

To Your Health

FEBRUARY IS HOAG HEART MONTH

Winter 2008



Arrhythmia awareness saves lives, page 2

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Arrhythmia awareness *saves lives*

For most Americans, an arrhythmia is merely a passing nuisance. But for some, arrhythmias can be life threatening, leading to nearly 400,000 deaths in the U.S. each year.

The good news is, when detected in time, arrhythmias can be effectively treated; therefore, awareness is key.

That's why Hoag Heart and Vascular Institute is dedicating this year's Hoag Heart Month to raising awareness about arrhythmias and focusing on educating the community about the prevention, detection and treatment of this increasingly common heart condition.

What is an arrhythmia?

Medically speaking, an arrhythmia is any change from the normal sequences of electrical impulses in the heart. But to fully understand arrhythmias, one must first understand how the heart's electrical conduction system works. Small electrical currents activate the muscles of the heart to contract and pump blood. When the electrical impulse is transmitted normally, the heart beats at a regular pace. When the impulse is disrupted, an abnormal heartbeat results, called an arrhythmia.

Millions of people experience arrhythmias. In fact, almost everyone has had one. You may, from time to time, have felt your heart flutter, skip a beat or beat very fast – these are all signs of common arrhythmias. Most are harmless; however, there are a variety of arrhythmias that can pose a significant health threat. Therefore, it's crucial for individuals to be aware of the symptoms of potentially serious arrhythmias and seek out proper medical attention.

If you experience frequent heart palpitations, light-headedness, fainting or near-fainting spells, fatigue, chest pain, or shortness of breath, see your physician to

determine whether your symptoms are serious and require medical intervention.

One man's story

Bryan Shoemaker, a highly energetic real estate broker, experienced sudden light-headedness, which resulted in a brief fainting episode. His wife Lenore acted quickly, taking him to Hoag's emergency department.

"Having experienced two previous heart attacks, I knew this might mean trouble," says Bryan. And he was right. The fainting episode was the result of a serious arrhythmia.

Arrhythmias come in three forms: a slow heartbeat, a fast heartbeat and an irregular heartbeat. A fast heartbeat is the most dangerous because it can lead to fibrillation, where the heart quivers instead of contracts. Fibrillation can be life threatening because it can lead to sudden cardiac death.

"Sudden cardiac death is not a heart attack," explains Neala Hunter M.D., a Hoag-affiliated cardiologist board certified in electrophysiology (the study of heart rhythms). "A heart attack is the result of a plumbing problem caused by blocked arteries. Sudden cardiac death is the result of an electrical problem, where the heart abruptly, and without warning, stops functioning."

Bryan knows the difference, because he's experienced both. In fact, his previous heart attacks put him at greater risk for developing an arrhythmia.

Underlying medical conditions, such as coronary artery disease, can often lead to arrhythmias. An arrhythmia can also be developed from consuming too much alcohol, tobacco, illegal drugs, or over-the-counter supplements. And some people are simply born with an arrhythmia.

Implantable devices – when technology saves lives

There are many treatment options available to manage and even correct the various types of arrhythmia. Treatment options pursued depend on the health risk posed.



Bryan Shoemaker enjoying time with his beloved wife Lenore.

In the case of Bryan, his arrhythmia was treated with an implantable device known as an AICD (Automatic Implantable Cardioverter-Defibrillator). This complex little computer continually monitors heart rhythm and when it detects an arrhythmia, it administers a shock to the heart to restore a normal rhythm.

"An AICD is like having a paramedic implanted in your chest," explains Dr. Hunter. "It works 24-hours a day, seven days a week continually assessing and correcting heart rhythm. We frequently implant these highly sophisticated devices in patients who are at high risk, and the results can be life saving."

Such is the case for Bryan who has put his device to the test, not once, but twice since it was implanted.

"The first time, I was closing a sale, when I felt a sudden jolt within my chest," recalls Bryan. "I knew that my device had been activated and I immediately excused myself and went home."

Bryan's AICD showed that he had experienced an episode that required his heart to be shocked back into

a normal rhythm. And much to his surprise, at a recent checkup Bryan's AICD revealed that he had another episode while asleep.

"I didn't even feel it," he says. "But I can tell you, I have great peace of mind in knowing this amazing piece of technology is there to intervene day or night to save my life!"

At Hoag, life-saving results such as these are not unusual. Treatment procedures like Bryan's are performed in high volume at Hoag Heart and Vascular Institute, by a multidisciplinary team of physicians and nurses who are experts in the care of arrhythmia patients.

Ablative techniques for treating arrhythmia

In addition to state-of-the-art implantable devices, Hoag provides the full spectrum of leading-edge arrhythmia treatment options, including innovative ablative techniques that often times permanently eliminate arrhythmia.

Professional musician Judith Johnson had recurrent episodes of rapid heart rate. Despite medication therapy, Judith continued to have the disturbing episodes, often times her heart rate would exceed 200 beats per minute.

Her cardiologist referred her to Dr. Hunter, who specializes in electrophysiology, to determine if Judith would be a viable candidate for a minimally invasive procedure known as catheter ablation.

During the procedure, the electrophysiologist does a "mapping" of the heart's electric impulses, which is used to uncover the source of the abnormal heart rhythm. Once located, a pulse of painless radiofrequency energy is used to destroy the abnormal tissue, thereby correcting the arrhythmia.

"Most patients are able to take advantage of this non-surgical option," says Dr. Hunter, who performs a high volume of ablative procedures at Hoag. "The results of this highly successful technique are life-changing, since it eradicates the arrhythmia, thereby eliminating the symptoms."

Such was the case for Judith, who successfully underwent catheter ablation and celebrated just a few weeks later with a month-long vacation to England.

"It is such a relief to know that I can travel without the concern of having another frightening episode," says Judith with a smile. "Since the ablation, I no longer have to take medications, or worry about whether or not I might need immediate access to a hospital. It's hard to put into words what a difference this has made in my life!"

Mini-Maze ablation

Another ground-breaking procedure performed at Hoag, is the highly complex surgical option called Mini-Maze ablation. This procedure is used to treat the most common form of arrhythmia – atrial fibrillation – in patients who have been unsuccessful with other treatments.

"Prior to development of the Mini-Maze procedure, surgical ablation for atrial fibrillation was typically performed only if the patient was already undergoing open-heart surgery for another condition," explains Aidan Raney, M.D., medical director of cardiovascular surgery at Hoag. "Mini-Maze, however, is specifically focused on treating atrial fibrillation as a standalone condition, and now provides a cure for patients who do not respond well to other treatment options."

Performed on the beating heart, Mini-Maze employs video-assisted image guidance by which the surgeon navigates uniquely designed surgical instruments through small keyhole incisions on each side of the chest. The surgeon uses bipolar radiofrequency energy to isolate and ablate the arrhythmia.

Throughout the Mini-Maze procedure, the cardiovascular surgeon and the electrophysiologist work together to ensure the ablation is successful. "After Dr. Raney has isolated and ablated the area, the heart rhythm is evaluated to ensure that the source of atrial fibrillation has been eliminated," confirms Dr. Hunter.

Patient-centered care – the heart of our mission

Complementing its leading-edge treatment options, Hoag Heart and Vascular Institute also provides patient-care support programs to help arrhythmia patients conveniently manage their condition. One such program is Hoag Arrhythmia Center.

Located in Hoag Heart and Vascular Institute, the Arrhythmia Center provides ongoing education and monitoring support for patients with implantable devices, as well as for patients who have been outfitted with monitors to detect suspected arrhythmias.

Besides being the highest volume program in Orange County, a unique aspect of the center is its 24-hour, seven-day-a-week coverage. Because of its round-the-clock services, Hoag's highly skilled nursing staff is able to intervene and advise patients with potentially lethal arrhythmias to seek immediate medical treatment.

In addition to the Arrhythmia Center, Hoag also maintains a free community service for patients on anticoagulant medication therapy, the majority of which are arrhythmia patients.

Hoag Anticoagulation Clinic serves an important role as a liaison between patients and physicians to help to manage and monitor patients throughout the duration of their treatment. Services are provided free of charge to patients, however, physician referral is required.

Focused on heart health

As part of its mission to improve the heart health of our community, Hoag Heart and Vascular Institute remains committed to providing the latest in leading-edge diagnostic and treatment options for arrhythmia patients.

For more about arrhythmia, join us for two free community education presentations on January 23 "What is Arrhythmia?" and February 19 "Innovations in Arrhythmia Treatment." See page 8 for details.

On March 2, Hoag will present an interactive program and live Webcast presentation, "New Treatment for Atrial Fibrillation." See page 9 for details.

February is Hoag Heart Month

Building awareness about arrhythmia is the focus of this year's Hoag Heart Month – a time filled with various events to educate and inspire our community to take a more active role in their heart health.

Details about preventing, detecting and treating arrhythmia will be presented at various community education classes held throughout February.

"We encourage the community to join us by participating in Hoag Heart Month," says Susan Goldberg, R.N., M.S.N., vice president, cardiovascular services. "With community education initiatives and awareness programs such as Heart Month, we hope to better inform those at risk, as well as provide vital information about the latest treatment options available for arrhythmia, as well as other cardiovascular diseases."

For a complete schedule of Hoag Heart Month events, please see pages 8-9. You can register for classes by visiting www.hoaghospital.org, or by calling Hoag's Community Education Line at 800/514-HOAG (4624).

On the Cover

Professional musician Judith Johnson shares how her life was changed through a minimally invasive technique for treating arrhythmia.



Cancer survivor Theresa Brown

At first glance, Theresa Brown doesn't look like a warrior. She appears to be a gentle woman with a soft voice and generous spirit. Yet beneath her graceful exterior lies the heart of a fighter – someone who has been in the throes of battle and emerged a victor!

Theresa's battle with ovarian cancer began when she noticed a bulge in her abdomen. "I was working out with my daughter and noticed this unusual lump in my belly," recalls 48-year-old interior designer Theresa Brown. "I knew it wasn't normal and immediately called my doctor."

Her gynecologist ordered an ultrasound and then referred her on to an internal medicine physician who ordered further tests. "I was in complete shock when they told me I had ovarian cancer," says Theresa. "It all happened so quickly... One day I was working out and healthy; the next day I found out I had stage three cancer."

Upon diagnosis, a close family friend recommended that Theresa seek a second opinion with Gynecologic Oncologist John V. Brown, M.D. "I knew I wanted to obtain treatment at Hoag Cancer Center," says Theresa. "And when I met with Dr. Brown, it really confirmed my decision."

Dr. Brown, an expert in gynecologic cancer surgery, performed a complex surgical procedure referred to as *surgical debulking* to remove the cancerous tumors that had invaded Theresa's ovaries, uterus and abdomen. In addition, he recommended that Theresa consider a somewhat more complex treatment for advanced-stage ovarian cancer that combines intraperitoneal (IP) chemotherapy with traditional intravenous (IV) chemotherapy. (See article at right for details.)

"I was really torn about whether or not to undergo IP therapy," says Theresa. "Dr. Brown honestly explained how difficult this treatment regimen can be. But he also shared that in my case, it would be the best option for beating my cancer."

Armed with the loving support of her husband, children and friends, Theresa decided to "go for it." She courageously completed six courses of therapy last summer. And the wonderful news is, all of her recent imaging tests show no evidence of cancer!

"I'm so thankful to my husband, children and friends for their love and support," says Theresa with a smile.

"It's definitely a tough treatment – a real battle of the mind, body and soul. But I have absolutely no regrets!"

"And I'm also very grateful to Dr. Brown and his staff, and the nurses and staff at Hoag Cancer Center. They were all so supportive and reassuring to me and my family."

When asked about the benefits of this aggressive treatment option, Theresa shares, "It's definitely a tough treatment – a real battle of the mind, body and soul. But I have absolutely no regrets! IP therapy is a lot like childbirth – at first you think, there is no way I will ever go through all that pain! But then you witness the fruits of your labor, and it becomes so clear that it's such a small sacrifice compared to the great reward – life!"

Symptoms of Ovarian Cancer

Historically ovarian cancer has been called the "silent killer" because symptoms were not thought to develop until the disease was in advanced stages. However, recent studies have found that the following symptoms are much more likely to occur in women with ovarian cancer than women in the general population:

- Swelling or bloating of the abdomen
- Pelvic pressure or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

In fact, several studies show that even early stage ovarian cancer can produce the above symptoms. That's why it's so important for a woman who is experiencing these symptoms to see her physician. Prompt medical evaluation may lead to detection at the earliest possible stage of the disease, when treatment is most successful.

Additionally, several other symptoms have been commonly reported by women with ovarian cancer, including fatigue, indigestion, back pain, pain with intercourse, constipation and menstrual irregularities. However, these symptoms are also commonly found in women who do not have ovarian cancer. Regardless, women are still urged to report these symptoms to their physician.

Combination treatment improves survival for advanced-stage ovarian cancer

Although IP chemotherapy has been in use for more than 20 years, most practicing physicians have been reluctant to use the procedure because of the complexity of treatment delivery.

Standard treatment for newly diagnosed stage III ovarian cancer has generally consisted of surgical removal of the tumor followed by six to eight courses of intravenous chemotherapy delivered every three weeks. However, results of several randomized clinical trials showed improved survival for ovarian cancer patients who were treated with a two-drug delivery protocol combining intraperitoneal (IP) chemotherapy and intravenous (IV) chemotherapy.

Based on this data, the National Cancer Institute recently issued a clinical announcement recommending IP chemotherapy for select cases of advanced-stage ovarian cancer. Hoag Cancer Center considers this treatment approach as an excellent option for appropriate patients – one that should further increase the survival rate for Hoag ovarian cancer patients, which is already eight percentage points higher than national figures based on the most recent comparative data.

Expert surgical skill is key

Prior to delivery of IP chemotherapy, patients undergo an extensive surgical procedure referred to as *debulking* the tumor.

"The surgical goal of debulking is to leave no tumor nodule behind that measures more than one centimeter," explains Gynecologic Oncologist John V. Brown, M.D. "Because chemotherapy agents cannot directly penetrate a bulky tumor, successful debulking of the tumor is essential for IP therapy to work properly."

At Hoag, surgical debulking is performed by experienced surgeons specializing in gynecologic oncology. Their expertise in optimally removing ovarian tumors sets the stage for the success of this exciting treatment protocol.

After undergoing this complex surgical procedure, patients then receive a combination of IP and IV chemotherapy – while the IP chemotherapy is used to address tumors in the peritoneal (abdominal) cavity, the IV therapy is used to target extraperitoneal metastases (cancerous cells that may be located outside the abdominal area).

Benefits of IP therapy

One of the unique benefits of IP therapy is that it is delivered directly into the abdominal cavity through a catheter, which then directly exposes the cancerous cells to chemotherapy.

"By delivering these agents directly into the abdominal cavity, we can expose the abdomen to higher concentrations of chemotherapeutic agents," Dr. Brown confirms. "This technique has been shown to be more effective in killing cancer cells in the peritoneal cavity, where ovarian cancer is most likely to spread, or recur."

It's important to note that not all gynecologic oncologists offer IP chemotherapy, and not all patients with ovarian cancer are candidates for this select treatment option. Therefore, patients interested in IP treatment should speak with their physicians about this option.

Gamma Knife: The gold standard in radiosurgery

As one of only a select number of Gamma Knife Centers in the nation, Hoag's Neuroscience Center of Excellence is the first center in Southern California to employ the revolutionary Leksell® Gamma Knife *Perfexion*™, the latest in state-of-the-art stereotactic radiosurgery.

Gamma Knife *Perfexion* is the most advanced radiosurgical device available, delivering the highest level of efficient and precise radiosurgery treatments to date. With increased treatment volume and enhanced accuracy, Gamma Knife *Perfexion* benefits significantly more patients who can now be treated with Gamma Knife radiosurgery instead of a more invasive procedure.

Recognized globally as the gold standard in minimally invasive neurosurgery, the Gamma Knife administers a single fraction dose of radiation to stop and/or reduce the growth of abnormal tissue, while sparing healthy surrounding tissue.

"We utilize the Gamma Knife most frequently in treating brain metastases, where we'll often incorporate it in conjunction with surgery, radiation therapy or chemotherapy," explains Gamma Knife surgeon, Christopher Duma, M.D., medical director of Hoag's Brain Tumor Program. "And, for high-risk patients who may not be able to tolerate open surgery, Gamma Knife offers an effective treatment alternative."

The team of specialists at Hoag Gamma Knife Center treats more than 200 patients annually, adding months and even years to the lives of those treated with this state-of-the-art technology. And with Hoag's upgraded Gamma Knife system, clinicians are now able to offer this minimally invasive approach to even more patients – treating areas of the brain, head and neck that could not previously be reached without surgical incision.

Radiosurgery with the new Gamma Knife *Perfexion* remains an outpatient procedure, free of the risks of invasive brain surgery. Following Gamma Knife treatment, patients can immediately return to preoperative lifestyle without any need for intensive care or extended hospitalization.

For details, visit www.hoaghospital.org/gammaknife or call Hoag Gamma Knife Center at 949/764-5938.

Resolve to make your health a priority!

Making a commitment to health is one of the most important resolutions a woman can make – for herself and her family.

The Sue and Bill Gross Women's Wellness Center at Hoag Hospital is committed to partnering with women to take an integrative approach to wellness that focuses not only on a woman's physical health, but also on the relationship between body, mind and spirit.

As a leader in women's health services, Hoag has developed a variety of programs to address the individual health concerns of women of all ages. These innovative programs empower women with information and tools needed to proactively achieve their wellness goals.

Comprehensive wellness evaluation for women

This program brings together a team of women's health experts in nutrition, stress reduction, fitness and integrative medicine, to address each woman's unique health concerns and personal goals for well being. The most comprehensive of Hoag's wellness assessments, this program not only provides a thorough evaluation of a woman's current health, but also provides individually tailored strategies for healthier living.

Weight release program for women

This comprehensive weight management program provides women with a thorough understanding of how nutrition, fitness, stress and underlying medical conditions greatly impact weight. This eight-week program empowers women to redefine their view of weight loss and helps them to achieve realistic and sustainable goals. Program includes a personalized weight management plan with customized meal plans, a recommended exercise program and the necessary support to help women achieve their goals.

Integrative wellness programs

These focused programs are tailored to meet the specific health concerns of women. At the conclusion of her visit, each woman receives a focused integrative health plan to help her achieve her own personal health goals.

- **Focused Consultation** – Hoag's women's wellness team partners with each woman to develop an integrative health plan to address specific health concerns and provide recommendations on the steps each woman can take to move forward toward improved health and well being.

- **Nutrition** – A private consultation based on the individual lifestyle, medical history and personal goals of each woman. Women learn how nutrition dramatically impacts health and receive expert direction from a licensed dietician on how to achieve their wellness goals through proper nutrition.
- **Fitness Evaluation** – Regardless of a woman's current fitness level or medical conditions, Hoag's expert exercise physiologist can help women of all ages to develop strategies for improving and optimizing their overall fitness and strength.
- **Lifestyle/Stress Management** – A personalized consultation with a Hoag-affiliated psychologist specializing in women's wellness. Women learn specific techniques to bring balance to their life and decrease stress.
- **Acupuncture** – Performed by a licensed expert, acupuncture is a proven integrative therapy to manage many women's health concerns, including stress, pain management, hormonal imbalance and more.
- **Massage Therapy** – Performed by a licensed expert in the field of massage therapy. Women enjoy the many soothing benefits of this ancient healing art form in a relaxing and private setting.
- **Why Weight?** – This one-on-one consultation helps women to gain insight and understanding of their own body's unique caloric needs. The evaluation includes an analysis of body composition along with a personal metabolic fingerprint to help women gain control of their weight.
- **Boost Your Energy!** – This personalized consultation reveals how age, metabolic influences, dietary intake, sleep habits and exercise all impact a woman's energy level and health. Women learn specific strategies to help increase their energy level and optimize stamina.
- **Time Out for Mom** – Whether a woman is just beginning the journey into motherhood or is already a seasoned traveler, this personalized program equips women with an individually tailored and sustainable plan for optimizing their physical, emotional and spiritual well-being during this special time of life. The self-selected program options include an individualized wellness consultation, nutritional assessment, fitness evaluation and/or stress reduction strategies.

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Important health screenings for women

Making a commitment to your health includes taking the time to schedule regular medical examinations and health screenings. These not only help to safeguard your health today, but will also help to improve your quality of life in the years to come.

The following are health screening recommendations for women. These recommendations serve as a general guideline. Therefore, it's important to partner with your physician to determine an appropriate health screening schedule for you, based on your own individual health issues and risk factors.

Recommended health screenings for women of all ages

- Obtain a complete health examination at least every one to two years, including weight and blood pressure check, and pap smear.
- Know your BMI (Body Mass Index): BMI is a measure of body fat based on height and weight. You can obtain this from your physician, or calculate it online at the National Institutes of Health Website.
- Based on your physician's recommendation, obtain regular screenings for high cholesterol and high blood pressure.
- Ask your physician about thyroid and diabetes screenings.
- Be sure all your immunizations are up to date.
- Obtain regular eye exams, oral health exams, skin health exams and hearing checks, as determined by your health care providers.

Additional recommendations for women in their 30s

In addition to the above screening recommendations for all women, discuss with your physician when you should receive a baseline mammogram. And discuss with your physician how often you should obtain screening mammography.

For women in their 40s

In addition to the above screening recommendations for all women, be sure to obtain annual screening mammograms beginning at age 40.

Women in their 50s

Continue with the recommended screenings for all women, as well as with annual screening mammography. In addition, be sure to obtain a

colonoscopy beginning at age 50 and discuss with your physician how often you should be retested. A fecal occult test should be done annually as an additional screening for colon cancer. Individuals at high risk for colorectal cancer, should speak with their physician about beginning screening at a younger age. A bone density test should be obtained at menopause, then every two years. Those at high risk for osteoporosis should speak with their physician about beginning bone density screening earlier.

For women age 60 and older

Continue with the recommended screenings for all women, as well as with annual screening mammography, routine bone density testing and colorectal cancer screening as determined by your physician. Discuss with your physician your vaccination status, and the need for zostivax, pneumovax, tetanus and any other recommended vaccinations.

To locate a Hoag-affiliated physician near you, visit www.hoaghospital.org or call us at 800/514-HOAG (4624).

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- **Heart Health Screening** – The expert collaboration between the wellness center, laboratory and Hoag Heart and Vascular Institute provides women with valuable information about their heart health. The screening includes a carotid ultrasound, EKG, lipid and glucose panels, as well as blood pressure, and body composition analysis. Cardiovascular disease is the number one cause of death for women, and this screening helps to detect heart-related health issues before they become a major problem. At the end of the screening, women receive a personalized risk report detailing the next steps toward a healthier heart.

For more information, or to schedule an appointment, please call the Women's Wellness Center at 949/764-5437.



Hoag announces new sexual medicine program for women

Throughout a woman's lifetime, there are both medical and life-phase issues that can greatly impact relationships and intimacy. One of these is sexual health and well being.

According to recent studies, sexual dysfunction is a very common health issue – affecting nearly half of U.S. women, particularly perimenopausal and postmenopausal women.

"Despite the high prevalence of sexual dysfunction among women, few seek treatment because of embarrassment, or the belief that such symptoms are inevitable with life cycle changes such as aging or menopause," explains OB/GYN Michael Krychman, M.D. an expert in the field of sexual medicine. "It's important for women to understand that regardless of the cause, their sexual concerns can be successfully evaluated and treated."

Dr. Krychman recently relocated to Orange County to serve as the medical director of Hoag's new sexual medicine program. He specializes in identifying and addressing the sexual health concerns of women, including those who have survived cancer, are dealing with chronic illness, or are experiencing common life-phase issues that can impact intimacy and sexuality.

Sexual dysfunction is common and treatable

Many women may not be aware that chronic medical conditions such as hypertension, cardiovascular disease and diabetes can impact sexual function. And, many of the treatments for these conditions may affect the sexual response cycle and cause sexual dysfunction as well.

Additionally, loss of sexual desire or wellbeing is a common consequence of cancer therapy and often persists after treatment is completed. In fact, studies report that 90 percent of female cancer survivors have some form of sexual dysfunction.

According to Dr. Krychman, marital stress, infertility issues, childbirth, or even a busy lifestyle can sometimes get in the way of a satisfying sexual relationship. Many women also notice changes in their sexuality as they approach, go through and move past the menopause years.

Individualized care in a confidential environment

"Addressing a woman's sexual health is an important dimension of treating the whole person," says Dr. Krychman. "Most women welcome the opportunity to discuss their concerns in a confidential, caring environment."

Through individually-tailored approaches, Hoag's sexual medicine program focuses on enhancing intimacy and a woman's connectedness with her partner, to improve sexual health and quality of life. For more information or to schedule an appointment, please call 949/764-4554.

Dr. Krychman will be holding several free community education presentations on sexual health. Please join him on January 16 for "Sexual Health in the Golden Years," January 30 for "Sexual Wellness and Menopause," and on February 13 for "Intimacy, Romance and Sexual Health." Partners are welcome. See page 8 for details.



JANUARY

Sexual Health and Intimacy in the Golden Years

Join us for an in-depth discussion on how aging and chronic medical conditions can impact a woman's sexual health and intimacy. Common female sexual concerns will be discussed, as well as key strategies for enhancing intimacy throughout the golden years. Presented by OB/GYN Michael Krychman, M.D., medical director of Hoag's Sexual Medicine Program.
Wednesday, January 16, 1-2 p.m.
at Oasis Senior Center, Newport Beach

Managing Arthritis

Join us for an informative discussion on the different types of arthritis and the available therapeutic options for treating this common medical condition. Presented by Rheumatologist Kathy Karamlou, M.D.
Thursday, January 17, 6 p.m.
at Hoag Conference Center, Newport Beach

Joint Replacement in Younger Patients

Joint pain is becoming increasingly common in young adults. If it's affecting your active lifestyle, please join us for a discussion on the latest innovations in joint replacement surgery. Presented by Orthopedic Surgeon James Caillouette, M.D.
Monday, January 21, 6 p.m.
at Newport Orthopedic Institute, Newport Beach

Sunscreen or Sun Damage?

Join us as we discuss the risk factors and precautions you can take to prevent skin cancer and sun damage. The latest innovative sun damage treatment options will also be discussed. Presented by Dermatologist Dore Gilbert, M.D.
Monday, January 21, 6 p.m.
at Hoag Conference Center, Newport Beach

Facts about ED

Learn about the various causes of erectile dysfunction and the latest treatment options available for improving quality of life. Partners welcome. Presented by Urologist Stephen Auerbach, M.D.
Tuesday, January 22, 6 p.m.
at Hoag Conference Center, Newport Beach

Seniors and Healthy Aging

Although the risk of disease and disability increases with advancing age, it is not an inevitable consequence of aging. Learn about common changes that come with aging and strategic ways to promote physical, mental and social fitness throughout the years. Presented by Internist Maya Antony, M.D., board certified in geriatric medicine.
Thursday, January 24, 6 p.m.
at Hoag Conference Center, Newport Beach

Medicare: Second chance for coverage changes

Between January 1 and March 31, Medicare recipients have a second chance to change their Medicare coverage for 2008. This second chance enrollment period allows Medicare recipients to change to a different benefit plan that has comparable coverage to their current plan. If you have questions about your options during the second chance enrollment period, or if you would like more information about the Medicare Advantage Plans affiliated with Hoag Hospital, please call Greater Newport Physicians at 949/764-5769.

Medicare 101

A comprehensive class for seniors nearing their 65th birthday or those wishing to switch to a Medicare Advantage Plan affiliated with Hoag. Learn about Social Security and Medicare benefits, as well as the Medicare Advantage Plan choices. Continental breakfast served. Presented by Greater Newport Physicians. Reservations required. Please call 949/764-8161.
Saturday, January 26, 9:30-11:30 a.m. or
Saturday, March 22, 9:30-11:30 a.m.
at Hoag Conference Center, Newport Beach

Sinus Solutions

Are chronic sinus symptoms affecting your quality of life? Join us for an informative discussion about the many innovative treatment options available, and discover if sinus surgery might be right for you. Presented by Otolaryngologist Timothy Kelley, M.D.
Monday, January 28, 6 p.m.
at Hoag Conference Center, Newport Beach

Parkinson's Disease: Ask the Expert

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.
Tuesday, January 29, 6 p.m.
at Hoag Conference Center, Newport Beach

Improving Shoulder Pain and Range of Motion

The shoulder is the body's most flexible joint, yet it is also highly prone to injury. Join us for a discussion about the latest advances in rotator cuff repair and shoulder stabilization using minimally invasive techniques that result in less pain and less scarring. Presented by Orthopedic Surgeon Russell S. Petrie, M.D.
Tuesday, January 29, 6 p.m.
at Newport Orthopedic Institute, Newport Beach

Sexual Wellness and Menopause

Join us for a discussion about the common changes that occur during the menopause transition, which often impact sexual function. Learn valuable techniques to enhance sexual intimacy now and in the years to come. Partners welcome. Presented by OB/GYN Michael Krychman, M.D., medical director of Hoag's Sexual Medicine Program.
Wednesday, January 30, 6 p.m.
at Hoag Conference Center, Newport Beach

Advance Care Planning

Who will speak for you and make medical decisions if you are unable? Does he/she know what your preferences are? Join us to learn more about how to be prepared for such a situation and how to document your choices. Presented by Paul Selecky, M.D., medical director of Hoag's Palliative Care Program.
Thursday, January 31, 6 p.m.
at Hoag Conference Center, Newport Beach

February is Hoag Heart Month

What is Arrhythmia?

Join us for a discussion on this increasingly common cardiovascular condition. Learn about the signs, symptoms and leading-edge treatment options for arrhythmia. Presented by Cardiologist Brian Chesnie, M.D.
Wednesday, January 23, 6 p.m.
at Hoag Conference Center, Newport Beach

The Benefits of Cardiac CT

Learn how cardiac CT – an innovative imaging tool – can detect early-stage coronary artery disease. Presented by Cardiologist Dipti Itchhaporia, M.D., medical director of disease management at Hoag Heart and Vascular Institute.
Monday, February 4, 6 p.m.
at Hoag Conference Center, Newport Beach

Women and Heart Disease

Cardiovascular disease (CVD) is the leading cause of death for men and women. Learn about the symptoms of heart disease specific to women and the latest treatment options available. Hormone replacement therapy in relationship to heart disease will also be discussed. Presented by Hoag Heart and Vascular Institute Nurse Practitioner Suzette Bosveld, R.N., N.P.
Tuesday, February 5, 6 p.m.
at Hoag Conference Center, Newport Beach

CPR Heart Saver

Learn essential life-saving techniques for adults and children and receive your certification card. Fee: \$45, materials included. Reservations required, call 949/347-0247.
Tuesday, February 12, 6 p.m.
Thursday, February 14, 6 p.m.
at Hoag Conference Center, Newport Beach

Innovations in Arrhythmia Treatment

An abnormal rhythm of the heart is one of the most common disorders seen by cardiologists today. Learn about the signs, symptoms and state-of-the-art treatment techniques. Presented by Cardiologist Neala Hunter, M.D.
Tuesday, February 19, 6 p.m.
at Hoag Conference Center, Newport Beach

Heart Healthy Cooking

Join us as Hoag Executive Chef Sam Sollana demonstrates heart-healthy cooking for flavorful and easy meal preparation.
Thursday, February 21, 6 p.m.
at Hoag Conference Center, Newport Beach

Cholesterol and Blood Pressure Screening

Join us for Hoag's annual cholesterol and blood pressure screening. Cholesterol results will be mailed to your home. **Advanced registration is required and a 14-hour fast is recommended.** Fee \$25, check or cash only, payable at time of service.
Saturday, February 23, 7-11 a.m.
at Hoag Hospital, South Entrance

Ask the Cardiologist

Participate in an informative discussion about the latest advances in the treatment of cardiovascular disease. This interactive session provides you with the opportunity to "Ask the Cardiologist" specific questions about cardiovascular disease. Presented by Cardiologist Richard Haskell, M.D.
Monday, February 25, 6 p.m.
at Hoag Conference Center, Newport Beach

Preventing a Heart Attack

If you've been diagnosed with hypertension, or if cardiovascular disease runs in your family, please join us to find out the important steps you can take to prevent a heart attack. Presented by Cardiologist David Porzio, M.D.
Wednesday, February 27, 6 p.m.
at Hoag Conference Center, Newport Beach

Coronary Calcium Screening

Learn about the latest advances in the treatment of cardiovascular disease using Coronary Calcium Screening. Presented by Cardiologist Jeffrey Bruss, M.D.
Thursday, February 28, 6 p.m.
at Hoag Conference Center, Newport Beach

New Treatment for Atrial Fib

Join us for an interactive presentation including physician lectures, video presentation of "Mini-Maze," a new minimally invasive surgery for Atrial Fibrillation, and Q&A with cardiac surgeons and cardiologists specializing in electrophysiology. Reservations required, space limited. Or participate via a live internet webcast at www.hoaghospital.org/heartinstitute. For details, or to RSVP, call 800/514-HOAG(4624).
Sunday, March 2, 1-3 p.m.
Hoag Hospital Conference Center, Newport Beach

3rd Annual Caregiver Training Workshop

The 3rd Annual Caregiver Training Workshop is designed for those who provide care for persons living with a brain tumor or other neurologic disease. Learn about current treatments, managing symptoms and side effects, accessing community resources and other important information for caregivers. The workshop will be held at Hoag on Saturday, May 10 and is sponsored by Hoag Hospital and the National Brain Tumor Foundation. To register, or for more information, please call 800/514-4624.

Valve Screening: Seniors 65 and Older

Through a generous grant from Edwards Lifesciences, Orange County seniors may qualify to receive a heart valve screening at no cost. Seniors who have not had previous heart valve surgery, or have not been diagnosed with heart valve disease may be eligible. For more information about this special program, call 949/764-VALVE(8258).

FEBRUARY – MARCH

Preventive Strategies for Healthy Living

Join us for an in-depth discussion about the key strategies for living a longer, healthier life. Learn about important medical screenings that can help to detect disease at its earliest stages when intervention is most successful. Also learn how modest lifestyle modification can help to prevent many life-threatening diseases such as cardiovascular disease, diabetes and cancer. Presented by Internist Patrick Pan, M.D.
Monday, February 11, 6 p.m.
Hoag Conference Center, Newport Beach

Intimacy, Romance and Sexual Health

Join us for an in-depth discussion on how hormonal changes and chronic medical conditions can impact a woman's sexual health and intimacy. Common female sexual concerns will be discussed, as well as tips for enhancing and improving sexual function, intimacy and romance. Presented by OB/GYN Michael Krychman, M.D., medical director of Hoag's Sexual Medicine Program.
Wednesday, February 13, 6 p.m.
at Hoag Conference Center, Newport Beach

Allergies and Asthma

Do allergies and/or asthma affect your daily life? Join us for an informative discussion on allergy and asthma management, and learn about the latest treatments and therapies available. Presented by Allergist/Immunologist Ripdeep Mangat, M.D.
Monday, March 3, 6 p.m.
at Hoag Conference Center, 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), 2008 Medicare Advantage HMO's, Part D prescription drug plans, and Hoag Hospital's GoldenHealth PLUS program. Presented by Senior Insurance Specialist Sue Tarvin.
Tuesday, March 4, 6 p.m.
at Hoag Conference Center, Newport Beach

Exercise and Nutrition for Women

Forget those fad diets, and get on track for the New Year with a focus on healthier living! This class features informative presentations by the Women's Wellness Center nutritionist and exercise physiologist. Both will provide relevant information on exercise and nutrition, specifically geared to women. Presented by Sandy Masson, R.N.
Wednesday, March 5, 6 p.m.
at Hoag Conference Center, Newport Beach

Stroke: The Warning Signs

Stroke is the number one cause of adult disability and the third leading cause of death in the U.S. Join us to learn the risk factors and warning signs of stroke. Presented by David Brown, M.D., medical director of Hoag's Stroke Program.
Thursday, March 13, 6 p.m.
at Hoag Conference Center, Newport Beach

Breaking the Silence

Learn more about urinary incontinence, its causes and the treatment options available for improving your quality of life. Presented by Urogynecologist Matthew H. Clark, M.D., medical advisor for Hoag Continence Center.
Monday, March 17, 6 p.m.
at Hoag Conference Center, Newport Beach

Latest Treatment Options for Kidney Disease

Join us for an informative discussion on the signs, symptoms and latest treatment options for kidney disease. Presented by Nephrologist Jerald Sigala, M.D.
Tuesday, March 18, 6 p.m.
at Hoag Conference Center, Newport Beach

Neuro Imaging: A Look Inside the Brain

Join us for an informative discussion about the advanced imaging technologies and interventional techniques that Hoag's expert team of neuroradiologists employ to detect and treat complex brain disorders. Presented by Interventional Neuroradiologist Michael Brant-Zawadzki, M.D., director of Hoag Neurosciences.
Wednesday, March 19, 6 p.m.
at Hoag Conference Center, Newport Beach

Detecting Cancer Early

Cancer is the second leading cause of death in the U.S. Detecting cancer at its earliest stages not only increases survival, but also quality of life. Learn about the latest in state-of-the-art cancer detection for breast, prostate, colon and lung cancers, and discover how early detection saves lives. Presented by Medical Oncologist Minh Nguyen, M.D.
Tuesday, March 25, 6 p.m.
at Hoag Conference Center, Newport Beach

Understanding Your Risk for Breast Cancer

Learn what is fact and what is fiction regarding who is at high risk for breast cancer. Join us for an in-depth discussion about the key risk factors for breast cancer and the available resources that can help you manage your risk. Presented by Hoag Breast Care Center Nurse Deborah Buntin, R.N. and Hoag Breast Cancer Services Navigator Sandra Finestone, Psy.D.
Wednesday, March 26, 6 p.m.
at Hoag Conference Center, Newport Beach

Hypertension and Cardiovascular Disease

Hypertension (high blood pressure) is one of the major risk factors for cardiovascular disease. Learn more about hypertension and how to gain control of this serious medical condition. Presented by Internist Julie Kuniyoshi, M.D.
Thursday, March 27, 6 p.m.
at Hoag Conference Center, Newport Beach

My Aching Knee

Learn about the new minimally invasive and partial knee replacement techniques that are becoming increasingly popular in treating active adults. Presented by Orthopedic Surgeon Alan Beyer, M.D.
Thursday, March 27, 6 p.m.
at Newport Orthopedic Institute, Newport Beach

Latest Advances in Hip Replacement

Return to your active lifestyle! Learn about the diagnosis and latest treatment options in total hip replacement. Presented by Orthopedic Surgeon Steven Gausewitz, M.D.
Monday, March 31, 6 p.m.
at Newport Orthopedic Institute, Newport Beach

The shoulder is the body's most flexible joint, yet it is also highly prone to injury. Perhaps that's why nearly 30 million people in United States experience shoulder pain each year.

Yet, despite its common occurrence, approximately 95 percent of those who suffer from shoulder pain are able to recover without surgery. For those who suffer from chronic shoulder pain, advances in arthroscopic shoulder surgery provide a minimally invasive surgical option, which facilitates quicker recovery, reduced pain and improved outcomes.

The most dramatic of these progressive surgical options relates to rotator cuff repair and shoulder stabilization. At Hoag, our expert team of orthopedic surgeons specializes in these complex procedures for the minimally invasive restoration of shoulder function and reduction of pain leading to improved quality of life.

Rotator cuff damage

Rotator cuff injuries are not restricted to the professional athlete. The fact is, repetitive stress on the shoulder (usually generated by trauma, or repetitive lifting or throwing activities) can lead to tears in the rotator cuff that may require surgical intervention.

"The majority of rotator cuff injuries involve the supraspinatus tendon," explains Orthopedic Surgeon Russell Petrie, M.D. "The blood supply of this tendon is poor, and therefore with repetitive trauma and injury, it does not heal well between interim activity. This eventually leads to an ongoing degeneration of the tendon tissue and finally complete failure – rotator cuff tear."

Partial-thickness tears may respond well to non-surgical treatments, so conservative methods, including physical therapy, anti-inflammatory medications and cortisone injections are typically applied first. Surgical repair of a rotator cuff tear is explored if these methods prove unsuccessful. And in the case of symptomatic full-thickness tears, surgical intervention is typically recommended.

At Hoag, arthroscopic rotator cuff repair is performed by experienced orthopedic surgeons well versed in the latest minimally invasive surgical techniques to reduce pain and improve shoulder function. Patients benefit from this innovative approach because there is less pain, less scarring and less collateral damage to the shoulder.

"Arthroscopic rotator cuff repair is a technically demanding procedure requiring significant training and advanced arthroscopic surgical expertise," asserts Dr. Petrie, who specializes in this technique, performing a high volume of these surgeries each year. "Individuals considering surgery should ask questions and explore their options."

Dislocation and instability

Instability associated with dislocation is another common cause of shoulder pain. Dislocation is often the result of a sports injury and is typically seen in younger, active individuals.

Once a shoulder has been dislocated, instability and recurrent dislocation are common due to the shoulder's inability to remain seated in the joint. Recurrent dislocation can lead to tears over time. Therefore, for individuals with recurrent episodes of shoulder dislocation, who continue to have instability despite an adequate trial of physical therapy, surgical stabilization of the shoulder is the most effective method to restore comfort and eliminate symptoms of instability.

"The overwhelming majority of patients who undergo arthroscopic shoulder stabilization to correct shoulder instability have a successful result without recurrent problems with dislocation or pain," Dr. Petrie affirms.

"Patients typically experience less pain and postoperative complications than those who undergo an open procedure."

Complex arthroscopic shoulder stabilization also demands a high degree of expertise and it is recommended that only an experienced, specialty-trained surgeon perform the technique.

If chronic shoulder pain is affecting your quality of life, it's important to speak with your physician. To locate a Hoag-affiliated physician near you, call 800/514-HOAG (4624) or visit www.hoaghospital.org.

For more information about arthroscopic shoulder surgery, please call Newport Orthopedic Institute at 949/722-7038 or visit www.newportortho.com.

Join Dr. Petrie on January 29 for his presentation "Improving Shoulder Pain and Range of Motion." See page 8 for details.

Hoag named Best in OC and Consumers' Choice

The community has spoken and once again placed Hoag Hospital at the top for health care services in Orange County. For the 12th consecutive year, Hoag has been named *The Most Preferred Hospital* by Orange County residents based on a consumer study by National Research Corporation (NRC).

And in a recent poll, readers of *The Orange County Register* selected Hoag Hospital as the "Best Hospital in Orange County," a title Hoag has claimed for 12 of the 14 years the poll has been taken.

"As a stand alone, community hospital, we are proud to have received these awards, which recognize our commitment to providing the highest quality health care services," states Hoag President and CEO Richard Afable, M.D. "Both the 'Best Hospital' designation and NRC award represent quality endorsements from the community and are a testament to the dedication of the physicians, nurses and entire health care team at Hoag."



Chronic sinusitis is a condition that affects the lives of more than 30 million Americans each year, yet all too often goes untreated.

Whether those suffering resign themselves to a life of discomfort or simply aren't informed about the various treatment options available, chronic sinusitis can be the culprit behind a wide range of ongoing health ailments.

"This winter, many in our community will suffer in silence, unaware that the uncomfortable symptoms they experience are in fact those of chronic sinusitis," says Timothy F. Kelley, M.D., Hoag-affiliated otolaryngologist and reconstructive surgeon. "As a result, many will focus on short-term management of symptoms rather than seek out long-term solutions – a fact we at Hoag would like to see change."

Acute vs. chronic sinusitis

Both acute and chronic sinusitis are caused by an inflammation of the mucous membranes in the sinus cavity (air-filled passages surrounding the nose). Sinus inflammation may be the result of upper respiratory tract infections, allergies or anatomical problems such as a deviated nasal septum. The inflammation can lead to a build-up of fluid, obstructing the sinus cavity and

preventing the normal drainage of mucus.

Since most cases of sinusitis are acute – resolved in less than six weeks – individuals often dismiss the condition as a short-lived nuisance. If however, symptoms linger beyond that time, thereby becoming a chronic problem, they can begin to significantly impair an individual's quality of life.

"Whereas acute sinusitis usually prompts immediate attention, chronic sinusitis can slowly wreak havoc on a person's physical health and well-being long before they seek professional treatment," explains Dr. Kelley. "Unfortunately, by the time many patients visit my office, they've often attempted to deal with the pain, fatigue and frustration caused by chronic sinusitis for many months, or even years."

Identifying sinus trouble

While chronic sinusitis can produce less severe symptoms than acute sinusitis, left untreated it can nonetheless damage and destroy the tissues within the sinus cavity. In addition, chronic sinusitis can increase the frequency and severity of asthma. And, if caused by an underlying infection, it can also lead to serious complications.

Because many of the symptoms are similar to those of colds or allergies, chronic sinusitis can be difficult to diagnose. If you are experiencing any of the symptoms listed at right, be sure to discuss them with your physician.

To confirm the condition, your physician, allergist or ear, nose and throat specialist may use one or more diagnostic methods, which may include imaging tests such as CT or MRI, allergy testing and/or nasal endoscopy.

Treatment options

Once a diagnosis of chronic sinusitis has been confirmed, the goal is to clear the nasal passages while eliminating the source of the problem. Common first-line treatment options include antibiotics, humidification, decongestants and antihistamines, and immunotherapy.

Should chronic sinusitis persist despite these measures, surgery may be successful where prior attempts have failed. The goal of surgical procedures for the sinuses is to improve the natural function of the sinuses by removing any mechanical impediment (i.e. deviated septum or nasal polyp), cleaning and draining the sinuses, and/or enlarging the sinus cavity so as to ensure proper drainage.

"Most often chronic sinusitis can be effectively treated and cured without resorting to surgery," explains Dr. Kelley. "However, should it be necessary, patients can rest assured that Hoag surgeons employ the most advanced technology available."

At Hoag, endoscopic sinus surgery is performed via the latest in progressive computer-guided 3-D imaging, which allows the surgeon to achieve the highest level of accuracy throughout the procedure. As one of only a few hospitals in the area to employ this innovative technology, Dr. Kelley is pleased to be a part of Hoag's multidisciplinary team of surgeons and is passionate about helping patients achieve victory over chronic sinusitis – once and for all.

To learn more about chronic sinusitis, speak to your Hoag-affiliated physician, or join Dr. Kelley on January 28 for his presentation "Sinus Solutions." See page 8 for details.

Recognizing the symptoms of chronic sinusitis

Learning to recognize the common signs and symptoms of chronic sinusitis is the first step in proactively seeking professional treatment. Below are some of the most common symptoms that may be experienced by chronic sinusitis sufferers:

- Facial pain and pressure
- Nasal discharge
- Fatigue
- Cough
- Difficulty breathing through nose
- Headache
- Aching in upper jaw and/or teeth
- Diminished sense of smell and/or taste
- Halitosis (bad breath)
- Sore throat
- Ear pain





According to the National Institute on Aging, Americans are living longer than ever before.

In fact, one hundred years ago, only three million people in this country were aged 65 or older. Today, more than 36 million Americans are in this age group, and that number is expected to grow to over 70 million during the next 25 years as baby boomers age.

Not only is the number of seniors increasing, but so are their health care needs. As people age, their bodies and minds change, which can create a profound impact on overall health and quality of life. That's why it's so important to make your health a priority, no matter what your age.

"It's never too late to adopt a healthy lifestyle to enjoy a longer, healthier life," asserts Maya Antony, M.D., an internal medicine physician board certified in geriatric medicine. "There are things each of us can do to stay healthy and active as we age. Eating a balanced diet, keeping mind and body active, not smoking and getting regular medical checkups and health screenings all help to ensure better quality of life."

It's important to note that specialized health care for seniors is available right here in our community. Geriatric medicine is a subspecialty that focuses on the health care of older adults. A common misconception is that geriatricians only treat the frail elderly who have considerable impairments or dementia. While it's true that these physician specialists are uniquely qualified to manage the care of seniors with complicated medical

problems, the fact is, all geriatricians complete a formal training program in either Internal Medicine or Family Medicine first. Therefore, they are equally trained to provide primary care for adults of all ages and health care needs.

"Our focus as geriatricians is to optimize quality of life and to maximize functional ability," explains Dr. Antony. "In addition to diagnosing and treating diseases, we apply a holistic approach, addressing the physical, psychological and social issues that affect a person's overall well-being."

A key strategy for promoting wellness is making use of important preventive measures, such as screening tests that focus on early detection of disease. Early detection not only improves a person's chances for survival, but also greatly impacts quality of life. Yet, many older adults do not receive all of the recommended health screenings.

Another important preventive measure is immunization. "About 25,000 people aged 65 and older die each year from two vaccine-preventable diseases – influenza and pneumococcal infection," states Dr. Antony. "Getting a flu shot every year and Pneumovax, a vaccination against a common bacteria causing pneumonia, significantly reduces a person's risk for hospitalization and death from these common diseases."

One of the more prevalent issues among seniors is polypharmacy – the use of multiple medications simultaneously by a single patient. The average older adult is on five to six prescription medications, and takes two to four nonprescription products daily. Geriatricians pay close attention to medication mixing, which increases the risk of drug interactions and adverse side effects. That's why it's important to make a list of all your medications, including over-the-counter products and supplements, and review them regularly with your physician.

In fact, when it comes to healthy aging, the bottom line is to actively partner with your physician to develop a comprehensive health plan that includes regular medical examinations and screenings based on your unique health issues and personal health goals. By working together, you can plot a course of action toward life-long health and well being.

To locate a Hoag-affiliated physician near you, visit www.hoaghospital.org or call 800/514-HOAG (4625).

Join Dr. Antony on January 24 for her presentation, "Seniors and Healthy Aging." See page 8 for details.

A new name – the same high quality care

For more than a decade, Adult Day Services of Orange County, a Hoag Community Health Partner and program of Hoag Hospital Neurosciences, has been serving individuals and families living with Alzheimer's disease and other types of dementia.

And as they move into the next decade of care, they are doing so with a new name – Alzheimer's Family Services Center (AFSC).

"Our recent name change makes it easier for families to find us and access much-needed services," says AFSC Executive Director Cordula Dick-Muehlke, Ph.D. "That's because our new name more accurately reflects who we serve and what we provide for families within the community."

Taking a proactive approach to the education and support of individuals with dementia, AFSC offers a wide variety of services for both the individual and caregiver. For individuals with dementia, some of the many beneficial services include:

- Health care coordination: individualized assessment and care planning, medical oversight and service coordination
- Physical and mental well being: Health monitoring, personal care, home safety
- Cognitive fitness programs: Brain exercises, cognitive challenging games
- Recreational and therapeutic activities: Games, community walks, creative arts
- Nutritional services and transportation: Daily meals and nutritional guidance

Caregivers also have access to available resources, such as support groups, educational sessions, individual and group counseling, and referrals.

Alzheimer's Family Services Center is conveniently located in Huntington Beach. For more information, visit www.afscenter.org or call 714/593-9630.

Hoag Hospital is pleased to introduce the newly remodeled and expanded Hoag Health Center – Irvine.

Serving the community for 22 years, HHC-Irvine is dedicated to providing the highest standard of care to the residents of Irvine and surrounding communities.

"Hoag has always provided top-rated medical care, and with the remodel of HHC-Irvine, our facilities now match the excellence of our services," states Hoag President and CEO Richard Afable, M.D. "We are pleased to be able to provide the growing community of Irvine with access to quality health care close to home, with direct access to the entire spectrum of leading-edge services at Hoag Hospital."

The Health Center has expanded the number of highly trained physicians available at the center in order to provide an even broader range of services. There are now more than 19 Hoag-affiliated physicians representing nine specialties, including: allergy and immunology, endocrinology, family practice, internal medicine, gastroenterology, hepatology, nephrology, obstetrics and gynecology, gerontology, and physical therapy. The new physicians will provide quality care for patients of all ages, and as always, offer streamlined access to Hoag, Orange County's top-rated hospital.

In addition to HHC-Irvine's excellence in family medicine and primary care services, the facility also houses an Urgent Care Center – one of four Hoag Health Center urgent care centers in Orange County. The Urgent Care Center at HHC-Irvine offers a convenient alternative to local emergency rooms, which can be costly and often have wait times of several hours for non-emergency care.

"When individuals need urgent, but non-emergency-related care, an urgent care center is the best choice," explains Dr. Afable. "Each of Hoag's affiliated urgent care centers offers extended hours to treat fevers, cuts, sprains, flu symptoms and other urgent, but non-life-threatening issues."

The Health Center also offers convenient access to Hoag Imaging Center, which provides the latest in state-of-the-art imaging services, just steps away from the physician offices.

As one of seven health centers operated by Hoag, HHC-Irvine is supported by all of the resources of Hoag Hospital, and can provide the most advanced medical technologies and treatment options through the hospital's comprehensive Centers of Excellence in heart, cancer, orthopedics, neuro services and women's health services.

So whether you are looking for a family physician close to home, or convenient urgent care services, Hoag Health Center-Irvine is available to provide you and your family with Orange County's highest rated medical care right here in your own neighborhood!

Hoag Health Center-Irvine is located at 4870 Barranca Parkway, and is open Monday through Friday. The Urgent Care Center is open seven days a week from 8 a.m. to 8 p.m. For more information, or to schedule an appointment, please call 949/451-6006. The center accepts walk-ins for urgent care services.

You're Invited!

Hoag Health Center-Irvine invites you and your family to join us for a Community Open House to celebrate the newly remodeled center. This is your opportunity to check out the new facilities, meet the physicians and learn about the broad range of services offered at the HHC-Irvine.

Physicians from the Health Center will be presenting lectures on current health topics, and there will be an opportunity to tour the facilities in an open house format. Cholesterol screenings will be offered for a minimal cost. There will also be exciting opportunity

drawings for health and wellness packages. Reservations are not required to attend. For more information, call 800/514-HOAG (4624).

Community Open House
Saturday, February 2 from 1-3:30 p.m.
Hoag Health Center-Irvine
4870 Barranca Parkway
(at the corner of Creek and Barranca)



Hoag ranks among nation's best

The *Tenth Annual HealthGrades Hospital Quality in America* has placed Hoag within the top 10 percent of hospitals in the nation for a number of specialties based on clinical outcomes, continuing Hoag's record of high marks in clinical excellence.

The study by HealthGrades®, the nation's leading health care ratings company, analyzed patient outcomes at virtually all of the nation's 5,000 hospitals during the years 2004-2006. The study ranks Hoag Hospital among the top five percent in the nation for orthopedic surgery and treatment of stroke, and among the top 10 percent for coronary interventions, general surgery and critical care. Hoag Hospital received Specialty Excellence Awards™ for these five specialties as well as joint replacement, for which Hoag is ranked within the top five percent nationally and third in California. Additionally, Hoag is ranked second in California for overall orthopedic services.

"Hoag Hospital holds itself to the highest standard in the delivery of patient care," states Jack Cox, M.D., M.M.M., chief quality officer. "The physicians, nurses and staff of our organization strive for excellence in everything they do, and it is reflected in our clinical outcomes. We are pleased that the HealthGrades report reflects our ongoing efforts and are honored to be among the nation's best."

For details about the HealthGrades report, and to view a complete listing of the five-star rated services at Hoag Hospital, please visit www.hoaghospital.org.

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)
- Eight 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)
- 10 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



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, please contact:

To Your Health Managing Editor
Hoag Marketing and Corporate Communications
One Hoag Drive, PO Box 6100
Newport Beach, CA 92658-6100

The medical information contained in *To Your Health* should not be substituted for the advice of your personal physician.

What is prehypertension and how do I know if I have it?

Dr. Julie Kuniyoshi responds:

In recent years, the Joint National Committee (JNC) made recommendations regarding high blood pressure including a new category called "pre-hypertension." Individuals with a systolic blood pressure of 120 to 139 or a diastolic blood pressure of 80 to 89 are now defined as "prehypertensive" and require health-promoting lifestyle modifications to prevent cardiovascular disease.

Prehypertension is a significant health problem. Studies show that prehypertensive individuals are at greater risk of developing hypertension in the future if preventive steps are not taken. In addition, studies indicate that having elevated blood pressure in the prehypertensive range is a significant risk factor for heart attack, heart failure, stroke and kidney disease.

The good news is, health-promoting lifestyle modifications including eating a healthy, low-sodium diet; maintaining a healthy body weight; exercising; smoking cessation and reducing alcohol consumption can help to control blood pressure. Making these important lifestyle changes will help to decrease an individual's risk of developing hypertension and cardiovascular disease.

Because high blood pressure rarely presents with any symptoms, it's important to get regular blood pressure screenings. Through regular screenings and implementing heart healthy strategies, each of us can not only reduce our risks for developing hypertension and cardiovascular disease, but also increase our overall well-being.



Meet Dr. Kuniyoshi

Dr. Julie Kuniyoshi is board certified in internal medicine. She earned her medical degree from the University of Hawaii and completed her residency at the University of California, Irvine. She also holds a masters degree in nutrition from Boston University.

Dr. Kuniyoshi has been in practice

both as a physician and academic faculty member for more than 10 years. She recently became affiliated with Hoag and opened a private practice with two colleagues at Hoag Health Center-Irvine.

"Hoag's reputation for top-rated medical care is what brought me here," she explains. "I am pleased to be affiliated with a hospital that provides such a high level of care to the community."

Dr. Kuniyoshi specializes in nutrition and places a special emphasis on preventive medicine. "I enjoy helping my patients maximize their health by taking a preventive approach to medical care. Every person is unique and it's important to find out what each patient's health concerns are and address them in a way that best fits the individual."

To schedule an appointment with Dr. Kuniyoshi, please call 949/272-3800.

Join Dr. Kuniyoshi on March 27 for her presentation "Hypertension and Cardiovascular Disease." See page 9 for details.

Is it too late to get a flu shot?

Dr. Patrick Pan responds:

No, it's not too late. Flu season runs from November through April each year. During this time, flu viruses are at their highest level of circulation. Therefore, if you have not yet received a flu vaccination, it's a good idea to get one.

In fact, one of the best ways to prevent influenza is to get a flu shot. Studies show that influenza vaccination reduces both the incidence of influenza and the severity of the symptoms.

The Centers for Disease Control strongly recommends that all individuals in high-risk groups receive a flu shot. This includes people aged 50 or older, children aged six months to five years, pregnant women, nursing care facility residents, and individuals with immune-compromising or chronic diseases.

In addition, individuals who care for children and the elderly such as those who work in hospitals, long-term care facilities, day care centers, schools, etc. Should all receive a flu shot to reduce influenza exposure to high risk individuals.

It's important to understand that by getting a flu shot, you not only help protect yourself from contracting the flu, you help prevent others from contracting the virus as well. When you're vaccinated against the flu, you help to stop its spread to others – a simple step each of us can take to help ensure the health of our community.



Meet Dr. Pan

Dr. Patrick Pan is an internal medicine physician who received his medical degree from New York Medical College and completed his residency at UCI Medical Center.

He recently relocated his private practice to Newport Beach, where he enjoys caring for a wide range of patients.

"My goal is to develop a partnership with my patients and to serve as a trusted advisor as they make important decisions about their health," says Dr. Pan.

According to Dr. Pan, preventive medicine is a key component of patient-centered care. "The best way to cure disease is to prevent it," he states. "I focus my energies on educating patients about how to prevent disease through adopting a healthy lifestyle and through being vigilant about obtaining regular health screenings."

To schedule an appointment with Dr. Pan, please call 949/200-7307.

Join Dr. Pan on February 11 for his presentation on "Preventive Strategies for Healthy Living." See page 8 for details.

What are the latest advances in the treatment of brain tumors?

Dr. Minh Nguyen responds:

Traditionally, brain tumors have always been treated with surgery. Sometimes, surgery is the optimal approach. However, just like any other procedure, there can be risks associated with open brain surgery, such as infection, bleeding and nerve or tissue damage.

The exciting news is today there are several non-surgical treatment options that significantly reduce the risk for complications, while greatly improving patient outcomes.

One innovative option is the Gamma Knife – a non-invasive procedure that allows neurosurgeons to target brain tumors with precisely focused radiation beams that destroy the cancer, while sparing healthy surrounding tissue. (See page 5 for details.)

In addition, the chemotherapeutic agents used to treat brain tumors have improved as well. One of the new medication therapies now widely used to treat certain cancerous brain tumors is Temodar® (temozolomide).

Temodar directly affects the DNA of tumor cells, reducing their ability to multiply. The exciting result of this drug therapy is the "survival benefit" ascribed to it. Research shows that individuals who take Temodar live longer, particularly when the medication is combined with radiation therapy.

These two new treatment options serve as exciting examples of the ever-evolving field of neuroscience. As we continue to gain further insight into how brain tumors develop, grow and respond to treatment, we will be able to further develop effective new therapies to improve survival rates and the quality of life for our patients.



Meet Dr. Nguyen

Dr. Minh Nguyen is a board certified oncologist who received his medical degree from Wayne State University. He completed his residency and a fellowship in oncology at William Beaumont Hospital.

Dr. Nguyen recently relocated to Orange County to practice neurooncology at Hoag Hospital. "I am pleased to be affiliated with

Hoag," says Dr. Nguyen. "The hospital's reputation for excellence in patient care and commitment to providing state-of-the-art treatment options is why I chose to practice here."

Dr. Nguyen is committed to his patients' well being. "Providing the highest level of care for the patient is my goal," explains Dr. Nguyen. "It is a team approach. I work together with my patients and their other physicians to tailor treatment programs to their specific needs to ensure the best possible outcomes."

To schedule an appointment with Dr. Nguyen, please call 949/722-0350.

Join Dr. Nguyen on March 25 for his presentation on "Detecting Cancer Early." See page 9 for details.



Hoag Health Centers:

(See page 14 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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