



ST. JOSEPH HOSPITAL
msb
MEDICAL STAFF BRIEFS



A PUBLICATION FROM THE ST. JOSEPH HOSPITAL MEDICAL STAFF OFFICE

SJHS one of world's top performers

The Gallup Organization has awarded the St. Joseph Health System (SJHS) one of its highest honors – the 2008 Great Workplace Award. St. Joseph Health System is among only 20 organizations worldwide to receive this accolade. The Gallup “Great Workplace Awards” are based on rigorous workplace research by a panel of workplace experts. St. Joseph Health System is comprised of 14 hospitals, three home health agencies and multiple physician groups in California, Texas and New Mexico with 19,000 employees.

“Studying more than 10 million employees worldwide allowed us to set an extraordinarily high bar for this award,” said Tom Rath, who leads Gallup’s Workplace and Leadership Consulting practice. “The winners have gone far beyond just offering nice perks and benefits. They’ve created an environment that truly engages people every day, throughout the organization.”

Best kept secret in OC - but it will help your patients

The Center for Health Promotion at 2501 Chapman Avenue, suite 406, offers nurturing educational programs that can save physicians time and help patients dramatically. Certified instructors offer one-on-one teaching on diabetes, medication administration, asthma strategies and nutritional counseling. **Michael Linzey, M.D.**, serves as medical director for the center’s diabetes and pregnancy program, the largest program of its kind in the Orange County area, serving about 500 patients per year. Anyone interested in more information can contact Margaret Macias, MPH, at 714-628-3253.

Who ya gonna call? The Joint Commission

St. Joseph Hospital (SJO) is awaiting its JCAHO triennial survey. One of the questions that may be asked of practitioners and employees is, “How would you report concerns about quality & patient safety if they cannot be resolved within SJO?” Hospital and Medical Staff may contact the Joint Commission at (800) 994-6610 or www.complaint@jcaho.org.

Fluoroscopy formalities

State regulations for physicians using fluoroscopy state that a permit “shall be required” for the operator to energize (put your foot on the pedal) or directly control radiation exposure (watch the TV monitor while you tell someone to put their foot on the pedal). In other words, you must be in the room directing the procedure.

The Center for
Cancer Prevention and Treatment

St. Joseph Hospital

NCI COMMUNITY
CANCER CENTERS
PROGRAM

**THE CANCER
REVOLUTION
HAS A NEW HOME**

AND YOU'RE INVITED FOR AN EXCLUSIVE VISIT

THE MEDICAL STAFF IS INVITED TO THE
ST. JOSEPH HOSPITAL CANCER CENTER GRAND OPENING
ON THURSDAY, JUNE 19, AT 6:30 PM

Join us for the official grand opening program,
refreshments and self-guided tours of our new and
revolutionary 3-story, 87,000 square foot cancer
prevention and treatment center.

The Center for Cancer Prevention
and Treatment at St. Joseph Hospital
1000 W. La Veta Avenue
Orange, CA 92868

Please RSVP asap to (714) 633-3627

THE CANCER REVOLUTION IS
ALIVE

TheCancerRevolution.org

A Ministry of the
Sisters of St. Joseph
of Orange

In the trenches

with Nadia Elihu, M.D.
Internal Medicine

How did you end up as an Internist at Pulmonary Consultants & Primary Care Medical Group?

When I finished my residency I was applying to different places. I was at a dinner party seven years ago where I saw Dr. (William) Collins. He recommended practicing at St. Joseph Hospital and gave me the number for Human Resources. When I called HR they said there happened to be an opening in a group with the best doctors in Orange County. It was an opportunity that doesn't often come along and I took it. I'm very proud to be a member of the group, to be able to refer to the best specialists in the county and to be affiliated with St. Joseph Hospital.

I always wanted to be a doctor. There is a level of intimacy and trust my patients have in me that I couldn't have with any other profession. It's humbling. I plan to practice medicine in this capacity for a very long time.

What is the focus of your practice?

I'm seeing a lot of patients who have high blood pressure, diabetes and glucose intolerance -- now more than ever since laboratories

changed parameters a couple of years ago in order to catch things earlier. I spend a large part of my day reeducating patients about lifestyle modifications - diet, exercise - things you'd think people know. But when it comes from their doctor they see it in a different light and a great percentage make changes.

What other aspects of preventive medicine are you encouraged to see?

One thing is the new vaccine for cervical cancer and the possibilities raised with immunizations for other disease entities that are caused by viruses, such as shingles. When I talk to concerned parents about the vaccine I tell them it's their job to worry about virtue and it's my job to worry about their health.

Do you agree with the predictions that obesity will overtake smoking as a leading cause of death?

It's certainly easier to help someone to quit smoking than to lose weight. Our entire culture promotes super sizing. I get chapped by the extensive advertising for stuff that is bad for you. I've had patients who when I tell them they have to change what they are eating they sob. There is still a lot about obesity we don't know regarding perceptions of food and satiety.

What do you do to stay healthy?

I practice what I preach and do Pilates religiously. I'm addicted to it - and coffee. Not only does Pilates feel good but it makes sense from a medical perspective. It can help prevent injuries and strengthen the body for many conditions, such as low back or neck pain. I recently fell down steps in high heels and broke my wrist, but I've been able to adapt the exercises.

Dr. Elihu and her husband, Radiologist David Karlin, MD, have two children, ages 9 and 5. As a family they are involved in the kids' karate, ballet, tennis and school activities.

Dr. Elihu was born in Iran, left 28 years ago and grew up in the Los Angeles area. She hopes to visit Iran someday when she is sure she can return home.

Dr. Elihu graduated from Albert Einstein College of Medicine, Bronx, New York, and completed her residency at the West Los Angeles Veterans Hospital. She is board certified in Internal Medicine.



COUNTDOWN TO THE CENTER FOR CANCER PREVENTION AND TREATMENT
FACILITY OPENING: 35 DAYS



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SUBMISSIONS SOUGHT:

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or call (714) 744-8559.

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