

HEALTHY

living

SONORA REGIONAL MEDICAL CENTER

*Sonora Regional
Medical Center*

Adventist
Health

WINTER 2015

Heart *to* heart

*New cardiac monitor system
helps George Rich prevent
stroke and stay active*

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
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- Orthopedics 536-5780

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Investing in the community

ANDREW JAHN, PRESIDENT AND CEO, SONORA REGIONAL MEDICAL CENTER



When we hear the word *community*, we often think *home*. Our community is where we make a living, raise our families and look to our future.

At Sonora Regional Medical Center, we take the concept of community—and our role in it—seriously. As Tuolumne County’s sole hospital, we feel we have an obligation to provide the health care and services you and your family need to stay well right here, in the community you call home.

Our goal is to ensure you have access to high-level medical care that improves outcomes and helps you live the best life possible.

That requires a significant financial investment. Our capital plans include putting at least \$4 million into the hospital for facility improvements each year. This has already resulted in new equipment and a number of changes that benefit patients each day. For instance:

- We’re on the cusp of launching our \$36 million cancer pavilion. Roozbeh Mohajer, MD, will serve as medical director. (See page 6 to learn about our newest oncologist.) We’ve also obtained a permanent PET/CT scanner. This technology is instrumental in cancer diagnosis and treatment.
- Our recently acquired medical robot is making new procedures like MAKOplasty possible. It’s helping some patients avoid total joint replacement and return to active living.
- The Medical Center was one of the first in the state to offer a new cardiac monitoring system. (See page 4 for details.) It’s helping to prevent stroke by aiding in the diagnosis and treatment of other cardiovascular problems.

Of course, our new electronic medical records system was also an investment. The MyAdventist Health patient portal is especially exciting. It gives you access to your important health information and will help you take a more proactive role in your well-being.

There have been other additions too—and more will follow. It’s an ongoing process—one we’re privileged to spearhead. It’s what community is all about.

Blessings,

Andrew Jahn
President and CEO

High-tech scans make exams easier for cancer patients

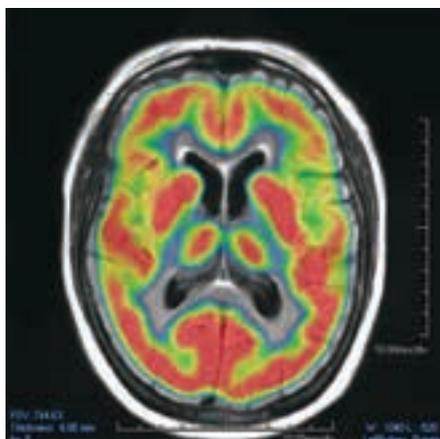
Sonora Regional Medical Center will soon unveil its own positron emission tomography (PET) scanner. This purchase was designed to help patients get scans more quickly and easily.

PET scans are tests that help doctors make diagnoses, stage cancer and assess treatment, among other things. For many years, Sonora has offered PET scans once a week through a mobile service. Patients who missed that date often faced long waits or long drives to other hospitals.

But this spring, the Medical Center's own scanner will be available Monday through Friday, says Jerry Kurtz, director of imaging services. The device features the latest computer system and software, Kurtz says.

This purchase represents a significant investment of more than a million dollars. The convenience for patients makes it well worth it.

"This demonstrates the hospital's commitment to our patients and our community," Kurtz says. "We're pretty excited about it."



'Dinner with a Doc' benefits Hospice of the Sierra



The fourth annual "Dinner with a Doc" event—a benefit for Hospice of the Sierra—was again a great success.

"We want to thank all the sponsors and guests for their support," says Gail Witzlsteiner, Foundation director at Sonora Regional Medical Center.

The evening of food and fun took place Feb. 7 at the Black Oak Casino Hotel & Resort. Guest chef Brenda Forrest, MD, an internal medicine physician and new chief of staff at the Medical Center, entertained the crowd as she demonstrated how to prepare the wild rice-stuffed boneless game hen that was served. There was also a box raffle, where attendees purchase a box with a number inside which directly correlates to an item in the auction. Everyone who purchases a box is a winner of items that are \$25 or more in value.

Hospice advisory board member June Diggle chaired the well-attended event.

Charitable donations help Hospice of the Sierra provide care to families, regardless of financial ability. You, too, can support this great cause through the Foundation. Learn more ways to give at www.sonoramedicalcenter.org. Look for "Giving Back."

Sonora Regional Medical Center: Top performer on key quality measures

Only 712 hospitals in the U.S. provide care for pneumonia that can be called exemplary. Sonora Regional Medical Center is one of them—and has been for three years running.

That's why The Joint Commission—the leading accreditor of hospitals—again named the Medical Center a *Top Performer on Key Quality Measures*. This designation is an official recognition of our successful, ongoing commitment to improving patient outcomes

through evidence-based care.

What does that mean for our community?

Most important, it means peace of mind. You can feel confident that the finest pneumonia care—using the best proven treatment measures—is available right here in Sonora.

Top performance: That's something the community can count on—and share our pride in—every day.

5,723 registered hospitals in the U.S.

712 hospitals named top performers

216 patients included in pneumonia measures in 2013

1 top performing hospital in Sonora—Sonora Regional Medical Center



The heart of the matter

New cardiac monitor system makes finding heart problems easier

It was brief, but scary.

Last March, the vision in George Rich's right eye changed. He could see, but things grew dark. Everything was shrouded in gray.

That was the first of three similar events that doctors would diagnose as transient ischemic attacks (TIAs)—what are sometimes called warning strokes. For Rich, the diagnosis left him with more questions than answers.

An ominous sign?

Like a full-fledged stroke, a TIA occurs when a clot blocks blood flow to the brain. It causes stroke symptoms, but they don't last long and there's no long-term damage.

What makes TIAs worrisome is that about one-third of those who have them have a more serious—potentially devastating—stroke within a year.

"I live a pretty healthy lifestyle," says Rich, who is in his late 60s and an avid runner. "So having TIAs was quite a surprise, and obviously not a good thing."

What was a good thing for Rich was that Sonora Regional Medical Center was one of the first hospitals in California to offer ground-breaking new cardiac technology: Medtronic's Reveal LINQ Insertable Cardiac Monitor (ICM) System. This heart monitoring system can detect the cause of TIAs and stroke when other monitors can't.

All about the beat

The Reveal LINQ ICM is designed to provide long-term heart rhythm monitoring. It was brought to the Medical Center through the efforts of cardiologist Eric Hemminger, MD.

Heart rhythm monitoring is important for stroke and TIA patients because it can identify atrial fibrillation, or A-fib. This is common in older adults. An irregular beat causes the heart's upper chambers—the atria—to quiver rather than beat normally. As a result, blood can pool and form a clot, which can travel to the brain.

"There's always been a suspicion that many of the patients that have unexplained stroke actually have atrial fibrillation that they don't know they have," says Dr. Hemminger.

Simpler, smaller

Holter monitors, which also track heart rhythms, have existed for years. But they are worn outside the body, are rather large, and are best suited for short-term use.

Additionally, because A-fib may occur only sporadically, these monitors can miss it. And without a confirmed diagnosis, doctors won't prescribe the blood-thinning drugs that could prevent clots, because the risks of the medication would by all appearances outweigh its potential benefits.

Other implantable devices do exist. While they're less conspicuous than Holter monitors, they are less than ideal in many patients' minds because they're fairly large and putting them in place requires surgery.

The Reveal LINQ ICM's size—it's similar in size to a AAA



battery, but thinner—and the ease with which it can be placed have revolutionized this technology.

“It’s literally injected with a little tool that just goes under the skin” on the left side of the chest, says Dr. Hemminger. It doesn’t require surgery, sedation or stitches, and the entire procedure takes about 30 minutes.

Once it’s implanted, most people aren’t aware the device is there. They can go about normal activities while the monitor provides data that may be lifesaving. It monitors continuously for up to three years.

From the heart

With the monitor comes a console that patients place near their bedside. While they sleep, it downloads data from the monitor and uploads it to a website via cell signal.

The next morning, doctors log on to the site



Eric Hemminger, MD

Heart Fest 2015

Heart Fest will take place on Feb. 26 from 4 to 7 p.m. Join us for this fun event focused on the heart. We will have an inflatable MEGA Heart to provide an interactive experience and increase people’s awareness of America’s No. 1 killer: heart disease. Visitors will step inside the human heart, learn about cardiovascular functions, and observe examples of the types of heart disease. From 5 to 6 p.m., there will be a healthy dinner and a seminar, led by Eric Hemminger, MD. There will be displays, screenings and other Medical Center services to help you to better understand heart health. If you have any questions about the event, please call **536-5028**.

to see what the monitor recorded. They can also program the system to alert them with a text message or phone call.

It may be months before a problem is found. And it’s possible none will be. But if it is, doctors can get people on medications that may lower their stroke risk and improve any abnormal rhythm.

The monitor can even track how well treatment is working. And it’s not just helpful for people with A-fib. Doctors use it in patients with unexplained fainting spells, palpitations and other problems as well.



George Rich and his wife, Phyllis, hiked and climbed at the Matanuska Glacier.

It’s personal

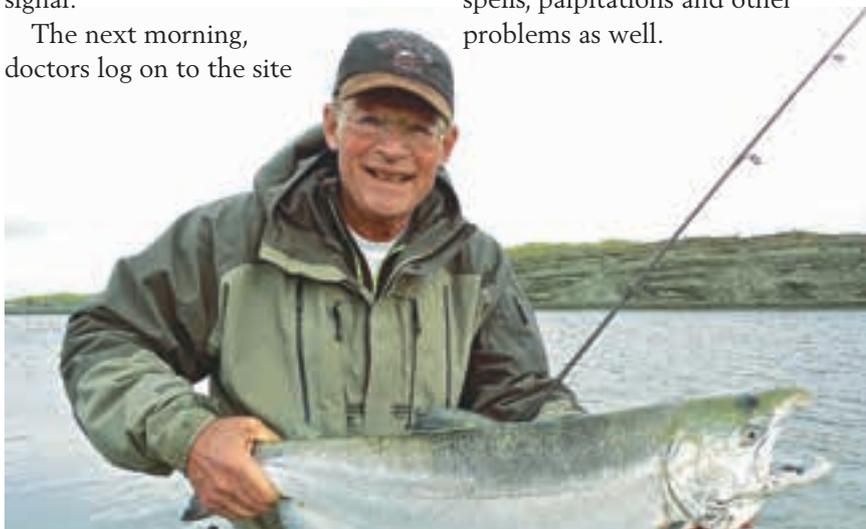
For Dr. Hemminger, bringing this device to the area was part of a personal mission. He lost his mother-in-law to a stroke caused by A-fib after repeated tests failed to find it.

“I firmly believe that if this technology had existed a couple of years ago when this was happening, it probably could have saved her life,” he says.

Now he’s confident it will help save others. And one of the others might be George Rich. He received his monitor in October. At the time of publication, it hadn’t yet identified a heart problem. But it’s reassuring for Rich to know the monitor is there.

“I go about life as normal, knowing that if there is an issue, the device will alert my physician,” he says.

After all, that’s the first step in doing something about it.



George Rich is free to enjoy his big catch along the Tsiu River, knowing the Reveal LINQ Insertable Cardiac Monitor will catch any problems with his heart rhythm.



To schedule an appointment with Anahid Hekmat, MD, call 536-3680. For an appointment with Roozbeh Mohajer, MD, call 536-5155.

and a neurophysiology fellowship at Chicago's Rush University Medical Center. She began to focus on sleep medicine while studying the brain's electrical waves. That led to a fellowship at Stanford University Medical Center, where sleep research was pioneered.

"We are becoming more aware of the importance of a good night's sleep," Dr. Hekmat says. Sleep problems can affect quality of life and everything from heart health to memory and mood, she says.

Dr. Mohajer also completed a residency and fellowship training in Chicago. His training and experience includes the treatment of blood disorders (hematology) and of cancer (oncology). He has a special interest in lung and breast tumors, as well as other solid tumors.

Doctor duo

Meet Sonora Regional Medical Center's two newest experts

For Anahid Hekmat, MD, and Roozbeh Mohajer, MD, moving to their new home in Sonora has been quite a change from the places they have recently lived, such as Chicago and San Francisco. But trading high-rise surroundings for foothills is fine with them.

The married couple joined Sonora Regional Medical Center last fall, drawn in part by the natural beauty here. But the move also represents the next step in their shared dream—to make a difference in people's lives as physicians. Dr. Hekmat is a board-certified neurologist and sleep medicine specialist. Dr. Mohajer is a hematologist-oncologist and hospice and palliative medicine specialist.

Crossing paths

As a child, Dr. Hekmat was fascinated by the mysteries of the human brain. "I wondered things like, 'How does it work? How is it that each person has an individual world inside? And what about dreams?'" she says. Her questions eventually led her to study neurology at Shahid Behesti University of Medical Sciences—where she met Dr. Mohajer.

Growing up, Dr. Mohajer felt compelled to be of service to others. "I wanted to do something where I could help people," he recalls. "Later I figured out that one of the fields where you really could make a difference is medicine."

Dr. Hekmat went on to finish a residency in neurology

Ready to help

Dr. Hekmat practices at Greenley Oaks ENT and uses sleep studies to diagnose and treat sleep apnea (when breathing stops in sleep) and other problems that disrupt sleep.

"I like talking with my patients and getting to know them and their lifestyles," she says. "These details matter when it comes to their sleep."

Dr. Mohajer also takes a holistic approach to treating his patients. "Of course we consider the standards of care," he says. "But at the same time, we have to individualize care based on a patient's need and the dynamic of a situation. That's the art of medicine. You can't get that from a computer."

Dr. Mohajer will also be the medical director of oncology services. And he will help lead the way when a new cancer center is built at Greenley Road and Mono Way. "It will be state-of-the-art and more convenient for patients," he says.

Set to explore

Drs. Hekmat and Mohajer love the outdoors and are excited to hike, ski and explore the area. They also enjoy classical music and independent films.

"We are looking forward to serving this community," Dr. Mohajer adds.



Anahid Hekmat, MD



Roozbeh Mohajer, MD



Radiologists make Sonora home

There's a lot to be said for working in a smaller area around friendly people with lots of outdoor activities close at hand. Just ask the two newest radiologists at Sonora Regional Medical Center.

Michael Maiman, MD, and Jason Hwang, MD, both came to Sonora—at least in part—for the more rural setting. But there are professional reasons too.

For instance, at the Medical Center, they handle a wider range of cases and work more often with patients than they would if they were at a larger hospital, they say.

"I like the variety," says Dr. Hwang. "We get to see everything. We're not pigeon-holed into doing one thing."

"We have a closer relationship to the patients and to the doctors here," says Dr. Maiman. "It's a bit more intimate."

Both men are board-certified radiologists with Affiliates in Imaging. That group staffs imaging centers across the Bay Area. Together with Gregory Schaner,

MD, they are the three main radiologists serving patients at Sonora Regional Medical Center.

Finding hidden answers

Radiologists are specialists who use leading-edge imaging tools to help diagnose and treat health issues ranging from simple broken bones to complex cases of cancer.

Among other things, they analyze:

- X-rays.
- Ultrasounds.
- Computed tomography (CT) scans.
- Magnetic resonance imaging (MRI) scans.
- Positron emission tomography (PET) images.

But there's more to it than that. "We're not just sitting in a dark room reading studies," says Dr. Hwang. "We're also doing procedures."

For instance, a radiologist can carefully remove tissue for biopsy using a needle guided by imaging. Through similar techniques, they can evaluate back trouble, stomach issues and many other problems.

"The interventional work is the

most challenging," Dr. Maiman says. "And it can be very rewarding."

Enjoying Sonora

Dr. Maiman comes to the Medical Center from St. Rose Hospital in Hayward, California. While there, he also worked part time at Sonora Regional Medical Center.

"There's a friendly atmosphere in the hospital here, and I've enjoyed how things are run," he says.

He says his wife comes from a more rural background, and they were eager to make Sonora their home after many years in the Bay Area. They have two grown sons.

Outside of work, Dr. Maiman's interests include hiking, astronomy, origami and jazz music.

Dr. Hwang comes to the Medical Center after completing a fellowship at the University of California, Davis, and serving in the U.S. Navy in Guam.

He and his wife enjoy mountain- and road-biking events. They're raising two young daughters.

Both men say they enjoy keeping up with advances in their field, working with fellow doctors and caring for patients.

"We all work as a team to do what's best for the patient," Dr. Hwang says.



Jason Hwang, MD



Michael Maiman, MD

**To schedule a diagnostic imaging test,
please call 536-3437.**



Meet Sonora's new
cancer and sleep
medicine specialists.

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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

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.

**Cardiac Rehab and
Exercise Maintenance
Cardiac Rehabilitation
Center in Live Well
Be Well Center,**
19747 Greenley Road

Classes help heart patients
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)**

For people who 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, including focused
breathing, movement and
massage. **310-694-4133**

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

**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.

Wellness Class

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

Be FIT Senior Fitness
Mondays and
Wednesdays, 3 to 4 p.m.,
Skyline Place Senior
Living, 12877 Sylva Lane
**Free for residents;
\$3.50/class for
nonresidents**

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.

Chronic Disease Self- Management Program

Empowering people to
improve their chronic
conditions (e.g., diabetes,
high blood pressure,
osteoporosis, asthma).

533-7401



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. **536-3720**

Cancer

Teaches coping skills and
provides a place for people
to share concerns and
receive emotional support.
536-3717 and **536-5155**

Freedom from Fear

Help for people with
phobias, panic attacks and
anxiety. **559-2505**

Freedom from Smoking

For those ready to quit for
life! For dates, times and
location, call Michelle at
536-3726.

The Marvelous Mind

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

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**

Sierra Grief Support

Sierra Grief offers a variety
of support groups, including
Adult Grief, Men's Grief and
Survivors of Suicide Loss.
Sierra Grief offers support
groups in Murphys, Angels
Camp, Groveland and
Sonora. **536-5685**

Keep in touch with us



Physician referral line: 536-3344



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