

healthy living

FALL 2021/WINTER 2022

FROM YOUR FRIENDS AT PIH HEALTH



**Medicare Annual Election Period (AEP):
October 15 – December 7**

Game-Changing Technology for Heart Patients

Orthopedic Surgery Rapid Recovery Program Offers Same-Day Discharge for Smoother Recovery

COVER STORIES



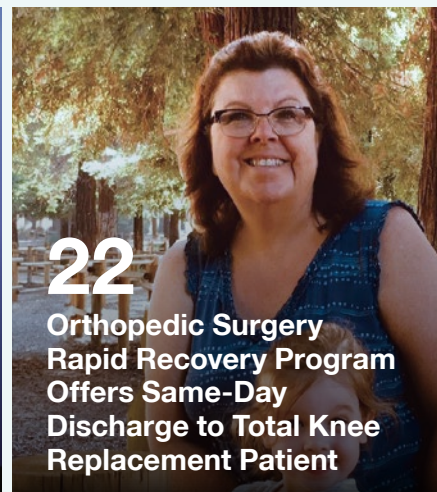
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Medicare Annual Election Period (AEP): October 15 – December 7



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New Advanced Primary Care for Medicare Advantage Members

Medicare Advantage plan members with complex health issues now have more options for care. Our new Advanced Primary Care clinic, located at PIH Health Washington medical office building, is staffed by a geriatrician who specializes in the care and intricate needs of the elderly. As the body ages, it becomes more susceptible to falls, memory loss, pain, incontinence and certain chronic diseases, which can lead to multiple

medications. Geriatricians have special training in the aging process and can skillfully manage various health issues and medication for older adults. Case management, social work and home health services are also provided through our clinic.

For more information, visit PIHHealth.org/SeniorHealth.

MEDICARE ANNUAL ELECTION PERIOD (AEP): OCTOBER 15 – DECEMBER 7

Your Step-by-Step Guide

Medicare benefits change each year. It's important to know about these changes in order to make an informed decision about your health coverage.

01



KNOW YOUR PLAN OPTIONS

Original Medicare: You can make an appointment with any doctor who accepts Medicare. You will pay a deductible, copayment and co-insurance.

Medicare Supplemental plans: Additional insurance to cover care not covered by Original Medicare. Must pay a monthly premium.

Medicare Prescription plan or Part D: Provides prescription coverage under Original Medicare or Supplement.

Medicare Advantage plans: Must choose a primary care physician to coordinate your healthcare needs within a network of providers. Offers low, predictable copayments and additional services not provided by Original Medicare. Part D prescription benefit usually included.

02



CHOOSE A HEALTH PLAN AND DOCTOR WITH PIH HEALTH

Select the health plan, doctors and hospital that work best for you. Consider a Medicare option that gives you access to PIH Health's hospitals, doctors and our exceptional senior care.

03



ATTEND A FREE UPCOMING MEDICARE FORUM

PIH Health will host several Medicare Forums where you'll have an opportunity to speak with representatives from all the Medicare health plans we accept. Upcoming forums will be held:

SATURDAYS, 9 AM TO 12:30 PM

October 16, in English

November 6, in Spanish

November 20, in Korean

PIH Health Good Samaritan Hospital
Palm Oak Conference Room
1225 Wilshire Boulevard
Los Angeles, CA 90017

October 2, in English

October 30, in Spanish

November 13, in English

PIH Health Whittier Hospital
Blanchard-Haendiges Auditorium,
A, B, C, D, E, F
12401 Washington Boulevard
Whittier, CA 90602

"There are many reasons for seniors to choose a PIH Health doctor," stated Roberto Madrid MD, vice president of medical group operations at PIH Health Physicians. "Our board-certified physicians provide senior-focused healthcare to help you live your best life."



To learn more about 2022 benefit changes for Medicare, call **888.365.4450** or visit **PIHHealth.org/Medicare** to reserve your seat at an upcoming Medicare Forum.

PREGNANCY: SEPARATING FACT FROM FICTION

From the moment a woman becomes pregnant, she's often bombarded with advice on what to do (and what not to do). For many first-time moms, this guidance can be confusing and overwhelming.



Our PIH Health physicians are available to provide expectant mothers evidence-based information and education to support a happy, healthy and active pregnancy.

Mark Dwight MD, an OB/GYN at the PIH Health Women's Center – Wilshire, addresses a few common myths and provides facts to set the record straight:

EATING AND DRINKING

“You’re eating for two, so eat as much as you want.”

This guidance is misleading because pregnant women should only consume about 300 more calories than their normal intake.

“Don’t drink caffeine.”

Actually, moderate intake is permitted, but try to limit caffeine to 200 milligrams per day, the equivalent of one 12-ounce cup of coffee.

BEAUTY PRODUCTS

“You shouldn’t color your hair.”


There’s no medical data to suggest that hair dye causes any problems. As a precaution, you can avoid chemical hair treatments during the first trimester of pregnancy, when the fetus is changing most rapidly.

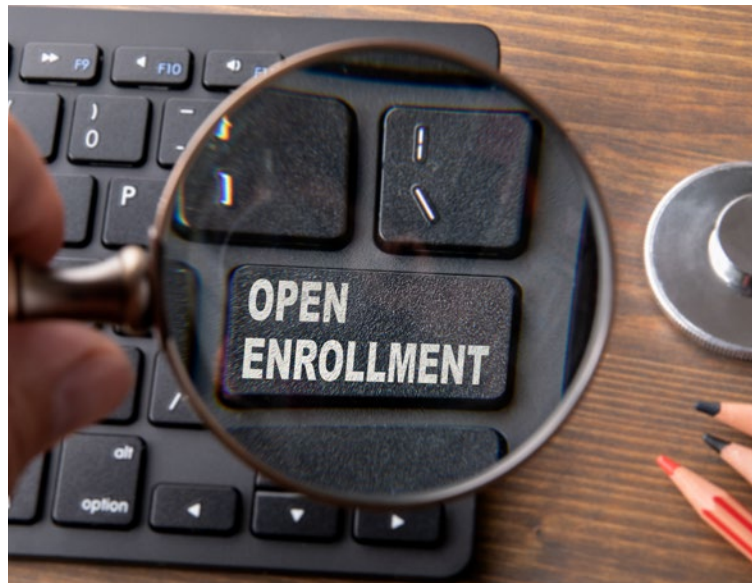
PETS AND ANIMALS

“You need to give up your cat.”

You don’t have to give up your cat if you get pregnant, but you should avoid cat feces, which can transmit an infection called toxoplasmosis. Our suggestion: have someone else clean the litter box. You should also avoid contact with pet rodents such as hamsters, guinea pigs and mice, as well as reptiles like lizards and snakes.

“Our expectant patients hear so much contradictory advice that some are afraid to do almost anything,” said Dr. Dwight. “We encourage expectant mothers to enjoy this time in their lives and take unsolicited advice with a grain of salt by checking it with a doctor or another reputable source.”

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



IT'S TIME FOR COMMERCIAL OPEN ENROLLMENT

If you get health insurance through your employer, you're approaching an important time of the year. Most employer groups have their annual "open enrollment" during fall, when you can make changes to your insurance options. It's a great chance to review and update your healthcare coverage, especially if your needs have changed.

"It's very important to choose the right primary care physician and medical group, so you have access to the best hospitals and physicians," said Brian Smolskis, system chief operations officer for PIH Health. "I strongly encourage individuals to choose PIH Health Physicians, where you can receive compassionate, high-quality care from an expert medical team with the convenience of accessing PIH Health hospitals in Downey, Los Angeles and Whittier, if necessary."

For more information about your insurance options or for a list of PIH Health doctors, call **888.365.4450** or visit PIHHealth.org/Find-a-Doctor.

MAMMOGRAMS AND COVID-19 VACCINATIONS

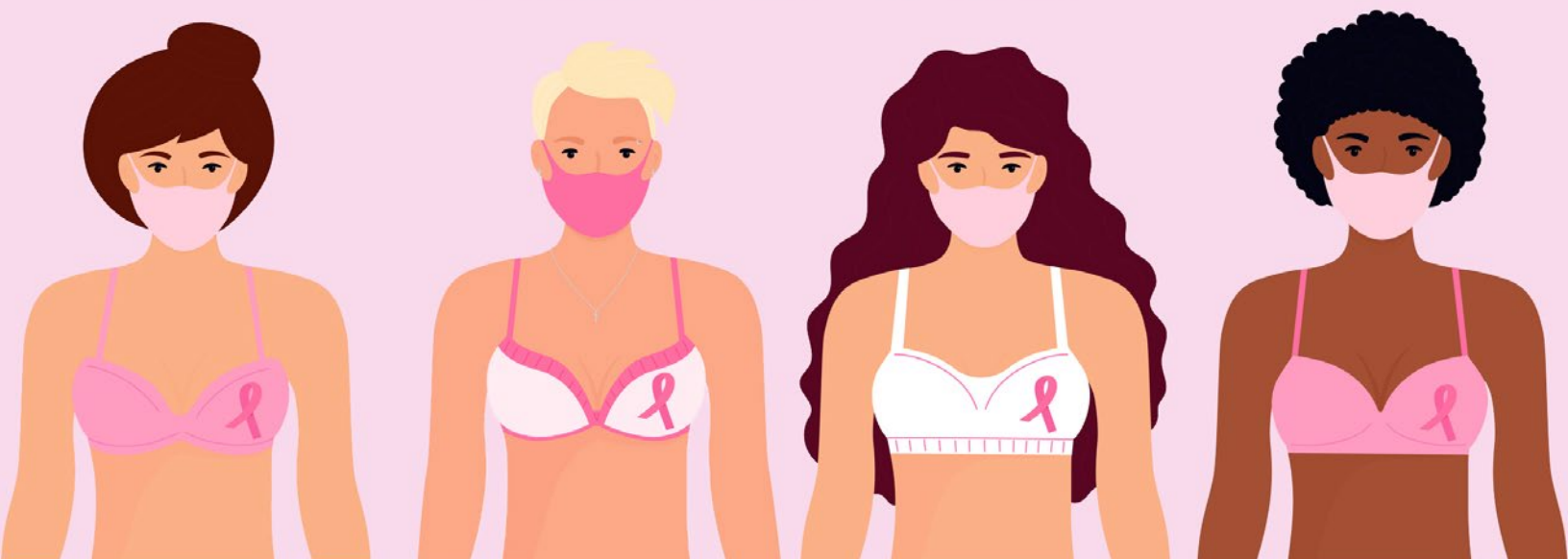
Both Are Important—Don't Delay Either

If you follow women's health news, you may have heard about the connection between the COVID-19 vaccine and false-positive mammograms.

Doctors have noticed that the Pfizer and Moderna COVID-19 vaccines can cause swollen lymph nodes under the arm in which the shot was given. These benign lymph node enlargements will show up on a mammogram, which may cause unnecessary worry. For this reason, some healthcare providers suggest that women either get their mammograms before the vaccine or postpone their mammograms until four to six weeks after receiving the vaccine—enough time for the lymph nodes to go back to their normal size.

CANCER
is not
quarantined

CHECK YOUR BREASTS



However, with more data and experience, PIH Health and many other healthcare providers no longer advocate any delay in screening mammography. We recommend that mammograms continue as scheduled—women’s breast health is too important.

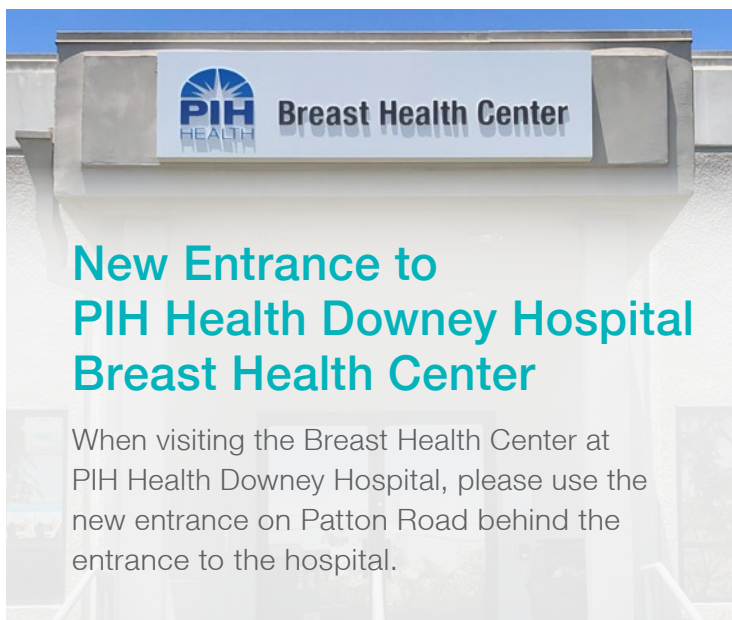
“Reactive or swollen lymph nodes in the area after any vaccine are to be expected,” explains James Kuo MD, radiologist at PIH Health. “Lymph nodes are part of the body’s natural immune system, and swelling is a sign that the body is responding to the vaccine and building up defenses against COVID-19.”

In the vast majority of cases, with proper vaccination information, PIH Health radiologists can correctly attribute the swollen lymph nodes to the vaccination without further workup. “We believe this approach will prevent delays in both screening mammography and COVID-19 vaccination, dispel confusion, and provide patients with the best care possible,” says Dr. Kuo.

Bottom line: Don’t delay your mammogram on account of potential swollen lymph nodes and don’t delay vaccination either—both are important to your health.



To schedule a mammogram, call **562.906.5692** or visit **PIHHealth.org/Mammogram**.



ASK THE EXPERT

Teresa K. Leung DO

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Q. Why are prevention and early detection for cervical cancer important?

A. Cervical cancer is one of the most preventable and treatable forms of cancer in women—which is why vaccinations and regular screenings are important. This type of cancer can remain undetected for years and can grow into a large mass within months.

Cervical cancer develops when cells on the cervix become abnormal, then change and become cancerous. A common virus called human papillomavirus (HPV) is largely responsible for causing cells to change.

Cervical cancer can be prevented through early detection and treatment. Screening is done with a Pap test, and if a test result comes back as abnormal, your doctor may test for HPV—or in some cases, perform both tests together.

To find a doctor, visit **PIHHealth.org/Find-a-Doctor**.

PIH HEALTH BEGINS REMOTE PATIENT MONITORING INITIATIVE

Technology provides new option for patients with chronic conditions

Technology continues to play an integral role in healthcare. Throughout the COVID-19 pandemic, physicians and patients became accustomed to telemedicine visits, using their phone, tablet or computer to communicate with each other. PIH Health also introduced another technology known as Remote Patient Monitoring to collect and analyze patients' physiological data directly from their homes.



PIH Health's Remote Patient Monitoring program allows patients with chronic conditions such as Chronic Obstructive Pulmonary Disease (COPD), Congestive Heart Failure (CHF) and Diabetes to reduce physician office and Emergency Department visits as well as hospitalizations.

Remote Patient Monitoring gathers vital signs such as weight, blood pressure and blood oxygen saturation levels using simple devices that are already familiar, such as weight scales, blood pressure cuffs and pulse oximeters. These devices are connected via Bluetooth to a tablet that is provided to the patient when they enroll in the program. The patient's vitals are then transmitted to PIH Health to monitor. Through monitoring, PIH Health can ensure patients receive the care they need, when they need it.

The device also provides medication reminders to track medication usage, which leads to better outcomes. "The medication reminders really helped me stay on track," said Patricia Vejar (age 74) of Hacienda Heights, one of the program's first patients. "If you forget to take your medication the device will alert you. It's very helpful." When asked what advice she would give others, Ms. Vejar is quick to say, "Learn how it works before you say that you can't do it. You CAN do it. You just need to try."



For more information on PIH Health's Remote Patient Monitoring program contact PIH Health Home Health at 562.902.7757.

TIPS FOR STAYING PHYSICALLY AND MENTALLY HEALTHY WHEN YOU'RE AT HOME



If you've been indoors and isolated due to COVID-19 or other factors, there are a few things you can do to keep mentally and physically fit.

"Even when you're staying inside at home all day, it's good to

have some structure or a schedule," says Randolph Holmes MD, PIH Health family medicine and addiction physician. Tips include:

- Starting your day with stretching and breathing exercises to get your body moving and circulation going
- Reading or working on a puzzle to keep your mind engaged
- Staying in touch with loved ones through video or phone calls
- Writing letters to friends or keeping a journal
- Eating healthy and staying hydrated with water
- Getting enough sleep

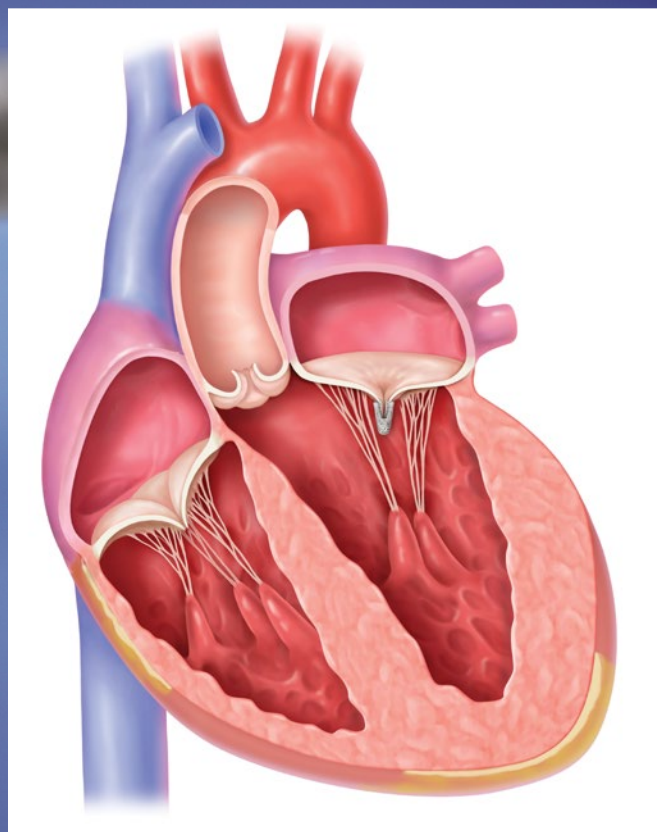
Talk with your doctor about any concerns about being confined to home, and remember that there are resources for help, especially for senior citizens.

For more information about community resources, please visit PIHHealth.org/SeniorHealth.

GAME-CHANGING TECHNOLOGY FOR HEART PATIENTS

Transcatheter Clip Provides Nonsurgical Repair of Heart Valve

Mitral regurgitation is the most common type of heart valve insufficiency, affecting nearly one in 10 people who are 75 years and older—approximately four million people in the United States. Left untreated, this disorder may lead to congestive heart failure and, eventually, loss of life.



∴ MitraClip technology

Surgically repairing or completely replacing the faulty mitral valve remains a good option for patients who are strong enough to undergo open-heart surgery. However, many elderly patients simply cannot endure a stressful operation.

Older patients with mitral valve regurgitation, many of whom are not candidates for traditional heart surgery, now have an option. The MitraClip®, a small metal clip less than one inch long, can be inserted via a delivery catheter through the groin and into the heart to repair the leak and improve blood flow—all without surgery.

“This is a game-changer for many heart disease patients,” said Steven Burstein MD, medical director of the Cardiac Catheterization Laboratories at PIH Health Good Samaritan Hospital. “The patient can usually go home the next day to resume normal activities. In the majority of cases, patients report immediate relief from their previous symptoms.”

Frank Randall, a 91-year-old Newport Beach resident, recently had the procedure to receive a MitraClip, and he’s quite pleased with the results.

“My experience was very easy—I only spent one night in the hospital and was released the very next day,” he said. “Before the procedure, I had very low energy, which made it hard to do everyday things. But since the procedure, I have a lot more energy, and I’m feeling great.”



For more information, call the Heart and Vascular Center at PIH Health Good Samaritan Hospital at 213.977.2239 or visit PIHHealth.org/HeartCare.



PIH HEALTH RESEARCH INSTITUTE PROVIDING EXPANDED ACCESS TO CLINICAL TRIALS

For more than 21 years, we’ve been able to offer clinical trials to oncology, stroke, and cardiovascular patients as well as some of our tiniest patients in the Neonatal Intensive Care Unit (NICU). Clinical trials allow for potential life-changing treatments not yet available to the public, which is why it’s important to continue to provide access.

With more than 30 clinical trials in progress, the PIH Health Research Institute offers clinical trials in oncology, neurology, endocrinology and cardiology with many more on the horizon, including COVID-19 trials.

“PIH Health is committed to providing patients with access to state-of-the-art technologies and advanced treatment options—many of which are possible through groundbreaking research done in clinical trials,” said Rosalio Lopez MD, senior vice president, chief medical officer and chief strategy officer, PIH Health. “By improving access to clinical trials, patients may be able to receive leading-edge therapies that may not be available elsewhere.”

Learn more at PIHHealth.org/ClinicalTrials.



The Cervantes family is committed to staying active as part of maintaining a healthy lifestyle.

COMBATING A HISTORY OF CHRONIC ILLNESS

How One Family Stays Committed to a Healthy Lifestyle

Making healthy lifestyle changes can benefit everyone, but people with a family history of chronic diseases may have the most to gain. Even though you can't change your genes, a healthy lifestyle can positively impact your health.

The Cervantes family knows this well, which is why Sylvia, Santiago and their two children have taken active steps to live a healthier life.

"Diabetes and high blood pressure run on my side of the family," said Sylvia. "And on Santiago's side there is a history of colon cancer, breast cancer, kidney failure and heart disease. In fact, his father passed away from heart disease at the age of 55."

Healthy eating is a big focus. Sylvia does most of the cooking and resists going out to eat more than twice a month. She shops for healthier food alternatives, and always keeps fruit in the house for an easy snack. She also incorporates a lot of vegetables in her meal planning and regularly uses her air fryer and oven bakes her food.

Santiago is a police officer, and because of his unpredictable schedule, he often ate on the go, which led to weight issues. Today, Sylvia packs healthy lunches and snacks for him so he won't be tempted by fast food.

The Cervantes family is also committed to staying active. To cut down on her kids' electronics time, Sylvia enrolled them in Jujitsu and mixed martial arts classes.

Her tip for maintaining a healthy family lifestyle? "Focus on gradual but consistent effort," she said. "Start with small changes but make them a part of your life."



Speak to your doctor if you are looking for additional tips on changing your lifestyle. To find a PIH Health Family Medicine doctor, visit [PIHHealth.org/Find-a-Doctor](https://www.pihhealth.org/Find-a-Doctor).



Today, Andrew enjoys eating vegetables and pays close attention to portion control.

“NO MORE FAST FOOD FOR ME”

Twelve-Year-Old Makes Bold Choice to Lose Weight and Live a Healthier Life

In mid-2020, when 12-year-old Andrew looked in the mirror, he didn't like what he saw. At 5'2" and 147 pounds, he was overweight, afraid of hitting 150 pounds. Andrew decided to make a bold lifestyle change, starting immediately.

That same day, when his parents offered to take him to McDonald's, he chose to eat at home. That kicked off a series of healthy changes that Andrew continues to follow today.

Andrew stopped eating meat and started getting active. He traded potato chips for homemade apple chips. He pays close attention to portion control, and knows how to treat himself occasionally within limits.

He stays active by playing tennis and golf (without a cart) with his family, going fishing, hiking, and doing one-mile runs around his neighborhood.

“Not only have I lost weight, I've gained more energy,” said Andrew. “When playing tennis, I can make cross-court shots, which I couldn't do before, and I like how I look and feel.”



Today, Andrew is down 14 pounds, as he continues to grow in height—he's becoming leaner and more muscular as he gets taller. He attributes his healthier lifestyle to his doctor, Shalini Bhargava MD, a pediatrician at PIH Health La Mirada medical office building. Andrew and his brother continue to receive care from Dr. Bhargava, even after they moved further away from the office.

“After Andrew began gaining weight in elementary school, we would often talk about the importance of maintaining a healthy weight,” said Dr. Bhargava. “It's very difficult to make healthy lifestyle choices—and stick to them. I'm proud of Andrew and his commitment. The changes he has made will benefit him greatly throughout his life.”



For more information about the PIH Health Pediatrics department, visit PIHHealth.org/Peds.

SPIRITUAL CARE LENDS STRENGTH TO PATIENTS AND CAREGIVERS

Care of the human spirit is critical to health—not only for patients who come to PIH Health for treatment, but also for the frontline physicians, nurses and staff working tirelessly to deliver it.



Joyce Fitzgerald and Annette Atwood in front of the James P. Fitzgerald Spiritual Care Services chaplain office at PIH Health Whittier Hospital.

This fact was brought into sharp focus during the pandemic's global healthcare crisis, which prompted unprecedented feelings of fear, sadness and isolation. Patients, their families, visitors, our communities, and healthcare workers all felt it.

Thankfully, we have the PIH Health James P. Fitzgerald MD Spiritual Care Program—a compassionate team of chaplains who provide spiritual and emotional support, a calming presence, prayer, and a voice of encouragement, hope and peace.

"We are fortunate to have a program that concerns itself for the whole health of a person," said Richard and Annette Atwood, whose family made the lead donation to name the Spiritual Care Services program in honor of their friend, Dr. Fitzgerald, in 2015.

Shortly after, PIH Health implemented the Certified Pastoral Education (CPE) program, an interfaith, professional education process that helps chaplain interns deepen their competency as spiritual caregivers and, in a supervised setting, engage with patients, families and staff.

"It's a beautiful example of PIH Health's 'patients first' philosophy—not just taking care of each patient's physical needs, but their spiritual needs, too," explained the Atwoods.

"We've been involved with the Spiritual Care and CPE programs from the beginning," added Richard. "We are committed to continue our work with the PIH Health Foundation to ensure these programs become fully endowed, further securing our ability to provide these critical services across our communities for years to come."

While this work is always important, it was especially vital during the height of the COVID-19 pandemic.

"During the pandemic, when family members weren't allowed to visit their loved ones in the hospital, our chaplain interns spent hundreds of hours on the phone comforting family members distressed by the separation," said Reverend Kraig Beardemphl, manager of Clinical Pastoral Education at PIH Health Whittier Hospital. "Our team also provided compassionate support to hospital staff members, who were dealing with their own emotions, while enduring months of incredibly stressful frontline work."



PIH Health Whittier Hospital Chapel

"We try to live in a way that reflects Christ," said Annette. "So, stewarding what we have been given to support programs like Spiritual Care and CPE are important to us because they care for everyone regardless of faith. This is why our family is invested in seeing this program flourish."



To learn how you can help support PIH Health James P. Fitzgerald MD Spiritual Care Services call, 562.698.0811 Ext. 81520 or email PIHHealth.Foundation@PIHHealth.org, or go to PIHHealth.org/Support.

FIGHTING COVID-19 TOGETHER

Healthcare Workers and the Community Band Together Against the Pandemic

If there's one silver lining in a year marred by a global pandemic, it's this: healthcare organizations like PIH Health have demonstrated commitment and compassion for the community, and the community in return has supported us.

Anita Sinha MD, PIH Health pediatrician, and Los Angeles County Public Health Director Barbara Ferrer at a COVID-19 vaccine point of dispensing site.



PIH Health nursing staff alongside school district nurses administered over 850 COVID-19 vaccines to teachers and staff from surrounding neighborhood school districts at PIH Health Whittier Hospital's first drive through clinic.

Last winter, COVID-19 dramatically impacted PIH Health, with COVID-19 patient hospitalizations peaking at 552 patients on a single day, across our three hospitals. Our staff worked tirelessly to care for these patients.

Today, PIH Health's commitment continues. We support all efforts to ensure our community is vaccinated. In fact, when COVID-19 vaccinations first became available, many former PIH Health nurses came out of retirement to help vaccinate healthcare workers and local school employees.

PIH Health physicians like Pediatrician Anita Sinha MD, were among the first to volunteer at community vaccination sites. For her, the experience was emotional and hopeful for better times to come.

“Pure joy is the only way to describe the experience,” said Dr. Sinha of her first time volunteering at the COVID-19 vaccine dispensing site in Downey in February 2021. “The day ended with thousands of vaccine doses being given to our most vulnerable community members and that felt amazing.”

Dr. Sinha and other care providers continue to support the community—serving in some of PIH Health's more than 55 vaccination dispensing clinics to date and volunteering in the community.

“I continue to encourage my patients and their families to get vaccinated, and provide reassurance about vaccine safety,” said Dr. Sinha. “We want to protect as many people as possible.”

In response to our efforts, PIH Health continues to benefit from the support of our communities, in the form of hospital volunteers, donations of funds and supplies, letters of support, prayers and more. We could not do it without you!



To view our 2020 Community Benefit Annual Report and see all of the ways PIH Health cares for the community, visit PIHHealth.org/CommunityBenefit.



COVID-19 VACCINES AVAILABLE NOW

Being vaccinated against the virus that causes COVID-19 is the only way to help end the pandemic. As of early August 2021, more than 191 million Americans have received at least one dose of the vaccine against the virus that causes COVID-19. According to the Centers for Disease Control and Prevention, vaccinations teach our immune systems to recognize and fight the virus that causes COVID-19. Scientists are still learning about how well vaccines prevent spreading the virus, and early data shows that they help.

If you have not received your COVID-19 vaccine, PIH Health encourages you to visit MyTurn.CA.gov to make an appointment at a clinic near you.

Please talk to your doctor if you have further questions. For more information, please visit PIHHealth.org/Vaccine.

DOWN 200 POUNDS IN 12 MONTHS

Gastric Bypass Helped One Man Go from Morbidly Obese to Energetically Strong

Few people have a more dramatic weight loss story than Andrew, a 50-year-old business owner, husband and father of two.



Andrew and his wife, Carol, after his bariatric surgery.

At his heaviest, Andrew weighed 480 pounds—considered morbidly obese. But after nearly dying in 2016 from septic shock while vacationing and spending three weeks in a coma, Andrew made some radical changes that ultimately put him on the path of health.

During his recovery, he connected with the experts at PIH Health. Andrew learned that his obesity was a primary factor in several of his health problems, including high blood pressure, sleep apnea, pre-diabetes, high cholesterol, elephantitis (abnormal swelling of tissues in the lower body), arthritis, back pain, difficulty walking and more.

In 2019, Andrew connected with PIH Health Bariatric Surgeon Justin Braverman MD and decided to have gastric bypass surgery.

Andrew was put on a strict regimen that helped him lose the first 74 pounds within six weeks. After his surgery in October 2019, Andrew started dropping even more weight and he developed a passion for working out.

“I was really fired up,” he said. “I started going to a local gym, but then the pandemic hit. I converted my garage to a gym and started working out every day. I went from a size 65 suit down to where I am today with a 32-inch waist—and I have more energy than ever.”

Andrew’s weight loss journey has been remarkable.

“Eighteen months after surgery, Andrew had lost 201 pounds, which is 89 percent of his excess weight,” said Dr. Braverman. “He went from 411 pounds at the time of surgery to 210 today. His BMI is now under 30 and he’s no longer obese. Best yet, he no longer has hypertension, sleep apnea, pre-diabetes or any of his other previous conditions. He’s an excellent example of surgery and diligence paying off.”



To learn more, visit
PIHHealth.org/Bariatrics
or call **562.789.5444**.



Grace Jae MD

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Q. How can I eat healthy while on the go?

A. Preparation is key. Have healthy snacks in your refrigerator such as fruits or vegetables like an apple or baby carrots to satisfy your hunger and keep you from reaching for empty calories. Low-sugar yogurt, dried fruits and raw seeds and nuts are healthy options, too.

It is also helpful to plan ahead if you will be away from your home and take healthy snacks with you. If you forget your snacks, make a mental list of healthy options you may be able to purchase while out.

When purchasing food and snacks, it is important to review food labels carefully. Watch sugar, fat and sodium levels to make sure you’re not exceeding daily recommendations.

For more information on how to achieve your health goals, talk to your doctor. To find a doctor, visit **PIHHealth.org/Find-a-Doctor**.

SUSPECT A STROKE? EVERY MINUTE MATTERS

Prompt Response by PIH Health Helps Whittier Woman Enjoy a Full Recovery

One morning, when 89-year-old Teresa Wroblewski was pouring herself a cup of coffee, she suddenly felt like she might faint. Her daughter, a registered nurse, helped her back to bed, but realized she was having trouble forming words. Teresa's blood pressure was also higher than normal. The symptoms disappeared but returned a few minutes later.



PIH Health patient Teresa Wroblewski.



Teresa's daughter suspected her mom may have had a stroke—in which case, every moment matters. She quickly called 911, and Teresa was brought to PIH Health Whittier Hospital for evaluation.

While at the hospital, Teresa's symptoms became more apparent—this time with facial drooping on the right side, inability to form words, and tingling and numbness in her right fingers and toes.





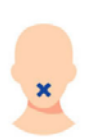

“After discussions with the family, we decided to administer tissue plasminogen activator (tPA), a medicine that works to dissolve blood clots,” said Adrian Burgos MD, PIH Health neurologist. “This therapy works best when delivered within three hours of stroke symptoms, so it’s always important to take signs of stroke very seriously and to act quickly.”

Thanks to excellent care from her medical team, Teresa's outcome was phenomenal. She stayed in the hospital for three days before returning home. Today, she has no lingering effects from her stroke and is back to volunteering on Tuesdays at PIH Health.

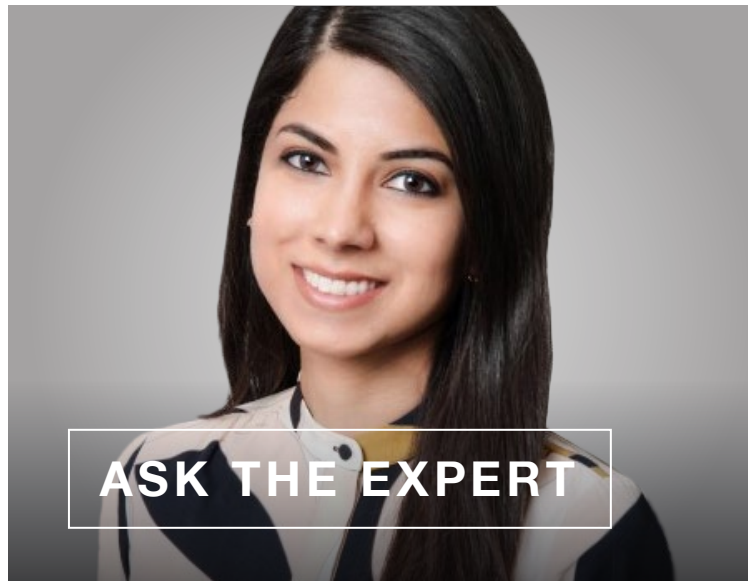
Time is critical for anyone having a stroke. You can recognize a stroke by thinking “BE FAST.”

THE SIGNS OF A STROKE

B E F A S T

BALANCE	EYES	FACE	ARM	SPEECH	TIME
					
LOSS OF BALANCE	LOST VISION	FACE DROOPING	ARM WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL AN AMBULANCE

i For more information on stroke care at PIH Health, visit PIHHealth.org/Stroke.



ASK THE EXPERT

Mehwish Kahn MD

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Q. Why should I get the flu shot this year?

A. Due to the ongoing COVID-19 pandemic, getting a flu vaccine is more important than ever. Flu vaccines will not prevent COVID-19, but they will help your body build up immunity and make it less likely you'll get the flu. Avoiding the flu will keep you healthier and your immune system stronger to fight off other illnesses like COVID-19.

The Centers for Disease Control and Prevention recommends flu shots for everyone six months of age or older, especially for certain people with elevated risks of flu complications including young children, older adults and pregnant women.

You can get your flu shot from your primary care physician's office or one of the PIH Health pharmacies. For hours and addresses, visit PIHHealth.org/Pharmacy.

TOTAL KNEE REPLACEMENT— AND HOME THE SAME DAY

Orthopedic Surgery Rapid Recovery Program Offers Same-Day Discharge for Smoother Recovery

Nothing can stop an active lifestyle like severe knee pain. Just ask Marjorie, a 60-year-old Yorba Linda resident whose knee pain had grown progressively worse in recent years.



Orthopedic surgery Rapid Recovery Program patient, Marjorie, is happy to resume spending quality time with her granddaughter, Emory.

As a nurse, working long shifts on her feet for more than 40 years only compounded Marjorie's knee problem. Her cartilage had deteriorated to where there was no padding left between her knee joint.

“I would come home after working 12-hour shifts and have a lot of pain the next day,” she said. “When I walked, I could hear the joint grinding, and it was quite uncomfortable.”

Marjorie originally tried other things to remedy the pain. She had periodic cortisone shots, but they would only work for so long. She even had arthroscopic knee surgery two years ago, but the pain eventually came back and finally became unbearable.

Marjorie connected with Andrew Luu MD, a PIH Health orthopedic and sports medicine surgeon who specializes in the Rapid Recovery Program, which offers same-day discharge after surgery. Marjorie eventually had her knee replacement surgery in November 2020.

“After my early morning surgery and transition to a recovery room, I was literally up and walking about 50 feet within the first hour. I was shocked that I could walk so far that soon after surgery, and I was home by 4 pm, which helped me recover where I'm most comfortable.”

Dr. Luu said, “Marjorie was a great candidate for our Rapid Recovery Program. Studies have shown that patients discharged home early have quicker recovery and healing, and she is proof of that.”

Today, Marjorie feels great and is back to living an active lifestyle.



Learn more about Orthopedic Surgery Rapid Recovery Program at PIHHealth.org/Ortho, or talk to your doctor to see if same-day discharge is right for you.



ANNOUNCING A CONTACTLESS WAY TO GET YOUR IMAGES

SCANS NOW AVAILABLE DIGITALLY FOR YOUR CONVENIENCE

The PIH Health Radiology department has teamed up with Purview, a software company, to offer our patients digital access to their scans and images. Patients can securely download, view and share their images from a computer, at any time.

Patients no longer need to visit PIH Health Downey or Whittier Hospitals (program to launch at PIH Health Good Samaritan Hospital in early 2022) to pick-up their images on CDs, although this option is still available. They can simply request a digital copy of their scans at their next appointment or call to request digital access to prior scans. Patients will be directed to the Purview portal to download their images for a minimal cost.

To learn more or for more information, visit PIHHealth.org/Radiology or call 562.698.0811 Ext. 11126.

Nacho Avila before and after surviving COVID-19



SURVIVING COVID-19 AND A VENTILATOR

Since the start of the pandemic in early 2020, COVID-19 has claimed the lives of more than 4 million people across nearly 200 countries, including tens of thousands in Southern California.

Ignacio “Nacho” Avila, a 47-year-old Whittier resident, was among those affected. He was also one of the more than 98 percent of those impacted by the virus who, despite a harrowing experience, survived.

In July 2020, Nacho lost consciousness during a nap. When his family couldn’t wake him, they called 911 and Nacho was rushed to PIH Health Whittier Hospital where he tested positive for COVID-19 and was immediately admitted to the Critical Care Unit.

For the next four weeks, Nacho was in a coma and on a ventilator, a machine that forced oxygen-rich air into his fluid-filled lungs. This was distressing for his family, since about half of coronavirus patients on ventilators die.

Due to Nacho’s weight (about 515 pounds at the time) and prolonged time in bed, he developed a large and serious bed sore that wouldn’t heal. COVID-19 patients often get blood clotting problems that decrease blood flow and hinder healing.

Fortunately, Nacho came out of his coma and was released from Critical Care, but he was paralyzed on the left side of his body.

He spent the next three months in the Acute Rehabilitation Center, where physical therapy, occupational therapy and wound care teams worked with him every day. He also lost 120 pounds.

“Considering Nacho’s multiple factors, he is very lucky to be alive,” said Ali Hafezi MD. “Many people wouldn’t have survived, let alone walk again. Nacho’s survival is phenomenal.”

Nacho went home just before Christmas and PIH Health Home Health Services continued his therapy at home.

While Nacho is still working toward a full recovery, he can walk about 60 yards and looks forward to the day when he can resume work at his family’s restaurant in Uptown Whittier.



For more information on PIH Health physical therapy or our three locations, visit PIHHealth.org/PT.

CALENDAR

Visit us online at PIHHealth.org/Calendar or call **562.698.0811** and the extension noted below for more information.

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

Contact WeightLossSurgery@PIHHealth.org or call **Ext. 12918**

Bereavement Support Groups

Healing After Loss

Eight-week sessions. Ongoing, currently virtual. Email Audrey.Centeno@PIHHealth.org

Living with Loss

Six-week sessions. Ongoing, registration required. Call **Ext. 12500**

Breast and Women's Cancers

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

Journey Through Cancer

Second Thursday of every month, 11 am - 12:30 pm. PIH Health Whittier Hospital, Conference Room C, call **Ext. 12570**

Metastatic Cancer Connect

Third Thursday of every month. Virtual meeting, call **Ext. 18317**

Mended Hearts

For heart surgery patients and their families. Third Wednesday of the month, 6 pm. Virtual meeting, call **Ext. 12638**

Stroke Support Group

Second Tuesday of every month, 1 - 2 pm. Virtual meeting, email Stroke@PIHHealth.org or call **Ext. 13727**

CANCER TOPICS

Cancer Survivorship Workshop

"Overcoming the Fear of Recurrence"

Saturday, March 19, 2022 from 10 am - 12 noon at PIH Health Whittier Hospital Auditorium, call **Ext. 12896** to RSVP

Mind, Body and Spirit Workshop

October 7, 14, 21, 28 at 6 pm at PIH Health Whittier Hospital Lower Level Conference Room, call **Ext. 12896** to RSVP

Oncology Resource Center and Wig Bank

Call **Ext. 12820** to make an in-person appointment

SPECIAL TOPICS

Advance Care Planning

First Wednesday of every month, 5 - 6:30 pm. Call **Ext. 13337** or SSAmbulatory@PIHHealth.org

Smoking Cessation Program

Call **Ext. 12549** to register

SHARE YOUR EXPERIENCE YOUR FEEDBACK IS VALUABLE

At PIH Health, it's 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 about your experience. We know you are busy, but please let us know how we are doing by providing your valuable feedback.

LIST OF PIH HEALTH SERVICES AND LOCATIONS

11500 BROOKSHIRE AVE., DOWNEY, CA 90241

PIH Health Downey Hospital 562.904.5000

1225 WILSHIRE BLVD., LOS ANGELES, CA 90017

PIH Health Good Samaritan Hospital 213.977.2121

12401 WASHINGTON BLVD., WHITTIER, CA 90602

PIH Health Whittier Hospital 562.698.0811

Optical Shop 562.967.2885

351 E. FOOTHILL BLVD., ARCADIA, CA 91006

Home Health 626.358.3061

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

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

10601 WALKER ST., SUITE 100, CYPRESS, CA 90630

Cardiology 714.656.2140

11411 BROOKSHIRE AVE., DOWNEY, CA 90241

Family Medicine Residency, Suite 207 562.904.4411

Women's Center, Suite 302 562.904.5151

11420 BROOKSHIRE AVE., DOWNEY, CA 90241

Rehabilitation and Wellness Center 562.904.5414

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

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

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

121 W. WHITTIER BLVD., LA HABRA, CA 90631

Eye Care Center, Suite 100 562.694.2500

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

5750 DOWNEY AVE., SUITE 205, LAKEWOOD, CA 90712

Family Medicine 562.597.4181

Pediatrics 562.597.4181

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

15050 IMPERIAL HWY., LA MIRADA, CA 90638

Home Healthcare 562.902.7757

Hospice 562.947.3668

Palliative Care 562.902.7757

15082 IMPERIAL HWY., LA MIRADA, CA 90638

Chiropractic 562.789.5484

Podiatry 562.967.2805

15088 IMPERIAL HWY., LA MIRADA, CA 90638

Physical and Occupational Therapy 562.906.5560

Speech Therapy 562.906.5560

43723 20TH ST. WEST, LANCASTER, CA 93534

Cardiology 661.674.4222

3851 KATELLA AVE., SUITE 155, LOS ALAMITOS, CA 90720

Chiropractic 562.344.1350

Internal Medicine 562.344.1350

Pediatrics 562.344.1350

1245 WILSHIRE BLVD., LOS ANGELES, CA 90017

Ambulatory Surgery Center, Suite 200 213.977.2169

Cardiology, Suite 703 213.977.0419

Cardiology Testing, Suite 711 213.977.0419

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 101 213.977.2360
Women's Center, Suite 690 213.977.4190

1414 S. GRAND AVE., SUITE 400, LOS ANGELES, CA 90015

Women's Center 213.747.4391

2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640

Family Medicine 323.728.0321

Otolaryngology (ENT) 562.789.5456

Urgent Care Center 562.967.2780

41210 11TH ST. WEST, SUITE G, PALMDALE, CA 93551

Cardiology 661.274.1777

**399 E. HIGHLAND AVE., SUITE 424,
SAN BERNARDINO, CA 92404**

Cardiology 909.883.5315

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

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

685 N. 13TH AVE., SUITE 9, UPLAND, CA 91786

Cardiology 909.949.3977

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 102 562.698.0811 Ext. 18191

Outpatient GI Center, 4th Floor 562.698.0811 Ext. 18450

Radiology/Interventional Radiology Clinic,
Suite 302 562.906.5572 Opt. 4

Wound Healing Center, Suite 100 562.789.5462

12393 WASHINGTON BLVD., WHITTIER, CA 90606

Patricia L. Scheiffly Breast Health Center 562.906.5692

Ruby L. Golleher Oncology Center 562.696.5964

12415 WASHINGTON BLVD., WHITTIER, CA 90602

Same Day Surgery 562.696.3887

12462 PUTNAM ST., WHITTIER, CA 90602

Audiology, Suite 500 562.789.5456

Cardiology, Suite 203 562.789.5430

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

Pain Management, Suite 402 562.798.5466

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

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

12522 E. LAMBERT RD., WHITTIER, CA 90606

Family Medicine 562.789.5420

Internal Medicine 562.789.5420

Palliative Care 562.967.2273

14350 WHITTIER BLVD., SUITE 100, WHITTIER, CA 90605

Urology 562.907.7600

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

15733 E. WHITTIER BLVD., WHITTIER, CA 90603

Urgent Care Center 562.947.7754



12401 Washington Blvd.
Whittier, CA 90602
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PIH Health Urgent Care Center Locations

Open every day, 10 am to 8 pm, including holidays. No appointment necessary.

Urgent Care Center Downey

12214 Lakewood Blvd.
Downey, CA 90242
562.904.4430

Urgent Care Center Hacienda Heights

1850 S. Azusa Ave., Suite 88
Hacienda Heights, CA 91745
626.225.4900

Urgent Care Center La Habra

1400 S. Harbor Blvd.
La Habra, CA 90631
562.789.5950

Urgent Care Center Montebello

2205 W. Beverly Blvd.
Montebello, CA 90640
562.967.2780

Urgent Care Center Santa Fe Springs

12400 Bloomfield Ave.
Santa Fe Springs, CA 90670
562.967.2830

Urgent Care Center Whittier

15733 Whittier Blvd.
Whittier, CA 90603
562.947.7754

Los Angeles locations coming soon!

Visit urgent care for minor injuries and illnesses.
Check wait time or learn more at [PIHHealth.org/UCC](https://www.PIHHealth.org/UCC).