



Sutter Health
Central Valley Region

With You. For Life.

yourhealth

Fall 2010

Bringing Wellness and Health News to Northern California

Community Based, Not For Profit



Quit Smoking to
Live Better, Longer | 6

COVER STORY
Tips for Parenting
in the Cyber Age | 8

Advances in
Breast Cancer | 12



Your Health

From the Sutter Health Central Valley Region

The Sutter Health Central Valley region is pleased to bring you *Your Health*—a community magazine designed to help you and your family make informed decisions about your health care.

The Central Valley region is one of five regions within the Sutter Health not-for-profit network. This five-region structure is designed to provide more seamless and coordinated care for patients, while making health care services more accessible and convenient. Our Central Valley region includes:

- Memorial Hospital Los Banos
- Memorial Medical Center
- Sutter Gould Medical Foundation
- Sutter Tracy Community Hospital

Providing services in more than 100 communities throughout Northern California, the Sutter Health network is a leader in cardiac care, women’s and children’s services, cancer care, orthopedics, and advanced patient safety technology.

If you have any questions or comments about *Your Health*, please contact the Central Valley region Marketing Department at 209-525-3101.

Please note that although 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.



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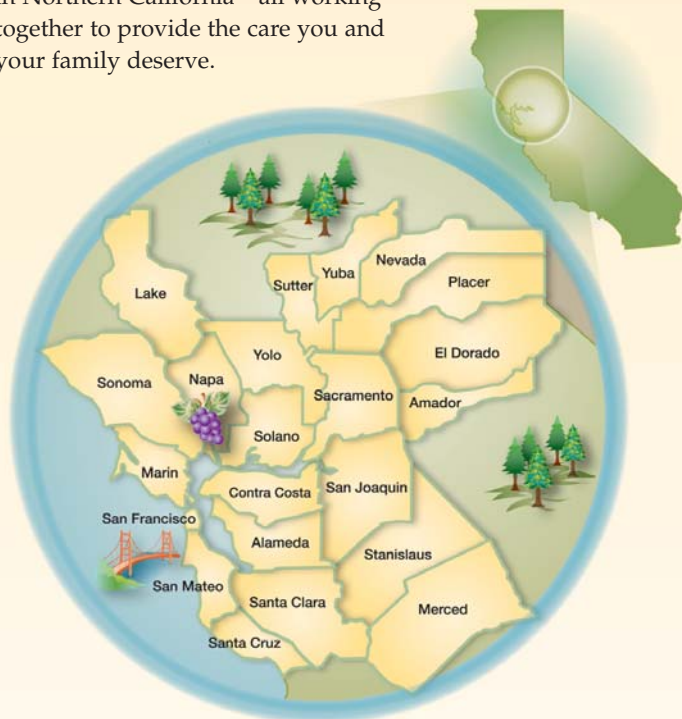
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Your Sutter Health Network

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.



Get the Quality Care *You Deserve*

Choose Sutter Health During Open Enrollment

If you live or work within the counties of San Joaquin, Stanislaus or Merced, the health care providers within Sutter Health's Central Valley region stand ready to serve you. And if you're preparing to select a health plan during your employer's open enrollment period, we hope you'll choose one that gives you convenient access to these local physicians and hospitals.

The hospitals and doctors in the Sutter Health Central Valley region provide a wide range of health care services for every member of your family. What's more, they are linked to provider colleagues throughout the Sutter Health network, sharing a best-practice approach to providing high-quality personalized health care.

In addition to core medical programs, such as emergency services, our network offers a number of specialized diagnostic and treatment services. And as a part of Sutter Health, we're leading the way in advanced care, while investing in new life-saving technologies. Plus, patients have access to comprehensive medical services offered by Sutter Health providers throughout Northern California.

In the Central Valley region, Sutter Health's providers and services include:

Physicians

Sutter Gould Medical Foundation operates clinics in Ceres, Lodi, Los Banos, Modesto, Patterson, Stockton, Tracy and Turlock. Gould Medical Group, Inc., includes more than 27 medical specialties and resources including: primary care and occupational health services, the

Maino Community Health Library, health education classes, clinical research studies, a clinical laboratory, the Valley Choice Infertility Clinic, and Urgent Care Centers.

Hospitals

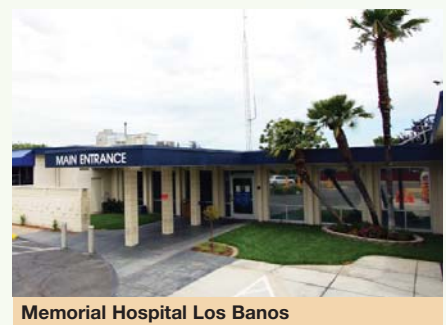
At **Memorial Hospital Los Banos**, patient services include 24-hour emergency care, an excellent family birthing center, surgical procedures (including same-day surgeries), inpatient hospital care and diagnostic testing (X-ray and lab). Additionally, the Rural Health Clinic offers urology, gynecology, surgery, ear/nose/throat, nutrition and respiratory therapy services.

Services at **Memorial Medical Center, Modesto**, include: 24-hour emergency care, intensive care, obstetrics, pediatrics, nuclear medicine, outpatient and open-heart surgery, dialysis, physical therapy, and home health care. Facilities include: Advanced Medical Diagnostic Center, intermediate care nursery, Level II Trauma Center, Community Hospital Comprehensive Cancer Center and Health Center with outpatient disease-management programs.

Sutter Tracy Community Hospital offers inpatient and ambulatory surgery, non-surgical techniques such as endoscopy, heart care, digital diagnostic imaging, laboratory services, 24-hour emergency care, a hemodialysis unit and Family Birth Center, specialized incontinence treatments, wound care and pain management, and rehabilitation services.



Sutter Gould Medical Foundation



Memorial Hospital Los Banos



Memorial Medical Center



Sutter Tracy Community Hospital

Visit Us Online

For more information about facilities in Sutter Health's Central Valley region, visit these websites:

- suttergould.org
- memorialmedicalcenter.org
- memoriallosbanos.org
- suttertracy.org

How to Choose a Doctor Who's Right for YOU

Studies show that people who see the same primary doctor regularly are more satisfied with their health care—and more successful at keeping their medical costs down. Here, four local physicians—affiliated with Sutter Gould Medical Foundation—offer advice on how to choose a doctor to lead and coordinate your medical care.



“Look for someone who is passionate about medicine—someone you can communicate with and who will spend time with you. Ask your friends, family members and even your previous physician for recommendations. Don’t feel obligated to choose a primary physician without first meeting him or her. If you aren’t comfortable with your doctor, you’re not as likely to visit.”

— *I-Hsuan Shen, D.O.,
family medicine, Sutter Gould
Medical Foundation, Tracy*



“Find a board-certified or board-eligible physician. Ask people you trust for recommendations or use a directory. Doctors’ credentials are often available online. Then meet in person to see how you get along. Is he or she knowledgeable and listening to your concerns? The answer should be ‘yes.’ Choose a doctor whose goal is to provide the excellent care you deserve.”

— *Kim Goodsell, M.D.,
family medicine, Sutter Gould
Medical Foundation, Ceres*



“Consider location, especially if you have one or more health conditions that need regular clinical care. And look for a doctor who encourages you to express concerns and ask questions, then provides easy-to-understand answers. He or she should treat you like part of the team, offer treatment options, and respect your decisions and cultural values.”

— *Samina Qamar, M.D.,
family medicine, Sutter Gould
Medical Foundation, Lodi*



“You should feel a personal connection with your primary care doctor and be comfortable talking openly and honestly about any subject. Remember, the best medical decisions are made using reliable information. Along with medical skill, key traits of a good doctor are communication skills and sincerity.”

— *Carlos Delgado, D.O.,
family medicine, Sutter Gould
Medical Foundation, Stockton*

Research Doctors Online

Sutter Health makes it easy to find a doctor who meets your criteria, such as: location, specialty, health plans accepted, languages spoken and more. To find a Sutter Gould doctor near you, visit suttergould.org.

Everyone Has a Story... Our Story Is You

“Life Is Wide Open Now”

Gastric bypass surgery gives couple new lease on life

Arnie and Kim Espinoza of Patterson share a happy marriage and a close bond with their four children. Until a few years ago, the couple shared something else—a struggle with obesity—that took a toll on their daily lives.

At age 38, Arnie weighed 359 pounds and suffered from sleep apnea. The condition stopped his breathing 60 times a night and caused loud snoring that kept Kim awake. The extra weight and sleep apnea put dangerous strain on his heart, his doctors told him. And that, coupled with his family history of diabetes and heart disease, could shorten his life.

Kim not only worried about losing her husband, but at age 32 and 225 pounds, she faced her own health worries. “I’d tried many different diets, including low carb and just doing it on my own. Exercise never really played a big part because I was too tired to even go there,” she says.

Then, in 2005, Arnie and Kim heard about gastric bypass surgery and decided to attend Sutter Health classes to learn more. They began learning healthy eating habits and listened to weight-loss surgery patients describe their successful experiences. Then they heard their Central Valley Medical Group physician Patrick Coates, M.D., discuss the ins and outs of gastric bypass, and how patients prepare for it. Finally, they decided to take the plunge together, as a major step toward a healthier future.

Kim underwent the surgery first at Memorial Medical Center in Modesto. Arnie’s surgery followed a month later. Both praise their Sutter Health caregivers for going the extra mile to provide the personalized care and attention they needed. Arnie was impressed by Dr. Coates and the surgical staff—especially with the special precautions they took concerning his sleep apnea. Kim was impressed with the kind encouragement of the nursing staff at Memorial.

Since the surgery, Arnie has lost 120 pounds and his sleep apnea is gone, allowing both Espinozas a restful night’s sleep. Today, Kim fits into a size 2, compared to a size 22. And, perhaps most rewarding, the Espinozas have seen their children enthusiastically follow in their footsteps—exercising, ditching junk food, and becoming fitter and leaner. The family’s converted garage now serves as a mini fitness center, helping everyone stay active.

“We are energized—and free from restrictions like being tired and lethargic,” says Arnie. “Life just seems wide open now!”

“We are Kim and Arnie Espinoza, and that’s our story.”



*Kim and Arnie Espinoza
(before gastric bypass surgery)*

Want to Share Your Sutter Experience?

Contact us online at
[sutterhealth.org/stories](https://www.sutterhealth.org/stories).
If your patient story is selected,
we will work with you to share
your story in video and print.

Quit Smoking to Live Better, Longer



Quitting smoking is always a smart move, even if it's been years since you've lived tobacco-free. Kicking the habit brings immediate health benefits, which continue to multiply with time.

"No matter how old you are or how long you've smoked, it is worth the

Sutter Tracy officially became a smoke-free facility on May 1, 2010, reflecting our staff's commitment to building a healthier community.

effort to kick the habit," says Gautami Agastya, M.D., an internal medicine physician and

chair of the Department of Medicine at Sutter Tracy Community Hospital. "Compared to smokers, ex-smokers live longer and have fewer illnesses, such as viruses, bronchitis and pneumonia."

Immediate Impact

How does quitting immediately benefit your health? Studies show that 20 minutes after your last cigarette, your heart rate and blood pressure decrease. If you stay smoke-free for 12 hours, the carbon monoxide level of your blood drops to normal. "Within three months, your circulation improves and lung function increases," adds Dr. Agastya. "And by nine months, you'll have less coughing and shortness of breath, especially

after performing everyday activities."

Once you quit the habit, your breath, hair and clothes no longer smell of cigarette smoke. Yellowing of teeth, fingers and fingernails decreases or disappears. Your sense of taste and smell also improves, making food taste better.



GAUTAMI AGASTYA, M.D.

Long-Term Rewards

The longer you stay smoke-free, the more the health benefits add up. According to the U.S. Surgeon General:

- **After 1 year:** Risk of coronary heart disease is half that of a smoker's.
- **Between 5 and 15 years:** Stroke risk is the same as for a non-smoker.
- **After 10 years:** Risk of dying from lung cancer is about half that of a smoker, and the risk of mouth, throat, esophagus, bladder, cervix and pancreatic cancer is reduced.
- **After 15 years:** Risk of coronary heart disease is the same as a non-smoker's.

Even those around you will benefit from your quitting smoking. By not exposing your friends and family members to

secondhand smoke, you're helping to protect their health, too. "If you smoke, make plans to quit," Dr. Agastya advises. "You'll set a healthy example for your children, while you improve their health and yours at the same time."

Need Help Quitting?

If you live or work in the Tracy area, add this class to your calendar:

Freedom From Smoking, Sept. 8 through Oct. 20

Wednesdays, 7-9 p.m.

Special session on Friday, Oct. 1
Sutter Tracy Community Hospital, in the board room, limited seating
Cost: \$20

To register and reserve your seat, call **209-832-6047**.

If you live in the Los Banos area, the following class is offered free of charge:

Freedom From Smoking, Sept. 8 through Oct. 20

Wednesdays, 6-8 p.m.

Memorial Hospital Los Banos, in the board room, limited seating
To register and reserve your seat, call **209-826-0591, ext. 356**.

Sore Throat. *Achy Ears*

When Does Your Child Need a Doctor?

If your child has frequent ear infections, painful sore throats or severe snoring, it may be time to visit an ear, nose and throat (ENT) specialist. Also called an otolaryngologist, this specialist diagnoses and treats disorders involving the head, neck, ear, nose and throat.

“Because their bodies are still growing and developing, children are vulnerable to certain ENT problems,” explains otolaryngologist Colleen Lennard-Love, M.D., who practices in Sutter Gould Medical Foundation’s Tracy and Stockton offices. She is also on staff at Sutter Tracy Community Hospital.



COLLEEN LENNARD-LOVE, M.D.

Common Conditions and Treatments

Younger children are prone to frequent ear infections and fluid build-up in the middle ear, Dr. Lennard-Love says. “Treatments may include antibiotics or surgical insertion of tympanostomy tubes—better known as ear tubes. Left untreated, these conditions can lead to hearing loss and speech delay.”

Enlarged tonsils and adenoids, which cause obstructive sleep apnea (OSA), are also common in children. “Steroid nasal sprays and surgery are two treatment options,” says

Dr. Lennard-Love. “Because obesity can compound the problem, losing weight with a healthy diet and exercise plan may also be necessary for some children.” Untreated OSA can lead to fatigue, difficulty paying attention during school, bed-wetting and other problems, she adds. Signs of OSA include severe snoring and gasping during sleep.

A lasting sore throat in your child is often a sign of infection. “Don’t be overly concerned if your child has had one or two tonsil infections,” Dr. Lennard-Love advises. “We usually recommend surgery to remove tonsils only if a child has been diagnosed with four episodes of acute tonsillitis within one year.”

A simple throat culture can confirm whether tonsillitis developed from a strep infection. If so, the first step is treatment with antibiotics to prevent rheumatic fever and kidney damage. If tonsillitis is caused by a virus, the best treatment is fluids, rest and ibuprofen.

Time to Schedule an Appointment

“Schedule a visit with your child’s pediatrician if you notice potential ear infection symptoms, such as fever, irritability, ear pain or discharge from the ear,” instructs Dr. Lennard-Love.

You can treat your child’s minor sore throat at home. But see a doctor promptly if your child shows these signs of acute tonsillitis:

- Severe sore throat
- Fever
- Pain when swallowing, which may prevent eating or drinking
- Significant fatigue

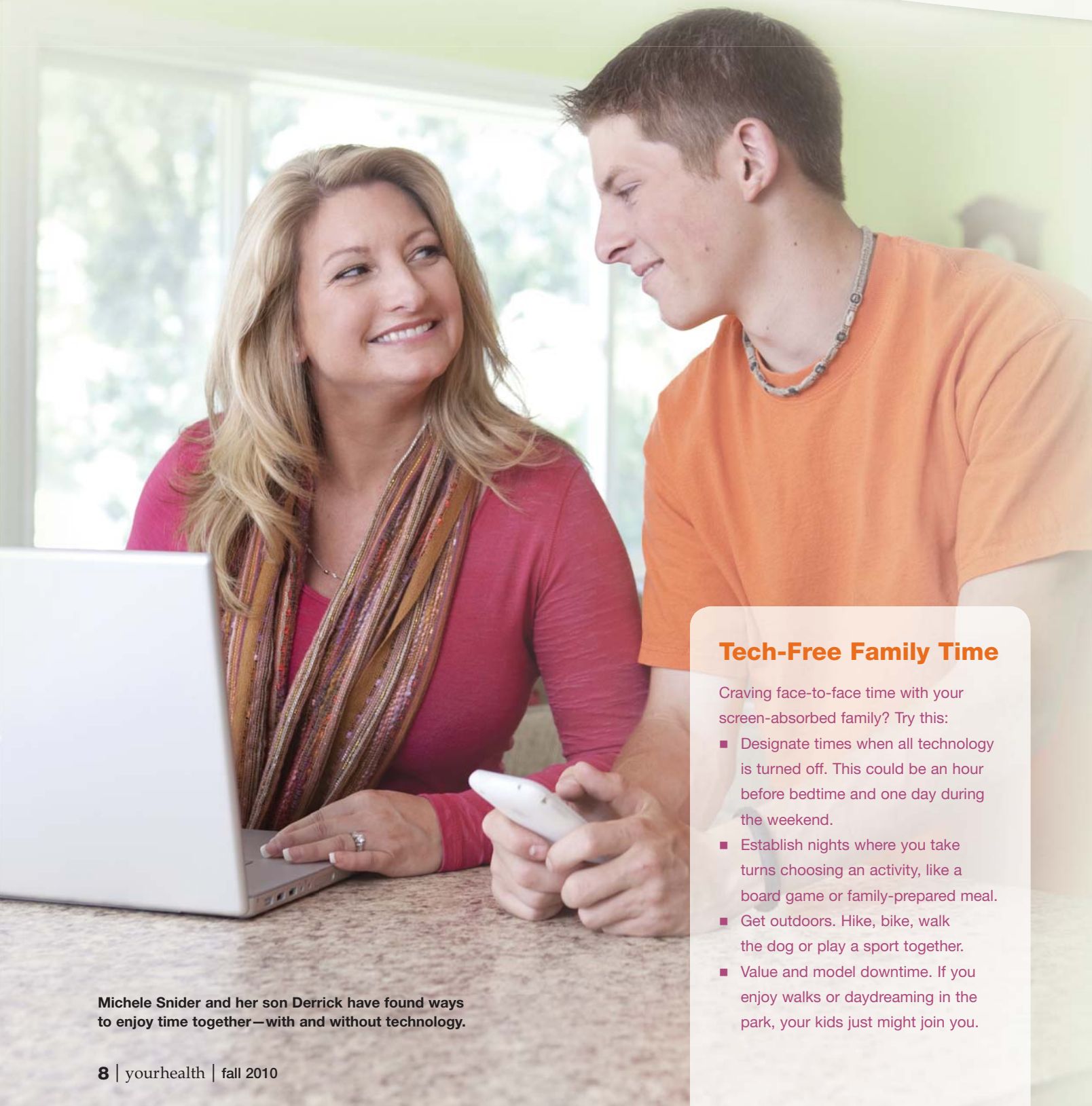
Because ENT doctors are specialists, most new patients are referred by their primary care physicians. Talk with your child’s pediatrician about whether your child could benefit from seeing an ENT specialist.



Meet Our Pediatricians Online

To view video biographies of pediatricians or to search for a Sutter Gould pediatrician near you, visit [suttergould.org](https://www.suttergould.org).

Parenting in



Michele Snider and her son Derrick have found ways to enjoy time together—with and without technology.

Tech-Free Family Time

Craving face-to-face time with your screen-absorbed family? Try this:

- Designate times when all technology is turned off. This could be an hour before bedtime and one day during the weekend.
- Establish nights where you take turns choosing an activity, like a board game or family-prepared meal.
- Get outdoors. Hike, bike, walk the dog or play a sport together.
- Value and model downtime. If you enjoy walks or daydreaming in the park, your kids just might join you.

the Cyber Age

Your son texts you to say that he got an 'A' on his midterm—more conversation than you drew out of him all week. That night he texts his girlfriend 27 times during dinner. Welcome to the yin and yang of technology and teens. Parents can list reasons why their kids need to be tech savvy, but they're also concerned. And rightly so, because medical professionals are finding more reasons to set limits on when and how young people use today's newest forms of communication.

Where kids and high-tech tools are concerned, "inadequate parental supervision is my greatest concern," says Gayatri Mahajan, M.D., a pediatrician practicing at Sutter Medical Foundation in Vallejo and the mother of a 12-year-old son. She talks with many parents who feel ill-equipped to monitor their children's technology usage—partly because gadgets and trends change continually. (*Are my kids texting, ping-pong or tweeting?*)

The trick to feeling comfortable is to understand the tools themselves, then assess the risks and benefits. Once you do, you can set reasonable rules and limitations—and better guide your kids toward smart choices.

Know the Risks

The American Academy of Pediatrics (AAP) recommends that kids spend no more than two hours a day on media activities, including everything from playing video games to texting. Why such tight reins? A growing body of research shows that overuse poses both social and physical threats to kids.

Cyber-bullying, for example, has increased in the last several years, according to a report in the *Journal of*

Adolescent Health. Up to a third of adolescents say they've been the victims of cruel text messages or posts on social networking sites. Even if online interactions are positive, experts worry that kids glued to gadgets engage in fewer imaginative, interactive activities that teach vital social and emotional skills.

The AAP also warns that excessive texting, Internet surfing or video-game playing can:

- Cause eye strain
- Result in repetitive stress injuries, like "texter's thumb" or carpal tunnel
- Interfere with sleep

Perhaps most alarming, kids may be exposed to inappropriate content, such as pornography, or unwittingly share private information with unsafe people. "Young people are more easily deceived," says Dr. Mahajan. "They can quickly end up in trouble in these social settings." Also, inappropriate photos or posts can harm their reputation with potential employers or colleges.

Get Involved

Let's face it, tech-savvy kids need tech-savvy parents. Learn about the technologies your kids use, and even "friend" them on Facebook. Then you can better monitor their text, photo and video postings to make sure their

interactions are safe and healthy. Better yet, use these interactions as an opportunity to learn more about each other.

"I'm surrounded by teenagers and their love of texting, Facebook and MySpace," says Michele Snider, who works for Jackson Junior High School and receives care through Sutter Amador Hospital's Outpatient Services Center. "My 16-year-old, Derrick, and I spend many nights talking while he reads his friends' online updates." Sometimes, her son shares online posts with her. "It's a great way for me to casually offer motherly advice on topics that come up among him and his friends," she notes.

But not all teens willingly share their online social lives. "Parents may face battles with their kids, just like with any other household rule," reminds Dr. Mahajan. "But remember, your role is to keep them safe."

You should establish age-appropriate limits and talk frequently with teens about technology. Ask if they've been bullied or posted unkind things about others. Discuss the dangers and how they can protect themselves. For example, your kids should only chat with "safe people" they've met in person.

To stay involved, turn off your own cell phone for an evening, and tell your teens you're all theirs. Now you really have their attention!

Parenting an Adolescent?

Get inspiration and helpful information in the "Parenting Teenagers" section of MyLifeStages.org. Our resources include insightful articles and advice from experts across the Sutter Health system.





Signs That Your Child May Need Emergency Medical Care

Parents make difficult decisions every day. One of the most important may be choosing between seeking emergency medical care for your child, scheduling a pediatrician visit or treating your child's symptoms at home.

"As parents, our children's health is in our hands," observes Vikram R. Kumar, M.D., an on-staff pediatrician at Memorial Hospital Los Banos. "When your child is sick or injured, it's important to determine if the situation is life-threatening or could result in permanent harm. Once you determine this, you can then seek medical evaluation and treatment accordingly."

Always seek emergency medical help if your child experiences any of the following:

- Loss of consciousness or unresponsiveness while still awake
- Seizure, sometimes characterized by rhythmic jerking
- Severe breathing problems, wheezing or shortness of breath

- Skin or lips appear blue-, purple- or gray-tinged
- Severe pain that increases or persists
- Cuts that are large or deep, especially on the head, chest or abdomen
- Neck stiffness
- Rash accompanied by fever
- Severe bleeding or head injury
- Any burns that are large, severe, or involve the hands, feet, groin, chest, or face
- A change in mental status, such as sudden sleepiness, disorientation or confusion
- Rapid heartbeat that doesn't slow down
- High fever

When is a fever too high? For children younger than 6 months old, a high fever is typically considered to be a rectal or armpit temperature of 100.4 degrees or higher. "Pay special attention



Amy and Juan Jimenez with their children Kristopher, age 7; Cassandra, 10; and Juan Jr., 12½.

‘Sutter Is Truly Concerned About Our Needs’

As the parents of three energetic children under the age of 13, Amy and Juan Jimenez have encountered their share of after-hours health emergencies.

“I’ve always taken my children to the Emergency Department at Memorial Hospital Los Banos,” says Amy, noting that the family’s experiences there have been excellent.

“I would recommend the hospital because of all it has to offer and the kind and compassionate nurses and doctors. They are truly concerned about our needs and provide the care we need in a calm, reassuring way.”

BILL WOOD PHOTOGRAPHY

to babies, as they can’t verbally communicate how they feel,” Dr. Kumar advises. “Look for additional signs of illness including an unusually low level of activity, disinterest in eating, a decrease in urination and difficulty breathing. Infants who experience a pause in breathing for more than 20 seconds should see a doctor.”

Don’t Wait!
If your child has swallowed something harmful, immediately call the Poison Control Center at 800-222-1222.

For kids older than 6 months, a rectal, armpit or oral temperature of 103 degrees or higher is considered a high fever. “You know your children best,” Dr. Kumar says. “If they aren’t acting as you would expect or you’re worried they may have a serious illness, always call your doctor for advice or seek immediate care.”

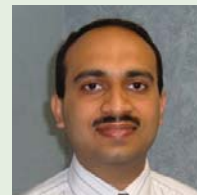
What if your child’s fever strikes late at night? Can you wait to call your doctor or visit an urgent care clinic in the morning? “If your child appears to be comfortable and in no distress, it’s

generally okay to wait until morning,” Dr. Kumar says. Treat your child’s fevers with children’s acetaminophen or ibuprofen.

Heat rash and mild rash caused by contact with an irritating substance, like poison oak, may also be treated with over-the-counter products at home. You should visit your pediatrician if your child has the following:

- Symptoms of an earache or strep throat (See page 7)
- Eye pain or conjunctivitis (pink eye)
- Severe vomiting and diarrhea accompanied by signs of dehydration
- Headache, stomachache, mild fever or other symptoms that don’t respond after four days of home care

“Use your best judgment,” Dr. Kumar says, “and whenever you’re in doubt, contact a qualified medical professional for advice.”



VIKRAM R. KUMAR, M.D.

Help In an Emergency

The Memorial Hospital Los Banos Emergency Department is open 24 hours a day, seven days a week. To learn more about our services, click on the Services tab at memoriallosbanos.org.

Breast Cancer

Diagnosis and Treatment Continue to Advance

The good news about breast cancer is that the disease is more curable than ever, thanks to scientific breakthroughs. To find out the latest, as well as what to expect in the future, we spoke with David Shiba, M.D., medical oncologist at Sutter Gould Medical Foundation and medical director for Memorial Medical Center's Cancer Services.

The Spectrum of Change

"Modern medications have the potential to prevent breast cancer," says Dr. Shiba. "Two drugs are approved for patients who don't currently have breast cancer, but are considered high risk for it. Studies show that patients who took these medications for five years reduced their incidence of breast cancer by 50 to 60 percent.

"We're also able to detect breast cancer much earlier, when tumors are much smaller and cancer hasn't spread elsewhere, such as the lymph nodes, liver, lung, bone or brain," he says. "Treatment has changed significantly, too, helping to increase the survival rate."

Dr. Shiba notes that current surgical treatment—a lumpectomy—focuses on trying to preserve the breast. That procedure is followed by state-of-the-art radiation treatment, which spares the heart, lung and skin from damage while targeting cancer. "Better chemotherapy drugs are now available, too," Dr. Shiba adds. "Some medication combinations may successfully avoid damaging heart muscle, which is a potential side effect of chemotherapy."

A Better Understanding

Many breakthroughs have resulted from the Human Genome Project, a 13-year international-research study coordinated by the U.S. Department of Energy and the National Institutes

of Health. The project aimed to more precisely identify and map the role and function of every gene in the body.

"We understand breast cancer a lot better today," Dr. Shiba says. "We can identify the HER-2 gene in cancer. Multiple copies of this gene signal that cancer will be more aggressive, which affects a patient's prognosis." When incorporated into chemo, targeted therapy against HER-2 may improve patients' likelihood of surviving breast cancer.

Technology and Diagnostics

One test, the Oncotype Dx, analyzes tumor tissue to help doctors determine an appropriate course of treatment and predict the likelihood that cancer will return after treatment.

"This diagnostic test looks at 21 genes in a patient's cancer. We use it to help assess whether a patient would be helped by chemotherapy, hormone therapy or no treatment," Dr. Shiba explains. "This is one of the first attempts to 'personalize' treatment for each patient versus basing treatment on studies of groups of patients."

Even more advances are on the horizon. "Technology involving the PET mammogram, currently in the testing phase, appears to be able to detect cancers as small as 1 to 2 millimeters," says Dr. Shiba. Traditional technology detects cancers in the 5 to 10 millimeter range.

"Five to eight percent of all breast cancers are inherited," he continues. "New genetic tests may help us to predict whether a patient's child or sibling will have an increased risk of breast cancer, ovarian cancer and, to a lesser extent, prostate cancer."

Tried and True

Today, an estimated one in eight women will be diagnosed with breast cancer.

Women find more than 80 percent of these cancers themselves.

"The most important steps for women to take are performing monthly breast self-exams, scheduling mammograms every one to two years between ages 40 and 65, and getting clinical breast exams from a health professional," he advises. "The earlier we can diagnose breast cancer, the better chance we have to cure it."



DAVID SHIBA, M.D.

Joyce Ross, shown here with her husband Stan, relied on Memorial and Sutter Gould for cancer treatment and support.

Get Support

Memorial Medical Center Women's Cancer Support Group

Second Tuesday of each month
4 to 5:30 p.m.

Health Education and Conference
Center in McHenry Village, Modesto
For information, call **209-526-4500**,
ext. 6505.



BILL WOOD PHOTOGRAPHY

‘Best of All, the Cancer Hasn’t Returned’

After she was diagnosed with breast cancer, Joyce Ross had to decide where to receive treatment. She chose Memorial Medical Center and Sutter Gould Medical Foundation.

“I had surgery and radiation therapy at Memorial,” Joyce says. “I selected Dr. David Adkins from Sutter Gould as my oncologist, and he’s been wonderful. The surgery that Dr. Tomasz Gutowski

performed was successful, and Memorial’s radiation therapy staff was fantastic—so sweet, kind, sympathetic, sensitive, all of those wonderful things. And they provided massage therapy to make me feel more comfortable during radiation treatment. I also participated in Memorial’s complementary therapy programs. All of them are free, which is amazing.”

Best of all, the cancer hasn’t returned since Joyce completed treatment.

“Memorial and Sutter Gould are the best,” she adds. “From diagnosis and surgery, to post-op and all the services available for people diagnosed with cancer, they offer so much support. They have cancer services that fit my every need.”



'I Have Access to My Doctor Anywhere There's an Internet Connection'

For the Alstad family, nothing beats a day exploring the foothills near their home in Modesto, taking pictures and collecting blackberries. And for 29-year-old Kristin Alstad, nothing beats the peace of mind she gets by being connected to her doctor anytime through our online services for patients.

"Knowing I have access to Dr. Masson from anywhere there's an Internet connection makes it easier for us to just go out and have fun!" she says.

Kristin, who has allergies and frequent sinus infections, manages her health online—asking general health-related questions, viewing medical test results, making appointments and requesting prescriptions from her doctor. "My information is password-protected and the program is very easy to use. Everything I need is right there," she says.

Kristin and her husband Rich lead busy lives, working and raising their six-year-old twin daughters. Having access to health advice for each family member at the click of a mouse saves Kristin time and stress.

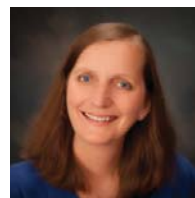
"When I send a message to Dr. Masson, I'm amazed at the prompt response," she says. "I can't imagine not having this service."

A Convenient Way to Connect With Your Doctor

Communicating with your Sutter Gould Medical Foundation physician has become even easier with a new, free e-Messaging feature available online.

Now you can send a secure e-mail (for non-urgent health issues) to your doctor at any time of the day, and get a response in one to two business days.

"Online services help me connect with my patients when they can't or don't need to come to the office," says Lisa Masson, M.D., a Sutter Gould physician in Modesto. "Often, a written message is actually better than a verbal message because patients can be sure they have included all the points they want to make. I can re-read each message, ask for verification if needed and send a thorough response."



LISA MASSON, M.D.

In addition to e-Messaging, as a Sutter Gould patient, you can manage other aspects of your health care online, including:

- Viewing your health summary and messages from your health care team
- Reviewing past appointments and physician instructions
- Receiving laboratory and other test results released by your physician
- Requesting prescription renewals and to schedule or cancel medical appointments
- Accessing doctor-approved health information materials related to your condition
- Changing your online password or e-mail address
- Requesting updates to your contact information

Getting Started

If your primary care doctor is part of Sutter Gould, you can start managing your health online. All you need is an e-mail account and access to a computer with an Internet connection. Your doctor's office support staff will walk you through the simple steps to register.

7 Tips for Busy Moms-To-Be

Whether you're expecting your first child or are adding another to your family, there are steps you can take to make your pregnancy healthier and more comfortable.

"It's important to contact your doctor once you know you're pregnant, so he or she can evaluate your health and help you prepare for a safe delivery," says Cheryl Hixson, community education instructor at Memorial Hospital Los Banos. She also offers the following guidance.

1 Make a plan. This plan should include regular prenatal visits and strategies for managing home and work activities. If you have health conditions—such as high blood pressure or diabetes—or previously delivered a baby prematurely, talk to your doctor for guidance.

2 Avoid common discomforts. Hixson suggests eating smaller, more frequent amounts, "Having up to five small meals a day may help reduce heartburn and nausea." Stay hydrated by drinking plenty of fluids and avoid caffeinated beverages.

3 Stay fit. Participate in exercises approved by your doctor, such as swimming, walking and prenatal fitness classes. Avoid getting overheated, drink

lots of water, and wear comfortable shoes and a supportive bra.

4 Take it easy. Avoid heavy lifting. Take frequent breaks to avoid sitting and standing for long periods of time. If your job involves lifting, sustained sitting/standing, or working with chemicals or radiation, your doctor may recommend temporary changes in your duties.

5 Get some rest. Most pregnant women need more sleep than usual—about eight to 10 hours, Hixson says. "As pregnancy progresses, you may need to experiment with pillows to find a comfortable sleeping position."

6 Control stress. Avoid working excessive hours. Practice relaxation techniques, like breathing slowly or imagining a calm environment. Consider taking a prenatal yoga class. Always

check with your doctor before starting a new exercise.

7 Stay safe. "Take care to avoid falls, particularly during the first trimester when you may experience dizziness, fatigue and nausea—and later in pregnancy when your center of gravity shifts," Hixson cautions.

In the car, adjust your seatbelt: Place the lap belt under your belly, as high on your thighs as possible. Position the shoulder harness between your breasts and to one side of your belly. Move the seat back so the steering wheel or dashboard is at least 10 inches away from your breastbone.

"Juggling life's responsibilities while pregnant can be a delicate balancing act," Hixson says, "But it can be done. Support from a dedicated health care team and good planning can help."

Childbirth Preparation Classes

Learn how to transition more smoothly into parenthood. For information about classes at Memorial Hospital Los Banos, which are taught in both English and Spanish, visit memoriallosbanos.org.

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MyHealthRecord: Keeping Track of It All

Wouldn't it be nice to have an online organizer to store and track your family's important health information—from medications and immunizations to doctors' phone numbers? Now you've got one: MyHealthRecord. You can also print or e-mail copies of your health data to yourself, baby sitters, school staff and health care providers. You'll find it at MyLifeStages.org, where membership is always free.

'Memorial Helped Me Stay Motivated to Fight Cancer'

Soon after losing her husband to leukemia, April Semple was herself diagnosed with cancer—a rare form that attacks the insulin-producing cells in the pancreas. That's when she discovered the complementary therapies offered by Memorial Medical Center's Cancer Services.

"Memorial's complementary therapies help keep me motivated in my fight against cancer," April says. "Their focus is on helping me to feel better and move forward with life."

"My doctor told me that maintaining a good physical condition would help my body fight cancer. I ended up joining Memorial's 2009 Team Challenge because I wanted to get out and exercise with other people." From there, April joined Memorial's Triumph Fitness exercise program, Hope Blooms garden club and Pilates class. "These groups have expanded my horizons, made it easier to meet new people and helped keep my diabetes and cholesterol under control," she adds.

"My doctors and I agree that the groups are really good for me," April says. "We're like one big extended family. Everyone is upbeat, positive and encouraging—which lifts my spirits higher."

Complementary therapies are used in conjunction with conventional medical treatments to help manage symptoms, optimize healing and improve the quality of life for people with cancer. Learn about touch and music therapies, healing yoga, and more at memorialmedicalcenter.org.

Join Us for the Run and Ride!

Don't miss Memorial's Cancer Awareness Run and Ride on Sept. 18. For more information or to register, call **209-569-7789** or visit memorialmedicalcenter.org.