deductibles. It can be daunting – especially if we’re not prepared.

This year, St. Joseph Hospital is committed to helping make open enrollment a bit easier by offering the following tips:

- ✓ Examine your family’s health care spending this year. Do you anticipate changes next year? A new baby? Any anticipated surgeries? Does the plan you’re considering cover preventive care? Take the time to think things through. Write down anticipated medical needs and any questions you have.

- ✓ Don’t forget about prescription drugs, which can really add up. Make sure the plan you’re considering covers your medications. Most insurance companies offer a complete listing of covered medications online.
- ✓ If your company offers an open enrollment health fair or meeting, take the time to attend. Representatives from the insurance plans you’re considering will be present. Bring your list of questions and anticipated needs to discuss with them.
- ✓ Make sure your doctor and St. Joseph Hospital participate in the health plan’s network. This is especially important if you’re switching health plans.
- ✓ Take the time to understand what basic insurance terms mean, like “out-of-network” and “stop loss.” If you’re not sure, add them to the list of questions you’re taking to the open enrollment health fair.
- ✓ When considering health plan options, remember that the least-expensive plan doesn’t necessarily mean lower deductibles and co-pays.

The time you invest in planning for open enrollment will help ensure that you select the health plan, doctor and hospital that best suits your family’s medical needs. For a complete listing of health plans accepted by St. Joseph Hospital, visit [www.sjo.org/healthplans](http://www.sjo.org/healthplans).





in the  
news

## Celebration 2010

### Connecting Care: Your Doctor, Your Hospital and You. *Smarter Together.*

Please join us at Celebration 2010; proceeds will benefit the Connecting Care initiative at St. Joseph Hospital. This initiative expands the capabilities of our electronic medical record system, advances the quality and coordination of care, improves access to information and enhances communication for both the doctor and patient. Technology partners for this year's event include Cisco, Microsoft Corporation and Spinitar.

This annual gala will be held the evening of **Saturday, October 9, 2010** at the Hilton Anaheim. Guests will enjoy a reception, opportunity drawing, silent and live auction, four-course dinner, entertainment and dancing. Sponsorship, underwriting, advertising and item donation opportunities are available. For more information, contact the Foundation at 714-347-7900 or visit [www.sjo.org/celebration](http://www.sjo.org/celebration).

## Helping Dreams Come True

St. Joseph Hospital made five children's dreams come true when they participated in the Disneyland® Half-Marathon Kids' Races and then walked through the gates of the Magic Kingdom for the first time. The children are members of the Boys and Girls Clubs of Garden Grove and – along with the help of their parents – have pledged to live healthy, play healthy and be healthy. Encouraging Orange County's youth to live healthy lifestyles is one way St. Joseph Hospital is keeping our community healthy.

In addition to sponsoring the children, St. Joseph Hospital was the exclusive medical sponsor of the Disneyland® Half-Marathon, providing 200 medical volunteers to care for more than 13,000 marathoners.

## St. Joseph Hospital Receives Clinical Excellence Award

St. Joseph Hospital is honored to be the recipient of the California Hospital Assessment and Reporting Taskforce (CHART) Certificate of Excellence. This quality award reflects "Superior" or "Above Average" rankings for a number of outcomes and process measures publicly reported by CHART. The hospital received no "below average" scores. CHART measures heart care, maternity care, pneumonia treatment, intensive care unit (ICU), pressure-ulcer rates, patient safety, surgical infection prevention and patient experience. The award is based on data that is voluntarily submitted by the hospital and publicly reported on [CalHospitalCompare.org](http://CalHospitalCompare.org).

## The St. Joseph Hospital Advantage

When you select a St. Joseph Hospital doctor, you also have access to:

- ▶ St. Joseph Hospital and affiliated services
- ▶ CHOC Children's (for pediatricians and specialists on staff at CHOC)
- ▶ Urgent Care (for non-life threatening emergencies) 365 days a year
- ▶ Wellness classes for children and adults
- ▶ Convenient locations throughout Orange County
- ▶ Electronic medical records in most offices

For help selecting a doctor who best meets your needs, visit [www.sjo.org/findadoctor](http://www.sjo.org/findadoctor) or for a free referral (24 hours a day, 7 days a week) call us at 714-633-DOCS (3627).

## How to partner with a St. Joseph Hospital doctor

One of the best ways to be proactive about your family's health is to partner with a caring doctor - a St. Joseph Hospital doctor. By doing so, you'll also have access to the world-class care and nationally recognized programs that have made St. Joseph Hospital one of Orange County's most preferred hospitals.

For profiles on St. Joseph Hospital doctors, visit [www.sjo.org/findadoctor](http://www.sjo.org/findadoctor). Each doctor profile lists the doctor's education, specialties, office location and insurances accepted. Many profiles also feature a photo of the doctor as well as areas of medical interest.



## St. Joseph Hospital Calendar of Events September 2010 - February 2011

Reservations are required, unless otherwise noted.

For more information about these health events, and to register online, visit [www.sjo.org/calendar](http://www.sjo.org/calendar) or call 714-633-DOCS (3627).

### HEALTH EVENTS

#### Breast Cancer Awareness

**Thursday, October 14, 11 a.m. – noon**

Speaker: Stacey Fischer, RN and Alice Rodriguez, RN  
City of Villa Park City Hall  
17855 Santiago Blvd., Villa Park  
Register: 714-633-DOCS (3627)

#### Breast Cancer Basics Class

**Wednesdays: September 15, 29; October 13, 27;  
November 10; December 8, 2:30 - 3:30 p.m.**

Register: Stacey Fischer, RN, 714-734-6233 or Alice Rodriguez, RN, 714-771-8000, ext. 17833

#### Cancer News and Experts' Views

**Wednesday, January 19, 2011 - 6 – 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
Todos Conference Center  
1000 W. La Veta Ave., Orange  
Register: 714-633-DOCS (3627)

#### Coronary Artery Disease and Exercise Classes

**Mondays: September 20; October 11; November 8;  
December 13, 1 - 3 p.m.**

St. Joseph Hospital Outpatient Pavilion  
Boardroom 2nd Floor  
1140 W. La Veta Ave., Orange  
Register: 714-744-8727

#### Diabetes Management Classes

**Wednesdays: October 6, 13, 20, 27;  
November 3, 10, 17; December 1, 6 - 8 p.m.**

St. Joseph Hospital Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange  
Fee: No charge referral not required,  
classes are four-week series  
Register: 714-744-8791 or fax your referral  
to 714-744-8726

#### Diabetes Management Classes (in Spanish)

**Thursdays: October 7, 14, 21, 28; November 4, 11, 19;  
December 2, 6 - 8 p.m.**

St. Joseph Hospital Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange  
Fee: No charge referral not required  
classes are a four-week series  
Register: 714-744-8791 or fax your referral to  
714-744-8726

#### “Find It, Treat It, Defeat It: The Team Approach to Thyroid Cancer”

**Wednesday, November 3, 6 – 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
Todos Conference Center  
1000 W. La Veta Ave., Orange  
Register: 714-633-DOCS (3627)

#### “Key Points on Joints” – Arthritis and Osteoporosis

**Date: September 13, 11:30 a.m.**

Speaker: Paul Mansoning, MD  
Lakeview Senior Center  
20 Lake Rd., Irvine  
Register: 714-633-DOCS (3627)

#### Landing on Your Feet: Balance and Fall Prevention

**Wednesday, September 29, 11 a.m. – noon**

Speaker: Howard Chen, OTR  
Tustin Area Senior Center  
200 S. “C” St., Tustin  
Register: 714-633-DOCS (3627)

#### Look Good...Feel Better Program

**Mondays: October 4, December 6, 6:30 - 8:30 p.m.**

Register: Contact the American Cancer Society at  
800-227-2345

#### Look Good...Feel Better Program (in Spanish)

**Thursdays: November 4, 1 - 3 p.m.**

Register: Contact the American Cancer Society at  
800-227-2345

#### Many Hearts, One Passion

**Saturday, February 26, 2011, 9 a.m. - 2 p.m.**

St. Joseph Hospital Outpatient Pavilion

#### Memory Loss: It's not always Alzheimer's

**Thursday, September 16, 11 a.m - noon**

Speaker: Karen Lau, MD  
City of Villa Park City Hall  
17855 Santiago Blvd., Villa Park  
Register: 714-633-DOCS (3627)

#### New Advances in Treating Prostate and Kidney Cancers

**Thursday, September 16, 6:30 - 8 p.m.**

Speakers: Matthew Greenberger, MD, Ashok Kar, MD,  
Brian Norouzi, MD and William Pearce, MD  
St. Joseph Hospital Outpatient Pavilion Lobby  
1140 W. La Veta, Orange,  
Register: 714-633-DOCS (3627)

#### New Treatment Option for Multiple Sclerosis

**Tuesday, November 16, 6:30 – 8 p.m.**

Speakers: Mahmood Razavi, MD  
St. Joseph Hospital Outpatient Pavilion Lobby  
1140 W. La Veta, Orange  
Register: 714-633-DOCS (3627)

#### Nutrition and Cholesterol Management Classes

**Mondays: September 13; October 4; November 1;  
December 6, 1 - 3 p.m.**

St. Joseph Hospital Outpatient Pavilion  
Boardroom 2nd Floor, 1140 W. La Veta Ave., Orange

#### Quit Smoking Classes

**Session I: Tuesdays: September 21, 28;**

**October 5, 12, 19, 6 - 8 p.m.**

**Session II: Tuesdays: November 2, 9, 16, 23, 30,  
6 - 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital, 1000 W. La Veta Ave., Orange  
Register: Pam Matten RN, 714-734-6236

#### Stress Management

**Mondays: September 27; October 18; November 15;  
December 20, 1 - 3 p.m.**

St. Joseph Hospital Outpatient Pavilion  
Boardroom 2nd Floor, 1140 W. La Veta Ave., Orange  
Register: 714-744-8727

#### Weight Loss Surgery: Is It Right for You?

**Tuesdays: September 14 and 28; October 12 and 26;  
November 9; December 14, 5:45 - 7:15 p.m.**

Speakers: Jeffrey Johnsrud, MD, Sami Hamamji, MD  
and Eric Pham, MD  
St. Joseph Hospital Outpatient Pavilion Lobby  
1140 W. La Veta Ave., Orange  
Register: 714-771-8298



## SUPPORT GROUPS

### Adult Congenital Heart Disease Support Group

**Wednesdays: September 29; October 27; November 17; December 29, 6 - 7 p.m.**

St. Joseph Hospital Outpatient Pavilion  
Boardroom, 2nd floor  
1140 W. La Veta Ave., Orange  
Register: 714-744-8791

### BRCA Education and Network Series

**Thursdays: October 28, 6 - 9 p.m. (quarterly)**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Cancer Genetics Program  
714-734-6229, ext. 1

### Breast Cancer Education Support Group

**Wednesdays: September 8; October 13; November 10 6 - 7:30 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Stacey Fischer, RN, 714-734-6233 or Alice Rodriguez, RN, 714-771-8000, ext. 17833

### Colorectal Cancer Support Group

**Tuesdays: September 14; October 12; November 9; December 14, 6 - 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Kathleen Close, RN, 714-734-6235

### Depression Program for Women

**Six-session program held on Thursdays 4 - 5:30 p.m. call for dates**

St. Joseph Heritage Healthcare  
2212 E. Fourth St., Ste. 301, Santa Ana  
Fee: \$50 for six sessions  
Register: 714-628-3242

### Diabetes Support Group

**Fridays: October 1; November 5; December 3 10 - 11:30 a.m.**

**Tuesdays: September 14, October 12, November 9, December 14, 6:30 - 8 p.m.**

St. Joseph Heritage Healthcare  
2212 E. Fourth St., Ste. 301, Santa Ana  
Fee: No Charge  
Register: 714-628-3242

### Head and Neck Cancer Support Group

**Mondays: September 20; October 18; November 15; 7 - 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Heather Stern, RN, 714-734-6238

### Heart Failure Support Group

**Mondays: September 27; October 25; November 22 11 a.m. - noon**

St. Joseph Hospital Outpatient Pavilion  
Boardroom, 2nd floor  
1140 W. La Veta Ave., Orange  
Register: 714-744-8858

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## St. Joseph Hospital

### Importance of Flu Vaccination

**Tuesday, October 26, 7 - 8 p.m.**

Speaker: Tackson Tam, MD  
The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital, Todos Conference Center  
1000 W. La Veta Ave., Orange. Register:  
866-888-9641

### Preventive Medicine for Seniors

**Thursday, November 4, 7 - 8 p.m.**

Speaker: Thomas Hwang, MD  
The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital, Todos Conference Center  
1000 W. La Veta Ave., Orange. Register:  
866-888-9641

### The ABCs of Medicare

**Thursdays: September 9 and 16, October 14 and 21, November 11 and 18, 6:30 - 8 p.m.**

St. Joseph Heritage Medical Group  
3rd floor conference room  
2501 E. Chapman Ave., Orange  
*Sponsored by St. Joseph Hospital Affiliated Physicians and St. Joseph Heritage Medical Group, these events are educational only and will not provide information regarding health plan benefits. This is an advertisement. Call 866-888-9641 to register.*

### Medicare Advantage Plans

**Saturdays: September 18, October 9, November 6 and 20, December 4, 10 - 11:30 a.m.**

The Center for Cancer Prevention and Treatment  
Todos Conference Center  
1000 W. La Veta Ave., Orange  
*Sponsored by St. Joseph Hospital Affiliated Physicians and St. Joseph Heritage Medical Group, this is a sales meeting. Health plan representatives will be present to talk about health plan benefits and provide plan information. This is an advertisement. Call 866-888-9641 to register.*

### "In Your Genes" Network of BRCA Mutation Carriers

This support group is for patients newly diagnosed with a BRCA gene mutation.

Register: Kimberly Banks, Genetic Counselor,  
at 714-734-6228, to be connected to one of our  
BRCA peer support providers.

### "In Your Shoes" Family of Cancer Survivors

This program for newly diagnosed patients interested in connecting with cancer survivors who have walked in his or hers shoes.

Register: Contact Clinical Social Work at  
714-734-6279

### J-Pouch Support Group

**Saturday, October 16, 10 a.m. - noon**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Kathleen Close, RN, 714-734-6235

### Living with Chronic Health Conditions Support Group

**Wednesdays: September 8; October 13; November 10; December 8, 2 - 3:30 p.m.**

St. Joseph Heritage Healthcare  
2212 E. Fourth St., Ste. 301, Santa Ana  
Fee: No Charge  
Register: 714-628-3242

### Lung Cancer Support Group

**Thursdays: October 21; November 18, 6 - 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Pam Matten, RN, 714-734-6236

### Prostate Cancer Support Group

**Tuesdays: September 14; October 12; November 9; December 14, 6:30 - 8 p.m.**

The Center for Cancer Prevention and Treatment  
at St. Joseph Hospital  
1000 W. La Veta Ave., Orange  
Register: Kim Moses, RN, 714-734-6237



## St. Joseph Hospital Calendar of Events September 2010 - February 2011

Reservations are required, unless otherwise noted.

For more information about these health events, and to register online, visit [www.sjo.org/calendar](http://www.sjo.org/calendar) or call 714-633-DOCS (3627).

### FOR PARENTS (PRENATAL)

#### Maternity Tours

**Tours of the Maternity areas (Labor and Delivery area, Nursery and Mother Baby Unit) are held every Monday.**

**Daytime tours: second Monday of the month at 1, 1:30, 2 and 2:30 p.m.**

**Evening tours: all other Mondays at 6, 6:30, 7 and 7:30 p.m. (except on holidays)**

Meet in the hospital's main lobby with your I.D. You may attend tours at any time during your pregnancy. No registration is required.

#### Congratulations! You're Pregnant!

Learn about fetal growth and development, physical and emotional changes, and warning signs. Attend during the first five months of pregnancy. No charge for class.

#### You, Your Baby and Your Doctors

Learn about pain relief during labor and about your baby after delivery. Two staff physicians (pediatrician and an Anesthesiologist) will be on hand to discuss anesthesia during labor as well as information about your baby after delivery. Attend during the sixth or seventh month of pregnancy.

Fee: \$15 per couple

#### Prenatal Yoga

Yoga gives you the time, focus and space to release tension in your muscles and joints, to prevent or ease any discomfort from the extra weight you are carrying and prepare your body for the birthing experience. You will feel lighter and more energetic. Fee: \$10 per class. Classes held on Thursday mornings.

#### The Basics of Baby Care

Practice bathing, wrapping and diapering a baby. Attend during the seventh or eighth month of pregnancy. Other topics such as safety and baby equipment will be covered. Fee: \$25 per couple

#### Boot Camp for Expectant Dads

Learn about caring for babies six weeks to six months of age. Fee: \$15 per dad

#### Childbirth 101

Learn about the labor and delivery process, relaxation and breathing techniques, and expectations during the postpartum period. Classes meet for three consecutive weeks in the evenings or on two Saturdays.

Fee: \$90 per couple and \$20 for each additional person

#### Childbirth Refresher

For parents who have had a previous birth and wish to review the labor and delivery process including breathing and relaxation techniques. Attend during the seventh month of pregnancy. Classes are held during two evenings or on one Saturday.

Fee: \$45 and \$10 for each additional person

#### Pregnancy Massage

Attend after the fifth month of pregnancy.

Fee: \$30 per couple

#### Successful Breastfeeding

Attend this class during the seventh or eighth month of pregnancy. Mother's support person is encouraged to attend. Fee: \$25 per couple

#### Car Seat Safety

Attend any time, preferably before you purchase a car seat. No charge for class.

#### From Childbirth to Mothering and Fathering

Learn about basic needs of the infant, parenting adjustments and survival strategies. Attend during the seventh or eighth month of pregnancy.

Fee: \$25 per couple

#### Big Sister/Brother Class

(For siblings three to seven years old)

Attend during the eighth month of pregnancy.

Fee: \$25 for one or two children, or \$30 for three or more children

*Classes will be held at the St. Joseph Hospital Mother Baby Assessment Center, 363 S. Main St., Ste. 100 in Orange unless otherwise noted. Most classes require pre-registration, to download a registration form, go to [www.sjo.org/parents](http://www.sjo.org/parents) or for more information above call 714-771-8266.*

### FOR PARENTS (POSTNATAL)

#### Baby Massage

Classes meet for three consecutive weeks. For newborn to crawling babies.

Price: \$30 per family

#### Breastfeeding and the Working Mother

Mothers with newborns are welcome. Attend one to two months before returning to work.

Fee: \$15 per family

#### Mommy and Baby Yoga

(For newborn to crawling babies)

Fee: \$10 per class, classes held on Thursday mornings, registration is required.

#### Baby Playtime with Parents

This group is designed for parents who need a weekend class. New topics are discussed each month. For newborns to 15 months.

Fee: \$5 per meeting

#### Mommy Matters

New topics are discussed each week such as breastfeeding, baby and sleep, immunizations, etc. For newborns to crawling.

Fee: \$5 per meeting

#### Toddler Topics

New topics are discussed each week such as developmental play, safety issues, introducing solid foods, etc. For crawling babies to 15 months.

Fee: \$5 per meeting



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## St. Joseph Hospital

### New Mother's Breastfeeding Workshop

**Classes held on Monday, Wednesday and Friday, 9:30 - 11 a.m.**

Attend after baby's birth along with your newborn. Fee: \$10 per class. Registration not required, for more information call 714-744-8764.

### Private Lactation Consultation

Private one-hour breastfeeding consultation available by appointment. Register: 714-744-8764

### Postpartum Depression Support Groups and Counseling

If you have questions or concerns about postpartum depression, talk to your doctor or contact the St. Joseph Hospital Caring for Women with Maternal Depression Program. Register: 714-771-8101.

*Classes will be held at the St. Joseph Hospital Mother Baby Assessment Center, 363 S. Main St., Ste. 100 in Orange unless otherwise noted. Most classes require pre-registration, to download a registration form, go to [www.sjo.org/parents](http://www.sjo.org/parents) or for more information above call 714-771-8266.*

## HEALTH SCREENINGS

### Heart Screenings

#### Arterial Fibrillation Risk Assessment \$30

This screening includes a 12-lead electrocardiogram and one-minute rhythm strip.

#### Comprehensive Heart Risk Assessment \$60

Our team of heart experts will help you understand the risk associated with heart disease and what can be done to reduce your risk.

#### Comprehensive Heart Risk Assessment and Nutrition Consultation \$105

#### Comprehensive Heart Risk Assessment and Exercise Consultation \$105

#### Comprehensive Heart Risk Assessment, Nutrition and Exercise Consultation \$150

#### Comprehensive Heart Risk Assessment with Coronary Calcium Screening \$255

This screening identifies the location and extent of calcified plaque in the coronary arteries of those at risk for heart disease.

#### Sudden Cardiac Arrest \$95

This screening includes an electrocardiogram (EKG/ECG) and an echocardiogram (ECHO).

### Cancer Screenings

#### CT Lung Screening \$125

This screening is a noninvasive, low-dose X-ray designed to detect lung cancer in its earliest stages.

#### Vascular Screenings (\$45 each or all three for \$95)

##### Stroke/Carotid Artery Screening

This is a noninvasive screening to detect plaque that can cause a stroke.

##### Abdominal Aortic Screening

This is a noninvasive screening to detect a potential aneurysm.

##### Peripheral Arterial Disease Screening

This is a noninvasive screening to detect peripheral arterial disease (PAD). This screening is also known as an Ankle-Brachial Index (ABI).

*For more information about these screenings visit [www.sjo.org/screenings](http://www.sjo.org/screenings). To schedule a screening, please call 714-633-DOCS (3627).*

The medical information contained in this newsletter should not be substituted for the advice from your personal physician.

If you do not wish to receive future issues of this publication, please call 714-347-7946 or email [SJO-Feedback@stjoe.org](mailto:SJO-Feedback@stjoe.org) and provide your name and complete address as it appears on the mailing panel.

If you would like to receive St. Joseph Hospital's e-newsletter, *FeelinGreat TODAY*, please visit [www.sjo.org/subscribe](http://www.sjo.org/subscribe).



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**what if** viruses were only found in computers?

**what if** you could hear the words, "You're cured"?

Anything is possible when St. Joseph Hospital of Orange is leading the way.  
Visit [sjo.org/whatif](http://sjo.org/whatif) to submit your vision of the future of healthcare.

St. Joseph Hospital   
ST. JOSEPH  
HEALTH SYSTEM

Need a physician? We have the right one for you! Call 714-633-DOCS (3627) today.