



Memorial Hospital
 Los Banos
 A Sutter Health Affiliate
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yourhealth

Fall 2009

Bringing Wellness and Health News to Northern California

Community Based, Not For Profit



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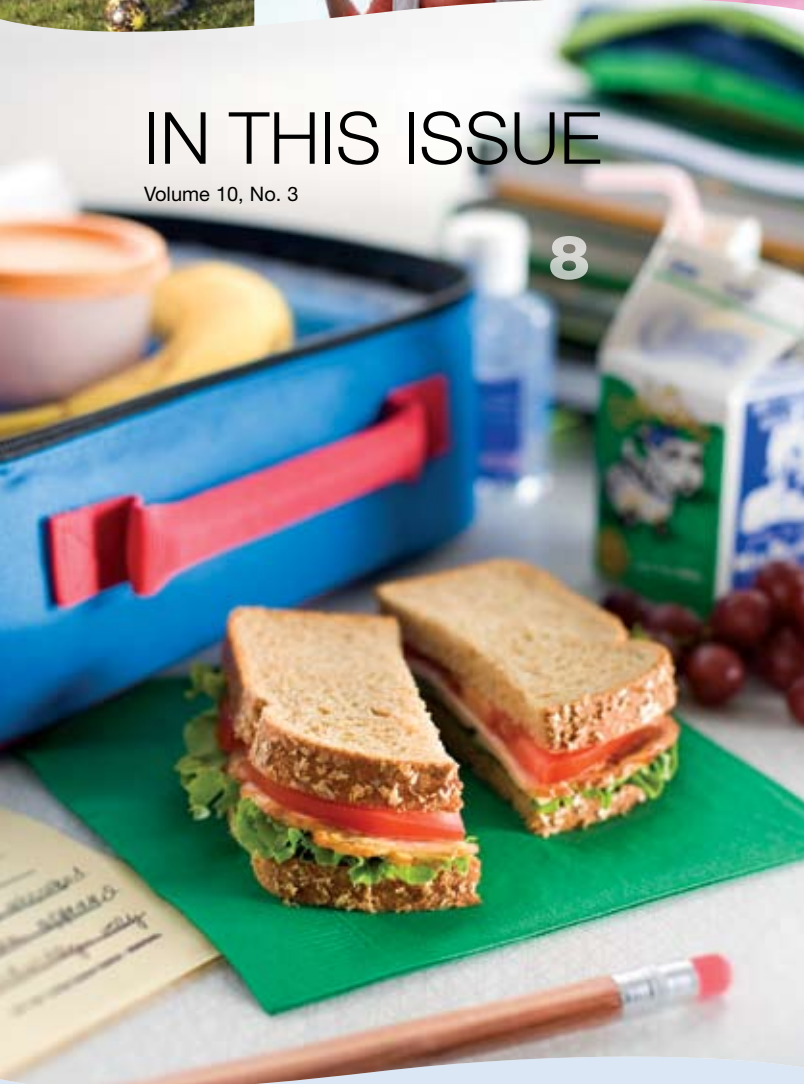
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Your Health from MHLB

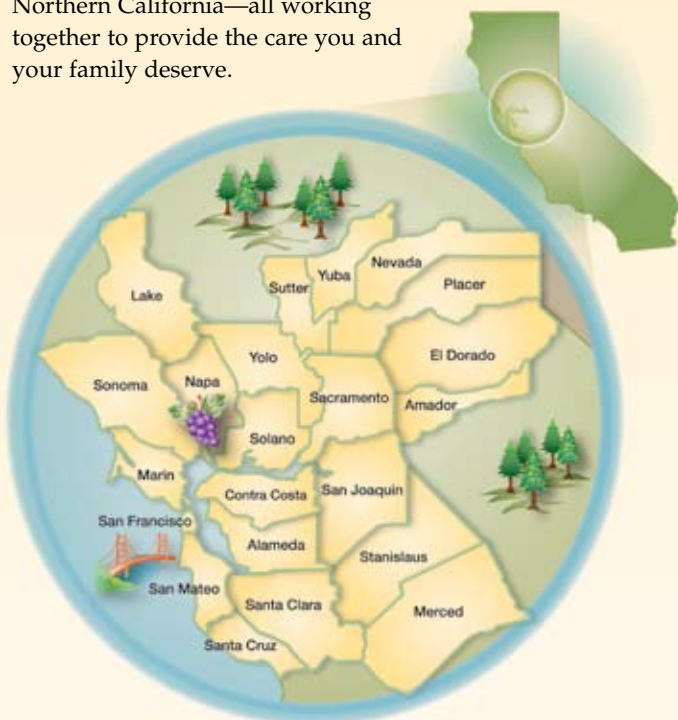
Memorial Hospital Los Banos is part of a family of not-for-profit hospitals, physician organizations and other health care service providers that share resources and expertise to advance health care quality and access. Providing care in more than 100 communities throughout Northern California, the Sutter Health network is a regional leader in cardiac care, cancer treatment, orthopedics, obstetrics and newborn intensive care and is a pioneer in advanced patient safety technology. *Your Health* is designed to help you and your family make informed decisions about your health care.

If you have questions or comments regarding the *Your Health* newsletter or you would like to receive additional copies, call Diane Hambley at **209-826-0591, ext. 293**.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.

Your Sutter Health Network

Sutter Health includes some of the most respected doctors, hospitals and other health care providers in Northern California—all working together to provide the care you and your family deserve.



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Are You Ready for Flu Season?

As kids start back to school, it's time to start thinking about the upcoming flu season. Los Banos pediatrician Leo Jou, M.D., answers common questions and offers some tips on how to protect your family's health.

Q How does the flu spread?
A. A cough or a sneeze from a person infected with the influenza virus releases infectious droplets into the air. Other people can catch the flu by breathing in these droplets or touching contaminated surfaces and then touching their mouth, nose or eyes. People with the flu can spread the virus 24 hours before they even feel sick—and they remain contagious as long as they have a fever.

Q What should I do if my child gets the flu?
A. If your child shows signs of the flu, call your doctor. Symptoms include high fever, chills, headache, tiredness, muscle aches, red eyes, sore throat and cough. Diarrhea and/or vomiting may also occur and is more common among children than adults.

Antibiotics will not help the flu, but your doctor may prescribe a flu medication that can help kids recover and feel better sooner. To be most

effective, the medicine should be started within the first two days of noticing symptoms. Talk to your doctor before giving your child any over-the-counter medicines. Never give children or teenagers medicine that contains aspirin. Aspirin can cause a potentially deadly disease called Reye's syndrome. Make sure sick kids get plenty of rest and drink lots of fluids.

Q When is it safe for kids to go back to school?
A. Keep your children home until their temperatures have been normal for at least 24 hours. This could take up to a week. And remind your kids that they can protect others by washing their hands often and covering their mouths when coughing or sneezing.

6 Ways to Protect Your Family

- Get the entire family vaccinated against the flu.
- Avoid crowded places whenever possible.
- Keep your hands away from your face.
- Wash your hands often, especially after leaving public places.
- Eat well and get enough sleep.
- Cover your mouth and nose with a tissue when you cough or sneeze.



Your Doctor and You:

A Partnership for Good Health

When choosing a doctor, there's a lot to think about: experience, specialty, location, health plans accepted and more. It pays to take your time with this decision. The best doctor is "a good fit"—someone you like, trust and can talk to about even the most personal issues. Once you find that doctor, your medical care, including routine exams, preventive care and treatment, will go more smoothly.

At Sutter Health, doctors partner with you. This means listening to your needs and providing reliable advice and treatment—with attention to quality and results, as well as to understanding and compassion.

Once you choose your doctor, it's important to take an active role in your care. Primary care physician Lisa Masson, M.D., of Sutter Gould Medical Foundation, offers the following three suggestions for making the most of your visits.

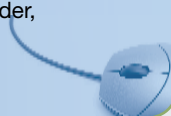
1 Plan ahead. "Bring a list of two or three main concerns," says Dr. Masson. "If you have a dozen minor issues, something important may not get the attention it deserves." She also encourages dressing in a manner that allows a doctor to easily examine you. For example, if you have knee pain, wear loose-fitting pants rather than tight jeans.

2 Be open about your concerns. If you feel embarrassed or reluctant to talk about a health issue, Dr. Masson suggests writing it down on paper and handing it to the physician. "Whatever you do, don't wait until the visit is almost over to bring it up." Discussing it early is the best way to get all of your questions answered.

3 Ask questions. Speak up if you don't understand something. Your doctor may assume you understand the information unless you indicate otherwise. "Communication is the key to the relationship," says Dr. Masson. "Our job is to teach you something that can help you." That goal is lost if you leave the office with unanswered questions.

Need to Find a Doctor?

It's easy—go to TheDoctorforYou.com! There, you can search for a doctor based on what is important to you, such as gender, location, specialty and languages spoken.



Everyone Has a Story . . . Our Story Is You

Sydney (far right) plays soccer with her mom Stephanie and sister Paige.

Fourth-Grader Fights Cancer . . . and Wins Sutter care team brings hope and healing to Sydney Stevens



Sydney Stevens

"We are very happy that Sydney is doing so well now. She was brave throughout her diagnosis and treatment, displaying wisdom and humor that delighted us. Her parents were also very supportive. The teamwork among her providers and her family was seamless."

—YiSheng Lee, M.D., Ph.D.,
oncologist, Children's Center at
Sutter Medical Center,
Sacramento

"Your daughter has cancer." The words are devastating for any parent to hear, but especially when your daughter is 9 years old. In June 2006, that was the grim news Stephanie Stevens struggled to absorb just days after her seemingly healthy daughter Sydney complained of a painful side ache.

After running numerous tests, doctors found a softball-sized tumor on Sydney's kidney. Further testing revealed that it was stage 4 cancer that had also spread to her lungs and into a major vein, only an inch from her heart. Sydney was immediately admitted to the pediatric intensive care unit of the Children's Center at Sutter Medical Center in Sacramento—where an aggressive battle to beat the disease began.

Before it was over, Sydney would undergo three surgeries, multiple rounds of chemotherapy and radiation treatment at Sutter Medical Center, Sacramento. "Ask anyone—it's amazing. Never once did Sydney complain. Never once did she make it more difficult or cry. She was such a champ," says Stephanie.

The comforting presence of golden Labrador retrievers Hazel and Millie—therapy dogs at the Children's Center—was a bright spot for Sydney. "I remember a lot of bad things, but I remember good things too, like visiting with Millie at the hospital," she says. "Millie helped me learn to walk again after surgery. They even let me paint her toenails."

Stephanie adds, "I had complete confidence in the doctors. The Sutter team was great with everyone in our family. Their support made a terrible situation much more bearable. On Jan. 30, we celebrated two years since Sydney's last treatment. It's so nice to have my healthy daughter back."

Today Sydney is feeling great and enjoying gymnastics, soccer and art classes. "The doctors and nurses at Sutter saved my life so I can run around and play like a regular kid," she says. "I'm Sydney, and that's my story."

Watch Sydney's Story

Don't miss the online video of Sydney Stevens, part of our 2008 Annual Report at sutterhealth.org/annualreport. While there, we hope you'll browse the report to meet more patients and see our commitment to quality, compassionate care in action.

Thanks to Last Year's Sponsors

We couldn't have done it without you!

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Don't Miss the Event of the Season! Join Us for the

This fall, join us for a magical evening of fabulous food, dancing and live entertainment—all to benefit the hospital's Emergency Department.

It's the 2009 Foundation Gala on October 3, featuring a delicious four-course steak dinner catered by Espana's Southwest Bar and Grill, fine wines and an open bar. You can dance the night away to live music by the Beat Street Band—and bid on weekend getaways, fine jewelry, art and more at our live and silent auctions.

Proceeds will be used to upgrade our hospital's Emergency Department. Available around-the-clock, 365 days a year, the Emergency Department serves nearly 21,000 people annually. Last year's semiformal event, attended by more than 400 people, raised over \$30,000 for hospital improvements.

"The Foundation committee has worked hard to make this year's gala another memorable event, where the community can come together to support the hospital and to have an entertaining evening," says Memorial Hospital Los Banos Foundation Philanthropy Coordinator Michelle Marchese. "As a not-for-profit hospital, we depend on the generosity of local businesses and individuals to help expand hospital services and invest in new technology. Most importantly, all the money we raise stays right here in Los Banos and directly benefits the local community."

Mark Your Calendar

The Royal Masquerade Ball
October 3, 6 p.m. to midnight
O' Banion Building, Los Banos
Fairgrounds





THE
ROYAL
Masquerade
BALL

Foundation Gala

Calling All Sponsors!

Invest in the health of your community—and gain special recognition—by sponsoring the 2009 Royal Masquerade Ball. We also welcome donations of merchandise, services and travel for use as prizes in our live and silent auctions. For more information, contact Michelle Marchese at **209-826-0591, ext. 276**. Donations are tax-deductible to the fullest extent of tax laws.

Sponsorship Level	Gala Tickets	Special Recognition
Platinum (\$15,000)	10	<ul style="list-style-type: none"> ▶ Large sign in prominent area of gala ▶ Full-page ad in gala program ▶ Recognition in gala publicity ▶ Crown Acorn on hospital Tree of Life*
Gold (\$10,000)	10	<ul style="list-style-type: none"> ▶ Large sign at gala ▶ Half-page ad in gala program ▶ Recognition in gala publicity ▶ Gold Leaf on hospital Tree of Life*
Silver (\$5,000)	10	<ul style="list-style-type: none"> ▶ Special sign at gala ▶ Quarter-page ad in gala program ▶ Recognition in gala publicity ▶ Silver Leaf on hospital Tree of Life*
Bronze (\$1,000)	4	<ul style="list-style-type: none"> ▶ Recognition in gala program and publicity ▶ Bronze Leaf on hospital Tree of Life*

*The Tree of Life, on display at Memorial Hospital Los Banos, is a visible token of appreciation to our donors. It chronicles the community's growing philanthropic support for the hospital.

Memorial Hospital Los Banos Foundation Committee

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- Vice President Bonnie Lindblom
- Treasurer Enrique Guzman
- Secretary Margie Lagmay
- Philanthropy Coordinator
Michelle Marchese
- Hospital Administrator
Richard Liszewski
- Board Representative Loretta Garcia
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- Katie Dworak
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- Karen Forte
- Socorro Gutierrez
- Steve Kim
- Michael Larson
- Dr. Lawrence Lenz
- Gloria Marchese
- Patsy Marques
- Marilyn Silva
- MaryJane Vargas
- Priscilla Whitaker

How to Get Tickets

Get your tickets to the 2009 Foundation Gala before they sell out! Tickets are \$100 each or \$1,000 for a reserved table for 10.

To purchase tickets, drop by the Hospital Administration Department in our Foundation's office or call Michelle Marchese at **209-826-0591, ext. 276**. You can also purchase tickets at Espana's Southwest Bar and Grill, 1460 East Pacheco Blvd.

Tickets are tax-deductible to the fullest extent of tax laws.

This School Year, Trade Up at Lunchtime

Your Child + Healthy Foods = All-Day Fuel

Packing your kids' lunches every day is extra insurance that they'll get the nourishment they need to do their best in school. Here are some ideas for creating nutritious and enticing lunches.

Keep it safe. Buy an insulated lunch box and use a small cold pack or frozen juice box to keep cold foods cold.

Pick plenty of produce.

Growing bodies need the nutrients from several servings of fruits and vegetables every day. Cut produce into small, finger-sized pieces and add a low-fat dressing or nonfat yogurt for dipping. For veggie-phobic kids, mix shredded zucchini or carrots into soups, muffins or pasta.

Get creative. Think in terms of food categories: protein, dairy and fruits or vegetables. Try low-fat granola and strawberry yogurt or cherry tomatoes with hummus. Dish up a whole-grain tortilla roll-up with lean turkey and low-fat cheese or with peanut butter and fruit.

Pack in protein. While a sandwich made with low-fat, low-sodium meat is a fine choice, think outside the bun. Nuts, seeds, hard-boiled eggs and beans are also tasty, heart-healthy choices.





Clean it up. Little hands touch everything from a runny nose to the back of the bus seat. Pack a small bottle of hand sanitizer. It'll encourage cleaning grubby fingers before eating and will help prevent the spread of germs.

Don't skimp on dairy. Help kids get calcium and vitamin D. Kids ages 2 to 8 need 2 cups of low-fat dairy daily. Try low-fat cheese and whole-wheat crackers. Serve low-fat chocolate milk as a treat.

Buy more than bread. Try interesting alternatives: whole-grain English muffins, crackers, pitas or bagels, or flavored tortillas or wraps. Be sure to choose low-fat, high-fiber options.

Don't Skip Out on Breakfast

Over the summer, it may have been easier to manage what your kids ate and when. But what's a parent to do when they go back to school? "The key is to establish a foundation of healthy eating habits, starting with breakfast," says Kim Vagt, R.D., director of food and nutrition services for Sutter Amador Hospital.

Arnold Gold, M.D., a pediatrician with Sutter North Medical Foundation, agrees, especially for school-age kids. "Children who don't eat a morning meal don't learn or remember as well as kids who do have breakfast," he says. "They also tend to overeat later in the day."

Vagt adds, "Parents have a big influence on their children's eating habits and food choices." At home, keep nutritious items on hand in the pantry, refrigerator and freezer. Then talk with your kids about making healthy choices so they learn which foods deliver optimum nutrition and energy.

Get Snacking . . . the Smart Way

The key to smart snacking isn't labeling foods "good" or "bad," says Vagt. It's about portion control and not grazing constantly. "We have to allow kids to get hungry," she says. "Increase their physical activity, and offer a selection of healthy foods, such as fresh fruit or yogurt. Aim for 100-calorie snacks."

Vagt has this suggestion for a quick snack you can make with your kids. At just 77 calories a pop, it's a sweet and healthy winner.

Yogurt Popsicles

1 tsp. vanilla	1 cup plain low-fat or fat-free yogurt
1 banana, sliced	1 cup fruit juice or fruit chunks

Directions

1. Blend ingredients together and pour into small paper cups.
2. Put in freezer. When yogurt mixture is half frozen, place a plastic spoon or popsicle stick in each cup.
3. To serve, turn cup upside down. Yields four or five pops.

Improve Your Family's Diet

Visit sutterhealth.org/yourhealth and read *Changing Your Family's Eating Habits*.



Women and Perimenopause: A Season of Change

Midlife is a time of transition for women, as children leave the nest and new priorities come into focus. Inside your body, change is also happening, prompting new and sometimes uncomfortable symptoms. Talking candidly with your health care provider will help you better understand and manage common medical issues during this time.

Easing the Transition

Perimenopause takes place when women are in their mid-40s to mid-50s. During this time, most women experi-

ence new symptoms and body changes due to shifting hormone levels. It ends with menopause, which occurs once a woman has gone 12 months without a menstrual period.

"The hallmark of perimenopause is irregular, unpredictable periods, often associated with hot flashes, sleep disturbances and vaginal dryness," says Risa Kagan, M.D., a physician with Sutter East Bay Physicians Medical Group and clinical professor, Department of Obstetrics, Gynecology and Reproductive Sciences, University of California, San Francisco. "Because other conditions, such as thyroid disorders, can cause similar symptoms, it's a good idea to see your doctor to rule out other causes."

Depending on how severe your symptoms are, you may want to consider short-term hormone replacement therapy or other treatments.

Pregnancy Is Still Possible

Your chance of becoming pregnant drops off quickly after age 35. But pregnancy can still occur up to the time that you reach menopause. Birth control continues to be important for women who don't want to conceive. Popular methods of prescription birth control are the pill and the vaginal ring. These hormonal options not only prevent

pregnancy, but can also ease hot flashes and protect you from bone loss.

Many women choose continuous-use birth control pills so they can have fewer or no periods. "They're just as safe as the traditional use of the pill," says Dr. Kagan. "The only difference is that you take an active pill the entire month."

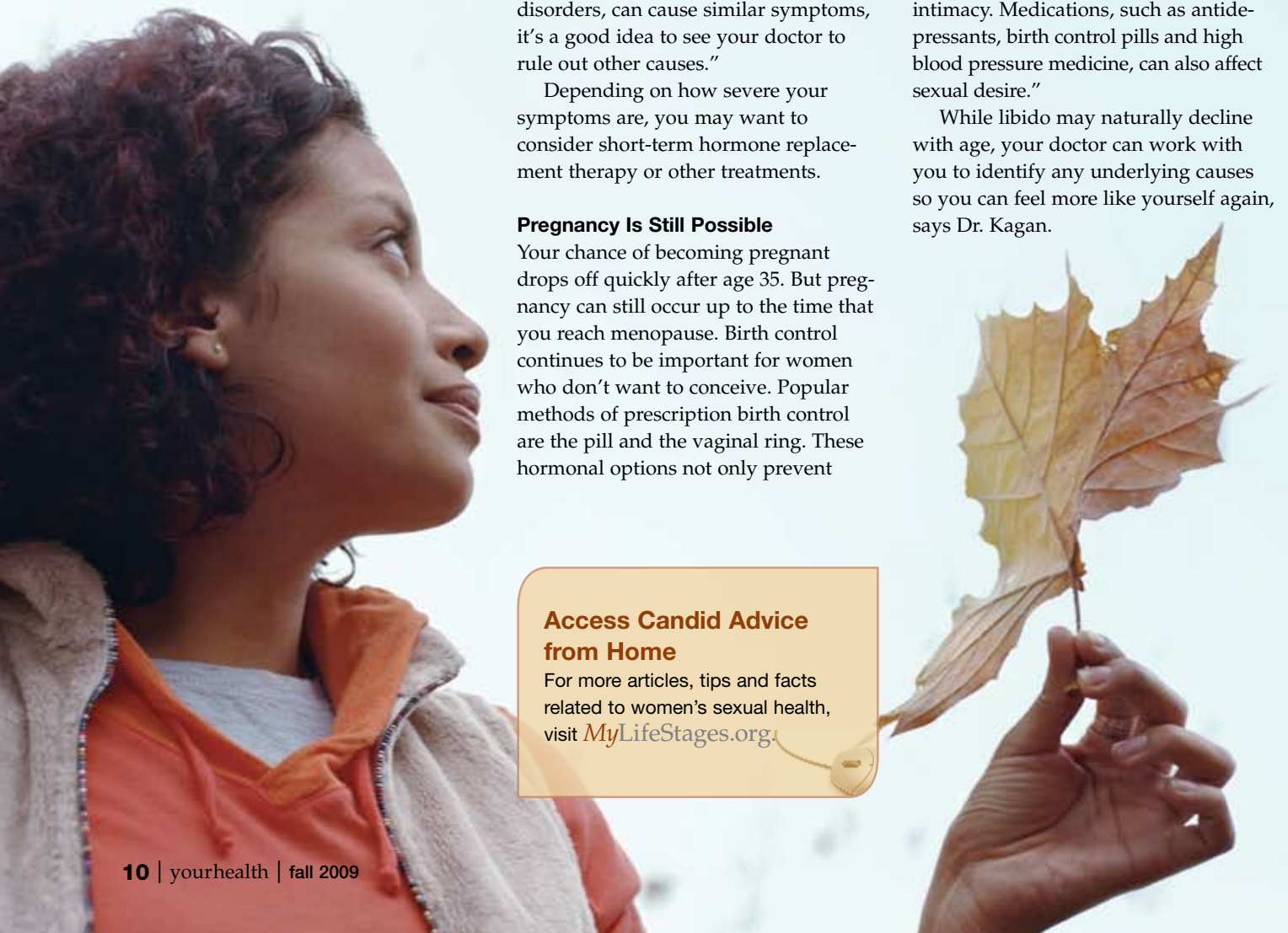
Intimate Concerns

Low libido is one of the biggest concerns Dr. Kagan sees among women. "There's a huge mind-body connection here," she notes. "Stress, parenting, relationship issues and depression all can affect a woman's interest in sexual intimacy. Medications, such as antidepressants, birth control pills and high blood pressure medicine, can also affect sexual desire."

While libido may naturally decline with age, your doctor can work with you to identify any underlying causes so you can feel more like yourself again, says Dr. Kagan.

Access Candid Advice from Home

For more articles, tips and facts related to women's sexual health, visit MyLifeStages.org.





Answers to Your Top 5 Flu Questions

The flu season is looming and with it, questions are rising about the possible return of the H1N1 virus. Here Toni Brayer, M.D., internal medicine specialist and chief medical officer for Sutter Health West Bay Region, shares her insights and advice on prevention, symptoms and treatment.

1 How do I know if I have the flu?

Influenza is always respiratory (in your chest). A 'stomach bug' is not the same as the flu. If you have a cough with fever, fatigue, runny nose, sore throat, body aches and chills, then you likely have the flu.

2 If I get the flu, should I see a doctor?

For most healthy people, the flu will get better with rest and plenty of fluids. However, if you have difficulty breathing, shortness of breath or a high fever that doesn't break, feel confused, or don't start to feel better in three to four days, you should call your doctor.

3 Is H1N1 still a concern?

Yes. All flu strains, including H1N1, aren't spread as easily in hot weather, so they tend to quiet down. But they may come back when the weather cools. A vaccine specifically for H1N1—separate from the regular flu vaccine—is currently in development. At press time the government

aimed to have it ready by fall, when the regular flu vaccine becomes available.

4 How can I prevent the flu?

Getting a flu shot is the best way to avoid illness. Anyone can get the vaccine, but children, pregnant women, older adults and people who have a chronic condition, such as diabetes, should have a flu shot every fall.

To stay well, regular hand washing is very important. For on-the-go cleaning, keep a small bottle of hand sanitizer in your car, purse or briefcase. And try to avoid people who are sick. An infected person stays contagious up to seven days after symptoms first appear—and up to 24 hours after symptoms have ended.

5 Will a prescription antiviral medicine cure the flu?

No. Antiviral medications will greatly lessen the symptoms of flu, but won't cure it. To be effective, this medicine must be taken within 48 hours of the onset of the flu.

Stay Up to Date on the Flu!

For current information on the flu, H1N1 and flu vaccines, go to the Web site for the Centers for Disease Control and Prevention, at cdc.gov.



Are You at Risk?

Your risk of developing diabetes increases if you:

- Have a family history of diabetes
- Are of African-American, Hispanic or Native American descent
- Are older than 45
- Are overweight
- Get very little exercise
- Have high blood pressure
- Have a low HDL (good) cholesterol level
- Have a history of gestational diabetes or delivering a baby over nine pounds

Common Symptoms of Diabetes

If you're concerned about your risk for diabetes or if you are experiencing the symptoms below, talk to your doctor or health care provider.

- Frequent urination
- Excessive thirst
- Excessive hunger
- Unusual weight loss
- Unusual tiredness
- Blurry vision

Take Control of Your Health: *Keep Diabetes in Check*

Few diseases are as dangerous or widespread as diabetes. More than 23 million American adults live with the disease—and up to one-quarter of them may not even know it. If left uncontrolled, diabetes can lead to serious health problems, including heart disease, stroke, blindness, kidney disease, damage to the nervous system, circulatory problems and more.

The ABCs of Diabetes

Diabetes occurs when there is an unusually high amount of glucose (sugar) in the blood stream. Glucose comes from the foods we eat and circulates in the blood to be used as energy by the body's cells. Cells absorb glucose with the help of insulin, a hormone produced by the pancreas.

A healthy pancreas adjusts the level of insulin according to the amount of glucose in the blood. For those with diabetes, this process doesn't work correctly. The pancreas may produce very little or no insulin (type 1 diabetes), or the body's cells may not respond to the insulin produced (type 2 diabetes). Type 2 diabetes, which makes up 95 percent of all cases of the disease, generally strikes adults. With either type, the result is the same—the body's cells can't absorb glucose, so the blood sugar levels become too high.

Experts aren't sure what causes diabetes, but research suggests that people who develop diabetes inherit a predisposition to the disease. In other words, if a parent or sibling has diabetes, your risk may increase.

Unfortunately, there is no way to prevent type 1 diabetes, which typically strikes young children and teens. But you can prevent type 2 diabetes through lifestyle changes. Getting regular exercise and keeping your weight in a healthy range reduces your chances of developing this condition—and can also help prevent complications, if you've already been diagnosed.

Recipe for Success

There is no cure for diabetes, but that doesn't have to keep you from living a long, healthy and active life. "Medicines can help, but lifestyle changes often have the biggest

impact and are usually the first line of defense," says Daniel Hardy, M.D., a family medicine physician in Los Banos. "The most important steps are exercising at least 20 to 30 minutes most days and learning to eat healthy. Together, these changes can help you lose weight, lower blood pressure, increase good cholesterol and control blood sugar levels."

Regular blood-sugar testing at home and at your doctor's office are a must. During the day, you need to check that your blood sugar levels are in the target range. If they're not, you need to adjust your medicine, eating and/or exercise levels. The portable blood sugar test kits available today make testing quick, convenient and relatively painless.

One Step at a Time

Adjusting your diet and exercise habits takes practice and patience. Don't try to make big changes all at once. Do it gradually to avoid feeling discouraged. Remember, exercising and eating healthy doesn't have to be expensive.

"In the early stages, diabetes often doesn't have any symptoms, and a lot of people don't see the need for change. But the damage to your body is happening even if you don't feel it," says Dr. Hardy. "Diabetes doesn't come on overnight, and it isn't going to be controlled overnight. Try not to give in to frustration. Diabetes is a lifelong condition that needs continuous monitoring and treatment, even when you feel great."

For more information about diabetes and how to control it, talk to your doctor or health care provider, or visit memoriallosbanos.org.

Adult Diabetes Support Group

When: Third Wednesday of every month, from 10:30 a.m. to noon

Where: Education Center at Memorial Hospital Los Banos

Meetings are confidential and free of charge.

Family and friends are also welcome. For more information, call **209-826-0591, ext. 270**.

You Can Count on Us During

In a medical emergency, it's comforting to know that help is always available. The Emergency Department (ED) at Memorial Hospital Los Banos (MHLB) is open 24 hours a day, seven days a week and serves more than 21,000 patients each year.

While many EDs in the nation are feeling the effects of a weak economy, MHLB is stronger than ever. "EDs around the country are closing due to lack of funds, which puts a greater burden on the ones that are still open,"

says ED Manager Jennifer Nunes, R.N. "We can serve more patients by being efficient. In fact, our patient wait times have gone down in the last few months. We've been getting a lot of compliments from patients and their families."

Expert Care 24/7

Our emergency physicians and nurses are available around the clock to treat problems ranging from chest pain and broken bones, to fevers and abdominal pain. Laboratory and X-ray technicians

are also on duty to perform blood tests, X-rays, CT scans and other diagnostic tests. A full-service Surgical Department, Family Birth Center and intensive care unit are staffed at all times.

This 24-hour access to care can make emergency treatment eight to 10 times more expensive than an appointment with your doctor. What should you do if you don't know whether your condition requires emergency treatment? When in doubt seek immediate medical attention, says Nunes.



While many EDs in the nation are feeling the effects of a weak economy, MHLB is stronger than ever.

an **Emergency**

“If you aren’t sure whether an illness or injury is serious, it’s better to err on the side of caution. Call your doctor or 9-1-1 or come into the ED where a professional can evaluate your condition,” she says. “On the other hand, if all you need is a prescription refill or medical treatment that can wait, you should see a doctor or visit a clinic during regular business hours. In the ED, we treat

people with the most serious problems first, rather than take patients in the order they came in.”

An Ounce of Prevention

Chronic headaches, back pain and asthma attacks are among the most common health issues seen in the ED. Working with your doctor to learn how to manage these and other chronic health problems can help you avoid such emergencies.

“We encourage patients with chronic health problems to follow up with their personal physicians. They should talk about what they can do to keep their condition from reaching a critical stage again,” says Nunes. “If they don’t have a personal physician, we often refer them to our Rural Health Clinic. It’s a great resource for the entire community.”

Rural Health Clinic Helps Those in Need

Thousands of people in Los Banos and the surrounding area would be without basic medical and specialty care if it weren’t for the Rural Health Clinic at Memorial Hospital Los Banos. The clinic serves nearly 1,000 patients a month. Most are families with limited incomes and resources.

The clinic’s nurse practitioners and other medical staff treat all ages—newborns to seniors—for a wide range of primary health care needs, including women’s health, physicals and well-baby care. Specialty clinics are offered throughout the month for urology; gynecology; ear, nose and throat exams; and surgical consultations. Patients also have access to hospital services, such as laboratory and radiology.

The Rural Health Clinic is located at 400 West I Street, Suite C, in Los Banos, next to the hospital near Illinois Street. It is open from 9 a.m. to 9 p.m., Monday through Saturday. Medi-Cal, Medicare and limited private insurances are accepted. For appointments or more information, call **209-710-6333**.

Memorial Hospitals Association
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Just for Today: Be Your Best!

When it comes to juggling work, family and home responsibilities, we could all use a little help. Visit MyLifeStages.org for fresh, practical tips on managing everyday life—and optimizing your health and well-being. And be sure to check out the [MyLifeStages](http://MyLifeStages.org) health-risk assessment survey. Answer our online questionnaire for instant results on your health risk factors. Register today at MyLifeStages.org. Membership is always free.

6086M



Community Education and Support Groups

Childbirth and New Parents

Breast-Feeding Support

- ▶ Free support classes and one-on-one consultations available.

Boot Camp for Dads

- ▶ Taught by experienced dads, this class is for new and expectant fathers.

Car Seat Safety

- ▶ One Saturday a month, 10 a.m. to noon in English or 1 to 2:30 p.m. in Spanish. Car or booster seat provided. Safety checks also available on Fridays.

Childbirth Education

- ▶ Wednesdays, 6:30 to 9 p.m. Free, six-week course for expectant parents.

Spanish Childbirth Education

- ▶ This one-day class covers breathing and relaxation techniques and more.

Mom's Support Group

- ▶ Meet new people as your baby, toddler or preschooler interacts with others in this free, bimonthly group.

Stork Tour

- ▶ Free tour of the Labor and Delivery Department, available every Tuesday, Thursday and Friday.

Personal Support Classes

Adult Diabetes Support Group

- ▶ Free, monthly group, held every third Wednesday, 10:30 a.m. to noon.

Cancer Support Group

- ▶ Monthly, every second Wednesday, 6 to 8 p.m. Adults with cancer and their loved ones and caregivers are welcome.

Classes for Children and Teens

Safe Sitter Babysitting Class

- ▶ Six-week class, held Wednesdays, 4 to 6 p.m. Become a certified Safesitter. Must be at least age 11 to attend.

Sibling Class

- ▶ This free, monthly class prepares kids for the arrival of a new baby. Special dates and times may also be arranged.

CPR and Other Programs

BLS Health Care Provider Certification

Health care professionals can become certified or renew certification.

Freedom from Smoking® Class

- ▶ Free, seven-week class, developed by the American Lung Association, begins September 30. Preregistration required.

Heartsaver CPR

- ▶ Learn basic adult, child and infant CPR skills through our partnership with the American Heart Association. Earn a CPR card good for two years.

Heartsaver Pediatric First Aid

- ▶ Available six Saturdays a year. Learn first aid and CPR skills for kids.

How to Register

For schedule, fee details or to enroll, call **209-826-0591, ext. 270**. See our event calendar at memoriallosbanos.org/education.