We applaud St. Jude Medical Center’s medical staff named “2012 Physicians of Excellence” in Orange Coast Magazine. The annual program, developed by the magazine and the Orange County Medical Association, honors the region’s outstanding physicians for their dedication to the profession and for their service to the community.
Radiation therapy has been an essential part of cancer treatment for decades — yet today, new advances are allowing us to sculpt and control the radiation in ways only dreamed of 20 years ago.

“The field of radiation oncology has changed dramatically from where it was a decade or so ago,” explains board-certified radiation oncologist Dechen Dokar, M.D. “Almost every aspect of planning and treatment has been transformed by new technologies.”

A $6 million investment in state-of-the-art technology, partially funded by donations, has given St. Jude’s Fred A. Jordan Family Radiation Oncology Center the area’s most comprehensive range of radiotherapy options. 3-D computer treatment planning, robotic imaging guidance, more precision, higher dose rates, motion detection—all being used by our radiation oncologists to fight cancer more effectively than ever before.

Using Radiation With Surgical Precision

Stereotactic radiotherapy works the same way as other forms of radiation: it doesn’t remove the tumor but instead kills the cancer cells by damaging their DNA.

What distinguishes stereotactic therapy is the amount of radiation used—very high doses, precisely targeted, hitting the tumor from many different angles, and often delivered in just one treatment. The effect on the tumor is so dramatic that the changes are considered surgical. Stereotactic therapy was originally developed to treat brain cancer, but is now being used by our radiation oncologists to treat small tumors in other parts of the body. The ability to deliver concentrated, high-dose radiation directly to the tumor—while avoiding nearby tissue—represents a significant improvement in treating hard-to-reach tumors or those close to vital structures.

Hitting a Moving Target

In some locations in the body, tumors move as the patient breathes, making accuracy very difficult. For years, the solution was to use a lower radiation dose over a wider area. By delivering radiation to the entire area the tumor moved through, physicians could ensure the tumor got proper dosing—but so did the surrounding healthy tissue.

A new advance called respiratory gating is giving our doctors the capability to define a small treatment window and deliver radiation only when the tumor passes through that area—creating much higher precision.

And because the radiation is applied with greater accuracy, higher doses are used. Patients now have the convenience of a treatment that requires one to five sessions, instead of the 25 to 35 treatment sessions required in the past.

“By eliminating the need to apply radiation in broad strokes, respiratory gating has vastly improved our ability to destroy the tumor while reducing damage to nearby tissue and organs,” explains Young Lee, M.D., board-certified radiation oncologist at St. Jude. “That means fewer side effects and a higher quality of life for patients.”

RapidArc: Because Faster Is Better

New technology called RapidArc delivers radiation as it moves around the patient in a continuous rotation, sculpting the beam to match the size and shape of the tumor. The rotation allows the tumor to be targeted from virtually every angle with varying intensity—giving our radiation oncologists the ability to deliver more powerful doses precisely where they’re needed.

Equally important, RapidArc slashes treatment time from 15 minutes or more, to three minutes or less. According to Dr. Dokar, a difference of minutes can be very significant when an uncomfortable patient is lying on a hard treatment table — and it’s essential they remain motionless.

“The speed of RapidArc is a definite advantage,” she explains. “Less time spent on the treatment table means less chance of movement. And that translates into more precise doses of radiation directly to the tumor.”

IGRT: Sophisticated Imaging, Remarkable Accuracy

In the past, images were taken of the tumor, radiation doses carefully planned, and days later treatment began. But what happened if the patient lost weight, the size of the tumor changed or organs moved slightly?

Today, Image-Guided Radiotherapy (IGRT) uses sophisticated built-in imaging to pinpoint the size and exact location of a tumor moments before each treatment. Robotically-controlled arms provide real-time images during treatment, allowing automatic adjustments to the smallest changes in the tumor’s shape or the patient’s position.

These advances in imaging allow our radiation oncologists to accurately target tumors the size of a pencil point, while preventing damage to healthy tissue. “Being able to see what’s going on inside a patient from day to day is a major breakthrough,” explains Dr. Lee. “The ability to target the precise location of the tumor, continuously shape and modulate the beam to fit even irregular tumors, and then closely monitor the cancer’s response to treatment, all of these things make IGRT a very powerful tool.”

More Advances Coming Soon

Fifteen years ago, treatment plans were drawn on X-rays with a wax pencil. Today, highly-sophisticated CT treatment planning computers are used to prepare intricate treatment plans that automatically adjust to new 3-D images of the tumor.

This is just one example of how rapidly changes are revolutionizing the field—and according to Dr. Lee, the rate of improvement is only increasing. “It’s a very exciting time in radiation oncology,” he says. “New advances are allowing us to focus not only on the patient’s survival, but on preventing side effects and preserving their quality of life. All of the breakthroughs in the past—as well as the refinements we expect in the future—come down to just one thing: we’re able to do a much better job of improving our patients’ lives.”

The Fred A. Jordan Family Radiation Oncology Center is part of the St. Jude Crosson Comprehensive Cancer Center, for more information about our services please call (714) 446-5632, or visit us at stjudemedicalcenter.org.
TIRED ALL THE TIME?
SOLUTIONS NOW AVAILABLE

Interested in something that can make you smarter, slimmer and more successful at work?
It’s called sleep, and over 40 million Americans suffer from a treatable sleep disorder that is preventing them from getting enough of it. For some, the cost is measured in fatigue, irritability, lower productivity and reduced work performance. But for others, the cost is considerably higher as the list of serious health risks associated with sleep deprivation continues to grow: diabetes, heart failure, stroke and obesity are just a few.
Yet, remarkably, only a small percentage of those with sleep disorders seek help.
“The vast majority of people with sleep disorders believe it is normal to stumble through life exhausted,” explains Patty Scagliotti, Manager, St. Jude Sleep Disorders Institute, one of Southern California’s most respected programs. “They believe constant fatigue is just part of their life.”
While almost everyone is familiar with the signs and symptoms of insomnia (lying awake for hours staring at the clock) and narcolepsy (uncontrollable falling asleep throughout the day), one of the most common sleep disorders, sleep apnea, typically goes undetected.

Unsure of the problem, most apnea sufferers wake up with a headache, drained and fatigued—despite having spent eight or nine hours in bed. Common symptoms—such as loud snoring, and gasping or choking for breath throughout the night—are often dismissed by spouses as an unavoidable irritant or as humorous.

“Unfortunately, loud snoring is seen more often as a source of jokes than as a symptom, so almost 90 percent of those with sleep apnea—especially women—go undiagnosed and untreated,” says Patty.
There is a better choice, which starts with talking to your doctor about your symptoms. “With proper diagnosis and treatment, you can eliminate your fatigue and regain your quality of life,” says Patty, who explains that most insurance plans include coverage for sleep disorder evaluations.

At St. Jude, a very different scenario is taking place. As cancer survivors receive help from a team of oncology rehabilitation experts specially trained to meet their needs—including physical therapists, psychologists, pain specialists, occupational therapists, nutritionists, social workers, and health and wellness professionals.
The newest evidence-based cancer rehabilitation practices are combined with an innovative list of services at the St. Jude Centers for Rehabilitation and Wellness (CRW), from aquatic therapy and incontinence programs to nutrition counseling and job reentry.

At St. Jude’s Cancer Rehabilitation and Wellness Program, please call (714) 578-8706, ext. 2310. Cancer rehabilitation is covered by most insurance plans.
To register for these classes and programs, call the St. Jude Health Resource Line at (800) 870-7537. Locations vary and unless otherwise noted, all classes are free. You may also register online at: stjudemedicalcenter.org/healthbalances.

ALL THE RIGHT MOVES: OSTEOARTHRITIS & EXERCISE May 6–7, 6-7:30 p.m.

Achy, painful joints can become more than just an annoyance: they can make daily tasks a challenge and make exercise seem completely out of the question. Wrong! Exercise is an essential part of managing osteoarthritis and ultimately reducing your pain. Join Andrew Connell, M.D., Rheumatology and Sports Medicine, to learn what exercise can offer and how to make it work for you. What are the best kind of exercises to do? How much? Exercise through pain? What benefits can be conferred? How to start?

You'll get answers to these questions, along with specific strategies, from a physician nationally recognized for innovative, conserving therapies to treat joint pain.

FREE. Please call (800) 870-7537 to register.

RELATIONSHIP RECHARGE June 6–8, 6-7:30 p.m.

Good relationships provide nourishment for our spirit and help improve all aspects of our lives. Bad relationships are a drain on our happiness and health. Set healthy relationships as a new year’s resolution. Join April De Cour, Marriage and Family Therapist and Wellness Educator, to learn how to recharge and improve the quality of your relationships. This class will help you:

• Identify and avoid common relationship pitfalls
• Learn tips for building relationships that last
• Improve communication skills to move past day-to-day conflicts
• Recognize expectations and myths that can harm your relationship and how to avoid them
• Develop solutions for a time-starved relationship

FREE. Please call (800) 870-7537 to register.

MEDITATION IN THE MODERN WORLD June 13–15, 6-7:30 p.m.

When most people think of meditation, they think of bearded men sitting cross-legged on mountain tops. Yet meditation—the art of clearing your mind—can be done anywhere, whether sitting at a stop sign or waiting in line. Meditation can offer a variety of emotional and physical benefits, from reducing stress and anxiety, to helping you relax and proselyte. It can also help activate areas of the brain that otherwise remain dormant. Learn the difference between relaxation and meditation while practicing a few basic meditation techniques using breath and body awareness. Discover simple ways to bring meditation into your everyday life.

FREE. Please call (800) 870-7537 to register.

FOOD ADDICTION: FACT OR FICTION?

Have you ever wanted to stop eating potato chips and found you just couldn’t? Do you think about certain foods constantly? Is it food addiction or lack of control?

Foods high in sugar, fat and salt can create chemical changes in the brain, causing addictive responses that mimic those to drugs. Join Susan Randolph, M.S., R.D., Nutritionist, and learn what a brain-healthy lifestyle looks like: the foods and activities that can nourish your brain. Get specific strategies for strengthening the most important muscle in your body.

FREE. Please call (800) 870-7537 to register.

FEEDING YOUR ATHLETE

August 2–6, 7-8 p.m.

Young athletes need more than practice to succeed: they need a diet that leaves them energized and able to perform their best.

Join us for some practical advice on setting the stage for good health and optimal performance through the right foods. Find out what makes a good pre-game meal, why hydration is important, and the benefits of the right post-game foods.

Learn about eating for endurance training, fuel for muscle development and bone growth, and what foods can give athletes extra power on the playing field.

FREE. Please call (800) 870-7537 to register.

TRADE JOE’S SUPERMARKET TOUR

May and June, 8–9 a.m.

June 5 and June 12, 8–9 a.m.


Whether you are searching for delicious and healthy dinner ideas, or have special nutritional needs, this two-part supermarket and nutrition tour at Trader Joe’s will provide practical advice as well as some quick and easy meal suggestions.

This tour led by St. Jude Registered Dietitian Susan Randolph will include useful nutritional information, such as:

• What to look for on a food label?
• What foods should you keep on hand at your pantry?
• What nutrient rich foods can help you manage specific health concerns?

You’ll learn new ways to use familiar ingredients and get to sample some great meal solutions.

Part 1 of the tour will include delis, produce, dairy and dry goods. Part 2 will include frozen foods, bread, meat, towels and vitamins.

Fee: $10 per person

Please call (800) 870-7537 to register.

BAD NEWS: MORE THAN JUST PUMPING IRON

June 6–7, 6–7:30 p.m.

When it comes to staying healthy, the heart gets all the attention. But in actuality, a healthy brain is the cornerstone of a healthy life—everything from mood to memory.

Intentional in keeping your brain healthy as you age? Have you actually recognized the risk of Alzheimer’s disease and dementia? Find out how to maximize your brain health and avoid age-related mental decline. Join Christopher Colasu, M.D., Family Medicine, Kim Parson, Exercise Physiologist and Susan Randolph, Registered Dietitian, and learn what a brain-healthy lifestyle looks like: the foods and activities that can nourish your brain. Get specific strategies for strengthening the most important muscle in your body.

FREE. Please call (800) 870-7537 to register.

WHAT YOU SHOULD KNOW ABOUT HEP B

May 6, 6–7:30 p.m.

Hepatitis B can be deadly, causing serious liver damage—often without symptoms. It is estimated to take up to 1.5 million people in the United States with the Hep B virus and most don’t even know it, allowing them to unknowingly pass the virus to others. Left undiagnosed, it can lead to cirrhosis and liver cancer.

Screening and early detection are key, especially for individuals and families who have recently immigrated from Asia and the Pacific Islands: over half of those with Hep B are Asian American.

Join Andrew Connell, M.D., Gastroenterology, to find out more about Hep B, what you can do to protect your loved ones.

FREE. Please call (800) 870-7537 to register.

ZUMBA® IS HERE!

Are you ready to join the dance fitness craze sweeping the country? Zumba® is an exhilarating, effective, Latin-inspired, calorie-burning dance fitness party that’s motivation for people toward joy and health. It blends red-hot international music and contagious steps to form a “fitness party” that is downright addictive.

TWO CLASSES TO CHOOSE FROM:

ZUMBA® FITNESS

May 26, 8-9 p.m. (PARKBOUT, JOIN THE PARTY!)

When anyone sees a Zumba class in action, they can’t wait to give it a try. Zumba’s choreography includes hip-hop, samba, mambo, merengue and a mix of modern dance moves. Before you know it, you’re getting fit and your energy levels are soaring! There’s no other class like a Zumba Fitness Party. It’s easy to do, effective and totally exhilarating!

ZUMBA GOLD® - GROOVE AT YOUR OWN PACE!

Zumba Gold modifies the moves and pacing to suit the needs of active baby boomers, as well as anyone just starting their journey to a fit and healthy lifestyle. It takes the energy of the zesty Latin music, like salsas, merengues, cumbias and reggaetons, the exhilarating, easy-to-follow moves, and the incorporating atmosphere—it’s a dance-class that feels friendly and most of all, fun.

SPINNING® AT SYNERGY

If you’ve ever left a group exercise class feeling frustrated, you’ll appreciate Spinning! There are no complicated moves to learn and no matter how fit, flexible or coordinated you are, you’ll get a great workout. Hop on your bike, set the resistance to the level that’s right for you, and let your instructor guide you through an incredible ride that is both fun and effective— it’s that simple! So effective, that it holds the top position in fitness calorie burn at up to 900 calories in a single class. Spinning® is also a great option for cross training or anyone with balance or joint issues. It is low-to-no impact, and completely central to the intensity—making it truly an individual workout in a motivating and fun group setting. If you haven’t tried Spinning®, what are you waiting for?

Zumba and Spinning® are offered at Synergy Fitness Centers, located within St. Jude Centers for Rehabilitation, 2767 Imperial Hwy., Brea, CA 92821. For dates and times, call (714) 578-8770 or visit us at synergyfitness.com.

iPad 2

Read us online

Sign up for our e-magazine and you could win an iPad 2.

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Scan the QR code with your smartphone or click to go to our e-magazine and you’ll be entered into our sweepstakes for a new iPad 2, WiFi and 3G capable. You’ll also receive one free family first-aid kit, compliments of St. Joseph Health System. One entry per household.
PRENATAL AND NEW BABY CLASSES

Nothing is more exciting than preparing for a new baby. At St. Jude Medical Center, we offer the expertise and support to create a more meaningful and positive childbirth experience—and help you succeed once your new family has gone home.

MATERNITY OPEN HOUSE & TOURS
Find out more about our new Maternity Center and the innovative programs and services available to expectant parents. This free event is offered once a month.

PREPARED CHILDBIRTH SERIES
These three-class series prepare you for all aspects of birth, from knowing when to leave for the hospital to making informed decisions about epidurals and natural coping methods for pain. Fee: $50 per couple

BREASTFEEDING: PART 1 GETTING STARTED
All the information you need for successful breastfeeding: this one-session class covers topics ranging from latching techniques and establishing a good milk supply to recognizing and treating breast-feeding concerns. Fee: $25 per couple

BREASTFEEDING: PART 2 PUMPING AND STORAGE OF BREASTMILK
Choosing the right breast pump, hand expression of milk, proper storage, and returning to work are some of the issues covered in this one-session class. Fee: $25 ($15 if taken with Part 1)

NEWBORN BABY CARE
Have questions about your baby’s needs? This two-class series will offer answers: from hands-on practice in baby care basics (bundling to burping) to discussions on household dangers, circumcision, how to take a temperature and when to call the doctor. Fee: $50 per couple

CHILDBIRTH REFRESHER
For parents who have already been through it once, this class offers updated pain management options as well as a review of breathing, coaching techniques and comfort measures. Fee: $50 per couple

PLANNED CESAREAN BIRTH
If you’re scheduled for a cesarean delivery, come and learn how to make your baby’s birth a joyful, empowering experience. Parents learn signs of labor, what to expect during surgery and how to have a healthy recovery. Fee: $25 per couple

STROKE SURVIVAL:
ST. JUDE WINNING THE RACE AGAINST TIME
Your chances of surviving a stroke just improved, thanks to new technology that’s making it easier for our doctors to get an accurate picture of what’s going on in your brain. Thanks in part to the generosity of donors, this $3 million state-of-the-art imaging equipment—a twin flat panel biplane angiography system—now calls St. Jude home. It is the newest tool in stopping a stroke in progress and minimizing or reversing its potential damage.

Biplane technology offers extremely precise, 3-D images of blood vessels in the brain, making it possible for doctors to remove clots, repair aneurysms and perform other delicate brain procedures—all without surgery.

“The biplane offers us more information about the brain than ever before, which can translate into faster diagnosis and treatment,” says Hamed Farid, M.D., Neurointerventional Radiologist at St. Jude Medical Center, a nationally-designated Center of Excellence for stroke care. “The biplane helps us further stack the odds in the patient’s favor.”

At the heart of this one-of-a-kind technology is a biplane camera which creates highly detailed, continuous photos of the brain—allowing the maze of blood vessels to be seen from all angles.

The real-time images flash instantly onto a monitor as the neurinterventionalists guide a tiny catheter up to the patient’s brain. Microscopic tools are used to remove blood clots, prevent an aneurysm from bursting, place a stent to maintain blood flow through a vessel, or block off the blood supply that feeds a growing tumor.

The biplane’s higher image quality removes any guesswork, creating better treatment accuracy, less injuries to blood vessels, and shorter procedure times. Three-dimensional capabilities improve the physician’s understanding of even the most difficult vascular disorders, allowing more detailed and precise planning.

“This helps us do an even better job of what we already do: better patient safety, better accuracy, better outcomes,” explains Dr. Farid, who says the purchase of the biplane was made possible through the donations of generous community members. “The result is not just life-saving but brain-saving care.”

In 2011, St. Jude Medical Center was nationally recognized for its outstanding stroke care, and was also one of only three hospitals in California to make the American Heart Association’s “Stroke Honor Roll.” Both honors reflect St. Jude’s commitment to offering today’s most advanced technology as well as an expert 24/7 neurology team, ensuring round-the-clock capability to accurately diagnose and treat individuals suffering a stroke. To learn more about our program, call (714) 446-5196.

STROKES that feed a growing tumor.

ADDITIONAL CLASSES INCLUDE:
SAFE SITTERS: One-day workshop for teenage babysitters offers first aid training, injury prevention and other tools for keeping children safe and happy.

SIBLING CLASS: Big brother or sister (3-8 years old) learns what to expect when the new baby arrives.

GRANDPARENTS IN THE KNOW: Find out what’s changed in childbirth and infant care since your children were born.

BABY SAVERS: Learn infant/child CPR and other critical safety issues.

INFANT MASSAGE: Discover massage techniques that not only relax baby, but ease colic and teething pain.

FOR ALL EVENTS AND CLASSES: CALL (714) 446-7110
REGISTRATION IS REQUIRED TO RESERVE YOUR PLACE.

ST. JUDE MEDICAL CENTER - SPRING / SUMMER 2012
Dear Friends of St. Jude:

I am honored to have been selected as Chair of the St. Jude Memorial Foundation. As a St. Jude Medical Center physician, I know first-hand the importance of providing the highest quality of care for those we serve. I am proud to give to St. Jude, to lead the Foundation Board, and to assist in securing financial support that will allow for the continued advancement of high quality care for our community.

As the philanthropic arm of St. Jude Medical Center, the work of this Board has been integral to supporting programs, technology and new facilities for St. Jude. Since the work of the Foundation began, more than $95 million has been given in support of the health care needs in our community.

Examples of the generous support of our community can be seen throughout St. Jude, from the support of programs such as Care for the Poor and Hospice, where your gifts are helping patients at their most vulnerable times, to the Southwest Patient Tower with its new emergency department, critical care, cardiac catheterization lab, and maternity services. Gifts toward new technology have enabled our care-giving team to decrease procedure time and improve outcomes for patients. Time and again, St. Jude has been blessed with your support. You have made a remarkable difference in our ability to offer the newest advancements in health care to our community.

On behalf of the Memorial Foundation Board, Board of Trustees, medical staff, administration and employees of St. Jude, thank you for your generosity. Your investment in St. Jude Medical Center is changing and saving lives and improving health for this community.

With gratitude,

Donna Marino, D.O.

Chair, St. Jude Memorial Foundation Board

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"As the campus continues to evolve, I am struck with how fortunate we are to have the quality of hospital that attracts many of the best doctors, nurses and healthcare professionals in the nation. The community of caregivers working at St. Jude is remarkable. I am thankful that St. Jude Medical Center has entrusted me to chair the fund raising for equipment and technology in the Northwest Tower. St. Jude not only provides top quality healthcare, but the facilities and technology we continue to attract the best caregivers our country has to offer."