

HEALTHY | Living

SONORA REGIONAL MEDICAL CENTER

Sonora Regional
Medical Center

Adventist
Health

SUMMER 2015

Leaving
*back
pain*
behind

4

*Sam Hill sought
treatment for his
pain—and got
his independence
back*



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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We're stronger together

ANDREW JAHN, PRESIDENT AND CEO, SONORA REGIONAL MEDICAL CENTER



In recent years, Sonora Regional Medical Center has been blessed with the resources to invest in special programs that enrich services like spine surgery, sports medicine and physical therapy in our community.

For over a decade, we've partnered with Northern California Spine Institute to provide advanced spine care here in Sonora. We're lucky to have the Spine Institute's surgeons operating in Sonora on a weekly basis and their pain management specialist, Garth Greenwell, DO, here five days a week.

The Spine Institute's surgeons, Joseph Grant, MD, and Kevin Booth, MD, have been strong, longtime supporters of the Medical Center. Working with them, we've invested in new equipment and grown the surgical program by assisting with the recruitment of a new spine surgeon, Julie Long, MD, and a neurosurgical physician assistant, Edman Fuentes, PA-C. He assists in the operating room and provides post-

surgery follow-up care here in town.

All this means you'll find the expertise you need right here when the time comes. That's what Sam Hill discovered when he was faced with severe back pain. You can read his story of recovery on page 4. And you can learn how we're bringing an innovative injury prevention program to local high school athletes on page 6.

We are committed to providing excellent care and are always looking for opportunities of growth in our community and better ways to serve you.

Blessings,

Andrew D. Jahn
President and CEO

Don't miss out on Joie de Vie!

Treat yourself to a wonderful evening of entertainment and fine dining at Ironstone Vineyards. And help support high-quality cancer care close to home.

Join us for the 15th annual Joie de Vie Gala on Sunday, Oct. 18. This special event will feature live music. And you'll have a chance to win great items in a silent auction.

The money raised will help create a new home for the Sonora Regional Cancer Center, slated to open in late 2016 or early 2017. And it will help fund state-of-the-art treatment technology.

We'll also congratulate this year's winners of the Irving Symons Award for outstanding community service.

To sponsor a table or learn more about this year's gala, call 536-5029. We hope to see you there!



**Come together
for breast cancer
awareness**

Great giveaways for the first 250 people to register. Super deals from local businesses. And live entertainment too. Come out for this—and more—at the third annual Ladies Night Out in downtown Sonora on Thursday, Oct. 1.

Hosted by Sonora Regional Medical Center, “this event is a celebration of breast cancer survivors,” says Lindsay Brewer, director of marketing. “It’s also a way to spread the word about the importance of detecting breast cancer early with regular screening.”

Staff from both Sonora Regional Cancer Center and the Center for Breast Health will be on hand to answer questions. And a memorial candle lighting will honor those who have faced this common cancer.

**MARK YOUR
CALENDAR
Ladies Night Out
Thursday, Oct. 1
4:30 to 6:30 p.m.
Downtown Sonora
Call 536-5021 to
sign up. Men are
welcome too!**



New lab is just what the doctor ordered

More space, easier check-in and fast service.

That's what people using Sonora Regional Medical Center's outpatient lab can expect in its new home. To help make room for the Medical Center's emergency department expansion, the lab is moving to the Professional Center attached to the Medical Center. Patients can park in the main lot and enter by the Community Pharmacy.

Laboratory director Gene Scott says the new lab is easy to get to. Plus, there are now three blood draw stations instead of one. And there are dedicated registration staff to help patients check in. All of this means you'll be able to get in and out quickly when you need lab tests.

The lab is located at 900 Greenley Road, Suite 920. It's open Monday through Friday, 7 a.m. to 5 p.m. This location will begin seeing patients in late August. Call 536-3600 with questions.

Need a test? Just walk in! No appointment needed.

BACK TO LIFE

Spine surgery helped Sonora man put back pain behind him

Sam Hill is no stranger to risk. As an undercover pilot for the U.S. Drug Enforcement Agency in the '70s, he risked his life in sting operations to nab drug runners from Mexico. In the early '80s, he flew a crop duster at 95 mph, 18 inches above the ground—at night.

But the 67-year-old knows he's not invincible. So when severe back pain limited his mobility, he weighed the risks of spine surgery carefully. A year later, he has no regrets about his choice to move forward. In fact, he says, "I wish I had done it earlier!"

Pain takes its toll

Grieving deeply after the death of his wife Lillis—his soulmate and best friend for 34 years—Hill retired in 2011 and moved in with his daughter Rickee. "I watched TV, gained weight, and my back started hurting," he recalls.

Eventually his pain was so severe he couldn't mow the lawn, ride his stationary bike or walk upstairs. "I could get up and move," he says. "But it hurt so bad, I didn't want to."

He sought help at the Center for Spine Health at Sonora Regional Medical Center. There, pain management specialist Garth Greenwell, DO, prescribed cortisone injections. It's one of the

Struggling with back pain? Get a free consultation at the Center for Spine Health. Call 536-3366. Most patients are back to work in 4-6 weeks.

first-line treatments the center's specialists use.

The cortisone relieved Hill's pain successfully for about 18 months. But when the pain advanced to a stage that injections no longer helped, Dr. Greenwell knew it was time to evaluate Hill for surgery.

Moving ahead

Like any patient considering spine surgery, Hill underwent imaging tests and thorough physical exams first to make sure it was the right option. And thanks to a partnership with Northern California Spine Institute, he was able to do it all right here in Sonora.

He was a perfect candidate. According to Hill's orthopedic surgeon, Joseph Grant, MD, two disks in Hill's spine were crushed together, painfully grinding the nerves. Dr. Grant recommended a procedure in which a plastic spacer is implanted in the spine to restore the height of the disks.

The Center for Spine Health uses a special program to help thoroughly prepare patients for



Back pain? To set up a center for Spine Health, call us. You don't need a referral.

surgery. It's based on Center of Excellence criteria adopted by the Center for Joint Replacement. Each patient receives:

- A binder with details about the upcoming surgery.
- A class covering every step of surgery and recovery.
- Follow-up calls after surgery.
- Home health visits by nurses and physical therapists.

"The more people know in advance, the better," Dr. Grant says. "They're less apprehensive, and they do better after surgery."

The road to recovery

Dr. Grant performed Hill's surgery in April 2014. And Hill began physical therapy soon after.

Today, he lives on his own again—and is back to working full time. He considers himself completely recovered and hopes his story motivates others to seek out help.

"You have to balance the pain you have and the discomfort and the restrictions you have in your life with taking a risk," he says. It's a move he's glad he made.

Know your options

According to orthopedic surgeon Joseph Grant, MD, misinformation about spine surgery and fear of pain keep many people from seeking treatment. But "80 percent of people—maybe more—don't end up needing surgery," he says. "Their pain gets better with conservative treatments."

For those who need surgery, he says, modern technology helps prevent complications. And pain medications can help during recovery.

"If back or leg pain is limiting your enjoyment of life, have it checked out," Dr. Grant says. "There's a good chance you won't need surgery. But don't be afraid of it if you do."

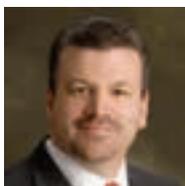
Meet our team



Joseph Grant, MD, orthopedic surgeon. Dr. Grant specializes in spinal reconstructive surgery, scoliosis and spinal deformity. He grew up in a family of carpenters—perhaps one reason he was drawn to orthopedic surgery. "We're sort of glorified carpenters," he says. "But we do carpentry on spine and bone."



Kevin Booth, MD, orthopedic surgeon. Dr. Booth specializes in spinal reconstructive surgery, scoliosis and spinal deformity. In his spare time, he enjoys flying, racing sports cars and fishing with his sons.



Garth Greenwell, DO, pain management specialist. Dr. Greenwell specializes in nonoperative and interventional management of spinal disorders, physical medicine and rehabilitation, and electrodiagnostic medicine. He served as a battalion surgeon for the U.S. Army's 1st Cavalry Division in Iraq, where he earned a Bronze Star.



Julie Long, MD, orthopedic surgeon. Dr. Long specializes in spinal reconstructive surgery, scoliosis and spinal deformity. She's an avid cyclist and hockey fan.

Homegrown sports story

In 1995, a rough landing helped Jessica Alkema land a career she loves.

Alkema, then a sophomore at Bret Harte High School, tried to spike a volleyball and crashed to the court. But the painful ankle injury that followed had a bright side. It got her thinking about pursuing sports medicine one day.

Now she's happy to help other athletes get back in the game.

"It's really rewarding to see that," she says. "It's a pretty amazing job."



Jessica Alkema, CSCS, PT



Game on!

Conditioning program helps high school athletes sidestep injuries

On the field or the court, high school sports can help teens win in more ways than one. They're a great way to learn team spirit and hard work. But for a healthy future, safety is the name of the game.

That's why the Center for Sports Medicine at Sonora Regional Medical Center is teaming up with local coaches to help athletes exercise some care.

Shape up to play on

Starting this fall, certified strength and conditioning coaches will visit Summerville, Sonora and Bret Harte high schools to teach specialized exercise programs to athletes. Current plans are to include baseball, basketball, cross-country, football, soccer, softball, swimming, track, volleyball and wrestling teams.

"We'll go through the entire program with them, show them how

to do all these exercises correctly and teach the coaches to look for good form," says Jessica Alkema, CSCS, PT, one of the therapists with the program.

Each team will learn a 15- to 20-minute routine they can do before practices and games. The routines are designed to help stabilize and strengthen joints and core muscles, Alkema says. And that can decrease the risk of ankle, hip and knee injuries.

Therapists will also be on the sidelines at some games—and able to consult with coaches if a player is injured.

On your side

The injury prevention program is just one of the ways the Center for Sports Medicine helps athletes of all ages, including:

- A concussion management program for youth athletes.
- Pre-season sports physicals.
- Tools to help athletes like runners, bikers and golfers reach peak performance.
- Treatment to help athletes bounce back from injury.

Discover more ways to raise your game! Call the Center for Sports Medicine at 536-5797, or go to www.sonoramedicalcenter.org.

Precious cargo

Use your child's safety seat correctly

Safety seats save lives—and no life is more precious than your child's. Taking steps to make sure that your child is properly restrained in vehicles can help prevent him or her from being one of the thousands of children who die or are injured each year in traffic accidents.

Four for safety

Practice these key safety seat recommendations from the National Highway Traffic Safety Administration (NHTSA):

1 **Infants** should be secured in the back seat in rear-facing child safety seats. They should travel that way until they reach the height or weight limit of the particular seat—at a minimum, until they're 1 year old.

2 **Toddlers** should ride in the back seat in forward-facing child safety seats when they outgrow rear-facing seats. They should use these seats until they reach the upper weight or height limit of the seat (usually at about 4 years old).

3 **Children** who outgrow forward-facing seats should ride in booster seats in the back seat. Kids should use boosters until the vehicle seat belt fits properly—the lap belt lies across the upper thighs and the shoulder belt fits across the chest (usually between 8 and 12 years old).

4 **Tweens** who have outgrown their booster seats can sit in the back seat and use adult seat belts if these fit properly. Remember: All children younger than 13 should ride in the back seat.

Be sure: Get checked

According to the NHTSA, 3 out of 4 kids are not as safe as they could be because their car seats are not being used correctly.

Have your child's safety seat inspected. Visit www.safercar.gov/parents and click on "Inspection Station Locator" to find the child safety seat inspection station nearest you. Or come to one of the inspections hosted by Sonora Regional Medical Center. Find dates and times at right.

Be sure: Get checked

Did you know there's an easy way to have your baby's safety seat inspected? And it's free!

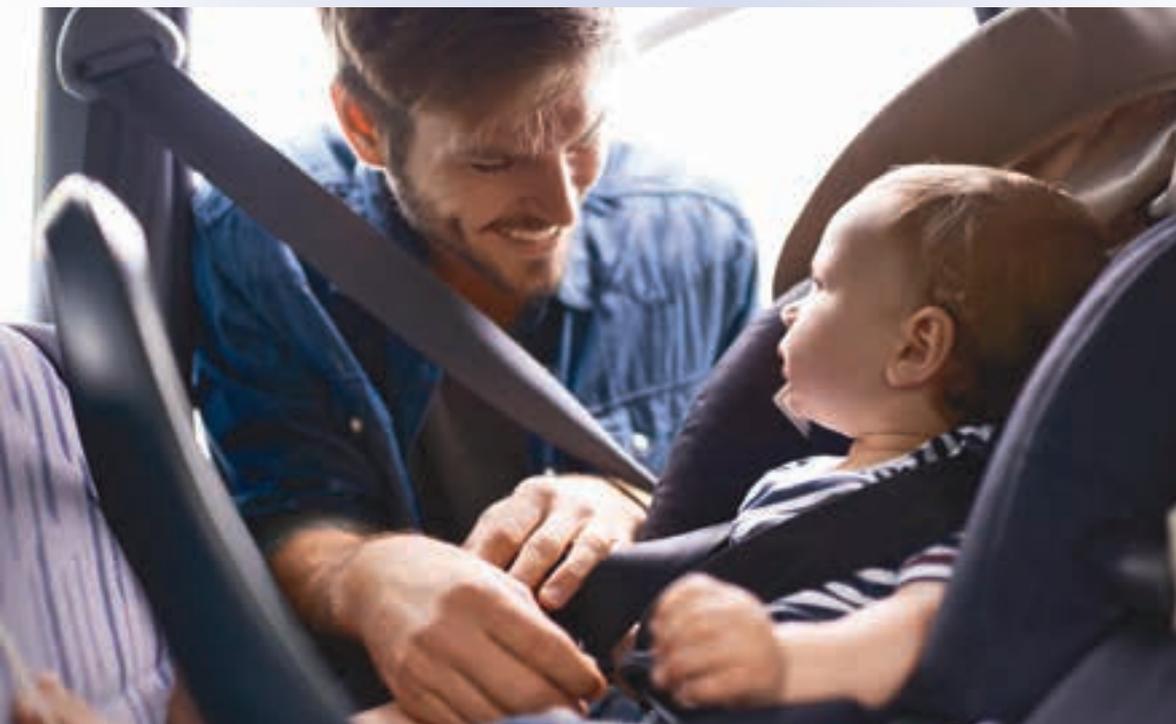
Once a month, Sonora Regional Medical Center hosts the California Highway Patrol for infant car seat safety training.

Appointments are on Saturdays, between 10 a.m. and 2 p.m. Just call the Birth Center at 536-3260 to RSVP.

Then come to the parking lot on the east side of the Medical Center.

Mark your calendar for one of these upcoming dates:

- Aug. 22.
- Sept. 26.
- Oct. 17.
- Nov. 14.
- Dec. 12.



Put
back pain
behind
you

See page

4

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) 536-3726

Kick the habit for life.

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

Total Fitness Boot Camp Tuesdays and Thursdays, 4:30 to 5:30 p.m. and 5:30 to 6:30 p.m., Education Center, 900 Mono Way \$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, next to

the Public Library \$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., Education Center, 900 Mono Way \$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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