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A simple,
lifesaving
test

Colorectal cancer
screening

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BE WELL
for life

Well-woman checkups
are a must!

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Transparency
and trust

Main Hospital Line 536-5000

Angels Camp

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

Arnold

Arnold Family Medical Office . . 795-1270

Groveland

Groveland Family
 Medical Office 962-7121

Sonora

Cancer Center 536-5155
 Cedarwood Internal Medicine . . . 536-5070
 Center for Wound Care 536-5196
 Foothill Pediatrics
 & Rheumatology 532-5524
 Foothill Specialty Group 536-5760
 Greenley Primary Care 536-3320
 Hillside Internal Medicine 536-5060
 Hillside Internal Medicine 2 536-5065
 Home Health 536-5700
 Hospice 536-5685
 Imaging Center 536-5180
 Mountain Medical Family
 Practice 536-5770
 Mountain Medical Physical
 Medicine and Rehabilitation 536-3878
 Occupational Health 536-3780
 Oxygen & Medical Supply 536-3760
 Rural Health Clinic
 ● Dental Care 536-5140
 ● Pediatric Care 536-5120
 ● Primary Care 536-5100
 ● Specialty Care, Suite C 536-5135
 ● Specialty Care, Suite F 536-5110
 Sierra Cardiology 536-3240
 Sierra Internal Medicine 536-5790
 Sierra OB/GYN 536-3750
 Sierra Orthopedic Institute 532-0126
 Sierra Vascular and
 General Surgery Associates 536-5750
 Surgery Center 536-3790
 Yosemite Joint Replacement and
 Orthopedics 536-5780

Walk-In Clinics

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

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Information in HEALTHY LIVING comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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A fond farewell

It has been a privilege to serve you



OVER THE YEARS, I've often shared with you many important changes at Adventist Health Sonora—along with a few personal stories. We've gotten to know each other better, whether we've met out in the community or in this corner of *Healthy Living* magazine.

In fact, this column was among my first introductions to Sonora when my family and I moved to this community seven years ago. It was a time of change then—and it is again now. And as I start a new journey, I want to say thank you.

As you may have heard, I recently accepted a position as the president of the Southern California Region of Adventist Health. My new role officially

began earlier this month.

During my years in Sonora, I have been incredibly blessed. I have served with talented people whose heartfelt work results in exceptional health care day in and day out. Together we have worked to deliver on our mission of living God's love by inspiring health, wholeness and hope. I look forward to continuing that work as I transition to a leadership role with another outstanding Adventist Health team. And I know that I leave Adventist Health Sonora in very capable hands—a leadership team just as committed to this community and to your family's health.

In the meantime, my family and I will be relocating to Southern California in the coming months. We will miss this hospital, the clinics and our Foothills community. My family and I have become a part of this special, beautiful place. We have met amazing people and made many dear friends.

I am thankful for my opportunity to serve you. It was an honor and a time in my life that I'll never forget.

Blessings,

Andrew D. Jahn
 President



Curious about UroLift? Visit advancedurologyca.com.
Or call **532-5244**.

UroLift: A new solution to a common prostate problem

“Most men see their symptoms improve dramatically over the first month.”

—Eric Freedman, MD

Several bathroom trips a night. Waiting on a slow stream. Dribbling when you’re done. If you have them, you might recognize these as signs of an enlarged prostate, or benign prostatic hyperplasia (BPH).

Now men with BPH may find relief in Sonora—without medicines. Last fall, urologist Eric Freedman, MD, achieved the highest level of training and experience with the NeoTract UroLift system. And Advanced Urology became one of just 30 UroLift Centers of Excellence in the nation.

The system uses tiny implants to prevent the prostate from squeezing the urine tube, which causes BPH symptoms. UroLift is an office-based procedure, and recovery is quick. Dr. Freedman says the best part is the change it makes for his patients.

“Most men see their symptoms improve dramatically over the first month,” he says.

Hi, I’m Pip...*twiddle-de-deet...*I flap my arms and tap my feet. God made me special; I know that it’s true. I am so glad to finally meet you!



PIP THE PENGUIN

Putting kids at ease

Hospitals can be scary places to little ones. And getting shots? No fun. Learning healthy habits? Sounds like homework.

Enter Pip the Penguin, a tuxedoed bird from the Southern Hemisphere aiming to waddle into kids’ hearts. Pip, the new mascot for Adventist Health’s children’s health services, wants to help youngsters feel at ease—and make learning healthy habits fun!

Kids at Adventist Health Sonora and other Adventist Health facilities now have the opportunity to interact with this goodwill ambassador through:

- A growth chart on our emergency department doors.
- An introductory storybook.
- Kid-friendly websites and other learning materials.
- Hospital visits from Pip himself.

Why a penguin? Penguins are social animals who are fiercely loyal to each other and their families. “That speaks a lot to our brand,” says Richard Dark, Director of Brand and Consumer Marketing. “Adventist Health is all about loyalty to the patients and communities we serve.”

1 test

can prevent
and treat
colorectal
cancer

IT'S A DISEASE THAT CAN SNEAK UP ON YOU. That's how Neal Kaushal, MD, MBA, describes colorectal cancer.

Why? Because it usually starts off as a small polyp on the inside of your colon and slowly, quietly grows. By the time symptoms alert you to a problem, the cancer is likely to be advanced and hard to treat.

But here's the good news: There's a screening test that's very good at both finding colon polyps and removing them, all at the same time.



How polyps become cancer

POLYP: A growth starts in the tissue that lines the inside of the colon or rectum.

PRECANCER: Some polyps develop abnormal cells that look like cancer—but can't yet spread.

CANCER: The abnormal cells in the polyp start growing out of control, and the cancer may spread to other parts of the body.

See it and treat it

“When evaluating a patient for colorectal cancer, colonoscopy is the gold standard,” says Dr. Kaushal, a gastroenterologist at Foothill Specialty Group. “It can both diagnose and prevent cancer.”

During a colonoscopy, the doctor inserts a thin, flexible tube into your colon. The tube has a camera and a small light at the tip. The camera sends images to a screen in the procedure room. If the doctor sees any polyps, they can be removed with tools threaded through the scope.

“Most polyps are benign,” Dr. Kaushal says. “But sometimes they can have precancerous features. The goal is to remove these polyps when they're small and innocent, before they can turn into a problem later on.”

From start to finish, the test takes only about 30 minutes. And you're sedated during the entire process.

“Many times when I come to talk to patients in the recovery room, they tell me they're ready to start,” Dr. Kaushal says. “And I get to say, ‘Hey, you're already done!’”



Meet our gastroenterologists



Neal Kaushal, MD, MBA, was born in Detroit but mostly raised in Southern California. He received his undergraduate degree from UCLA. He majored in both molecular biology and Spanish literature. He attended medical school at University of California, Irvine, and returned to UCLA for his gastroenterology training. Dr. Kaushal loves to ski, and he and his girlfriend, Stefanie, have two dogs, a miniature pinscher and a full-size Doberman pinscher.



Rodney Eddi, MD, completed a three-year gastroenterology fellowship with Seton Hall University of Health and Medical Sciences at St. Joseph's Regional Medical Center. Dr. Eddi is also board-certified in internal medicine. He completed his internal medicine residency with Mount Sinai School of Medicine, where he also served as chief medical resident. Born in Iran, Dr. Eddi moved to Sonora to be closer to his family in the Turlock area.



Don't wait! Schedule an appointment to see Dr. Kaushal or Dr. Eddi at Foothill Specialty Group today! Call **536-5760**.

No reason to worry

There are other tests that can screen for colorectal cancer. But if these tests are positive, you'll still need a colonoscopy to remove any polyps. That's a big reason many people choose a colonoscopy in the first place.

Still, some people are hesitant about the personal nature of the test.

"The idea makes them uncomfortable," says Teresa Colombani, RN, Clinical Lead for Adventist Health Sonora's GI Lab.

And sometimes they've heard that the preparation for a colonoscopy is unpleasant. (You have to clean out your colon using strong laxatives first.)

"Most people say that is the worst part," says Colombani. "But when they come in the next day for the test, we tell them, 'You're done with the hard part. Now you're going to take a nice nap.'"

Colombani has had the procedure herself.

"I can say I've gone through it, and it's very painless," she says. "We have an excellent staff here with excellent doctors."



When should you be tested?

Most people should get a colonoscopy when they reach **age 50**— and every 10 years after that, Dr. Kaushal says.

If you have a family history of colon cancer or other risk factors, you may need screenings earlier or more often. So be sure to talk with your doctor about what's right for you.

Our journey to full transparency

FINDING A DOCTOR you trust with your health can be a challenge. That's why many of us search for recommendations online—even before we turn to family and friends.

At Adventist Health, we know our patients face this challenge, so we decided to do something about it. We made it our goal to provide reliable reviews of local care providers from a trusted source.

Seeing stars

In December 2017, we launched new provider profiles on adventisthealthsonora.org, featuring star ratings and patient comments for doctors, physician assistants and nurse practitioners. When you search for a provider with the “Find a Doctor” search tool, you can view these star ratings and

comments.

Our goal is to give you a full picture of the quality of our medical care, so we post both

positive and negative comments about Adventist Health Sonora providers. Star ratings are based on patient satisfaction surveys, which ask patients to rate our providers on qualities such as:

- Your confidence in the provider.
- The likelihood of your recommending the provider to others.
- The concern the provider showed for your questions or worries.
- The amount of time the provider spent with you.

First and foremost: Reliable ratings

We're pleased that our providers almost always get a big thumbs-up from our patient surveys. However, you won't find provider ratings on every profile. To make sure you get a well-rounded picture of patient satisfaction, we only publish star ratings and reviews for providers that have more than 30 returned ★ surveys.

“That's the threshold for statistically valid and meaningful patient survey results,” says Sandra Meyers, Marketing Communications Manager for Adventist Health.

This also sets our ratings apart from other crowd-sourced review sites, which may not be reliable. “Some reviews on those sites might not even come from actual patients,” Meyers says. “There's a lot of potentially misleading information out there that could wrongly skew your perception of a provider.”

Good for you, good for us

Ratings and reviews on adventisthealthsonora.org provide the best kind of word-of-mouth information. “It's not merely one person giving a recommendation,” says Meyers. “It's at least 30 people from your community.”

We want our patients to make informed decisions, and we also want to continually improve care to our community. “We take the results very seriously,” Meyers says. “And we share the feedback with providers so they know how patients perceive them and can continually improve their care.”



See for yourself! Look for the “Find a Doctor” tool at adventisthealthsonora.org.



Maryal Concepcion, MD

Family Medicine

“Dr. Concepcion was the most careful, thoughtful and thorough provider I've ever met. Would recommend her, without hesitation, to anyone.”

Mussa Banisadre, MD

Medical Oncology

“He gives me comfort when dealing with the hardest parts of my diagnosis. His bedside manner is excellent.”



Women: Be well for life!

A **T EVERY STAGE** of a woman's life, it pays to have wellness checkups, even if you feel fine. These well-woman visits are more than just a physical. They're your chance to connect with your doctor and talk about how to reach your health goals.

They're also an opportunity to find out if you need screening tests that can find hidden health problems. And your doctor can make sure you're up-to-date on vaccines that might help you avoid life-threatening diseases.

Ask about the topics on the right at your next visit.*

*Not a complete list. Based on your family history and other risk factors, you may need certain screenings or vaccines earlier or more often. Talk with your doctor about what's right for you.

Sources: U.S. Preventive Services Task Force



Did you know?

Our new Health Pavilion (opening soon) will offer 3-D mammograms, which may help improve breast cancer detection. Call **209-536-3437** to schedule your mammogram.

In your 20s and 30s

Ask if you need:

- A blood pressure check.
- A cholesterol test.
- A Pap test to check for cervical cancer.
- An HPV (human papillomavirus) test to check for viruses that can cause cervical cancer and other problems.
- Screening for other sexually transmitted infections.
- A hepatitis B vaccine if you haven't had one.
- A hepatitis C vaccine if you haven't had one.
- An HPV vaccine if you're 26 or younger and haven't had one.

In your 40s

Ask if you need:

- Mammograms to screen for breast cancer.
- A diabetes test if you're overweight.

In your 50s and beyond

Ask if you need:

- A colorectal cancer screening.
- A lung cancer screening.
- A shingles vaccine.
- A bone density test to screen for osteoporosis.
- A pneumococcal vaccine to help prevent pneumonia.

Throughout your life

Ask if you need:

- Booster shots.
- Annual flu shots

Talk with your doctor about:

- Your eating habits.
- Your exercise habits.
- Maintaining a healthy weight.
- Your mental health.
- How to stop smoking.
- Help for problems with alcohol or drugs.

Can you guess?

How many real patient reviews stand behind each star rating of providers on our website? At least:

- a. 1 b. 15 c. 30

The answer is hidden inside this issue!

Look for this symbol. ★

Live Well Be Well

Event calendar For a complete schedule, go to adventisthealthsonora.org.



Support groups

Adult Diabetes Management

Third Tuesdays

Managing type 1 and type 2. Call for information. **536-3720**

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 for information. **310-694-4133**

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 Saturdays, 11 a.m. to 12:30 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

Third Wednesdays, 5:30 to 6:30 p.m., Live Well Be Well Center, 19747 Greenley Road

For people who have had bariatric surgery, or are considering it, and their friends and family. Contact Melanie Evans, RD, CDE, to RSVP at **536-5041** or evansm1@ah.org.

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.

LivingWell Fitness Center

For more information about LivingWell Fitness Center classes, please call **536-5030**.

Fit Camp

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

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

Spin

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

TRX (total body resistance exercise) Mondays, Wednesdays and Fridays, 7:45 to 8:45 a.m.
Registration required.

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

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

Health and wellness

Chronic Disease Wellness Class

Tuesdays and Thursdays, 9:15 to 10:15 a.m. Live Well Be Well Center 19747 Greenley Road

For those who haven't exercised in a long time or are living with chronic disease. Call to reserve a spot. **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**

Living Well Fitness

Tuesdays and Thursdays, Tuolumne County Senior Center, next to the public library \$4 per class

Classes scheduled throughout the day. Call to confirm class time and space availability. Instructor: Kelly Fray.

Improves endurance, balance, strength and flexibility. **536-3721**

Live Well Be Fit Tuesdays and Thursdays, 9 to 10 a.m. Tuolumne County Senior Center, next to the public library \$1.50 per class

Instructor: Krista Howell. Improves endurance,

balance, strength and flexibility. **536-3721**

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**

 adventisthealthsonora.org

 facebook.com/adventisthealthsonora

 twitter.com/ahsonora