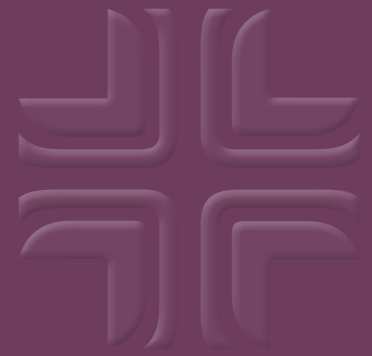


Quarterly News from St. Joseph Hospital * Winter 2010

feelinggreat



St. Joseph Hospital

Stories from
the Heart

Cancer Myths:
Fact or Fiction

Overcoming
Osteoarthritis

Diet and
Your Colon

Stories from the Heart

feelinggreat



St. Joseph Hospital

Quarterly News from St. Joseph Hospital Winter 2010

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Stories from the Heart

"I was a junkfoodaholic - always on the run, eating chips, candy and lots of chocolate," recalls Cheryl Fisher. "But when my doctor handed me a 3D picture showing the plaque in my arteries and said I had a 98 percent chance of having a heart attack, that was a life-changing wake-up call for me."

When Cheryl turned 50 last year, she decided it was time to pay closer attention to her health. Her first step was a heart and vascular health screening at St. Joseph Hospital. "I knew I had high blood pressure and had a feeling my cholesterol was high as well," Cheryl remembers. Even more worrisome, however, was the history of heart disease in her family.

The caring experts at the Heart and Vascular Center at St. Joseph Hospital understand the important role heart screenings play in detecting early signs of heart disease. "We've found that screenings are powerful motivators to make changes that could add years to your life," says cardiologist Maged Azer, M.D.

Cheryl agrees wholeheartedly. "I put that 3D picture on my fridge and have completely turned my eating habits around. I know what could have been and learned how to prevent it."

Today, Cheryl avoids eating a lot of carbohydrates and understands the importance of planning her meals. "I've lost 22 pounds, 20 inches and my cholesterol and blood pressure have dropped significantly. I love to put on my iPod, go for a walk in the park and solve all my problems," she says with a laugh.

"Heart and vascular screenings are much more than predictive tools,"



MANY HEARTS, ONE PASSION

Saturday, February 27, 9 a.m. to 2 p.m.
St. Joseph Hospital Outpatient Pavilion
1140 W. La Veta Ave., Orange

You're invited to join a panel of experts from the Heart and Vascular Center at St. Joseph Hospital as they share important health information to keep you and your family heart healthy. This special event also features free and low-cost health screenings, vendor exhibits, refreshments and opportunity drawings.

To RSVP please call **714-633-DOCS (3627)**
or visit www.sjo.org/calendar to register online.

states Dr. Azer. "The results enable us to work with our patients to develop personalized treatment plans. As a result of this joint effort, our patients feel empowered because they have knowledge that can help prevent death, disability and major medical interventions."

Anthony Mazeroll agrees.

"About a year ago I went to St. Joseph Hospital for a heart screening and check up. I was told that my heart walls had thickened, which I hadn't heard of before. I learned that this condition causes the heart to have to work extra hard, which increases the risk of heart disease."

Anthony worked with Dr. Azer to develop a treatment plan that would help him make the lifestyle changes he needed to prevent a major heart attack.

"At that time I was about 100 pounds overweight. I knew I had to completely change my habits. I started walking as much as possible and watching my portion control," he says. "I have a supportive wife who encourages me when I'm not eating right and a great doctor who has been with me every step of the way."

After losing 50 pounds, Anthony feels better and has more energy. Equally encouraging is the result of his second heart scan. "I went in for a second heart scan six or seven months ago and found that my heart walls are thinning."

Cheryl and Anthony's "wake-up calls" made them strong advocates for heart and vascular screenings. "I can't express enough how important it is to have testing before it's too late and a heart attack happens," says Cheryl. Anthony agrees, adding, "The whole screening process took just a couple of hours and it was painless."

According to the experts at the Heart and Vascular Center, comprehensive heart and vascular assessments can benefit anyone over the age of 35 who has any of the following risk factors: diabetes, high blood pressure, high cholesterol, family history of heart and vascular disease, peripheral vascular disease, sedentary lifestyle, obesity or smoking.

A complete heart evaluation includes a risk assessment, EKG, cholesterol, body mass index (BMI), nutrition evaluation, blood pressure and an Electron Beam Computed Tomography (EBCT) Coronary Calcium screening, an advanced method of detecting heart blockages.

Don't wait for a wake-up call, urge Cheryl and Anthony. For detailed information about St. Joseph Hospital's heart and vascular screening programs visit www.sjo.org/screening. To schedule a screening, please call **714-633-DOCS (3627)**.

Now you can check your blood pressure at the mall

The heart and vascular experts at St. Joseph Hospital know that untreated high blood pressure can lead to heart attack, stroke and other health issues. That's why they're committed to helping you monitor your blood pressure. Starting this month, St. Joseph Hospital offers shoppers at Westminster Mall and at Westfield MainPlace Shopping Center in Santa Ana a fast, easy and free way to keep track of their blood pressure. Within seconds, the hospital's automated Heart Check Centers read your blood pressure and record it on a card you can take home. So next time you're shopping, take a break at the Heart Check Center.

Cancer Myths: How to Tell Fact from Fiction

“My dad always used to say that if you have any form of cancer surgery, the cancer will show up in another part of your body,” says Sharon Crowe. “He was an intelligent man, but he truly believed that.”

Martha Roberts adds that during the 1970s her mom would scold her for sitting too close to the television, “not because my eyes would suffer, but because the TV gave off radioactive rays that caused cancer. I grew up believing that.”

“My grandmother wouldn’t let us drink anything really hot,” Bob Jones remembers, “because she said it would cause throat cancer.”

Cancer myths. We’ve all heard them. And while some seem a bit far fetched, other myths can make us stop and think. Does wearing deodorant and antiperspirant cause breast cancer? Are people who smoke the only ones at risk for developing lung cancer? If you think about it, these myths could be true, right?

“Some cancer myths can be misleading and actually harmful,” says Anita Gregory, M.D., co-medical director of the Colorectal Program at St. Joseph Hospital. “If a cancer patient truly believes that a surgical procedure will cause his or her cancer to spread and they decide not to have a cancerous tumor removed because of this belief, then the myth becomes a serious threat to the patient’s health.”

If we look back in ancient history, myths often originated from simple, fact-based stories that had great meaning. And, like family traditions, these myths were meant to be passed down from generation to generation. Today’s cancer myths, however, often aren’t based on facts or scientific research, they reach greater numbers of people and can spread at lightening speed, thanks to the Internet.

Take the myth about cell phones causing brain cancer. While a few studies suggest a link between cell phone usage and certain rare types of brain tumors, scientists maintain that there is no clear connection between cell phones and brain cancer. Yet, e-mail campaigns proclaiming that cell phones cause brain cancer continue to flourish, causing unnecessary worry for those who read them.

Conversely, some cancer myths turn out to be true. Eating grilled meat can increase a person’s risk of cancer. When meat is grilled, chemicals called heterocyclic amines are created that can be harmful. Experts recommend avoiding the burnt parts of the meat and limiting the amount of grilled meat in your diet.

So how do you know if a myth is fact or fiction? “The key to finding reliable, accurate cancer information is identifying a credible source,” explains Lawrence D. Wagman, M.D., executive medical director of The Center for Cancer Prevention and Treatment at

CANCER NEWS AND EXPERTS’ VIEWS

Wednesday, January 20, 5:30 – 8 p.m.

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

Our cancer experts unveil the fact and fiction behind popular cancer myths and explain what you really need to know about cancer screenings. They will provide tips on preventing melanoma, discuss breakthrough treatment for prostate cancer and talk about new technology that reduces the amount of radiation many patients require. Do you have a cancer myth that you’d like to learn more about? If so, we’d like to hear from you. Send your myth to SJO-Feedback@stjoe.org, then attend Cancer News and Experts’ Views to find out if your myth is fact or fiction.

To register, please call **714-633-DOCS (3627)** or register online at www.sjo.org/calendar.

St. Joseph Hospital. “Unfortunately, in today’s society, anyone can write a blog on the Internet or use social media tactics, such as Facebook® or Twitter®, to share their beliefs. And some of these beliefs are completely inaccurate.”

To help sort fact from fiction, Dr. Wagman suggests the following:

- 1 Don’t assume that everything you read or hear about is true.
- 2 When you do hear a new health claim, research it using a credible source like the National Cancer Institute or American Cancer Society, or ask your doctor.
- 3 Always make sure that the health claim is backed by scientific evidence. If it’s not, then the myth is probably not true.

It’s easier to determine fact from fiction when you’re a well-informed healthcare consumer.

Are you a well-informed healthcare consumer?

Find out by taking the following cancer myth quiz. Which myths are true? Visit www.sjo.org/myths to check your answers.

- Only smokers develop lung cancer.
- Using deodorants and antiperspirants cause breast cancer.
- Getting a base tan will provide protection and I won’t develop skin cancer.
- I don’t have any symptoms so I must not have colon cancer.
- I don’t have a family history or other risk factors for breast cancer so I don’t need a mammogram.
- It’s better not to know if I have cancer.
- Everyone who has cancer has to have treatment.
- Smoking cigars does not cause lung cancer.

Enjoying Life in Motion - Despite Osteoarthritis

As kids, we used to watch Grandma struggle to stand up after sitting for too long and used to giggle when Grandpa's knees would creak as loud as the stairs in his small house. "These old bones," they'd both say. As we watched them grapple with their aches and pains, we thought to ourselves: "I'll never be like that. I'll never grow old."

Today, we remember our youthful intentions with a smile as we struggle with aches and pains of our own. "Oh to be young again," we think, wishing we could restore the spring in our step and the resilience in our bones.

Fortunately, medicine has matured right alongside the 27 million Americans who suffer from osteoarthritis, a common form of arthritis that accounts for the pain, swelling and loss of flexibility in our joints. Today's medical treatment would amaze our grandparents. From conservative measures like diet and exercise, to intricate surgical procedures like total joint replacement and spinal fusion, in many cases osteoarthritis no longer means painful disability.

While osteoarthritis typically occurs as we age, it's most common in women. Other contributing factors include obesity, prior sports injuries, bone deformities and other medical conditions such as gout, Paget's disease of the bone and rheumatoid arthritis. Plus, certain occupations that involve repetitive motions may predispose a joint to developing osteoarthritis.

"Osteoarthritis is a chronic disease that results when the cushioning or cartilage between the bones wears away in the joint," explains orthopedic surgeon Steve Barnett, M.D. "This can cause the tendons and ligaments to stretch, resulting in chronic pain. In severe cases of osteoarthritis, the bones rub against each other."

So how do you ward off the inevitable and keep that spring in your step?

"Unfortunately, there's no cure for osteoarthritis," says Dr. Barnett.

"For some patients, the goal of treatment is to reduce joint pain and inflammation while improving and maintaining joint function. This treatment also includes lifestyle modifications, like diet, exercise and weight reduction."

Orthopedic surgeon Ayaz Biviji, M.D., agrees. "Even modest weight loss can help decrease symptoms of osteoarthritis in large weight-bearing joints, such as the hips and knees, by slowing down the rate at which cartilage breaks down."

So if your hips and knees are better off with you being a few pounds lighter, how do you think your feet will feel?

"By the time we reach 50, we've walked about 75,000 miles," says foot and ankle surgeon H. Austin Hewlett, D.P.M. "Many of us have walked this distance carrying excess weight. Some have worn ill-fitting shoes

while others have simply run too much on feet that have degenerated like the rest of the body."

And we all know what happens when our feet hurt: we change the way we walk, which changes the way we turn our ankles, which impacts our knees, hips and spine. "It's a vicious cycle," says Dr. Hewlett.

There is good news, however. We can immediately break this cycle by reaching our optimal weight.

To help us get started, Dr. Biviji recommends regular exercise to shed excess weight and strengthen the muscular support around the joints and improve and maintain a joint's mobility. He is quick to point out, however, that running is probably not the best form of exercise in this case since running increases stress on the joints. "And gradually build up your strength and endurance," he says. "Weekend warriors increase their risk of internal joint damage."

Along with a well-balanced diet rich in fresh fruits and vegetables, Dr. Biviji recommends swimming, light weight training, walking and riding a stationary bicycle as forms of beneficial, low-impact exercise.

So what about joints that aren't weight-bearing and aren't impacted by weight loss, like the tiny ones in our hands? According to orthopedic surgeon Navid Ghalambor, M.D., "Osteoarthritis of the hand most often develops in three sites: at the base of the thumb, at the end joint closest to the finger tip and at the middle joint of the finger." And, since the exact cause of osteoarthritis is not known, "previous injuries might predispose development of osteoarthritis in the hand," he says. "Hand safety and joint protection are great protective measures."

In addition to diet, exercise and joint protection, many doctors recommend mild pain relievers such as aspirin and acetaminophen (Tylenol®) to combat the effects of osteoarthritis.

When over-the-counter medications don't provide relief, doctors often prescribe narcotic pain relievers or corticosteroids (steroids). "Narcotic pain relievers help with the pain, but don't relieve joint inflammation," says family practice physician Lawrence Ehrlich, D.O. "And while corticosteroids are powerful anti-inflammatory drugs, they can have side effects when used short or long-term." To maximize effect many doctors inject the steroid directly into the affected joint. "This keeps the dose as low as possible."

If your osteoarthritis has progressed well beyond the help of medication and you're feeling like life on a tennis court is a thing of the past, don't sell your tennis racket just yet. Today's advancements in orthopedic



surgery and the materials used in joint replacement would interest the *Six Million Dollar Man*. From computer-assisted surgery to minimally invasive procedures, highly-skilled orthopedic surgeons at St. Joseph Hospital's Orthopedic Program use the latest technology to fully or partially replace joints, resurface bones (such as the hip) and increase mobility.

"Minimally invasive hip replacement procedures, such as the anterior approach, allow surgeons to access the joint from the front rather than the side of the leg," says Dr. Barnett. "This spares cutting through major muscles, which means patients are back to normal activities within a few weeks."

For treating osteoarthritis of the spine, where (in many cases) bone surfaces rub together causing vertebral joints and areas around the cartilage to become inflamed and painful, spine surgeons use minimally invasive surgery and powerful image guidance systems that provide real-time pictures of the spine during surgery. "The image guidance system gives the surgeon greater control and accuracy, and minimally invasive techniques mean less pain, less scarring and a faster recovery time for patients," says orthopedic surgeon Jack Chen, M.D.

And let's not forget our hands and feet. Advancements in arthroscopic surgery allow surgeons to use small instruments to view and clean bones and joints by removing bone spurs or other foreign tissue. In some cases, fusion surgery and joint replacement can also help restore mobility.

Thanks to a healthy diet, regular exercise and progressive medical treatment the osteoarthritis that hampered Grandma and Grandpa is practically a thing of the past. And while we can't stop the aging process (yet) we can slow it down a bit by keeping osteoarthritis at bay while we take to the tennis courts and enjoy life in motion.

To consult with a St. Joseph Hospital physician who can partner with you to keep your life in motion, visit www.sjo.org/FindaDoctor or call **714-633-DOCS (3627)**.

For quick and easy tips on exercising your joints and keeping yourself fit and flexible, visit www.sjo.org/exercise.



EDUCATIONAL CLASSES

Medicare Advantage Plans

Saturdays: February 6, March 6, 10 – 11:30 a.m.

The Center for Cancer Prevention and Treatment
Todos Education 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 plan benefits and provide plan information. Call 866-888-9641 to register.

The ABCs of Medicare

Thursdays: January 21, February 11 and 18, March 11 and 18, April 8 and 15, 6:30 – 8 p.m.

St. Joseph Heritage Medical Group
2501 E. Chapman Ave., Orange,
3rd floor conference room

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 plans benefits. Call 866-888-9641 to register.

Nutrition and Cholesterol Management

Mondays: February 1, March 1, April 5 and May 3, 1 to 3 p.m., 5 – 7 p.m.

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

Coronary Artery Disease and Exercise

Mondays: February 8, March 8, April 12 and May 10, 5 – 7 p.m.

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

Stress Management

Mondays: January 18, February 15, March 15, April 19, 1 – 3 p.m.

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

CENTER FOR HEALTH PROMOTION CLASSES AND SUPPORT GROUPS

Live Well, Live Healthy

Two-session program

Diabetes Awareness Program

Four-session program

Sweet Beginnings

Diabetes and pregnancy program

Asthma Education

Dietitian Consultations

Medical nutrition therapy

We Can Program

Wednesdays: January 20 through March 24

Ten-session program to help children ages 8-13 and their families maintain a healthy lifestyle. Fee: \$200

Weight Wise

Eight-session program that uses an “intuitive eating” approach to take care of your body. Call for dates and times. Fee: \$80

*Note: A referral from a St. Joseph Hospital physician is required for the programs above, which are held at: St. Joseph Heritage Healthcare
2212 E. Fourth St., Suite 301, Santa Ana
Call 714-628-3242 to register.*

Diabetes Support Group

Fridays: February 5, March 5, April 2, 10 to 11:30 a.m., Tuesdays: February 9, March 9 and April 13, 6:30 p.m. – 8 p.m.

Living with Chronic Health Conditions Support Group

Wednesday: February 10, March 10, April 14, 2 – 3:30 p.m.

Depression Program for Women

Six-session program held on Thursdays 4 – 5:30 p.m. call for dates. Fee: \$50 for six sessions

Life Skills Program

Six-session program, call for dates and times
Fee: No charge

The Secrets of Habit Change

Ten session program, call for dates and times
Fee: \$60 for 10 sessions

Trader Joe's® Nutrition Supermarket Tour

February 2 and 16, March 2, 9:30 – 10:30 a.m.

To RSVP and for store address, call 714-628-3242.

All classes and support groups are held at the St. Joseph Heritage Healthcare, 2212 E. Fourth St., Suite 301, Santa Ana. Call 714-628-3242 to register.

Heart Failure Support Group

Mondays: January 25, February 22, March 22 and April 26, 11 a.m. to Noon

St. Joseph Outpatient Pavilion Boardroom, 2nd floor
Register: 714-744-8858

HEALTH AND WELLNESS LECTURES

Weight Loss Surgery: Is it Right for You?

Tuesdays: January 26, February 9 and 23, March 9 and 23, 5:45 – 7:15 p.m.

Speakers: Jeffrey Johnsrud, M.D., Sami Hamamji, M.D., and Eric Pham, M.D.

St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 714-771-8298

Preventive Medicine for Seniors

Wednesday, February 17, 11 a.m. – Noon

Speaker: Tahany Habashy, M.D.
Tustin Area Senior Center
200 S. “C” Street, Tustin
Register: 714-633-DOCS(3627)

Health Benefits of Maintaining an Active Lifestyle for Seniors

Wednesday, March 3, 11 a.m. – Noon

Speaker: Karen Lau, M.D.
Tustin Area Senior Center
200 S. “C” Street, Tustin
Register: 714-633-DOCS(3627)

Macular Degeneration

Monday, March 8, 10 – 11 a.m.

Speaker: Desmond McGuire, M.D.
Lakeview Senior Center, 20 Lake Road, Irvine
Register: 714-633-DOCS(3627)

Find Relief from Sinus Problems, Snoring and Sleep Apnea

Wednesday, March 10, 7 – 8:30 p.m.

Speakers: Peter Fotinakes, M.D. and Luca Vassalli, M.D.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 800-973-NOSE(6673)

Maintaining a Healthy Heart

Wednesday, April 21, Noon – 1:30 p.m.

Speaker: Deanna Carlson, R.N., BSN, St. Joseph Hospital Nurse Coordinator, Heart and Vascular Center
Rancho Senior Center
3 Ethel Coplen Way
Irvine, CA 92612
Register: 714-633-DOCS(3627)



CANCER SUPPORT GROUPS

BRCA Education and Network Series

Thursdays: January 28, April 29, 6 – 9 p.m.
 Register: Cancer Genetics Program, 714-734-6229, ext. 1

“Entre Amigos” Cancer Support Group en Español

Thursdays: January 28, February 11 and 25, March 11 and 25, April 8 and 22, 7 – 8:30 p.m.
 St. Joseph Hospital, Meeting Rooms A and B
 Register: Noemi Vidal, 714-771-8000, ext. 13359

Colorectal Cancer Support Group

Tuesdays: February 9, March 9, April 13, 6 – 8 p.m.
 Register: Kathleen Close, R.N., 714-734-6235

Head and Neck Cancer Support Group

Mondays: January 18, February 15, March 15, April 19, 7 – 8 p.m.
 Register: Heather Stern, R.N., 714-734-6238

J-Pouch Support Group

Saturdays: April 17, 10 a.m. – Noon
 Register: Kathleen Close, R.N., 714-734-6235

“In Your Genes” Network of BRCA Mutation Carriers

This program is for patients newly diagnosed with a BRCA gene mutation, who would like to be connected with someone who has been there.

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

Program for newly diagnosed patients interested in connecting with cancer survivors who have walked in their shoes.

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

Lung Cancer Support Group – “You Are Not Alone”

Thursdays: January 21, February 18, March 18, April 15, 6 – 8 p.m.

Register: Pam Matten, R.N., 714-734-6236

Melanoma Support Group

Mondays: March 8 through April 19, 6-7:30 p.m. April 5th meets from 6:30 – 8 p.m.

Prostate Cancer Support Group

Tuesdays: February 9, March 9, April 13, 6:30 – 8 p.m.
 Register: Kim Moses, R.N., 714-734-6237

Cancer support groups and classes are held at The Center for Cancer Prevention and Treatment at St. Joseph Hospital at 1000 W. La Veta Ave., 1st floor, in Orange unless otherwise noted.

CANCER CLASSES

Look Good...Feel Better Program in English

Mondays: February 1, April 5, 6:30 – 8:30 p.m.
 Register: Contact the American Cancer Society at 800-227-2345

Look Good...Feel Better Program in Spanish

Thursdays: March 4, 1 – 3 p.m.
 Register: Contact the American Cancer Society at 800-227-2345

Smoking Cessation Classes

Session I – Mondays: January 18 and 25, February 1, 8, 6 – 8 p.m.
 Register: Pam Matten, R.N., 714-734-6236

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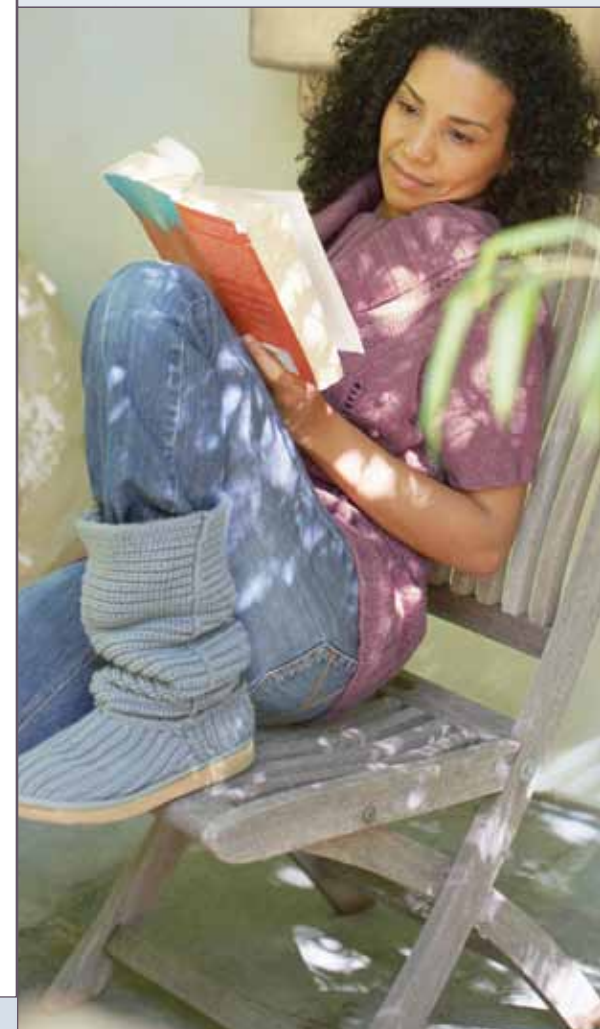


St. Joseph Hospital

Calendar of Events January - April 2010

Reservations are required, unless otherwise noted.

Online registration is now available at www.sjo.org/calendar





FOR PARENTS (PRENATAL)

Maternity Tours

Tours of the Labor and Delivery area, Nursery and Mother Baby Unit are held every Monday—the second Monday of the month at 1, 1:30, 2 and 2:30 p.m.; 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.

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, no registration required. Morning and evening classes available.

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.

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 Street, Suite 100 in Orange unless otherwise noted. For more information or to register for the programs above, call 714-771-8266.

FOR PARENTS (POSTNATAL)

Baby Massage

Classes meet for three consecutive weeks. For newborn to crawling babies. Fee: \$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, no registration 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

New Mothers Breastfeeding Workshop

Attend after baby's birth along with your newborn. Fee: \$10 per class. Register: 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., Suite 100 in Orange unless otherwise noted. For more information or to register for the programs above, call 714-771-8266.





Lectures and Special Events

Cancer News and Experts' Views

Wednesday, January 20, 5:30 – 8 p.m.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Our cancer experts unveil the fact and fiction behind popular cancer myths and explain what you really need to know about cancer screenings. They will provide tips on preventing melanoma, discuss breakthrough treatment for prostate cancer and talk about new technology that reduces the amount of radiation many patients require.

Many Hearts, One Passion

Saturday, February 27, 9 a.m. – 2 p.m.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Breakout sessions with lectures by cardiologists, refreshments and opportunity drawings, visit informational booths, receive free cholesterol, glucose and blood pressure screenings. If you register for an EBCT or PAD screening at the Heart and Vascular Center on the day of the event, you will receive a discount on the heart risk assessment and PAD screening.

Curing Incontinence

Thursday, March 18, 6 – 7:30 pm
Speaker: Andrew Cassidenti, M.D.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Wednesday, April 28, 6 – 7:30 p.m.
Speaker: Andrew Cassidenti, M.D.
St. Joseph Irvine Health Center
4050 Barranca Pkwy., Irvine

Foot Fitness – A Better “Under Standing”

Wednesday, March 24, 6:30 – 8 p.m.
Speaker: H. Austin Hewlett, D.P.M.
East Anaheim Hills Community Center, Canyon Room
8201 E. Santa Ana Canyon Road, Anaheim Hills

Day of Orthopedics Save the Date

Saturday, April 24, 9 a.m. - 2 p.m.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange

Refreshments will be provided at all events.

To register call **714-633-DOCS (3627)** or visit **www.sjo.org/calendar**.

St. Joseph Hospital Kidney Transplant Patient Rides Donate Life Float in 2010 Rose Parade

On New Year's Day 2010, kidney transplant patient Lily Ibanez of Anaheim had the thrill of a lifetime – not because she was in the Rose Parade, but because the opportunity allowed her to spread the “donate life” message to millions of parade viewers across the world. In December 2008, Lily received a life-saving kidney from her 18-year-old son. This gift of life changed Lily in more ways than one. While she celebrates the one-year anniversary of a successful transplant, she also continues her tireless efforts as an advocate for organ and tissue donation. For more information on St. Joseph Hospital's Kidney Transplant Program, visit www.sjo.org/kidney.

St. Joseph Heritage Medical Group Recognized as “Medical Home”

St. Joseph Heritage Medical Group (SJHMG) has been recognized as a “medical home” by the National Committee for Quality Assurance (NCQA). This outstanding distinction acknowledges SJHMG's commitment to developing long-term healing relationships with their patients. At SJHMG, a physician-led care team is responsible for providing all healthcare needs for their patients, and, when needed, coordinating this care across the healthcare system. The “medical home” concept also emphasizes enhanced care through open scheduling, expanded hours and communication between patients, physicians and staff. For more information on St. Joseph Heritage Medical Group, visit www.sjhmg.org.

Community Clinics Receive Grant for Information Technology

St. Joseph Hospital recently received a \$317,242 grant from United Healthcare Foundation. The grant will be used to add and upgrade computer hardware and software in the hospital's two community clinics, La Amistad de Jose Family Health Center and Puente a La Salud. By adding electronic medical records capability and a Chronic Disease Management System, the two clinics will be able to improve their service to the most vulnerable members in our community. To learn more about supporting the 80-year mission of the Sisters of St. Joseph of Orange, please visit www.sjo.org/WaystoGive.

Need More from Your

Would you like to find out if there are better Me

You have several options when it comes to selecting the Medicare plan that fits your needs. Here are two easy steps to help you choose the right care for you:

1. Attend a **St. Joseph Medicare Advantage** seminar* if you are already on Medicare and would like to learn more about your options. The open enrollment period to make changes goes through the end of March 2010.

Saturday, February 6, or March 6, 10 – 11:30 a.m.

The Center for Cancer Prevention and Treatment at St. Joseph Hospital Todos Conference Center, 1000 W. La Veta Ave., Orange

Or you can attend a **St. Joseph ABC's of Medicare** seminar** if you will be turning 65 and would like to learn more about Medicare.

Thursdays, January 21, February 11 and 18,

March 11 and 18, 6:30 – 8 p.m.

2501 E. Chapman Ave., Orange
3rd floor conference room

2. Choose the St. Joseph physician and affiliated Medicare plan that best meets your healthcare needs.

By selecting your physician through St. Joseph Heritage Medical Group or St. Joseph Hospital Affiliated Physicians, you'll have access to the kind of exceptional care and attention only found at St. Joseph Hospital. With some of the finest physicians in Orange County, you can count on St. Joseph Hospital for superior care and an unequalled dedication to healing with compassion.

Call **866-888-9641** to RSVP or for more information visit www.sjhmg.org/medicare.

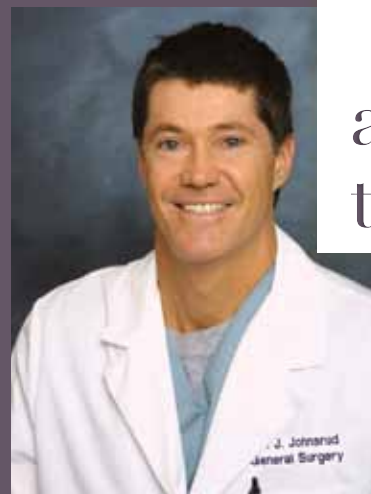
Our health plan partners: AARP Medicare Complete from United Healthcare/Secure Horizons, Aetna Golden Medicare, Blue Shield 65+, HealthNet Senior, SCAN, Medicare and Medicare Supplement plans.

**This is a sales meeting. Health plan representatives will be present to discuss benefits and provide plan information.*

*** This event is educational only and will not provide information regarding health plan benefits.*

Medicare Coverage?

Medicare benefits available to you?



ask
the doc

Jeffrey M. Johnsrud, M.D.

Q: I've tried every diet around, but can't seem to lose weight. When should I consider surgery to lose weight?

A: The National Institutes of Health recommend weight loss (bariatric) surgery for people at the following weight levels:

- A body mass index (BMI) of 40 or more, which is about 100 pounds overweight for men and 80 pounds for women, or
- A BMI between 35 and 39.9 and a serious obesity-related health problem, such as type 2 diabetes, heart disease or severe sleep apnea.

In addition, candidates for surgical weight loss must have tried to lose weight (with no success) with a healthy diet, exercise or medication.

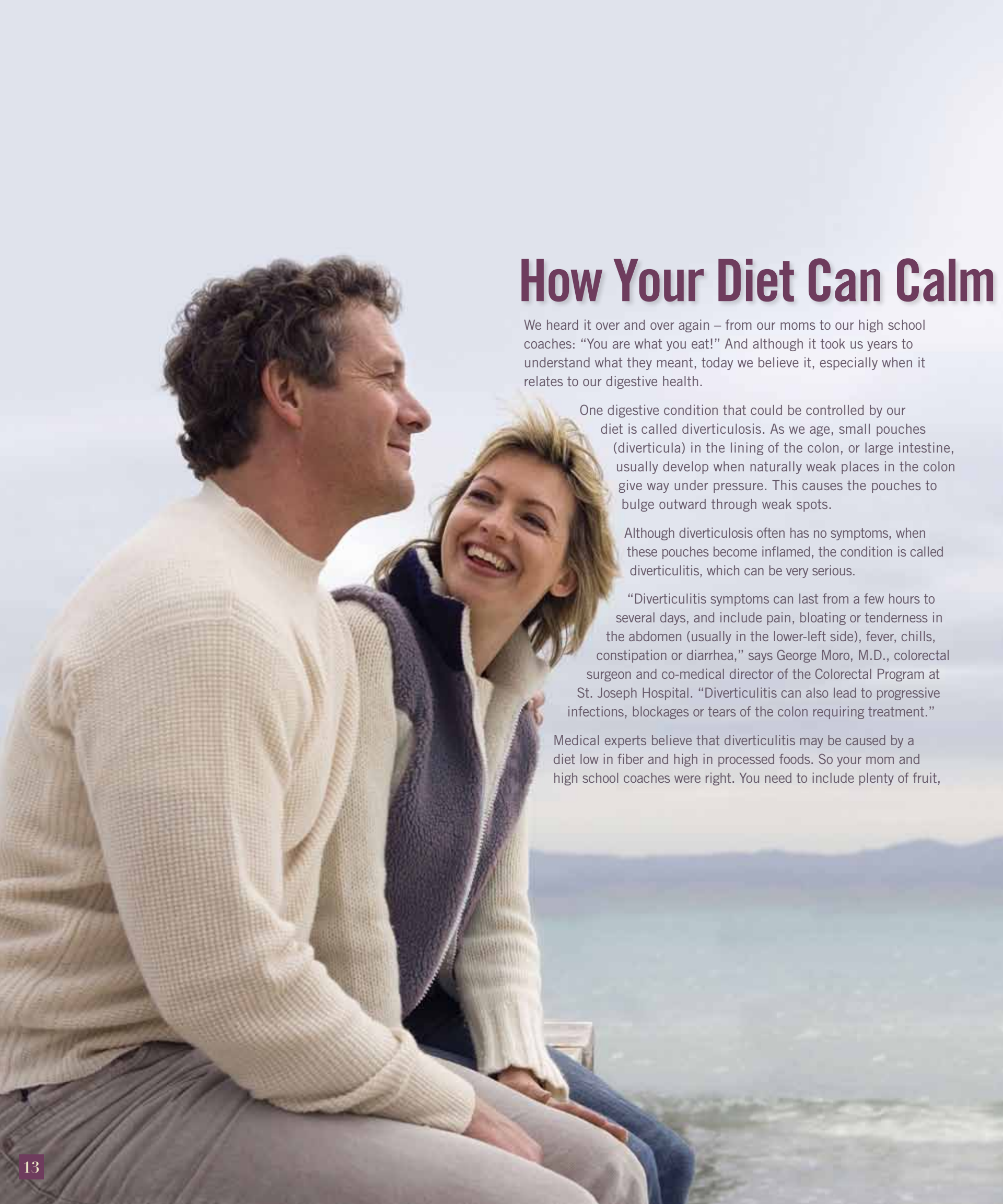
If you meet these requirements, then weight loss surgery might be an option. However, I stress to all my patients that they must be motivated and willing to commit to the lifelong lifestyle changes necessary for reaching and maintaining a healthy weight.

I also encourage my patients to become well informed about what surgical weight loss options are available, what option is recommend for them and the lifestyle adjustments it will require.

In addition, weight loss surgery candidates also need to have confidence in those providing their surgery, follow-up care and long-term support. A surgical facility designated as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgeons ensures a safe and clean environment, thoroughly trained staff, a high volume of bariatric patients and good outcomes.

Each month at St. Joseph Hospital, fellow bariatric surgeons Sami Hamamji, M.D., Eric Pham, M.D., or I teach a class for people interested in surgical weight loss options. It's a great opportunity to have questions answered and explore next steps that will lead to weight loss and improved overall health. For those who are truly dedicated and ready to embrace a lifestyle change, we see wonderful results. To register for our next class, visit www.sjo.org/calendar or call 714-771-8298.

Jeffrey M. Johnsrud, M.D., a board-certified surgeon, serves as medical director of the St. Joseph Hospital Bariatric Care Center. Dr. Johnsrud has also earned a master's degree in exercise physiology, and sets an example for his patients by fitting regular exercise into his busy schedule.



How Your Diet Can Calm

We heard it over and over again – from our moms to our high school coaches: “You are what you eat!” And although it took us years to understand what they meant, today we believe it, especially when it relates to our digestive health.

One digestive condition that could be controlled by our diet is called diverticulosis. As we age, small pouches (diverticula) in the lining of the colon, or large intestine, usually develop when naturally weak places in the colon give way under pressure. This causes the pouches to bulge outward through weak spots.

Although diverticulosis often has no symptoms, when these pouches become inflamed, the condition is called diverticulitis, which can be very serious.

“Diverticulitis symptoms can last from a few hours to several days, and include pain, bloating or tenderness in the abdomen (usually in the lower-left side), fever, chills, constipation or diarrhea,” says George Moro, M.D., colorectal surgeon and co-medical director of the Colorectal Program at St. Joseph Hospital. “Diverticulitis can also lead to progressive infections, blockages or tears of the colon requiring treatment.”

Medical experts believe that diverticulitis may be caused by a diet low in fiber and high in processed foods. So your mom and high school coaches were right. You need to include plenty of fruit,

Your Colon

vegetables and whole grains in your diet, along with plenty of liquids. Why? "High-fiber foods soften body waste and help it pass more quickly through your colon," says Dr. Moro. "This reduces pressure inside your digestive tract."

Fiber also works by absorbing water and increasing the soft, bulky waste inside your colon. If you don't drink enough liquid to replace what's been absorbed, fiber can be constipating.

According to Dr. Moro, you should aim for 20 to 35 grams of fiber each day. An apple or 1/2 cup of spinach each contains more than 3 grams of fiber, and 1/2 cup of kidney beans contains about 8 grams. "If it's difficult to consume 20 or more grams of fiber every day, I recommend using a fiber supplement, such as psyllium (Metamucil®) or methylcellulose (Citrucel®)."

According to Dr. Moro, changes in your diet, along with rest and antibiotics, resolve symptoms in approximately 75 percent of cases. However, after several episodes of diverticulitis or in complicated cases, Dr. Moro usually recommends more aggressive treatment.

Talk to your doctor about how you can prevent diverticular disease. If you already have it, your doctor can help you develop a plan to prevent flare-ups and manage the condition. For more tips on adding fiber to your diet, and for fiber-rich recipes, visit www.sjo.org/fiber. For a physician referral, please visit www.sjo.org/FindaDoctor or call **714-633-DOCS (3627)**.



How to Regain Bladder Control ... and Restore Your Confidence

Millions of men and women are all too familiar with that embarrassing moment when a laugh or cough causes a small amount of urine to leak. This temporary loss of bladder control (called urinary incontinence) can be lifestyle-limiting in addition to embarrassing. Sound familiar? Read on, there's good news.

Urinary incontinence is a condition that can usually be treated, giving you the bladder control and confidence you once had.

"The first step toward relief should be a thorough exam by your family physician or gynecologist, or a doctor specializing in bladder problems," states Janis Fee, M.D., an obstetrician/gynecologist. "Through the exam and by taking into consideration the whole person, the doctor should be able to determine the extent of the problem and what is causing it."

In most cases, your doctor will try conservative therapies first, including medications, lifestyle modification and bladder rehabilitation.

St. Joseph Hospital Rehabilitation Services offers a Pelvic Floor Rehabilitation Program to help both women and men with urinary incontinence. "We understand what our patients are going through," says Kathy Berger, director of Rehabilitation Services at St. Joseph Hospital. "So we take the time to sit with each of our patients to get to know them and their treatment preferences."

Rehabilitation improves the strength and function of the muscles that support the organs within the pelvis. According to Kathy, "We use one or a number of techniques such as exercises, manual techniques, electrical stimulation and biofeedback."

When conservative approaches are not enough, surgery may be recommended. Andrew Cassidenti, M.D., a urogynecologist, has successfully performed hundreds of procedures to correct urinary incontinence in women. He confirms that most surgeries are minimally invasive, outpatient procedures.

"Women with this disorder can and do have their active lifestyles completely restored," states Dr. Cassidenti.

If you have urinary incontinence, it's time to restore your confidence by regaining bladder control. For a physician referral, please visit www.sjo.org/FindaDoctor or 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 714-771-8075 or email 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.



Need a physician?

We have the
right one for you!

For a free referral to one of Orange County's finest physicians, call the St. Joseph Hospital Physician Referral Line 24 hours a day, seven days a week.

714-633-DOCS (3627)

A St. Joseph Hospital Physician Referral Representative will provide you with a detailed physician profile that includes:

- Years in practice
- Medical school attended
- Board certification information
- Areas of special interest
- Office locations and hours, and more!

When you have the best doctors people start to notice.

Congratulations to the
St. Joseph Hospital doctors
who were recognized for excellence
in their fields by the

Orange County Medical Association's 2010
Physicians of Excellence.

For a listing of the physicians, visit www.sjo.org/ocma.