

Celebration '08 feting Dr. & Mrs. Johnston

Dr. Warren D. and Deborah Johnston (below) and **Lisa Perrine** will receive Spirit of St. Joseph Awards for exemplifying the true spirit of St. Joseph. Dr. Johnston is the Co-Medical Director of the Women's Heart Institute and a member of the Medical Executive Committee. He is board certified in Cardiology and Internal Medicine.

The St. Joseph Hospital Celebration 2008 will be held on October 4 at the newly remodeled Hilton Anaheim. This year's event will be a celebration of our joint successes over the past year. Please make plans to attend this elegant, black-tie optional evening, which begins at 6:00 p.m. and will include a reception, opportunity drawing silent and live auctions, dinner and special entertainment, including Jersey Mania! Proceeds will benefit the new Hybrid Operating Room (Combination Catheterization Lab/Operating Room) and The Center for Cancer Prevention and Treatment, which opened in July.

Tickets are available at \$350 per person and tables of ten for \$3,500. Sponsorship, underwriting, advertising and auction donation opportunities are also available. Special Physician Silver Sponsorship packages and special pricing opportunities for new physicians (those who joined the SJO staff within the last two years) are also available. Please call the Foundation Office at (714) 771-8211 to make your reservations.



Have a patient needing funds for care?

If you have a patient needing financial assistance for a procedure or services at St. Joseph Hospital, please have the patient contact a financial counselor at (714) 771-8185. Patients who are uninsured, do not qualify for government-sponsored insurance programs and with family income up to 500 percent of the Federal Poverty Guidelines may be eligible for SJO's Financial Assistance Program. Should you have any questions, please contact **Pat Brydges**, Executive Director, Case Mgmt/Social Services, at 771-8115 or **Marissa Soto**, Manager of Admitting Services, at 771-8182.

St. Joseph Hospital provides quality care to all our patients, regardless of ability to pay. In FY'07, SJO provided \$48,504,000 for community benefit programs/activities. This included services for the poor, vulnerable and at-risk populations (and excluded unpaid costs to Medicare of \$21,949,000). La Amistad and Puente a la Salud Mobile Community Clinic, providing care for our community's medical underserved, exceeded their goal of 20,000 visits for FY'08 with more than 23,000 visits.

Coding clues for coding blues

St. Joseph Hospital is hosting documentation and coding education for physicians and their billing coordinators on September 8, 9, 10 and 11 from 7-9 am, 9-11 am, 12-2 pm, 2-4 pm and 4-6 pm. An expert will work with you on ways to code and document for appropriateness, both for hospital and office patients. CME credits are available. To RSVP for one of these sessions please call (714) 771-8075.

Patient support groups added

The *Women's Gynecological Oncology Support Group* begins August 11 and continues the 2nd and 4th Mondays of every month, 6-7:30 pm. Please Call **Debi Lauderdale**, MSW, with any questions at 714-734-6200 x40881.

"*Frankly Speaking About Lung Cancer*," an empowering support group beginning September 18, will be held 6-8 pm the third Thursday of each month. The group is sponsored by the Wellness Community. For more details please call **Pamela Matten**, R.N., Thoracic Oncology Nurse Navigator, at (714) 734-6236.

Both support groups will meet in The Center for Cancer Prevention and Treatment Multidisciplinary Conference Room.

Finally, a CIS Liaison for physicians

Vira Estrada-Morse is our new Clinical Information Systems (CIS) Physician Liaison/Educator. Vira's background is in information systems technology and she has extensive experience in computer training. She has been with SJO since 2002 in the Clinical Education department as the Computer Training Educator. In her new role, Vira assesses and addresses the clinical information system needs of physicians. Vira can be reached at (714)771-8000 x17870 or by emailing vira.estrada@stjoe.org.

In the trenches

with Peter Fotinakes, MD,
Sleep Medicine Specialist

What do you see as the most exciting advances in sleep medicine?

For many years, the medical community ignored the fact that one-third of our lives is spent sleeping and didn't consider that things are actively happening at night to create illnesses presenting in the day time. One in 10 adult males and one in 20 adult females who have sleep apnea should be treated, yet many still don't realize it. Sleep apnea is widespread and becoming more widely known. Treatments have evolved with CPAP, BPAP and surgical interventions.

Also, in the last few years new research on narcolepsy, previously considered idiopathic, has determined that the cause is related to the deterioration of nerve cells in the hypothalamus. This has opened the door for treatment advances.

What's your opinion of the new Medicare ruling in some states authorizing payment of home sleep studies?

We are concerned that this may open the door for abuses to occur if non-accredited centers are giving out holter monitors and not in-

terpreting results appropriately. Many patients will still need conventional testing and therapy by an accredited lab.

What makes the St. Joseph Hospital Sleep Center unique?

We deal with all sleep disorders and we're accredited by the American Academy of Sleep Medicine. Southern California has one of the highest concentrations of sleep centers in the world, but only a handful of them in Orange County are accredited.

If you chose another profession outside of medicine, what would it be?

I went into medicine because I am people-oriented and interested in science. I really enjoyed being a professor at UCI, so I'd have to say teaching. I'm happy that I've been able to work in a profession I love and continue to do so in spite of the trials and tribulations associated with healthcare nowadays.

What solutions do you see ahead for healthcare?

I suspect there will be a compromise between the people who want universal healthcare and the status quo. We need a new method to cover catastrophic illness and injury. I've seen individuals go bankrupt due to a healthcare crisis, and that shouldn't happen.

Where is your favorite local place?

I'd say Pacific Coast Highway on a Saturday morning. I take out my frustrations and do my meditation on two wheels, riding my bike from Long Beach to Newport.

Peter Fotinakes, MD, serves as Medical Director of the Sleep Disorders Center at St. Joseph Hospital and is board certified in neurology. A native of Orange County, he received his bachelor's degree from Chapman University. There he met his wife of more than 30 years, Joyce Kakkis, M.D., who runs an outpatient practice in Long Beach focusing on menopause care. He completed his medical degree and residency at UCI. While there he was so impressed by the work of sleep pioneer Dr. John Sasson that he was drawn into the field. After 10 years in private practice and eight years as Medical Director of UCI and as an associate professor, in 2002 he retired from academics and joined the St. Joseph Hospital Sleep Disorders Center team.

For information about the Sleep Disorders Center call (714) 771-8950 or visit www.sjo.org/Clinical_Services/Sleep_Disorder_Center.aspx

