Health Matters

FALL 2014

Caring by Design: Where Remarkable Becomes an Everyday Occurrence

Breakthroughs in Orthopedics: Join Us for a Special Event

The Symptoms of Prediabetes

Children and Headaches

Introducing the St. Jude Center for Thoracic and Esophageal Diseases

Nationally Recognized Cancer Care in Your Backyard

Read us online at sjhnews.org/stjude

St. Joseph Health
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance
Where Remarkable Becomes an Everyday Occurrence

World-class surgical care. Beautiful private rooms designed to promote healing. Technological advances, unmatched in Southern California, in a setting that offers unequalled serenity and calm. This is what the Northwest Tower, opening in November, will bring to the community.

The four-story tower will replace the patient rooms and surgical services located in the hospital’s two original buildings — opened in 1957 and 1962 — allowing St. Jude to fulfill its mission of service and healing in a more powerful way. The tower will offer cutting-edge capabilities available at only a handful of hospitals in the state, including intraoperative MRI, robotic surgery and highly sophisticated surgical navigation systems.

“This new tower allows us to finish what we started with the Southwest Tower — bringing an extraordinary level of care to families and neighbors,” says Lee Penrose, president and CEO, St. Jude Medical Center, who explains that while state seismic requirements created the need for the new tower, a passion for exceptional care and service created its design. “This beautifully-designed tower doesn’t stop at offering today’s newest advances, it goes a step further and creates a remarkably serene and healing environment.”

**MAKING CARE MORE COMFORTABLE**

Just as the Southwest Tower provided private rooms for new moms and families, the Northwest Tower brings spacious, private rooms to medical and surgical patients. Private rooms not only increase patient comfort and convenience, but lower the risk of infection, improve sleep and accelerate healing.

Computers mounted at the bedside allow nurses and doctors to update medical records and review images and test results, without leaving the patient’s side. And because research shows that having family nearby often increases a patient’s sense of well-being, each room offers a comfortable daybed and enough room to allow loved ones to remain close. The tower also features a state-of-the-art 30-bed Orthopedic Unit, staffed by a highly specialized team of nurses, physical therapists, occupational therapists, care managers and technicians. Designed to offer unmatched care, patient comfort and privacy, this unit has large rooms that encourage family involvement and a dedicated orthopedic rehabilitation gym.

“We have a better understanding now of what is necessary for patients to receive optimal care, and it’s more than just a bed, a nurse and a doctor — it is an environment,” explains James Benoit, MD, chief of staff, St. Jude Medical Center. “These new patient rooms are designed to enhance healing and create a whole new standard of evidence-based, personalized care.”

**UNMATCHED SURGICAL CARE**

While private patient rooms fill the top two floors, the third floor is dedicated to 14 state-of-the-art “smart” surgical suites, featuring innovations in imaging, robotics and navigation capabilities.

“These smart suites will allow us to improve patient safety and surgical outcomes in every area from joint replacement to cancer treatment,” Dr. Benoit explains, “and will help create solutions for conditions considered untreatable even a decade ago.”
INNOVATIONS INCLUDE:

- A cutting-edge neurosurgery suite — the first of its kind in Southern California — is using high-resolution, intraoperative MRI to provide real-time images during surgery, allowing our surgeons to locate and remove very small or complex tumors, or treat aneurysms near vital brain centers, with more precision than ever before.

- In addition to state-of-the-art MRI capabilities, the neurosurgery suite offers integrated surgical image guidance — which acts like a GPS system inside the brain — as well as innovative new information technologies. At the touch of a screen, surgeons can instantly confirm the removal of a tumor or clot, or consult with an outside specialist — without ever leaving the operating table.

- A “hybrid” cardiovascular suite with robotic C-arm imaging is bringing important new capabilities to St. Jude’s respected cardiac program. This advanced operating suite combines the diagnostic power of 3D and 4D imaging and minimally invasive techniques. If the situation arises, the operating suite provides the flexibility to perform complex surgeries without moving the patient. The result is not only better outcomes, but the ability to offer life-saving interventions to patients currently considered too high risk.

BUILT ON A FOUNDATION OF GIVING

While the technology and capabilities of the Northwest Tower are creating new opportunities and innovation, the foundation it is built on is over 50 years old: a generous community committed to ensuring outstanding medical care for their friends, family and neighbors.

“This community is not only the reason we’re passionate about excellence, but the reason that excellence becomes possible,” Penrose explains. “We are grateful for the individuals stepping forward to make world-class care available to those who live and work here.”

Save the Date
Saturday, November 8, 11 a.m. - 2 p.m.

You are invited to help us celebrate this milestone.
Please join us for a tour and community celebration to mark the opening of the Northwest Tower.
More information coming soon, or call (714) 992-3000, ext. 5994.
Breakthroughs in Orthopedics: Your Bones and Joints Will Thank You

Whether you’re a weekend warrior with shoulder or knee instability or someone who can’t garden without pain, we’d like to invite you to come learn about the remarkable advances we’re using every day to help patients get back to doing the things they love.

Dramatic improvements in care are allowing us to help patients regain the quality of life that arthritis, injuries or other conditions have taken from them.

With degrees and training from the nation’s top orthopedic programs — including Harvard, UCLA, Yale and Stanford — our highly experienced experts offer today’s most effective non-surgical and minimally invasive interventions, creating solutions for conditions once thought untreatable.
Isn’t it time to live without the pain?

Please join some of Orange County’s most respected orthopedic surgeons and physicians for a free workshop.

WEDNESDAY, NOVEMBER 5, 2014, 5:30 – 8 P.M., RICHARD NIXON LIBRARY

5:30 p.m.  Reception and appetizers
6:00 p.m.  Welcome and overview
6:30 p.m.  Breakout sessions (choose one breakout session)
7:30 p.m.  Physician reception and dessert

RESERVATIONS REQUIRED. PLEASE CALL (877) 459-DOCS (3627).

At Your Fingertips: New Advances in Treating Arthritis, Carpal Tunnel and other Hand Conditions

Donald Bittner, MD

Arthritic conditions, carpal tunnel and injuries to the bone and soft tissue of the hand create pain and disability — often making even simple tasks difficult.

Join Donald Bittner, MD, a fellowship-trained and board-certified orthopedic hand specialist, to learn about new surgical and minimally invasive treatments that are bringing relief to patients of all ages.

Foot and Ankle Pain: New approaches and treatments that offer relief

Stewart Shanfield, MD

Few things can sideline you faster, and affect your quality of life, more than foot and ankle pain, whether it’s caused by arthritis, a fracture, instability or a repetitive stress injury.

Join Stewart Shanfield, MD, a fellowship-trained and board-certified orthopedic surgeon, to learn about today’s most successful approaches and treatments for foot and ankle conditions. Whether you’re 25 or 85, it’s never too late to get back into the game.

Advances in Knee Replacement: Putting an End to the Pain

Kevin Khajavi, MD

Breakthroughs in treating knee joint deterioration — from arthritis or injury — have transformed care over the last decade. Knee replacement, minimally invasive and partial knee replacement, arthroscopic repair of the knee and highly individualized therapies and procedures are allowing young and old alike to regain active, healthy lives.

Join Kevin Khajavi, MD, a fellowship-trained and board-certified orthopedic surgeon, to learn about today’s most successful approaches in use today.

Hip Replacement: Restoring Your Quality of Life

Karen Evensen, MD

Options for treating hip pain have grown significantly, becoming less invasive with shorter recoveries while creating exceptional outcomes.

Join Karen Evensen, MD, a fellowship-trained and board-certified orthopedic surgeon, to learn about the entire range of treatments, from successful non-surgical options to the newest minimally invasive approaches. Find out what’s available, what works, and what can make a difference in your life.

Shoulder Pain: How to Prevent It, Treat It, and Get Back to Life

Andrew Concoff, MD

Common shoulder conditions — including rotator cuff injuries, tendonitis, instability and arthritis — can make simply raising your arm painful, if not impossible. Fortunately, continuous advances in non-surgical treatment, such as innovative physical therapy approaches and ultrasound-guided procedures, are successfully helping patients with conditions once considered beyond repair.

Join Andrew Concoff, MD, a board-certified sports medicine and rheumatology physician, and discover the non-surgical approaches that could bring reaching for the sky back into your life.

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MEET DANIEL S. OH, MD

We are pleased to announce that Dr. Daniel Oh, a nationally recognized and board-certified thoracic surgeon, has joined St. Jude Medical Center’s highly respected medical staff.

Dr. Oh is an assistant professor of surgery at the Keck School of Medicine of USC and an integral part of the USC Norris Comprehensive Cancer Center’s Lung and Esophageal Cancer Programs. Dr. Oh sees patients every week at the St. Jude Virginia Crosson Cancer Institute and performs procedures and operations at St. Jude Medical Center.

Having completed his thoracic surgical training at Harvard Medical School before joining Keck Medicine of USC, Dr. Oh offers extensive experience in the full spectrum of general thoracic surgery, including minimally invasive lung resection, minimally invasive esophageal surgery, advanced endoscopic and bronchoscopy technology, and the treatment of uncommon thoracic malignancies such as mesothelioma.

To make an appointment with Dr. Oh, please call (714) 446-5355.
Introducing: the St. Jude Center for Thoracic and Esophageal Diseases

St. Jude Medical Center is bringing a remarkable new level of excellence to diagnosing and treating lung and esophageal conditions, including malignant and benign tumors.

Part of the St. Jude Crosson Cancer Institute, the Center for Thoracic and Esophageal Disease offers expertise and services available at only a handful of hospitals in the nation. This program includes a multidisciplinary evaluation by dedicated experts and state-of-the-art treatment for diseases of the lung, esophagus, stomach, chest wall, and mediastinum.

"By expanding our services and expertise, we have ensured the care close to home is the best care available," explains David Park, MD, board-certified medical oncologist, co-medical director at the St. Jude Crosson Cancer Institute, and executive director of the newly established St. Jude Center for Thoracic and Esophageal Diseases. "This center brings important new elements to our care and allows us to offer something truly unique to patients, including the most successful, minimally invasive surgeries available for the treatment of lung cancers."

Daniel Oh, MD, a Harvard-trained and nationally-renowned thoracic surgeon at Keck Medicine of USC, has joined a multidisciplinary team of St. Jude experts, which includes board-certified pulmonologists, medical oncologists, surgeons, radiation oncologists, pathologists and radiologists. Widely published, Dr. Oh is a national leader in advancing robotic and minimally invasive techniques designed to maximize outcomes while shortening recovery times. Robotic lobectomy is performed routinely in only a few centers across the country, and this will now be offered at St. Jude to establish it as a referral center of excellence in Orange County.

According to Fariba Gharai, MD, a board-certified cardiothoracic surgeon at St. Jude Medical Center, the unusual combination of expertise and experience coming together in the multidisciplinary center is offering enormous benefits to patients. "This new center is giving patients access to highly personalized care, as well as diagnostic and therapeutic techniques available at only a handful of medical centers in the nation," explains Gharai.

In addition to today’s most advanced treatment options, the St. Jude Center for Thoracic and Esophageal Diseases will also offer comprehensive diagnosis and screening, including an innovative Pulmonary Nodule and Lung Cancer Screening Program. Expert diagnosis and monitoring of lung nodules — and of those most at risk for developing them — is a critical, yet largely unmet need in Orange County.

This program allows patients with nodules, as well as heavy smokers and those considered high risk, to be screened, monitored and treated by a multidisciplinary team of experts following the newest evidence-based standards. While most nodules are not cancerous, careful monitoring and timely diagnostic evaluation when necessary is critical.

"Unfortunately, unnecessary biopsies and surgeries to remove nodules that are not cancerous are common, and can create as many complications as failing to provide effective monitoring," says Dr. Oh. "By bringing together different disciplines to contribute their expertise in diagnosing, monitoring and developing a treatment plan for each patient, we can ensure exactly the right care at exactly the right time."

To learn more about the St. Jude Center for Thoracic and Esophageal Diseases or the Lung Cancer Screening and Pulmonary Nodule Program, please call Shannon Lindop, RN, BSN, OCN, Thoracic Nurse Navigator and Program Coordinator, at (714) 446-5355.
Mindfulness Based Stress Reduction

Thursdays, September 11 – October 30
6 – 8 p.m.
Limited to 25 participants.
Stress saps our energy, undermines our health and if we let it, shortens our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. This eight-week workshop will show you how to counteract stress as well as improve well-being and healing.

Documented health benefits include improved immune function, reduced pain, lower blood pressure, less anxiety, and improved sleep and energy. This life-changing workshop is for the young and old, the well and the ill, and anyone interested in taking an active role in their own vitality and health.

Fee: $250 (includes weekly sessions, full-day retreat, and a copy of Mindfulness Based Stress Reduction Workbook).
This eight-week series is scheduled on Thursdays, September 11 – October 30, with a retreat on Saturday, October 18, 9:30 a.m. – 3:30 p.m. To register call (714) 578-8770 or visit us at synergymedfit.com.

Your Life, Your Wishes

Monday, September 29, 6 p.m.
Whether you are perfectly healthy or have a serious illness, there may come a time when you are unable to speak for yourself about medical treatment, financial decisions, end-of-life wishes and other choices. Advance care planning can help clarify your values, ensure your wishes are respected and relieve pressure and stress from your family.

In this free class, you will learn about Advance Directives, POLST (Physician Orders for Life Sustaining Treatment) and Five Wishes as well as get help and instructions in completing these important forms. Family members and friends representing loved ones welcome. Information about senior resources and concerns will also be available.

Cancer Rehab: Is it for you?

Tuesday, October 7, 6 p.m.
While some finish cancer treatment and simply step back into their lives, many others leave treatment with serious side effects — wondering where they will find the energy to step out of bed.

Whether you are still undergoing treatment or completed it months ago, learn about new evidence-based approaches that are helping cancer survivors successfully overcome fatigue, weakness, pain, insomnia, depression and other common symptoms. Join one of our oncology rehabilitation experts to find out how you can recover more completely — and regain your quality of life.

Introducing Pfilates™:
Pelvic Floor Pilates

Saturday, October 11, 9:30 a.m. – 12:30 p.m.
Pfilates™ was created to provide a successful method of recovering or enhancing pelvic floor strength. In this three-hour introductory workshop, participants will learn key movements that blend traditional rehabilitation and pilates. A brief lecture on the prevalence and significance of pelvic floor disorders will be followed by an exercise class designed for persons of all fitness levels.

Fee: $40, includes lecture, exercise workshop, instructional DVD, exercise guide and 20 cm exercise ball. To find out more information or to register, call (714) 578-8770 or visit us at synergymedfit.com.

Motherhood Matters

Monday, October 27, 6 p.m.
A new baby can create exciting changes and challenges in your life. Join other new moms and their babies for this three-week series to receive support and enjoy our expert speakers in a nurturing environment. In this interactive series, you will learn about adjusting to life after baby, introducing solid foods, fitness and nutrition for busy moms. Healthy babies, ages one through six months are welcome. To register call (714) 578-8774 or visit us at synergymedfit.com. Series fee $30 (includes three sessions).

Brain Health: Staying Sharp

Monday, October 20, 6 p.m.
Research continues to show that memory loss and dementia are not inevitable, but can be prevented, slowed or even reversed. Join Angela Sidarta, DO, a board-certified family medicine physician, to learn about new, evidence-based strategies for preventing dementia, memory loss and mental decline.

From what you eat and the spices you use to your willingness to walk around the block and learn a new game, these are some of the daily decisions that have a huge impact on the health of your brain. Come and learn the difference between normal forgetfulness and dementia; the best ways to protect your brain; common causes of reversible memory loss; and what research says you need to start doing right now, no matter what your age.

Finding the Fountain of Youth

Tuesday, October 14, 6 p.m.
Foot problems are all-too-common in those with diabetes. The impact on quality of life can be enormous. In fact, diabetic foot ulcers lead to 70 percent of all lower limb amputations. Yet foot ulcers and other problems are very often preventable. Join our diabetes wound care specialist to learn how to protect your feet and identify problems early, from proper footwear and maintaining circulation to what signs and symptoms should lead you straight to the doctor’s office.

Putting an End to Chronic Heartburn

Tuesday, October 7, 6 p.m.
A persistent cough, nausea, a sore throat, heartburn, or hoarseness — all symptoms of chronic reflux or GERD (gastroesophageal reflux disease). Roughly 10 percent of adults...
suffer from daily heartburn. Nearly half go on to develop tissue injury, which causes painful swallowing and bleeding — and in rare cases — can progress into cancer.

Join Eugene Yoon, MD, a board-certified gastroenterologist, to learn more about GERD, how it’s diagnosed, what complications it causes, and today’s most successful approaches for treating it, including the new minimally-invasive LINX procedure.

The Latest and Greatest: New Treatments in Breast Cancer
Tuesday, October 28, 6 - 8 p.m.
Join Robina Smith, MD, a widely-respected breast cancer surgeon and oncology specialist at the Virginia K. Crosson Cancer Institute, as she discusses the past and present of breast cancer treatment, as well as new breakthroughs on the horizon.
Dr. Smith will discuss today’s most effective options, including targeted therapies, biomarkers, new surgical innovations and other advances currently benefiting women with breast cancer.

Living Well with Diabetes
Tuesday, November 4, 6 p.m.
Keeping your blood sugar level stable is the key to living well with diabetes — allowing you to not only feel better, but prevent the life-changing complications of diabetes, such as eye, kidney and nerve damage.

But, how to accomplish that without letting diabetes take over your life? Come and learn simple eating tricks, what “pattern management” can offer you, and the small changes that can have a big impact. This free workshop will offer you the tools you need to manage your diabetes more successfully and improve your quality of life.

Sleep Disorders:
Not just for those over 21
Tuesday, November 18, 6 p.m.
Children with ADD. Teenagers with depression or anxiety. Middle school students spending hours staring at the ceiling, unable to fall asleep. High school students who, even after spending nine or ten hours in bed, feel tired and sluggish. What’s the common link? A sleep problem.

Sleep disorders in children and teenagers are widespread — and almost always undiagnosed. The symptoms are treated — like hyperactivity, inability to focus in school and even bed-wetting — while the real problem, a sleep disorder, goes untreated.

A lack of quality sleep affects every area of your child’s life, from their health to school success to relationships. Join Bertrand De Silva, MD, an expert in sleep and health issues, to learn how to recognize if your child has a sleep disorder — and what to do about it.

FREE MEDICARE SEMINARS

Understanding Medicare
Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group
4300 Rose Drive, Yorba Linda, CA 92886
Tuesdays: 6 p.m.
September 2, 9
October 7
November 11
December 9

Medicare Benefits
Covered by Medicare? Did you know from Oct. 15 through Dec. 7 you have the option of changing Medicare benefits? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their benefits so you can determine the best plan for you. Make a reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group — Yorba Linda
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. Tuesday September 23
6 p.m. Tuesday November 4
6 p.m. Tuesday November 12

6 p.m. Wednesday October 16
10 a.m. Saturday November 15
6 p.m. Monday November 17
6 p.m. Friday November 21

6 p.m. Monday November 24
6 p.m. Monday December 1

6 p.m. Monday November 24

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 459-3627. Hearing impairment, call TTY (949) 381-4947 (M-F, 8am-5pm).
Q: My 10-year-old daughter gets a headache almost every week. Is that normal?

A: Headaches are common among children and in most cases the cause is simple. Migraine and tension headaches are by far the most frequent culprits, and these are often triggered or worsened by factors you can help control:

- **NOT ENOUGH SLEEP.** One of the best ways to prevent headaches, while also improving her health and academic success, is to make sure she is getting enough sleep. If she is not getting a minimum of nine hours of sleep — and some kids need 10 or 11 — make it a priority. If she is spending enough time in bed, but is still tired all the time, a sleep disorder could be the reason. From insomnia to sleep apnea, undiagnosed sleep disorders among children are an epidemic.

- **DEHYDRATION.** Not drinking enough is a common trigger (dehydration makes the brain tissue shrink, causing pain), but so is drinking the wrong things; too much sugar (causing unhealthy changes in blood sugar levels) and too much caffeine are also frequent causes.

- **STRESS.** A child who is worried about school or relationships with friends, will often complain of headaches. Kids' schedules need to include regular exercise (a great stress-reliever that releases mood-boosting endorphins) and family dinners or game nights, giving kids a chance to talk about what’s on their mind.

Look at when and where her headaches are happening. If she wakes up with a headache, that points to a sleep issue, such as sleep apnea or grinding her teeth at night. If her headaches are more common after reading a book or doing homework, then it may be time to see an optometrist. But if she is also frequently blowing her nose, than allergies or a sinus infection may be the culprit.

The cause of most headaches can be found with a little detective work, starting with a “headache journal.” Jot down every time she gets a headache, including what she was doing, what she recently ate, and a description of the pain, including character, location, and severity. This information will be essential in helping your doctor look for patterns and find solutions.

One mistake to avoid: giving frequent doses of over-the-counter pain relievers. Research shows that taking these medications more than 3 days per week can actually increase headaches, or so called “over use” or “rebound” headaches.

Jason Jilk, MD, completed his internship and residency at Loma Linda Medical Center, specializing in both internal medicine and pediatrics. His expertise extends from newborns to great-grandparents, offering whole-person care that combines the latest evidence-based medicine with old-fashioned compassion. Practicing at the St. Jude Heritage Medical Group, Anaheim Hills office, Dr. Jilk is now accepting new patients. To make an appointment, please call (714) 974-2900.
Q: What are the symptoms of prediabetes? Is it serious?

A: For most people, there are no symptoms. Nearly 80 million Americans have prediabetes, yet fewer than 10 percent know they have it.

Prediabetes is diagnosed when blood sugar levels are higher than normal, but not high enough to qualify as diabetes. In other words, prediabetes means you are on the road to diabetes and all of its health-threatening implications, unless you take steps to prevent or reverse it. Without lifestyle changes — such as eating smarter and becoming more active — the vast majority of those with prediabetes will go on to develop Type 2 diabetes.

Of the small percentage of Americans who know they have prediabetes, only half are taking action to prevent diabetes by exercising more often or losing weight — changes shown to dramatically reduce your risk. The window of opportunity to prevent diabetes from progressing is about 3 to 6 years, during which lifestyle changes — and sometimes medication — can push your blood sugar levels back into the normal range.

If you are concerned about prediabetes or protecting yourself from Type 2 diabetes, here are some steps you can take:

△ Talk to your doctor about your risk and ask for a blood glucose test, particularly if you are overweight and inactive, or have a family history of Type 2 diabetes.

△ Make some simple changes. Increase your physical activity and make smarter, more nutritious food choices. Start to include Mediterranean-style eating habits into your daily routine (more fish, healthy fats and vegetables, and less sugar and trans fats). This style of eating offers a long list of benefits for your heart, brain and overall health. Losing just 10 pounds and getting at least 150 minutes of physical activity per week can dramatically reduce your risk of diabetes.

△ Keep an eye on your blood glucose levels. As you age, gain weight, or slide into unhealthy eating habits, your blood glucose — and your risk of diabetes — is likely to rise.

If testing indicates you have prediabetes, don’t stand idly by waiting for a diagnosis of Type 2 diabetes and its often devastating health complications. The clock is ticking and your health risks rise significantly every year prediabetes goes untreated.
When the Commission on Cancer (CoC) recently announced which hospitals earned the prestigious National Accreditation with Commendation in 2014, St. Jude’s award-winning cancer program was among them. But even more impressive, the St. Jude Crosson Cancer Institute was among the roughly five percent of the nation’s hospitals to receive commendations in all seven categories, from prevention and research to treatment and outcomes.

“Receiving one or two commendations is a compliment to any cancer program,” explains David Park, MD, board-certified medical oncologist, co-medical director, St Jude Crosson Cancer Institute. “Receiving commendations in every category is truly exceptional.”

St. Jude has grown into one of the nation’s top programs, offering every advantage in the fight against cancer. Nationally respected experts, the newest advances in radiation treatment, robotic surgery and immune therapy all contribute to overall survival rates that exceed state and national averages.

A few of the reasons we are the first choice of patients and families across Southern California:

**COMPREHENSIVE CARE UNDER ONE ROOF.**
Our highly respected cancer program includes:

- The Virginia K. Crosson Cancer Center
- The Kathryn T. McCarty Breast Center
- The Fred A. Jordan Family Radiation Oncology Center
- The St. Jude Center for Thoracic and Esophageal Diseases
- The Knott Family Endoscopy Center
- The Ann G. Fetters Diagnostic Imaging Center

**TOGETHER, THEY CREATE SOMETHING UNIQUE.** The state-of-the-art technology typically found only at large academic research hospitals, combined with the compassion of a faith-based ministry that understands the power of genuine caring.

**TOP IN THEIR FIELD.** Among our cancer experts are some of Southern California’s most respected specialists, from nationally recognized surgeons using sophisticated robotic technology to eradicate lung, prostate and gynecological cancers, to board-certified medical oncologists and hematologists offering today’s newest advances in chemotherapy and immunology, such as cancer vaccines and targeted cellular therapies.
Institute: Your Own Backyard

MANY SPECIALISTS — ONE GOAL. Weekly conferences allow the entire treatment team — including fellowship-trained surgeons, medical oncologists, radiologists, pathologists, radiation oncologists, and other cancer specialists — to review each patient’s care, discuss treatment options, and contribute their expertise. With a dozen different disciplines participating, these conferences ensure the latest concepts in cancer treatment are evaluated and applied.

FROM THE LAB TO THE BEDSIDE. By partnering with top cancer research programs, including the National Cancer Institute, UCLA, and leading national cancer research cooperatives, we offer patients the most aggressive and exciting treatments available, allowing us to put the promise of tomorrow into action today.

RECOVERING MORE COMPLETELY. At most hospitals, care ends with the last treatment — but at St. Jude, our unique cancer rehabilitation program offers patients the physical and emotional support they need to regain their quality of life after treatment is over. The first program of its kind in the state, our team of oncology rehabilitation experts include physical therapists, psychologists, pain specialists, and occupational therapists, all offering highly effective, individualized care.

INNOVATIONS IN BREAST CANCER PREVENTION AND TREATMENT. At the forefront of protecting women’s health, our experts extend from nationally respected breast surgeons — performing today’s newest breast conservation and reconstruction techniques — to dedicated breast radiologists, who bring unusual accuracy to diagnosis and imaging. State-of-the-art technology and techniques allow us to treat breast cancer more successfully, while our innovative support programs provide a level of practical and emotional support that is as remarkable as our medical excellence.

SUPPORT WITH EVERY STEP. Cancer’s toll is more than just physical, which is why we offer one of the most comprehensive lists of support services available, including yoga, nutrition counseling, complementary therapies, expert pain management, support groups and spiritual counseling. Through every step of diagnosis and treatment, our specially trained oncology nurse navigators are there to offer guidance, education and support.

TODAY’S MOST ADVANCED RADIATION THERAPY. Robotic imaging guidance, 4-D computer treatment planning, motion detection, radiation delivered with surgical precision — these are among the improvements used by our radiation oncologists to reduce side effects while fighting cancer more effectively than ever before.

For more information, please call
Lea Powell, RN, MSN, OCN,
Executive Director,
St. Jude Crosson Cancer Institute at (714) 446-5123.

St. Jude Crosson Cancer Institute’s commitment to excellence has been recognized by the:

Commission on Cancer Accredited Program

Awarded the Outstanding Achievement Award by the American College of Surgeons Commission on Cancer (CoC) — an honor earned by only five percent of the nation’s hospitals.

Partnersing with TRIO – US (Translational Research in Oncology) and other national leaders in cancer research and clinical trials to create the next breakthroughs in cancer.

Survivorship Training and Rehabilitation First in California to receive STAR (Survivorship Training and Rehabilitation) certification, considered the gold standard in cancer rehabilitation.

Certified by the American Society of Clinical Oncology’s Quality Oncology Practice Initiative (QOPI) for delivering the highest quality cancer care — an honor given to only a handful of programs in the state.

One of the first in California recognized by the American College of Surgeons National Accreditation Program for Breast Centers (NAPBC) — awarded only to those centers providing the best possible care.
Our New Northwest Patient Tower:
Thank You for Giving From the Heart

With any capital campaign, it’s the “thank you” at the end that means the most. It represents our deep appreciation for the community that supports us and the lives that your contributions will impact. With that in mind, we at St. Jude are deeply grateful for the outpouring of love that you’ve given in support of our new Northwest Patient Tower.

Due to your overwhelming generosity, St. Jude will be able to make even greater strides in both surgical treatment and overall care, making the patient experience safer and more comfortable while providing an enhanced healing environment and improving communication between the patient and caregiver. Your generosity is truly a blessing.

“I’m so appreciative,” said Sister Patricia Haley, a member of the St. Jude Memorial Foundation board of directors. “When you meet generous people, they’re just irresistible, and you want to say ‘thank you’ over and over again.

While many who gave may never experience firsthand the actual fruits of their gifts, countless patients as well as our physicians and staff will witness the impact of those gifts for generations.”

In a very real sense, the Northwest Patient Tower is a reflection of the Sisters of St. Joseph philosophy: identify a need, find like-minded people in the community, then partner with them to merge their talents and resources in an effort to meet that need, sustaining the hospital mission to improve the health and quality of life of those in the communities we serve. In this case, our generous donors provided the resources, our physicians and staff offered their expertise to develop a plan for implementing the project, and the overall support of everyone involved was the impetus behind making this achievement happen.

The advanced technology and equipment that we acquired is already attracting highly skilled physicians who will guide the next generation of clinical achievement at St. Jude Medical Center, enabling our patients to experience better, safer and more comfortable care. This technology and the capabilities it makes possible are the results of a 50-year foundation of partnering with generous donors who are committed to ensuring outstanding medical care for their families, friends and neighbors.

“The real benefit of the tower is the life-changing, life-saving work that will happen inside — that’s what this is about,” Sister Pat said. “People in our community are generous, and that’s why we have such remarkable technology in this new patient tower.”

The four-story tower will offer capabilities only available at a handful of hospitals in California, including 14 advanced “smart” surgical suites with innovations that will enable surgical solutions for conditions once considered untreatable; a cutting-edge neurosurgery suite; a “hybrid” cardiovascular suite that will bring important capabilities to St. Jude’s cardiac program; and private rooms designed to minimize the risk of infection.

“Specialists at the top of their field are now calling St. Jude home, and innovations in the new Northwest Patient Tower are one reason for that,” said Michael Sugarman, MD, president, St. Jude Heritage Medical Group. “These physicians are actively involved in research, focused on innovation, and advanced in their fields. It will be very exciting to see the breakthroughs created here.”

It’s not too late to join community members in supporting the new Northwest Patient Tower. Please use the enclosed donation envelope or call the Memorial Foundation at (714) 992-3033 to make a gift.
Giving From the Heart ...

For the Next Generation of Care

Wes and Brandie Liefer believe it’s important to tell others when a medical center’s staff demonstrates an unwavering commitment to provide consistently outstanding and compassionate care. The couple is doing just that — through their words and their generosity.

Wes, founder of Pura Vida Farms in Brea, discovered St. Jude Medical Center in 2009. Following back surgery the next year, he returned to St. Jude where he found caring physicians who successfully relieved his chronic pain, dramatically improving his life. Since then, doctors have relentlessly battled his challenging medical condition, enabling him to once again enjoy family outings, play with his young children, Jack and Shelby, and enjoy life to the fullest.

When he experienced symptoms of a rare immune disorder in 2013, Wes turned to St. Jude once again. “My condition is difficult to diagnose, and it’s hard to live with an undiagnosed medical problem,” said Wes. “The treatment I’ve received has made me feel considerably better. Wherever I’ve gone at St. Jude my care has been both personal and excellent. Everyone has been helpful, compassionate and considerate.”

Wes and Brandie, who delivered the couple’s second child, Shelby, at St. Jude in 2013, have nothing but praise for the care they’ve received. Out of gratitude, they have made two generous contributions to the hospital so others in the community may benefit from St. Jude’s services. Wes urges others to do as he and Brandie have done: to give from the heart so that future generations may experience the same high level of care.

“If someone can help by giving money, or their time — people should give back and support the community. St. Jude is part of the community, and with everything they have to offer, I have no need to go anywhere else.”

If you would like to make a gift to St. Jude Medical Center, please call the Memorial Foundation at (714) 992-3033 or visit us at stjudemedicalcenter.org/memorialfoundation.

St. Jude Memorial Foundation Sponsors Free Financial and Estate Planning Workshops

Join us to learn about these important topics made fun and interesting by Peter Kote, JD, and his guest speakers.

IT’S YOUR ESTATE

Free 8-Week Workshop Series
Tuesday, 1:30 – 3 p.m.
September 2 – October 21
Brea Senior Center
500 Sievers Ave., Brea
Topics covered: Basic and advanced estate planning; advanced health care directive; conservatorship; charitable income and tax planning; IRA, 401k plans; and the role of a trustee and executor.

IT’S YOUR MONEY

Free 8-Week Workshop Series
Wednesdays, 2 – 3:30 p.m.
September 11 – October 30
Fullerton Senior Center
340 W. Commonwealth Ave.
Fullerton
Topics covered: Annuities and mutual funds; financial planning; long-term care; fixed income investing; equity investing.

To register or request a schedule, call the Memorial Foundation at (714) 992-3033.

If you have included St. Jude in your estate plan or need more information, please let us know.
A Ministry founded by the Sisters of St. Joseph of Orange

Choosing the right doctor is one of your healthiest decisions.

If it’s time to enroll in a health plan at your worksite, you’re considering enrolling in the health care exchange (Covered California) this fall or a senior plan, we have great news. Becoming part of St. Joseph Hoag Health is as easy as one-two-three:

1. CHOOSE A DOCTOR

Our network of care includes eight medical groups all over the county so you can select the best primary care physician for you and your family. St. Jude affiliated and medical group physicians include:
   - St. Jude Heritage Medical Group
   - St. Jude Affiliated Physicians

2. CHOOSE A HEALTH PLAN

Make sure your plan includes St. Joseph Hoag Health. Check our website at stjosephhoaghealth.org, where we’re always updating our list of partnering health plans. But just for good measure, it’s also best to double check with the health insurer to verify you’re in the St. Joseph Hoag Health network.

3. CHOOSE A HOSPITAL

Make sure you select St. Jude Medical Center. We are affiliated with CHOC Children’s.

NOT TIME TO ENROLL IN A NEW HEALTH PLAN? YOU CAN STILL SELECT US!

Members of an HMO plan are permitted to change their primary care physician (PCP) within their plan anytime throughout the year with an effective start date of the following month. Just follow these simple steps:

1. Contact the Member Services department listed on your health insurance card.
2. Provide the name of the primary care physician you have selected and specify you want to join St. Jude Heritage Medical Group or St. Jude Affiliated Physicians.
3. Confirm your selection with your health plan. Be sure to verify the group name St. Jude Heritage Medical Group or St. Jude Affiliated Physicians when you receive your new health plan identification card.

NEED ADDITIONAL HELP SELECTING A PHYSICIAN? CALL US AT (877) 459-DOCS