

healthy living

FROM YOUR FRIENDS AT PIH HEALTH
SPRING/SUMMER 2021

**Our PIH Health Physicians
Network is Growing**

**Suffering from Back Pain?
Our Spine Care Center Can
Deliver Relief Without Surgery**

**Breakthrough Treatment
for Atrial Fibrillation**



Our PIH Health Physicians Network is Growing

SPRING/SUMMER 2021

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Announcing New Physicians and Services

When an already strong physician network expands, everyone benefits—especially members of the local community who now have more doctors, more healthcare services nearby and more specialty choices than ever.



PIH Health Downey Hospital

During 2020, PIH Health Physicians experienced a fantastic growth surge—adding 65 new physicians and surgeons, including 21 new hospitalists across all three hospitals, and a variety of new services throughout Los Angeles County.

Among our expanded services is telepsychiatry, a specialty that's been especially important during the COVID-19 pandemic. A subset of telemedicine, telepsychiatry provides mental health care from a distance using technology, and includes psychiatric evaluations, therapy, patient education and medication management. Last year, PIH Health added a total of 17 new telepsychiatry physicians in emergency departments across our PIH Health Downey and Whittier hospitals.

Here's a snapshot of a few other exciting additions.

What's New in Downey?

At PIH Health's Downey medical office (located on the Downey hospital campus), we've added new physicians and a new service line for ear, nose and throat (ENT) conditions. Our award-winning ENT specialist has the expert skills to evaluate your hearing; evaluate nerve-related symptoms in the head and neck; perform surgery to restore hearing; and treat a wide range of conditions, including ear infections, allergies, sinus conditions and infections and injuries to the face, head and neck. Learn more at PIHHealth.org/ENT.

In addition, the Downey medical office building now houses hematology and oncology services, with two new physicians specialized to treat a full range of cancers and blood disorders. This team develops individualized treatment plans that include the most advanced, evidence-based medicine delivered in an environment of truly compassionate care.

What's New in Whittier?

Our medical offices are also expanding. We've added a new gastroenterology doctor at the Washington office and new family medicine physicians in our La Habra and Montebello offices. And in nearby Santa Fe Springs, our Bloomfield office added two new neurologists—specializing in neuromuscular medicine and neurology movement disorder—to increase community access to these specialties. We also added a new pulmonologist and an obstetrics/gynecology (OB/GYN) physician at the Wells office in Whittier.



Ask the Expert

Marc Baskin MD

11480 Brookshire Avenue, Suite 300
Downey, CA 90241

 562.977.1690

Q. How can I prevent my allergies from acting up?

A. This depends on what type of allergies impact you. For year round dust mite allergy sufferers, wash your pillow and mattress encasings in hot water and check for tears and leaks. Also, wash your bedding such as linens, blankets and spreads in hot water. Wear a multipurpose mask when vacuuming the carpet and replace the vacuum air filters as recommended by the manufacturer or every three to six months depending on how frequently you use it. Central air filters in the home are also important to clean and replace at least every three months especially when it's in frequent use. Avoid scented cleaning products and air fresheners as they may cause allergy symptoms to act up.

During your "allergy season," reduce travel and keep indoors during those periods of high pollen and mold counts. Keep windows and doors to the outside closed. Run your air conditioner and air purifiers at home and in the car. When gardening, wear a mask and remove dead and decaying vegetation from around your home. Shower off, change, and wash your clothes and pets after being outside.

Remember, allergy medications are most effective when taken early and before symptoms worsen.

PIH Health Physicians Growth (continued)

What's New in Los Angeles?

If you live near downtown Los Angeles, you'll be pleased to know about a number of additions at PIH Health Good Samaritan Hospital. Since this hospital joined PIH Health in December 2019, numerous independent and contracted doctors have joined PIH Health Physicians, including three new nocturnists (physicians who only work overnight at the hospital), five new laborists (physicians who specialize in in-patient OB/GYN care) and well-known Roy Silver MD, an OB/GYN who works exclusively with the new PIH Health Women's Center – Grand.

In January 2021, PIH Health welcomed Spectrum Women's Health, the leading women's health group serving the downtown Los Angeles area. This team of board-certified physicians provide quality obstetrics and gynecology care, and are located in the recently constructed South Tower of the PIH Health Wilshire medical building on the PIH Health Good Samaritan Hospital campus.

"I couldn't be more excited about the new physicians, the expanded services and all the new additions at PIH Health hospitals and our numerous community clinics," said Roberto Madrid MD, vice president of medical group operations, PIH Health Physicians. "This growth is great news for individuals in our community who want top-quality healthcare close to home."



For more information on PIH Health Physicians or to find a doctor, please visit PIHHealth.org/Find-a-Doctor.



PIH Health Good Samaritan Hospital

Meet Our Newest Physicians

Olumide Akingbemi MD, Hospitalist

Clayton Barnes MD, TelePsychiatry

Margaret Bates MD, OB/GYN

Diane Botezan MD, Psychiatry

Trevor Brodsky-Brooks MD, Hospitalist

Sarah Cadman MD, Hospitalist

Clarice Chan MD, TelePsychiatry

Edward Chau MD, Hospitalist

Yu Chen MD, Laborist

Michelle Choi DO, Family Medicine

Keith Cochran MD, Neurology Movement

Edwin De Leo MD, TelePsychiatry

David Del Bello MD, Internal Medicine

Mark Dwight MD, OB/GYN

George Fallieras MD, Hospitalist

Patrick Fulgencio DO, Hospitalist

Kyle Greene MD, Hematology/Oncology

Lorellen Green MD, Hospitalist

Vahe Gyulnazaryan MD, Hospitalist

Herbert Harman MD, TelePsychiatry

Sameer Hassamal MD, TelePsychiatry

Wesley Heartfield MD, General Surgery

Benjamin Hidy MD, TelePsychiatry

Allison Hill MD, OB/GYN

Charles Holzner MD, Internal Medicine

Alfred Hong MD, Laborist

Charles Hu DO, Hospitalist

Paris Humphries MD, TelePsychiatry

Dennis Idowu MD, OB/GYN

Samuel Kim MD, Surgical Oncology

Michael Kogan MD, Laborist

Jaswinder Kumar MD, TelePsychiatry

Jennifer Lee DO, Family Medicine

Moses Lee DO, Hospitalist

Wilson Liu MD, Hospitalist

Marlon Maducdoc MD, ENT

Neil Manering MD, Neuromuscular

Mario Mangiardi MD, TelePsychiatry

Cariza Mercurio MD, OB/GYN

Jill Norman MD, TelePsychiatry

Aela Paiz MD, Laborist

Sanam Pournaki MD, Hospitalist

Poysophon Poysophon MD, Hospitalist

Shyam Rao MD, Pulmonology

Gudars Rahnema DO, Hospitalist

Sera Ramadan DO, Hospitalist

Roshanak Ramezani MD, TelePsychiatry

Nicholas Rogers MD, Laborist

NikunjKumar Savaliya MD, Nocturnist

Kathryn Schat MD, Hospitalist

Nandi Shah MD, Hospitalist

Leilani Sharpe MD, TelePsychiatry

Imran Sheikh MD, Hospitalist

Roy Silver MD, OB/GYN

Shailinder Singh MD, TelePsychiatry

William Singh MD, Hospitalist

Linda Sterry MD, Hospitalist

Ellen Takher MD, TelePsychiatry

Bryan Tang MD, TelePsychiatry

Cindy Thygeson MD, TelePsychiatry

Rodina Vatanparast MD, Hematology/Oncology

Nasrattullah Wahidi MD, TelePsychiatry

Kathy Wilson MD, Laborist

Jiaming Zhu MD, Digestive Health

Ask the Expert

Phillip Richardson MD

12401 Washington Boulevard
Whittier, CA 90602



562.698.0811

Q. Is the COVID-19 vaccine safe?

A. Yes, the vaccine is safe and effective. This is based on large clinical trials and information from The Centers for Disease Control and Prevention (CDC). The United States vaccine safety system works to ensure that all vaccines are as safe as possible. Rest assured, safety has been a top priority as federal agencies worked with vaccine manufacturers to develop and authorize a COVID-19 vaccine. For the COVID-19 vaccine, the Food and Drug Administration (FDA) set up rigorous standards for vaccine developers to meet. Trials for the first two vaccines—from Pfizer and Moderna—have had fully independent safety monitoring boards, and safety data are continuously reviewed by the FDA and other expert panels.

As the supply of COVID-19 vaccines increases, PIH Health strongly encourages everyone who is not allergic to get vaccinated. Having a vaccinated population promises to be the key to putting an end to this pandemic. To learn more about the COVID-19 vaccine, visit PIHHealth.org/Vaccine.

Suffering from Back Pain?

Our Spine Center Can Deliver Relief Without Surgery

Is it possible to still live an active healthy lifestyle without surgery? According to the PIH Health Spine Center—and the vast majority of patients who have been treated there—the answer is yes!



PIH Health Spine Center patient John Peel.

Just ask John Peel. Last year, this 64-year-old was training for the Huntsman World Senior Games in Utah, before the event was cancelled due to COVID-19. While training, he set a personal goal to run at least 10 miles and bike at least 50 miles each week in order to compete in the 400 meters or the quarter mile. When he strained his back muscles, he realized he may have done too much. His back pain left him unable to work out.

John's primary care physician, Randolph Holmes MD at PIH Health Whitwood medical office building, referred him to the Spine Care Center at PIH Health Whittier Hospital.

“I was impressed and amazed by all the new advances in spine care, and the many therapies and treatments I never knew existed,” John said. “The team focused on helping me resume my life before the strain. My treatment regimen included dynamic stretches and strengthening exercises to improve my balance, along with a strength and conditioning program to optimize my function and strength going forward.”

After going to the Spine Care Center for two months, he was pain-free and back to running and biking, full force. Today, John continues his training in hopes of participating in the 2021 Huntsman World Senior Games.

John is just one of many patient success stories. Hundreds of adults, teens, children, athletes, workers and seniors have benefited from top-quality, evidence-based spine care at PIH Health. The Spine Care Center treats a wide range of conditions, including common sprains and strains of the lower back, scoliosis, sciatica type symptoms, sports-related injuries, long-standing back pain and age related conditions, which can include arthritis and disk herniation.

Enlarged Prostate is Common in Men as They Age and Can Be Treated

“As often as possible, we recommend conservative treatment—procedures that don’t involve surgery,” said Michael Leal DPT. “Many conditions can be treated by physical therapy, which first starts with a comprehensive plan addressing the patient’s current limitations and concerns. We’ve learned from experience that exercise prescription, education and lifestyle management have the best success rates. Our team of physicians and therapists work together to coordinate the entire patient plan with the goal to bring relief as quickly as possible.”



To learn more about the PIH Health Spine Center and its full scope of services, visit PIHHealth.org/Spine or call **562.789.5451 Ext. 14772**.



John is back to running.

Benign Prostatic Hyperplasia (BPH), or an enlarged prostate gland, is a common condition in men, particularly as they age. The prostate gland is situated beneath the bladder. When the inner lobes of the prostate gland enlarge, they block the flow of urine from the bladder and through the urethra.

BPH rarely affects men younger than 40, but about a third of men over age 50 and nearly half of men over age 80 experience related symptoms. These symptoms include: an increased need to urinate; urgency in urination, which may lead to urinary accidents; dribbling of urine; hesitancy of urination; a frequent need to urinate day and night; feelings of incomplete bladder emptying; difficulty starting urination; and a weak urine stream. Less common symptoms of BPH can include intermittent blood in the urine, urinary tract infections (UTI) and the complete inability to urinate, which requires placement of a catheter and possible formation of bladder stones.

Treatment options for BPH include minimally invasive treatments, such as UroLift, to decrease the size of the prostate. It’s important to note that having an enlarged prostate isn’t believed to be linked with an increased risk of developing prostate cancer. If left untreated, BPH can sometimes lead to total bladder dysfunction that no longer responds to medication or surgery.



“It’s important for patients to monitor their urinary habits,” explains Gerald Yoon MD, a PIH Health urologist. “Even if your symptoms aren’t bothering you that much, talk with your doctor if you notice any changes related to urination.”

If you or a loved one is experiencing symptoms of BPH, check with your primary care provider first, who can then refer you to PIH Health Urology.

To learn more about PIH Health Urology, visit PIHHealth.org/Urology.

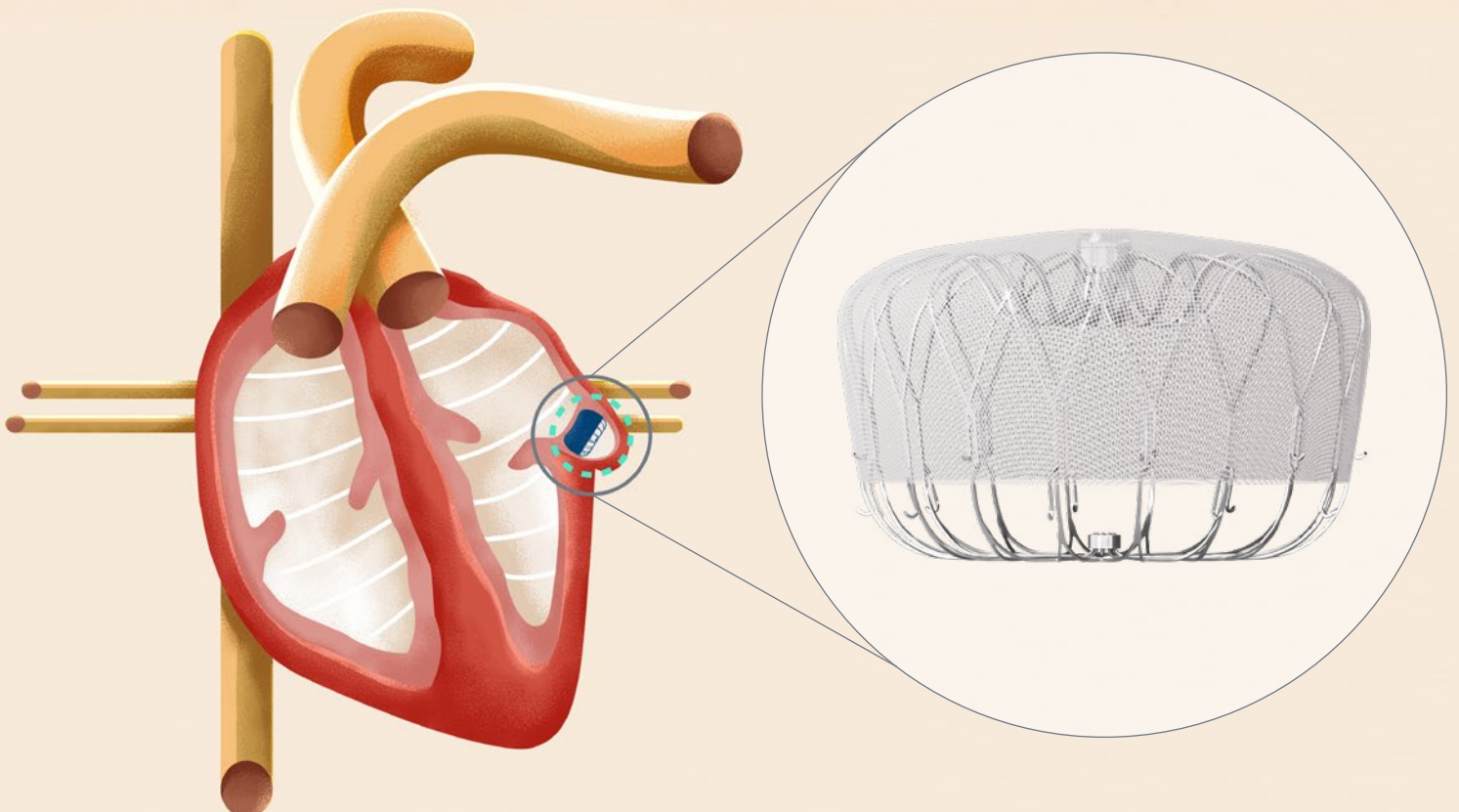
On the Forefront of Cardiac Care

Watchman FLX™ Implant Offers Breakthrough Treatment for Atrial Fibrillation

An estimated six million Americans are affected by atrial fibrillation or “a-fib”—an irregular heartbeat that feels like a quivering heart. Unfortunately, people with a-fib have five times greater risk of stroke than those with normal heart rhythm according to the National Stroke Association. This leads many with a-fib to go on a blood-thinning medication, such as warfarin, to reduce their risk.

Today, non-valvular a-fib patients in Southern California have a new treatment option—an alternative to long-term warfarin medication.

It's the next-generation Watchman FLX Left Atrial Appendage Closure (LAAC) implant, which closes off an area of the heart called the left atrial appendage (LAA) to keep harmful blood clots that can form in the LAA from entering the blood stream and potentially cause a stroke. By closing off the LAA, the risk of stroke may be reduced and over time patients may be able to stop taking their blood thinner.



Watchman technology.



PIH Health patient Harry Richter.

“The new Watchman FLX implant is a breakthrough treatment and PIH Health Good Samaritan Hospital is one of the first hospitals in Los Angeles to offer it,” said Steven Burstein MD, medical director of the Cardiac Catheterization Laboratories at PIH Health Good Samaritan Hospital. “For patients with non-valvular a-fib who need an alternative to warfarin, the implant offers a potentially life-changing stroke risk treatment option that could free them from the challenges of long-term warfarin therapy.”

This solution was perfect for 83-year-old Alhambra resident Harry Richter, who was put on a blood thinner in 2011 after being diagnosed with a-fib (even though he did not feel any symptoms). In November 2019, he injured his leg getting off his bike, and due to the blood thinner, his leg was bruised and painful for three months. His primary care doctor said he was an ideal candidate for the Watchman FLX implant. Harry had the device implanted in November 2020, and within a few days he was feeling good and back to normal. “I am very active. I play golf twice a week and enjoy taking my sailboat out to sea,” said Harry. “My life did not miss a beat.”

 **For more information, call PIH Health Cardiology at 562.789.5430.**



Ask the Expert

Teresa Sokol PA-C MPAS

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Santa Fe Springs, CA 90670

 **562.967.2801**

What are the treatments for migraine?

Migraine is a neurological disease that affects more than 30 million people in the United States. Sufferers are often misdiagnosed as having sinus or tension-type headaches and less than half have received a diagnosis of migraine.

Migraine is characterized by throbbing or pulsating head pain often accompanied by symptoms such as sensitivity to light and sound; nausea and vomiting; visual disturbances; difficulty speaking; dizziness; confusion; tingling; weakness or fatigue. Oversensitivity of nerves with higher concentrations of neurotransmitters carry pain signals in migraine sufferers.

Staying hydrated, maintaining good sleep habits, eating a healthy diet, avoiding suspected triggers, and regular exercise may help prevent migraines. Certain supplements and preventive drugs such as blood pressure medications, anti-seizure medications, antidepressants, Botox, and calcitonin gene-related peptide receptor antagonists (CGRPs) can help reduce the number and severity of migraine headaches. Triptans, anti-inflammatory drugs and CGRPs are given after a migraine has started to help stop the pain.

To find a doctor go to PIHHealth.org/Find-a-Doctor.

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What to Do When a Wound Won't Heal

Former Mayor of Whittier Gets Advanced Care at PIH Health Wound Healing Center

Minor cuts and scrapes are a regular part of life and usually heal on their own. But chronic wounds—sores that don't heal properly within four weeks—need more advanced care. For those persistent wounds that will not heal, the PIH Health Wound Healing Center offers a full array of treatment options.

One person who discovered these benefits firsthand was Robert (Bob) Henderson, the former mayor and city council member of Whittier. Early in 2020, after he fell and tore the skin on his shin, he waited several weeks to see if it would heal on its own. It didn't. During a routine visit with a cardiologist, his physician noticed Bob's wound and referred him to the PIH Health Wound Healing Center.



PIH Health patient Robert (Bob) Henderson.

During his first appointment, the team thoroughly cleaned the wound and he noticed immediate improvement. He had weekly appointments for the next several weeks and was treated with PuraPly AM, an advanced antimicrobial barrier used to help control bioburden (the number of bacteria living on a surface that has not been sterilized).

“Everyone at the Wound Healing Center was very professional and top-drawer,” said Bob. “The staff never disappointed, and my wound was fully healed in a matter of weeks. Today, I am back to walking the Greenway Trail, golfing and taking an active role on the board of the Whittier Habitat Authority.”

Whether your wound is caused by injury, burn, animal or insect bite, trauma, diabetes, surgical complication or other causes, the Wound Healing Center can treat your specific situation, so you can get back to the life you love.

“Since our center opened in 1997, we’ve seen how our comprehensive approach to wound care delivers results sooner than traditional programs,” said Mark Odou MD, general surgeon at PIH Health. “Our treatment plan is completely individualized to heal wounds and keep them from recurring. That includes full evaluation, specialized testing to identify the root cause, the latest treatments, and education about your role in the healing process.”



To schedule an appointment or to learn more about the PIH Health Wound Healing Center, visit PIHHealth.org/Wound-Care or call toll-free 888.693.3831.



Ask the Expert

Marlon Maducdoc MD

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562.904.4485

Q. I have ringing in my ears. What is it and will it go away on its own?

A. The medical term for ringing in ears is tinnitus (pronounced tin-u-tus or tin-ny-tus). It is a very common symptom with more than 50 million people in the United States reporting to have experienced tinnitus in the past. It presents as the perception of ringing, roaring or buzzing sounds in one or both ears.

Symptoms indicate that there may be an abnormality in the hearing system which includes the ear, hearing nerve, and/or the brain. There are many causes of tinnitus with the most common being loud noise exposure or age-related hearing loss. Other causes include medication side effects, environmental triggers, ear infections, disease of the heart and blood vessels, tumors in the brain or anxiety.

Tinnitus may go away completely on its own or improve over time and the severity of the symptoms can fluctuate throughout the years. Treatment goals are to correct any underlying medical conditions that can cause tinnitus and to decrease the severity of the symptoms.

However, if your tinnitus is worsening, persistent, bothersome or only affects one ear, it is best to be evaluated by a medical professional.

Total Joint Replacement, It's What We Do

Get Back to Doing What You Love

If you've been putting off doing what you love because of joint pain in the knee or hip, you don't have to anymore. PIH Health Physicians Orthopedics & Sports Medicine's Total Joint Replacement program provides complete care, before, during and after surgery. Here's how it works:

After scheduling your joint replacement surgery with an orthopedic specialist, you'll meet with a nurse practitioner to ensure that you are medically optimized to proceed with surgery. You will then attend a Joint Venture class that will discuss your hospital stay and explain what to expect before, during, and after surgery. You'll also meet with a registered nurse to pre-register for your hospital stay and with a physical therapist to determine any "prehab" (or pre-habilitation) therapy needed to prepare you for surgery and the recovery process. You will also meet with your surgeon again to review any other details or questions you may have regarding the process.

During your hospital stay, you'll arrive two hours before surgery for check-in. Your nurse will get you ready and prepared by completing a pre-surgical assessment. You'll also meet with your surgeon and anesthesiologist. Surgery typically lasts one to two hours.

After surgery, you'll be monitored closely as you recover from anesthesia. X-rays will be taken of your new hip or knee, and a compression device will be used on your legs to help promote circulation. You'll have your first physical therapy session a few hours after surgery and get started on pain medication to help ease any discomfort. Patients may be discharged the day of surgery or the day after. A case manager will assist in setting up physical therapy and nurse visits at your home. Getting back to life as it was before hip or knee pain may take as little as just a few weeks.

Andrew N. Luu MD, PIH Health Physicians orthopedic surgeon, is one of many surgeons that specialize in joint replacement surgery. "Improving a patient's quality of life is the most important part of what we do," said Dr. Luu. "Helping them get back to the things they love is very gratifying. I almost always hear that patients have a new lease on life and wish that they would have done the surgery sooner."



To learn more about the PIH Health Physicians Orthopedics & Sports Medicine's Total Joint Replacement Program, call **562.789.5461** or visit **PIHHealth.org/Ortho**.

Meet the Joint Replacement Team at PIH Health Physicians Orthopedics & Sports Medicine



Andrew Hsiao MD



David Lewis MD



Kyle Low MD



Andrew Luu MD



Amir Rounaghi MD



Bindesh Shah MD

Don't Delay Medical Care During Pandemic

Three Important Things to Know

During the height of the COVID-19 pandemic, many people put their non-urgent medical appointments on hold. They canceled routine checkups, postponed preventative screenings, and put off elective surgeries to protect the health and safety of everyone involved.

But just because in-person visits took a break, doesn't mean diseases did. Exercising caution due to COVID-19 is one thing, but it's important to know what care can wait and what conditions and concerns need more immediate attention. Here are a few guidelines to follow:

1 Don't delay emergency care.

If you suspect symptoms are related to a heart attack, stroke or appendicitis (all of which can be life-threatening if not treated), go to the nearest emergency room or call the paramedics.

2 Stay on top of regular doctor visits, vaccines and screenings.

Having labs performed as scheduled, screening for colorectal cancer, mammograms, flu vaccines and other preventative care is an important part of your overall healthcare.

3 Remember, telemedicine is available.

If your doctor offers the option, all you need to use telehealth is reliable internet and a phone, smartphone or computer.

To learn more about how telemedicine works, visit PIHHealth.org/MyPIHHealth.

Problems Swallowing?

What to Know About Dysphagia and When to Seek Help



Swallowing seems simple, but it's actually surprisingly complex. In order to work right, it requires a highly coordinated effort between your brain, many nerves and muscles, two muscular valves and an unrestricted esophagus (swallowing tube).

When the process isn't functioning properly, it's broadly called "dysphagia." That means it takes more time and effort to move food or liquid from your mouth to your stomach. In some cases, it may be painful.

Signs and symptoms may include: being unable to swallow, pain while swallowing, frequent heartburn or acid reflux, bringing food back up (regurgitation), gagging when swallowing, or having the sensation of food getting stuck in your throat or chest. See your doctor if you regularly have difficulty swallowing, or if weight loss, regurgitation or vomiting accompanies your dysphagia.

Dysphagia can occur at any age, but it's more common in older adults—and the causes vary widely. Any condition

that weakens or damages the muscles and nerves used for swallowing may cause dysphagia. For example, people with diseases of the nervous system, stroke, head injuries, cancers of the head, neck or esophagus could have difficulty swallowing. So could people with a cleft palate, dementia, memory loss or cognitive decline.

The treatment for swallowing problems varies, depending on the cause. Sometimes, a swallowing problem will resolve itself without treatment. On other occasions, the problem can be easily managed by changing your eating habits, dining environment, food consistency and other things. Complex swallowing problems, however, may require treatment by one or more specialists.

"If a patient is experiencing persistent or recurrent difficulty swallowing, they should bring those symptoms to the attention of their physician," said Ashwin Ashok MD, PIH Health gastroenterologist and Digestive Health Services specialist. "And, if those symptoms are associated with weight loss, anemia or are worsening with time, they need to be evaluated with urgency."



To schedule an appointment with PIH Health Gastroenterologist Ashwin Ashok MD, call 562.693.0306. To learn more about Digestive Health Services, visit PIHHealth.org/DHS.

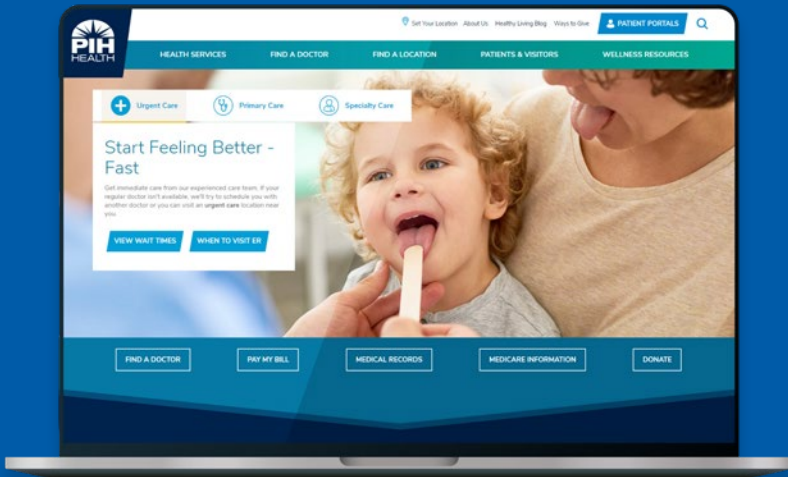
Time for a Colon Screening?

Have you turned 50 recently? PIH Health recommends a colorectal cancer screening for both men and women at age 50, if you are at average risk.

A colonoscopy is the preferred screening method to detect colon cancer before it develops—other tests only detect cancers that are already present.

To learn more, visit PIHHealth.org/Screenings or to schedule an appointment, call 562.967.2656.

To watch Ashwin Ashok's short video on dysphagia, go to PIHHealth.org/Swallow.



Ask the Expert

PIH Health to Launch Updated Website

Built with Mobile Users in Mind, Newly Designed PIHHealth.org will Represent a Unified Organization

We are launching a fully updated website at PIHHealth.org that features a fresh design, easy-to-access content and streamlined navigation. The new site will include content and information for PIH Health Good Samaritan Hospital, which joined PIH Health in December 2019. For those accustomed to accessing GoodSam.org, that address will redirect to the new PIH Health website.

The newly restructured site is being created with the patient in mind and uses the latest technology to provide a good user experience for both desktop and mobile devices. Site visitors can search for a physician, log into their patient portal, and find directions to PIH Health office locations. The all-new content and design will be created to be engaging and helpful.

Visit PIHHealth.org from your smartphone or desktop browser for an innovative experience navigating quality healthcare information at your fingertips.

Kyle Greene MD

11480 Brookshire Ave., Suite 201
Downey, CA 90241

 562.904.4480

Q. What are the stages of cancer and what do they mean?

A. Doctors use five “stages” of cancer to describe severity and the cancer’s spread within the body.

- **Stage 0** means cancer cells are still in the location where they started and have not spread (sometimes called carcinoma in situ, which means “in place”).
- **Stage 1** usually refers to a small cancerous tumor that has spread to nearby tissue but not beyond—such as the blood stream or lymph system.
- **Stage 2** usually means that the tumor is larger than in stage 1 but the cancer hasn’t spread beyond surrounding tissues.
- **Stage 3** usually means the cancer is larger. It may have embedded itself more deeply into surrounding tissues, and there are cancer cells in the bloodstream and lymph nodes nearby.
- **Stage 4** means the cancer has spread from where it started to other organs or farther areas of the body. It’s also called “distant spread” cancer, advanced cancer or metastatic cancer.

Sometimes doctors use the letters A, B and C to further divide the categories. Learn more at PIHHealth.org/HemOnc.

Down Nearly 200 Pounds

Gastric Bypass Helps One Patient Make a Monumental Life Change

In 2019, Laguna Hills resident Kallee Newberry was at an important life crossroad. She was heading into her 30s—a new decade of life—but she wasn't happy with her weight.

Overweight since she was a child, Kallee's situation got rapidly worse with the onset of an adult thyroid condition and a serious knee injury. The weight went on quickly. Although she's tall (5-feet, 11 inches), she was 334 pounds and extremely uncomfortable.

"I promised myself that 2019 was going to be a year of health—I decided to really invest in me and hopefully open a new chapter of life," said Kallee. "I tried losing weight on my own in the past and it was never successful. That's when I started researching gastric bypass surgery."

Kallee's research led her to Justin Braverman MD, PIH Health bariatric surgeon.

During their first appointment, Dr. Braverman spent about two hours with Kallee—taking the time to discuss details about the various surgical options, the risks and benefits of each, the success rates, and the positive and negative long-term effects. Kallee was very impressed with Dr. Braverman and his team, the comprehensive education they provided, and how comfortable they made her feel.

Kallee chose to have gastric bypass surgery, which happened in April 2019 and kick-started a phenomenal two-year journey toward permanent weight loss.

"I'm extremely happy with Kallee's results," said Dr. Braverman. "She has lost 108% of her excess body weight—even more than we expected. Gastric bypass, which is performed with minimally invasive (laparoscopic) techniques, was definitely the right surgical option for Kallee."

Today, Kallee weighs 136 pounds—she lost nearly 200 pounds over a two-year time period.

"I've lost the equivalent of two people," she said. "I can't tell you how much better I feel. Gastric bypass surgery was truly the best decision I ever made. And Dr. Braverman's team was so instrumental to my success—I can't say enough good things about them."



To learn about weight loss surgery options with PIH Health, please call **562.789.5444** or visit **PIHHealth.org/WeightLoss**.



Spring Cleaning Your Health

Spring cleaning can do more than spruce up your home. It may also benefit your health if you include these steps in your cleaning process:

Clean Your Medicine Cabinet



Check your medicine cabinet for medications, lotions and cosmetics that have expired or you no longer use. “Dispose prescriptions that are past the expiration date or are more than a year old, including any medicines that have changed

color, smell or taste,” says Myra Chai MD, primary care physician at PIH Health Good Samaritan Hospital.

If you choose to dispose of medicines at home, do not flush them down the toilet. Instead, mix them with an unappetizing substance such as kitty litter, sawdust or used coffee grounds. Put the mixture in a sealed plastic bag and place it in the trash.

Some pharmacies also offer on-site medicine drop-off boxes, mail-back programs, and other ways to help you safely dispose your unused medicines.

Clear the Air

Wipe down walls and windows, dust light fixtures, and scrub floors to rid your home of dust and grime that can accumulate over time. “Clean your curtains, carpets, and bedding regularly,” says Dr. Chai. “This is especially important for people with allergies.”

Eliminate Toxic Waste

Throw away old cleaning products, including old or used batteries and other forms of toxic waste. Consider using eco-friendly cleaning products that are both less irritating to your skin and safer for the environment. Check your city’s website for nearby hazardous waste disposal locations.

Your Primary Care Physician, Your Healthcare Point Person

Some people aren’t exactly clear on what a primary care physician (PCP) is—or why they need one. We’re here to shed some light.

A PCP is considered your main doctor. He or she is responsible for managing your healthcare. These physicians can specialize in family medicine, general practice, internal medicine, pediatrics or OB/GYN for women. You’ll go to your PCP for your annual physical exam, preventative healthcare and common ailments. Your PCP can also manage most chronic medical problems (like high blood pressure and diabetes), and will coordinate care if you have a complex condition that requires multiple specialists, numerous prescriptions or hospitalization.

Depending on the type of health insurance you have, your insurer may require you to have a PCP. For example, a PCP is a must for HMO members and also recommended for those with PPO coverage to coordinate care, especially with specialty referrals, various medications and lab and radiology results.

Bottom line: You should have a PCP as your partner in maintaining good health. To learn more or to find a PIH Health primary care physician, visit PIHHealth.org/Primary or PIHHealth.org/Find-a-Doctor.

Focusing on Mental Health

PIH Health and Community Partners are Improving Access to Mental Health Care

The COVID-19 pandemic has made life stressful and difficult for everyone. For many, the fear and anxiety about the disease, lack of certainty about the future, and the impacts of quarantining and physical distancing caused strong feelings of worry, isolation and loneliness.

Mental health has never been more important.

According to the National Council for Behavioral Health, one in five adults experience some sort of mental health need at least once in their lifetime, and 76% of Americans believe mental health is just as important as physical health.


“Mental health matters to everyone,” said Elisabeth Brown MD, PIH Health Family Medicine. “I’m so proud that PIH Health is working with fellow nonprofit community partners to increase access to mental health care in our community. Based on our most recent Community Health Needs Assessment, mental health will remain a priority focus area through 2022.”

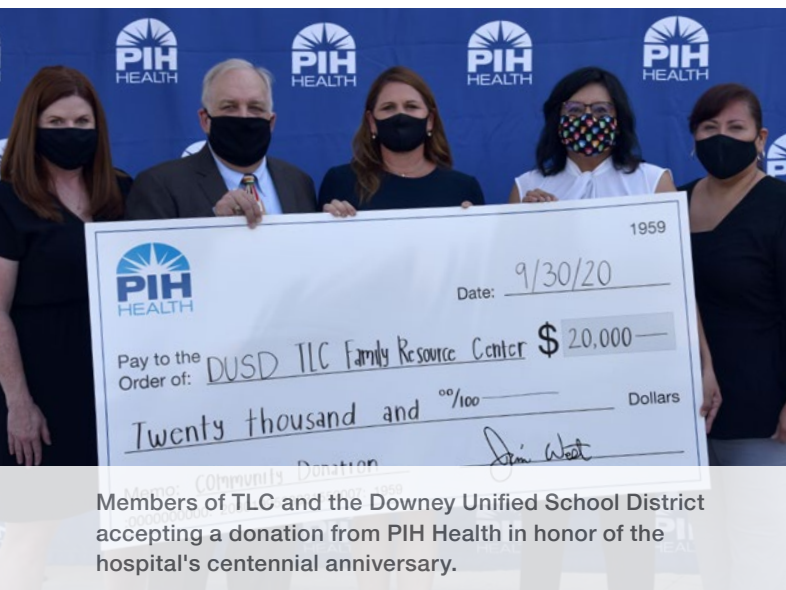
Over the past 12 months, PIH Health has invested in several mental health projects led by our community partners, including:

- The launch of a telehealth therapy program during the height of COVID-19 for youth and their families
- A mental health focused promotora program (peer-based mental health support program) for community members
- A therapist-led grief support group for youth in Downey who have experienced the loss of a parent or loved one
- A donation to Downey Unified School District's (DUSD) TLC Center to support students and families who are struggling and in need of counseling

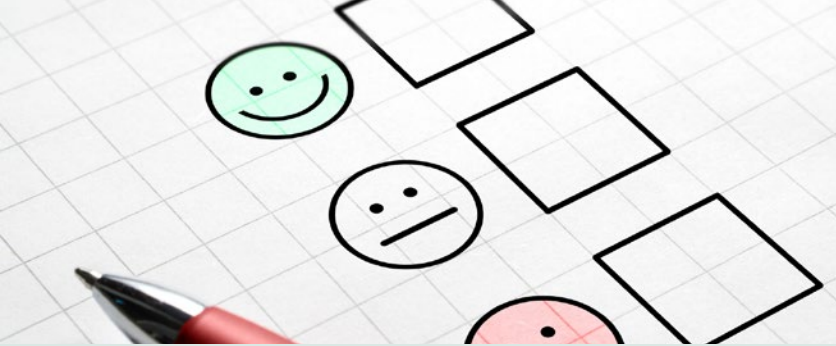
“The ongoing support we have received from PIH Health is a great example of extraordinary collaboration,” said Luz Perez, TLC coordinator. “At TLC, we make every effort to ensure students have all basic needs, including the emotional support they may need to reach their maximum potential. Counseling support is a frequent request. I think parents trust TLC because the most sensitive requests, such as mental health services are made available in a private, respectful and effective manner. TLC relies heavily on community support and we are grateful to PIH Health for embracing TLC.”

As a nonprofit healthcare delivery system, PIH Health also received funding from the California Health and Human Services Agency for a pilot program that places a behavioral health counselor in all three PIH Health emergency departments. This grant funding will improve each hospital's capacity to address behavioral health needs of patients and improve quality of care for those with substance use disorders and co-occurring mental health diagnoses. The project is currently in the planning phase.

 **Visit PIHHealth.org/HOPE for more on mental health as well as suicide prevention information from Dr. Elisabeth Brown.**



Members of TLC and the Downey Unified School District accepting a donation from PIH Health in honor of the hospital's centennial anniversary.



Calendar

Many classes are on hold due to COVID-19. Visit us online at PIHHealth.org/Calendar or call 562.698.0811 and the extension noted below for more information.

SHARE YOUR EXPERIENCE:

Your Feedback is Valuable

At PIH Health, it is very important that we understand how we're meeting your expectations while you are in our care.

After a visit at any PIH Health facility, you may receive a questionnaire via email, phone or mail, asking specific questions about your experience. We know you are busy, but please take a few minutes to answer the questions.

The feedback we receive from these surveys help us to improve the care we provide the entire community. Please let us know how we are doing by completing and returning the questionnaire or by participating in the phone survey.

Check Out Our Health Plans Link

People often ask which health plans are accepted by PIH Health. We have two web pages dedicated to listing all the health plans contracted with PIH Health.

If you have an HMO or a PPO plan through your employer or if you purchased a plan for yourself and family, visit: PIHHealth.org/Insurance.

If you have Medicare and are enrolled in a Medicare Advantage plan, visit: PIHHealth.org/Medicare.

To ensure that you continue to have access to our fully integrated network comprised of PIH Health Downey Hospital, PIH Health Good Samaritan Hospital, PIH Health Whittier Hospital, more than 500 primary care and specialty physicians, home health, urgent care and emergency services, check with your health plan to ensure that PIH Health is part of their network.

PREGNANCY AND NEW BABY

- Breastfeeding 101
- Getting Ready for Your Baby
- Childbirth Basics
- Infant/Toddler Safety Class

To register, call **Ext. 17541**

SUPPORT GROUPS

Bariatric Support Group

For those considering bariatric weight loss surgery.

Virtual meetings, 6 - 7 pm on March 18, May 20, July 15, and September 16, 2021.

For more information or to receive a link, email WeightLossSurgery@PIHHealth.org

Breast and Women's Cancer

First Tuesday of every month at 6 pm, call **Ext. 15325** or email Alexa.Giron@PIHHealth.org. Virtual meeting

Healing After Loss: Bereavement Support Group

Ongoing, currently virtual. Email Audrey.Centeno@PIHHealth.org for the start date to an eight-week session

Journey Through Cancer

Receive caring friendships from others who relate and offer support. Oncology certified nurse in attendance. Second Monday of every month, 11 am - 12:30 pm. Virtual meeting, call **Ext. 12570**

Mended Hearts

For heart surgery patients and their families. 3rd Wednesday of the month, 6 pm. Guest speaker, followed by support group. Virtual meeting, call **Ext. 12638** and provide your email to receive invites to the monthly meeting and/or to receive the monthly newsletter

Managing Stress & Anxiety in Times of COVID-19

Tuesdays 3 - 4:15 pm, virtual meeting, call **562.967.2840**

Stroke Support Group

Second Tuesday of every month from 1 - 2 pm, email Stroke@PIHHealth.org for information. Virtual meeting

CANCER TOPICS

Cancer Survivorship Series: Empowers patients and their loved ones as they go through their journey.

"Fear of Reoccurrence"

Saturday, March 20, 2021 from 10 am - 12 noon. Held virtually, call **Ext. 12570** to RSVP

Oncology Resource Center and Wig Bank

Available for patients and their family members to access educational materials and resources. Virtual meeting, call **Ext. 12820**

SPECIAL TOPICS

Advance Care Planning

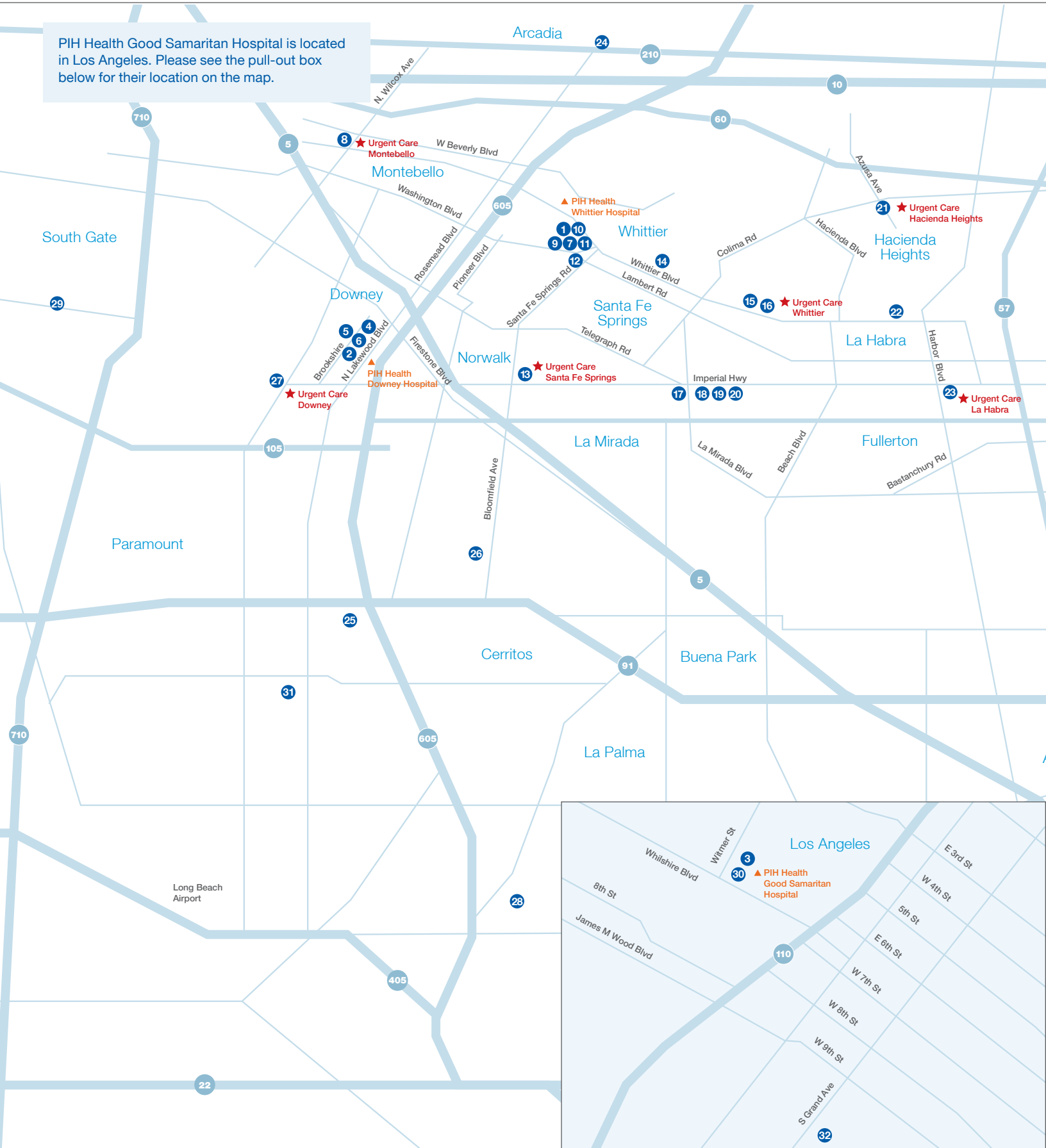
Learn about advance healthcare directives and physician orders for life-sustaining treatment (POLST). First Wednesday of every month from 5 - 6:30 pm, call **Ext. 13337** or ssambulatory@PIHHealth.org

Smoking Cessation Program

This program offers you a step-by-step process to quit for good. Virtual meeting, to register, call **Ext. 12549**

PIH Health Site Locations Map

PIH Health Good Samaritan Hospital is located in Los Angeles. Please see the pull-out box below for their location on the map.



List of PIH Health Services

<p>1 12401 WASHINGTON BLVD., WHITTIER, CA 90602 PIH Health Whittier Hospital 562.698.0811 Optical Shop 562.967.2885</p>	<p>Radiology, Suite 101 562.698.0811 Ext. 17071 Rheumatology, Suite 402 562.967.2788 Surgery Bariatric Surgery, Suite 500 562.789.5444 Cardiothoracic Surgery, Suite 200 562.789.5489 Colorectal Surgery, Suite 500 562.789.5449 General Surgery, Suite 500 562.789.5449 Head and Neck Surgery, Suite 500 562.789.5456 Mohs Surgery, Suite 501 562.789.5429 Plastic Surgery, Suite 501 562.789.5439 Surgical Oncology, Suite 500 562.789.5449 Vascular Surgery, Suite 200 562.789.5960 Women's Center, Suite 303 562.789.5440</p>	<p>21 1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745 Family Medicine, Suite 88 626.964.3040 Mammography, Suite 88 562.906.5692 Pediatrics, Suite 300 626.964.6012 Urgent Care Center, Suite 88 626.225.4900</p>
<p>2 11500 BROOKSHIRE AVE., DOWNEY, CA 90241 PIH Health Downey Hospital 562.904.5000</p>	<p>11 12415 WASHINGTON BLVD., WHITTIER, CA 90602 Same Day Surgery 562.696.3887</p>	<p>22 121 W. WHITTIER BLVD., LA HABRA, CA 90631 Eye Care Center, Suite 100 562.694.2500</p>
<p>3 1225 WILSHIRE BLVD., LOS ANGELES, CA 90017 PIH Health Good Samaritan Hospital 213.977.2121</p>	<p>12 12522 E. LAMBERT RD., WHITTIER, CA 90606 Family Medicine 562.789.5420 Internal Medicine 562.789.5420 Palliative Care 562.967.2273</p>	<p>23 1400 S. HARBOR BLVD., LA HABRA, CA 90631 Family Medicine 562.967.2790 Orthopedics and Sports Medicine 714.879.3400 Urgent Care Center 562.789.5950</p>
<p>4 11420 BROOKSHIRE AVE., DOWNEY, CA 90241 Rehabilitation and Wellness Center 562.904.5414</p>	<p>13 12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670 Endocrinology 562.967.2760 Eye Care Center 562.967.2820 Family Medicine 562.789.5434 Neurology 562.967.2801 Orthopedics and Sports Medicine 562.789.5452 Pharmacy 562.967.2810 Urgent Care Center 562.967.2830</p>	<p>24 351 E. FOOTHILL BLVD., ARCADIA, CA 91006 Home Health 626.358.3061</p>
<p>5 11411 BROOKSHIRE AVE., DOWNEY, CA 90241 Family Medicine Residency, Suite 207 562.904.4411 Women's Center, Suite 302 562.904.5151</p>	<p>14 14350 WHITTIER BLVD., SUITE 100, WHITTIER, CA 90605 Urology 562.907.7600</p>	<p>25 10251 ARTESIA BLVD., BELLFLOWER, CA 90706 Family Practice 562.867.8681 Internal Medicine 562.867.8681 Pediatrics 562.867.8681 Radiology (Ultrasound/Mammography) 562.862.4566</p>
<p>6 11480 BROOKSHIRE AVE., DOWNEY, CA 90241 Allergy & Immunology, Suite 300 562.977.1690 Cardiology, Suite 204 562.977.1690 Digestive Health, Suite 204 562.904.4445 General Surgery, Suite 111 562.904.1651 Hematology & Oncology, Suite 201 562.904.4480 Internal Medicine, Suite 204 562.904.4471 Otolaryngology (ENT), Suite 300 562.904.4485 Pain Management, Suite 204 562.904.4435 Rheumatology, Suite 204 562.904.4466</p>	<p>15 15725 E. WHITTIER BLVD., WHITTIER, CA 90603 Medication Management, Suite 500 562.448.1350 Family Medicine, Suite 400 562.947.1669 Internal Medicine, Suite 500 562.947.3307 Laboratory/Blood Draw Station, 1st Floor 562.947.8478 Ext. 82127 Pediatrics, Suite 300 562.947.9399</p>	<p>26 16510 BLOOMFIELD AVE., CERRITOS, CA 90703 Coumadin/Diabetic Center 562.229.0902 Family Practice 562.229.0902 Internal Medicine 562.229.0902 Pediatrics 562.229.0902</p>
<p>7 12393 WASHINGTON BLVD., WHITTIER, CA 90606 Patricia L. Scheifly Breast Health Center 562.906.5692 Ruby L. Golleher Oncology Center 562.696.5964</p>	<p>16 15733 E. WHITTIER BLVD., WHITTIER, CA 90603 Urgent Care Center 562.947.7754</p>	<p>27 12214 LAKEWOOD BLVD., SUITE 110, DOWNEY, CA 90242 Chiropractic 562.862.2775 Family Practice 562.862.2775 Infectious Disease 562.862.2775 Internal Medicine 562.862.2775 Pediatrics 562.862.2775 Urgent Care Center 562.904.4430</p>
<p>8 2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640 Family Medicine 323.728.0321 Otolaryngology (ENT) 562.789.5456 Urgent Care Center 562.967.2780</p>	<p>17 12675 LA MIRADA BLVD., LA MIRADA, CA 90638 Dermatology and Aesthetic Medicine Center, Suite 300 562.967.2851 Eye Care Center, Suite 301 562.967.2870 Family Medicine, Suite 201 562.903.7339 Pediatrics, Suite 401 562.789.5435 Women's Health, Suite 401 562.789.5453</p>	<p>28 3851 KATELLA AVE., SUITE 155, LOS ALAMITOS, CA 90720 Chiropractic 562.344.1350 Internal Medicine 562.344.1350 Pediatrics 562.344.1350</p>
<p>9 12291 WASHINGTON BLVD., WHITTIER, CA 90606 Behavioral Health Clinic, Suite 300 562.967.2840 Digestive Health Services, Suite 201 562.698.0306 Endocrinology, Suite 205 562.789.5447 Family Medicine Residency, Suite 500 562.698.2541 Laboratory/Blood Draw Station, Suite 103 562.698.0811 Ext. 18191 PIH Health Outpatient GI Center, 4th Floor 562.906.5531 Radiology/Interventional Radiology Clinic, Suite 302 562.906.5572 Opt. 4 Wound Healing Center, Suite 100 562.789.5462</p>	<p>18 15050 IMPERIAL HWY., LA MIRADA, CA 90638 Home Healthcare 562.902.7757 Hospice 562.947.3668 Palliative Care 562.902.7757</p>	<p>29 4476 TWEEDY BLVD., SOUTH GATE, CA 90280 Family Practice 323.563.9499 Internal Medicine 323.563.9499 Pediatrics 323.563.9499 Podiatry 323.563.9499</p>
<p>10 12462 PUTNAM ST., WHITTIER, CA 90602 Audiology, Suite 500 562.789.5456 Cardiology, Suite 203 562.789.5430 Chiropractic, Suite 402 562.789.5484 Dermatology and Aesthetic Medicine Center, Suite 501 562.789.5429 Diabetes Education and Nutrition, Suite 303 562.698.0811 Ext. 11320 Laboratory / Blood Draw Station, Suite 101 562.698.0811 Ext. 11130 Oncology, Suite 206 562.789.5480 Orthopedics and Sports Medicine, Suite 402 562.789.5461 Otolaryngology (ENT), Suite 500 562.789.5456 Perinatal Center, Suite 303 562.789.5460 Pharmacy, Suite 105 562.789.5412 Podiatry, Suite 402 562.789.5464 Pulmonary, Suite 208 562.789.5470</p>	<p>19 15082 IMPERIAL HWY., LA MIRADA, CA 90638 Chiropractic 562.789.5484 Podiatry 562.967.2805</p>	<p>30 1245 WILSHIRE BLVD., LOS ANGELES, CA 90017 Ambulatory Surgery Center, Suite 200 213.977.2169 General Surgery, Suite 905 213.977.1211 Outpatient Imaging, Suite 205 213.977.2140 Pharmacy, Suite 201 213.977.4111 Radiation Oncology, South Tower, Suite 100 213.977.2360 Women's Center, Suite 690 213.977.4190</p>
<p>11 12462 PUTNAM ST., WHITTIER, CA 90602 Audiology, Suite 500 562.789.5456 Cardiology, Suite 203 562.789.5430 Chiropractic, Suite 402 562.789.5484 Dermatology and Aesthetic Medicine Center, Suite 501 562.789.5429 Diabetes Education and Nutrition, Suite 303 562.698.0811 Ext. 11320 Laboratory / Blood Draw Station, Suite 101 562.698.0811 Ext. 11130 Oncology, Suite 206 562.789.5480 Orthopedics and Sports Medicine, Suite 402 562.789.5461 Otolaryngology (ENT), Suite 500 562.789.5456 Perinatal Center, Suite 303 562.789.5460 Pharmacy, Suite 105 562.789.5412 Podiatry, Suite 402 562.789.5464 Pulmonary, Suite 208 562.789.5470</p>	<p>20 15088 IMPERIAL HWY., LA MIRADA, CA 90638 Physical and Occupational Therapy 562.906.5560 Speech Therapy 562.906.5560</p>	<p>31 5750 DOWNEY AVE., SUITE 205, LAKEWOOD, CA 90712 Family Medicine 562.597.4181 Pediatrics 562.597.4181</p>
<p>12 12462 PUTNAM ST., WHITTIER, CA 90602 Audiology, Suite 500 562.789.5456 Cardiology, Suite 203 562.789.5430 Chiropractic, Suite 402 562.789.5484 Dermatology and Aesthetic Medicine Center, Suite 501 562.789.5429 Diabetes Education and Nutrition, Suite 303 562.698.0811 Ext. 11320 Laboratory / Blood Draw Station, Suite 101 562.698.0811 Ext. 11130 Oncology, Suite 206 562.789.5480 Orthopedics and Sports Medicine, Suite 402 562.789.5461 Otolaryngology (ENT), Suite 500 562.789.5456 Perinatal Center, Suite 303 562.789.5460 Pharmacy, Suite 105 562.789.5412 Podiatry, Suite 402 562.789.5464 Pulmonary, Suite 208 562.789.5470</p>	<p>32 1414 S. GRAND AVE., SUITE 400, LOS ANGELES, CA 90015 Women's Center 310.652.4252</p>	<p>32 1414 S. GRAND AVE., SUITE 400, LOS ANGELES, CA 90015 Women's Center 310.652.4252</p>



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COVID-19 Vaccine: Get Yours When Offered

All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19. This is the only way to truly end the pandemic.

Vaccine distribution is based on a tiered approach. You are encouraged to become vaccinated when it is offered to you. If you have questions, speak to your healthcare provider or for more information, visit **PIHHealth.org/Vaccine**.



Plenty of things are
on hold; your health
shouldn't be one of them.

Don't delay your scheduled appointments
or emergency care.

YOUR HEALTH IS ESSENTIAL.