Springtime’s a great time to examine your family’s health and wellness. Are you eating right, getting the right amount of exercise, plenty of sleep? Here are some simple tips from PIH Health to help you reboot and rejuvenate for spring.

An apple a day may not always keep the doctor away, but school kids need 10 to 11 hours, and teenagers 8 and a half hours to 9 hours and 15 minutes of sleep as well to get through their homework, sports and other activities. Additionally, sleep can help prevent health problems, like obesity. Adults and seniors need seven to nine hours of sleep even though it may take older adults a little longer to fall asleep.

As the communities’ health and wellness partner, PIH Health wants to help you and your entire family stay healthy this spring — call your family medicine physician today!

Sonya Thomas MD
PIH Health Family Medicine - Santa Fe Springs
12215 Telegraph Rd., Suite 112
Santa Fe Springs, CA 90670
562.789.5450
The Plaza Tower was built with the patient experience in mind and offers the following features:

› Operating beds with a gel coating for comfort
› Bair hugger gowns that warm patients from the minute they enter the surgery area to the time they leave
› Streamlined screen display views allow physicians, nurses and clinical staff located in different rooms to simultaneously see what is happening in real time during surgery
› LED lights in the operating room as well as cameras within surgical table lighting
› Touch screens
› Pull out beds for family members to stay with loved ones
› Corian® walls that are mold resistant and provide for a more sterile environment
› Clean Room Technology includes an innovative airflow system with High Efficiency Particulate Air (HEPA) filters to reduce the spread of airborne bacterial and viral organisms
› Patient lifts to reduce workplace injuries
› And much more

New State-of-the-Art Facility Demonstrates Commitment to Wellness through Growth and Expansion

After months of construction, years of fundraising and an endless amount of gratitude, PIH Health celebrated the grand opening of the Plaza Tower.

On February 9, 2013, PIH Health welcomed hundreds of community members, employees and local officials to share in the completion of the new state-of-the-art facility. It will serve as the new home for our Critical Care Center and Surgery Department.

“We are thrilled to expand our campus and services to the communities we have been serving for over 50 years. This addition is a testimony of our commitment to patient care by providing the very best healthcare services to the community and remaining at the forefront of medical innovation, technology and service,” said President and CEO James R. West.

Our newest tower makes PIH Health the region’s most advanced hospital licensed with 64 private medical/surgical beds, 48 private critical care beds, two catheterization labs, a state-of-the-art Surgery Department housing 10 large new operating rooms and a brand new pharmacy.

“Our goal is to remain a community asset that is here to care for those we serve for years to come,” added West.

A month after the grand opening, 72 patients were safely transferred to the Plaza Tower from other patient areas. The transition of the new Critical Care Center is scheduled to take place this summer.

While the building itself boasts some of the latest technologies and amenities available to our medical staff, it is much more than a building. It is about the patient experience. The services offered and the exceptional staff who work at PIH Health are what make the brand new Plaza Tower remarkable. We are thankful for everyone involved with the tower construction and opening for all of their dedication.
Teens and Vaccines

Why Your Teen’s Health Needs a Boost

Most parents know about the vaccines recommended for small children. However, PIH Health pediatricians want to remind parents that teenagers have their own unique needs.

“Childhood vaccines start to wear off and kids develop increased risk for disease as they get older,” says Juliet Lener MD, PIH Health pediatrician in La Mirada. “We encourage parents to ensure their preteens and teens receive the latest recommended vaccines and boosters to help them stay protected.”

The Centers for Disease Control and Prevention (CDC) recommends the following vaccines:

- **Tdap** - This booster shot for preteens ages 11 or 12 provides protection against tetanus, diphtheria and pertussis (whooping cough)
- **HPV** - This vaccine guards against sexually transmitted Human papillomavirus (HPV) infections and related diseases. It is recommended for boys and girls starting at age 11 or 12
- **Meningococcal** - The meningococcal conjugate vaccine (MCV4) is recommended for preteens ages 11 or 12 along with a booster shot at age 16 to protect against most types of meningococcal disease
- **Flu** - Preteens and teens are advised to get a flu shot every fall season or as soon as it’s available

For more information about preteen and teen vaccines, please contact PIH Health Pediatrics at one of these locations:

- Hacienda Heights: 626.964.6012
- La Mirada: 562.789.5435
- Whittier: 562.947.9399

The Pediatric Asthma Care program offers:

- Identification of asthma triggers
- Monitoring of lung function and symptoms
- Development of an individualized treatment plan
- Review and adjustment of asthma medications
- Demonstration on correct use of an inhaler

Call today for an appointment at one of our locations:

- **Whittier**: 562.947.9399, option 2
- **La Mirada**: 562.789.5435
- **Hacienda Heights**: 626.964.6012, option 1

**Allergies and Asthma Attacks**

Beware of Triggers Lurking Around the Corner

It’s springtime. The sun is shining, the birds are singing, and the flowers are blooming. It’s a wonderful time of year...unless you have allergies or asthma.

If that’s the case, the outlook for springtime may not be so bright. Twenty-two million Americans suffer from asthma. Even more people, 50 million to be exact, suffer from nasal allergies. For asthmatics, an attack can lead to tightness in the chest, shortness of breath and wheezing. For those with allergies, the symptoms can include a runny nose, sneezing and congestion.

Many people with asthma also have allergies, and the two can be a dangerous combination. A severe asthma attack can send a person to the emergency room, and can even lead to hospitalization.

Pollen in the air is one of the most common triggers for both allergy and asthma attacks. But it’s not the only one. Hany Nashed MD, a PIH Health pediatrician in Whittier, says triggers can be found around every corner.

**Asthma and allergy triggers include:**

- Smoke
- Pollution
- Cold air
- Cold and flu viruses
- Exercise
- Cockroaches
- Food allergies
- Mold
- Dust mites
- Pet dander

There are many treatments available for asthma and allergy sufferers including: steroids, bronchodilators, antihistamines, decongestants and allergy shots. Most asthma symptoms can be controlled with daily medication.

Dr. Nashed says that many patients can avoid attacks by being aware of their triggers and avoiding them.

“I tell my patients to use common sense,” Dr. Nashed says. “Check the pollen count for the day, use your rescue inhaler if you know you’re going to do a lot of physical activity, and give your dog a bath once a week. He probably needs one anyway!”

* National Institutes of Health
* National Center for Health Statistics

For more information about the pediatric asthma care program, please call 1.877.285.Docs (3627) or visit PIHealth.org.

PIH Health Pediatric Asthma Care

PIH Health is committed to helping families who deal with asthma through its Pediatric Asthma Care program.

This program offers families an in-depth doctor visit to discuss their child’s health and, together, develop a plan to manage asthma symptoms. Although this asthma care visit is longer and more personalized than a regular doctor visit and comes at no extra cost to families.
Enjoy Outdoor Activities Without a Sprain
Ease Into Activities While Avoiding These Common Injuries

No one questions the health benefits of regular exercise, but overdoing it can produce sports injuries that hurt bones and soft tissue.

Sports injuries can happen because you’re out of shape or maybe because you didn’t warm up or stretch before and after exercise. Accidents, poor training and improper gear also contribute to getting hurt. Statistics show that those who play on contact sport teams suffer the greatest number of injuries, while those pursuing solo endeavors get the most serious injuries.

About 10 million Americans receive medical care for sports injuries each year, most of which can be self-treated or heal on their own. If you ever feel pain while exercising, stop and learn what to look for.

1 Strains and sprains
Strains and sprains happen when muscles or tendons that connect muscle to bone or bone to joints become stretched or torn. Common strains include back and hamstring injuries; common sprains are in the ankle and wrist.

Twisting or wrenching causes strains and sprains which may happen suddenly or develop over time. While you may hear a pop or feel a tear with a sprain, during either injury you’re likely to experience pain, swelling, bruising or have trouble moving.

Treat strains and sprains with RICE:
- Rest
- Ice
- Compression
- Elevation

2 Acute and chronic injuries
Acute sports injuries occur suddenly during activity, while chronic or overuse injuries occur over time. Acute injury symptoms include sudden, severe pain, swelling, inability to walk, extreme tenderness or weakness or visible bone dislocation. Signs of a chronic injury can include dull ache while resting, pain when performing the activity and swelling.

3 Knees
The complex structure and weight-bearing capacities of the knee make it the most commonly injured joint. Twisting, improperly landing after a basketball jump or high-impact running can cause ailments like runner’s knee, a pain or tenderness around the kneecap.

More severe injuries include bone bruises or tears to the knee’s four ligaments. Treatment depends on the cause, but may include surgery or even joint replacement.

4 Fractures and dislocations
Fractures are typically sudden, one-time injuries that can cause clean breaks to bone with little tissue damage. However, repetitive impact injuries, also known as stress fractures, worsen with activity.

Bones in joints that become separated or dislocated often occur during contact sports. Stress fractures and dislocated joints require immediate care.

If you’ve suffered from a sports injury, don’t let it keep you out of the game. With PIH Health, you’ll have access to a broad array of outpatient and inpatient services from diagnosis through recovery.

If you’re feeling left out of the activities you love, take the first step towards recovery and reach out to our orthopedic and sports medicine specialists. To find a highly skilled PIH Health doctor, please call our Information and Referral Service at 1.877.285.DOCS (3627) or visit us at PIHHealth.org and click on “Find a Doctor.”

Daniel E. Kaplan MD
Orthopedic Surgery
1400 S. Harbor Blvd., Suite A
La Habra, CA 90631
714.879.3400
12215 Telegraph Rd., Suite 112
Santa Fe Springs, CA 90638
562.789.5452
Alzheimer’s Caregiving: An Unforgettable Journey

A Conference for Those Caring for a Loved One with Alzheimer’s Disease

Caring for someone with Alzheimer’s disease can bring about many new questions. How does this diagnosis affect my family member? What types of plans need to be made? Are there resources available to help?

This summer, PIH Health is presenting Alzheimer’s Caregiving: An Unforgettable Journey, a conference for caregivers dedicated to answering the questions that may arise in your Alzheimer’s journey. Hear from experts and those directly affected and learn what you can do to cope with the changes that come from caregiving.

Date: Saturday, July 13, 2013
Time: 9 am to 2 pm
Location: PIH Health Hospital Flo and Frank L. Scott Conference Center Blanchard-Haendiges Auditorium
Cost: Free

For more information or to register for the event, please contact the PIH Health Senior Life Center at 562.698.0811 Ext. 18302.

Medicare Q&A

What You Need to Know About Your Options

Q: I am turning 65 soon. What do I need to know?
A: Three months before you turn 65, you should contact Social Security to apply for Medicare benefits. Contacting Medicare when you are first eligible will help you avoid having to pay penalties down the line. Medicare gives you a seven-month window to sign up, called the Initial Enrollment Period: it starts three months before you turn 65, includes your birthday month, and continues three months after you turn 65. If you don’t sign up when you are first eligible, you can join during the General Enrollment Period (January through March each year). However, you might pay higher premiums and penalties for late enrollment. Note: You don’t have to be retired to receive Medicare benefits.

Q: What is a Special Enrollment Period?
A: Medicare allows for late enrollment if you were still covered by a group health plan when you turned 65. This might have been provided by your employer, your spouse’s plan or another family member’s plan. You have eight months to sign up for Medicare after your employment ends or the coverage ends, whichever comes first. This is called the Special Enrollment Period. You usually don’t have to pay a penalty if you sign up during a Special Enrollment Period. Note: COBRA and retiree health plans are not considered “employer coverage,” and you are not eligible for special enrollment when that coverage ends.

Q: What should I know about Medicare Part A and Part B?
A: When you first sign up for Medicare benefits, you will receive a red, white and blue card with a strip in the mail. The card will state that you have Part A and Part B coverage. Most people can receive Part A coverage for no cost because they paid Medicare taxes while working, Part B can be deferred at this time. If you or your spouse is still working and receiving employer health benefits, it may be to your advantage to delay your Part B enrollment. After you stop working, you will have eight months to sign up for Part B without penalty. To receive Part B coverage, you will have to pay a monthly premium.

For more information on Medicare, visit Medicare.gov or call 1.800.633.4227.
To learn more about Medicare Advantage Plans that partner with PIH Health, visit PIHHealth.org/Seniors.

Medicare 101

The Basics of Medicare:
- › Part A covers inpatient care in hospitals, skilled nursing facility care, hospice care and home health care.
- › Part B covers medically necessary services from doctors, outpatient care, home healthcare, durable medical equipment and some preventative services.
- › Part C is called Medicare Advantage. These plans are run by Medicare-approved insurance companies, and include all of the services covered by Part A and B. It usually includes prescription drug coverage (Part D), and may offer some extra benefits or services for a fee.
- › Part D is the prescription drug coverage. These plans are run by Medicare-approved insurance companies, and helps cover the cost of prescription drugs.

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To learn more about PIH Health and the Medicare Advantage Plans we accept, visit PIHHealth.org/Seniors.
To sign up for Medicare, visit Medicare.gov.
Get Ahead with Free Resources at Our Diabetes Education Center

Our free services include:

- **Diabetes Self-Management Program** - An individual consultation followed by a three-session class series and two follow-up appointments
- **Sweet Success** - A program designed specifically for pregnant women with diabetes
- **Healthy Changes** - This new, 16-week program focuses on lifestyle and behavior changes recommended by the Centers for Disease Control (CDC), using an interactive format with weekly projects
- **Glucose Monitoring Devices and Education** - Blood glucose screenings are done every Friday from 9 to 10 am at no charge. Reservations are preferred
- **Hemoglobin A1C (Blood Sugar) Measurements** - Available for class participants only

The PIH Health Diabetes Education Center is open Monday through Friday, 9 am to 4 pm and is located in the Ernest D. Wells Medical Office Building (adjacent to the main hospital) at 12462 Putnam Street, Suite 303, Whittier. Learn more by calling 562.698.0811 Ext. 11320.

- Jacqui Center RD CDE discusses options to help lower PIH Health patient Matthew Ulmer’s blood sugar levels.

When 46-year-old Matthew Ulmer was diagnosed with Type 2 diabetes last September, he was shocked, saddened and thought life-as-he-knew-it was over. But fortunately, his PIH Health inpatient educator provided a lifeline, the PIH Health Diabetes Education Center.

After attending the three-week Diabetes Self-Management Program, Matthew learned how to take control of his disease and started taking positive steps forward.

“I focused on portion control, stepped up my exercise routine and within three months, had dropped my blood sugar levels from an unhealthy average of 356 mg/dl to a much healthier average of 126 mg/dl,” said the Whittier resident.

If you have Type 2 diabetes (or are at risk for the disease), our free resources are here for you, too. Our outpatient Diabetes Education Center provides the education you need to improve self-management and gain powerful results.

In 2012, the PIH Health Diabetes Education Center served approximately 3,000 people through educational programs.

Fighting Type 2 Diabetes?

As a nonprofit organization with a charitable mission, PIH Health is a proud partner in our communities’ health and wellness. Our community benefit programs promote overall health and well-being, regardless of health or economic status.

During the 2011-12 fiscal year, our financial contributions to these community health improvement programs totaled more than $63.4 million – 14.6% of PIH Health’s organizational expenses. Some of our investments are highlighted below:

- 171 uninsured or underinsured women received free or low-cost mammograms
- Healthy-lifestyle focused education was provided to 1,735 Los Nietos School District parents, staff and students
- 3,741 underserved individuals were provided free or low-cost healthcare services through regular visits to 22 school locations and eight community sites
- 113 people at a local homeless shelter received free healthcare services – 86% of whom showed health improvement
- 8,434 people received financial assistance through PIH Health’s Charity Care program

To view the full report, visit PIHHealth.org/CBAAnnualReport.pdf. To learn more, please contact the Community Benefit Department at 562.698.0811 Ext. 14110.

PIH Health Community Benefit Contribution

Financial Summary, Fiscal Year 2011 - 2012

- **Government-Sponsored, Means-Tested Healthcare** $2,616,922
- **Health Professions Education** $113,295
- **Research** $113,295
- **Subsidized Health Services** $9,112,963
- **Community Benefit Operations** $364,185
- **Community-Building Activities** $727,483
- **Cash & In-Kind Contributions** $272,483
- **Community Health Improvement Services** $4,395,955

562 persons served

56 persons served

181 persons served

5 persons served

21 persons served

852 persons served

1,405 persons served

852 persons served

27 persons served

852 persons served

852 persons served

30 persons served

2,616 persons served

727 persons served

727 persons served

727 persons served

727 persons served

727 persons served

727 persons served

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LeRoy Misuraca MD has left a lasting imprint on the PIH Health community through his total commitment to patient care. First as a prominent anesthesiologist who introduced Respiratory Services to PIH Health in the early 1960s, then as the Medical Director of a new Respiratory Care Unit. With the expansion of PIH Health to the North/South wing, he developed an innovative, 24-bed Critical Care Center that consolidated the separate Respiratory, Surgical and Cardiac Intensive Care Units, and served as Medical Director for almost four decades.

His reach has gone far beyond the halls of PIH Health. As the Secretary of the Respiratory Care Board of California and the National Board for Respiratory Care, he has been involved in the licensing requirements and credentialing exams for state licensure of Respiratory Care Practitioners in the United States, Mexico, Central and South America.

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LeRoy Misuraca has left a lasting impression. He was also active in respiratory and critical care activities of national and international anesthesiology, chest and critical care medicine societies, and Project HOPE in Indonesia, Peru and Ecuador.

Now, in retirement, Dr. Misuraca has taken the step to leave a permanent legacy. He recently joined the new PIH Health Legacy Society as a Charter Member, sharing his intention to support PIH Health with a planned gift by naming PIH Health as a beneficiary of his IRA.

Leaving a legacy gift from an IRA, life insurance, retirement plan or other assets is one way to ensure quality healthcare for this community for years to come. Creating a legacy gift can be as easy as completing a form to designate PIH Health as a beneficiary.

To learn more about how to make a lasting gift to PIH Health, please contact the PIH Health Foundation at 562.698.0811 Ext. 14120.

Leaving a Lasting Legacy

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A Lifetime of Support

Patricia L. Scheifly may have been born and raised on the East Coast, but it was her adopted home for over 50 years, Whittier, where she has left a lasting impression. She and her husband, John, raised their family here and dedicated so much of their time and financial support to the community.

PIH Health was one of many organizations to benefit from her generosity. She and her husband established the Scheifly Scholarship for PIH Health employees seeking a nursing degree, enabling so many young people to reach that goal.

She also served on the PIH Health Foundation Board of Directors for 22 years and on the Community Advisory Council. The council helped create the Patricia L. Scheifly Breast Health Center at PIH Health Hospital, where she was actively involved until her passing in December 2012 at the age of 86.

Mrs. Scheifly supported a variety of organizations throughout her life; PIH Health is honored to have been one of them. She will be greatly missed. To make a gift in memory of Mrs. Scheifly to her beloved namesake, the Patricia L. Scheifly Breast Health Center, contact the PIH Health Foundation at 562.698.0811 Ext. 14120 or visit PIHHealth.org.

“A Mrs. Scheifly supported a variety of organizations throughout her life; PIH Health is honored to have been one of them. She will be greatly missed.”

—Amy Fitzgerald, executive director, PIH Health Foundation
Make Mother’s Day Special This Year with a Makeover

Being your mother or daughter in any time throughout the month of May for a distinctive day of pampering. The PIH Health Plastic Surgery & Aesthetic Medicine Center is offering a special “Mother’s Day Makeover” experience that includes these services for two:

› Express Facials
› Mini Makeovers with Jane Iredale cosmetics
› Jane Iredale eye shadows of your choice
› Hand Massages

Show the most important woman in your life how much you care, and spend the day together! This special offer is priced at $149 for a limited time only.

For more information or to make an appointment, please call 562.789.5439. If you are interested in purchasing this package as a gift, we have gift certificates available.

PIH Health Plastic Surgery & Aesthetic Medicine Center
12462 Putnam St., Suite 501
Whittier, CA 90602

Be sure to mention Healthy Living when you call.

Expressions of Hope

Bra-Vo
An Uplifting Fundraising Event
PRESENTED BY PIH HEALTH AUXILIARY

Express Yourself at Our Bra-Vo Workshop

If you or a loved one is a breast cancer survivor, you know the importance of focusing on life after breast cancer. You also know the value of hopeful thoughts and heartfelt encouragement.

PIH Health Auxiliary invites you to express yourself and your personal journey through a one-of-a-kind art event — an upcoming Bra-Vo workshop. During this two-hour event, you’ll be the artist and a bra will be your canvas. Surrounded by other breast cancer survivors, you’ll create a unique masterpiece that represents courage, strength and hope. Whether you prefer paint, flowers, ribbons, feathers or sequins, we’ll supply the ingredients and you bring the creativity.

Once your original work of art is complete, it will be proudly displayed in Uptown Whittier businesses during art walks and throughout our Bra-Vo fashion show and fundraiser, which helps increase awareness of breast cancer while raising funds in support of patients of the PIH Health Patricia L. Schellfy Breast Health Center.

For more details, workshop dates and locations or to register, please call 562.698.0811 Ext. 15638.

Get Ready for Sandal Season

You Don’t Need to Be Self-Conscious About Your Feet

If your toenails are thick, yellow and brittle, you may be too embarrassed to let anyone see your feet. This condition, known as onychomycosis, is caused by a fungal infection of the nail.

PIH Health now has a new podiatric laser for toes and feet that offers a fast and effective way to help clear your toenails without drug therapy. Make an appointment with Byron Alberty DPM to see if you’re a good candidate for this groundbreaking treatment.

For more information or to make an appointment, please call 562.789.5464.

A Disaster Supply Kit Can Help You Manage an Emergency

A disaster supply kit is simply a collection of the basic items your family may need during an emergency. If you have to evacuate your home quickly, having all of your essentials in one place will make it easy to be ready at a moment’s notice.

Here are some tips for putting together a disaster supply kit of your own:

› A kit should contain all the food, water and other supplies you may need in sufficient quantity to last for at least 72 hours
› Put all of your essential supplies in a portable container, such as a plastic tub or backpack, that you can grab quickly should you have to evacuate
› Identify an area in your home to store the kit and make sure everyone knows where it’s located
› Just as important as putting your supplies together, is maintaining them so they’re safe to use when needed

PIH Health is proud to serve as one of 13 Disaster Resource Centers (DRC) in Los Angeles County. In the event of an emergency, we collaborate with 10 other hospitals and county first responders to keep patient safety and community members at the forefront of disaster management.

For more information on how to build a disaster supply kit, visit Ready.gov.
$10,000 - $24,999
- Mr. John Heidt
- ARS Document Imaging
- American Lung Association

$5,000 - $9,999
- Mr. and Mrs. James J. Bourbon
- Mr. and Mrs. Michael Thomas
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$2,000 - $4,999
- Mr. and Mrs. John R. Johnson
- Mr. and Mrs. James J. Bourbon
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$1,000 - $2,499
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$500 - $999
- Mr. and Mrs. James J. Bourbon
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$100 - $499
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$50 - $99
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$25 - $49
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$10 - $24
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$5 - $9
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

$1 - $4
- Mr. and Mrs. John B. Patterson
- Mr. and Mrs. Joseph Gonzalez
- Mr. and Mrs. Robert A. Jones

Thank You to Our Generous Contributors

The PIH Health Foundation extends its heartfelt thanks to the following contributors whose gifts of $500 or more were received during 2012:

**Estate of Lois A. Briggs**
**Estate of Eva Clark**
**Estate of Marilyn Clark**
**Estate of Jeremiah J. Heagerty**

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The PIH Health Foundation wishes to acknowledge the following legacy gifts received in 2012:
Ask the Expert

People often have many questions concerning their health. A few of PIH Health’s highly trained and compassionate physicians address some of these common inquiries below:

**Julia Willner MD**

Q. What is abnormal uterine bleeding and should I be concerned?

A. Abnormal uterine bleeding (AUB) is very common, affecting more than 40 in 100 women ages 35 to 55. Its main symptoms is abnormally heavy bleeding that is sometimes accompanied by fatigue, depression, headache and cramps. AUB has many causes, and since it can adversely affect lifestyle and in some cases indicate fertility problems or even cancer, it is important to consult your doctor if you experience the symptoms. Your doctor will run diagnostic tests and evaluate your patient history, menstrual activity and symptoms to determine the cause and best treatment options if you have AUB. Today more and more patients are opting for minimally invasive treatments such as the nevers, very effective endometrial ablation procedure, which has proven to provide lasting relief of AUB.

Dr. Julia Willner is an OB/Gyn at PIH Health Women’s Center, 12875 La Mirada Blvd., #401, La Mirada, 562.789.5453.

**Rostam Khoshsar MD**

Q. I had back surgery, but I’m still in a lot of pain and taking pain medication. I’m starting to worry about side effects and becoming dependent on painkillers. Are there any alternatives?

A. Many patients suffer from chronic pain and take pain medication, including narcotics. These patients often develop a tolerance to narcotics, and the dosages need to be increased to achieve the same effect. That’s why narcotics are not good for long-term use. There are several new advancements in the field of pain management, such as spinal cord stimulators and spinal pumps, which allow superior pain control with almost no side effects or dependency. These procedures are done in an outpatient setting with very short recovery.

Dr. Khoshsar is an interventional pain management specialist at the PIH Health Ernest O. Wells Medical Office Building, 12482 Putnam Street, Suite 402, Whittier, 562.789.5466.

**Angel Yen MD**

Q. What is prediabetes and how can I prevent progression?

A. Before people develop Type 2 diabetes, they often have prediabetes. This means that their blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. People with prediabetes are more likely to develop Type 2 diabetes, but there are some things that can be done to prevent or delay the development including losing weight and exercising. Even losing 10 to 15 pounds and walking 30 minutes a day can make a significant difference. For some people, early treatment can return blood glucose levels to the normal range. If you have prediabetes, you should be checked for Type 2 diabetes each year.

Dr. Yen is a family medicine physician at the PIH Health Plaza Medical Office Building, 15725 E. Whittier Blvd., Suite 300, Whittier, 562.947.1669.
Cancer Survivorsship Series
Saturday, June 1, 2013, 10 am - 12 noon
The physical, emotional, social and spiritual aspects of cancer treatment and diagnosis through survivorship. This is the second in a series of four sessions. Registration encouraged. Call Ext. 12705.

Relik Healing Touch Sessions
First and third Wednesdays of the month, 6 – 8:30 pm, Relik L. Guikher Radiation Oncology Center
Cancer patients, survivors and caregivers can experience the amazing benefits of Reiki in a group setting. A brief discussion of Reiki is followed by a meditation session, and then each person participates in giving and receiving Reiki. Registration required. Call Ext. 12777.

Writing for Wellness
Call for dates and times
A workshop designed for cancer survivors, caregivers and those dealing with stress or loss. Emphasis is placed on the therapeutic benefits of a focused writing experience. No writing experience is necessary. Call Ext. 12703.

CANCER TOPICS
International viewing information about PIH Health’s cancer program visit PHIRhealth.org and click on the “Services” tab and select “Cancer Programs” from the drop-down menu.

PIH Health offers a wide variety of health and wellness opportunities for you and your family. Unless otherwise indicated all community education events, classes and support groups are free of charge and are held in the Flo and Frank L. Scott Conference Center at PIH Health Hospital.

For the latest PIH Health community education updates or to register online, be sure to visit PHIRHealth.org. Click on the “Events” tab to access the calendar of events and online registration form.

For more information on childbirth classes including materials needed, fees or to register, call Ext. 17541.

Big Kids: Sibling Orientation
Saturday, May 4, June 1 and July 6, 2013, 9 – 10:30 am
Recommended for expectant brothers and sisters ages three to ten years. Registration required. Call Ext. 17541.

Tea for Two and First and third Wednesdays in May, June, July – 7:30 pm
The Tea for Two program provides an overview of the classes and services offered. Program limited to mother-to-be and her significant other. Call Ext. 17541.

Maternity Care Center Tours
Second and fourth Mondays at 7 pm Maternity Care Center tours are open to children and grandparents. Call Ext. 17541.

Preparation for Childbirth Series
Call for dates and times
This four-session class (one class per week) for four consecutive weeks is designed to teach expectant parents techniques to help them learn, respond and work through labor. Fee: $75. Registration required. Call Ext. 17541.

Childbirth Preparation course for the children of expectant couples.

Infant/ Toddler CPR and Safety
English: Wednesday, June 12 and July 10, 2013, 7 - 9:30 pm
Spanish: Thursdays, May 16 and July 11, 2013, 7:30 - 9:30 pm
Learn important techniques for saving a child’s life. Note: no CPR course-completion card given. Call Ext. 11320.

Preparation for Breastfeeding
Tuesdays, June 4 and July 2, 2013, 7:30 – 9:30 pm
Saturdays, May 18 and June 15, 2013, 9 – 11:30 am
Fathers or other support person encouraged to attend. Please bring a baby-sized doll or stuffed animal to practice with.

Childbirth Basics
English: Thursdays, May 2 and June 6, 2013, 7 – 10 pm
Spanish: Wednesdays, May 1 and July 3, 2013, 7 – 10 pm
Chinese: Mondays, May 13 and July 8, 2013, 6:30 - 8:30 pm
Learn basic principles for childbirth. This class is for expectant couples not planning to take the Preparation for Childbirth series. Call Ext. 17541.

Childbirth Refresher
Tuesdays, May 28 and July 23, 2013, 7 – 10 pm

Getting Ready for Your Baby
Tuesdays, May 14 and June 11, 2013, 7 – 10 pm
Provides information on topics of relevance to new parents. Fees: $10. Call Ext. 17541.
PIH Health offers a wide variety of health and wellness opportunities for you and your family. Unless otherwise indicated, all community education events, classes, and support groups are free of charge and are held in the Flo and Frank L. Scott Conference Center at PIH Health Hospital. For the latest PIH Health community education updates or to register online, be sure to visit PIHealth.org. Click on the “Your Wellness” tab to access the calendar of events and online registration form.

SPRING 2013 EVENTS AND CLASSES FOR ADULTS AGES 55+
For class details, location and registration, call 562.698.0811 and the extension noted.

DRIVER SAFETY
AARP Safe Driver Courses
Eight-hour classes: Mondays and Wednesdays, June 17 and 19, 2013, 8 - am - 12 noon
Four-hour refresher class: Saturday, May 18 and Saturday, July 20, 2013, 8 - am - 12 noon
These courses are intended to help older adults maintain their independence by becoming safer drivers. Upon completion of the course, attendees may qualify for an automobile insurance discount given by their insurance company. Fee: $12 for AARP members/$14 for non-members. We only accept checks made out to AARP. Reservations required. Call Ext. 18302.

FOR CAREGIVERS
EXERCISE
Tai Chi and Qigong Exercise Classes
Tuesday, 8 - 10 am
Experience these gentle martial, meditative and healing arts that help clear the mind, reduce stress, increase concentration and improve balance. Fee: $18 for six sessions/$30 for non-members. Registration required. For information, call Ext. 18302.

Savvy Caregiver Workshop Six consecutive Wednesdays, starting June 5, 2013, 2 - 4 pm
A no-cost, six-week course which provides family caregivers the knowledge and skills needed to care for a family member who has been diagnosed with Alzheimer’s disease or another dementia. Registration required. Call Ext. 18302.

Caregiver Support Group
The second Tuesday of each month, 10:30 am - 12 noon
For reservations, call Ext. 18302.

Living with Alzheimer’s Disease
Three consecutive Mondays, May 13, 20 and 27, 2013, 2 - 4 pm
This series assists family caregivers dealing with a loved one in the early stage of Alzheimer’s or Dementia by explaining the diagnosis, including plans that need to be made and resources available to help. Reservations required. Call Ext. 18302.

HEALTHY AGING
Twinges in the Hinges
Offered weekly, call for dates and times
This water-based, exercise class is offered in partnership with the Arthritis Foundation. Low-impact exercise from head to toe for those with arthritis. Fee: $3 per class. Registration required. Call Ext. 14891 or 14682.

Yoga for Healing
Saturdays, 10:30 - 11:45 am
Ernest D. Wells Medical Office Building
Open to all. Reconnect with your body through gentle yoga that is designed especially for those facing or recovering from the challenges of cancer or Illness. This gentle, safe exercise program consists of easy yoga stretches and meditative breathing techniques. Fee: $5 per class. Registration not required. Call Ext. 12777.

Caregiver Stress Management
Thursday, May 23, 2013, 12:30 - 2:00 pm
Caring for a loved one can be an extremely stressful and exhausting job. Come talk to others who are experiencing some of the same challenges you are and learn tips on how to keep your stress under control. Registration required. Call Ext. 18302.

FOR PHYSICAL ACTIVITY
Better Choices, Better Health®
Six consecutive Tuesdays, June 4 - July 9, 2013, 1 - 3 pm
The interactive, six-week workshop teaches ways to manage symptoms of chronic health conditions including pain, fatigue and depression. Nutrition tips, relation techniques and more will be discussed. Reservations required. Call Ext. 18302.

Re-Discovering Yourself: Life After Retirement
Saturday, April 27, 2013, 10 am - 2 pm
Learn tips and get advice on how to follow your passions and dream after retirement. Join keynote speaker Jan Fosler, an award-winning columnist and author of the Gold Medal and Gold Seal award-winning book, Hot Chocolate for Seniors as she discusses life after retirement. Light breakfast and lunch will be provided. Reservations required. Call Ext. 18302.

Why Don’t I Hear Like a 20-Year-Old?
Wednesday, May 1, 2013, 2 - 4 pm
Join Mary Ann Gildin, AuD, director of audiology from Whittier Hearing Center, Inc. as she discusses the changes that happen to the auditory system as we age. She will discuss what is normal, what is not, how to tell if there is a medical problem and if you need to take action. Registration required. Call Ext. 18302.

Lowering Your Risk for Dementia
Wednesday, June 5, 2013, 2 - 3 pm
Research suggests that a variety of hereditary, medical and lifestyle factors may impact an individual’s risk for getting dementia. This presentation provides an overview of risk factors for dementia and steps you can take to try to lower your risk for future cognitive problems. Registration required. Call Ext. 18302.

STROKE AWARENESS AND ATRIAL FIBRILLATION
Stroke Awareness and Atrial Fibrillation
Thursday, June 20, 2013, 2 - 4 pm
Deborah Massaglia, director of the OC Stroke Association, will address the warning signs and risk factors associated with strokes and atrial fibrillation. Reservations required. Call Ext. 18302.

HOME SAFETY AND FALL PREVENTION
Wednesday, July 17, 2013, 10 am - 12 noon
Learn how to create a safer environment for you and your loved ones. Reservations required. Call Ext. 18302.

PARKINSON’S DISEASE
Cuidando con Respeto
May 15 and 22, 2013, 8 am - 12 noon
A no-cost, six-week course designed to help older adults maintain their independence. It provides caregivers the knowledge and skills needed to care for a family member who has been diagnosed with Parkinson’s disease. Registration required. Call Ext. 18302.

RE-Discovering Yourself: Life After Retirement
Saturday, April 27, 2013, 10 am - 2 pm
Learn tips and get advice on how to follow your passions and dreams after retirement. Join keynote speaker Jan Fosler, an award-winning columnist and author of the Gold Medal and Gold Seal award-winning book, Hot Chocolate for Seniors as she discusses life after retirement. Light breakfast and lunch will be provided. Reservations required. Call Ext. 18302.

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TRAVEL
For more information or to register, please contact the PIH Health Senior Life Center at 562.698.0811 Ext. 18302.

Invested in your health. Committed to your care. For life's challenges. For life's triumphs.
1.877.285.DOCS (3627) PIHHealth.org

Become a Member!
Life Connections is PIH Health’s free membership program for adults 55+.
We offer our members life-enriching opportunities that promote healthy aging. Member benefits include pharmacy discounts on prescription medication, an inpatient discount of 20% on the balance you owe after insurance payment, discounts on PIH Health exercise programs, extended travel excursions and a quarterly newsletter. To become a Life Connections member, call the Senior Life Center at 562.698.0811 Ext. 18302.

Alzheimer’s Caregiving: An Unforgettable Journey
A conference for those caring for a loved one with Alzheimer’s disease
Date: Saturday, July 13, 2013
Time: 9 am to 2 pm
Location: PIH Health Hospital, Flo and Frank L. Scott Conference Center, Blanchard-Haseldiges Auditorium
Cost: Free
For more information or to register, please contact the PIH Health Senior Life Center at 562.698.0811 Ext. 18302.
We Want to Hear from You
You Could Be Featured in an Upcoming Issue

Send us an email and tell us what health or lifestyle questions you would like to see in an upcoming issue of Healthy Living. We want to be sure and cover health topics that our community members are concerned with and/or interested in learning more about.

Additionally, if you would like to share a positive experience at any of our PIH Health locations, we would love to know about it!

Send an email to MarComm@PIHHealth.org. You could be featured in an upcoming issue. Until then, greetings of health and wellness from our family to yours.

PIH Health is in Your Neighborhood
With many neighborhood locations, we are nearby and dedicated to serving your health and wellness needs. Please use this map to locate the PIH Health facility near you.

List of PIH Health Services
Put Yourself First

Schedule Your Low-Cost Screening Mammogram

You’re always taking care of everyone else. Now it’s time to take care of yourself and your health.

In honor of Mother’s Day, we’re offering low-cost screening mammograms ($65) on May 18, 2013 at the PIH Health Patricia L. Scheifly Breast Health Center. Be sure to mention the “Mother’s Day Special” when making your appointment; physician referral is required.

Appointments are limited, please call 562.907.0667.

Urgent Care vs. Emergency Care

When you or a loved one is experiencing a health problem, it sometimes can be confusing about what to do and where to go. Here are a few guidelines:

**URGENT CARE**
- Cold and flu symptoms
- Allergies and respiratory/sinus infections
- Mild asthma attack
- Minor cuts and scrapes
- Minor fractures and sprains

**EMERGENCY DEPARTMENT**
- Chest pain
- Signs of stroke
- Severe breathing problems
- Major injuries, especially head injuries
- Broken bones
- Poisoning

PIH Health Urgent Care
15733 Whittier Blvd.
Whittier, CA 90603
562.947.7754

PIH Health Urgent Care is coming soon to Hacienda Heights.

If you have a health question that cannot wait, PIH Health provides a community advice line staffed by nurses 24 hours a day. To contact the Community Advice Nurse, call 1.888.780.1875.

If you believe you need emergency care, call 911 or go directly to the nearest emergency room.