

Quarterly News from St. Joseph Hospital * Spring 2010

feelinggreat



St. Joseph Hospital

The Future
of Medicine

Advancements
in Joint
Replacement

Cancer Patients
Get a Boost

Operating in 3-D

Connecting with
Your Doctor

'Evidence-based'
Care

A Healthy Tomorrow

feelingreat



St. Joseph Hospital

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How medical technology

Technology. Throughout America's rich history, man's desire to progress has dramatically changed and forever influenced our lives. From the Industrial Revolution to the Information Age, technology and innovation have led to a better quality of life. Can you imagine life without a microwave oven or cell phone?

Technology has also had an enormous impact on our health. Minimally invasive "Band-Aid®" surgeries have replaced many of the long incisions of yesteryear, while advanced radiology systems reduce the amount of treatment many cancer patients may need. And, while it may sound a bit far-fetched, new imaging technology enables doctors to repair complex heart defects through tiny catheters that they thread through your circulatory system.

Now imagine a total hip replacement patient who can walk – with the assistance of a walker – the same day they had surgery. Fiction or medical progress? If you answered progress, you're right. New minimally invasive hip procedure techniques are helping to quickly restore mobility and improve long-term outcomes.

Outside of the operating room, technology is busily transforming hospitals and doctors' offices into paperless environments where wireless technology and electronic medical records help increase patient safety.

keeps us healthy

and allow doctors to practice better medicine. This same technology enables many of us to become more proactive in managing our own health, too. Online health records enable us to track our health, while online lab and X-ray results give us more insight into our condition. And when we have questions about our health, we can chat with our doctor via secure messaging.

Considerable research led to these technological marvels that continually improve the quality of our health. Behind the scenes, medical research continues – research that might one day cure disease. The Center for Cancer Prevention and Treatment at St. Joseph Hospital, for example, doctors are working with the National Cancer Institute and cancer centers across the nation to build a comprehensive library of medical information that will lead to more effective cancer treatment. Their hope is to one day find a cure. And they're close.

Additional medical research is being conducted by the Clinical Institute, which is comprised of many St. Joseph Hospital doctors committed to researching and developing medical guidelines that provide the highest quality of care. Areas of study include: critical care, surgical care,

inpatient and outpatient primary care, cancer care and women's health. This research is leading to medical practices that result in the best possible outcomes for patients.

Then there's research that we never dreamed existed, like evidence-based design, which means there's scientific evidence that certain colors, textures and lighting can have an impact on the healing process. The Center for Cancer Prevention and Treatment is familiar with this research; the new Center incorporated many of the findings into its design – from natural colors and light to materials made from natural wood and stone. Research shows that incorporating these elements can help lower blood pressure, increase protein production and influence a variety of other factors that can help the healing process.

From 3-D imaging to electronic medical records to healing colors and textures, it's easy to see how medical progress enables doctors to provide better patient care, which results in better outcomes and a far-better quality of life. So we dedicate this issue of *FeelinGreat* to advancements in medical technology and to the skilled doctors who work hard behind the scenes to improve our health and well-being.



Boomers get a break thanks to advancements in

At almost 80 million strong, it's no secret that "baby boomers" represent the largest generation in United States history. It's also no secret that the oldest boomers are now in their mid-60s and represent more than half of those seeking medical care.

So what medical conditions most often ail a generation described as hard-working, independent and goal-oriented? In addition to high blood pressure and diabetes, joint-related disorders and arthritis are sending an increasing number of boomers to orthopedic surgeons. In fact, according to orthopedic surgeon Steve Barnett, M.D., "The demand for orthopedic surgery is expected to double in the next 10 years."

While boomers are indeed driving the demand for orthopedics services, their active lifestyles are also driving them to seek care earlier than their parents did. "Baby boomers have enjoyed years of running, skiing and tennis – far beyond what their parents experienced," says Dr. Steve Barnett. "Unfortunately, their active lifestyles have also resulted in an earlier onset of arthritis symptoms."

There is good news, however. Advancements in hip replacement surgery techniques and joint implants can return active boomers to the lifestyle they're accustomed to – and sooner rather than later. "Minimally invasive surgical techniques mean smaller incisions and faster recovery times," says orthopedic surgeon Ayaz Biviji, M.D. And, longer-lasting implants mean surgeons can replace joints earlier. "Previously, joints were only expected to last about 10 years so we waited longer before

replacing damaged joints. Today, they can last more than 20 years, so patients don't need to wait until they reach 65 or 70 to undergo joint replacement surgery."

And for boomers, that's great news. "It's amazing what advancements have been made in the last decade," says hip replacement patient Philip Twente of Costa Mesa. "The operation is much easier for patients now."

Indeed, thanks to smaller incisions and surgical techniques that avoid cutting muscle, many patients are able to walk the same day they have joint replacement surgery. "Since we're not cutting any muscle, patients are immediately able to bend their hip freely and bear full weight on the joint when comfortable," explains Dr. Biviji. "In fact, our patients are climbing a few stairs before they're discharged. And after discharge, we encourage patients to resume a normal, low-impact routine."

Just two months after his hip replacement surgery, Philip is able to walk for miles without a cane and without a limp – the side effect of an arthritic hip. "The limp is gone!" he says.

In addition to surgical techniques that require only a four-inch incision and spare cutting through muscle, advancements made in the materials used for joint implants have also progressed tremendously in the past 10 years.

"While all hip implants wear with time, advancements made in the design of the implant and the materials used ensure increased



joint replacement surgery

longevity,” says Dr. Biviji. Indeed, from metal alloys to high-grade ceramic and plastic, today’s implants resist wear and duplicate the bone they are designed to replace.

And, some implants are so high tech that they actually have a special coating that encourages tissue growth. “Bone is a living and growing tissue,” says Dr. Biviji. “Many implants are coated with a very porous surface that closely resembles natural bone material. When we place this type of implant in close contact to living bone, tissue can grow into the pores, which lock the implant into place.”

Implants that encourage tissue growth? Hip replacement surgery through a four-inch incision? Climbing stairs a few days after joint replacement surgery? “Yes, yes, and yes!” say active boomers who won’t let a damaged hip slow them down.

“My job is to help return patients to the quality of life they once had,” says Dr. Biviji. “And thanks to advancements in surgical techniques and implants, I’m able to make that happen. It’s so rewarding.”

What to look for in an orthopedic program

Are all orthopedic programs the same? Not at all, say the experts.

“We’re proud that *U.S. News & World Report* has named St. Joseph Hospital one of the top 50 hospitals in the country for orthopedic care three years in a row,” says orthopedic surgeon Paul Beck, M.D. “This designation truly speaks to a highly skilled and compassionate orthopedic patient care team.”

So what makes a top 50 hospital? In determining its list of “America’s Best Hospitals” for Orthopedic Care, *U.S. News & World Report* looks at hard data, like volume, outcomes and advanced imaging technology.

“A lot of doctors are doing hip replacement,” says hip replacement patient Philip Twente of Costa Mesa, “but are they all doing it well?” The way Philip looks at it, a doctor who has performed “a lot of hip replacements is better

than someone who’s only done a few.” For many patients like Philip, volume and outcomes are important indicators of quality.

U.S. News & World Report also ranks hospitals that utilize advanced technology, like computer-assisted orthopedic surgery, which produces 3-D images that assist doctors during surgery. “Computer-assisted surgery helps the surgeon properly align the implant, which increases surgical accuracy, which in

turn reduces pain and recovery time for the patient,” says Dr. Beck.

St. Joseph Hospital’s Smart Operating Rooms are equipped with advanced 3-D imaging capabilities and connections to lab, radiology and medical records – all in real time.

For more information on St. Joseph Hospital’s orthopedic program, visit www.sjo.org/orthopedics.

New technology gives cancer patients a ‘boost’

For breast cancer patient Marilyn Gregory of Orange, medical technology isn't intimidating or scary, "It's marvelous!" she says. "I remember when they wheeled that big machine in the operating room and told me I'd get five doses of radiation during my surgery. I was so relieved. I knew I was getting great care."

The "big machine" is a mobile unit that doctors use to deliver a single, high-energy dose of radiation (called a "boost") directly to a tumor site after the tumor has been removed. This pioneering technology, called Intraoperative Radiation Therapy (IORT), eliminates microscopic cancer cells that could be left behind after a tumor has been removed. And, since IORT can have as much effect on cancer cells as 10 to 20 lower-dose radiation treatments, patients like Marilyn might not need as much radiation in the weeks following surgery.

"IORT can definitely have quality-of-life benefits by helping patients get back to living their lives sooner," says Michele Carpenter, M.D., breast surgeon and medical director of the Breast Program at St. Joseph Hospital. "And that's important to us."

Radiation oncologist Venita Williams, M.D., agrees. "We understand how stressful cancer can be for patients and their loved ones. That's why we're committed to finding innovative treatment methods that can help reduce the physical and emotional strain cancer patients feel during treatment."

"I know I was relieved," says Marilyn. "We lost my mother-in-law to breast cancer in 1970 so when Dr. Carpenter told me my tumor was malignant, I was terrified. But then I thought about all the technology that's available today and I just knew I wouldn't have the same experience."

Marilyn was right. Today, some early-stage breast cancer patients at St. Joseph Hospital may have the option of IORT, which offers many benefits in addition to reducing the amount of post-surgery radiation treatments.

"The goal of any radiation therapy is to damage the genetic material in cancer cells, which makes it impossible for them to continue to grow and divide," says Dr. Williams. "With traditional radiation therapy, the radiation beam passes through healthy tissue to reach the tumor site. During the process, healthy cells can be harmed, which is how side effects occur. However, they can recover from the effect of the radiation and function properly."

With IORT, the radiation beam does not pass through healthy tissue since it's delivered during surgery, when the tumor site is clearly visible to doctors. "This allows us to shield and preserve the healthy tissue surrounding the tumor site," says Dr. Williams. "And, since healthy tissue and organs are protected, we can use a much higher concentration of radiation in one treatment, which is more convenient for the patient."

Marilyn couldn't agree more. "I'm so grateful that my treatment time has been shortened."

Breast program experts speak out against new mammography guidelines

Late last year, the U.S. Preventative Services Task Force, a national panel of medical officials, recommended against routine screening mammography for women ages 40-49. The caring experts at the Breast Program at St. Joseph Hospital do not support the revised screening guidelines and strongly urge women age 40 and older to continue annual screening mammography.

"Since the news broke about the new recommended guidelines, we've been inundated with questions by concerned women," says Michele Carpenter, breast surgeon and medical director of the Breast Program at St. Joseph Hospital.

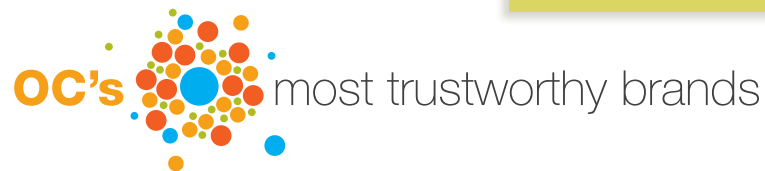
With the introduction of screening mammography in 1990, breast cancer is now being detected at its earliest stage, when the likelihood of cure is greatest. "The new guidelines threaten to

reverse the significant progress that has been made over the past 20 years," says Dr. Carpenter.

"I'm grateful that my mammogram was able to detect my cancer," says Marilyn Gregory of Orange. "I would never have detected it through breast self-exams."

Marilyn is now a strong advocate for annual screening mammograms. "I tell every woman I meet – young and old - not to neglect their mammogram."

If you have questions about screening mammograms, talk to your doctor about your risk factors and make a decision together about your breast health.



Today, thanks to “prayers and technology,” Marilyn knows that she’ll get through her treatment. “When I told my two daughters that I had breast cancer, they were crying more than I was. So I said, ‘Listen here. Today’s technology is so advanced. It’s far beyond anything we ever thought possible.’”

“She’s right,” says Dr. Carpenter. “If detected in its earliest stages, we have the technology to cure breast cancer.”

St. Joseph Hospital named an Orange County ‘Most Trusted Brand’

St. Joseph Hospital has been named one of the 10 most trusted brands in Orange County, according to an independent survey of consumer attitudes and opinions conducted by The Values Institute at Santa Ana-based DGWB Advertising and Communications and *OC METRO*.

The online survey asked consumers to name three of the most trusted brands in Orange County, and then rate their top brand choices in each of the following trust measures: Ability, Consistency, Concern, Connection and Sincerity.

While St. Joseph Hospital ranked high in Consistency and Concern, consumers ranked the hospital higher than global averages in Sincerity and Connection. According to the Values Institute, St. Joseph Hospital is the only healthcare organization in Orange County ranked as a trusted brand by consumers. For more information on this survey, visit www.sjo.org/trust.

Computer technology enhances patient care

One of St. Joseph Hospital’s strategic goals is to offer Perfect Care, which means each patient will receive the right care, at the right time and in the right setting. One initiative that supports this goal is called Design for Perfect Care, which unites knowledge and technology to provide Perfect Care at the bedside. When fully implemented in two years, Design for Perfect Care will provide staff with online tools such as clinical documentation, electronic medical records, bedside medication verification, electronic medication administration record, and much more. The goal is to have a seamless electronic medical record for all St. Joseph Hospital patients, enabling caregivers to have immediate access to accurate patient information in real-time.

Save the Date for Celebration 2010!

You won’t want to miss St. Joseph Hospital’s annual gala at the Hilton Anaheim on Saturday, October 9, 2010. Proceeds from this year’s event will benefit Design for Perfect Care (see above). For more information on this must-attend event, call the Foundation office at **714-771-8211** or e-mail foundation@stjoe.org.



Operating in 3-D

By incorporating groundbreaking 3-D technology, many film critics agree that the movie *Avatar* has forever changed the future of filmmaking. Similarly, with the opening of St. Joseph Hospital's new Hybrid Operating Room, which features a robotic 3-D imaging system called Zeego, heart doctors agree that 3-D technology represents the next generation of care for many heart and vascular patients.

"Most contemporary imaging techniques utilized by physicians are 2-dimensional in nature and are often static reconstructions that are not in real time," explains Thomas Kim, M.D., medical director of Non-Invasive Cardiology. "In contrast, the Zeego imaging system provides a sharp, 3-D roadmap allowing us to see the finest anatomic details in 3-dimensions and in real-time."

The Zeego imaging system reconstructs high-resolution, dynamic images of the heart and vascular system, resulting in a highly accurate 3-D model that can be rotated freely in space. This advanced technology allows doctors to precisely assess and measure structural defects in the chambers, walls and valves of the heart as well as the major blood vessels coming into and out of the heart. This extreme level of accuracy can simplify the selection and placement of various devices doctors use to repair defects in the heart or aneurysms of the major blood vessels. "Without this precise imaging, some patients would need open heart surgery to repair the defects," says Richard Gates, M.D., medical director of Cardiac Surgery.

This is good news for patients with complex cases and those considered too high risk for certain heart and vascular procedures: those over the age of 80 with valve disease, as well as patients who have had multiple heart and vascular surgeries. For these patients, minimally invasive procedures - with the help of the Zeego imaging system - provide the highest degree of safety.

"As medical science evolves we continue to replace many major surgical procedures with techniques that allow us to work through a blood vessel using tiny guide wires and catheters or through very small incisions," explains vascular surgeon Jeffrey Ballard, M.D. "We are only limited in part by the sophistication of the imaging technology,"

Today, advanced imaging systems like Zeego provide the pinpoint accuracy that helps doctors navigate through tiny blood vessels. And compared to open surgery or major surgeries of the blood vessels minimally invasive procedures result in improved outcomes, faster recovery times and less physical and emotional stress for patients and their families.

"When I tell my patients I plan on repairing their aortic aneurysm using a small incision in the leg and catheters, and that recovery times won't interfere too much with their day-to-day lives, they look at me in amazement. And that's what makes my work so gratifying," says Dr. Ballard.



Operating room of the future

While Avatar played on big screens in theaters across the world, Zeego's theater is the Hybrid Operating Room, often coined the operating room of the future. "Due to its flexibility to convert from a catheter-based procedure room to a fully equipped operating suite, the Hybrid Operating Room is the ideal environment for high-end imaging systems like Zeego," says Dr. Gates.

Until now, some heart procedures, such as open heart surgery, were performed in traditional operating rooms, while other procedures, such as angioplasty (which opens clogged arteries) were performed by a different medical team in a different room called a cardiac catheterization lab. With the Hybrid Operating Room, both medical teams join together as one highly efficient team all focused on caring for the patient. "For example, a patient who needs heart bypass surgery and angioplasty can now have both procedures at the same time, in the same room, rather than on separate days, by separate medical teams," explains Dr. Kim. "This means less stress for the patient and their family."

Dr. Gates agrees. "During heart bypass surgery, the surgeon creates a new pathway around a narrowed or blocked artery that helps restore normal blood and oxygen flows to the heart muscle. After the bypass surgery is complete, another member of the medical team takes over and restores normal blood flow in arteries not blocked enough to require a bypass."

While heart bypass surgery and angioplasty aren't new procedures, the fact that they are combined in one state-of-the-art Hybrid Operating Room using the Zeego robotic 3-D imaging system is groundbreaking. "We have definitely entered the next generation of care, and that's exciting," says Dr. Kim.



Kim Brandau, M.D.

ask
the doc

Q: I have gallstones and my doctor is recommending surgery. He says I'm a candidate for a "lap coli." What exactly is a "lap coli" and what are the risks? I'm a bit nervous. Don't I need a gallbladder?

A: First of all, it's completely normal to be nervous. Second, you are taking an important step by educating yourself about your condition and available treatment options. So, good job!

A lap coli is shorthand for laparoscopic cholecystectomy, or removal of the gallbladder using a minimally invasive procedure; in this case, through three or four tiny incisions in the wall of the abdomen. For most patients, the procedure itself is safe and effective, and offers a much faster recovery time than the surgical alternative, which is called an open cholecystectomy. During an open procedure, the surgeon makes a five to seven-inch incision in the upper right-hand part of the abdomen just below the ribs, so the recovery time is much longer.

Thanks to medical advancements made during the past decade, lap coli is now the standard procedure for surgical removal of the gallbladder. In fact, about 80 percent of gallbladder surgeries are performed laparoscopically.

Fortunately, the gallbladder is an organ that we can live without. Its primary function is to store bile created by the liver. Bile aids in the digestion of food. When we eat, the gallbladder releases bile through a tube called the common bile duct. This duct connects the gallbladder and liver to the small intestine. After the gallbladder is removed, the common bile duct stores the bile.

If you still have questions and concerns about your upcoming lap coli, I encourage you to speak to your doctor. If you're nervous, write down all your questions before your office visit. Good luck!

Kim Brandau, M.D., is a board-certified general surgeon.



Connecting with Your Doctor

“When I tell my patients they don’t have to go to their pharmacy, wait in line to hand in their prescription and then wait for the prescription to be filled, they’re amazed,” says Michael Gilbert, M.D., a family practice physician with St. Joseph Heritage Medical Group. “With our automated system, I e-mail the prescription order directly to the patient’s pharmacy. The whole process takes less than two minutes. And, best of all, the prescription is waiting for the patient when they arrive at their pharmacy.”

From online banking to online shopping — and now online healthcare — there’s no doubt that technology helps make our busy lives a little less hectic. And with online healthcare, doctors are finding that technology offers patients a whole lot more than just convenience.

“It absolutely does,” agrees Dr. Gilbert. “For me, a patient’s electronic medical record allows me to provide better patient care.”

At St. Joseph Heritage Medical Group, every patient has an electronic medical record. “There are no paper charts. We’ve been completely paperless since 2005,” says Dr. Gilbert. This enables the Medical Group’s doctors to access their patient’s complete medical record within seconds from anywhere there’s internet access.

“If I’m on-call and any Medical Group patient calls me in the middle of the night, I can access their electronic medical record from my home and review their medical chart,” says Dr. Gilbert. “I have instant access to their doctor’s notes; previous lab,

X-ray and MRI results; as well as any allergies and current medications.”

And since the patient’s complete medical history is available for Dr. Gilbert to review, he’s able to provide safer medical care, too. How? Suppose Dr. Gilbert were to prescribe a medication to his middle-of-the-night patient that could have a negative interaction with another medication the patient is taking. If this were the case, a red-light warning would appear on the computer screen alerting Dr. Gilbert. “The system has built-in safeguards that prevent medical errors,” he says.

The Medical Group’s electronic medical records system also plays a proactive role in patient care by continually searching for patients who are overdue for screenings such as pap smears and mammograms. When the automated system detects a patient who needs a screening, the Medical Group sends out a reminder letter. “If we don’t hear from a patient, our nurses start calling to make an appointment,” explains Christy Mokrohisky, director of Performance Improvement for the Medical Group.

This type of preventive care is critical since early detection of disease and timely treatment of chronic disease can save lives and prevent disability.

“I remember one patient who had missed her mammogram for the past three years. We sent a reminder letter and she came in,” says Marci VanOtterloo, the Medical Group’s manager of Radiology. “We found a suspicious area on her mammogram and immediately ordered a biopsy.

Unfortunately, the biopsy came back positive for breast cancer. However, the tumor was detected and she was immediately referred to the Breast Program at St. Joseph Hospital.”

The electronic medical record also allows Medical Group doctors to communicate with their patients via a “patient portal” or secure website. “Patients can ask me questions, request appointment times and receive laboratory results online,” says internist Laura Cho, M.D. “I communicate with all my patients – young and old – through our patient portal. They appreciate the convenience, and immediate access they have to me and my staff.”

So does “talking” to a virtual doctor really improve patient care? “It definitely allows the patient to become a more active partner in their healthcare,” says Dr. Cho.

Dr. Gilbert agrees. “I can show my patients their lab results online and can trend the results over time since their complete medical history is available. Patients like that.”

While convenience is one benefit of electronic medical records, online healthcare offers so much more. From instant prescriptions, to proactive medical care to built-in safeguards that protect against medical errors, the electronic medical record allows Medical Group doctors to provide better care. “And at the end of the day,” says, Dr. Gilbert, “providing better patient care is our goal.”

Show me the evidence

Evidence-based care is a term you're going to be hearing a lot of in the years to come. And this makes internist Susan Ban, M.D., very happy.

"The practice of medicine is an art and evidence-based care acts as a brush that doctors use to paint a more beautiful portrait," she says. Thanks to more and more data, many more doctors practice evidence-based care, which means they adhere to treatment guidelines that are scientifically proven to result in better outcomes.

"Evidence-based care is definitely the wave of the future," she says. "We have strong proof that following evidence-based care guidelines when diagnosing and treating patients results in improved disease control, fewer hospitalizations and a better quality of life for our patients. And that's important."

Dr. Ban is a member of the Clinical Institute, a group of St. Joseph Hospital doctors dedicated to developing evidence-based care guidelines that ensure the best possible outcomes for patients.

The Clinical Institute is organized around six different medical areas: critical care, surgical care, inpatient care (non-critical care), outpatient care, cancer care and women's health. Six teams of Clinical Institute doctors work together to develop care guidelines for the areas they are assigned to. "In developing these guidelines, we research evidence-based literature; consensus statements, which are comprehensive analyses prepared by panels of medical experts; and algorithms presented by national organizations like the American Heart Association."

Dr. Ban helps lead the outpatient Clinical Institute team that is studying congestive heart failure and Hepatitis B. "As doctors we rely on our clinical experiences along with the large amount of research data out there," she says. "With the Clinical Institute, our teams are comprised of doctors, nurses, pharmacists, therapists, home health resources and patients. This team approach results in comprehensive treatment guidelines that serve as a trusted resource for the St. Joseph Hospital medical staff."

The results? According to Dr. Ban, the critical care team's evidence-based guidelines have already had a positive impact on patient care. "The data is working," she says. "The future of medicine has arrived."

A peek inside the "patient portal"

St. Joseph Heritage Medical Group's electronic medical records system offers patients the opportunity to communicate with their doctor via a secure "patient portal" or website. The patient portal offers the following features at no cost to the patient:

- o Secure messaging, allowing patients and doctors to communicate with each other
- o The ability to request doctor appointments online
- o Prescription renewal requests

For the cost of a co-pay, patients can have a "virtual" office visit with their doctor. Patients explain their symptoms, and their doctor can then immediately order lab tests, X-rays or medication, if necessary, all electronically.



HEALTH SCREENINGS

At St. Joseph Hospital, we're dedicated to keeping you and your family healthy. That's why we offer a number of low-cost health screenings especially designed to detect disease while it's in its earliest, most curable stage. For information or to make an appointment for any of the following health screenings, call 714-633-DOCS (3627).

Cancer Screenings

CT Lung Screening \$125

A noninvasive, low-dose X-ray designed to detect lung cancer in its earliest stages.

Heart Screenings

Atrial Fibrillation Risk Assessment \$30

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 risks associated with heart disease and what can be done to reduce them.

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

Includes an electrocardiogram (EKG/ECG) and an echocardiogram (ECHO).

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

Stroke / Carotid Artery Screening

A noninvasive test to look for plaque that can cause a stroke.

Abdominal Aortic Screening

A noninvasive test to look for an aneurysm.

Peripheral Arterial Disease Screening

Ankle-Brachial Index (ABI) - A noninvasive test to look for peripheral arterial disease (PAD).

EDUCATIONAL CLASSES

The ABCs of Medicare

Thursdays: May 13 and 20, June 10 and 17, July 8 and 15, August 12 and 19, 6:30 - 8 p.m.

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

Monday, May 24, Wednesday, June 2, Monday, June 28, July 26, August 30, 6:30 - 8 p.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. Call 866-888-9641 to register.

Preventive Medicine for Seniors

Thursday, June 3, 7 - 8 p.m.

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

A Check-up for Childhood

Wednesday, June 23, 7 - 8 p.m.

Speaker: Anjali Monga, M.D.
St. Joseph Irvine Health Center
4050 Barranca Pkwy., Irvine. Register: 866-888-9641

Playing it Safe: How to Protect Your Children's Health

Monday, May 10, 7 - 8 p.m.

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

SAVE THE DATE

Breakfast with the Physician

Thursday, May 20, 7:30 a.m.

Please join a St. Joseph Hospital Affiliated Physician specialist to learn tips for staying healthy into your golden years. A light breakfast will be served.
Walnut Village, 891 S. Walnut St., Anaheim
For more information or to register, call 866-888-9641

Nutrition and Cholesterol Management

Mondays: May 3, June 7, July 12, August 2, 1 - 3 p.m.

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

Coronary Artery Disease and Exercise

Mondays: May 10, June 14, July 19, August 9, 1 - 3 p.m.

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

Stress Management

Mondays: May 17, June 21, July 26, August 16, 1 - 3 p.m.

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

CENTER FOR HEALTH PROMOTION CLASSES AND SUPPORT GROUPS

Depression Program for Women

Six-session program held on Thursdays

4 - 5:30 p.m. Call for dates.

Fee: \$50 for six sessions

Diabetes Support Group

Fridays: May 7, June 4, July 2, August 6, 10 - 11:30 a.m.

Tuesdays: May 11, June 8, July 13, August 10, 6:30 - 8 p.m.

Fee: No charge

Living with Chronic Health Conditions Support Group

Wednesdays: May 12, June 9, July 14, August 11, 2 - 3:30 p.m.

Fee: No charge

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

HEALTH AND WELLNESS LECTURES

Key Points on Joints – Arthritis and Osteoporosis

Monday, June 14, 10 - 11:30 a.m.

Speaker: Roger Kornu, M.D.
Lakeview Senior Center, 20 Lake Rd., Irvine
Register: 714-633-DOCS (3627)

My Aching Joints

Thursday, May 13, 11 a.m. – Noon

Speaker: Steve Barnett, M.D. and Shivi Dixit, R.N.
City of Villa Park City Hall
17855 Santiago Blvd., Villa Park
Register: 714-633-DOCS (3627)

Weight Loss Surgery: Is It Right for You?

Tuesdays: May 11 and 25, June 8 and 22, July 13 and 27, August 10 and 24, 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

Ask the Experts: Less-Invasive Treatment Options for Uterine Fibroids

Tuesday, June 29, 6 - 8 p.m.

Speakers: Marc Zepeda, M.D. and Mahmood Razavi, M.D.
St. Joseph Hospital Outpatient Pavilion Lobby
1140 W. La Veta Ave., Orange
Register: 714-633-DOCS (3627)



CANCER SUPPORT GROUPS

BRCA Education and Network Series

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

Breast Cancer Education Support Group

Wednesdays: June 9 and July 14, 6 – 7:30 p.m.
Register: Stacey Fischer, R.N., 714-734-6233 or Alice Rodriguez, R.N., 714-771-8000, ext. 17833

Colorectal Cancer Support Group

Tuesdays: May 11, June 8, July 13, August 10, 6 – 8 p.m.
Register: Kathleen Close, R.N., 714-734-6235

Head and Neck Cancer Support Group

Mondays: May 17, June 21, July 19, August 16, 7 – 8 p.m.
Register: Heather Stern, R.N., 714-734-6238

“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 had a similar experience.
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 is for newly diagnosed patients interested in connecting with cancer survivors who have walked in his or her shoes.
Register: Contact Clinical Social Work at 714-734-6279

J-Pouch Support Group

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

Lung Cancer Support Group

Thursdays: May 20, June 17, 6 – 8 p.m.
Register: Pam Matten, R.N., 714-734-6236

Prostate Cancer Support Group

Tuesdays: May 11, June 8, July 13, August 10, 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: June 7, August 2, 6:30 – 8:30 p.m.
Register: Contact the American Cancer Society at 800-227-2345

Look Good...Feel Better Program in Spanish

Thursdays: May 6, July 1, 1 – 3 p.m.
Register: Contact the American Cancer Society at 800-227-2345

Quit Smoking Classes

Session I – Mondays: May 3, 10, 17, 24, 6 – 8 p.m.
Session II – Tuesdays: June 8, 15, 22, 29, July 6, 6 – 8 p.m.
Session III – Mondays: August 3, 10, 17, 24, 31, 6 – 8 p.m.
Register: Pam Matten, R.N., 714-734-6236

OTHER SUPPORT GROUPS

Adult Congenital Heart Disease Support Group

Wednesdays: May 26, June 30, July 28, August 25, 6 - 7 p.m.
St. Joseph Hospital Outpatient Pavilion, Boardroom 2nd Floor
1140 W. La Veta Ave., Orange
Register: 714-744-8791

Heart Failure Support Group

Mondays: May 24, June 28, July 26, August 23, 11 a.m. – Noon
St. Joseph Hospital Outpatient Pavilion, Boardroom 2nd Floor
1140 W. La Veta Ave., Orange
Register: 714-744-8858

feelinggreat



St. Joseph Hospital

Calendar of Events May- August 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 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 anesthesiologist) will be present 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 are available.

The Basics of Baby Care

Attend to practice bathing, wrapping and diapering a baby, during your 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 your fifth month of pregnancy. Fee: \$30 per couple

Successful Breastfeeding

Attend this class during your 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.

From Childbirth to Mothering and Fathering

Learn about basic needs of the infant, parenting adjustments and survival strategies. Attend during your seventh or eighth month of pregnancy. Fee: \$25 per couple

Big Sister/Brother Class

(For siblings three to seven years old) Attend during your 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. For more information or to register for the programs above, call 714-771-8266

FOR PARENTS (POSTNATAL)

Baby Massage

(For newborn to crawling babies) Classes meet for three consecutive weeks. Fee: \$30 per family

Breastfeeding and the Working Mother

(Mothers with newborns) Attend one to two months before returning to work. Fee: \$15 per family

Parent and Baby Yoga

(For newborn to crawling babies) No registration required. Fee: \$10 per class

Baby Playtime with Parents

(For newborns to 15 months) This group is designed for parents who need a weekend class. New topics are discussed each month. Fee: \$5 per meeting

Mommy Matters

(For newborns to crawling babies) New topics are discussed each week such as breastfeeding, baby and sleep, immunizations, etc. Fee: \$5 per meeting

Toddler Topics

(For crawling babies to 15 months) New topics are discussed each week such as developmental play, safety issues, introducing solid foods, etc. 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., Ste. 100 in Orange unless otherwise noted. For more information or to register for the programs above, call 714-771-8266.





Special Events

Leading-Edge Care: Integrating Clinical Trials in the Cancer Care Continuum

Wednesday, May 12, 6 – 7 p.m.

Speaker: Maria Gonzales, B.S.

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

The Center for Cancer Prevention and Treatment at St. Joseph Hospital in partnership with The Orange County Affiliate of Susan G. Komen for the Cure® has created a comprehensive breast health education series to inform and empower YOU to “Be Aware & Take Charge of your Breast Health.”

This event will provide participants with an overview about clinical trials and the role in treating cancer.

Participants will be educated about the basics of clinical trials, how a person can access a broad range of trials locally and dispel the myths about clinical trials. Participants will also be taught the process for obtaining a trial, the different types of clinical trials available and the process for signing up for a trial if one is right for them. **Register: 714-734-6233**

Girl Talk: Cancer and Your Body Image

Wednesday, May 19, 6 – 8 p.m.

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

Some cancer treatments can leave your body looking and feeling very different. From hair loss to incontinence, you often wonder if you'll ever feel like a “normal” woman again and if your partner will still find you attractive. Join our panel of caring experts as they talk about the emotional side of cancer treatment. From intimacy concerns to self-esteem issues, learn how to manage the effects of cancer treatment that are hard to talk about but mean so much to you.

**Register: Call 714-633-DOCS (3627) or visit
www.sjo.org/calendar to register online**

Day of Wellness

SAVE THE DATE

Saturday, September 25

Join us for a day of wellness designed for men and women over 55.

A panel of experts will be presenting information on a variety of health topics along with screenings and refreshments.

For more information and to register call **714-633-DOCS (3627)**.

Refreshments will be provided at all events.

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

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.



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Whether it is for a routine mammogram, the birth of a baby, or life-saving surgery—we have you covered.

The hospitals of St. Joseph Health System are among Southern California's most respected and technologically advanced, ensuring your family extraordinary care at every level. With nearly 2,500 doctors—from primary care physicians to highly trained specialists—we have the expertise you need. What's more, our medical excellence is backed by a strong commitment to our values: dignity, service, excellence and justice.

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