

healthy living

FROM YOUR FRIENDS AT PIH HEALTH

SPRING/SUMMER 2024

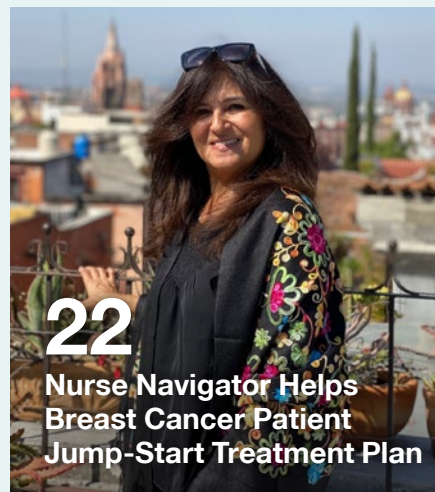
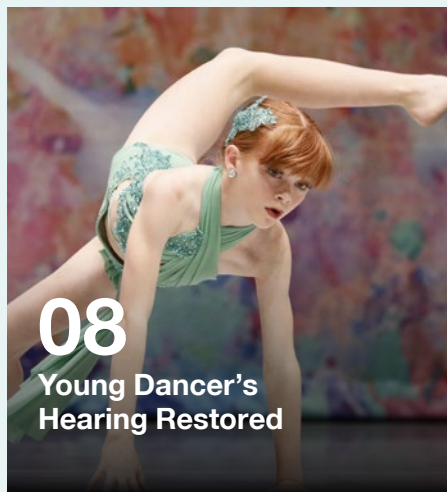


..... **Patient Survives Mitral Valve Rupture and Cardiogenic Shock**

..... **Young Dancer's Hearing Restored**

..... **Nurse Navigator Helps Breast Cancer Patient Jump-Start Treatment Plan**

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Healthy Living Online Blog and Healthy Living Online Newsletter

Have you visited our Healthy Living Online Blog? Are you subscribed to our Healthy Living Online Newsletter? Don't miss out on the latest medical news and health updates from our Healthy Living Online Blog! From information on which annual appointments to make, to articles on signs of strokes or ways to reduce bloating, our Healthy Living Online Blog has you covered!



i Visit PIHHealth.org/Blog to read up on a variety of health-related topics and don't forget to subscribe to our Healthy Living Online Newsletter at PIHHealth.org/HLNews to stay current on ways to keep you and your family healthy!

EVERY MOMENT COUNTS

Prompt Response by PIH Health Helps Stroke Patient Make a Full Recovery

After trimming roses in her garden, 83-year-old Irma Robles felt weak in her knees and collapsed in her hallway. Her daughter, who works from home, witnessed the incident and came to her mother's aid.

Irma said, "I remember my daughter asking me if I was okay, but my words were slurred."

Irma's daughter knew immediately that it was a stroke and that time was critical. She called 911, and within minutes, Irma was rushed to PIH Health Whittier Hospital's Emergency Department (ED) for evaluation.



PIH Health patient Irma Robles

In the ED, Mark Farag MD, PIH Health neurologist and Irma's treating physician, confirmed an acute ischemic stroke. She was given tenecteplase (TNK), a blood thinning medication, to dissolve the clot.

"Irma was a perfect candidate for TNK—she arrived within four hours of the stroke and we suspected where the clot had formed," says Dr. Farag. "Within 24 hours of administering TNK, Irma gained back all her brain function and was able to make a complete recovery."

Thanks to excellent care at PIH Health Whittier Hospital, Irma's outcome was phenomenal. She returned home after a week in the hospital. Today, she is back tending her garden with no lingering effects from her stroke—the best possible outcome.

No doubt, the secret to Irma's survival and full recovery was her daughter's quick action. You can learn to recognize a stroke using the simple phrase **"BE FAST"**:

Balance:

Is there loss of balance?

Eyes:

Has the person lost vision?

Face drooping:

Ask the person to smile—is it uneven?

Arm weakness:

Is one arm weak or numb?

Speech difficulty:

Is the person difficult to understand?

Time to call 911:

If anyone shows any of these symptoms, call 911 right away.



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

TRIPLE THE JOY

PIH Health Helps Couple with High-Risk Pregnancy Deliver Triplets

Being pregnant with triplets is already considered a high-risk situation, but the limited prenatal care available in Guam left Lucy and Francine “Kai” Gamboa even more concerned about the safe birth of their babies.

The couple always wanted a large family, and with two children already, Lucy and Kai knew they wanted another baby. After having intrauterine insemination (IUI) in August 2022, Lucy and Kai were overjoyed when they learned that they had conceived triplets.

“We could hardly believe we were hearing three heartbeats at our first ultrasound,” said Lucy. “Becoming a family of seven sounded just perfect to us; but we knew we would need advanced medical care for our high-risk pregnancy.”



PIH Health NICU patients Kaileah, Kaiyle, and Kaiveah Gamboa

Mark Dwight MD, OB/GYN at PIH Health Good Samaritan Hospital, agreed to help the Gamboa's deliver their babies in Los Angeles.

“A high-risk pregnancy can be life-threatening, both to the mother and the babies,” says Dr. Dwight. “We welcomed the Gamboa’s case so that the family would have access to advanced technologies, specialized care and the best possible outcome.”

In January 2023, Lucy and Kai embarked on a 6,000-mile journey from Guam to PIH Health Good Samaritan Hospital in Los Angeles, where their triplets would be born. Due to preeclampsia, a high blood pressure disorder, Lucy was induced at 32 weeks and delivered Kaiyle, Kaiveah, and Kaileah on March 20, 2023 by cesarean section.

The babies were born only one minute apart, each about four pounds with under-developed lungs.

“Not all premature babies end up in the NICU, but those born with low birth weight and breathing difficulties, like the Gamboa triplets, require extra medical attention,” says Rowena Cayabyab MD, PIH Health neonatologist.

The triplets stayed in the hospital's world-class neonatal intensive care unit (NICU) for four weeks while they gained weight and received specialized respiratory support.

By the end of April 2023, the triplets were released from the NICU and the entire family is now happily back home in Guam—thankful for the PIH Health team that helped bring their dream to reality.

i To learn more about pregnancy and birth services at PIH Health, visit PIHHealth.org/WomensHealth



IMPROVED ACCESS FOR PATIENTS

PIH Health is constantly working to improve patient access to health services, making it more convenient and easier for our patients to get the care they need when they need it.

Most recently, we've increased access to primary care and our multispecialty offices through the addition of new physicians, nurse practitioners and physician assistants at all locations across our service area. We have also made upgrades to increase appointment availability, improve call answering times, and offer convenient online scheduling. Additionally, our patient outreach program supports our patients by helping to schedule appointments, lab work, exams, screenings, vaccines, or other preventive and follow-up care.

We've also made significant improvements for more efficient access to our outpatient radiology services, including investments in additional imaging machines in multiple locations and patient flow redesigned to provide a better and smoother experience for our patients.

For more information, call our Customer Care Center at **888.365.4450**

IN THE NICK OF TIME

PIH Health Helps One Woman Survive Mitral Valve Rupture and Cardiogenic Shock

About 3% of the U.S. population has mitral valve prolapse (MVP), a condition where the heart's mitral valve is abnormal. This results in backward leakage of blood called mitral regurgitation.



PIH Health patient Colleen Kellick



Colleen is grateful for the quick response of the care teams at PIH Health.

At 67 years old, Colleen Kellick was one of those people. She was diagnosed with MVP in her 20s, but was never put on medication. As she got older, she was always aware of her condition, yet to her, it all seemed normal.

Everything changed when she saw her primary care physician Pinal Doshi MD at PIH Health Cerritos Medical Office Building in November 2022 and he advised her to have an echocardiogram at PIH Health Downey Hospital, which she did the following month.

“Later that night, my heart was racing and my pulse was extremely high,” said Colleen. “My Fitbit showed 129 heartbeats per minute—I knew something was way off. I called my doctor, and he told me to go to the emergency department immediately.”

That advice was extremely wise.

“Colleen was in atrial fibrillation with low oxygen levels and fluid in her lungs,” said Katrine Zhiroff MD, PIH Health cardiologist. “An emergency echocardiogram revealed a chordal rupture—a massive tear in the mitral valve. It was a surgical emergency. She was also in cardiogenic shock—her heart couldn’t pump enough blood to meet her body’s needs.”

Colleen was rushed to the cardiac catheterization lab, where Dr. Zhiroff inserted an intra-aortic balloon pump (IABP), a device that controls blood flow and helps pump it to the rest of the body.

Once stabilized, Colleen was transferred to PIH Health Whittier Hospital, where Eduardo Tovar MD, PIH Health cardiothoracic surgeon performed a valve replacement.

Today, Colleen is restored to health and extremely thankful to be alive.

“It’s so wonderful how God led me to the hospital at the right time,” she said. “If my heart valve would have ruptured at home, I would not be here today. I’m very blessed and very thankful to be alive and thankful for these wonderful doctors.”

CARDIAC CLINICAL RESEARCH

Innovative clinical research at PIH Health offers patients many of the newest and best treatment opportunities and technologies available. Clinical cardiac research has grown significantly at PIH Health Good Samaritan Hospital, including the following ongoing clinical trials for heart disease:

APOLLO: Transcatheter mitral valve replacement for patients with moderate to severe symptomatic mitral regurgitation

CLASP IIF: Transcatheter valve repair system for patients with moderate to severe mitral regurgitation

ELEGANCE: Treatment of peripheral artery disease with drug eluting device

EMPOWER CAD: Equity in modifying plaque in women with undertreated calcified coronary artery disease

ENCIRCLE: Transcatheter mitral valve replacement for patients with moderate to severe symptomatic regurgitation

eTRIEVE II: Thrombectomy solution for treatment of acute or intermediate risk of pulmonary embolism

FACT-CRT: Cardiac re-synchronization of therapy (CRT) for treatment of heart failure

JETi: Jet enhanced thrombectomy intervention for the treatment of peripheral vascular disease

For more information, visit

PIHHealth.org/HeartCT or email
ClinicalTrials@PIHHealth.org



To learn more about heart health, visit
PIHHealth.org/HeartCare

MUSIC TO HER EARS

Ear Tubes Help Young Dancer Restore Hearing and Pursue Her Dance Ambitions

For most young people, antibiotics relieve the symptoms of an ear infection. But for 11-year-old student and dancer Zoey German, antibiotics didn't resolve the pain and hearing loss caused by her repeated ear infections. Last year, the infections became significantly problematic—impacting Zoey's active lifestyle.



PIH Health patient Zoey German

Zoey plays volleyball, softball, and runs track, but her biggest passion is dancing—a skill she started learning at age two. She began joining competitions by the age of four.

“I often felt off-balance at dance class, and my hearing sounded like I was underwater,” said Zoey, a sixth grader in Clovis, California. “For a long time, I danced through the pain; but eventually the pain became too much. One night in April, I woke up with my head throbbing and I started throwing up.”

Zoey’s mom took her to the emergency room, where the doctor confirmed a severe ear infection. Zoey needed to see an ear, nose and throat doctor (ENT), but she couldn’t get an appointment with a local ENT until four months later.

Zoey’s dad called their insurance to find another provider. They were referred to William Slattery MD, neurotologist (ear surgeon) at PIH Health House Clinic. Not only was Dr. Slattery highly recommended, he could see Zoey immediately.

During their April 2023 appointment, Dr. Slattery confirmed Zoey’s true diagnosis—hearing loss caused by otitis media with effusion (a thick fluid buildup behind the eardrum) in both ears.

“The quickest, most effective solution was to surgically place tympanostomy tubes (ear tubes) in Zoey’s ears to help drain fluid from the middle ear,” said Dr. Slattery. “The tubes stay in for six to 24 months, and by the time they come out, the body’s natural passageway for clearing the fluid will likely be back to normal.”

Zoey’s ear tubes were inserted in July 2023. The very next day, Zoey felt great and was thrilled to be back at dance class with normal hearing.

Today, Zoey continues to shine doing what she loves—ballet, lyrical, contemporary, and jazz dance, as well as musical theater—with hopes to someday perform on Broadway. Thanks to the experts at PIH Health, her road to stardom is clearer than ever.

 For more information, please visit PIHHealth.org/HouseClinic

ASK THE EXPERT



Nathan Lim MD Rheumatology

📍 11480 Brookshire Avenue, Suite 204
Downey, CA 90241

📞 562.904.4466

Q. What is a rheumatologist and when should I see one?

A. A rheumatologist is a specialized physician who diagnoses and treats diseases that affect the musculoskeletal system and autoimmune conditions, which often involve joints, muscles, bones and tendons. While occasional joint and muscle discomfort is common, you should consult a rheumatologist if you experience persistent or recurrent pain.

Consider seeing a rheumatologist if you exhibit symptoms such as joint pain, stiffness, swelling, or inflammation, as these could be signs of underlying rheumatic conditions. Common conditions addressed by rheumatologists include osteoarthritis, lupus, gout, tendinitis, and fibromyalgia, as well as various forms of arthritis, including rheumatoid arthritis, psoriatic arthritis, and osteoarthritis. Delaying treatment for rheumatic diseases can result in lasting, irreversible damage to your health.

Visit PIHHealth.org/Arthritis for more information. Schedule an appointment online at PIHHealth.org/BookRheumatology

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The PIH Health Legacy Society honors those special friends of PIH Health who have made provisions in their wills or estate plans to support the future of healthcare provided throughout all of PIH Health's entities. It

is the legacy gift that is often motivated by a vision for a better tomorrow. We are grateful to so many friends who, through thoughtful planning, have made plans in their estates to support their charitable interests beyond their lifetimes. On behalf of future generations, we say thank you.

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2023 PIH HEALTH FOUNDATION PRO/AM GOLF TOURNAMENT RAISES \$348,000 FOR CARDIAC CARE SERVICES

The 2023 PIH Health Foundation Pro/Am Golf Tournament was another hole-in-one for PIH Health! On October 23, 2023, PIH Health Foundation hosted its annual golf tournament fundraiser at Friendly Hills Country Club where physicians, community leaders, supporters and volunteers spent the day golfing and raising funds for Comprehensive Cardiac Care Services provided by PIH Health Heart and Vascular Center.

After a wonderful day filled with swings, drives, and putts, participants and their guests capped off the competitive fun with a festive evening featuring a cocktail reception, dinner, golden ticket drawing, and live auction. Participants and their guests enthusiastically bid on a wide variety of prize packages. These items ranged from the opportunity to book The Habit Burger Grill catering truck for an event to tickets to the UCLA vs. USC football game, to a magical experience Disneyland package.

“I am so appreciative of our sponsors, donors, volunteers, and all who made the success of this tournament possible,” said PIH Health Foundation Vice President Amy Fitzgerald. “Thank you for your immense generosity, because of your support we can better serve our patients and community.”



If you'd like to make a donation to support PIH Health, please visit PIHHealth.org/Support or call **562.967.2745**



From left to right: Freddie Sanchez, Steve McMath, Tia Fischer and Jason Fischer



From left to right: Joe Balbas, Katherine Frost, Rosalio Lopez MD, Betsy Frost and Harry Crowell



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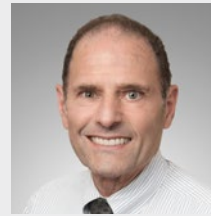
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ASK THE EXPERT



Marc Baskin MD

Allergy & Immunology

📍 11480 Brookshire Avenue, Suite 300
Downey, CA 90241

📞 562.904.4475

Q: Do air purifiers help with allergies?

A. Springtime can be an uncomfortable season for many people with allergies. Air filtration through the use of air purifiers can help decrease the amount of airborne allergens—substances that cause an allergic response such as dust, pollen, mold, and dander—in your home and can help to reduce allergy symptoms. If you're looking to try out a portable air purifier as part of your allergy management, make sure it has a high efficiency particulate air (HEPA) filter, is suited for your room size, and that you are using and cleaning it properly according to the model instructions. Air purifiers are most effective when paired with other methods of allergen control.

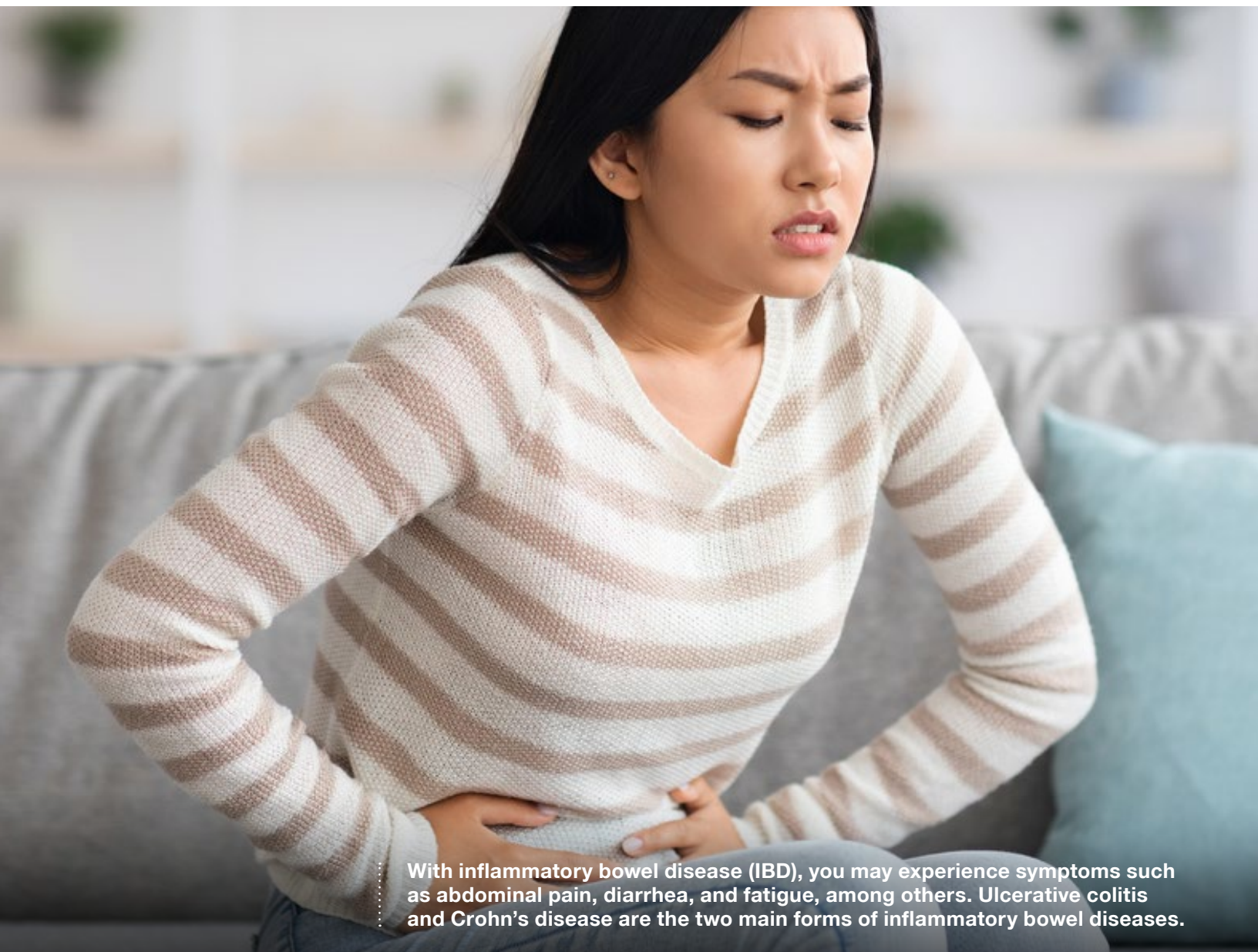
If you have bad seasonal allergies, your healthcare provider may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Speak with an allergist if you have any questions about how to improve your allergy symptoms.

For more information, please visit
PIHHealth.org/Allergy

CROHN'S DISEASE VS. ULCERATIVE COLITIS: WHAT'S THE DIFFERENCE

When you have inflammatory bowel disease (IBD), you may experience symptoms such as abdominal pain, diarrhea, and fatigue, among others. This is due to inflammation that occurs within your digestive tract. But how do you know if you have Crohn's disease or ulcerative colitis, the two most common types of chronic inflammatory bowel diseases?

There are many similarities between these two conditions, but there are also some differences. Knowing which condition you have can help you treat the underlying cause of your symptoms.



With inflammatory bowel disease (IBD), you may experience symptoms such as abdominal pain, diarrhea, and fatigue, among others. Ulcerative colitis and Crohn's disease are the two main forms of inflammatory bowel diseases.

Common symptoms affecting people who have either Crohn's disease or ulcerative colitis include:

- Abdominal pain/cramping
- Diarrhea
- Rectal bleeding/bloody stool
- Fatigue
- Joint pains

These other symptoms may also be experienced by people with Crohn's disease, but are not usually found in people with ulcerative colitis:

- Weight loss/reduced appetite
- Mouth sores
- Bowel obstructions
- Intestinal fistulas
- Kidney stones

PIH Health Digestive Health Specialist, Ashwin Ashok MD says, "One of the biggest differences between Crohn's disease and ulcerative colitis is where the inflammation occurs." He also states, "In Crohn's disease, inflammation can occur anywhere in the digestive tract, from the mouth to the anus, although it is most common in the small intestine and colon (large intestine). There may be healthy areas of tissue in between areas of inflammation. On the other hand, ulcerative colitis only affects the colon and there is continuous inflammation, meaning there are no healthy areas of tissue in between the inflamed areas."

Although there is no cure for either condition, there are treatments that can help manage symptoms and prevent complications. Treatment typically includes medications, such as anti-inflammatory drugs, corticosteroids, and immunosuppressants, along with lifestyle changes. In some cases, surgery may be necessary.

If you are experiencing symptoms of Crohn's disease or ulcerative colitis, it is important to see a doctor to get a diagnosis and start treatment.



To learn more about PIH Health Digestive Health Services or to find a physician, visit PIHHealth.org/DHS or call **562.698.0306**

ASK THE EXPERT



Preeya Goyal MD Digestive Health Services

📍 12291 E. Washington Blvd., Suite 201
Whittier, CA 90606

📞 **562.698.0306**

Q. At-home test or a colonoscopy? Which colorectal screening test is best for me?

A. Colorectal cancer screenings help to detect signs of colorectal cancer. The choice between at-home screening or a colonoscopy depends on various considerations, including your age and health factors. At-home tests are a general starting point for those at lower risk of colorectal cancer, while colonoscopies are recommended for individuals at higher-risk, such as those with a family history of colon cancer. Both tests are recommended for those 45 years of age or older, or sooner depending on family history.

PIH Health gastroenterologists generally recommend a colonoscopy which is effective at diagnosing colon cancer early when it is most treatable and allows the physician to identify and remove any pre-cancerous polyps to prevent cancer from developing. A colonoscopy only needs to be done every 10 years, or sooner depending on the number of polyps.

Talk with your doctor to determine the screening option best for you. For more information or to schedule your colonoscopy, visit PIHHealth.org/Colon or call **562.967.2656**

CLIMBING TO NEW HEIGHTS

Partial Knee Replacement Helps 62-Year-Old Mountain Hiker Hit the Trails Again

Greg Tinley, a 62-year-old landscape contractor doesn't believe in sitting around. He's spent the last five decades doing every active sport imaginable—running 10K events, racing bicycles, scuba diving, and one of his favorites, hiking in the mountains.



PIH Health patient Greg Tinley

Today, Greg is feeling great and back to doing what he loves after his partial knee replacement surgery.

“Unfortunately, my active lifestyle took a real toll on my body,” he said. “I literally wore out my hip and knees.”

Five years ago, he had his right hip replaced by Amir Rounaghi MD, PIH Health orthopedic surgeon. Yet a few years later, his knees were becoming a problem.

Greg contacted Dr. Rounaghi about his increasing knee pain and they discussed his options. Because Greg was a candidate for partial knee replacement (also called partial knee arthroplasty), Dr. Rounaghi referred him to Andrew Luu MD, PIH Health orthopedic surgeon, who specializes in this procedure.

“There are tremendous benefits to having a partial rather than a total knee replacement,” explained Dr. Luu. “The surgery is less invasive and patients typically have faster recovery, better overall range of motion, and fewer complications.”

Greg needed very little convincing. He had a partial knee replacement on his left knee in June 2020, followed by his right knee in February 2023.

“The surgery was quick, the recovery time short. For me, the pain was minimal and I was back to work in two days,” he said. “Best yet, my knees feel very natural and normal, and I have zero physical limitations.”

Today, Greg is feeling great and back to doing what he loves. He recently did a 12-mile mountain hike with his son—climbing from a 10,000-foot elevation to 12,000 feet in just 45 minutes. But on the way down, he slipped and slammed his knee hard on a rock.

“Other than a nasty flesh wound, the knee itself was absolutely fine—it seemed indestructible,” he said. “I’m absolutely thrilled with my outcomes. I can’t thank Dr. Luu enough.”

PIH Health now offers robotic-assisted partial knee replacement surgery. This technology is part of the innovative ROSA® platform, which gives surgeons increased precision, accuracy, and alignment in real time. PIH Health also offers Persona IQ®—the world’s first and only smart knee implant—for patients considering total knee replacement surgery.



For a consultation or appointment, call **562.789.5461**. Learn more at **PIHHealth.org/Ortho**



OVERACTIVE BLADDER? INTERSTIM™ MAY HELP

Urgency. Frequency. Leaks. Do you plan life around the bathroom?

An overactive bladder can really disrupt daily life—often causing people to limit social activities, isolate themselves or feel distressed. This condition affects about one in six adults, often impacting women more than men.

Fortunately, PIH Health offers InterStim™ therapy in addition to several other strategies available to treat overactive bladder, including dietary changes, physical therapy, medication, surgery, and nerve stimulation therapy.

“Many first-line treatments target the muscles that control bladder functions, but when conservative treatments fail, InterStim™ therapy may be a good option,” said Vinh Trang MD, PIH Health urologist. “InterStim™ works by targeting the nerve signals that regulate bladder functions. This can help improve communication to the brain and reduce overactive bladder symptoms.”

If you’re ready to take back control of your life, talk to your doctor or visit **PIHHealth.org/Urology** to learn more or make an appointment with a PIH Health urologist.

NO TIME TO SPARE

PIH Health Nurse Navigator Helps Breast Cancer Patient Jump-Start Aggressive Treatment Plan



PIH Health patient Mary Torres

When 58-year-old Mary Torres' routine mammogram showed something suspicious, she was shocked and concerned. She needed to take quick action but didn't know where to start.

Thankfully, Mary had access to a PIH Health nurse navigator—a specialized health care professional who helps patients navigate complex and often confusing diagnoses, treatment plans, and recoveries.

Within two weeks, Mary's nurse navigator had already coordinated her biopsy and magnetic resonance imaging (MRI). Once breast cancer was confirmed, the nurse navigator quickly scheduled Mary's genetic testing and an initial appointment with Lisa Wang MD, PIH Health hematologist/oncologist.

This speedy coordination was exactly what Mary needed.

"We discovered that Mary had triple-negative breast cancer, a highly aggressive cancer that can only be treated with chemotherapy," said Dr. Wang. "This was a complicated case and we had to act quickly and strategically. We immediately put her on a complex regimen—immunotherapy combined with a six-month course of chemotherapy. Our plan was to shrink the tumor before we removed it surgically."

With the nurse navigator's proactive work, all of Mary's treatments started within six weeks of diagnosis—offering Mary great relief and peace of mind.

Six months later, Mary had a mastectomy and the cancer had disappeared with this combination therapy. She is now completing her maintenance course of immunotherapy for the next six months. The nurse navigator helped schedule every surgery, consultation and follow-up appointment along the way.

"I love the fact that PIH Health has nurse navigators," said Mary. "I was blown away by how fast they were able to move me through the process. They took care of scheduling all of my appointments—I didn't have to figure out who to call and what to do."

Today, Mary is on her journey to recovery and feeling great. She's back to enjoying life with her husband, a retired fire-fighter, and her family.

"From the doctors to all the nurses, I never had one bad experience with PIH Health," she said. "I tell everyone how amazing it is."

i Schedule your mammogram today at PIHHealth.org/Mammogram or call **562.906.5692**

PIH HEALTH DOWNEY HOSPITAL COMPLETES MODERN UPDATES

The Downey campus, which became part of PIH Health in October 2013, continues to undergo modernization projects to enhance the overall patient and visitor experience.

Most recently PIH Health Downey Hospital finished several remodeling and expansion projects, including the following:

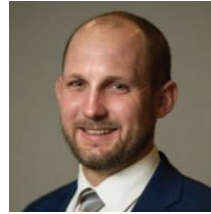
- **Intensive Care Unit/Critical Care Unit Remodel:** Floor-to-ceiling updates in nursing stations, patient rooms, and common areas include new flooring, cabinetry, countertops, plumbing fixtures, lighting, and seating.
- **Chapel Refresh:** Located on the first floor of the hospital, the chapel refresh includes new flooring, lighting, ceilings, wall protection, design elements, and furniture to create a welcoming and warm environment for patients, visitors, and staff of all faiths.
- **Continued Emergency Department Expansion:** The multiphase expansion that will double the space of the emergency department is expected to be completed in early 2025. Newly constructed rooms feature the latest and best patient room headwalls, exam lighting, and finishes. Additionally, a new computed tomography (CT) machine was recently installed.

“Improvements to the Downey facility benefit our patients and the community,” said Ramona Pratt MSN MSHCA RN, PIH Health Downey Hospital chief nursing officer. “Community members can enjoy the renewed spaces, new technologies, and fresh appearance that promote well-being for our patients.”

Please visit PIHHealth.org/Downey



ASK THE EXPERT



Jason Jensen MD

Bariatrics

📍 12291 E. Washington Blvd., Suite 102
Whittier, CA 90606

📞 562.789.5444

Q. How do I know if I am a suitable candidate for bariatric surgery?

A. If you have been diagnosed with obesity, and conventional weight loss approaches like diet and exercise have not yielded successful results, bariatric surgery may be an option. Those with a Body Mass Index (BMI) over 40 are eligible for weight loss surgery. If you’ve experienced health issues directly associated with obesity, such as diabetes, sleep apnea, high blood pressure, heart disease, and high cholesterol, you may also be an eligible candidate for weight loss surgery.

Weight-loss surgeries such as Gastric Bypass, Gastric Sleeve, and Loop Duodenal Switch procedure (SADI-S) present an opportunity to achieve and sustain a healthy weight, elevate physical activity levels, enhance overall physical health, and increase quality and length of life.

Eligibility for bariatric surgery is determined on a case-by-case basis and requires a commitment to making significant lifestyle changes, including adjusting dietary habits and incorporating regular exercise routines. To schedule a consultation with our bariatric surgery team, call 562.789.5444. To learn more, visit PIHHealth.org/WeightLoss

NAVIGATORS PROVIDE PATIENTS WITH STEP-BY-STEP ASSISTANCE THROUGH SUBSTANCE ABUSE RECOVERY

Personalized Care Helps Patients Access Treatment

Patients and community members seeking substance-use support have access to a caring team dedicated to treatment assistance. PIH Health's substance use navigator team provides specialized, focused support to patients suffering from many substance related issues, including Opioid Use Disorder, a medical condition resulting from a person developing an addiction to opioids. This condition affects more than two million people in the U.S., including an estimated 3-20% of people using prescription opioids.

PIH Health navigators work closely with nurses, physicians, and social workers to provide compassionate, respectful, and non-judgmental care to patients who suffer from substance use disorders. As part of their role, navigators educate patients, families, and community members. This awareness helps shift the negative stigma historically surrounding addiction so that patients are encouraged to reach out for treatment.

"Opioid addiction is very common," explains PIH Health Director of Care Management April Vindiola. "Seeking help for opioid use disorder is a brave and crucial step. You are not alone, and there are many others who share your struggle."

Once a patient connects with PIH Health's substance use program, an assigned navigator assesses the patient's needs to determine and recommend personalized care options at clinics and treatment centers.

"Navigators continue to follow up at regular intervals to help patients engage in treatment," she adds. "They find solutions if patients need transportation or housing, and they help respond to any other barriers that prevent patients from receiving help."



If you, or someone you know is struggling with substance use, please contact PIH Health's substance use navigators, at **562.698.0811 Ext. 17673** or visit **PIHHealth.org/Substance**

Investing in Health, Strengthening Communities

PIH Health Gives Back to the Community Through Nonprofit Work

PIH Health is dedicated to being the community's health and wellness partner. PIH Health demonstrates this commitment through community benefit programs and activities aimed at delivering treatment and fostering health and healing in response to the needs of the community. As a nonprofit organization, PIH Health shows its obligation to the community through its annual Community Benefit Report which includes facts and figures such as the cost of providing charity

care, the unpaid cost of Public Health Insurance Programs (Medi-Cal), improving access to healthcare, advancing medical research, supporting nonprofit partners in addressing the social determinants of health, offering classes and support groups to improve one's health, training the next generation of healthcare professionals and more. The total investment to the communities PIH Health serves during the fiscal year ending September 30, 2022 was \$174,269,222.



To learn more, please visit **PIHHealth.org/CommunityBenefit** to view PIH Health's latest Community Benefit Annual Report.

CALENDAR

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

PREGNANCY AND NEW BABY

- 4-Week Journey Through Childbirth
 - Breastfeeding 101
 - Cesarean Childbirth
 - Childbirth Basics
 - Getting Ready for Your Baby
 - Infant/Toddler Safety Class
- In-person classes, call **Ext. 17541**

Breastfeeding Support Group

Every Wednesday, 10 - 11:30 am, in-person meeting, call **Ext. 17541**

SUPPORT GROUPS

Bariatric Surgery Support Group

Register online at PIHHealth.org/Bariatrics

Bereavement Support Groups

Healing After Loss

Eight-week sessions. Ongoing, in-person, registration required. Email HospiceGriefSupport@PIHHealth.org or call **562.947.3668**

Living with Loss

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

Breast and Women's Cancers

Call **Ext. 15326** for more information

Journey Through Cancer

Second Thursday of every month, 11 am - 12:30 pm. In-person meeting, call **Ext. 12580**

Metastatic Cancer Connect

Third Thursday of every month, 11 am. Virtual meeting, call **Ext. 18317**

Mended Hearts

Third Wednesday of every month, 6 pm. In-person meeting, call **Ext. 12368**

Stroke Support Group

Second Tuesday of every month, 12 - 1 pm (Spanish), 1 - 2 pm (English). Virtual meeting. Email Stroke@PIHHealth.org or call **Ext. 13727**

CANCER TOPICS

Mind, Body & Spirit Workshop

May 1, 8, 15, and 22 at 4:30 pm. In person meetings, call **Ext. 12580**

Nutrition Through Survivorship and Beyond

Wednesday, September 4 at 5 pm. In-person meeting, call **Ext. 12896**

Oncology Resource Center and Wig Bank

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

Overcoming Fear of Recurrence

Saturday, April 6 at 10 am. In-person meeting, call **Ext. 12570**

Yoga for Healing

Saturdays from 10:30 - 11:30 am. To RSVP, call **Ext. 12869**

ONLINE APPOINTMENT SCHEDULING



PIH Health offers convenient online scheduling

for most PIH Health providers. To make or request an appointment online, visit PIHHealth.org/Appointments or scan the QR code, and begin searching by provider or specialty.

ONLINE BILL PAY

Don't pay third-party processing fees to make your PIH Health payment online. To make your payment directly to PIH Health, visit PIHHealth.org/BillPay

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** or email QuitSmoking@PIHHealth.org

COMMUNITY HEALTH RESOURCES

Visit PIHHealth.org/CommunityResources to learn more.

PIH HEALTH URGENT CARE

If you have a minor illness or injury, walk in to a PIH Health urgent care clinic for timely treatment—no appointment needed. For locations and wait times, visit PIHHealth.org/UCC

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 call, text, 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
PIH Health Breast Center Downey	562.906.5692

1225 WILSHIRE BLVD., LOS ANGELES, CA 90017

PIH Health Good Samaritan Hospital	213.977.2121
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12401 WASHINGTON BLVD., WHITTIER, CA 90602

PIH Health Whittier Hospital	562.698.0811
Optical Shop	562.967.2885

220 S. 1ST ST., ALHAMBRA, CA 91801

Cardiology	626.281.8663
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351 E. FOOTHILL BLVD., ARCADIA, CA 91006

Home Health	626.358.3061
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10251 ARTESIA BLVD., BELLFLOWER, CA 90706

Family Medicine	562.867.8681
Internal Medicine	562.867.8681
Pediatrics	562.867.8681
Radiology (Diagnostic)	562.862.4566

16510 BLOOMFIELD AVE., CERRITOS, CA 90703

Coumadin/Diabetic Center	562.229.0902
Family Medicine	562.229.0902
Internal Medicine	562.229.0902
Pediatrics	562.229.0902

10601 WALKER ST., CYPRESS, CA 90630

Cardiology, Suite 100	714.656.2140
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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	562.904.5414
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11480 BROOKSHIRE AVE., DOWNEY, CA 90241

Allergy & Immunology, Suite 300	562.904.4475
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
Otolaryngology (ENT), Suite 300	562.904.4485
Pain Management, Suite 204	562.904.4435
Pharmacy, Suite 102	562.904.4455
Rheumatology, Suite 204	562.904.4466
Urology, Suite 204	562.904.4470

8500 FLORENCE AVE., DOWNEY, CA 90240

Women's Center, Suite 200	562.869.4579
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12214 LAKEWOOD BLVD., DOWNEY, CA 90242

Chiropractic Care, Suite 110	562.862.2775
Family Medicine, Suite 110	562.862.2775
Infectious Disease, Suite 110	562.862.2775
Internal Medicine, Suite 110	562.862.2775

Pediatrics, Suite 110	562.862.2775
Podiatry	562.862.2775
Urgent Care Center, Suite 110	562.904.4430

1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745

Cardiology, Suite 88	562.967.2741
Family Medicine, Suite 88	626.964.3040
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
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1400 S. HARBOR BLVD., LA HABRA, CA 90631

Orthopedics & Sports Medicine	714.879.3400
Urgent Care Center	562.789.5950

5750 DOWNEY AVE., LAKEWOOD, CA 90712

Family Medicine, Suite 205	562.597.4181
Pediatrics, Suite 205	562.597.4181

12675 LA MIRADA BLVD., LA MIRADA, CA 90638

Dermatology & Aesthetic Medicine Center, Suite 300	562.967.2851
Eye Care Center, Suite 301	562.967.2870
Family Medicine, Suite 201	562.903.7339
Palliative Care, Suite 220	562.967.2273
Pediatrics, Suite 401	562.789.5435
Women's Center, Suite 401	562.789.5453

15050 IMPERIAL HWY., LA MIRADA, CA 90638

Home Healthcare	562.902.7757
Hospice	562.947.3668

15082 IMPERIAL HWY., LA MIRADA, CA 90638

Chiropractic Care	562.789.5484
Podiatry	562.967.2805

15088 IMPERIAL HWY., LA MIRADA, CA 90638

Physical & Occupational Therapy	562.906.5560
Speech Therapy	562.906.5560

43723 20TH ST. WEST, LANCASTER, CA 93534

Cardiology	661.674.4222
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3851 KATELLA AVE., LOS ALAMITOS, CA 90720

Chiropractic Care, Suite 155	562.344.1350
Internal Medicine, Suite 155	562.344.1350

1245 WILSHIRE BLVD., LOS ANGELES, CA 90017

North Tower

Family Medicine, Suite 307	213.482.2770
General Surgery, Suite 905	213.977.0294
Pharmacy, Suite 201	213.977.4111
Women's Center, Suite 307	213.747.4391

South Tower

Cardiology, Suite 580	213.977.0419
Cardiology Testing, Suite 570	213.977.7461
Cardiothoracic & Vascular Surgery, Suite 530	213.483.1055
Digestive Health, Suite 530	213.977.4156

PIH Health House Clinic 213.483.9930
 Allergy, Suite 480 213.483.9930
 Audiology, Suite 470 213.483.9930
 Ear Surgery (Neurotology), Suite 480 213.483.9930
 Neurosurgery, Suite 430 213.353.7067
 Radiation Oncology, Suite 101 213.977.2360
 Women's Center, Suite 690 213.977.4190

2200 W. 3RD ST., LOS ANGELES, CA 90057
Urgent Care Center, Suite 120 213.202.7170

8631 W. 3RD ST., LOS ANGELES, CA 90048
 Women's Center, Suite 444 310.652.4252

3663 W. 6TH ST., LOS ANGELES, CA 90020
 Cardiology, Suite 309 213.387.8200

2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
 Cardiology, 2nd Floor 323.728.0655
Urgent Care Center 562.967.2780

431 S. BATAVIA ST., ORANGE, CA 92868
 General Surgery, Suite 202 714.628.9437
 PIH Health House Clinic, Suite 200 714.516.9570

41210 11TH ST. WEST, SUITE G, PALMDALE, CA 93551
 Cardiology 661.274.1777

7777 MILLIKEN AVE., RANCHO CUCAMONGA, CA 91730
 Cardiology, Suite 330 909.883.5315

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
 Rheumatology 562.967.2788
Urgent Care Center 562.967.2830

4476 TWEEDY BLVD., SOUTH GATE, CA 90280
 Family Medicine 323.563.9499
 Internal Medicine 323.563.9499
 Pediatrics 323.563.9499
 Podiatry 323.563.9499

12291 WASHINGTON BLVD., WHITTIER, CA 90606
 Bariatric Surgery, Suite 102 562.789.5444
 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
 Outpatient GI Center, 4th Floor 562.698.0811 Ext. 18450
 Radiology/Interventional Radiology Clinic,
 Suite 302 562.906.5572
 Wound Healing Center, Suite 100 562.789.5462

12393 WASHINGTON BLVD., WHITTIER, CA 90606
 Patricia L. Scheifly 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 & Aesthetic Medicine Center,
 Suite 501 562.789.5429

Diabetes Education & Nutrition,
 Suite 303 562.698.0811 Ext. 11320
 Hematology & Oncology, Suite 206 562.789.5480
 Laboratory/Blood Draw Station,
 Suite 101 562.698.0811 Ext. 11130

Orthopedics & Sports Medicine,
 Suite 402 562.789.5461
 Otolaryngology (ENT), Suite 500 562.789.5456

Pain Management, Suite 402 562.789.5466
 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
 Cardiothoracic Surgery, Suite 208 562.789.5489

Colorectal Surgery, Suite 500 562.789.5449
 General Surgery, Suite 500 562.789.5449
 Head & Neck Surgery, Suite 500 562.789.5456

Mohs Surgery, Suite 501 562.789.5429
 Neurosurgery, Suite 402 562.967.2757
 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

14350 WHITTIER BLVD., WHITTIER, CA 90605
 Urology, Suite 100 562.907.7600

15725 E. WHITTIER BLVD., WHITTIER, CA 90603
 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
 Medication Management, Suite 500 562.448.1350
 Pediatrics, Suite 300 562.947.9399

15733 E. WHITTIER BLVD., WHITTIER, CA 90603
Urgent Care Center 562.947.7754



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Whittier, CA 90602
PIHHealth.org

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PIH Health Physicians' Patients' Rights and Responsibilities document is available at **PIHHealth.org/Rights**. A printed copy is available upon request by calling our Patient Services Department at **1.888.365.4450**.

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Did you turn 45 recently?

If so, it's time to schedule a colonoscopy screening to help prevent colon cancer.

Prevention is the best medicine.

Learn more at PIHHealth.org/Colon

