You are invited to the
St. Joseph Hospital Cancer Center Grand Opening
on Sunday, June 22, 2008, from 2:00 to 4:00 p.m. at
1000 W. La Veta Avenue on the medical center campus.

Please join us for tours, refreshments and a celebration of mission success in elevating
cancer services for our community!

The Cancer Revolution is ALIVE

New hope for cancer patients
in Orange County

Quarterly News from St. Joseph Hospital * Spring/Summer 2008

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 check here and return, or call (714) 771-8075 and leave your
name and complete address as it appears on the mailing panel.

The Dark Side of Sleep
Kidney Transplant Center Celebrates Life
Cardiac Kids Come of Age

© St. Joseph Hospital 2008
The Cancer Revolution is

New Cancer Center will open July 21, 2008

When the St. Joseph Hospital Cancer Center opens this summer, it will be the first of its kind in Orange County and one of the few cancer centers in the nation offering the latest in diagnostic treatment and clinical trials, all under one roof. To make this bold happen has taken a small army. Architects, hospital administrators, physicians and Cancer Center staff carefully considered the county’s projected needs, advances in medical technology and insights from nationally known, best-practice cancer centers. Just as important were the voices of patients and family members, who have spent many hours in waiting rooms, imaging suites, infusion chairs and radiation treatment rooms. Their input helped create a comforting environment of soothing colors, beautiful gardens and natural light designed to heal the soul, just as the latest technology and research will help heal the body.

Generous benefactors, concerned about the impact of cancer in the community, have made the Cancer Center a reality. More than $22 million of the nearly $69 million cost of the project has come through donations by community members, foundations, physicians, volunteers and employees. “Completion of this remarkable project signals a victory for cancer patients, who are fighting for their very lives,” said St. Joseph Hospital President & CEO Larry K. Ainsworth. “In the first year of a cancer diagnosis, patients can experience 100 to 150 trips for physician visits, imaging, blood tests, surgical procedures and chemotherapy. Having all of their care in one location, close to home, will eliminate some of their stress so they can focus on beating this disease.” He continued, “In the past year there were more than 10,000 patient visits to our campus for the world-class cancer services we provide. Integrating cancer care professionals in one location will foster collaboration on healing, give more of our neighbors access to the area’s best minds and modalities, increase patient satisfaction and ultimately optimize survival rates, which are already among the highest in the nation.”

In addition to an 87,000-square-foot Cancer Center facility, an adjacent 131,000-square-foot medical office building and parking structure with 1,083 spaces have been constructed. Final touches are now being applied to the Cancer Center. A Grand Opening celebration for the community will be held on Sunday, June 22, from 2 to 4 p.m. Please join us!

Exclusive features of the St. Joseph Hospital Cancer Center

• “Nurse Navigators” to help patients through the continuum of care while providing emotional support, education and assistance to resources
• A state-of-the-art Infusion Center designed for privacy or open social exchange with wireless, programmable “Smart Pumps” for chemotherapy and transfusions
• Imaging services to support present day cancer detection and monitoring needs with provisions to meet tomorrow’s opportunities
• Advanced targeted radiation therapy including Image Guided Radiation Therapy (IGRT) and Stereotactic Radiosurgery
• IntraOperative Radiation with the innovative technology of the Mobetron system
• Comprehensive Breast Center with advanced digital breast imaging and multidisciplinary consultative evaluation and treatment services
• Multidisciplinary Center for sitespecific (lung, prostate, etc.) clinicians, conferences and consultative services
• Extensive cancer genetic consultation services for hereditary and familial cancer risk evaluation, treatment and lifetime surveillance recommendations
• Education Center, Resource Library, Science Gallery and an extensive cancer website with helpful information in lay terms

Donations to the Cancer Center may be made by calling the St. Joseph Hospital Foundation at (714) 771-8211. Anyone interested in learning more about the world-class cancer care at St. Joseph Hospital is invited to visit www.sjo.org.
St. Joseph Hospital Cancer Institute and Cancer Center is pleased to announce the recent appointment of Lawrence D. Wagman, M.D., FACS, as its Executive Medical Director. Dr. Wagman is nationally known as a leading oncologic surgeon and researcher specializing in breast and liver cancers. Dr. Wagman was most recently at City of Hope for more than 20 years where he served in numerous leadership positions, including Chairman Emeritus of the Division of Surgery and the Associate Director of the Surgical Oncology Training Programs, including a Society of Surgical Oncology approved fellowship in surgical oncology. His current research focuses on clinical issues related to breast cancer treatment and prevention, colorectal cancer metastases to the liver, primary hepatic tumors and palliative surgery. He also initiated and developed a highly respected Liver Tumor Program, a multidisciplinary approach to the diagnosis and treatment of liver tumors. He has authored more than 150 medical journal articles, book chapters and abstracts, including a book he co-authored on the multidisciplinary management of cancer.

Dr. Wagman expressed his excitement about further developing St. Joseph Hospital’s world-class cancer care and collaborating with those he refers to as “some of the nation’s leading cancer experts in their fields on our campus.”

He added, “With current advancements in surgery, oncology medications and alternative therapies and support systems, we’ve moved from treating cancer as a one-time, acute-stage disease to a long-term, chronic condition that is treatable. The patients’ quality of life has become a very important issue for all of us who have dedicated our lives to helping cancer patients. We will be paving the road to better outcomes, improved quality of life and a very comfortable and accessible new cancer center for Orange County residents.”

Among Dr. Wagman’s numerous professional roles are board of director positions for the Los Angeles Chapter of the Susan G. Komen Breast Cancer Foundation and the National Surgical Adjuvant Breast and Bowel Project. He is a past president of the Los Angeles Surgical Society and past state chair for the Commission on Cancer. He is currently the chair of the California Department of Health Services Clinical Protocols Workshop, a governor-appointed member of the State of California Breast Cancer Advisory Council, and a member of the board of governors of the American College of Surgeons.

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Most of us will spend a third of our lives asleep, restoring energy and alertness. But scientists are now finding that what’s happening at night is not all sweetness and light. For millions of people who have a sleep disorder, illnesses present in the day time can be created during their sleeping hours.

A major sleep disturbance affecting more than 18 million Americans is sleep apnea, a breathing disorder that causes the body to stop breathing during sleep. Reflecting rising rates of obesity and the aging of the population, sleep apnea appears to be a growing problem. Despite the fact that most insurance and Medicare will cover the cost for diagnosis and treatment of sleep apnea, nine out of 10 individuals remain undiagnosed, primarily because people are unaware there is a problem. Left untreated, sleep apnea can lead to unnecessary accidents, stress, depression, headaches, heart disease and even premature death.

"After age 35, 50 percent of men and 35 percent of women snore on a nightly basis. Anyone who habitually snores has some degree of sleep apnea," explains Peter Fotinakes, M.D., Medical Director of the St. Joseph Hospital Sleep Disorders Center. "One in 10 adult males and one in 20 adult females who have sleep apnea require treatment."

To accurately diagnose sleep apnea, overnight sleep studies are performed by the St. Joseph Hospital Sleep Disorders Center. In some cases, sleep studies can now be performed at home while connected to a portable monitoring system that records data as you sleep. "Those who are considering having an at-home sleep study need to be sure that their results are interpreted appropriately, by a sleep lab accredited by the American Academy of Sleep Medicine," cautions Dr. Fotinakes.

Insomnia, another common sleep disorder, can also wreak havoc with your health and well being. "Many people who have insomnia are not treated appropriately," claims Dr. Fotinakes. "Sleeping pills, like many of those advertised on T.V., can lead to dependence, tolerance; when the body has grown accustomed to the current medication dose a higher dose is required to achieve the same effect. Eventually the effective dose exceeds toxic levels and results in sudden overdose. Withdrawal from prescription sleeping pills produces rebound insomnia the following night compelling another dose of the medication and perpetuating the insomnia. Fortunately, we’ve found that behavior modification, improving sleep habits and treating underlying disorders prove more effective in the long run," he said.

If you have trouble sleeping most nights or suspect that a sleep disorder is impacting the quality of your life, be sure to report this to your physician before their procedures to gain a better understanding of the potential side effects and their role in recovery. Preoperative therapy tends to alleviate anxieties they may have about their impending treatment as well as improve muscle tone needed for continence.

The therapist will conduct an in-depth assessment that considers the strength of the pelvic floor, number of pads used per day, the pattern of leakage and personal lifestyle. He or she will then tailor an exercise program involving progressive pelvic floor strengthening exercises. Biofeedback is also incorporated, which assists patients in how to contract their pelvic floor muscles. In addition, the physical therapist will provide extensive education on strategies for continence success.

Surgical precision is also key for reducing side effects. At St. Joseph Hospital, virtually all radical prostatectomies are performed using the da Vinci® surgical robot. This technology’s extreme magnification and three-dimensional views give us greater nerve preservation capabilities.

Ashok Kar, M.D., is a board-certified urologist with considerable expertise in prostate cancer treatment options, including robotic prostatectomy. He is the Medical Director of our Robotic Surgery Program and has lectured and taught Robotic Surgery locally, nationally and internationally. He also serves as Chief of the St. Joseph Hospital Medical Staff.

For a free referral to one of Orange County’s finest physicians please call (714) 433-0005 (3627).
Clases

CPR: Healthcare Provider
Cost: $50 per person (includes 1 book). For dates and times call (714) 633-0025 (1627)
CPR: Adult, Infant & Child
Cost: $40 per person, $40 per two people (includes 1 book). For dates and times call (714) 633-0025 (1627)

The ABC’s of Medicare
Thursday, May 15, June 19, July 17 & 24, August 21 & 28 - 6:30 p.m. to 8:00 p.m. Sponsored by the St. Joseph Medical Group & St. Joseph Hospital Affiliated Physicians
Register: (866) 898-1355

Medicare 101 “Coming of Age”
Tuesday, May 13, Thursday, June 12, Tuesday, August 5 & 26 - 10:00 a.m. to 12:00 p.m. Sponsored by St. Joseph Heritage Medical Group & St. Joseph Hospital Affiliated Physicians
Register: (714) 712-3366

Yoga Classes
Wednesdays May 25, through September 24 - 5:30 p.m. to 6:30 p.m. Free for new attendees, and punch cards for 6 sessions $10 Register: (714) 712-8020 ext. 17711

Weight Loss Surgery:
Is it Right for You?
Tuesday, May 13 & 27, June 10 & 24, July 8 & 22, August 12 & 26 - 5:30 p.m. to 7:45 p.m. Register: (714) 712-8298

Nutrition and Cholesterol Management
Monday: May 5, June 2, July 7, August 4, September 8 & 22 - 1:30 p.m. to 3:30 p.m. Register: (714) 712-8020 ext. 17711

Coronary Artery Disease and Exercise
Mondays: May 12, June 9, July 14, August 11, September 15 - 1:00 p.m. to 3:00 p.m. Register: (714) 712-8297

Stress Management
Monday: May 19, June 22, July 19, August 16, September 22 - 1:00 p.m. to 3:00 p.m. Register: (714) 712-8297

Free Smoking Cessation Classes
5 week sessions: Monday, June 30, July 7, 14, 21, 28 - 6:00 p.m. to 8:00 p.m. Call for location. Register: (714) 717-8254

Cancer Support Groups
Most cancer support groups are held at the St. Joseph Regional Center, 1145 W. St. Andrew Drive, Orange unless otherwise noted. Your doctor’s referral is required. A co-payment will be charged and your health insurance will be billed. Program fees may apply. Register: (714) 628-3242

Look Good, Feel Better
Monday: May 23 & 30, 2:00 p.m. to 4:30 p.m. Register: (714) 291-9446

Colorectal Cancer Support Group
May 15, 2008 - 10:00 a.m. to 1:00 p.m. Register: (714) 744-8754

Prostate Cancer Support Group
Tuesdays: April 8, May 13, June 10, July 8, August 12 - 7:00 p.m. to 9:00 p.m. Register: (714) 744-8754

Heart Failure Support Group
Mondays: May 5, June 22, July 20, August 17, September 21 - 11:00 a.m. to 1:00 p.m. Call for location. Register: (714) 711-8264

“Entre Amigos” Cancer Support Group en Español
Tuesdays: May 6 & 13, June 10 & 24, July 23 & 30, September 17 & 24 - 9:00 a.m. to 11:30 a.m. Register: (714) 711-8264

General Living with Cancer Support Group
Every Monday: May 13 through September 30 - 10:00 a.m. to 12:00 p.m. Contact Dele Lauterbach, MSW, at (714) 775-8200 ext. 13559

Living with Chronic Conditions Support Group
Mondays: May 14, June 11, July 9, August 13, September 10 - 10:30 a.m. to 1:30 p.m. Register: (714) 628-3242

Screening
Free Lymphedema Screening
Wednesday, May 28, June 25, July 20, August 24 & 31 - 9:00 a.m. to 11:00 a.m. Register: (714) 744-8754

Colon Cancer and Other Issues of the Colon
Wednesday, June 11 - 11:00 a.m. to 12 Noon Speaker: Asa Aboussou, M.D.
Tourist Area Senior Center, 200 S. "C" Street, Tustin
Register: (714) 771-8913

Other Support Groups
Diabetes Support Group
Fridays: April 4, May 2, June 6, August 5 - 10:00 a.m. to 12:00 p.m. Tuesdays: April 8, May 13, June 10, July 8, August 12 - 7:00 p.m. to 9:00 p.m. Register: (714) 628-3242

Heart Failure Support Group
Mondays: May 5, June 22, July 20, August 17, September 21 - 11:00 a.m. to 1:00 p.m. Call for location. Register: (714) 744-8754

Adult Congenital Heart Disease Support Group
Wednesday, May 28, June 25, July 20, August 24 - 6:00 p.m. to 8:00 p.m. Register: (714) 744-8754

Other Support Groups
Diabetes Support Group
Fridays: April 4, May 2, June 6, August 5 - 10:00 a.m. to 12:00 p.m. Tuesdays: April 8, May 13, June 10, July 8, August 12 - 7:00 p.m. to 9:00 p.m. Register: (714) 628-3242

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Register: (714) 771-8913
St. Joseph Hospital offers many educational opportunities to help you on your way to better health. Unless otherwise noted, all community education events are free of charge. Registration is required.

Register now online at www.sjo.org or call us at (714) 227-2024 or (714) 771-8913

For Parents (Prenatal)

Classes will be held at the St. Joseph Hospital Mother Baby Assessment Center, 363 S. Main Street, Suite 100, Orange, unless otherwise noted. To download a registration form, go to www.sjo.org Events Calendar, For Parents.

Maternity Tours

Tour for new moms, a requirement for the birth. Meet in the Main Lobby of St. Joseph Hospital. A tour specialist will announce the tour on the half-hour.

English

Mondays: May 12, 19, 26, June 9, 16, 23, 30, July 7, 14, 21, 28, August 4, 11, 18, 25, September 1, 8, 15, 22, 29 - 6:00, 6:30, 7:00, 7:30 p.m.

Mondays: May 12, June 9, July 14, August 11, September 8, 15, 22, 29 - 2:00, 2:30 p.m.

Spanish

Saturday: May 17, May 24, July 19, July 26, August 23, 30, September 6, 13, 20, 27 - 10:30 a.m.

Congratulations! You’re Pregnant!

Learn about fetal growth and development, normal physical and emotional changes occurring with pregnancy, the importance of good nutrition, warn-
ing signs that need to be reported to your obstetrician and prenatal birth presentation. This class includes information on Maternity Services offered at St. Joseph Hospital. Attend during the first few months of your pregnancy. This class is free of charge. For dates and times call (714) 771-8266.

Prenatal Yoga

A low-impact, focus and space to release physical tension in your muscles and joints, to prepare your body for childbirth. It is important that you are carrying and prepare your body for the birth-
ing experience. Fee: $10 per class. For dates and times call (714) 771-8266.

You, Your Baby and Your Doctors

Two staff physicians (Pediatrician and neonatologist) will be on hand to discuss amniocentesis during lab and also to answer any questions you may have after delivery. Attend during the sixth or seventh month of pregnancy. Fee: $15 per person. For dates and times call (714) 771-8266.

The Basics of Baby Care

This class will be free for expectant parents who provide a scenario and a set of baby clothes to be discussed. Attendants during the seventh or eighth month of pregnancy. Fee: $25 per couple. For dates and times call (714) 771-8266.

Successful Breastfeeding

A tour specialist will announce the tour on the half-hour. All classes will provide an opportunity for you to practice bathing, dressing, feeding, comforting, and burping your baby. "Other topics such as safety and baby equipment will be on the agenda. All classes during the seventh or eighth month of pregnancy. Fee: $25 per couple. For dates and times call (714) 771-8266.

Boot Camp for Expectant Dads

This is an opportunity for new fathers to get familiar with the ropes of fatherhood. This program is a guy thing: no women allowed! All questions during anyone’s first pregnancy. Fee: $15 per Dad. For dates and times call (714) 771-8266.

Childbirth 101

This class meets for three consecutive weeks. You will learn the basics you need to know about the labor and delivery process, relaxation and breathing techniques, indications forces, onset, pushing, and preparing for cesarean birth. This class will be hands-on. Saturday’s classes meet for three consecutive Saturdays. For $90 per couple or $50 for additional women. For dates and times call (714) 771-8266.

Childbirth Refresher

Classes are held the evening of each Monday for parents who have had a previous birth and wish to refreshen their birth knowledge. This will include breathing and relaxation techniques, attend during the seventh or eighth month of pregnancy. Fee: $40 and $10 for each additional person. For dates and times call (714) 771-8266.

Pregnancy Massage

Learn how to relax your partner during pregnancy, labor and birth. This class will enhance communication skills and increase the labor partner’s confidence. Attend after the fifth month of pregnancy. Fee: $35 per couple. For dates and times call (714) 771-8266.

Successful Breastfeeding

Learn how to manage your baby. Help create a conducive environment for breastfeeding and also to create the strength and confidence necessary for breastfeeding. Fee: $35 per couple. For dates and times call (714) 771-8266.

Car Seat Safety

Learn how to select, use and install car seats for your infant or child safely. Attend anytime during mom’s seventh month of pregnancy. Fee: $10 per class. For dates and times call (714) 771-8266.

From Childbirth to Mothering and Fathering

This class helps to ease the adjustment the birth of a new baby. We will discuss basic needs, parents learn about the labor and delivery process, relaxation and breathing techniques, indications for forces, onset, pushing, and preparing for cesarean birth. This class will be hands-on. Saturday’s classes meet for three consecutive Saturdays. For $90 per couple or $50 for additional women. For dates and times call (714) 771-8266.

Big Sister / Brother Class

For siblings - three years old and up! Expectant siblings learn how they can be involved and helpful during this time, instead of feeling left out. Short tour will show children in a postpartum room and the nursery so they know what to expect when mom is in this hospital. Attend during any month of pregnancy. Fee: $30 per child. For dates and times call (714) 771-8266.

Baby Massage

Discover how you can combine Yoga, infant development, and Baby Massage for a pleasant and relaxed birth experience. Participation in this class is free for expectant parents and is strongly encouraged for expectant parents and partners. The class is held during the sixth or seventh month of pregnancy. Fee: $15 per Dad. For dates and times call (714) 771-8266.

Baby Playtime with Parents

(No newborns to 15 months)

This group is designed for parents who need a weekend break. Every week new topics are discussed each month. Fee: $5 per meeting (No registration required.) For dates and times call (714) 771-8266.

Mommy Matters

(No birth to crawling)

This group is suited to meet your needs as a new parent. New topics are discussed each week, such as breastfeeding, baby & sleep, immunizations, etc. Fee: $5 per meeting (No registration required.) For dates and times call (714) 771-8266.

Boot Camp for Expectant Dads

This is a program in which veterans (new fathers who bring their two - six month old babies) show rookies (fathers-to-be) the ropes of fatherhood. This program is a guy thing; no women allowed! All questions during anyone’s first pregnancy. Fee: $15 per Dad. For dates and times call (714) 771-8266.

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This class helps to ease the adjustment the birth of a new baby. We will discuss basic needs, parents learn about the labor and delivery process, relaxation and breathing techniques, indications for forces, onset, pushing, and preparing for cesarean birth. This class will be hands-on. Saturday’s classes meet for three consecutive Saturdays. For $90 per couple or $50 for additional women. For dates and times call (714) 771-8266.

Breastfeeding and the Working Mother

This class is a must for new mothers who are breastfeeding and planning on returning back to work, school, etc. Newborns are welcome. Fee: $15 per family. For dates and times call (714) 771-8266.

Parent and Baby Yoga

Discover how you can combine Yoga, infant development, and Baby Massage. This class is a must for new mothers who are breastfeeding and planning on returning back to work, school, etc. Newborns are welcome. Fee: $15 per family. For dates and times call (714) 771-8266.

“Together We Can Enjoy Life”

St. Joseph Hospital Day of Wellness

Date: July 15, 2008

Time: 10:00 a.m.-7:00 p.m.

Location: St. Joseph Hospital Outpatient Pavilion Lobby

A free event open to our community

No reservations required

For more information call (714) 771-8266

For a free referral to one of Orange County’s best physicians, call (714) 631-0053 (8827), 24 hours a day, seven days a week.

Find educational resources and enjoy hands-on practice of wellness for your mind, body and spirit. Learn about and experience several methods of alternative medicine, including aromatherapy, yoga, massage and guided imagery. Health screenings and risk assessments will also be available, as well as information on diabetes, heart disease, weight loss, nutrition, exercise and the many wonderful services offered by St. Joseph Hospital.
This year, the St. Joseph Hospital Kidney Transplant Center celebrates the 35th anniversary of its first kidney transplant. Over 800 transplants later, St. Joseph Hospital kidney transplant patients now benefit from success rates among the best in the nation.

One of those patients is Ritcha Tavarro, who received a kidney from her brother 18 years ago. At the time, Ritcha was a St. Joseph Hospital nurse and her brother, Father Elly, flew here from the Philippines to make the donation. Today a priest at St. Joseph Hospital, Father Elly and his sister both had fully recoveries and enjoy good health. Father Elly frequently provides guidance to other living organ donors. He stated, “I tell people that God does not want your organ to go to heaven. He doesn’t need your body; he only needs your soul.” Father Elly was honored on January 1, 2008, as a rider on the Rose Parade “Donate Life” float.

Although St. Joseph Hospital performs more kidney transplants than any other facility in Orange County, there is an especially great need in our area to do more, according to Ervin Ruzics, M.D., Medical Director of the program. He explains, “On average, people who have chronic kidney disease are on a waiting list for six to eight years before a kidney becomes available. Until then, patients require kidney dialysis three times a week just to survive, often while their conditions deteriorate. Their life expectancy and quality of life improves dramatically with a new kidney, but there are simply not enough donated kidneys to meet the need.”

From 2000 to 2006, the number of people in Orange County on dialysis grew by 6,200. St. Joseph Hospital provides 40,000 dialysis treatments each year, yet still has a waiting list. In response, this July the hospital will open a satellite dialysis center in Santa Ana on Fourth Street near Tustin Avenue.

Dr. Ruzics urges people to become educated about diabetes and hypertension, two major causes of kidney failure. “Often times people don’t know that their kidneys are failing until it’s too late. They show up in the emergency room with vague symptoms and are surprised to be diagnosed with kidney failure. If they’d had earlier medical intervention, chances are their kidney function could have been prolonged.”

He also encourages everyone to register online to make life-saving, end-of-life donations with Donate Life California. “Studies have shown that families who consent to organ donation for their deceased loved ones benefit from a sense that part of their loved one is living on, creating some good from an otherwise tragic situation.”

If you are interested in learning more about kidney transplantation or registering for an organ donation please visit www.sjo.org.

New MRIs, TVs and web tools

Two new high-speed, high-resolution MRIs recently became operational at St. Joseph Hospital. What distinguishes an MRI from other imaging technologies is its ability to display details not seen using other techniques. MRI services at St. Joseph Hospital are distinguished from those at other medical facilities by state-of-the-art systems, couched in a tropical rainforest motif. Rather than entering a sterile-looking environment, patients in all three of the outpatient MRI suites “escape” to more soothing surroundings with tropical scenes. Patients can select the music or DVD they’d like played. In the waiting area, two gaming PCs entertain younger patients, who also receive an exotic beanie baby to accompany them through their scan. One of the MRIs is capable of handling patients up to 550 pounds. Along with breast imaging, associated biopsies that may be necessary can be performed in the MRI suite.

Fifty 20-inch and five 32-inch LCD flat-screen televisions were donated to the Emergency department by the Emergency Medicine Specialists of Orange County (EMSOC). EMSOC’s gift came through two patients’ donations in honor of ER Medical Director James Peirog, MD. According to Dr. Peirog, the TVs were donated to enhance patients’ emergency care experience.

St. Joseph Hospital has launched “theStatus.com,” a web-based tool allowing patients and family members to create secure web pages that communicate important health information and news regarding patient status and progress. A link to the site is available through the hospital’s Health Resource Center web page at http://www.sjhhealthresourcecenter.org/.
Cardiac Kids Come of Age

Because of medical and surgical treatment advances, there are now more congenital heart defect survivors over the age of 20 than under. Today, more than a half million adults who were born with a heart defect lead full, productive lives.

In most cases a heart defect is found at birth, but a diagnosis can also be made years later. Tragically, undiagnosed congenital heart conditions cause many cases of sudden cardiac death in seemingly healthy young athletes.

Virtually all survivors of childhood heart defects have an increased risk of developing heart problems that are very different from adult onset heart problems. Each year, hundreds of these men and women receive medical care and surgical intervention as St. Joseph Hospital Adult Congenital Heart Program patients.

The St. Joseph Hospital Congenital Heart Program provides state-of-the-art diagnostic testing to diagnose heart defects and evaluate the patient’s status. Working closely with the patient’s physician, Adult Congenital Heart Program physicians and nurse practitioners provide advanced expertise in cardiology, cardiothoracic surgery, radiology, internal medicine and high-risk obstetrics. Patients and families receive education and the support they need from a caring team of professionals with expertise in social services, financial counseling, genetic counseling, psychology and nursing. An Adult Congenital Heart Disease Support Group provides a forum for meeting others with a congenital heart defect, and learning and talking about this life-threatening condition in a supportive environment.

Learn more by attending “ARE YOU THE ONE IN 100 WHO HAS A CONGENITAL HEART DEFECT?” on Thursday, May 22, from 6:00 to 7:00 p.m. To register for this presentation or to find information about symptoms, conditions, treatments and resources visit www.sjo.org.

Chewing Gum Research

A chewing gum research study is underway at St. Joseph Hospital. Patients who have undergone surgery for colon conditions, including colon cancer, are asked to chew sugarless gum three times a day. The goal of the study is to see if gum chewing can help speed up movement in the intestines. International studies have shown a positive effect in some patients who have chewed gum after undergoing colon surgery.

For more information on the many clinical trials underway at St. Joseph Hospital visit www.sjo.org.

NICHE: Greater Understanding in Caring for the Greatest Generation

St. Joseph Hospital is participating in the Nurses Improving Care for Health System Elders (NICHE) initiative. This international program provides best practice guidelines specifically for hospitalized older adults. For the past two years, St. Joseph Hospital has sent nursing teams to attend the national NICHE conference to further their understanding of research-based protocols. Three of the nurses involved have obtained their geriatric specialty certification, currently possessed by less than one percent of nurses nationwide.

There are about 250 hospitals in 40 states, Canada, and the Netherlands taking part in NICHE. St. Joseph Hospital is the only hospital in Orange County to begin this journey toward exceptional senior care. Participants report that elderly patients experience greater patient satisfaction, decreased lengths of hospital stay, reduced readmission rates and increased length of time between readmissions.

Cancer Services Accredited

The St. Joseph Hospital Cancer Institute and Cancer Center was awarded a distinguished, three-year Approval with Commendation by the American College of Surgeons Commission on Cancer (ACoS-CoC), the accrediting body for the nation’s leading cancer programs. Pursuit of this accreditation is voluntary. St. Joseph Hospital achieved commendation status in all nine categories of the survey evaluation with no deficiencies cited.

St. Joseph Hospital www.sjo.org
Heritage Gets Proactive for High-risk Patients

Depression, diabetes and heart failure are serious health threats, worsened by behaviors, habits, age and family history. To assist patients with these conditions and risk factors, St. Joseph Heritage Medical Group has implemented a program called Care Management.

Care Management provides supportive care by following up with patients after medical appointments through phone calls and secure emails. A team of care coordinators, educators, dietitians and other clinicians provide disease education, teach patient self-management skills and refer patients to needed health resources.

With better health management in the outpatient setting, Heritage patients are less likely to require visits to the emergency room or hospital admissions. With better outcomes, patients can enjoy a higher quality of life.

For more information about the award-winning Heritage Medical Group services, please visit www.sjhmg.org. To become a member, please call (866) 888-9641.

Spring Cleaning your Health

Spring is a good time to schedule your preventive health services with your primary care physician. Preventive health services include: a physical examination or well woman exam, mammogram (women only), prostate screening (men only), cholesterol, blood pressure and diabetes screenings, and any other tests ordered by your primary care physician to keep you healthy.

St. Joseph Hospital Affiliated Physicians (SJHAP) has more than 150 primary care physicians who practice in Internal Medicine, Family Practice and Pediatrics in the cities of Orange, Tustin, Santa Ana and Irvine. All of these doctors have also met the high standards for membership on the St. Joseph Hospital Medical Staff.

For more information regarding our physicians, please call (866) 888-9641 or email us at sjhapmarketing@stjoe.org.

You are invited to the St. Joseph Hospital Cancer Center Grand Opening on Sunday, June 22, 2008, from 2:00 to 4:00 p.m. at 1000 W. La Veta Avenue on the medical center campus.

Please join us for tours, refreshments and a celebration of mission success in elevating cancer services for our community!