

HEALTH

SUMMER 2020

INSPIRED

BRINGING YOU HEALTH, WHOLENESS AND HOPE

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Have you met
Dr. Sawyer?

Welcome to Health Inspired



Here in Yuba and Sutter counties serving our community is the reason for, and the mission of, Adventist Health and Rideout. That is why our staff are continuing to demonstrate their amazing strength and resiliency to address the healthcare needs of our community while protecting ourselves and our patients from COVID-19.

When Phebe Rideout decided to donate her home to open a hospital for this community in 1907, she started in motion the concept of community caring for community. And this spirit of community continues today. Our staff live and work here in our joint communities. Our providers and medical staff leaders are your friends and neighbors. Your children and the children of our associates are in school together. This community serves this community, and we are proud to be able to continue to do just that.

We are still here to support your healthcare needs, and we are always looking for new ways to improve access to providers and services to meet those needs. Our virtual visits option may be perfect for someone in your family. And our secure patient portal offers a way to easily track all your family's healthcare needs in one convenient location. I'm pleased to announce that this fall we will open an Urgent Care clinic to manage those minor medical situations that must be cared for immediately but don't require a visit to the emergency room.

To learn more about any of our services, including virtual visits with a provider, accessing the patient portal or how we are protecting our staff, our patients and our community, you can visit our website at AdventistHealthRideout.org. The most current information about COVID-19 and our local situation is available there. No matter how we can best serve your healthcare needs, we want you to know that we are always here for you.

Sincerely,

A handwritten signature in blue ink, appearing to read "Rick Rawson".

Rick Rawson, President
Adventist Health and Rideout

Health Inspired is published as a community service for the friends and neighbors of Adventist Health and Rideout. To learn more, go to AdventistHealthRideout.org. Information in Health Inspired comes from a wide variety of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

Virtual visits increase access, decrease risk

Adventist Health now provides on-demand virtual office visits to allow doctors to consult with patients remotely using video and audio through a computer or mobile device. Virtual visits can be critical for healthcare organizations to cope with the growing surge in demand for healthcare services — and to keep healthcare workers and patients safer. Now, instead of sitting in a waiting room, patients can see their doctor using video from their computer or device while safely at home.

Providers are using virtual visits for a variety of healthcare needs, including screening for COVID-19 cases, handling routine office visits and ensuring regular connections for those who are chronically ill. These virtual visits provide comfort for patients who are anxious about coming to a medical office.

So, how does it work? To participate in a virtual visit, a patient just needs a smartphone, tablet or computer with a working camera and microphone. The provider sends an email with a link for the scheduled visit, which utilizes Microsoft Teams, a technology-enabled, easy-to-use secure platform that is available as a downloadable free app or web-based app. It's simple and easy to use. Adventist Health asks patients to log in 20 minutes prior to the scheduled visit so they can answer few intake questions regarding medications and health history. Once the visit begins, the provider and patient can see and hear each other, almost as if they were in the same room.

Patients who have a scheduled in-person appointment with a provider can also request to have their appointment rescheduled as a virtual visit by contacting their doctor's office. Virtual visits are covered by most insurance plans.

**TO LEARN MORE ABOUT VIRTUAL VISITS, GO TO
AdventistHealth.org/VirtualVisits**

Keeping our communities healthy and safe



Masks for patients
and staff



Temperature
screenings



Enhanced
disinfection procedures



Virtual and
telephone visits

Learn more about how we are prioritizing your safety at
AdventistHealth.org/CareAnywhere



When it comes to your heart, connections are everything

Connect with the Adventist Heart & Vascular Institute

You count on your heart every moment of every day. And when you have a heart or vascular condition, it is important to have a physician you can count on with the skills and expertise needed to partner with you from diagnosis to treatment.

To help you live heart healthy, Adventist Health and Rideout has established the Adventist Heart & Vascular Institute, a multi-disciplinary team that connects you to comprehensive heart and vascular care in the Yuba-Sutter region. This team is united by a passion to treat patients with heart, vascular and thoracic conditions.

"Our vision is to be a preeminent center for cardiac care in the region," explains Rick Rawson, president of Adventist Health and Rideout. "By forming the Adventist Heart & Vascular Institute, we are aligning this vision under one name. We are also making a commitment to a multidisciplinary approach to patient care that involves all heart and vascular specialties collaborating for the best individualized patient care."

The Adventist Heart & Vascular Institute includes more than just physicians; the team is backed by a support staff made up of specially trained cardiac and critical care nurses, cardiovascular technicians, cardiac rehab specialists, physical therapists and nutrition specialists working together to coordinate each stage of care.

"As cardiology specialists, we know being diagnosed with a heart condition can be intimidating and even frightening," says Patrick Griffith, MD, a cardiothoracic surgeon who recently returned to Marysville to lead the Adventist Heart & Vascular Institute as medical director. "By bringing together a diverse team to collaborate on your care, you have a full range of specialists reviewing and discussing your individual treatment plan, all while you stay close to home."

Learn more | 800-649-0826 | AdventistHealthRideout.org/Heart



An American College of Cardiology Accredited Cardiac Cath Lab

In November 2019, Adventist Health and Rideout's cardiac catheterization lab received accreditation from the American College of Cardiology. The rigorous accreditation process demonstrates that our cardiac cath lab offers excellent quality, care coordination and patient safety. We are proud to be the first hospital in California to receive recognition for its evidence-based quality initiatives in the cardiovascular cath lab.

"The goal of our work is to standardize care so that no matter what physician is performing a procedure, processes are consistent and based on the latest research and evidence," says Karanbir Grewal, MD, interventional cardiologist and medical director of the cath lab. "We have already seen improvements, with our goal to achieve top scores for all measures."

The cardiovascular cath lab at Adventist Health and Rideout is where advanced diagnostic and interventional procedures take place using minimally invasive approaches through the groin, wrist or other access point to the cardiovascular system. Cath lab procedures include placing a stent to resolve a blockage in the heart or implanting a pacemaker.

Welcome our newest physicians



Patrick Griffith, MD, MBA

Adventist Heart & Vascular Institute Medical Director

As a board-certified physician with more than 25 years of surgical experience performing more than 4,000 operations, Dr. Griffith brings specialized expertise in complex cardiac surgeries. He is a member of the Society of Thoracic Surgeons and completed a master of business administration degree from the University of California Irvine.



Inder Mohan Singh, MD, MS

Adventist Heart & Vascular Institute Medical Director for Structural Heart Disease

Dr. Singh brings special expertise in minimally-invasive treatment for structural heart disease including aortic and mitral stenosis. He has more than two decades of training and experience and is board-certified in cardiovascular medicine and interventional cardiology.

Joining an expert team

Amit Bahia, MD | Interventional Cardiology & Vascular Medicine

Narinder S. Bajwa, MD | Cardiology

Vipin Bansal, MD | Vascular & Interventional Radiology

Rupinder S. Brar, MD | Cardiology

Minh V. Bui, MD | Cardiology

Michael Chin, MD | Cardiology

Mabel Chu, DO | Vascular Surgery

Karanbir S. Grewal, MD | Interventional Cardiology

Baron Harper, MD | Cardiothoracic Surgery

Gordon Andrew Macbeth, MD | Vascular Surgery

Dilbahar Mohar, MD | Interventional Cardiology

Babak Sanei-Fard, MD | Interventional Cardiology

Devinderjit Singh, MD | Interventional Cardiology

Nishith Vayada, MD | Cardiology

Tin M. Way, MD | Interventional Cardiology



Thank you!

We are so grateful for the expressions of gratitude and support from our generous community during the current crisis. Through June 15, 2020, we received well over 65,000 items of personal protective equipment to support healthcare workers at Adventist Health and Rideout. In addition, our community has rallied around our doctors, nurses and associates with other forms of support, from financial donations to support caregivers, to services, meals, gift cards and thank you notes.



Thank you. You made a difference.

COVID-19 Response & Relief Donors

530 Pets	Farmers' Rice Cooperative	Loy Conklin	Silver Dollar Saloon
A Woman's Friend	Fidelity National Title Ins.	Marysville Police Department	St. Isidore Catholic Church
Adobe Animal Hospital	Frank Bettencourt	McKenney Intermediate School	State of California Adoption Center
Adventist Health System/West	G. Stan Kearby Insurance Agency, Inc.	Melanee Vieira	Stephanie McKenzie
Adventure Church	Gail Mitchell	Michael Noland	Stephen Abshier
Alicia Hrico	Habitat for Humanity	Monica Arrowsmith	Stephen Hammarstrom
Amy Bebout	Harbor Freight	Northpointe Veterinary Hospital	Sue Seropian
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Anna Saucek	Home Depot #1016	Pam Dickerson	Sunita Thiara
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Arley Slevin	James Nore	Patricia Jones	Susan Karutz
Auburn Seventh-day Adventist Church	James Underhill	Peach Tree Healthcare	Susan Leonard
Azad Shielh, MD	Janice Nall	Pepsi Beverages Company	Sutter-Yuba Mosquito & Vector Control
Barbara Taylor	Janna Castaneda	Perfect Union	Terrance Evans
Barbara Vardy	Jeff Swanson	Phyllis J. Hill	The Bride Church
Bear River Middle School	Jeff Poppinga	Ravjeet Basi	The Rainbow Girls, Assembly #10/Marysville
BFS Printing, Bulk Mail, Etc.	Jeffrey Hill	Reason Farms	Thomas A. Casey
Black Butte Lake Recreation Area	Jerry Gross, MD	Richard Rawson	Tom Lininger
Bob Bush	Jim Bean	River Bottoms Ministry	Tooth By Sunny Badyal
Bridge Church	Joe Desmond	River Oaks Dental	Toyota Amphitheatre
Bridge Coffee Company LLC	Jonathan Coke	River Valley Community Outreach Center	Valley Quilt Guild
Calvary Chapel of Yuba City	Karanbir Grewal, MD	Robbins Elementary School	Vanessa Parkhurst
Calvary Christian Center	Karen Menay	Robert and Winifred Bush	Vincent Hamilton, MD
Carrie Mitchell	Karmdeep Bains	Rotary Club of Marysville	Vital Life Partners
Cassandra Sweet	Katelyn Alvarez	Sandra Martinez	Wade Larue
Church of Glad Tidings	Kerry Palmer	Sarb Thiara	Walmart
Cindy Block	Kim Dokken	Say Love Sutter and Yuba	WinCo Foods
Colleen Pelfrey	Klaus Crafts	Sharon Fox	Yuba City School District
County of Sutter	La Unica's Fresh Mex	Sharon Mathews	Yuba County Water Agency
Crosspointe Christian Books	Lawrence Hearn	Shawn Lopez	Yuba Sutter Community Foundation
Cyndy Gordon	Leslie Bradley	Sherwin-Williams #8617	Yuba-Sutter Indo American Business Association
Daniel Chibaya	Lexis LaRue	Shirley Shimizu	
Danny Munger, DDS	Linda Bruce	Sierra Central Credit Union	
Ed Gonzalez	Lloyd Batham	Sierra Sacramento Valley Medical Society	
Edward Schulten	Lora Ceccon		
Englebright Reservoir	Lori Moody		

**SUPPORT ADVENTIST HEALTH AND RIDEOUT. GO TO
RideoutGiving.AdventistHealth.org**

Pediatrics

From the littlest toddler to the active teen, our pediatric expert is focused on supporting your child's dreams and adventures. Dr. Mark Sawyer brings vast skills and talents along with a deep commitment to helping your child to grow up healthy – physically, mentally and spiritually. We offer personalized care for your child for a variety of health concerns, including asthma management, developmental assessments and coordination of multi-specialty care as needed. From check-ups to immunizations, sports physicals, sick visits and much more, we are committed to health, wholeness and hope, especially for the little ones in your life.



Virtually meet Dr. Sawyer by checking out his video at AdventistHealthRideout.org/Pediatrics

Have you met Dr. Sawyer?

Dr. Mark Sawyer is a board-certified pediatrician who encourages you to share your concerns and questions so he can support the health and well-being of your child. Dr. Sawyer is a graduate of Yuba City High School. He graduated from Case Western Reserve University School of Medicine in Cleveland, Ohio, and completed his pediatrics residency at the prestigious Children's Hospital of Philadelphia.

Dr. Sawyer is focused on providing compassionate care for his patients. His office provides care for children from newborn to adolescents and teens, supporting health and wellness for children.

Services include:

- Newborn exams and care
- Well child check-ups
- Physicals – schools, sports, camps
- Immunizations, including flu shots
- Vision screenings (12 months and older)
- Asthma management
- Same-day sick visit appointments
- Developmental assessment
- Nutritional evaluations and referrals
- Teen health – behavioral and reproductive
- Coordination of multi-specialty care

In addition, Dr. Sawyer treats a wide variety of injuries and illnesses, including allergies and breathing problems, minor cuts, burns, sprains, digestive problems, rashes, infections and more.

Schedule an appointment today at our new location!

1231 Plumas Street | Yuba City, CA 95991
Phone 530-844-5675 | Hours: 8 a.m. – 5 p.m.
AdventistHealthandRideout.org/MSawyer

VISIT OUR NEW OFFICE!

1231 Plumas Street, Yuba City, 95991

Getting your child ready for life!



HERE IS HOW YOU AND YOUR CHILD CAN BE READY FOR HER VACCINES.

- Know what is next in the series, as scheduled by your pediatrician.
- Bring her favorite toy or blanket, and for older kids, be sure to prepare them for the visit.
- Be honest and tell him that it may pinch or sting, but it won't hurt for long. Remind him that vaccines help us to stay healthy.

Importance of immunizations

Children have an amazing ability to get into anything and everything. As a parent, you can't protect your child from everything out there, but you can protect them against 16 diseases – simply by ensuring that your child is immunized appropriately. Immunizations for children are scheduled at specific ages so that children are provided with immunity prior to being exposed to potentially life-threatening diseases. Even if the risk for your child to be exposed to a deadly disease is low, protecting your child from diseases such as measles, pertussis or other diseases through a vaccine gives them a measure of immunity if they are ever exposed.

If you have questions about the immunizations, please ask. Your pediatrician wants you to be informed and will provide vaccine statements for you to read. Sometimes, kids have mild reactions to shots, including pain at the injection site, fever or a rash. These are normal and usually go away soon. Check with your pediatrician if that is not the case.

The Centers for Disease Control and Prevention outlines a schedule for children that is carefully designed to provide protection at just the right time to prevent complications and to ensure that your child has the protection she needs before she is exposed to dangerous diseases. It can take weeks for a baby to make protective antibodies to fight disease, and some vaccines require multiple doses to be most effective.

Keeping track of your child's immunizations is important so that you can always have an updated copy for any school or child care needs, and you will always know what is next in the schedule for your child.

Breathe Easy



How early detection of lung cancer saves lives

Did you know lung cancer is the leading cause of cancer death, more than cancers of the breast, prostate, colon and pancreas combined? A study conducted by the National Cancer Institute (NCI) showed that screening people at high risk for lung cancer with low dose computed tomography (CT) scans reduced lung cancer deaths by 20%. Another study estimated that early detection and treatment of lung cancer could save more than 70,000 lives a year in the United States.

This is why Adventist Health and Rideout is proud to be the first in the Yuba-Sutter region to offer a lung cancer screening program in conjunction with a full range of treatment options for lung cancer.

Who is at risk for lung cancer?

Lung cancer has many contributing factors, which is why it is important to talk with your doctor and evaluate your risk. The most important thing that you can do to decrease your risk of lung cancer is to stop smoking. Following a healthy diet and getting regular exercise are also very important.

Yearly lung cancer screening is recommended for people who are most likely to develop lung cancer. Speak with your doctor about starting a screening program if either one of these groups describe you:

- Have a history of heavy smoking **and**
- Smoke now or have quit within the past 15 years **and**
- Are between 55 and 80 years old

If you do not fall within these recommendations for screening, you may still be at high risk for developing lung cancer. You should discuss your risk factors with your healthcare provider to decide whether screening would be recommended for you.

Simple, safe and painless screening

If you are a candidate for lung cancer screening, your physician will order a computerized tomography scan, commonly called CT or a CAT scan, a type of medical imaging that produces detailed images of a person's body. The lung cancer screening program takes a low-radiation dose CT scan of your chest to help find cancerous lung nodules. The screening exam is quick and painless, and does not involve any needles or intravenous contrast dye.

Early detection + precise treatment = great outcomes

Like all cancers, the key to improving lung cancer outcomes is early detection. Most people with early-stage lung cancer do not have any symptoms, which is why screening is important. Lung cancer is also highly curable if found early. Screening is not a one-time test. It's a process of repeat chest CT exams to look for suspicious lung nodules that develop or change over time.

At Adventist Health and Rideout Cancer Care Center, an affiliation between Adventist Health and the UC Davis Cancer Care Network, each abnormal finding from the CT scan is reviewed by a dedicated multidisciplinary team. The program brings together surgeons, pulmonologists, radiologists and oncologists. After review, our physicians will discuss the results with you and the best option for treatment or further evaluation. If treatment is necessary, the Adventist Health and Rideout Cancer Care Center offers personalized care with the support of a care coordinator and nurse navigator.

LEARN MORE ABOUT LUNG CANCER SCREENING

530-749-4429

ahrolung@ah.org

AdventistHealthRideout.org/CancerCenter

Our Medical Offices & Services

ADVENTIST HEALTH PHYSICIANS NETWORK CLINICS

PRIMARY CARE

Gridley Medical Group

225 Spruce Street, Gridley

Maralee Bowers, MD

Mark Sawyer, MD (Pediatrics)

James C. Brown, Jr., DO

Primary Care at Town Center

481 Plumas Blvd., Ste. 104, Yuba City

Yash Brar, MD

Vineet Gupta, MD

Jasbir Kang, MD

Jennifer Goforth, NP

Primary Care in Partnership with UC Davis

1215 Plumas St., Ste. 800, Yuba City

Daniel Brink, MD

Daryl Munzer, MD

Dennis Bechini, DO

Sandie Wilkins, FNP

Family Physicians

1233 Plumas St., Ste. A, Yuba City

Gregory W. Burt, MD

Shalini Gupta, MD

Mark Sawyer, MD (Pediatrics)

John McAvoy, PA-C

Christopher Pacheco, PA-C

Natisha Ram, PA-C

SPECIALISTS

General, Bariatric & Breast Surgery

481 Plumas Blvd., Ste. 202, Yuba City

Tejveer Dhillon, MD

Arturo Garcia, MD

Flora Varghese, MD

Mitchell Goettman, DO

Ryan Snyder Thompson, PA-C

Kendra Look, NP

Occupational Health & Drug Testing Services

1531 Plumas Ct., Ste. B, Yuba City

Rajpreet Dhesi, MD

Julie Castner, PA-C

Adrianna Marcus, PA-C

Octavio Penalzoa, PA-C

Susan Ulaner, PA-C

Orthopedics

370 Del Norte Ave., Ste. 201, Yuba City

Guy Rudin, MD

Sukhdeep Sagoo, DO

Clarissa Rosario, FNP

Podiatry

370 Del Norte Ave., Ste. 203, Yuba City

Robert Liddiard, DPM

Urology

370 Del Norte Ave., Ste. 201, Yuba City

Ahmed Alghrouz, MD

John Wang, DO

Nicholas Jordan, PA-C

Martha Kilkenny, FNP

Women's Health

1007 Live Oak Blvd, Ste. B2, Yuba City

Gary Bernard, DO

Ross Hanchett, MD

Madeline Lovrensky, PA-C

ADVENTIST HEART AND VASCULAR INSTITUTE

Cardiothoracic Surgery

401 I St., Marysville

Patrick Griffith, MD, MBA

Baron D. Harper, MD, FACS

Jamison Early, PA-C

William Gadea, PA

Interventional Cardiology

414 G St., Ste. 108, Marysville

Babak Sanei-Fard, MD

414 G Street, Ste. 221, Marysville

Karanbir Grewel, MD

Steve Kotarek, PA-C

Interventional Cardiology & Vascular Medicine

414 G Street, Ste. 106, Marysville

Amit Bahia, MD

Dilbahar Mohar, MD

Bethany Louque, NP

General Cardiology

414 G St., Ste. 208, Marysville

Michael Chin, MD

Jennifer Duncan, NP

481 Plumas Blvd, Ste 201, Yuba City

Narinder Bajwa, MD

Rupinder Brar, MD

Inder Mohan Singh, MD

Vascular Surgery

414 G St., Ste. 112, Marysville

Gordon Andrew Macbeth, MD

Mabel Chu, MSPH, DO

Weliya Bejiba, FNP-C

ADVENTIST HEALTH AND RIDEOUT CANCER CARE CENTER

Medical Oncology and Hematology

618 5th St., Marysville

Ammara Tariq Gill, MD

Hoa Pham Nguyen, MD

Shushma Pant, MD

Prathima Prodduturi, MD

Khine Zar Win, MD

Radiation Oncology

618 5th St., Marysville

Alison Bevan, MD

C. Michael Wilkinson, MD

LABS

Adventist Health and Rideout Lab (Hospital)

726 4th Street, Marysville

Marysville Lab

414 G Street, Suite 102, Marysville

Town Center Lab

481 Plumas Blvd., Suite 105, Yuba City

Plumas North Draw Station

1233 Plumas Street, Suite B, Yuba City

OUTPATIENT RADIOLOGY AND IMAGING SERVICES

Center for Women's Imaging

945 Shasta St., Suite 150, Yuba City

SENIOR CARE SERVICES

The Fountains - Skilled Nursing and Rehabilitation Services

1260 Williams Way, Yuba City

The Courtyard Assisted Living (Lic. #515000683)

1240 Williams Way, Yuba City

The Gardens Alzheimer's and Dementia Care Living (Lic. #515001365)

840 Washington Avenue, Yuba City

Adult Day Care at The Gardens (Lic. #515000753)

840 Washington Avenue, Yuba City

To learn more, visit AdventistHealth.org/Rideout/Services

NEW

Urgent Care Opening in September!

520 Bogue Road, Yuba City, CA 530-844-5660

Please welcome our new providers



**Maralee
Bowers, MD**
Family Medicine



**James C.
Brown, Jr., DO**
Family Medicine



Patrick Griffith, MD
Cardiothoracic
Surgery



**Robert
Liddiard, DPM**
Podiatry



**Madeline
Lovrensky, PA-C**
Women's Health



**Adrianna
Marcus, PA-C**
Women's Health



Natisha Ram, PA-C
Family Medicine



**Clarissa
Rosario, FNP**
Orthopedics



**Inder Mohan
Singh, MD**
Interventional
Cardiology



**Deepika
Sankaran, MD**
Neonatology



**Ryan Snyder
Thompson, PA-C**
General Surgery



Sandie Wilkins, FNP
Family Medicine

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