

FROM YOUR FRIENDS AT HOAG HOSPITAL AND HOAG HEALTH CENTERS

# To Your Health

April is Cancer Control Month

Spring 2007



Defeating lung cancer, Page 2

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# Defeating lung cancer through early detection



**At 73 years young, Jeanne Gallagher has more energy than many women half her age. She is an avid exerciser, participating in water aerobics and daily walking. Yet Jeanne's zeal for life is not only evidenced by her active lifestyle, but also by her proactive approach to health care.**

As a former smoker, Jeanne was very concerned about lung cancer. Although it had been more than 30 years since she had smoked, Jeanne knew the facts about lung cancer – often the disease does not manifest itself until decades later.

For this reason, Jeanne made numerous requests to her physician for a lung scan, but to no avail. Her frustration mounted as she was told not to worry, but she did. After hitting an impasse, Jeanne decided to take matters into her own hands.

"I was searching for someone who would take my concerns seriously," recalls Jeanne. "And that's when I happened to come across an article in *To Your Health* about Hoag's Lung Cancer Early Detection Program. I was so relieved to be able to come in without a physician's referral and receive a highly accurate scan to determine if my concerns about lung cancer were valid."

The bad news first...Jeanne's scan revealed a small nodule in the upper lobe of her left lung. A biopsy confirmed Jeanne's nagging concern – she had lung cancer.

Now for the good news, Jeanne's cancer was detected very early. It was at stage one and localized, meaning it had not spread to her lymph nodes.

"Unfortunately, 75 percent of lung cancer patients have regionally advanced or metastatic disease at the time of diagnosis," states Robert O. Dillman, M.D., medical and scientific director of Hoag Cancer Center. "That's because by the time a patient presents with symptoms, the disease is generally well advanced. Patients like Jeanne, who are diagnosed early before symptoms develop, have a significantly higher survival rate than those patients whose cancer is discovered because of symptoms."

More good news...Upon diagnosis, Jeanne made the decision to change health care providers so she would be able to receive her treatment from Hoag Cancer Center and its renowned team of lung cancer experts. In November 2006, Jeanne underwent lung cancer surgery at Hoag with excellent results. And because her cancer was detected early, she did not have to follow surgery with radiation or chemotherapy treatments.

"I can't say enough good words about the physicians and nurses who cared for me," says Jeanne with a smile. "I also can't say thank you enough to Hoag for providing me with the opportunity to catch my lung cancer early."

Today, because of her firsthand experience with cancer, Jeanne spends a lot of time speaking to her family and friends about the importance of early detection.

"I believe everyone deserves the opportunity to catch cancer early," says Jeanne. "What it comes down to is being proactive about your health. Taking advantage of early detection programs could very well save your life. I know it saved mine!"

**For more information about the Lung Cancer Early Detection Program, join Hoag Radiologist Winston Whitney, M.D., on April 30 for his presentation, "Progress in the Early Detection of Lung Cancer" (see page 6 for details), or call Hoag Lung Cancer Services at 949/764-6889.**

## If you're concerned about lung cancer

Doing everything you can to prevent lung cancer should include early detection. Lung cancer is nearly 15 times more curable when detected early. Therefore, discovering its presence before there is any clinical sign of a problem is crucial.

That's why Hoag Hospital offers the Lung Cancer Early Detection Program (LCEDP). The diagnostic test utilized in the LCEDP is a highly accurate, low-radiation CT scan, which can detect lung abnormalities much smaller than detected on chest X-ray. Following the scan, patients are provided with a comprehensive report of the findings, and given instruction on any necessary follow-up. If a significant abnormality is found, the patient will have an immediate consultation with a Hoag radiologist to discuss the plan of care. They are then referred to their primary care physician, or in absence of one, a Hoag-affiliated pulmonologist.

With the LCEDP, patients who are concerned about lung cancer can initiate the process themselves, without the need for a physician's referral. The program is designed for anyone over the age of 40 with an increased risk of lung cancer. This includes past smokers, those living with second-hand smoke at home or in the workplace, and those who have been exposed to harmful substances, including asbestos, radon gas or benzene.

The Lung Cancer Early Detection Program is offered at the main Hoag Hospital campus in Newport Beach, as well as at Hoag Health Center-Huntington Beach and Hoag Health Center-Aliso Viejo. The \$295 fee is generally not covered by insurance plans.

**For more information, please call Hoag Lung Cancer Services at 949/764-6889. Or to schedule an appointment, call Hoag Radiology at 949/764-5573.**

### It's never too late to quit smoking!

Quitting smoking decreases a person's risk for cancer, heart attack, stroke and other smoking-related health problems. If you or someone you know is ready to quit, Hoag Hospital is here to help. In collaboration with the American Lung Association, Hoag offers *Freedom From Smoking* – an eight-session series open to anyone in the community who wants to quit smoking.

**For more information, please call 949/764-5511.**



Spiral CT imaging can detect lung abnormalities much smaller than detected on chest X-ray.

## Hoag's comprehensive approach to lung cancer treatment

Lung cancer continues to be the number one cause of cancer deaths in both men and women, and the third most commonly diagnosed and treated at Hoag Cancer Center. The cancer center cares for hundreds of new lung cancer patients each year, making Hoag's comprehensive lung cancer program one of the largest of its kind in Southern California.

With a multidisciplinary approach that includes prevention, early detection, research and the use of promising new therapies, the team at Hoag Cancer Center provides lung cancer patients with every diagnostic and therapeutic advantage.

Hoag's comprehensive lung cancer program offers a full spectrum of essential services including:

- A progressive medical staff that represents the forefront of lung cancer treatment
- Advanced diagnostic capabilities and state-of-the-art technology
- Expert surgical services combined with the latest in radiation and systemic therapies
- A lung cancer nurse coordinator who meets with patients after diagnosis and guides them through the treatment process by providing one-on-one support, and streamlined access to lung cancer resources
- Weekly "case conferences," in which a team of medical experts from all disciplines gathers to review lung cancer cases from every angle to ensure the latest knowledge in cancer treatment is applied
- A lung cancer support group, the first of its kind in Orange County. In addition, Hoag offers a host of other complementary care programs that address the physical, emotional and spiritual needs of cancer patients and those who support them
- A variety of clinical trials and progressive treatment options through Hoag Cell Biology Laboratory, enabling patients to gain access to the latest leading-edge cancer therapies

The result of Hoag's comprehensive approach to lung cancer is outstanding patient outcomes, as evidenced by Hoag's significantly higher five-year relative survival rates for lung cancer.

"There is no stronger measure of a cancer center's success than its survival rates," affirms Robert O. Dillman, M.D., an internationally known lung cancer expert and Hoag Cancer Center medical and scientific director. "The five-year relative survival rate for lung cancer patients at Hoag is 73 percent higher than the national figure. In fact, Hoag's survival rates continue to outpace national figures for every stage of the disease."

**For more information about Hoag's comprehensive lung cancer program, please call 949/7-CANCER (722-6237).**

# Effective treatment options for fibroids

**Fibroids are tumors found on or within the uterus. They are almost always benign (non-cancerous) and are extremely common.**

In fact, studies estimate that fibroids reach significant size in approximately 30 percent of all women. And if very tiny fibroids are included, some studies suggest that by menopause virtually every woman has them.

Yet despite their prevalence, not all fibroids require treatment. Only in cases where they are causing excessive bleeding and discomfort, or if the fibroids are growing rapidly, is treatment necessary.

When fibroids do present a problem, it's important for women to know that a variety of effective treatment methods exist. By being informed, women can discuss these options with their physician to determine which one may be best for them.

## **Uterine Artery Embolization**

Uterine Artery Embolization (UAE) is a minimally invasive procedure that blocks the blood supply to fibroid tumors.

"Without an active blood supply, the fibroids shrink over time, which can reduce painful and uncomfortable symptoms, without the need for surgery or removal of the uterus," explains Interventional Radiologist Michael Brant-Zawadzki, M.D., medical director of radiology at Hoag. "This procedure is performed by an interventional radiologist – a physician highly trained in endovascular procedures. It can be performed on an outpatient basis, but generally involves an overnight stay."

However, UAE is not recommended for women who wish to preserve their fertility. For women who wish to retain their fertility, other procedures such as medication therapy, myomectomy or dilation and curettage (D&C) may be utilized.

## **Minimally invasive myomectomy options**

Myomectomy can be an excellent option for women concerned about preserving their fertility, and those wishing to retain their uterus. Unlike hysterectomy, this procedure removes individual fibroids while preserving the uterus.

"Myomectomy may be performed through a variety of surgical techniques from traditional abdominal surgery to newer minimally invasive procedures that utilize a hysteroscope or laparoscope," explains Gynecologist Allyson Brooks, M.D. "The type, size, and location of the fibroids determine which myomectomy procedure, if any, may be utilized."

When hysteroscopic myomectomy is performed, a surgical incision is not required. Instead, the surgeon inserts a flexible scope into the uterus through the vagina and cervix to remove fibroids located within the uterine cavity. The scope contains tiny surgical instruments as well as a mini-camera and light source to view images of the uterus. Since this is an outpatient procedure, patients generally go home the same day, and most are able to resume normal activity in less than a week.

Another minimally invasive option is laparoscopic myomectomy. During this procedure, a laparoscope is inserted through a tiny incision in the navel, which allows the surgeon to view the uterus, fallopian tubes, and ovaries. Other tiny incisions are made to insert instruments that enable the surgeon to remove the fibroids. The advantage of this minimally invasive procedure, as compared to traditional abdominal

surgery, is a significantly shorter recovery time, less scarring and less risk for complications.

It's important to note that endoscopic surgical procedures such as these require more advanced surgical skill to perform, and are not a viable option for all women. In some women with large or numerous fibroids, abdominal surgery may be necessary.

## **Minimally invasive hysterectomy options**

Hysterectomies are not only used to treat fibroids, but also a wide range of other conditions such as endometriosis, pelvic support problems, chronic pelvic pain and gynecologic cancers.

"For women suffering from serious gynecologic symptoms, a hysterectomy can provide significant improvement in quality of life, but it is not the only option," explains Vivian Dickerson, M.D., medical director of Hoag Women's Health Programs and Care. "And even if you and your physician have concluded that a hysterectomy is right for you, there are still options to consider and choices to make."

Hoag physicians specialize in a variety of different approaches to hysterectomy including less invasive surgical techniques that minimize discomfort and recovery time.

## **The latest advance in minimally invasive surgery**

Hoag remains at the forefront of minimally invasive surgery and has once again adopted the latest technology to improve surgical precision and patient outcomes.

The new Viking 3D Vision System is the latest imaging tool in minimally invasive surgery. The system provides three-dimensional visualization via a head-mounted display, which enables surgeons to focus on the surgical field without having to turn their heads to view a video monitor. Even better, the system provides the depth and dimension of 3D vision, thereby enabling optimal hand-eye coordination.

"The standard imaging system provided a flat, two-dimensional view of the surgical field via a video monitor," explains Gynecologist Allyson Brooks, M.D. "The new Viking system enables surgeons to see an actual three-dimensional view of the entire pelvis and abdomen while performing minimally invasive surgery. The results are increased precision and effectiveness."

This new system is being utilized by Hoag-affiliated gynecologists to improve precision and patient outcomes for gynecologic surgeries, including minimally invasive myomectomy and hysterectomy procedures. In addition to the new Viking system, Hoag also offers robotic gynecologic surgical technology, which enables surgeons to perform intricate minimally invasive surgeries that would otherwise require a traditional open abdominal surgery.

One alternative to traditional abdominal hysterectomy is vaginal hysterectomy. During this procedure, the uterus and the cervix are removed through a circular incision within the vagina, thereby circumventing an abdominal incision.

Another option is laparoscopically assisted vaginal hysterectomy. This procedure is similar to vaginal hysterectomy – the uterus and cervix are removed through an incision within the vagina – but also employs the use of a laparoscope to free the attachments to the uterus to allow for vaginal removal.

For women who wish to retain their cervix, laparoscopic supracervical hysterectomy is a newer, less invasive outpatient procedure that uses laparoscopy alone to remove the uterus, but leaves the cervix intact. By making a few tiny incisions in the navel and abdomen, the surgeon is able to use a laparoscope and small instruments to carefully remove the uterus through one of the small incisions.

#### Ask questions

When it comes to determining which of the many fibroid treatment options may be best for you, it's important to ask questions.

- What are all of the options? What are the benefits and risks of each option?
- How many of these procedures have you performed?
- For women who wish to become pregnant, be sure to discuss which fibroid treatment method is best suited to preserving fertility.
- And in the case of hysterectomy, be sure to ask if your cervix, ovaries and/or fallopian tubes will be removed. If so, why?

**For more information about fibroid treatment options, or for a second opinion consultation, please call Hoag Women's Health Services at 800/701-HOAG (4624) to locate a Hoag-affiliated gynecologist near you.**

**Join Gynecologist Allyson Brooks, M.D. on June 5 for a special presentation on Hysterectomy Options, see page 7 for details.**



#### Free Home Test for Colorectal Cancer

To help promote colorectal health in Orange County, Hoag Hospital has partnered with CVS/pharmacy and KNBC Channel 4 to provide free, easy-to-use home tests that screen for the early signs of colorectal cancer.

Now through April 14 (while supplies last), residents can visit local CVS/pharmacy locations to receive an EZ Detect™ kit, which is designed for those age 40 and older, an at-risk age group for colorectal cancer. The EZ Detect™ kit screens for bleeding in the gastrointestinal tract, a potential symptom of colorectal cancer. These kits are also available at CVS/pharmacy locations in Los Angeles County, where Huntington Hospital is the partnering hospital.

The kits are designed to promote the active maintenance of colorectal health, which includes routine colonoscopies for the most effective screening and detection. The recipients of the kits will receive information for a referral line that can direct them to a gastroenterologist in their area.

Be sure to watch for Hoag Hospital in CVS/pharmacy circular ads and on KNBC with Health Reporter Bruce Hensel, M.D.

## Hoag receives grant for dementia education

Hoag has been awarded a \$250,000 grant from the UniHealth Foundation to support an innovative three-year Dementia Education Project at the hospital.

The project, which is a joint effort of Hoag Hospital and Adult Day Services of Orange County, focuses on improving community health by addressing the growing need for dementia knowledge among family caregivers, at-risk seniors and health care professionals. Additionally, the project increases the hospital's capacity to recognize and treat dementia, while expanding services into the community with the assistance of Adult Day Services of Orange County.

Giving families the knowledge, support and skills they need when caring for a loved one with Alzheimer's is one of the goals of this new project. That's why Adult Day Services and Hoag Hospital recently launched their first joint program, *Jump Start*.

A peer group tailored to meet the needs of individuals with Mild Cognitive Impairment or early Alzheimer's disease and their care partners, *Jump Start* is a vanguard series providing education and support across eight consecutive weeks. During each two-hour gathering, participants have the opportunity to take part in interactive educational discussions and parallel support groups facilitated by experts in the field of dementia care.

*Jump Start* is the only program of its kind in Orange County that allows participants to receive continued support by attending additional eight-week sets of sessions.

**For more about the Dementia Education Project, please call Adult Day Services of Orange County at 714/593-9630.**

# Community Education

Reservations required. Please call 800/514-HOAG (4624).

## April is Cancer Control Month

Hoag Cancer Center offers a full spectrum of support groups and workshops for those individuals and families whose lives have been touched by cancer. **For more information about these and other cancer education and support groups, please call Hoag Cancer Center at 949/7-CANCER (722-6237).**

### Next Steps: Living Well after Cancer

This special day-long symposium for cancer survivors covers many aspects of living life well after cancer treatment. Topics include nutrition, follow-up care, exercise/fitness and psychological well-being. Speakers include Medical Oncologist Edward Wagner, M.D. and Shilpa Deshmukh, M.D., specialist in clinical nutrition. Reservations are required by April 16. To register or for more information, call 949/764-5542.

**Friday, April 20, 8:30 a.m.-3 p.m.**  
at Hoag Cancer Center, Auditorium

### Chemotherapy for Gastrointestinal Cancers

Learn how chemotherapy works and discover strategies for feeling your best during treatment. Presented by medical oncologist Andreea Nanci, M.D. To register, or to learn more about the GI Cancer Support Group, which meets the first and third Mondays of each month, please call 949/764-5542.

**Monday, May 7, 6:30 p.m.**  
at Hoag Cancer Center, Auditorium

### Skin Cancer Screening

Hoag Cancer Center is offering a free skin cancer screening on Saturday, May 19 in recognition of Skin Cancer Awareness Month. Reservations are required, space is limited. Call 949/7-CANCER (722-6237) to register.

### Radiation Therapy for Lung Cancer

Learn about new developments in the field of radiation oncology for the treatment of lung cancer. Presented by Hoag Radiation Oncology Nurse Rhonda Hjelm, R.N., O.C.N. To learn more about this class or the Lung Cancer Support Group, which meets the second Wednesday and the fourth Thursday of each month, call 949/764-6889.

**Thursday, May 24, 2-3:30 p.m.**  
at Hoag Cancer Center, Conference Room A

### Finding Your Way Back to Renewing Hope

Sandra Finestone, Psy.D., coordinator of breast and prostate services, will speak to the Breast Cancer Support Group on facing fears, establishing a new normal and choosing happiness as part of the transition when treatment ends. To register or to learn about the many other breast cancer support programs at Hoag, please call 949/764-5542.

**Tuesday, June 26, 6 p.m.**  
at Hoag Cancer Center, Conference Room A

## APRIL

### Annual Parkinson Disease Symposium

Featuring national Parkinson specialists and Hoag medical experts, with special key note speaker Janet Reno, former U.S. Attorney General living with Parkinson's disease. Sponsored by the National Parkinson Foundation and Hoag Hospital. \$20 per person. Registration is required, please call 800/514-HOAG (4624).

**Saturday, April 21, 8:30 a.m. - 12:30 p.m.**  
at the Balboa Bay Club & Resort

### When to Intervene with a Family Member or Friend

Knowing when to approach a family member or friend about an alcohol or drug addiction can be a difficult decision to make. Join us to discuss the warning signs that may indicate it is time to take action. Presented by Steven Ey, M.D., medical director of Hoag Chemical Dependency Center.

**Tuesday, April 17, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Senior Health: Medicare and You

Turning 65, new to Medicare, or changing from an employer group plan? Learn the details about Medicare parts A and B, Medicare supplements (Medigap), Medicare Advantage HMOs, part D prescription drugs, and Hoag Hospital's GoldenHealth PLUS program. Presented by Sue Tarvin, senior insurance specialist.

**Thursday, April 19, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Ask the Cardiologist: Heart Disease

Participate in a discussion on the latest advances in the treatment of heart disease. This interactive session provides you with the opportunity to *Ask the Cardiologist* specific questions about cardiovascular disease. Presented by Cardiologist Jeffrey Bruss, M.D.

**Tuesday, April 24, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Parkinson's Disease 101

Join Neurologist Janet Chance, M.D., one of Orange County's leading authorities on Parkinson's disease, for an interactive discussion on the diagnosis, treatment and management of Parkinson's disease.

**Wednesday, April 25, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Progress in Early Detection of Lung Cancer

Lung cancer is 15 times more curable when detected early. Join Radiologist Winston Whitney, M.D., as he discusses the latest advances in the detection of lung cancer, and the Lung Cancer Early Detection Program offered at Hoag.

**Monday, April 30, 6 p.m.**  
at Hoag Conference Center in Newport Beach

## MAY

### Maybe a Baby

Learn everything you need to know before pregnancy. Presented by OB/GYN Jennifer Lee, M.D.

**Tuesday, May 1, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Why Weight?

Join us for a discussion on the special dietary needs of women for optimal health. Learn how to manage your weight with greater ease as you become familiar with the process of decoding food labels and preparing healthy meals. Presented by Talitha Ellsworth, R.D., nutritionist at the Sue and Bill Gross Women's Wellness Center.

**Monday, May 7, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### What You Need to Know about Colon Cancer

Gastrointestinal cancers affect more than 250,000 Americans each year. Learn about the risk factors, warning signs and screening techniques for colon cancer. Presented by Gastroenterologist Abhay Parikh, M.D.

**Tuesday, May 8, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### The Latest Advances in Epilepsy Treatment

Epilepsy can significantly affect a person's quality of life. Join us for a discussion on the latest advances in epilepsy treatment. Presented by Richard Kim, M.D., M.S., medical director of Hoag Epilepsy Center.

**Thursday, May 10, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Cholesterol and Blood Pressure Screening

Both high blood pressure and high cholesterol elevate a person's risk of stroke. Join us for an important cholesterol and blood pressure screening. Cholesterol results will be mailed to your home. Fee \$25, payable at time of service. Advanced registration is required and a 14-hour fast is recommended. To register, call 800/514-HOAG (4624).

**Saturday, May 12, 7-11 a.m.**  
at Hoag Conference Center in Newport Beach

### My Aching Knee

Join us to learn about the diagnosis and latest treatment options for injuries and arthritis of the knee. Presented by Orthopedic Surgeon Steven H. Gausewitz, M.D.

**Thursday, May 17, 6 p.m.**  
at Newport Orthopedic Institute in Newport Beach

### Balancing Form with Function

Join us for a discussion about functional rhinoplasty, an outpatient procedure that not only improves the ability to breathe through the nose and minimize snoring, but also shapes the nose to fit the face for a natural-looking result.

Presented by Otolaryngologist Rami K. Batniji, M.D.  
**Wednesday, May 23, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Stroke Awareness: Every Second Counts

Every 45 seconds, someone in the U.S. suffers a stroke. Learn about the warning signs of stroke, how to reduce your risk for stroke, and the services available through Hoag's comprehensive stroke program. Presented by David Brown, M.D., medical director of Hoag's stroke program.

**Thursday, May 24, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Medicare 101

A comprehensive class for seniors turning 65 years old in 2007 to learn about Social Security and Medicare benefits as well as the Medicare Advantage Plans. Continental breakfast served. Presented by Robin Whyte of Greater Newport Physicians. Reservations required. Please call 949/764-8161.

**Saturday, May 26, 9:30-11:30 a.m. or**  
**Saturday, July 28, 9:30-11:30 a.m.**  
at Hoag Conference Center in Newport Beach

### Reduce Stress, Improve Health

Everyone experiences stress, both good and bad. And while you may not be able to control all the stressors in your life, you can learn how to deal with them more effectively. Join us in a discussion of how you can improve your well-being — body, mind and spirit by managing the stress in your life. Presented by Psychologist Sandy Finestone.

**Tuesday, May 29, 6 p.m.**  
at Hoag Conference Center in Newport Beach

### Innovations in Stroke Treatment

The key to surviving a stroke is immediate emergency treatment at a medical center experienced in acute stroke management. Learn about the latest innovations in stroke intervention and treatment delivered by Hoag's rapid response stroke team. Presented by Interventional Neuroradiologist Michael Brant-Zawadzki, M.D.

**Thursday, May 31, 6 p.m.**  
at Hoag Conference Center in Newport Beach

# Hoag Health Centers

Bringing quality health care to your neighborhood

Hoag Health Centers are a convenient way to receive first-rate medical care from Hoag Hospital physicians. Hoag Health Centers offer:

- Urgent care and/or extended hours in most health centers.
- Most insurance plans accepted. (Check with your health care provider directly.)

Listed below are some of the services featured at Hoag Health Centers. For more information, please call the health center phone number listed.



## Hoag Health Center-Aliso Viejo

26671 Aliso Creek Road (in Aliso Viejo Town Center) – 949/425-0550

- Primary Care (Family Practice, Internal Medicine and Pediatrics)
- Seven Specialty Services
- Hoag Breast Care Center
- Pediatric Subspecialists (affiliated with CHOC)
- Physical Therapy
- Hoag Imaging Center
- Laboratory Services



## Hoag Health Center-Costa Mesa

1190 Baker Street (at Fairview) – 714/668-2550

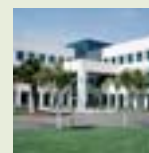
- Primary Care (Family Practice and Pediatrics)
- Hoag Breast Care Center
- Hoag Imaging Center
- Physical Therapy
- Urgent Care Center (Open 8 a.m. - 8 p.m., weekdays only.)
- UrgiKids (Pediatric Urgent Care)  
(Open 6-9 p.m. Monday through Friday. Open weekends and holidays from 9 a.m. - 9 p.m.)
- Laboratory Services



## Hoag Health Center-Fountain Valley

18255 Brookhurst Street (south of Talbert) – 714/378-4920

- Primary Care
- Physical Therapy
- Urgent Care Center (Open 8 a.m. - 8 p.m., seven days per week.)



## Hoag Health Center-Huntington Beach

19582 Beach Boulevard (at Yorktown) – 714/378-4900

- Primary Care (Family Practice and Internal Medicine)
- 15 Specialty Services
- Hoag Breast Care Center
- Pharmacy
- Hoag Imaging Center
- Laboratory Services



## Hoag Health Center-Irvine

4870 Barranca Parkway (at Creek) – 949/451-6006

- Primary Care (Family Practice and Internal Medicine)
- Seven Specialty Services
- Hoag Breast Care Center
- Physical Therapy
- Hoag Imaging Center
- Urgent Care Center (Open 8 a.m. - 8 p.m., seven days per week.)
- Laboratory Services



## Hoag Health Center-Woodbury

6340 Irvine Boulevard (at Sand Canyon) – 949/559-6500

- Primary Care
- Urgent Care Center (Open 8 a.m. - 8 p.m. weekdays, and 9 a.m. - 5 p.m. on weekends)
- Hoag Imaging Center

## Coming Soon!

- Hoag Health Center-Newport Beach



## JUNE

### Heart Attack: Signs and Symptoms

Did you know that 50 percent of people experiencing a heart attack wait two hours or more before seeking treatment? Learn the warning signs of a heart attack and important strategies for prevention.

Presented by Cardiologist Lee Carter, M.D.  
**Monday, June 4, 6 p.m.**

at Hoag Conference Center in Newport Beach

### Hysterectomy Options

Join us for a discussion on the gynecological and surgical procedures available for a hysterectomy. Presented by gynecologist Allyson Brooks, M.D.

**Tuesday, June 5, 6 p.m.**

At Hoag Conference Center in Newport Beach

### No More Flat Feet, No More Pain

Learn about the latest treatments for flat feet and the new surgical procedure for neuropathy. Presented by podiatrist Ivar E. Roth, D.P.M., M.P.H.

**Thursday, June 7, 6 p.m.**

at Hoag Conference Center in Newport Beach

### Reducing Your Risk for Alzheimer's Disease

This interactive program provides attendees with the latest research on reducing their risk for Alzheimer's disease and other forms of dementia through the adoption of healthy lifestyle choices. Discover how diet, exercise, cognitive stimulation and social interaction all help to promote a healthy brain. Presented by Cordula Dick-Muehlke, Ph.D.

**Monday, June 11, 6 p.m.**

at Hoag Conference Center in Newport Beach

### New Techniques in Hip Replacement

Is joint pain affecting your once active lifestyle? Learn about the diagnosis and latest treatment options in total hip replacement. Presented by orthopedic surgeon James Caillouette, M.D.

**Tuesday, June 12, 6 p.m.**

at Newport Orthopedic Institute in Newport Beach

### Innovations in Joint Replacement Surgery

Learn more about the latest innovations in joint replacement surgery, which reduce both recovery time and hospital stay. Presented by orthopedic surgeon Mark A Newman, M.D.

**Tuesday, June 26, 6 p.m.**

at Hoag Conference Center in Newport Beach

### Is Insomnia Keeping You Up at Night?

If you or your loved one has difficulty falling or staying asleep at night, then join us for an informative discussion on sleep disorders and treatment options. Presented by pulmonologist Stephen Seink, M.D., F.C.C.P.

**Wednesday, June 27, 6 p.m.**

at Hoag Conference Center in Newport Beach

## Now available! Customized Women's Wellness Center Packages

Each of the following wellness packages provides customized assessments to promote optimal health and well-being. Fees for each program include a one-on-one consultation with a certified Wellness Center specialist who will outline a personalized health management plan to help you achieve your wellness goals. Additionally, the Sue and Bill Gross Women's Wellness Center offers many other comprehensive wellness packages. **For more information, or to schedule an appointment, please call us at 949/764-5437.**

### Boost Your Energy!

This personalized consultation reveals how age, metabolic influences, dietary intake, sleep habits and exercise all impact your energy level and health. Learn specific strategies to help you increase your energy level and optimize your stamina. \$75.

### Why Weight?

Gain insight and lose weight by understanding your own unique caloric needs. This one-on-one consultation includes an analysis of body composition along with a personal metabolic fingerprint to help you gain control of your weight. \$100.

### Maximize Athletic Performance

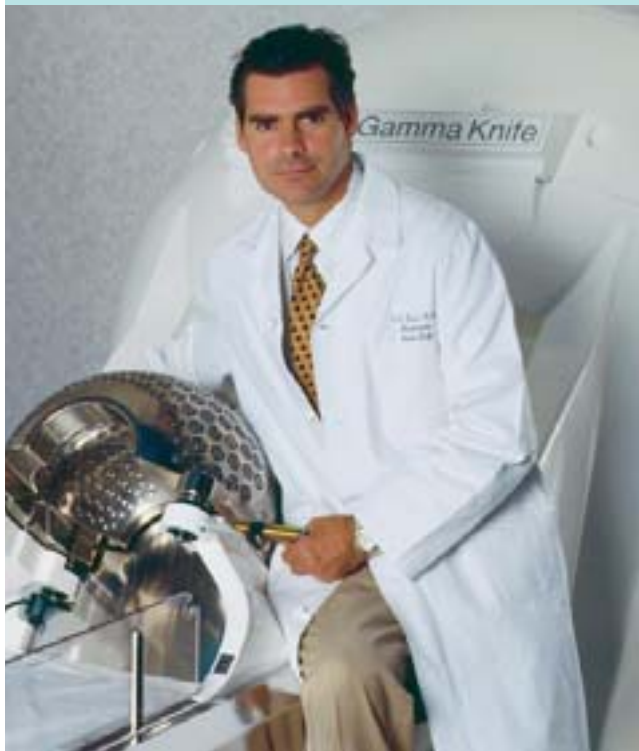
This unique fitness assessment is targeted toward maximizing core strength while preventing sports-related injuries. Through a personalized assessment, you will discover your body's weak areas and develop strategies for improving and optimizing your athletic performance and enjoyment. \$75.

### Optimizing Bone Health

After age 30, bone mass may slowly begin to decline. During this one-on-one consultation you will receive an analysis of your personal risk for osteoporosis and be provided with specific strategies to optimize life-long bone health. \$75.

Unless noted, classes are free.

# Specializing in innovative brain tumor treatment



## As a leader in advanced brain tumor treatment, experience and expertise are what set Hoag's Brain Tumor Program apart.

In fact, several of Hoag's innovative treatment options are only available at a few select hospitals nationwide.

Hoag's brain tumor program provides every aspect of comprehensive care – medical expertise, state-of-the-art diagnostics, Gamma Knife intervention, tomotherapy intervention, specialized surgical services and innovative research protocols, as well as patient education and support resources.

### Medical expertise

Treating the highest volume of brain tumors in Orange County, Hoag neurosurgeons and radiation oncologists offer a significant level of experience. And while many hospitals offer either craniotomy or stereotactic radiosurgery, Hoag physicians specialize in both surgical brain tumor management, Gamma Knife and tomotherapy. This unique combination enables them to approach each case with an unbiased opinion regarding which treatment option is best for each individual patient.

### State-of-the-art diagnostic capabilities

When it comes to state-of-the-art diagnostics, Hoag's sophisticated magnetic resonance brain imaging techniques identify the exact location of a tumor within the brain, providing critical information for Hoag neurosurgeons during preoperative treatment planning.

Hoag's 3Tesla MRI, the most advanced magnetic resonance imaging technology available, gives neurosurgeons the ability to study brain function, both metabolic and physiologic, including the ability to test brain stimulation with various challenges when planning surgery. With the ability to image metabolic function in the brain, Hoag clinicians can also study how brain tumors are responding to treatment.

Utilizing functional MRI (fMRI), Hoag neurosurgeons can pinpoint abnormalities and identify important areas of the brain that control movement, speech and senses – areas to be avoided during surgery. Neurosurgeons also use this information to quantify and limit the radiation dose delivered to healthy cells during Gamma Knife treatment.

Multivoxel MR Spectroscopy imaging is also used extensively for mapping the brain's anatomy to distinguish between healthy tissue and abnormal or damaged areas, to view blood vessels in tumors, and to locate the leading edge or growing areas of a tumor.

### Gamma Knife and tomotherapy intervention

Hoag's Gamma Knife Center is the only one of its kind in Orange County and provides an effective treatment option with exceptional outcomes. The Gamma Knife administers a single fraction focused dose of radiation to stop and/or reduce the growth of abnormal tissue by destroying the DNA mapping of cancer cells and rendering them unable to divide.

"Approximately 60 percent of the brain tumors we treat at Hoag are Gamma Knife candidates," says Christopher Duma, M.D., medical director of Hoag's Gamma Knife Center and vice-chair of the department of neurosurgery. "We utilize the Gamma Knife to treat primary brain or metastatic brain tumors, where we'll often incorporate the Gamma Knife in addition to surgery, radiation therapy or chemotherapy."

And for cases in which Gamma Knife technology is unable to reach the brain tumor, tomotherapy is an exciting new treatment option that uses an image-guided helical beam of radiation to destroy the tumor.

### Specialized surgical techniques

When surgical intervention is necessary, Hoag neurosurgeons employ image-guidance, which provides enhanced navigation using computer-generated 3D images of the brain. This technology allows for smaller incisions and less tissue removal through enhanced preoperative planning.

Hoag surgeons also specialize in awake craniotomy. During this procedure, functional mapping is performed using electrodes to stimulate tissues and nerves around the tumor in order to identify critical sensory areas to be avoided during surgery. This allows the surgeon to reduce operative risk, while maximizing the volume of tumor that can be removed.

Additionally, Hoag surgeons are among few in the nation specializing in endoscopic pituitary and intraventricular tumor resection. An endoscope is guided through the nose to access the tumor site, sparing the patient from an invasive open surgical procedure. With improved visualization through the endoscope, surgeons are able to improve their resection abilities.

### Research protocols

Dr. Duma has combined Multivoxel MR Spectroscopy with Gamma Knife radiosurgery to develop a unique treatment protocol designed to treat glioblastoma multiforme (GBM), one of the most common and devastating brain tumors. In addition to local tumor recurrence, GBMs frequently spread along the white matter pathways in the brain. Dr. Duma's protocol targets the leading edge of these tumors, thereby effectively halting their spread.

"By delivering the leading edge treatment in combination with our immunotherapy protocol, we've been able to significantly improve quality of life for these patients; in some cases, doubling their life expectancy," asserts Dr. Duma.

Hoag's immunotherapy protocol for GBM involves the use of lymphokine activated killer (LAK) cells. Hoag immunologists use lymphocytes, which circulate in the blood stream and have inherent anti-cancer activity, and stimulate them with interleukin-2. Hoag neurosurgeons then inject the patient's own immune activated LAK cells into the tumor area at the time of surgery, aiming to teach the body to kill cancer on its own.

### Remaining at the forefront of brain tumor treatment

With its unique multi-modality diagnostic and treatment program, Hoag continues to make progress toward developing and employing the latest clinical strategies for successfully treating brain tumors.

**To learn more about Hoag's comprehensive brain tumor program, or Hoag's Brain Tumor Support Group, please call 949/764-6232.**

# World-class care for cardiac patients



**Drs. Richard Haskell and Subbarao Myla utilize Hoag's new state-of-the-art cath labs to deliver the highest level of cardiac care to patients.**

Working in concert with the technology is an enhanced software program that provides unsurpassed image quality, enabling physicians to clearly view stents that have been placed in the diagnosed vessels. Once a stent has been placed, dye is injected to outline the narrowing of the artery, allowing physicians to see where the blockage is and guide therapy to open the artery.

"With traditional software, stents are often difficult to see," continues Loneragan. "But with the new software, physicians are given a very sharp image to ensure that a stent is

accurately positioned and fully deployed."

This feature provides physicians with the ideal conditions under which to perform angiography procedures – resulting in even better care for patients.

"The image provided by the flat-panel screen allows us to have a clear picture all the way out to the edge in one image, as opposed to the multiple shots it used to take," adds Richard Haskell, M.D., medical director of cardiology. "The technology gives us the ability to provide the best care for our patients."

This new state-of-the-art technology provides valuable support to Hoag Hospital's Code 60 program, which expedites the transition of patients from arrival in the Emergency Care Unit to treatment in the cath lab.

The Code 60 program involves a multidisciplinary clinical team that responds 24 hours a day in the event that someone in the community suffers a heart attack. The term Code 60 represents Hoag Heart and Vascular Institute's goal of achieving restored blood flow to the heart muscle in 60 minutes or less. As a result of this program, it takes heart attack patients less than an hour from arrival in Emergency to treatment in the cath lab – this is significantly quicker than the national goal.

"The technological enhancement of our cath labs gives us the opportunity to elevate the quality of our care for cardiac patients to its highest level," asserts Subbarao Myla, M.D., medical director of cardiovascular research and vascular intervention. "Implementing the latest advances in technology is just one reason Hoag Heart and Vascular Institute remains among the preeminent cardiac centers in the world."

In addition to the new cath labs, Hoag has added a new electrophysiology (EP) lab, where patients with irregular heartbeats are diagnosed and treated, oftentimes with a pacemaker.

Having integrated the most highly advanced technology into its cardiac cath labs and EP lab – enabling physicians to provide the highest level of care – Hoag is well positioned to continue on the path to national recognition, while maintaining a strong commitment to the community it serves.

**For more information about Hoag Heart and Vascular Institute, please call 949/764-5598.**

**Hoag Heart and Vascular Institute has built a reputation for remaining at the forefront of medical technology in order to maintain the highest level of patient care. To that end, the Institute's existing catheterization (cath) labs were recently remodeled and upgraded with the most advanced technology available.**

As a result, Hoag Hospital's cath labs continue to be among the most advanced in the world – providing Hoag patients with unsurpassed diagnostics and treatment for coronary and peripheral vascular conditions. The cath labs are where Hoag's interventional cardiology and vascular specialists take angiograms of the heart and arteries, perform angioplasty and place stents to alleviate blockages.

The most notable update to the labs is the addition of an X-ray apparatus that has the ability to rotate in a 180-degree arc, providing a much greater viewing area with minimal X-ray exposure to the patient. The resulting images have extremely high resolution, allowing physicians to view the most intricate details in 3D, thereby supplying vital information to provide highly accurate diagnoses.

"When analyzing the angiogram of a heart attack patient, the clarity of the image is critical," explains Tom Loneragan, director, cardiovascular services. "It can mean the difference between a highly successful procedure or an unsuccessful one."

## Skin cancer is on the rise

Melanoma continues to increase in incidence. In fact, every hour, one American dies of skin cancer. Although it's one of the most common, and one of the deadliest forms of cancer in the United States, you can greatly reduce your risk with proper sun protection and frequent examination of your skin. Since skin cancer is most often found in moles and beauty marks, knowing the ABCDEs of melanoma is important in safeguarding your health.

### Know your ABCDEs



**A**symmetry: Look for growths in which one half doesn't match the other half.



**B**orders: look for irregular borders with edges that are ragged, notched or blurred.



**C**olor: Look for pigmentation that's not uniform, with shades of tan, brown and black present. Dashes of red, white and blue may add to the mottled appearance.



**D**iameter: Look for size greater than six millimeters (about the size of a pencil eraser). Any mole growth should be of concern.

**E**volution: Look for changes in size, shape, color, or elevation, or any new symptom such as bleeding, itching or crusting.

## Hoag ranks among top five percent in the nation

Hoag Hospital has again been ranked among the nation's top five percent of hospitals for overall clinical excellence, according to HealthGrades®, the nation's leading independent health care ratings company.

As a result of its ranking, Hoag has achieved HealthGrades' 2007 Distinguished Hospital Award for Clinical Excellence®. According to the HealthGrades study, patients admitted to a hospital receiving this award are, on average, 28 percent less likely to face mortality and five percent less likely to suffer from a major complication. This year, only 266 of the nation's 4,971 non-federal hospitals received this distinction.

"To continually achieve this recognition for consistent, clinical quality excellence not just in one or two specialties, but across the board, is quite extraordinary," asserts Hoag Hospital President and CEO Richard Afable, M.D., M.P.H. "This award demonstrates Hoag's commitment to providing the highest quality health care services to our community."

Hoag also ranks among the top five percent of all hospitals nationally for overall Orthopedic Care, Joint Replacement and Gastrointestinal Care, and among the top ten percent for Stroke Care, Critical Care and General Surgery. Hoag received Specialty Excellence Awards for these six service lines.

Additionally, HealthGrades awarded Hoag Hospital five-star ratings for clinical excellence in 16 procedures and diagnoses, including:

- Appendectomy
- Back and neck surgery
- Coronary interventional procedures
- Critical care
- Gastrointestinal bleed
- Gastrointestinal surgery and procedures
- Heart valve replacement
- Hip fracture repair
- Joint replacement
- Pancreatitis
- Partial hip replacement
- Prostatectomy
- Pulmonary embolism
- Total hip replacement
- Total knee replacement
- Stroke treatment

"Hoag's success in achieving and maintaining this level of clinical quality is not only because of our excellent medical and nursing staff," states Hoag Chief Quality Officer and Senior Vice President Jack Cox, M.D., "it represents a continuous commitment of our Board of Directors and a fundamental recognition that delivering quality at this level is a team effort that takes constant vigilance and a desire to excel."

**The HealthGrades ratings for all hospitals nationwide are available online at [www.healthgrades.com](http://www.healthgrades.com).**

## Hoag partners with CHOC

Hoag Hospital and Children's Hospital of Orange County (CHOC) have joined forces to enhance and expand pediatric care and services in coastal Orange County.

Through a formal affiliation with CHOC, Hoag has expanded its pediatric outpatient services. Additionally, the hospital has created an expedited system of evaluation and transfer of children and infants with critical illnesses and special needs to the specialty children's hospital.

### Pediatric emergency care

Using robotic telemedicine technology, critical care specialists stationed remotely at CHOC are available to assist Hoag emergency medicine physicians in the evaluation and care of pediatric patients at Hoag's Emergency Care Unit (ECU). This remarkable enhancement to care is available 24 hours a day to physicians treating children in Hoag's ECU.

Emergency transport services between Hoag and CHOC have also been improved. A dedicated transport team from CHOC, consisting of a physician, nurse and respiratory therapist, are readily available to transport pediatric patients via ambulance when a child's complexity of care or severity of illness requires admission at CHOC.

### Neonatal care

Through the new affiliation with CHOC, Hoag's neonatal care services have been expanded. Pediatric Subspecialty Faculty, a nationally recognized specialty physician group affiliated with CHOC, staffs and provides medical management to Hoag's Neonatal Intensive Care Unit, enhancing clinical capabilities in support of Hoag's growing obstetrical and perinatal programs.

### Expanded pediatric care and urgent care

Additionally, CHOC will establish pediatric specialty clinics at Hoag Health Center-Newport Beach, a soon-to-be-developed outpatient facility near the Hoag Hospital campus. Offering specialty physician services in Newport Beach will add convenience and reduce wait times for pediatric patients in need of specialized outpatient care. UrgiKids, an after-hours urgent care service for children currently based in Costa Mesa, will also relocate to Hoag Health Center-Newport Beach once it opens, completing the expanded pediatric services that will be available at Hoag.

"This new affiliation greatly enhances the excellent care Hoag and its pediatricians have been providing to children in our community," states Hoag President and CEO Richard Afable, M.D. "Children and their families will benefit greatly from these additional services. They will have more convenient and consistent access to the excellent specialized care that was previously only available by traveling to the CHOC campus in Orange."

**For more information about Hoag's pediatric services program, please call 800/514-HOAG (4624).**



Hoag President and CEO Richard Afable, M.D. and CHOC President and CEO Kimberly Cripe with CHOCO Bear.

### Let us know

Hoag Hospital's award-winning *To Your Health* newsletter is published three times a year. If you have questions, comments, or a topic you'd like to see covered, contact:

To Your Health Managing Editor  
Hoag Marketing and Corporate Communications

One Hoag Drive, PO Box 6100  
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or e-mail:  
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The medical information contained in *To Your Health* should not be substituted for the advice of your personal physician.

# Hoag<sub>on</sub>Call

## What can I do to protect my family and myself from skin cancer?

### Dr. Edward Wagner responds:

Each year, more than one million new cases of skin cancer are diagnosed, making it the most commonly occurring cancer in the United States.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. UV rays penetrate clouds and overcast skies. They also reflect off water, sand and snow. Mid-day rays are always the strongest. Therefore, if you can't avoid mid-day sun, make sure that you and your family are protected by using sunscreen daily, and by wearing protective clothing such as long sleeves, a hat and sunglasses.

Another important point is early detection. By detecting skin cancer early, particularly in cases of melanoma, survival rates dramatically increase. That's why individuals should regularly check their body for the warning signs of skin cancer by using the ABCDEs of melanoma as a guide. (See page 9 for details.) In addition to self-examination, routine skin cancer checks by a physician should be part of your family's yearly health exams.

By making sun protection a daily part of your family's routine, and by frequently examining your skin, individuals can both decrease their risk for getting skin cancer, as well as increase their opportunity for catching it early when treatment is most effective.



### Meet Dr. Wagner:

Dr. Edward Wagner is board certified in hematology and oncology. He earned his medical degree from University of California, Irvine (UCI) and completed residencies at Thomas Jefferson University and UCI. Dr. Wagner also

completed a fellowship in oncology/hematology at UCI.

Dr. Wagner has been in practice since 2001 and recently opened his new private practice at Hoag Health Center-Aliso Viejo. "I am pleased to be affiliated with Hoag. The hospital provides not only the latest in state-of-the-art technology and treatment options, but also delivers the highest level of patient-centered care."

As a cancer survivor himself, Dr. Wagner understands the patient's perspective. "I know firsthand how stressful dealing with cancer can be for both the patient and the family," he empathizes. "That's why I take a 'personal touch' approach to patient care. In addition to providing the latest medical treatments available, I believe a calm, caring environment is essential to healing. For this reason, I believe in utilizing complementary medicine to allow the mind to work with the body. Visual, auditory and olfactory experiences help to complement aggressive medical treatments by increasing effectiveness while decreasing side effects."

**To schedule an appointment with Dr. Wagner, please call 949/499-4540.**

## What is Avastin™ and how is it used in the treatment of lung cancer?

### Dr. Louis VanderMolen responds:

Bevacizumab (Avastin™) is one of a new group of cancer drugs known as monoclonal antibodies. Monoclonal antibodies can destroy certain types of cancer cells while causing little harm to normal cells. They do this by targeting and binding to certain proteins found on the surface of some types of cancer cells, which inhibits them from functioning properly.

In the case of bevacizumab, it works by inhibiting the formation of new blood vessels to tumors. This reduces the tumor's supply of oxygen and nutrients, causing the tumor to starve and stop growing. Drugs that interfere with blood vessel growth in this manner are known as angiogenesis inhibitors.

Recent studies have shown that patients who receive angiogenesis inhibitors in combination with standard chemotherapy achieve significantly higher survival rates than patients who receive chemotherapy alone. That's because this targeted antibody therapy not only works to block the blood supply to tumors, but also improves chemotherapy's effectiveness by enhancing its ability to penetrate cancer cells.

Bevacizumab is FDA approved and was initially shown to be effective in conjunction with chemotherapy for colon cancer. With regard to lung cancer, bevacizumab is used in patients with advanced, non-squamous, non-small cell disease. This drug is also utilized in treating other cancers, including breast cancer.



### Meet Dr. VanderMolen

Dr. Louis VanderMolen is board certified in oncology and internal medicine. He earned his medical degree from Loyola University and completed residencies in hematology and internal medicine at Baylor College of Medicine. In addition, he completed a fellowship in oncology at the National Cancer Institute.

Dr. VanderMolen has been in private practice since 1990, when he came to the hospital shortly after the opening of Hoag Cancer Center. "The reason I joined Hoag is its commitment to providing leading-edge cancer care in a patient-centered environment."

When it comes to patient care, Dr. VanderMolen believes that communication and teamwork are key. "It's important to work together with patients and their families to define treatment goals. As a team, we work together to achieve positive results. Patients who participate in and understand the goals for their treatment are empowered and have a higher probability of improvement. I enjoy treating my patients the way I would want to be treated – with honesty, respect and caring."

**To schedule an appointment with Dr. VanderMolen, please call 949/646-6441.**

## How do I know if a lumpectomy is the best option for me?

### Dr. Colleen Coleman responds:

Lumpectomy is the surgical removal of a cancerous tumor along with a small margin of normal appearing adjacent breast tissue. This breast-conserving procedure is often performed on patients with small or localized breast cancers, allowing patients to maintain most of their breast after surgery.

In addition to the lumpectomy procedure, a separate incision may be required to remove a few of the axillary (underarm) lymph nodes. Called sentinel lymph node biopsy, this procedure is performed to determine whether the cancer has spread outside of the breast itself.

Lumpectomy is almost always followed by radiation therapy to ensure that any remaining cancer cells are destroyed. Other types of adjuvant (additional) therapy may also be given including chemotherapy, and/or a combination of hormonal or drug therapies.

It's important to note: Several studies have shown that women with small, localized breast tumors have an equal chance of surviving breast cancer regardless of whether they have a lumpectomy (followed by a full course of radiation therapy) or a mastectomy.

However, lumpectomy is not for every woman. There are specific breast cancer cases that are best managed by a mastectomy. Therefore, women who have been diagnosed with breast cancer should carefully discuss their treatment options with their surgeon, and cancer treatment team, to determine the best surgical and treatment options for their individual case.



### Meet Dr. Coleman

Dr. Colleen Coleman is a board certified general surgeon with extensive training and experience in breast imaging and surgery. She earned her medical degree from the University of Southern California and completed her residency at UCLA.

Although Dr. Coleman specializes in breast cancer surgery, she also

performs a broad range of other surgeries. And regardless of the procedure, Dr. Coleman believes that caring for the whole patient, not just the disease, is important.

"It's exceptionally frightening to receive a cancer diagnosis," she emphasizes. "My role is to offer comfort and hope in addition to providing excellent surgical care. I also make sure that my patients understand all of their options, and that we discuss them together before a treatment plan is initiated."

Dr. Coleman has been in private practice since 2000. She chose to be affiliated with Hoag because "the hospital consistently delivers quality patient care and provides the latest technologies and treatment options."

**To schedule an appointment with Dr. Coleman, please call 949/706-2607.**



**Hoag Health Centers:**  
(See page 7 for services provided.)

**Aliso Viejo**  
949/425-0550

**Costa Mesa**  
714/668-2550

**Fountain Valley**  
714/378-4920

**Huntington Beach**  
714/378-4900

**Irvine**  
949/451-6006

**North Irvine (Woodbury)**  
949/559-6500

**Helpful numbers:**

**Hoag Hospital Main Line**  
949/764-HOAG (4624)

**Hoag Physician Referral**  
949/764-DOCS (3627)

**Hoag Insurance Information**  
800/400-HOAG (4624)

**GoldenHealth PLUS**  
949/764-8221

**Hoag OB Education**  
949/764-5940



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