

feelinggreat



St. Joseph Hospital

A Picture
of Health

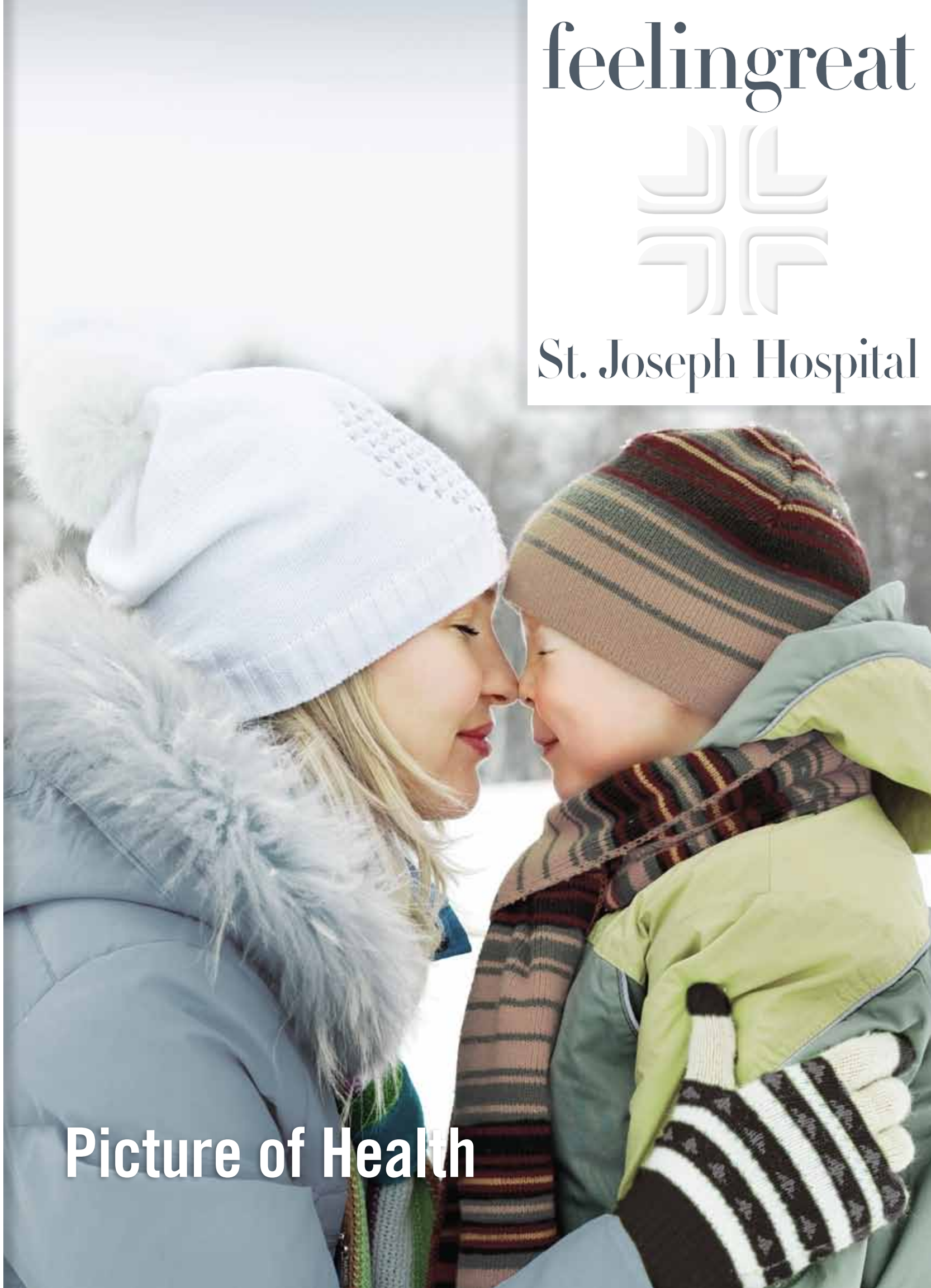
Investment
Advice for a
Sturdier Skeleton

Brain Basics

Take a
Deep Breath

Find a
Physician
Partner

Picture of Health



feelinggreat



St. Joseph Hospital

Quarterly News from St. Joseph Hospital Winter 2011

IN THIS ISSUE

(Cover Story)

1* **A Picture of Health**

Make the resolution to become a healthier you this year! The choices you make today can add up to a big difference for 2011.

3* **Investment Advice for a Sturdier Skeleton**

To preserve strong bones for a lifetime, read about these practical bone health hints for every season of life.

5* **Brain Basics**

Did you know 80 percent of strokes are preventable through early detection and lifestyle choices? That's why the best defense against stroke is you.

7* **Take a Deep Breath**

This new year, it's time to enjoy life smoke free. Your body will experience the benefits from the first day you quit. Learn how this time you can quit for good.

9* **Find a Physician Partner**

You don't have to travel the road to better health alone. A good relationship with your doctor helps you make the most of your health and well-being.

8* **Ask the Doc**

What are the benefits of robotic prostate removal surgery?

10* **In the News**

11* **Calendar of Events**

A Picture of Health

Make the resolution to become a healthier you

When you say someone is a "picture of health," you're admiring something bigger than a healthy snack choice or an energetic workout. When someone is glowing with health and vitality, their well-being is somehow more than the sum of its parts.

It's that idea of wellness that comes to mind when you think about making New Year's resolutions. You want to be a better you—a healthier, happier, more energetic version of yourself.

"The problem with New Year's resolutions is people try to change too much too fast," says internal medicine physician Huong Duong, MD. "When resolutions aren't realistic, people easily become unmotivated to reach their goals. Then they're back to their old habits."

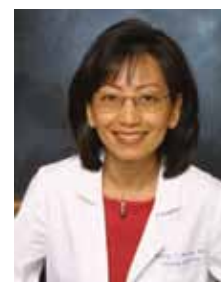
Putting Together the Pieces

Think of that ideal picture of health like the top of a puzzle box: It's what inspires healthy changes and keeps you motivated. But you have to make those changes one piece at a time.

"Take a look at where you are to decide what the next step should look like," says family medicine physician Judy Losco, DO. "If you're not exercising, adding a regular 10-minute walk after dinner can be a great starting goal. If you're trying to take your fitness program to the next level, training for a 5K can keep you motivated."

It's easier to decide to do something positive than to avoid something negative. For example, if you want to eat fewer sugary desserts, resolve to stay stocked up on fresh fruit. "Keep those healthier food choices in plain sight, and don't buy foods you're trying to avoid eating," Duong advises.

Q. What is your recommendation for achieving the ideal picture of health?



“Attitude is key—keep a positive outlook on life. What's important is making the most of each day.”

Huong Duong, MD
Internal Medicine

this year

Making a Plan

Maybe you have memories of New Year's resolutions gone bad. This year, set yourself up for success:

Write it down. Your goals can seem more tangible when they're recorded on paper. Then, don't stop writing—keep a food diary or activity log to track your progress. "Research shows that people who track their diet and physical activity see better results," Losco says.

Make it manageable. Start out by choosing just two or three goals to focus on. For example, get your cholesterol checked, set a date to quit smoking or try a yoga class. "When you set specific, achievable goals, you create positive momentum that keeps you moving in a healthier direction," Duong says.

Plan for pleasure. Don't promise to eat foods you hate or do exercise that makes you miserable. Make a date to revive a tennis rivalry with an old friend or take a healthy cooking class with your partner. "Resolve to enjoy life with the people you love, and to do it healthier together," Losco says.



“Live life to the fullest. Prolong it by following a healthy lifestyle. Eat small, healthy meals throughout the day, and exercise even if it is only 10 or 15 minutes of walking after lunch.”

Judy Losco, DO
Family Medicine





Investment Advice for a

Keeping bones healthy has a lot in common with saving for retirement. During the first three decades of life, diet and exercise habits influence peak bone mass—the highest mineral density bones will achieve.

“Your osteoporosis risk is affected by how much bone mass you build in your 20s and early 30s, and how fast you lose it later in life,” says orthopedic surgeon Jeffrey Deckey, MD.

Bone tissue is continually broken down and replaced with new bone. In osteoporosis, that new bone has less calcium—less bone mineral density—making it weaker and more prone to fracture. Getting enough exercise, calcium and vitamin D is important at any age.

Here are some practical ways to support strong bones during every season of life:

For Your Children

Offer calcium-rich snack choices, such as string cheese or a fruit smoothie made with frozen yogurt. “Children 4 to 8 need 800 milligrams of calcium each day, which goes up to 1,300 milligrams for kids 9 to 18,” says Dr. Deckey.

Encourage a balanced attitude to food and fitness. Getting enough physical activity is critical for building strong bones, but overtraining and eating disorders can lead to low bone density in growing girls.

Sturdier Skeleton

For You

Know your risks. Osteoporosis affects women more often than men. "Women can lose as much as 25 to 30 percent of their bone mass in the 5 to 10 years after menopause," Dr. Deckey says. Men develop osteoporosis an average of 10 years later than women.

If you are Caucasian or Asian, have a small frame, smoke or take certain medications such as steroids, these factors also increase your risk for osteoporosis.

Stay strong. It can be a challenge to make time for exercise, but staying active through middle age helps you maintain stronger bones later in life. "Aim for at least 30 minutes a day of weight-bearing exercise such as walking, jogging and weight training," Dr. Deckey says.

For Your Parents

Be proactive. Early detection and treatment of osteoporosis help prevent debilitating fractures. "If a bone density test detects osteoporosis, prescription medication may be appropriate to stop bone loss and increase bone strength," Dr. Deckey says.

Build balance. Preventing falls is another key component of avoiding broken bones. Regular exercise can help, especially practicing tai chi, yoga or other activities designed to build balance and coordination.

Check Your Bone Balance

You wouldn't toss your investment account statement in a pile of unopened mail and hope for the best. Knowing your bone density and risk for fracture is just as important for your quality of life.

"We recommend bone density testing for women over 65 and men over 70," says Dr. Deckey. It's also a good idea for postmenopausal women with osteoporosis risk factors and anyone over 50 who has broken a bone.

Your doctor can help you determine when bone density testing is right for you. To find a doctor, visit sjo.org/findadoctor or call us at 714-633-DOCS (3627).

Are You at Risk for Osteoporosis?

Join us for a free bone density screening and lecture. Light refreshments will be provided.

Saturday, March 19, 2011, 9 a.m. - Noon
St. Joseph Hospital Outpatient Pavilion
1140 W. La Veta Ave., Orange

For more information or to register, please call 714-633-DOCS (3627).

This screening should not be substituted for a diagnosis type screening that would occur in a physician office.

Q. What do you do to achieve your picture of health?



“I work out routinely with a mix of cardio and weight training.”

Jeffrey Deckey, MD
Orthopedic Surgeon

Brain Basics

The best defense against stroke is you

The word “attack” communicates a sense of urgency and the need to act fast. Since a stroke needs quick intervention just like a heart attack does, a stroke may also be called a “brain attack.” It happens when the blood flow to your brain is interrupted.

“Long before your brain experiences a sudden attack, your chances of having a stroke have a lot to do with your overall health and lifestyle,” says neurologist Richard Dauben, MD, medical director of the Stroke Program at St. Joseph Hospital. That’s why you can be your own best defense against stroke.

Know Your Risk

People over 50 and African Americans are at higher risk for having a stroke. These factors also increase your risk:

- History—a family or personal history of stroke
- Heart disease—active heart disease or arterial disease; or heart disease risk factors such as high blood pressure, tobacco use, diabetes, high cholesterol and obesity
- Habits—poor diet, physical inactivity, excessive alcohol intake or illegal drug use

What’s your personal risk? For a free online stroke risk assessment, visit sjhsstroke.com. Once you’ve identified the risk factors you can do something about, you can start working on changing them.



“We tell patients that 80 percent of strokes are preventable through early detection and treatment of the conditions that cause them,” says vascular surgeon D. Preston Flanigan, MD, co-medical director of Vascular Services at St. Joseph Hospital.

Your Health Is in Good Hands

“When you’re having a stroke, fast, effective treatment helps minimize brain damage and disability,” says Dr. Dauben.

That’s why it’s good to know that St. Joseph Hospital, St. Jude Medical Center and Mission Hospital at Mission Viejo and Laguna Beach maintain the highest national standards for stroke prevention, treatment and rehabilitation.

St. Joseph Hospital has been designated as a Primary Stroke Center by The Joint Commission, the nation’s largest and most respected accrediting organization. St. Joseph Hospital is also recognized as a Stroke-Neurology Receiving Center by Orange County Emergency Medical Services.

Act FAST

The next best thing to preventing a stroke is acting fast when one strikes. “To evaluate whether someone may be having a stroke, think of the acronym FAST,” Dr. Flanigan says.

- F** Face. Ask them to smile. Does one side of their face droop?
- A** Arms. Ask them to raise both arms. Does one arm drift downward?
- S** Speech. Ask them to repeat a simple sentence. Do the words sound slurred or strange?
- T** Time. Time wasted can equal brain cells dying. Call 911 to get to the hospital right away.

For details about the five main symptoms of stroke, go to sjhsstroke.com and click on “Stroke Preparedness & Symptoms” in the left-hand menu.

Take early detection a step further. Register for the Stroke and Carotid Artery Screening at St. Joseph Hospital. This \$45 noninvasive screening detects plaque that can cause a stroke.

To register or for more information, call 714-633-DOCS (3627).

Q. What do you do to achieve your picture of health?



“I swim for half an hour almost every day for good, low-impact aerobic exercise, and I take a baby aspirin every day to reduce the risk of stroke.”

Richard Dauben, MD
Neurologist, Medical Director of the Stroke Program at St. Joseph Hospital



“I eat a very healthy diet consisting of fruits, vegetables, fish, good fats (such as olive and canola oil), nonfat dairy products and no red meat. I also take a cholesterol-lowering statin drug, because I will have high cholesterol otherwise.”

D. Preston Flanigan, MD
Vascular Surgeon, Co-medical Director of Vascular Services at St. Joseph Hospital

Take a Deep Breath

It's time to enjoy life smoke free

When the calendar turns to a new year and you contemplate turning over a new leaf, it's a great time to get serious about quitting smoking.

"Deciding to quit smoking is the single most important step smokers can take to improve the length and quality of their lives," says thoracic surgeon Ledford Powell, MD. "As soon as you quit, your body begins to repair the damage caused by smoking."

Restore Your Health

Your body starts to reap the benefits the very first day you quit smoking. Within 20 minutes, your blood pressure and pulse drop to normal rates. After 8 hours, the carbon monoxide in your blood goes down and the oxygen goes up to normal levels. In the first 24 hours, your chance of a heart attack already begins to decrease.

In the early weeks and months, your sense of taste and smell improve. You'll breathe easier, with less coughing and shortness of breath.

"Just one year after quitting, you've cut your heart disease risk in half," Dr. Powell says. After 10 years, many new cells have replaced precancerous ones, lowering your risk of lung cancer as well as cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.

Clear the Air

When you quit smoking, you're making the world around you a healthier place, too. Secondhand smoke comes from both the burning end of cigarettes and the smoke people breathe out. The chances of developing lung cancer are increased by 20 to 30 percent for nonsmokers who live with a smoker.

"At least 250 harmful chemicals are found in secondhand smoke, and more than 50 of them can cause cancer," says pulmonologist Robert Parke, MD. "There is no such thing as a safe level of secondhand smoke."

Is a CT Lung Screening Right for You?

CT lung screenings can save lives by detecting lung cancer early in people who are at high risk. Based on our experience since 2004 and recent national data, if a patient is diagnosed with Stage I lung cancer, the survival rate is about 80 percent. If diagnosed with Stage IV, the survival rate drops to 1 percent. You may be a candidate for low-cost (**\$125**) CT lung cancer screening at St. Joseph Hospital if:

- you are over the age of 50
- you are or have been a smoker for more than 20 years, and
- you live in Orange County

For more information or to schedule a screening, call 714-633-DOCS (3627).

Steps to Quit Smoking

- 1** Get motivated. Make a list of the reasons you want to quit.
- 2** Make a plan. Read about tools that can help and talk to your doctor about the best strategy for you.
- 3** Set a date. Decide when to start your smoke-free life for good, and write it on your calendar.
- 4** Stay committed. Don't let cravings or even a relapse throw you off. Every time you say "no" to a cigarette, you're saying "yes" to a longer, healthier life with your loved ones.

To learn more about our Quit Smoking Classes and the Thoracic Oncology Program at St. Joseph Hospital, visit sjo.org/lung.

Q. What advice would you give smokers who are trying to achieve their picture of health?



“The key to smoking cessation is the desire to stop smoking. Once you have the desire, we can help you with the rest.”

Ledford Powell, MD
Thoracic Surgeon



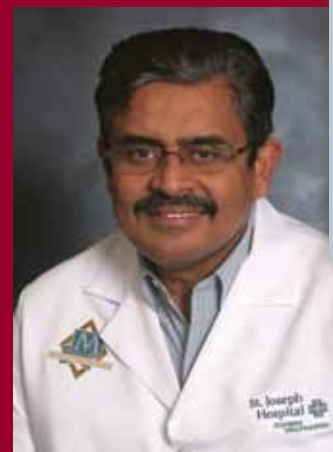
“Never underestimate the power of nicotine. Do not see yourself as weak, rather recognize that you are addicted to a very powerful chemical. Know that the task is not impossible and make the decision to quit for good.”

Robert Parke, MD
Pulmonologist

Tools to Support Success

If you or someone you love is ready to quit smoking, you can arm yourself to beat nicotine withdrawal and cravings. Make a plan ahead of time to avoid situations that trigger the desire to smoke, seek positive distractions, enlist the support of your family and friends, and talk to your doctor about strategies that can help you succeed.

“Prescription medication can help some people quit smoking,” Dr. Parke says. “There are also five forms of nicotine replacement products that have been approved by the FDA.” Nicotine replacement is available in a patch, gum, lozenge, nasal spray or inhaler. Your doctor can help you weigh the pros and cons of these options as you get ready to enjoy life smoke free.



ask the doc

Ashok Kar, MD, Urologist
Medical Director of Robotic and
Minimally Invasive Surgery

Q: I've heard that prostate cancer surgery can be done with robotic assistance. What are the benefits of this procedure?

A: The *da Vinci* Robotic Surgical System is one of the most leading-edge surgical technologies available for removal of the prostate (prostatectomy). It gives surgeons the same instinctive control, fine tissue manipulation capability, full range of motion and 3-D visualization they have with open surgery. At the same time, it makes it possible to work through small incisions. Our patients experience shorter hospital stays, lower transfusion rates, less pain and faster return to work while retaining cancer cure rates comparable to open surgery.

In any cancer surgery, the ideal outcome is to remove all the cancer without any damage to healthy tissue. Prostatectomy is a delicate surgery that attempts to spare as far as possible the nerves that control erection and continence, minimizing side effects and preserving quality of life. The *da Vinci* robot not only offers 3-D visualization, it can also magnify the area up to 10 times. This excellent visualization can help surgeons spare surrounding nerves, when indicated.



St. Joseph Hospital was the first community hospital in Orange County to offer this innovative technology. Our surgeons have lectured and taught the procedure locally, nationally and internationally. In 2010, we passed the milestone of performing more than 1,000 robotic procedures in a multi-disciplinary program. Our surgeons have extensive experience in offering this option to our patients.

Find a Physician Partner

A good relationship with your doctor can help you achieve your picture of health

Whether you're a teenager with diabetes, a busy executive with high blood pressure or a senior with joint pain, a good relationship with your doctor helps you make the most of your health and well-being.

"Primary care doctors do more than identify and treat medical conditions," says family medicine physician Antonio Ferrey, MD.

A Good Fit

When you look for a doctor, you'll want to consider who can best meet your individual needs. For example, you may want to see a primary care doctor who has a lot of experience with pain management or diabetes care.

"Look for someone who can devote the time you need to properly evaluate your health," says internal medicine physician Melvyn Sterling, MD, co-medical director of the Palliative Care Program at St. Joseph Hospital.

Would it be easier to see a doctor whose office is near your home or your work? Do you need to find someone who is fluent in your language? "It's especially important to find someone you feel comfortable talking to about your questions and concerns," Dr. Sterling says.

Qualifications You can Trust

To get where you want to go on the road to health, look for someone who knows the way. "Board-certified physicians have advanced education, training and certification in a particular field, such as family practice or internal medicine," says family medicine physician Hal Shimazu, MD.

When you're looking for a doctor who is well prepared to meet your health needs, it makes sense to be well prepared for your appointment. "Bring a list of your medications, past treatments and any questions you want to talk about," Dr. Shimazu says.

Studies have shown that good doctor-patient communication doesn't just help people feel more satisfied with their care. It actually promotes better outcomes, from improved blood pressure to lower blood sugar for people with diabetes.

"The best health results come when patients and doctors work together," Dr. Ferrey says.

Find the Right Doctor for You

Even though you identify a primary care provider (PCP) once a year during your insurance open enrollment, you can still change your PCP once every 30 days. So you don't have to wait to find a doctor who meets your needs.

At sjo.org/findadoctor, the online directory includes information about each doctor's office location, education, qualifications, affiliations, insurance plans accepted and areas of interest that they specialize in. For help choosing a doctor, call our free 24/7 referral line, 714-633-DOCS (3627).

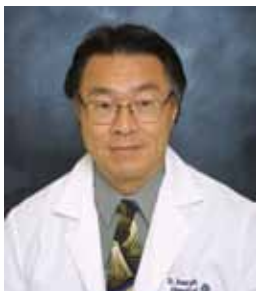


Q. What else should I consider when choosing my physician partner?



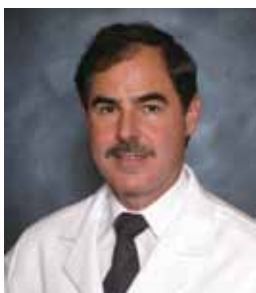
“A doctor should be accessible when the patient needs the doctor, practice in a hospital where excellence is demanded of the doctors and hospital staff, and have an office staff that is sensitive to the patient’s needs.”

Melvyn Sterling, MD
Internal Medicine, Co-medical Director
of the Palliative Care Program at St. Joseph Hospital



“To make your office visit as effective as possible, be sure to make your doctor aware of your medical concerns at the beginning of the visit. Bringing up a medical problem at the end of the visit may not allow your doctor adequate time to address this concern as thoroughly as your doctor would generally prefer.”

Hal Shimazu, MD
Family Medicine



“As a physician, I believe one of the most important skills to arrive at the correct diagnosis is listening to your patients. When working with your doctor, be open and provide as much detailed information as possible.”

Antonio Ferrey, MD
Family Medicine

in the news



A New Leader at St. Joseph Hospital

Steven C. Moreau joined St. Joseph Hospital in December as President and Chief Executive Officer (CEO). His career in healthcare leadership spans 35 years. Most recently he served as President and CEO of San Antonio Community Hospital in Upland, CA. He is dedicated to St. Joseph Hospital’s goal of providing Perfect Care through quality and patient safety initiatives.

Home of Nation’s Highest Rated Heart Bypass Surgeons

Thoracic and cardiovascular surgeons at St. Joseph Hospital are among the top-rated heart bypass surgeons in the nation, according to a new physician rating by *Consumer Reports*®. Orange County Thoracic and Cardiovascular Surgeons (OCTCS) ranked as one of the nation’s top 50 groups, based on the performance of cardiothoracic surgeons Richard Gates, MD, and Brian Palafox, MD, at St. Joseph Hospital. Dr. Gates commented, “Although this rating is for the medical group, in reality it reflects the overall Heart Surgery program at St. Joseph Hospital. I’m very pleased that our group and hospital are so committed to quality.”

Laborists Program now Offered for Expectant Mothers in Orange County

To enhance the safety of women and children entrusted to our care, St. Joseph Hospital now offers a Laborist Program. G. Lara Bhatnagar, MD, medical director of the hospital’s Laborist Program, explains, “St. Joseph Hospital laborists are board-certified obstetricians who remain on the Mother-Baby Unit solely to care for labor and delivery patients on holidays, weekends and week nights. During these times we are immediately available to examine the expectant mother, evaluate the progress of labor, detect and respond to any concerns, answer questions and provide a safe delivery. We respect each family’s birth plan and collaborate with the expectant mother’s personal obstetrician, who remains in charge of her care.”

To learn more about the Laborist Program visit sjo.org/laborist. To view profiles of obstetricians at St. Joseph Hospital, please visit sjo.org/findadoctor.



St. Joseph Hospital Calendar of Events January - April 2011

Reservations are required, unless otherwise noted.

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

HEALTH EVENTS

Are You at Risk for Osteoporosis?

Saturday, March 19; 9 a.m. - Noon

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

Breast Cancer Basics Class

**Wednesdays: January 5, 19; February 2, 16;
March 2, 16, 30, 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, Registration: 5:30 - 6 p.m.
Program: 6 - 8:30 p.m.**

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

Coronary Artery Disease

Wednesday, March 23, 10:30 - 11:30 a.m.

Speaker: Deanna Carlson, RN
Tustin Area Senior Center
200 S. "C" Street, Tustin
Register: 714-633-DOCS (3627)

Coronary Artery Disease and Exercise Classes

**Mondays: January 10; February 14; March 14;
April 11; 1 - 3 p.m.**

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

Curing Incontinence for Women

Thursday, January 27, 6 - 7:30 p.m.

Speaker: Andrew Cassidenti, MD
St. Joseph Hospital Irvine Health Center
4050 Barranca Pkwy., Irvine
Register: 714-633-DOCS (3627)

Curing Incontinence for Women

Thursday, February 17, 6 - 7:30 p.m.

Speaker: Andrew Cassidenti, MD
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 714-633-DOCS (3627)

Fast and Easy Rice Cooker Meals

Join a Registered Dietitian in a cooking class and learn how to prepare quick, easy meals using only a rice cooker.
St. Joseph Heritage Healthcare, Center for Health Promotion
2212 E. 4th Street, Suite 301, Santa Ana
Register: 714-628-3242

Find Relief from Sinus Problems, Snoring and Sleep Apnea

Wednesday, March 9, 7 - 8:30 p.m.

Speakers: Peter Fotinakes, MD and Robert del Junco, MD
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 800-973-NOSE (6673)

Healthy Families for Life

Six-session program to help children ages 8-13 maintain a healthy lifestyle. Instructed by a Registered Dietitian the program teaches kids and their parents to make healthy food choices and provide fun options for staying active.
St. Joseph Heritage Healthcare, Center for Health Promotion
2212 E. 4th St., Suite 301, Santa Ana
Fee: \$125 for six sessions
Register: 714-628-3242

Look Good...Feel Better Program

Mondays: February 7; April 4, 6:30 - 8:30 p.m.
Register: Contact the American Cancer Society at
800-227-2345

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

Thursdays: January 6; March 3, 1 - 3 p.m.
Register: Contact the American Cancer Society at
800-227-2345

Many Hearts, One Passion

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

St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 714-744-8727

Nutrition and Cholesterol Management Classes

Mondays: January 3; February 7; March 7; April 4, 1 - 3 p.m.

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

Nuts and Bolts

If you are interested in gaining more knowledge on family nutrition please sign up to hear and speak to a Registered Dietitian at the Nuts and Bolts of family nutrition lecture.
St. Joseph Heritage Healthcare, Center for Health Promotion
2212 E. 4th St., Suite 301, Santa Ana
Register: 714-628-3242

Quit Smoking Classes

**Session I: Tuesdays: January 11, 18, 25;
February 1, 8, 6 - 8 p.m.**

**Session II: Tuesdays: March 15, 22, 29;
April 5, 12, 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

Recent Updates on Spine Surgeries Including Minimally Invasive Surgery

Tuesday, January 18, 6:30 - 8 p.m.

Speaker: Gregory Carlson, MD
Anaheim Hills Golf Course Clubhouse
6501 E. Nohl Ranch Rd., Anaheim Hills
Register: 714-633-DOCS (3627)

Recent Updates on Spine Surgeries Including Minimally Invasive Surgery

Thursday, January 20, 6:30 - 8 p.m.

Speaker: Jack Chen, MD
Old Ranch Country Club, 3901 Lampson Ave., Seal Beach
Register: 714-633-DOCS (3627)

Recent Updates on Spine Surgeries Including Minimally Invasive Surgery

Wednesday, January 26, 6:30 - 8 p.m.

Speaker: Jeffrey Deckey, MD
Island Hotel Newport Beach
690 Newport Center Dr., Newport Beach
Register: 714-633-DOCS (3627)

Recent Updates on Spine Surgeries Including Minimally Invasive Surgery

Thursday, February 3, 6:30 - 8 p.m.

Speaker: Jon White, MD
Radisson Hotel Newport Beach
4545 MacArthur Blvd., Newport Beach
Register: 714-633-DOCS (3627)



feelinggreat



St. Joseph Hospital

Snoring and Sleep Apnea... You Don't Have to Suffer

Thursday, March 10, 11 a.m. - noon
Speaker: Chris Richard, PhD. RPSGT
City of Villa Park City Hall
17855 Santiago Blvd., Villa Park
Register: 714-633-DOCS (3627)

Stress Management

**Mondays: January 17; February 28; March 21;
April 18, 1 - 3 p.m.**
St. Joseph Hospital Outpatient Pavilion
Boardroom 2nd Floor
1140 W. La Veta Ave., Orange
Register: 714-744-8727

Strike Out Stroke: Prevention and Early Intervention

Monday, February 28, 10 - 11:30 a.m.
Speaker: Sue Henke, RN
Lakeview Senior Center, 20 Lake Rd., Irvine
Register: 714-633-DOCS (3627)

Stroke Prevention and Awareness

Thursday, February 10, 11 a.m. - noon
Speaker: Sue Henke, RN
City of Villa Park City Hall
17855 Santiago Blvd., Villa Park
Register: 714-633-DOCS (3627)

Trader Joe's Tour

Take a tour with a Registered Dietitian to help you learn about nutritious food and ideas in preparing meals and snacks for you and your family
St. Joseph Heritage Healthcare, Center for Health Promotion
2212 E. 4th St., Suite 301, Santa Ana
Register: 714-628-3242

Weight Loss Surgery: Is It Right for You?

**Tuesdays: January 11 and 25; February 8 and 22;
March 8 and 22; April 12 and 26, 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: 714-771-8913 or 771-8298

Managing Childhood Asthma and Allergies

Wednesday, February 23, 7 - 8 p.m.
Speaker: Paul Sarode, MD
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)

Men's Health (in Spanish)

Thursday, March 3, 7 - 8 p.m.
Speaker: Fernando Montelongo, MD
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)

Preventive Medicine for Seniors

Tuesday, January 25, 7 - 8 p.m.
Speaker: Hector Fernandez, MD
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)

The ABCs of Medicare

**Thursdays: January 13, 20; February 10, 17;
March 10, 17, 6:30 - 8 p.m.**
St. Joseph Heritage Medical Group
3rd floor conference room
2501 E. Chapman Ave., Orange,

The ABCs of Medicare

**Saturdays: January 29; February 5; March 5; April 9,
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

*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. This is an
advertisement. Call 866-888-9641 to register.*

HEALTH SCREENINGS

Cancer Screenings

CT Lung Screening \$125

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

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).

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).



St. Joseph Hospital Calendar of Events January - April 2011

Reservations are required, unless otherwise noted.

For more information about these health events, and to register online, visit 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. Morning classes only.

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 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, morning classes only, 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

New Mother's Breastfeeding Workshop

Attend after baby's birth along with your newborn. Fee: \$10 per class. Classes held on Monday, Wednesday and Friday, 9:30 - 11 a.m. Registration not required, for more information call 714-744-8764.

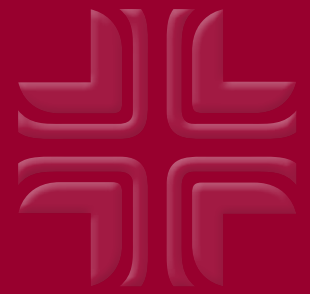
Private Lactation Consultation

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 or for more information above call 714-771-8266.



SUPPORT GROUPS

Adult Congenital Heart Disease Support Group

Wednesdays: January 26; February 23; March 30; April 27, 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

Wednesday, January 26; Thursday, April 29, 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: February 9; March 9; April 13, 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: January 11; February 8; March 8; April 12, 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 at 4 - 5:30 p.m. call for dates

St. Joseph Heritage Healthcare Center for Health Promotion
2212 E. 4th St., Ste. 301, Santa Ana
Fee: \$50 for six sessions
Register: 714-628-3242

Diabetes Support Group

Fridays: January 7; February 4; March 4; April 1, 10 - 11:30 a.m.
Tuesdays: January 11; February 8; March 8; April 13, 2 - 3:30 p.m.

St. Joseph Heritage Healthcare Center for Health Promotion
2212 E. 4th St., Ste. 301, Santa Ana
Fee: No Charge
Register: 714-628-3242

“Entre Amigos” Cancer Support Group en Español

Thursdays: January 13, 27; February 10, 24; March 10, 24; April 14, 28, 7 - 8:30 p.m.

St. Joseph Hospital, Meeting Rooms A & B
Register: Noemi Vidal 714-8000 ext. 13359

Head and Neck Cancer Support Group

Mondays: January 17; March 21; April 18; May 16, 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: January 24; February 28; March 28, April 25, 11 a.m. - noon

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

“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, January 15; April 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: January 12; February 9; March 9; April 13, 2 - 3:30 p.m.

St. Joseph Heritage Healthcare Center for Health Promotion
2212 E. 4th St., Ste. 301, Santa Ana
Fee: No Charge
Register: 714-628-3242

Lung Cancer Support Group

Thursdays: January 20; February 17; March 17; April 21, 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: January 11; February 8; March 8; April 12, 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

Young Women with Breast Cancer Support Group

Wednesdays: February 9; March 9; April 13; 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

A Ministry founded by the Sisters of St. Joseph of Orange

1100 W. Stewart Dr., Orange, CA 92868

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 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. Connect with us on Facebook, Twitter and YouTube!



© St. Joseph Hospital 2011

what if heart disease and diabetes didn't exist?

Join a panel of experts from the Heart and Vascular Center at St. Joseph Hospital as they share important heart disease and diabetes information to keep you and your family healthy. This special event will also feature physician lectures, free health screenings, vendor exhibits, refreshments and opportunity drawings.

Event: Many Hearts, One Passion

When: Saturday, February 26, 8 a.m. - 2 p.m.

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

For more information and to register, please call 714-633-DOCS (3627) or visit sjo.org/calendar.

With St. Joseph Hospital leading the way, anything is possible.

sjo.org

St. Joseph Hospital 
ST. JOSEPH
HEALTH SYSTEM

A Ministry founded by the Sisters of St. Joseph of Orange

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