

HEALTHY

Living

Sonora Regional
Medical Center

Adventist
Health

SONORA REGIONAL MEDICAL CENTER

FALL 2015



A heart
for *good*
medicine

*Sonora Regional
Medical Center's
newest cardiologist
loves helping people get
a second chance at life.*

4

Walk-In Clinics

- Prompt Care
- Angels Camp 736-9130
- Indian Rock 532-3167

Angels Camp

- Angels Camp Family
- Medical Center 736-0249
- Angels Camp Orthopedics 736-1147

Arnold

- Arnold Family Medical Center 795-1270

Groveland

- Groveland Family
- Medical Center 962-7121

Sonora

- Cedarwood Internal Medicine 536-5070
- Center for Wound Care 536-5196
- Foothill Pediatrics & Family Practice 532-5524
- Foothill Specialty Group 536-5760
- Forest Road Health & Wellness Center
- Primary Care 536-5100
- Specialty Care 536-5110
- Dental Care 536-5140
- Pediatric Care 536-5120
- Walk-in Clinic 536-5130
- Greenley Primary Care 536-3320
- Hillside Internal Medicine 536-5060
- Hillside Internal Medicine 2 536-5065
- Hospice of the Sierra 536-5685
- Job Care Occupational Health 536-3780
- Mountain Medical Family Practice 536-5770
- Sierra Cardiology 536-3240
- Sierra Internal Medicine 536-3738
- Sierra Internal Medicine 2 536-5790
- Sierra OB/GYN 536-3750
- Sierra Orthopedic Institute 532-0126
- Sierra Vascular and General Surgery Associates 536-5750
- Sonora Oxygen and Medical Supply 536-3760
- Sonora Regional Cancer Center 536-5155
- Sonora Regional Home Health 536-5700
- Sonora Regional Imaging Center 536-5180
- Sonora Regional Surgery Center 536-3790
- Yosemite Joint Replacement and Orthopedics 536-5780

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People make the difference

ANDREW JAHN, PRESIDENT AND CEO, SONORA REGIONAL MEDICAL CENTER



When you think about health care, what comes to mind? A modern hospital? Sophisticated medical equipment? The reassuring experts helping you get well?

At Sonora Regional Medical Center, we're blessed to have all three. And we continue to grow. Work on our new Outpatient Pavilion and Cancer Institute is underway. And the changes taking place in our emergency department will improve our ability to provide lifesaving medical care.

You can read more about those projects on the next page. But neither of them would be possible without support from our community. That includes generous donors like George White, whose \$3 million estates gift is helping the new Diana J. White Cancer Institute take shape.

Bricks and mortar—as well as technology—are essential parts of medicine today. But when it comes down to it, health care is about people. People seeking help in a time of need. And the people who provide that help.

Recently, we've been lucky enough to recruit several new doctors to the area. In this issue, we'll introduce you to cardiologist Atul Ramachandran, MD, who moved here with his wife and twin sons from Omaha, Nebraska. OB/GYN Chrystal Bradley, MD, comes to us from the LA area with a passion for women's health. And you'll meet husband-and-wife family doctors Maryal Concepcion, MD, and Jeremiah Fillo, MD, who are making their dream of providing health care to a rural community come true.

Each brings unique skills and talents to our team. But as you'll learn, connecting with people is what drew all of them to medicine. And today, it gives all of their careers meaning.

We're fortunate to have them, just as we're fortunate to serve you. It's people who make all the difference.

Blessings,

Andrew D. Jahn
President and CEO

for Work ~~in~~ progress

Inside and out, construction crews are on the job at Sonora Regional Medical Center. They're expanding and updating the emergency department (ED). And they're building the new Outpatient Pavilion and Cancer Institute. Here's a quick look at how the work is going!

Outpatient Pavilion

○ JULY 2015

Groundbreaking.

○ SEPTEMBER TO OCTOBER 2015

Demolition.

○ SPRING 2017

Pavilion opens!

Emergency Department

PHASE 1

November 2015 to February 2016. Adding five rooms and two new triage spaces.

PHASE 2

March to June 2016. Refurbishing the hospital lobby.

PHASE 3

July to September 2016. Adding new paint and flooring.

SEPTEMBER 2016: ED IS DONE!

Good to know!

Q What will be in the new Pavilion besides the Cancer Institute?

A The Pavilion will also house primary care physicians, along with diagnostic imaging, lab services, rehabilitation services and a bistro with dining options.

Q What will happen to the old spaces those services occupied?

A The Medical Center will be able to add more services for patients. And areas such as human resources and administration will move to make room for inpatient growth.

Q Will the ED be open during renovation?

A Absolutely. There will be noise and some changes in how patients move through the ED. But we will still be here to take care of you.

Q Where should I go if it's not an emergency?

A Our Prompt Care clinics in Sonora and Angels Camp are open from 8 a.m. to 6 p.m., seven days a week. No appointment is needed.

Numbers to note

4 Additional chemo beds in the new Cancer Institute.

3 Additional exam rooms in the new Cancer Institute.

31% Expected increase over the next 10 years in cancer-related health care that will be delivered in outpatient settings nationally.

60 Patients per day the ED was originally built to serve.

95 to 130 Patients per day the ED currently serves.

31,000 ED patients in 2014.

36,000 ED patients expected in 2015.

A heart for **good me**

Meet the Medical Center's newest cardiologist

For Atul Ramachandran, MD, one of the most rewarding parts of his job is seeing someone's heart health go from weak to strong after treatment. "That's the best feeling," he says. "They're getting a second chance."

As the newest cardiologist at Sierra Cardiology, he knows all about new beginnings. He and his family moved to Sonora from Omaha, Nebraska, this summer. But you might say his journey here began on the other side of the world.

Following his heart

Dr. Ramachandran was born in India, where his mother was a nurse. But she moved to Nebraska for work when he was just 7. And the rest of the family followed soon after.

When he started college, he says, he wasn't at all sure he was going into medicine. But a part-time job helped him discover his future career.

To help pay for school, he worked for a service that processed EKG test results. He was hooked. Watching the cardiologists work, he admired how skilled and caring they were. "I saw how they could help people," he says.

In 1991, Dr. Ramachandran graduated from Creighton University School of Medicine and completed his residency there. And he stayed in the area to practice.



Nathan, Atul, Jyoti and Shan Ramachandran

A fresh start

When he heard about an opening in Sonora, Dr. Ramachandran already knew he liked the area. His family had recently vacationed among Yosemite's pristine peaks and waterfalls. "You're just humbled by the beauty of everything," he says.

The timing was perfect. His wife, also a doctor, had by then finished her residency. And their twin sons were still young enough to be excited about a cross-country move.

Sierra Cardiology was a great fit. Dr. Ramachandran was impressed by the team of experienced, skilled heart specialists who've chosen to call Sonora home. "They're growing and providing excellent care for the region," he says.

Practicing his passion

In his new practice, Dr. Ramachandran helps diagnose and treat a variety of heart problems. And he puts a lot of his own heart and soul into that work. The chance to help people feel better and ease their minds is truly fulfilling, he says.

He also loves the challenge. "In cardiology, you have to synthesize a lot of information," he says. "It's a kind of detective work to look at different tests and figure out what's wrong."

And he enjoys the wide variety of people he gets to meet—from city to rural backgrounds, from 18-year-olds to his oldest patient of 103.

He sees patients as partners. It's his job to provide compassionate care that's backed up by solid evidence—while patients work to

dicine



For an appointment with a cardiologist, call Sierra Cardiology at 536-3240.

make lifestyle changes that can improve their heart health.

An active, healthy lifestyle isn't just what he prescribes for others. When he's not with patients, you might find Dr. Ramachandran with his wife and sons walking, cycling or playing sports.

In Sonora, they've found a warm, welcoming home. "The people are nice, and the town itself is very beautiful," he says. "I'm glad to have this opportunity."



It's all right here

If your heart ever needs the best of care, you won't have far to go.

At Sonora Regional Medical Center, you have easy access to experts. They use their experience and state-of-the-art equipment to prevent, diagnose and treat many heart conditions. The Medical Center offers cardiac rehab, pulmonary rehab and a complete range of heart tests.

Plus, it has the area's only cardiac catheterization lab. There, doctors are able to perform angiography, a procedure that helps detect blocked arteries. And they can implant pacemakers on the spot to help regulate heartbeat.



Meet the team at Sierra Cardiology

Your heart is in good hands with these experts:



James L. Comazzi, MD, founded Sierra Cardiology in 1983 and has been practicing

medicine for 30 years. He grew up in El Sobrante and completed his medical school, residency and fellowship at Loma Linda University.



Rajiv Maraj, MD, attended medical school in South Africa and received more medical

training in the United Kingdom. He then did residency and fellowships in Pennsylvania and California. He's been practicing in Sonora since 2007.



Eric Hemminger, MD, has been providing care for patients in Sonora and

Angels Camp since 2010. He attended medical school at UC San Diego and did his fellowship in cardiovascular disease at Harbor-UCLA Medical Center.



Shalom Eugene Margolis, MD, graduated from the University of Colorado School of Medicine. He

completed his residency and fellowship training at Wadsworth Veterans Administration Medical Center. He's been practicing in Sonora since 2001.

A labor of love

New OB/GYN brings passion for women's health to her work



Food. Water. Shelter. These, we're taught, are the necessities of life.

But Chrystal Bradley, MD, Sonora Regional Medical Center's new OB/GYN, believes there's a fourth. It's health care. "I approach health care not as something just for a certain segment of the population, but as a basic necessity," she says. "It's important to me that everybody has access to it."

A tradition of caring

Dr. Bradley was born and raised on Vancouver Island, British Columbia. In Canada, her father's work as a family physician helped spark her own interest in medicine.

"I enjoyed seeing the connection he had with his patients," she says. "And I was interested in the sciences. Medicine seemed like the perfect combination of intellectual stimulation and getting to have those relationships with people."

At Keck School of Medicine at the University of Southern California (USC), Dr. Bradley was drawn to

To schedule an appointment with Dr. Bradley, call 536-3750.

obstetrics and gynecology. "Part of it was wanting to play an important role in the lives of women," she says. She wants to educate women about their bodies—and be there for them during vulnerable times.

Settling in to her new home

Dr. Bradley began seeing patients at Sierra OB/GYN and Forest Road Health & Wellness Center this summer. She is currently the only female OB/GYN in the county.

With her husband, Justin; daughter, Adele; and son, Jonny, Dr. Bradley is enjoying Sonora's slower pace and healthy outdoor activities. She's looking forward to skiing at Dodge Ridge this winter. And after eight years with little time for camping during medical school and residency, "We just bought the big family tent," she says. "And we hope to use it a lot."

Reaching out

Volunteering at a clinic in Guatemala a few years back confirmed Dr. Bradley's desire to help women who lack access to health care. She plans to share her medical talents with the wider world too. The Spanish skills she honed during her residency at LAC + USC Medical Center should be a big help. *¡Buena suerte, Dra. Bradley!*



Better together

Husband and wife team join Arnold Family Medical Center

Maryal Concepcion, MD, and Jeremiah Fillo, MD, make a great team—whether they're doing laundry or practicing medicine.

The couple, married since 2012, are the newest physicians at Arnold Family Medical Center—and happy to be here. From their very first visit, they could imagine calling the area home.

“We loved what we saw,” says Dr. Fillo. “We liked the community, and we definitely wanted to come see how we'd fit in.”

Small-town dreams

Dr. Concepcion and Dr. Fillo grew up in California. But they met in medical school at Creighton University in Omaha, Nebraska. From there, both did their family medicine residencies at the Valley Consortium for Medical Education in Modesto.

But they always had their eyes on a rural setting. In larger cities, Dr. Fillo says, family doctors often refer patients to specialists for much of their care. “We like being in a smaller community where we're able to provide a full spectrum of things we've been taught over the years,” he says.

In a community like Arnold, they won't just see their patients at annual checkups. They'll pass them on the street, say hello and truly get to know them. That's something special.

“It's a richness that you can't find every day in a regular doctor's office,” says Dr. Concepcion.



In their free time, Maryal Concepcion, MD, and Jeremiah Fillo, MD, enjoy hiking.

At work and play

Besides working in Arnold, Dr. Concepcion also spends time practicing at the Forest Road Health & Wellness Center Specialty Clinic (the rural health clinic in Sonora) and performing colonoscopies at Sonora Regional Medical Center.

In their off time, they're eager to get involved in the community. And they plan to take advantage of the area's many outdoor activities.

“We really enjoy hiking, and we've been going without it the last few years living down in the valley,” says Dr. Fillo. “We're looking forward to having it available right outside the door.”

“We're just excited to be here,” adds Dr. Concepcion.

Fast facts about the doctor duo

- Dr. Concepcion's first name—Maryal—is a combination of her mother's name, Mary, and her father's name, Al.
- Dr. Fillo is an avid soccer player. “That's what he truly looks forward to each week,” says Dr. Concepcion.
- They love to travel and explore other cultures. Their most recent trip was to England and Scotland.
- They have two “fur babies”—Ellie the pup and Cabo the cat.

For an appointment with Dr. Fillo or Dr. Concepcion, please call the Arnold Family Medical Center at 795-1270.



What's growing on?
Check out our
expansion.

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Live Well Be Well Center

Event calendar

For a full schedule, go to www.sonoramedicalcenter.org
or email Amy Rolston at Amy.Rolston@ah.org.



Health and wellness

Cardiac Rehab and Exercise Maintenance Live Well Be Well Center, Cardiac Rehabilitation Center, 19747 Greenley Road Price based on health insurance

Regain confidence and quality of life through exercise, education, good nutrition, lifestyle modification, stress management, medication and weight management. **536-3721**

Heartsaver First Aid/CPR

Two sessions, 5:30 to 9 p.m.

\$65 (Medical Center employees: \$35)

If you have a duty to respond to a first aid or cardiac

emergency because of job responsibilities or regulatory requirements or for those who want training for their personal knowledge and preparedness. **536-3230**

Lamaze

For expecting mothers to learn how to cope with labor pain in ways that both facilitate labor and promote comfort. **310-694-4133**

Live Well Be Fit Tuesdays and Thursdays, 9 to 10 a.m. Tuolumne County Senior Center, next to the Public Library \$10/month

Helps improve overall physical endurance, balance, strength and flexibility.

Living Well Fitness Tuesdays and Thursdays, 10:30 to 11:30 a.m. and 11:40 a.m. to 12:40 p.m. Live Well Be Well Center, 19747 Greenley Road \$30/month

Great exercise program for those who haven't exercised in a long time or are living with a chronic disease. Call to reserve a spot.

Smoking Cessation Live Well Be Well Center, Pulmonary Rehabilitation Clinic, 19747 Greenley Road \$125 for 8 sessions (Medical Center employees: free)

Kick the habit for life. **536-3726**

Wellness Class

punch cards may be purchased at any class for \$70 for the full card or \$7 for each punch.

Classes that were in the Education Center have moved to 4 S. Forest Road, Sonora.

Total Fitness Boot Camp

Tuesdays and Thursdays, 4:30 to 5:30 p.m. and 5:30 to 6:30 p.m., 4 S. Forest Road **\$7 per class = 1 punch on punch card**

See how fit you can become with aerobic exercise adjusted to your fitness level. 28 participants max. Call to reserve a spot.

Whole Life Fitness for Seniors Mondays, Wednesdays and Fridays, 9 to 10 a.m.

Tuolumne County Senior Center \$24/month or \$4/class (12 weeks)

A fun and social class to keep you active and healthy into your golden years.

Yoga Mondays and Wednesdays, 5:30 to 6:30 p.m., 4 S. Forest Road \$7 per class = 1 punch on punch card

Tone your body and reduce stress with gentle stretching and breathing exercises. Bring your own mat.

For information about any class or support group, call Amy Rolston at **536-3727** or email Amy.Rolston@ah.org.

Support groups

Adult Diabetes Management

Managing type 1 or type 2 adult diabetes. **536-3728**

Bereavement

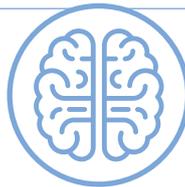
A 10-week support program for adults facilitated by trained grief support staff. **536-5687**

Cancer

Teaches coping skills and provides a place for people to share concerns and receive emotional support. **536-3717**

Freedom from Smoking

For those ready to quit for life! **536-3726**



The Marvelous Mind

Focuses on understanding and responding to depression using a whole-person approach. **352-8776, 536-3727**

Mended Hearts

For heart patients, families and caregivers. Helps patients with the emotional recovery from heart disease. **536-3721**

Neurological

For people who have experienced stroke, brain injury, Parkinson's, Guillain-Barré or multiple sclerosis and for their friends, families and caregivers. **536-5046**

Ostomy

For ostomy patients, families and caregivers. Helps patients improve their quality of life. **536-3283**

Weight-Loss Surgery Support

If you have had or are considering bariatric surgery. **536-5041**

Keep in touch with us



Physician referral line: 536-3344



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