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Summer is Here

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Dine alfresco
Ditch the dinner table and enjoy a family meal outside at one of your neighborhood parks.

Staycation vacation
Gorgeous beaches, great walking trails or an afternoon at a local botanical garden or zoo; there are endless family-friendly day trip options nearby.

Leadership Message to the Community
Joan Rolland
Administrator, Emergency and Disaster Services

While you can never plan for an emergency medical situation, know that in the event of one, PIH Health is equipped to care for you and your loved ones. The R.C. Baker Foundation Emergency Department (ED) is open 24 hours a day, seven days a week. Our ED staff combines technology with compassion to treat more than 70,000 patients each year. Beyond that, we take emergency care to the next level by preparing for all types of medical emergencies.

PIH Health qualifies as one of 42 Emergency Department Approved for Pediatrics (EDAP) in Los Angeles (LA) County. Additionally, we are a STEMIdesignated receiving hospital, among only 25 percent in the United States, equipped to receive heart attack patients and administer lifesaving intervention. We are also a Designated Stroke Center in LA County, which ensures that a stroke neurologist is on staff 24 hours a day.

Recently, PIH Health participated in a clinical trial that administered a new treatment to stroke patients within a two-hour period after signs of symptoms. We are proud to report that PIH Health was the number one enrolling hospital in LA County.

Not only do we remain on the forefront of emergency preparedness, but we encourage you to do the same. In every issue of Healthy Living, a “Disaster Preparedness 101” section is included with tips ranging from preventative safety measures for your home to creating a disaster supply kit (see page 15 in this issue). I, along with the entire PIH Health leadership team, encourage you to be proactive and stay prepared.

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Gorgeous beaches, great walking trails or an afternoon at a local botanical garden or zoo; there are endless family-friendly day trip options nearby.

Skip the fast food and select a more nutritious option. There are plenty of low- or even no-cost activities close by. Did you know that the Los Angeles County Arboretum and Botanic Garden in Arcadia offers inexpensive gardening workshops for kids and parents? Montebello has a petting zoo with pony and train rides and a traveling zoo that goes to Pico Rivera, Santa Fe Springs and Whittier, among other places.

Enjoy a picnic in the park, visit a street festival or take a hike along one of Los Angeles County’s many scenic trails. Above all, remember to make your time together fun and healthy.

Rajnish Birla MD
PIH Health Family Medicine
15725 Whittier Blvd., Suite 300
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Rajnish Birla MD Encourages You to Keep the Entire Family Healthy, While Having Fun

Time to kick up your heels, stick your toes in the sand and enjoy some family-friendly fun! With the kids out of school, summer offers a unique change of pace from the normal routine of the rest of the year. It’s the perfect time for you and your family to reconnect and focus on your favorite areas of interest and activities.

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Expand your mind
Check out a museum, observatory or a community class.

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PIH Health Remains on the Forefront of Disaster Preparedness

The importance of disaster preparedness remains a top priority for PIH Health; however, preparing your family for a disaster can help us too. By implementing an emergency plan, the likelihood of needing emergency care decreases, allowing healthcare staff to focus on patients who require critical care. For more information on disaster preparedness, please visit PIHHealth.org/disasterprep.

It may not be at the top of your priority list, but being prepared for a major disaster should be. At PIH Health, we strive to be at the forefront of emergency preparedness. Many disasters, natural and manmade, can have a major impact on our ability to provide care.

Recent disasters, such as the Boston Marathon bombing and the tornadoes that struck Oklahoma City, serve as reminders that Southern California is not immune to similar situations.

PIH Health Participates in Disaster Healthcare Exercise

First of its Kind to Ever Be Conducted

On Monday, April 22, 2013, PIH Health staff members put their skills to the test when a mock disaster prompted the activation of the command center. Professionals from all areas of the hospital prepared for the aftermath of a major earthquake affecting the Los Angeles basin, and the impact it would have on resources, patients and the surrounding community.

The same week, on Friday, April 26, PIH Health Hospital nursing departments, several ancillary areas and pastoral services participated in a county-wide exercise to test LA County’s Disaster Healthcare Volunteer program.

Officials from LA County coordinated with PIH Health to mobilize and orient 42 healthcare volunteers on site and deploy them into the facility. The purpose of the exercise was to test the deployment of disaster volunteers who are pre-registered with the county’s Disaster Healthcare Volunteer program. Qualified individuals interested in becoming a Disaster Healthcare Volunteer can learn more by visiting lacountydhv.org.

Disaster Resource Center

One way we remain prepared to face this challenge is through Los Angeles (LA) County’s Disaster Resource Center (DRC) program. In the event of an emergency, PIH Health serves as a central resource for 10 “umbrella” hospitals and four “umbrella” clinics to coordinate drills, training and a potential surge in patients. There are currently 13 DRCs in LA County.

Hospital Incident Command System (HICs)

Should a disaster or emergency situation occur, internal or external, PIH Health prepares and responds to emergency situations through a national incident management system called the Hospital Incident Command System (HICs).

“The goal of HICs is to provide a streamlined and effective approach to managing a disaster,” said Carole Snyder RN, PIH Health emergency preparedness coordinator.

“We strive to be prepared for emergency situations by conducting training exercises that test the effectiveness of HICs several times a year.”

Emergency Medical Technician Lee Chomchavalit demonstrates the proper way to secure an emergency sled to Disaster Healthcare Volunteer program participants during an exercise drill.

A glimpse inside the Hospital Incident Command Center during an emergency preparedness drill.
Cancer Prevention: Seven Tips to Reduce Your Risk

Cancer is responsible for nearly one out of every four deaths in the U.S. However, the good news is that at least one-third of all cancer cases are preventable by making certain lifestyle choices. If you are concerned about cancer, consider these strategies:

1. **Get regular medical care**
   Your physician will make sure you’re up-to-date on your cancer prevention screenings. Your personal family history and current health problems may also put you at risk for certain cancers, which your physician can monitor.

2. **Avoid tobacco**
   Using tobacco is the single greatest avoidable risk factor for cancer mortality worldwide. In fact, about 70 percent of the lung cancer burden can be attributed to smoking alone. The best idea is to never use tobacco at all. And if you already smoke, it’s never too late to quit.

3. **Limit alcohol use**
   People who drink a lot have a higher risk of colon cancer, breast cancer, esophageal cancer and pancreatic cancer. Some studies have found that drinking one glass of wine a day may increase the risk of breast cancer. Our recommendation: drink in moderation (one to two drinks per week).

4. **Eat more fruits and vegetables**
   Diets rich in fruits and vegetables (especially vegetables filled with nutrients such as broccoli, kale and cauliflower) are good for breast health. Foods high in antioxidants (like dark berries) can decrease cancer risk, and diets high in fiber are good for colon health.

5. **Maintain a healthy weight**
   Having a low-fat diet and eating less red meat (no more than one to two servings per week) are both good cancer-prevention strategies. High-fat foods increase the risk of breast cancer and frequent consumption of red meat is linked to colon cancer.

6. **Limit exposure to UV rays**
   High levels of ultraviolet (UV) exposure, including usage of tanning beds or prolonged sun time without sunscreen, increases the risk of skin cancer. However, you shouldn’t stay out of the sun completely. Your body needs some natural sunlight to make Vitamin D, which is linked to decreased cancer risk. Therefore, limit time in the sun to 10-15 minutes per day.

7. **Stay physically active**
   Regular exercise is always good for the body, but is also good for cancer prevention. Decreasing your overall percentage of body fat can reduce your risk of breast cancer, and reducing belly fat can decrease your risk of colon cancer. Our recommendation: take a brisk walk, 30 to 40 minutes, three to four times per week.

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**Notes:**
1. American Cancer Society, 2013
2. World Health Organization (www.who.int/cancer/prevention/en/)

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**Lisa S. Wang MD**
PHI Health Hematology/Oncology
12522 Lambert Road, Suite B
Whittier, CA 90606
562.789.5480

“Maintaining good health and seeing your physician regularly can reduce your risk of cancer or help to diagnose it early, when treatment is most likely to be successful.”
Attention: Weekend Warriors
Don’t Laze Around All Week and Expect to Make Up for it on Your Days Off

In a perfect world, you would get 30 minutes of exercise a day, just like the experts suggest. But too many of us try to pack a week’s worth of physical activity into Saturdays and Sundays.

We call these people weekend warriors, and ramping up from desk jockey to star quarterback for one or two days can take a physical toll, one that can cause injuries and/or set your fitness program back.

Most weekend warrior injuries amount to soft tissue injuries such as strains and sprains that can be self-treated. Other types of injuries require trips to the emergency room, urgent care or doctor’s office. Sports-related injuries rank just behind colds as the most treated medical conditions.

These injuries can include things like tennis or golfer’s elbow, also known as tendinitis, caused by swelling; plantar fasciitis, heel pain that happens when the connective tissue at the bottom of the foot gets inflamed; or hip or knee bursitis caused when the fluid-filled sacs that buffer bones, tendons and ligaments become inflamed.

To relieve some common issues associated with sports-related injuries, use a compression bandage to reduce swelling and elevation to take the pressure off injured areas and allow fluid to drain. Also, try over-the-counter remedies such as anti-inflammatory medications, to reduce pain. If your muscle pain doesn’t go away in two weeks, see your family doctor, who may refer you to a physical therapist.

Remember to resume physical activity after an injury slowly and stay in shape throughout the year. To start with a gradual exercise program and practice these simple tips to stay in shape if you can’t work out during the week:

› Take a walk around a mall
› Park your car far enough away to get a walk in
› Play Frisbee in the park with your kids or grandkids
› Walk the family dog; it will benefit both of you

For more information on building strength to avoid injury, contact the PIH Health Physical and Occupational Therapy Department at 562.906.5560.

To learn more, please contact the PIH Health Physical and Occupational Therapy Department at 15088 Imperial Hwy, La Mirada, 562.906.5560 or 12401 Washington Blvd., Whittier, 562.789.5451.

Injury Prevention Tips

To avoid becoming a weekend warrior, physical therapists suggest building a strength base to perform at higher levels without getting hurt. They offer the following tips to reduce the risk of injury:

› Warm up your muscles before working out with a brisk walk, simple exercises or dynamic (static-active) stretches to increase your range of motion
› Be sure to stretch warmed-up muscles for 15 to 20 minutes after exercise. Stretching cold muscles before exercise increases the risk of injury
› Cross train to use different body parts and prevent injuries. Bicycle one day, swim the next and run the following day. Varying your activity and intensity level helps to prevent excessive-use injuries
› Buy a good pair of shoes, especially if you run. You wouldn’t put second-rate tires on your car. Don’t put second-rate shoes on your feet
› Get fitted for proper equipment and take some lessons from experts for specialized sports, such as golf or tennis

To learn more, please contact the PIH Health Physical and Occupational Therapy Department at 562.906.5560.
Keeping Cool When Temperatures Soar

With the warm weather here, it’s important to remember that the summer heat can be dangerous, and in some cases even deadly. In the United States alone, an average of 400 people die each year as a result of excessive heat, while thousands more seek emergency treatment for conditions such as heat exhaustion, heat stress, heat stroke and dehydration.

“Of all people we see annually for heat-related illnesses, the elderly, disabled and the very young represent a large portion of our cases,” says Ian Kramer MD, medical director, Emergency Services at PIH Health. “We find that these groups are more susceptible when the combination of humidity rises to 90 percent and temperatures soar above 90 degrees. Medical conditions as well as the body’s inability to regulate body temperature increase the risk for heat-related illnesses.”

A few common warning signs of these deadly conditions are: dizziness, headache, muscle cramps, nausea, vomiting and neurological impairment, especially after prolonged exposure to excessive heat.

Parents and caregivers are encouraged to keep a watchful eye out for friends, family members and even elderly neighbors who may fall within one of these high-risk groups.

Rules of the Pool

How to Keep Your Family Safe Around Water

No matter the time of year, one thing remains certain: children need to be supervised around water. Drowning is the leading cause of accidental death in children aged 1 to 5, with more than 1,000 children dying each year as a result of drowning, according to the Centers for Disease Control (CDC).

Families should follow the ABCs of drowning prevention:
A is for Adult Supervision, B is for Barriers such as a pool fence, and C is for Classes in swim lessons and CPR. Children should never swim without an adult present, and adults should never swim alone.

“This person has to serve as the lifeguard. This means no reading, talking on the phone or drinking — especially alcohol,” Dr. Tishler says. “The lifeguard should be within an arm’s reach of the swimmers.”

Even if you do not have a pool, make sure you are aware of your surroundings. Drowning can occur in spas, bathtubs, buckets, toilets, lakes and canals. Children can climb on furniture to get into the pool area and toddlers can crawl through doggie doors.

Additionally, whether you are in the pool area or on a boat, make sure rescue equipment is accessible and in good condition. Children and non-swimmers should wear U.S. Coast-Guard approved life jackets on boats or near open bodies of water.

Education and training are crucial to water safety, including swimming lessons for children, and CPR training for adults. Check your community’s resources for more information on classes for the entire family.
Help for Alzheimer’s Caregivers

Six-Week Program Offers Alzheimer’s and Dementia Support

Caring for a loved one with Alzheimer’s disease or dementia can be a thankless job, and finding patience in difficult situations isn’t always easy. Everyone with Alzheimer’s or dementia travels their own journey and caregivers often struggle with a wide range of symptoms, behaviors and emotions.

Fortunately, PIH Health offers free resources and has understanding staff who can help. Our free, six-week Savvy Caregiver Program provides caregivers valuable knowledge and skills, resulting in greater confidence, greater understanding of Alzheimer’s disease and practical skills to improve and support care. Created by the Alzheimer’s Association, this program can be a support lifeline.

One grateful caregiver is Vivian Rossi, who cares for her 76-year-old mother, with early dementia.

“It’s very difficult when you don’t understand what’s happening to your loved one, especially when they seem perfectly fine one moment and are confused the next,” Rossi said. “Through the Savvy Caregiver program, I got a greater understanding of what my mother is going through and how I can better prepare for the disease progression. I understand more about her behaviors and I gained more confidence that I can do this. I also learned how to take care of myself to avoid burnout, and connected with other caregivers who can relate because they are in the same situation. The information really did save my life. It’s an awesome program.”

The next Savvy Caregiver class at PIH Health begins September 11, 2013. To register or learn more about this class and other resources for caregivers, including A Day Away (which provides adult daycare services for those requiring continuous daytime supervision), see the “For Caregivers” section of the calendar listing on page 24.

To view the full 2013 Community Health Needs Assessment report, visit PIHHealth.org/CHNA.pdf.

Vivian Rossi currently attends the Alzheimer’s Caregiver support group at PIH Health to connect with fellow caregivers. For more information on support groups, please see page 21.
Be a Platelet Donor

Give the Gift of Life

Less than one percent of eligible participants donate their platelets, but just one donation could be enough to support up to three blood transfusions.

Platelets help with blood clotting and allow wounds to heal. They are used to help patients undergoing cancer, open-heart surgery and transplants.

The requirements for donating platelets are the same as for a regular blood donation. During the procedure, a small amount of blood is removed from the donor, and spun by a machine to transfer the desired product into a bag. The remaining blood is transferred to the donor. Within 48 hours, the body will naturally replace the donated platelets.

To make an appointment to donate blood, contact the PIH Health Blood Donor Center at 562.789.LIFE (5433).

Donate blood and save a life!

Home Fire Prevention and Safety Tips

With fire season off to an early start, it is imperative that you and your family are prepared for an emergency. Here are some simple fire safety tips:

- Maintain your home’s smoke detector. Press the “test” button once a week and replace the batteries twice a year during the daylight saving time switchover. And, remember to throw out smoke detectors that are more than 10 years old.

- Place smoke detectors and fire extinguishers on each floor of your home, and in the kitchen. Carbon monoxide (CO) detectors should be placed near the bedrooms and sleeping areas.

- Map an escape plan of your house. Be sure to have two exit plans per room, and practice fire drills with your family twice a year.

- Make sure your homeowner’s or renter’s insurance covers property loss from fire. Creating an inventory list of insurable assets with serial numbers comes in handy, if you have to file a claim after a fire. Photos of personal belongings can help, too.

- To reduce the risk of wildfires, clear flammable vegetation like dead leaves, limbs and twigs. Also, remember to prune tree branches within 15 feet of chimneys as well as remove dead tree branches that hang over roofs.

- For more information on home fire prevention and fire safety, visit Readyforwildfire.org.

Nurse Advice Line

Get Help When Your Health is on the Line

Between 2011 and 2012, our Nurse Advice Line fielded more than 6,000 calls from the community.

The Nurse Advice Line can take calls about any age or condition. Below are some common patient concerns:

- Abdominal pain
- Headache
- Cold and cough symptoms
- Immunization reactions
- Head trauma
- Chest pain
- Nausea and vomiting
- Vaginal bleeding: premenopausal and abnormal
- Hypertension
- Diabetes
- Dizziness or vertigo
- Poisoning

PIH Health’s Nurse Advice Line is a free service that is offered 24 hours a day. If you have a question about your health, do not hesitate to call 1.888.780.1875. If you need emergency care, call 911 or go directly to the nearest emergency room.

Compassionate Care Offered at Wound Healing Center

The human body is an amazing machine. Its ability to fight off diseases and infections and heal itself is nothing short of remarkable. However, because of irregular circumstances like diabetes, restricted blood supplies or other complications, some wounds can become chronic.

The Marjorie and John M. Eagle Wound Healing Center of PIH Health can help. Our compassionate team of healthcare professionals is dedicated to healing chronic wounds in a pleasant, outpatient setting. Our team of dedicated experts includes:

- Surgeons
- Foot specialists
- Family practitioners
- Vascular surgeons
- Plastic and reconstructive surgery
- Certified wound care nurses

We use the latest treatments and technologies to develop a comprehensive treatment plan designed to give you the best possible result.

If you would like more information about specialized wound care, please call the PIH Health Wound Healing Center at 562.789.5462.

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Blood Donor Center

Coordinator Diana Sillas RN conducts a blood platelet donation in PIH Health’s Bloodmobile Unit.

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More than 650 guests gathered at the Hyatt Regency Resort and Spa in Huntington Beach on Saturday, May 11, 2013 for the annual PIH Health Foundation Gala. The event gave guests a taste of Rio with Brazilian music, dancing and food. It was a successful evening that raised more than $420,000 to support state-of-the-art cardiac and stroke care as a part of the PIH Health Foundation Healthy Living – Healthy Giving effort.

“Proceeds from this event will ensure lifesaving technology, and the talent to use it is available right here in our community,” said Amy Fitzgerald, PIH Health Foundation executive director.

The physicians of Lambert Medical Radiology Group presented PIH Health Foundation with a check for $125,000 as the lead gift for the evening’s fundraising.

“Night in Rio” was the destination, but it will be a spectacular evening no matter what the theme.

Physicians, board members, PIH Health staff and hundreds of community members filled the room to support the health and wellness of the community with their contributions.

Mark your calendar for April 26, 2014 to be a part of next year’s festivities. Rio will not be the destination, but it will be a spectacular evening no matter what the theme.

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Thanks to a generous donation, one of PIH Health’s two catheterization labs was named after Richard and Kathy Luciano.

The Luciano family has been part of PIH Health since 1975. Kathy Luciano started her senior management career at the hospital that year and after 24 years, retired in 1999 as Chief Operating Officer. During the past 38 years, Kathy, husband Richard, and daughter Stephanie have utilized the Emergency Department, various ancillary services and the Ed L. Shannon Tower for quality healthcare and medical services. The family has always been impressed with PIH Health’s “patients first” philosophy, which Kathy herself embraced many years ago. “Our naming of a cardiac catheterization laboratory in the new PIH Health Plaza Tower helped provide funds for an essential PIH Health clinical department, and one we might need some day,” said Kathy. “PIH Health Hospital has been the premier choice of hospitals in our community, and we were fortunate to be able to participate in the fundraising that ensures this award-winning hospital’s continued ability to provide high-quality care.”

While millions of Americans live with some form of heart disease, PIH Health’s new state-of-the-art cardiac catheterization labs will be a major step forward in the community’s standard of care. Physicians use cardiac catheterization as a diagnostic tool to determine what’s wrong with a patient’s cardiovascular system or also as a form of treatment for coronary artery disease, often an alternative to invasive surgery. From angioplasty to stent placement, patients can continue to receive top-quality, individualized care in a technologically-advanced facility right here in their own community.

To support PIH Health, visit PIHHealth.org and click on “Donate Now” or call the PIH Health Foundation at 562.698.0811 Ext. 14120.
Q. Is glaucoma preventable?
A. Glaucoma is a potentially blinding disease that affects more than 2.3 million Americans aged 40 and older. There is currently no cure to reverse the vision lost by glaucoma, but if caught early and treated, vision can be minimized.

Risk factors for glaucoma include:
- Age
- Family history of glaucoma
- African or Hispanic ancestry
- Farsightedness or nearsightedness
- Elevated eye pressure
- Having a thinner cornea

Anyone with these risk factors should see an ophthalmologist for an exam.

Dr. Dudeja is the chair of the Ophthalmology Department at PIH Health Eye Care Center, 121 W. Whittier Blvd., Ste. 100, La Habra, 562.694.2500.

Deep Dudeja MD

Q. What causes hearing loss?
A. Hearing loss affects almost 30 million Americans. In children, it is directly related to speech delays and poor school performance. In adults, it can lead to or increase communication problems, family and relationship conflicts, impaired job performance, depression and dementia.

You can be born with hearing loss or develop it at any point in your lifetime. It can happen gradually in one or both ears or can occur suddenly. There are a number of problems that can lead to hearing loss, some of which can be treated with medicine, surgery and/or hearing aids.

If you are experiencing difficulty hearing, a hearing test and medical evaluation should be performed.

If you have a sudden (over one to seven days) or progressive (over weeks or months) hearing loss, you should seek immediate medical attention.

Dr. Kari is an otolaryngology and neurotology specialist at PIH Health Otolaryngology – Head and Neck Surgery, 12462 Putnam St., Suite 500, Whittier, 562.789.5456.

Elina Kari MD

Q. What is an urgent care center and how does it differ from an emergency room?
A. The purpose of an urgent care center is to provide prompt medical service without an appointment. Emergency rooms are for true medical emergencies that could be life-threatening or cause impairment, including chest pressure, shortness of breath, severe bleeding, moderate to severe burns, stroke symptoms or a change in mental status. Our urgent care centers have extended weekday and weekend hours that make it easier to get treatment if your primary physician is unavailable.

They can provide a quicker and more economical alternative to emergency rooms. Urgent care centers are also helpful for patients who do not have a primary care physician but need access to prompt medical treatment.

Dr. Magged is a family medicine physician and medical director at the PIH Health Urgent Care Center, 15733 Whittier Blvd., Whittier, 562.947.7754.

Mark Magged MD

PIH Health offers a wide range of services including utilization of primary care teams to provide general medicine and preventative care; access to emergency and urgent care, home health services and hospice; a network of over 180 specialists and 150 primary care physicians in a variety of accessible and welcoming neighborhood locations.

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:

Deep Dudeja MD

Elina Kari MD

Mark Magged MD

Support Groups

Call 562.698.0811 and the extension noted for more information including meeting dates, times and locations.

Alzheimer’s Disease
For families. Call Ext. 12403

Breast Cancer
For patients. Call Ext. 19721

Caregiver
Call 562.602.5305.

Chronic Pain
Call Ext. 11444

Compulsive Eaters Anonymous (CEA-HOW)
Call Ext. 16305.

Diabetes
Call Ext. 11302.

Grupo de Apoyo Para La Familia
For Latino families of those diagnosed with mental illness. Call Ext. 14005.

I Count Too
Bereavement support program for teens and children. Call 562.947.3595.

Living with Loss
Bereavement. Call Ext. 12500.

Journey through Cancer
Support group for those dealing with colorectal cancer. Call Ext. 12900 or 12500.

Lyme Disease
For patients. Call Ext. 13005.

Mended Hearts
For heart surgery patients and their families. Call Ext. 12707.

Neonatal Intensive Care Unit (NICU) Parent
Call Ext. 17351.

Perinatal Bereavement
For those coping with pregnancy loss, stillbirth or infant death. Call Ext. 17902.

Scleroderma
For patients. Call Ext. 13005.

Stroke
For survivors and caregivers. Call Ext. 12403.

For patients. Call Ext. 13005.
Flo and Frank L. of charge and are held in the classes and support groups are
available. For the latest PIH Health community education updates or to
visit PIHHealth.org. Click on the "Wellness" tab to access the calendar of events and online registration form.

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

Writing for Wellness
Eight Mondays, September 16, 2013, 12 - 1:30 pm
A workshop designed for cancer survivors, caregivers, or those dealing with loss or trauma. Emphasis is placed on the therapeutic benefits of a focused writing experience. No writing experience is necessary. Call Ext. 12820.

Cancer Survivorship Series
Saturday, September 7, 2013, 10 - 11:30 am
The physical, emotional, social and spiritual aspects of cancer from diagnosis through survivorship. This is the second of a series of four sessions. Reservations encouraged. Call Ext. 12570.

Yoga for Healing
Saturdays, 10:45 - 11:45 am
Emerton D. Wells Medical Office Building
First Floor Conference Room
Open to all. Reconnect with your body through gentle yoga designed especially for those facing recurrence or learning from the challenges of cancer or loss. This gentle, yet safe exercise program consists of easy yoga stretches and meditative breathing exercises. Fee: $30 per class. Call Ext. 12777.

Third trimester courses
Cesarean Childbirth
Tuesday, October 15, 17, September 10 and October 15, 2013, 7 - 9:30 pm
Designed to prepare expectant couples for cesarean birth. Topics include: cesarean section, preparative and postoperative care and questions and answer session. Fee: $150. Call Ext. 17541.

Blood Glucose Screening
Saturdays, October 12, 19, 2013, 10 - 12 noon
This special session from hormone care is designed to support those who may have recently lost a loved one in any of the following areas: auto maintenance, exercise and maintaining good health, banking, nutrition and cooking for one, and home maintenance. Call Ext. 05236.

Breast Health and You
Tuesday, October 15, 2013, 10 - 6:30 pm
Learn from the PIH Health Breast Health Center staff as they discuss risk factors, prevention and early detection for breast cancer. Questions and discussion will be held. Reservations required. Call Ext. 10002.

DIABETES
Diabetes Education Center
Emerton D. Wells Medical Office Building
Screenings available at the PIH Health Diabetes Education Center. For an appointment, please call Ext. 11320.

Cholesterol Screening
Wednesday, August 28, 2013, 8 - 10 am
Includes a total cholesterol, HDL, LDL, and triglycerides blood draw. This is a blood draw, not a finger stick. Fast for eight hours prior to the test. Fee: $25. Registration required. Call Ext. 10002.

Parents Night Out: How to Make Your Meals Count
Thursday, September 13, 2013, 6 - 7:30 pm
Join PIH Health Nutrition Circles Topic CPT as she discusses everything from how to pack a healthy school lunch to how to makeover some of your favorite family meals. Bring a friend. Appetizers and sparkling water will be served. Registration is on a first come, first served basis. Call Ext. 13805.

State-of-the-Art Cosmetics Procedures
Tuesday, August 20, 2013, 6:30 - 8 pm
Join Jaime S. Schwartz MD as she discusses the latest developments and technologies available in cosmetic procedures. Registration required. Call Ext. 13802.

Babysitting is Not Child’s Play: A Workshop for Teens
Saturday, August 17, 2013, 9 am - 2 pm
This day-long seminar targets teens ages 12 and older in the care of others and includes: Teen Center staff as they discuss risk factors, prevention and early detection for breast cancer. Questions and discussion will be held. Reservations required. Call Ext. 10002.

Child Passenger Safety
Wednesday, August 21, 2013, 6 - 7:30 pm
Learn from the PIH Health Breast Health Center staff as they discuss risk factors, prevention and early detection for breast cancer. Questions and discussion will be held. Reservations required. Call Ext. 10002.

Better Choices, Better Health™ Six consecutive Fridays beginning August 2 - September 27, 2013, 10 am - 12 noon
This interactive, six-week workshop teaches ways to manage symptoms of chronic health conditions including pain, fatigue, and depression. Nutrition tips, relaxation techniques and more will be highlighted. Call Ext. 13802.

Spine and Posture Screening
Tuesday, July 16, 2013, 6 - 8 pm
Postural and spinal screenings can reveal important health information. Manual

Cholesterol Screening
Wednesday, August 28, 2013, 8 - 10 am
Includes a total cholesterol, HDL, LDL, and triglycerides blood draw. This is a blood draw, not a finger stick. Fast for eight hours prior to the test. Fee: $25. Registration required. Call Ext. 10002.

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SUMMER 2013 EVENTS AND CLASSES FOR ADULTS AGES 55+
For class details, location and registration, call 562.698.0811 and the extension noted.
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.
When Taking Care of a Loved One, Don’t Forget to Take Care of Yourself

The S. Mark Taper Foundation A Day Away Adult Day Healthcare Center is a daytime care center for adults who require continuous care in a safe, supportive environment. It gives families the freedom to take care of work or errands without worry.

15060 Imperial Highway, La Mirada, CA 90638
Hours are Monday through Friday, 7:30 am to 5:30 pm.

If you’d like to give A Day Away a try, we offer a free day for families who want to experience a few hours of activities without obligation. Give us a call at 562.902.5305 and we’ll schedule a free tour and trial.

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 or 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 to Hacienda Heights on July 1, 2013.

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.