

HEALTHY

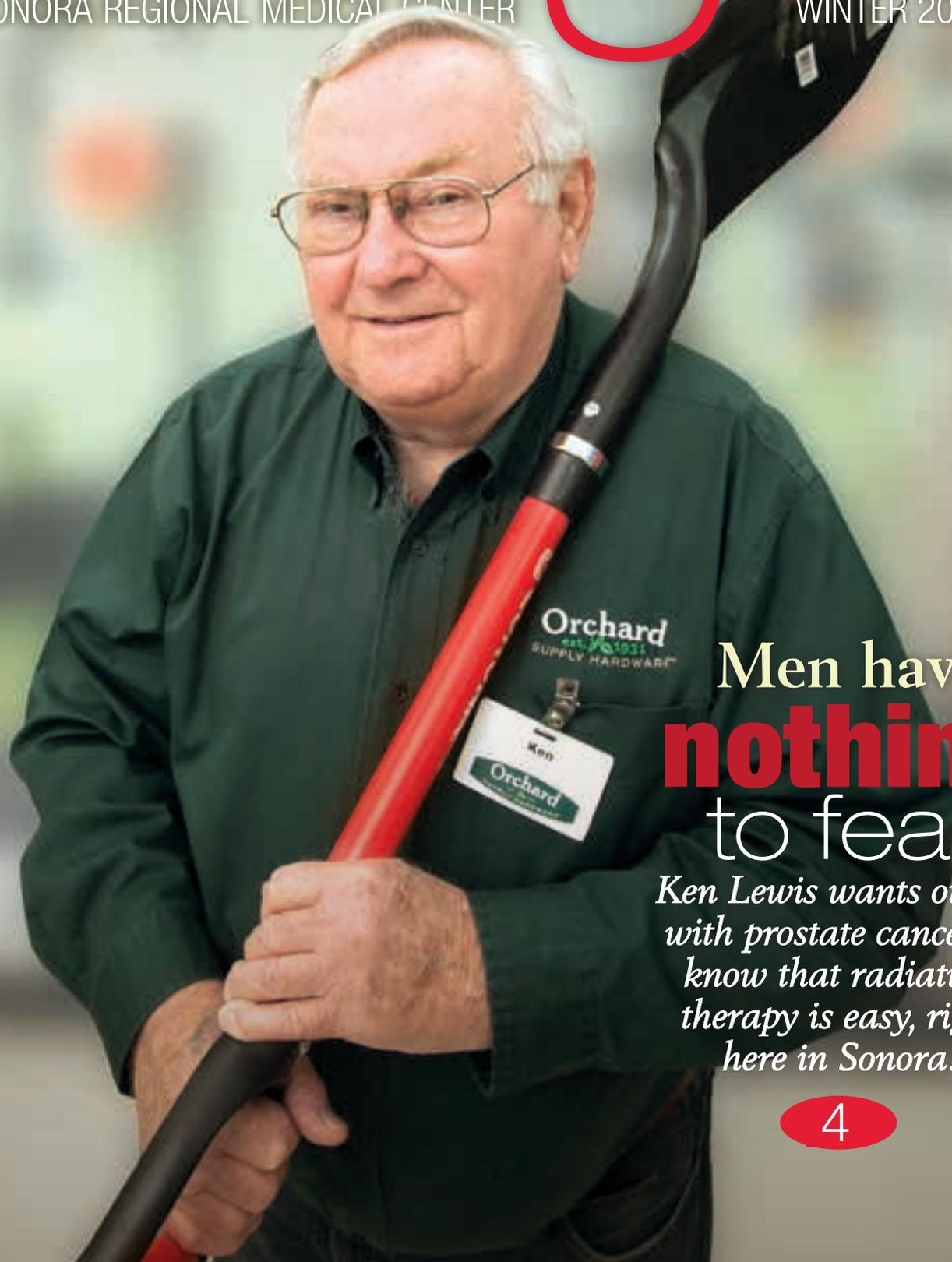
Living

SONORA REGIONAL MEDICAL CENTER

Sonora Regional
Medical Center

Adventist
Health

WINTER 2016



Men have **nothing** to fear

*Ken Lewis wants others
with prostate cancer to
know that radiation
therapy is easy, right
here in Sonora.*

Main Hospital Line 536-5000

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

HEALTHY LIVING is published quarterly as a community benefit from SONORA REGIONAL MEDICAL CENTER, 1000 Greenley Road, Sonora, CA 95370, telephone: 532-5000, website: www.sonoramedicalcenter.org. For questions or comments regarding this publication, please email SRMC@ah.org.

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Building our future

ANDREW JAHN, PRESIDENT AND CEO, SONORA REGIONAL MEDICAL CENTER



It's been exciting to see the changes and progress we've made during the past year at Sonora Regional Medical Center. And the future looks even brighter.

This year, as ever, our goal is to provide excellent care close to home. If you've visited us lately, you likely noticed some changes that will help us continue to meet that goal.

First, our new Outpatient Pavilion and Cancer Institute is under construction. Demolition was completed last fall, and the building phase is underway. The new space will allow us to enhance cancer care services in Sonora and bring them under the same roof as imaging and other key outpatient services. We plan to open the Pavilion in spring 2017.

Our emergency department is also getting a much-needed face-lift as it expands to meet the area's growing need for emergency services. We're in the process of

adding five exam rooms and two new triage spaces. Later this year, we'll begin refurbishing the hospital lobby and adding new paint and flooring.

These new and improved spaces—with state-of-the-art technology—will help us serve you better with the high standard of care you expect from the Medical Center.

They'll also help us draw talented new physicians to our team, as we look forward to expanding primary care and specialty surgical services in 2016.

The best is yet to come. Join us in welcoming a new year!

Blessings,

Andrew D. Jahn
President and CEO



Heart Fest: Don't miss a beat!

Step inside a supersize model of the human heart. Treat yourself to a delicious—and heart-healthy—dinner. And protect your heart with free and low-cost screenings.

All that and more will be at Sonora Regional Medical Center's second annual Heart Fest. It takes place Tuesday, Feb. 9, at the Mother Lode Fairgrounds, from 4 to 7 p.m.

Don't miss your chance to:

- Get a free blood pressure check.
- Have your cholesterol checked for just \$15. Or bring your recent results for feedback.
- Discover your 10-year heart attack risk.

You'll also learn about heart disease from a cardiologist guest speaker. It's a packed night we know you'll enjoy!

Call 536-5151 by Feb. 5 to reserve a spot for the seminar.

Construction update! Where we stand now

Progress continues at Sonora Regional Medical Center's two major construction sites. Here's what you'll see at each scene in early 2016:

Outpatient Pavilion and Cancer Institute

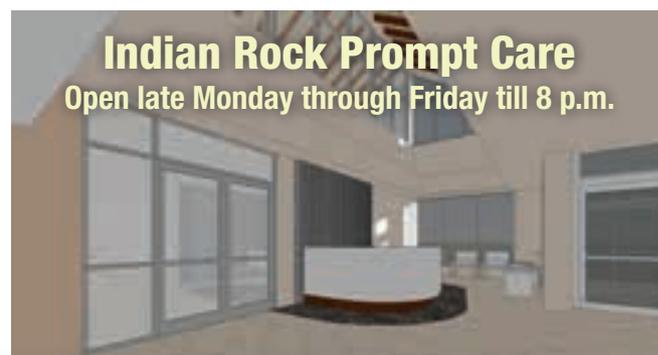
Demolition of the old hardware store is complete. And as you drive past the construction site at Mono Way and Greenley Road, you'll see the footings and foundation of the new building taking shape.

On track to open in spring 2017, the Pavilion will house a wide range of services for cancer patients and others in a beautiful outpatient setting.

Emergency Department

The first phase of renovations should be complete in spring. This will create 30 percent more treatment space and better patient flow. The project is on track to wrap up this fall. Meanwhile, the emergency department continues to operate much as usual.

And remember: For a medical need that's not an emergency, our Indian Rock and Angels Camp Prompt Care locations are here for you. No appointment needed.



What's cooking?

Dinner with a Doc



Something delicious is coming your way! It's Sonora Regional Medical Center's fifth annual Dinner with a Doc event.

Are you hungry for great food and fun? Then mark your calendar for Saturday, March 5, at 5:30 p.m. at the Black Oak Casino Resort.

Guest Chef Blake Cleveland, MD, an emergency department physician at the Medical Center, will demonstrate step-by-step

how to prepare the night's healthy gourmet meal.

Also on the menu: A gift box raffle, with prizes such as dinner parties and gifts.

It's all for an important cause. Proceeds from the dinner will help Hospice of the Sierra provide end-of-life care for families in financial need.

Call **536-5029** for ticket information.

Nothing to fear

**Time for action?
To explore the
comprehensive
services at Sonora
Regional Cancer
Center, call
536-5155.**



Prostate cancer treatment is convenient and close to home

M&Ms might not be what you think you'd remember about cancer treatment. But sometimes the smallest gestures help see you through tough times.

That was certainly true for Ken Lewis. At 77, he found himself dealing with prostate cancer—something 1 in 7 men will face at some point. But the staff at Sonora Regional Cancer Center saw him as a person, not a number.

At every visit, they made sure his favorite sweets were waiting in a dish at the front desk. "They always had time for it," he says. They asked about his job, included his wife in his treatment and helped him know what to expect. "They got to be almost like friends."

And he hasn't forgotten that personal touch—or the expertise he found just minutes from home.

A surprise diagnosis

For Lewis, prostate cancer came

out of the blue. "I just didn't give it any thought," he says. "I didn't have the symptoms."

He first learned he might have cancer in 2014, when a blood test revealed a high level of PSA (prostate-specific antigen). That can be a marker for prostate cancer. He was at his second home in Arizona at the time. When he returned to Sonora, urologist Douglas W. Ankrom, MD, performed a biopsy that came back positive for cancer.

But there was good news too. The cancer hadn't spread beyond his prostate—a gland located near a man's bladder. So, with the help of his urologist, Lewis weighed his options.

Because prostate cancer is typically slow-growing, some men with small tumors choose a "watch





Know the signs, have the talk

While early warning signs are rare, some men may notice problems like these as prostate cancer grows:

- Trouble urinating, such as weak stream or frequent bathroom trips.
- Blood in the urine.
- Erectile dysfunction.
- Hip, back or rib pain.

Problems other than cancer can cause these symptoms too. So talk with your doctor if you experience them. And if you're 50 to 69 years old, ask about the pros and cons of a screening.

Sources: American Cancer Society; American College of Physicians

Ken Lewis was able to continue working part-time during his treatment.

and wait” approach. But after thinking it over, Lewis decided he wanted to do something about it.

Treatment close to home

Dr. Ankrom recommended radiation therapy, which Lewis learned he could have right here in Sonora. That was a big plus, since the therapy requires short, daily treatments for five to nine weeks.

“I only had to travel 10 minutes to the center,” he says. “That made life a lot easier.”

Sonora Regional Cancer Center offers a precise form of treatment, called intensity modulated radiation therapy (IMRT). “We use very advanced imaging to make sure we target radiation to just the gland and spare the surrounding tissues,” says Shane Tipton, NP, Director of

Oncology Services.

For men with early-stage cancer, IMRT can be a smart choice, especially for those who prefer to avoid surgery. Cure rates are about the same either way, Tipton says, so in many cases, it just comes down to personal preference.

IMRT is part of a comprehensive set of prostate cancer services—including hormone treatments, chemotherapy and symptom relief—offered at the Cancer Center.

‘Life doesn’t change that much’

Lewis began IMRT last spring. While he lay on a table, a machine called a linear accelerator beamed radiation at his prostate. Each session took just 20 minutes.

“You don’t feel anything,” he says. “It was easy.”

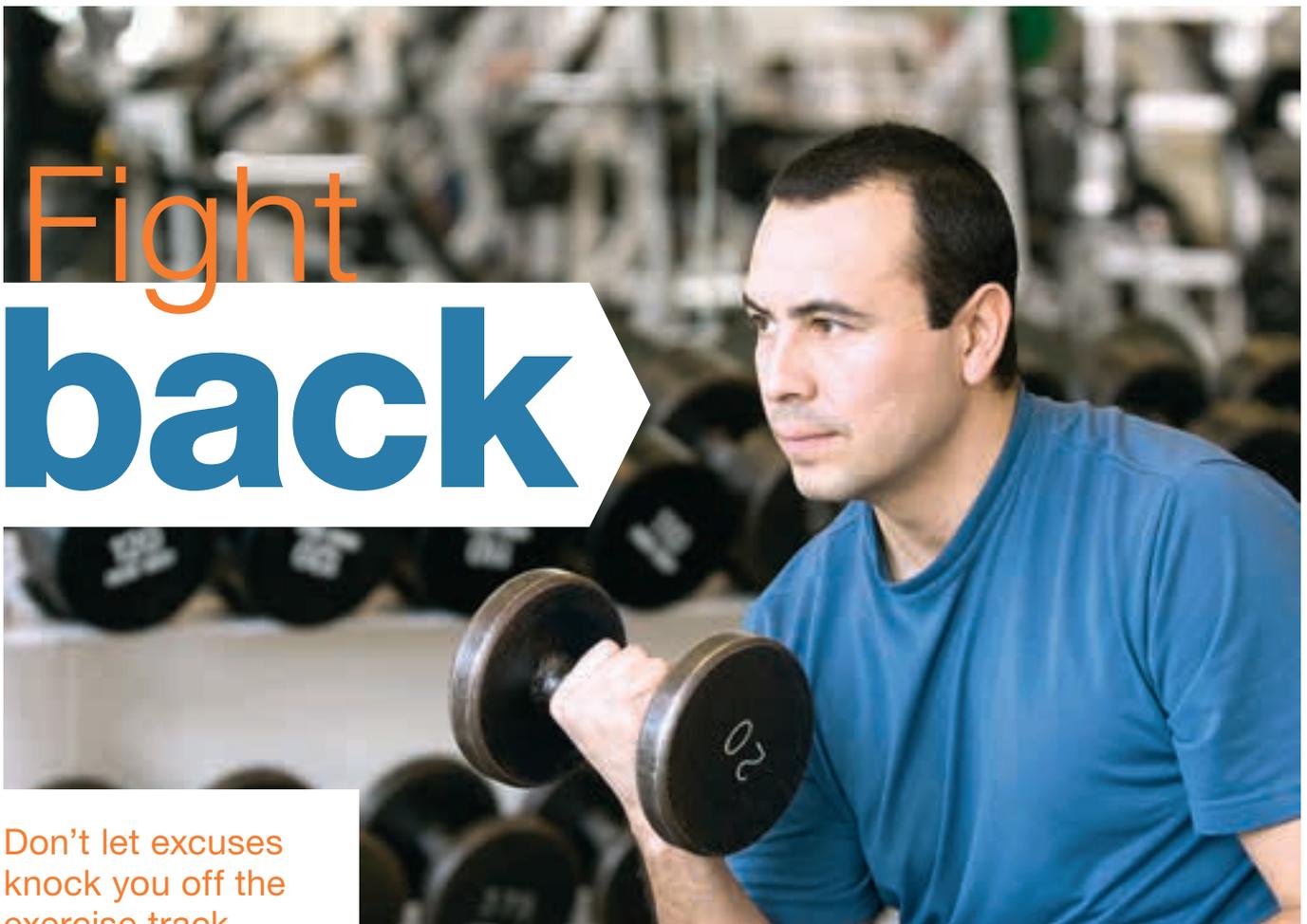
Over 43 sessions, his radiation team answered his questions and helped him manage mild side effects. He even continued to work at his part-time job at Orchard Supply Hardware, something this energetic former hardware rep loves to do.

“It really didn’t interrupt my life much at all,” he says.

The best part of Lewis’ treatment came a couple of months after his last session, when his doctors gave him the good news: His PSA levels had dropped by more than half—and would keep coming down with time. “I feel great,” he says.

He hopes his story will help other men who might be considering a test or treatment. “There’s nothing to be afraid of,” he says. “Prostate cancer is treatable, and life doesn’t change that much.”

Fight back



Don't let excuses knock you off the exercise track

You want to exercise. You know it's good for both your mind and body. And you actually feel better when you do it.

So what's getting in the way?

Maybe dozens of things. Some are pretty persuasive too. Life happens. But other times, excuses are...well, just excuses.

Here are some common thoughts that derail good exercise intentions—and tips for what to do about them.

Bored with your routine? Try a new fitness class and get pumped again! (See back page.)

The excuse	The remedy
"I'm too tired."	The truth: Consistent exercise actually boosts your energy. But if you wait until you're too pooped to pump, it might not happen at all. So schedule your workout for a time of day when you have some get-up-and-go.
"I don't have time."	<ul style="list-style-type: none"> • Schedule exercise just like any other priority. • Keep your walking shoes at your desk and head out for a brisk stroll during lunch or breaks. • Pack your gym bag the night before. • Break exercise into 10-minute chunks if you need to. • Do double-duty: Walk in place while watching TV; ride a stationary bike while on the phone; park 20 minutes from work and walk to and from your car.
"It's too wet/cold/hot."	Come up with an indoor routine you can do when the weather doesn't cooperate. Doing calisthenics, climbing stairs, jumping rope, walking in a mall or swimming indoors are no-cost or low-cost activities.
"Who cares? Why bother?"	Oh, that negative inner voice. It zaps confidence and destroys motivation. Keep track of your miles, time, reps or steps. Give yourself credit for a job well done!

A clearer picture

New technology makes sinus surgery safer

Imagine a GPS system that takes you to within millimeters of your destination. That's what the ear, nose and throat (ENT) surgeons at Sonora Regional Medical Center are doing, thanks to a new computer system called Brainlab.

What is Brainlab?

It's a computer-guided navigation system. It helps surgeons move instruments through sinus passages with greater accuracy.

"Sinus surgery is done in critical areas near the brain and the eyes," says Dan DuBose, MD, one of the doctors using the new system. ENT surgeons like Dr. DuBose and his colleague James Reese, MD, work in very narrow spaces—often just a couple of centimeters wide. When there's a lot of disease or inflammation, it's important for surgeons to know exactly where their tools are at all times. Brainlab gives them a clearer view.

It begins with a CT scan before surgery. Brainlab matches that scan with the real-time view of the patient's sinuses during surgery. So surgeons get fast, precise feedback about the location of their tools.

This helps them see where they are within a couple of millimeters, says Dr. DuBose.

What does it mean for patients?

"Seeing exactly where we are means we can do more complete operations," Dr. DuBose says. In some cases, that may remove the need for further surgery.

"And we can do procedures that might have been too risky before, like



revising past surgeries," he says.

Also, because Brainlab is portable, surgeons can easily move it between Sonora Regional Surgery Center and the Medical Center, depending on the level of care a patient needs.

It's not needed for every sinus operation, Dr. DuBose says. "But probably in the majority of cases—

and certainly when a patient has a lot of disease, like with chronic sinusitis or polyps—we'll be using it."

This kind of system is quickly becoming the gold standard in sinus surgery. "It enables us to provide that level of care right here in Sonora," Dr. DuBose says.

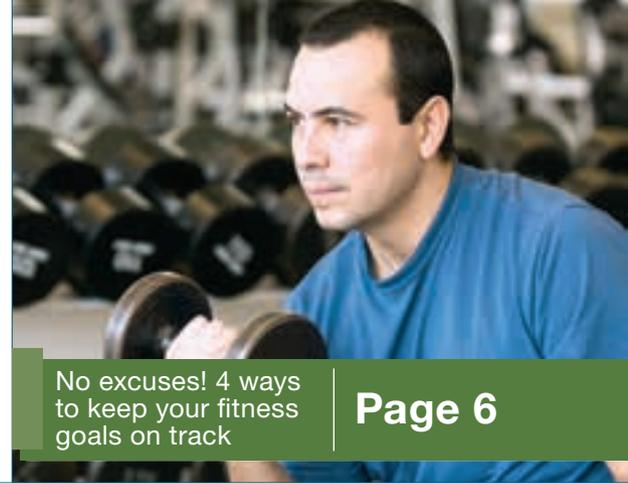


Daniel DuBose, MD



James Reese, MD

For an appointment with Dr. DuBose or Dr. Reese at Greenley Oaks ENT, please call 536-3680.



No excuses! 4 ways
to keep your fitness
goals on track

Page 6

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.



Support groups

Adult Diabetes Management

Third Tuesdays

Managing type 1 and type 2.
Call for information.

536-3728

Cancer

For people to learn coping skills, share concerns and get emotional support. Call for information. 536-3717

Freedom from Smoking

Quit for life! Call for information. 536-3726

Lamaze

How to cope with pain in ways that also facilitate labor. Call 536-3260 or 310-694-4133 for information.

The Marvelous Mind

For understanding and

responding to depression. Call for information.

352-8776

Mended Hearts

Third Mondays (call for times), Live Well Be Well Center, 19747 Greenley Road

For heart patients, families and caregivers. Helps patients with emotional recovery.

536-3721

Neurological

Third Wednesdays, 1 to 2 p.m., Medical Center Conference Room 3, 1000 Greenley Road

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

Second Thursdays, 5:30 to 7 p.m., Medical Center Conference Room 1, 1000 Greenley Road

For patients, families and caregivers. Helps patients improve their quality of life.

536-3283

Sierra Grief Support

Coping skills for adults who have lost a loved one. Safe, supportive environment facilitated by trained staff. Call to register (required) or for information. 536-5687

Weight-Loss Surgery Support

For those who have had or are considering bariatric surgery. Call for more information.

536-5041

Join in the fun at group fitness classes! The LivingWell Fitness Center is located at 4 S. Forest Road, Sonora. Punch cards may be purchased at any class: \$35 for hospital employees for 10 classes, \$70 for 10 classes at regular price or \$7 for each punch.

New year, new you!

Boot Camp

Tuesdays and Thursdays, 5:30 to 6:30 p.m.

HIIT (high-intensity interval training)

Tuesdays and Thursdays, 6:15 to 6:45 a.m.

Spin

Wednesdays and Fridays, 6 to 7 a.m.

Tuesdays and Thursdays, 4:30 to 5:30 p.m.

Registration required.
Call 536-8910.

TRX (total body resistance exercise)

Wednesdays and Fridays, 7:45 to 8:45 a.m.

Registration required.
Call 536-8910.

Yoga

Mondays and Wednesdays, 5:30 to 6:30 p.m.

Zumba

Mondays and Wednesdays, 4:30 to 5:30 p.m.

For information about any class or support group, call Amy Rolston at 536-8910 or email Amy.Rolston@ah.org.

Health and wellness

Cardiac Rehab and Exercise Maintenance

Live Well Be Well Center, Cardiac Rehabilitation Center, 19747 Greenley Road
Priced per insurance

Regain confidence and quality of life through exercise, education, good nutrition and more. 536-3721

Heartsaver

First Aid/CPR

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

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

For those who have a duty to respond to a first aid or cardiac emergency or anyone who wants to learn. 536-3230

Live Well Be Fit

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

Improves 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

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

Keep in touch with us



Physician referral line: 536-3344



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