

healthy living

FALL 2024/WINTER 2025

FROM YOUR FRIENDS AT PIH HEALTH



..... **Tiny Miracles: NICU Tale of Twin Delight**

..... **Gastric Sleeve Helps One Woman Stay on Track with a Healthy Lifestyle**

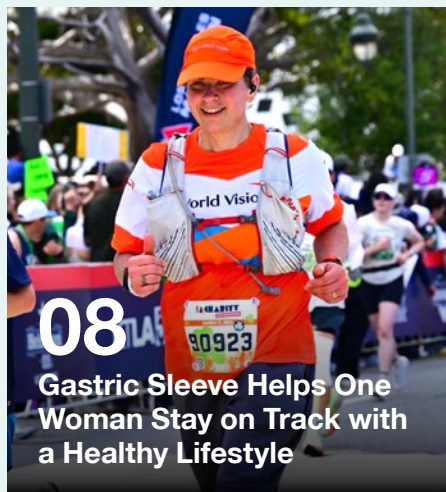
..... **Smart Knee Implant Helps Avid Golfer**

FEATURED STORIES



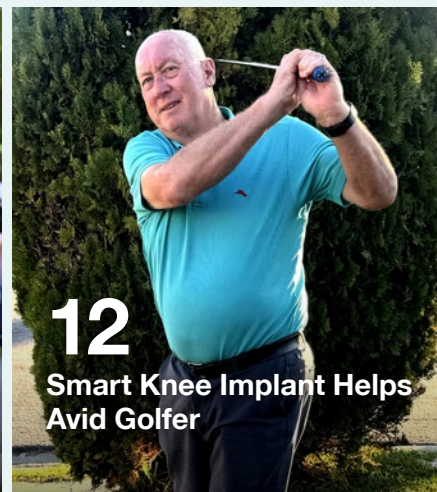
06

Tiny Miracles: NICU Tale of Twin Delight



08

Gastric Sleeve Helps One Woman Stay on Track with a Healthy Lifestyle



12

Smart Knee Implant Helps Avid Golfer

IN THIS ISSUE

03 Medicare Annual Election Period Starts October 15

04 10-Year-Old Performs Life-Saving CPR After Grandfather Suffers Heart Attack

10 TAVR Procedure Resolves Life-Threatening Aortic Stenosis

14 Artist Gives Gift of Solace and Comfort to PIH Health Hospice Families

16 PIH Health Completes Rose House Remodel

18 Cervical Cancer Screening Guidelines

20 Robotic Surgery Helps Runner Enjoy Life After Prostate Cancer

22 The Importance of Colon Cancer Screening

23 PIH Health Stroke Coordinators Support Award-Winning Stroke Care

24 Full Spectrum of Breast Care Services

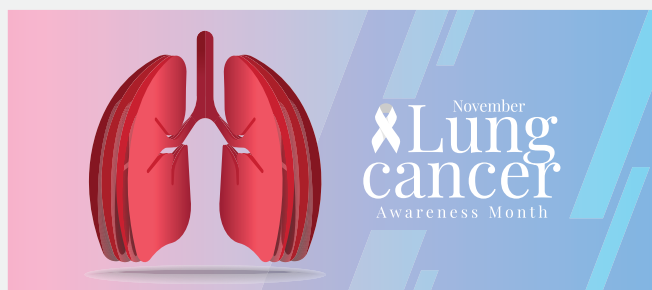
IN EVERY ISSUE

25 Health Education Calendar and Support Groups

26 List of PIH Health Locations and Services

November is Lung Cancer Awareness Month

If you are between the ages of 50 and 80 years old, are a current smoker or have quit in the past 15 years, or have smoked the equivalent of a pack a day for over 20 years (or longer) then you are considered high-risk and may be eligible for a low-dose computed tomography (CT) scan, which is recommended to detect lung cancer early. Because this disease doesn't produce symptoms until more advanced stages, don't wait to get screened. PIH Health Lung Cancer Screening Program is a Lung Cancer Alliance Screening Center of Excellence and an American College of Radiology Designated Lung Cancer Screening Center.



Visit PIHHealth.org/Lung for more information or call **562.967.2892** to schedule your lung screening.



MEDICARE ANNUAL ELECTION PERIOD STARTS OCTOBER 15

Your Step-by-Step Guide to Medicare's Annual Election Period

Medicare benefits change each year. It's important to know about these changes to make an informed decision about how to receive your Medicare benefits. Here are the five things you need to know:



1. Know the timing. October 15 to December 7, Medicare beneficiaries can enroll, disenroll or switch Medicare Advantage Part C plans, Medicare Supplemental plans, or Medicare Prescription plans (Part D). Changes are effective January 1, 2025.



2. Know what changes you can make. You can choose to stay with Original Medicare, purchase a Medicare Supplemental plan for additional monthly premiums, or enroll in a Medicare Advantage plan that gives you additional benefits at no extra cost.



3. Choose a health plan. Be sure to choose a plan that gives you access to the full PIH Health network.



4. Choose a doctor with PIH Health. Having a primary care doctor that belongs to the PIH Health network means that you get exceptional care.



5. Attend a free upcoming Medicare Open Forum. Medicare is confusing. Attend a Medicare Open Forum hosted by PIH Health to learn about benefit changes and speak with health plan representatives. Medicare Open Forums start at 9 am.

**Saturday, October 12
and November 9, 2024**

PIH Health Whittier Hospital
12401 Washington Blvd., Whittier

Saturday, October 26

PIH Health Downey Hospital
11500 Brookshire Ave., Downey



Visit PIHHealth.org/Medicare to reserve your seat or call **888.365.4450**

EVERY SECOND COUNTS

10-Year-Old Performs Life-Saving CPR After Grandfather Suffers Massive Heart Attack

When 63-year-old Mario Cacpal suffered a massive heart attack at home, the quick actions of his grandson likely saved his life until first responders arrived and transported him to PIH Health Good Samaritan Hospital.

Around 4 am, Mario started coughing and complaining of chest pains. His wife tried to alleviate his symptoms by rubbing his chest with White Flower balm (an Asian home remedy) and giving him warm water to drink. When she left for work a few hours later, Mario remained at home with his 10-year-old grandson, Kelvin.

When Mario's symptoms worsened, Kelvin called his mom. She wanted to take Mario to urgent care, but he stubbornly refused. About an hour later, Mario collapsed and stopped breathing. Kelvin immediately called 911 while his mom headed home.



PIH Health patient Mario Cacpal and grandson, Kelvin



Cardiopulmonary Resuscitation (CPR)

“I was scared and nervous but wanted to save my grandpa’s life,” says Kelvin. “The operator told me to put grandpa on his back and put two fingers on his neck to see if there was a pulse. I told them I didn’t feel one. The operator then told me how to put my hands on grandpa’s chest and push down every second to a count of 15 and pause for 5 seconds. The operator told me to keep doing that until the ambulance came to take over.”

Kelvin had never performed CPR before—this was his first time.

The paramedics arrived about five minutes later and continued CPR. They also used a defibrillator to shock Mario’s chest nine times before transporting him to the Emergency Department at PIH Health Good Samaritan Hospital. Once there, Mario arrested again and received several additional defibrillations and continued CPR until he was adequately stabilized to be taken to the catheterization lab.

“We took him to the cath lab where we opened a 100 percent blocked artery,” explains Guy Mayeda MD, PIH Health cardiologist. “Following the coronary procedure, he was admitted to the intensive care unit still unresponsive and on a ventilator. The intensivist team initiated hypothermia to reduce his body temperature to hopefully reduce the brain injury from his prolonged cardiac arrest.”

Fortunately, everyone’s quick work helped Mario survive.

“Mario was in a prolonged coma but started to wake up three days later and was taken off the respirator on the fifth hospital day,” says Dr. Mayeda. “He is now conversing with his family and continues to make daily improvements in his neurologic function. The heroic efforts of his young grandson, Kelvin, by providing ‘bystander CPR,’ definitely played a large role in saving his life. Hopefully, this story will inspire more people to learn basic CPR skills which can help save lives!”

 For more information on heart care, visit PIHHealth.org/HeartCare



OPEN ENROLLMENT: YOUR TIME TO CHOOSE PIH HEALTH

If you get healthcare through your employer, you should know that each year your elective healthcare benefits may change, which can impact the quality of care you’ll receive next year. Typically, you can choose between three plan types:

HMO (Health Maintenance Organization)

Offers lower monthly payments, but specialty doctors and hospitals are limited to your plan’s network. Your care is coordinated through a Primary Care Physician (PCP).

PPO (Preferred Provider Organization)

Gives you a larger provider network and the option to go out of network with higher copays, but you’re responsible for managing your care.

EPO (Exclusive Provider Organization)

Has lower premiums than a PPO plan with a smaller network designed specifically for your employer group. If you get care outside your plan’s network, it may not be covered (except emergencies).

Whatever you select, make the smart choice by choosing a PIH Health physician to be your primary care doctor.

For more information, visit PIHHealth.org/OpenEnrollment



PIH Health NICU patients Hannah and Elizabeth Schulte



Schulte Family

TINY MIRACLES: NICU TALE OF TWIN DELIGHT

No one expects to have their newborn babies land in the neonatal intensive care unit or NICU, but if this happens, it's important to be near a hospital that provides comprehensive care—like the one at PIH Health Whittier Hospital.

The Schulte family knows this all too well.

When parents Ashley Pickard and Adam Schulte learned they were having twins, they were elated. Yet as the pregnancy progressed, Ashley encountered some challenges.

At around 25 weeks, Ashley's doctors noticed her cervix shortening, which increases the risk of preterm labor. At 27 weeks, Ashley went to the hospital with suspected fluid loss. While the fluid loss was a false alarm, Ashley learned she was starting to have contractions, and was sent home with instructions to rest.

One week later, however, Ashley experienced some bleeding and was admitted to the hospital. Over the next 10 days, Ashley did her best to be a "human incubator" as her babies continued to grow. When she developed an infection on the tenth day, Ashley's doctors performed a C-section and the family welcomed twin girls—Elizabeth and Hannah. Born 10 weeks early at 29 weeks and 6 days, the babies were premature and in need of expert care.

The babies were taken to the NICU where they received respiratory support, fluids, and nutrition via an intravenous line. As the babies grew, they moved to feeding tubes and eventually transitioned to bottles. Altogether, the twins were at the NICU for 89 days (nearly 3 months).

"The babies grew very well in the NICU," said Devang Patel MD, PIH Health Neonatal Intensive Care Unit medical director. "They went home breathing normally, tolerating all of their feedings, and gaining weight."

After the babies were discharged, the family was thrilled to have the support of a NICU case manager, who made sure all the follow-up doctors' appointments were scheduled.

"I have nothing but good things to say about the hospital's Labor and Delivery and NICU team," said Ashley. "During our stay, all the nurses were fantastic—so sweet and so supportive. That really helped us feel at ease."



For more information, visit PIHHealth.org/NICU



PIH Health Whittier Hospital NICU celebrates 50 years of providing expert and tender care to our tiniest patients.

TINY STEPS, GIANT LEAPS: 50 YEARS OF MIRACLES

PIH Health Whittier Hospital's Neonatal Intensive Care Unit (NICU) is marking a significant milestone—commemorating 50 years of providing specialized care to Whittier's tiniest residents. Established in 1974, this level 3 NICU has been a beacon of hope, offering a lifeline to newborns requiring extra support in their crucial early days.

Boasting 34 beds including two isolation rooms, the NICU serves over 350 newborns each year. This facility has become a haven for families facing the challenges of premature births or other complications, offering innovative medical expertise in a compassionate environment.

“The NICU is a testament to PIH Health’s unwavering dedication, with a round-the-clock team of neonatologists, perinatologists, respiratory specialists, nurses, and case managers,” says Devang Patel MD, medical director of the NICU. “This highly trained ensemble works tirelessly to provide essential care to infants whose delicate systems may not be fully developed at birth.” Dr. Patel adds, “Unexpectedly finding their baby in the NICU is a reality no parent anticipates. PIH Health Whittier Hospital has been a leader in providing specialized care that goes beyond conventional standards.”

In honor of the unit's 50-year history and the resilience and strength exhibited by countless families who have entered its doors, the NICU is organizing a heartwarming in-person reunion on Saturday, November 9, 2024. From 10 am to 12 noon, the hospital will open its doors to all NICU graduates, their families, and former caregivers. The reunion day promises a delightful array of activities, creating a space for reconnection, shared stories, and joyous memories. This event will serve as a poignant reminder of the incredible journeys embarked upon by these tiny fighters, celebrating 50 years of tiny steps and giant leaps in neonatal care.



To learn more about the PIH Health Neonatal Intensive Care Unit, visit PIHHealth.org/NICU

RUNNING TOWARD A HEALTHIER FUTURE

Gastric Sleeve Helps One Woman Stay on Track with a Healthy Lifestyle

Born and raised in Whittier, Susan Wertz, 49, worked in hospitality for 20 years and would often cheer for the marathon runners who passed by her office. However, because of Susan's ongoing cycle of weight gain and loss, she never thought she could keep the weight off and join a distance race herself.



PIH Health patient Susan Wertz, before and after

That all changed one day when Susan had a sudden, serious pain in her leg. She went to PIH Health Whittier Hospital where they found a blood clot and gave her blood thinners as a temporary solution.

“My interventional radiologist, Dr. Yong Park, told me that my weight was a contributing factor and there were other options for managing my weight—bariatric surgery,” said Susan. “After gaining and losing more than 100 pounds twice and trying every possible eating plan and strategy, I was finally ready to schedule an appointment.”

Susan was referred to PIH Health Bariatric Surgeon Justin Braverman MD, who believed she was a good candidate for a gastric sleeve.

“Susan showed the dedication to her weight loss that I love to see before approving patients for this surgery,” said Dr. Braverman. “Bariatric surgery shouldn’t be viewed as the solution. It’s simply another tool to help you learn to manage your weight and I knew Susan had the grit to make it work.”



Susan had a successful surgery in October 2022. Since then, she has lost more than 120 pounds—dropping from 276 pounds to 169 pounds.

Now, Susan proudly runs in the 5K and half-marathon events she used to watch from her office windows. She recently ran in both the Los Angeles and Orange County marathons, and has a bucket-list goal to run a complete 26-mile full marathon one day.

“Running has become my new lifestyle,” she said. “I’m so much healthier and happier! And none of it would have been possible without my family, friends, and the fantastic team at PIH Health Whittier Hospital for believing in me.”



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

ASK THE EXPERT



Jason Jensen MD Bariatric Surgery

📍 12291 Washington Boulevard, Suite 102
Whittier, CA 90606

📞 **562.789.5444**

Q. Am I a candidate for the TIF procedure if I have GERD?

A. Gastroesophageal reflux disease (GERD) can significantly impact daily life, manifesting in symptoms such as heartburn, acid reflux, and difficulty swallowing. While lifestyle changes and medications are common treatments, they may not always provide sufficient relief. The Transoral Incisionless Fundoplication (TIF) procedure presents an alternative option.

TIF is an endoscopic procedure that repairs a faulty gastroesophageal valve without the need for incisions. This non-invasive procedure addresses GERD symptoms and often eliminates the need for continued medications.

TIF is ideal for patients seeking a non-surgical solution with quicker recovery periods and reduced side effects. If you find that your daily activities are disrupted by persistent GERD symptoms like heartburn, chest pain, regurgitation, and swallowing difficulties, despite using medication, you could be eligible for the TIF procedure.

Talk with your doctor to determine the best course of care. Visit PIHHealth.org/GERD or call **562.789.5444**

NEARLY 90 AND STILL READY FOR ADVENTURE

TAVR Procedure Resolves Patient's Life-Threatening Aortic Stenosis

Other than some arthritis and high blood pressure, 89-year-old Vernon Tutterow was always relatively healthy. Thanks to his good health, he and his wife were living the good life, enjoying their RV club and regular camping trips with their two dogs.

But in the spring of 2023, Vernon started noticing changes. During one camping trip, he felt some shortness of breath and tightening in his chest, but the feeling passed.



After surgery, PIH Health patient Vernon Tutterow (right) is ready for more adventures with his wife and dogs.

When he got home, things got worse. He fell and hit his head, causing a bruise, so he went to see his primary care doctor. After reviewing all of Vernon's symptoms, the doctor performed a number of tests including an echocardiogram, which revealed a larger problem—severe aortic stenosis—narrowing of the aortic valve restricting blood flow from the heart to the rest of the body. Without treatment, it can lead to heart failure.

Vernon was referred to PIH Health Cardiologist Katrine Zhiroff MD, who recommended a transcatheter aortic valve replacement (TAVR).

“Vernon was an excellent candidate for the TAVR procedure because his age put him at high risk for surgery, yet he desperately needed a valve replacement,” said Dr. Zhiroff. “With the TAVR procedure, we use a catheter to insert a new valve inside the existing one, making this procedure much less invasive than open-heart surgery.”



Two weeks later, Vernon had his TAVR procedure at PIH Health Good Samaritan Hospital, which repaired the valve and helped him return to health. The procedure was not only successful, it was relatively quick. Since it was done on an outpatient basis, Vernon went home within 24 hours.

“I never had any pain at all and I wasn't even sore afterward,” said Vernon. “I'm very thankful for Dr. Zhiroff who is an excellent doctor.”

Today, Vernon is back to doing all the things he loves—monthly camping trips and traveling in his RV with his wife and dogs. With his heart valve repaired, Vernon can look forward to many more adventures ahead.

 For more information, visit PIHHealth.org/HeartCare



5 TIPS FOR HEALTHY AGING

Self-care can have a massive impact on your health, especially for older adults. Use these tips for healthy aging:

- 1. Get regular checkups.** Make it a priority to get an annual wellness exam, which can prevent disease or find it early when treatment is most effective.
- 2. Maintain a healthy diet.** Drink plenty of water, and eat more fruits, vegetables, whole grains, and lean meats.
- 3. Sit less, move more.** Exercise and staying active can help prevent or manage chronic diseases, improve balance, reduce fall risk, lower stress, and improve sleep and brain health.
- 4. Don't smoke.** Take the first step to quitting tobacco by calling 1-800-QUIT-NOW for free help.
- 5. Be aware of changes in brain health.** See your doctor if you have concerns about your memory or brain health.

Call your doctor's office or the PIH Health Customer Care Center at **888.365.4450** to schedule your annual wellness exam. If you can't go into your doctor's office, ask about home visits with House Call Doctors.

LEADING THE WAY IN SMART IMPLANT TECHNOLOGY

PIH Health Uses Persona IQ® Smart Knee Implant to Help Avid Golfer Get Back on the Green

In January 2024, PIH Health became one of the first healthcare organizations in the Los Angeles area to offer Persona IQ®, the world's only smart knee replacement granted "De Novo" status (assurance of safety and effectiveness) by the U.S. Food and Drug Administration for total knee replacement surgery.



PIH Health patient Duane Harder

After surgery, Duane is back to playing golf pain free with the help of the Persona IQ smart knee implant.

Persona IQ features implantable sensor technology that records and shares real-time data metrics, such as walking speed, range of motion, stride length, and even overall step count, with both patient and doctor.

“This state-of-the-art innovation gives our healthcare team access to data obtained directly from a patient’s implant post-surgery, allowing us to monitor the patient’s recovery process and improve health outcomes,” said Andrew Luu MD, PIH Health orthopedic surgeon.



Dr. Luu recommended the device to Duane Harder, 64, an avid golfer, hiker, and active Whittier resident who needed a total knee replacement.

“I had serious arthritis in my knee and bone-on-bone pain that was worsening over time,” said Duane, who plays golf every weekend and most weekdays during the summer. “Dr. Luu said I was a good candidate for the Persona IQ implant, and after we discussed the pros and cons, I decided I was ready.”

After the surgery in February 2024, Duane said the recovery couldn’t have gone any better. Just hours after surgery, Duane walked out of the hospital as part of PIH Health’s Rapid Recovery program, which offers same-day discharge. He was back to work within a few days and prioritized physical therapy three times a week for eight weeks.

Today, Duane is back in action and enjoying a life without pain. He walks nearly three miles a day, continues to play golf as often as he can, and enjoys keeping busy with his two young grandchildren.

“Dr. Luu is absolutely incredible,” he said. “He’s very knowledgeable and made the whole process enjoyable. He’s been there every step of the way and continues to check in—using my activity metrics to ensure I’m making an excellent recovery.”

 To learn more or schedule a consultation, visit PIHHealth.org/TJR or call **562.789.5461**

ASK THE EXPERT



Sahir Gharib MD Family Medicine and Sports Medicine

📍 12214 Lakewood Boulevard, Suite 110
Downey, CA 90242

📞 562.862.2775

Q. Can a primary care doctor help prevent sports injuries?

A. Absolutely. A family medicine doctor specializing in sports medicine can provide personalized advice and treatment plans to help patients stay healthy and avoid injuries. In addition to evaluating your medical, exercise, and athletic history, they can educate you about sports injury prevention and oversee sports training programs to reduce the risk of injuries.

If you do get injured, they can implement various therapies to help you recover as quickly and effectively as possible. They can also work with athletes to teach them how to use their bodies in a way that will prevent re-injury and reach peak performance.

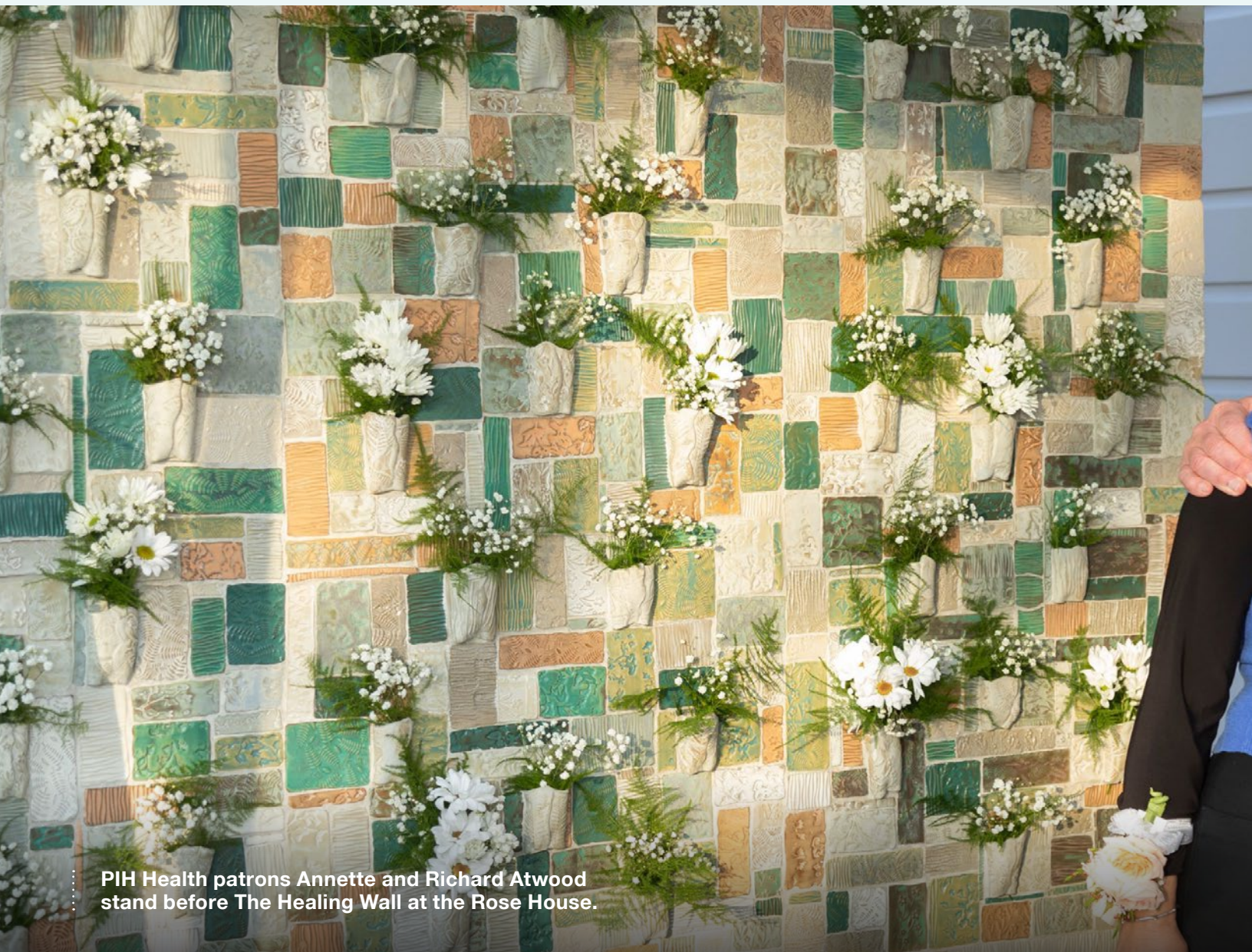
If you’re dealing with musculoskeletal issues, consider working with a sports medicine doctor.

For more information, visit PIHHealth.org/Doctors to find a doctor.

THE HEALING WALL AT THE ROSE HOUSE

Artist Gives Gift of Solace and Comfort to PIH Health Hospice Families

Annette Atwood and her family are longtime PIH Health patrons. Annette, a ceramic artist, has shared her creativity with PIH Health over the years through tile installations around the organization's hospital campuses—each of her pieces created with collaborative input from clinical staff, chaplains, and patients.



PIH Health patrons Annette and Richard Atwood stand before The Healing Wall at the Rose House.

In the 1990's, Annette helped raise funds to purchase and equip the PIH Health Rose House, one of two hospice homes offering end-of-life care to PIH Health patients. When renovations to the PIH Health Rose House were underway in Fall 2023, Annette met with Shelly Necke, vice president of PIH Health Post-Acute Care Services, to discuss her inspiration for a new art piece which would be dedicated to comforting those experiencing grief.

“Landscapers around the Rose House would find small gifts, keepsakes, and notes left in the garden areas,” Annette explained. “I found that telling, and I knew



that this piece would need to provide a tangible way for patients' family members to process their grief.”

Drawing inspiration from these acts of leaving notes and special items as well as from her visit to the Wailing Wall in Jerusalem, Annette conceptualized the design of The Healing Wall as an interactive artwork which would invite family members to express their loss by placing something of meaning to honor their loved one.

“The Healing Wall required detailed mapping and numbering of each tile and took 10 months to complete,” said Annette. The finished size is 66 1/4” X 45 1/2” and incorporates more than 600 handmade ceramic tiles, and 43 sculpted memento pouches which are meant to hold notes, flowers, and remembrances of passed loved ones.

The Healing Wall, was installed in the patio of the Hospice Rose House, and unveiled at the remodel celebration on March 20, 2024. “At the heart of this project is my belief that the end of life is sacred. No matter one’s faith, there is grief.” Annette continued. “The Healing Wall serves as a physical space that compliments the comfort and excellent care that families receive from the PIH Health Care Teams and is meant to offer additional solace.”



Visit PIHHealth.org/Hospice to learn more about PIH Health’s hospice services. For more information about the PIH Health Foundation, visit PIHHealth.org/Foundation

TURNING A HOUSE INTO A HOME: PIH HEALTH COMPLETES ROSE HOUSE REMODEL

Enhancements to PIH Health Hospice Program Offer Comfort and Support through End-of-Life Care and Beyond

In spring 2024, PIH Health completed a remodel of the Rose House, a five-bed hospice house located in Whittier, California that has provided round-the-clock end-of-life care since its inception in 1995. Designed to meet the needs of terminally ill patients and their families in a home-like environment, the Rose House has been updated to improve and enhance the comprehensive and holistic care the hospice program offers.



The newly remodeled Rose House offers a tranquil and serene environment for PIH Health hospice patients and their families.

Interior and exterior enhancements to the hospice house include redesigned private rooms for each resident, relocation of the nursing station in closer proximity to patient rooms for improved access to care, updated bathrooms, new furniture, refreshed landscaping, freshly painted walls, and new décor to create a tranquil and serene space.

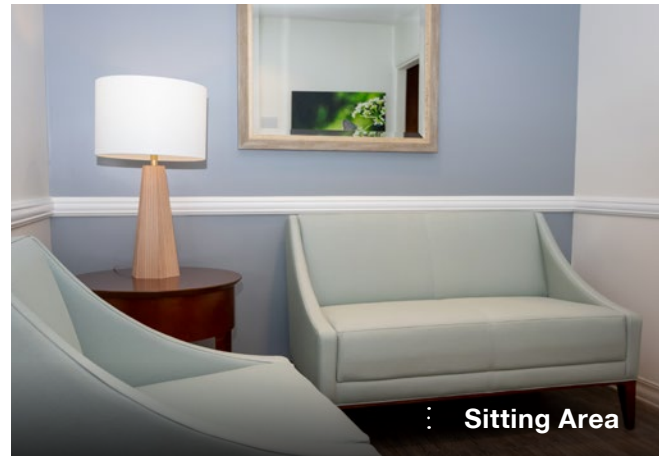
In addition to end-of-life care, PIH Health’s comprehensive hospice program also includes PIH Health Bereavement Services—ongoing support services to family members of recently deceased patients over a period of 13 months after their passing. Our experienced team of social workers, chaplains, volunteers, and bereavement staff are here to help those experiencing loss develop healthy coping mechanisms while they navigate a new phase of life without their loved one. The program also offers bereavement support groups that meet in-person and virtually once-a-week over a period of eight weeks.

Thanks to the generosity of PIH Health Foundation donors, PIH Health has continued to improve and develop the hospice program and services, which is now illustrated by the newly renovated Rose House.

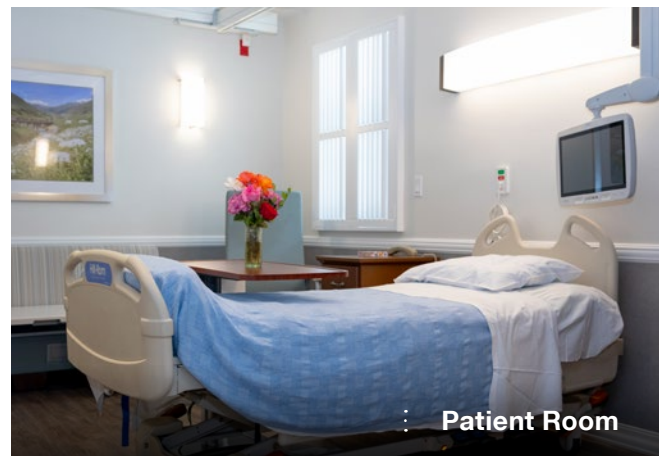
“For almost thirty years, the PIH Health Hospice Houses and in-home hospice services have been a blessing to our community,” says Shelly Necke MSN RN, PIH Health vice president of Post-Acute Care Services. “We look forward to continuing the tradition of care that the hospice program has been providing for the community, offering a serene place where the needs of our patients and their families can be met with compassion, solace, and peace.”



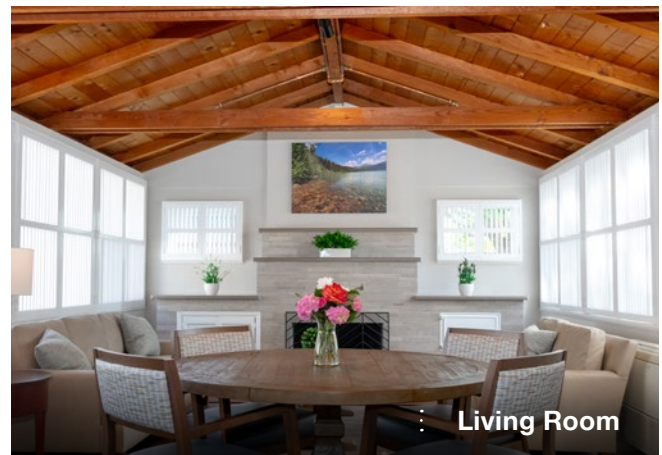
For more information on the hospice services program at PIH Health, please visit PIHHealth.org/Hospice or call **562.947.3668**



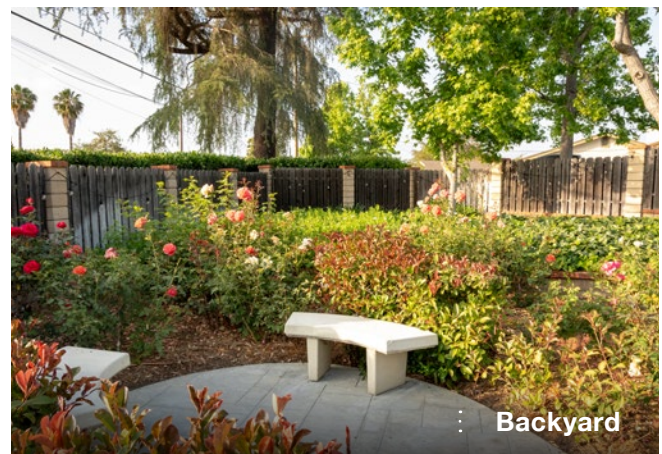
⋮ **Sitting Area**



⋮ **Patient Room**



⋮ **Living Room**



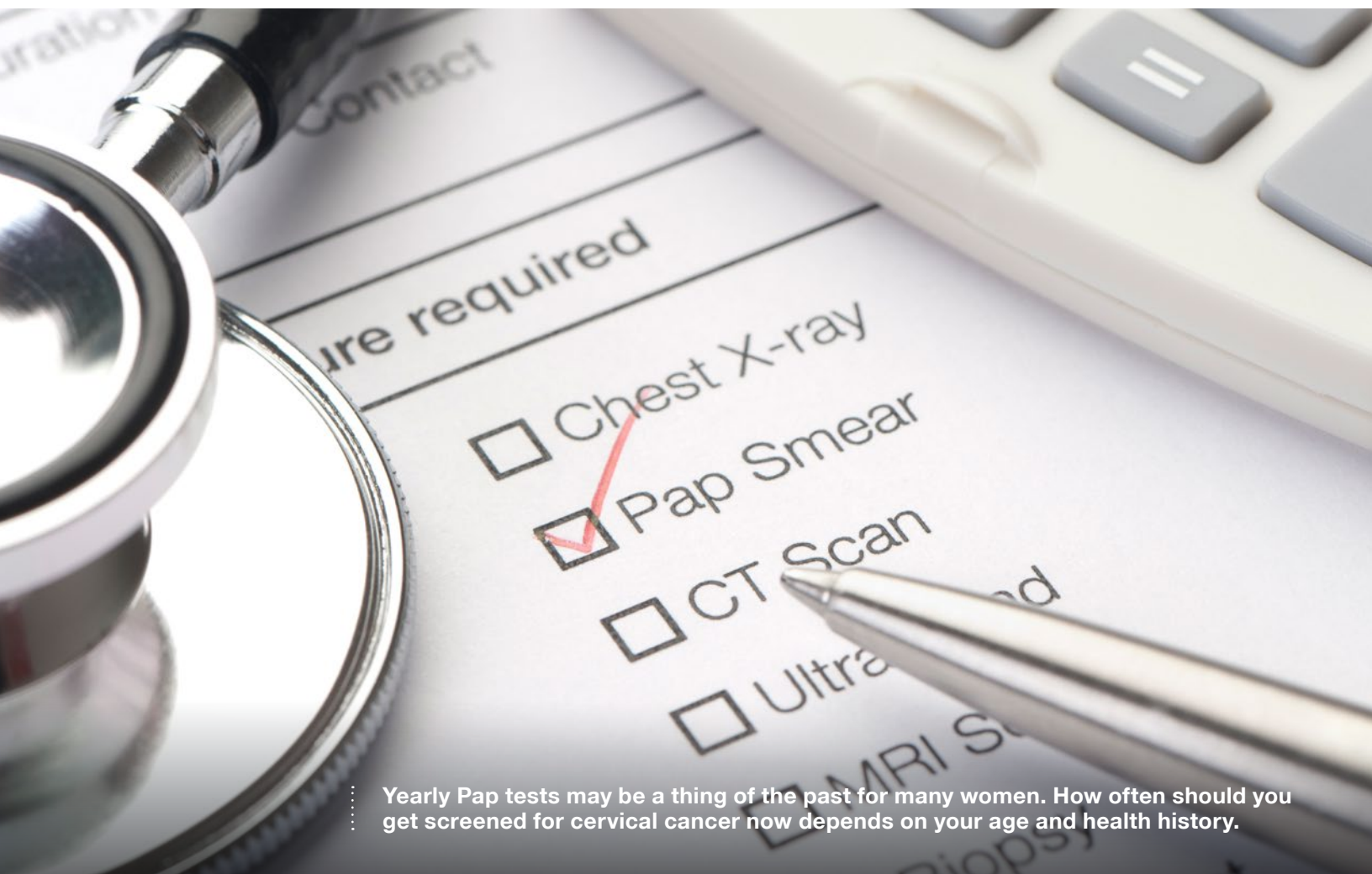
⋮ **Backyard**

HOW OFTEN SHOULD YOU BE SCREENED FOR CERVICAL CANCER?

Cervical cancer is one of the most preventable and treatable forms of cancer in women—which is why regular screenings to detect the cancer are so important.

According to The American College of Obstetricians and Gynecologists (ACOG) cervical cancer screening guidelines, how often you should get screened for cervical cancer now depends on your age and health history.

“While pap smears are recommended less frequently for many women, the American College of Obstetricians and Gynecologists still encourages a yearly visit to a gynecologist to discuss health maintenance and lifestyle issues, as well as whether a pelvic exam is needed,” says Sara Soto MD, OB/GYN at PIH Health.



Yearly Pap tests may be a thing of the past for many women. How often should you get screened for cervical cancer now depends on your age and health history.

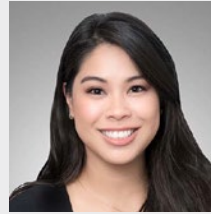
Here are cervical screening recommendations by the ACOG:

Under age 21	You do not need cervical cancer screenings.
Age 21-29	Have a Pap test every 3 years.
Age 30-65	Any one of the following: Have a Pap test alone every 3 years, FDA-approved high-risk Human Papillomavirus (hrHPV) testing alone every 5 years, or Pap test and an HPV test (co-test) every 5 years.
Age 65 and older	You do not need screenings if you have had 3 consecutive negative Pap tests, 2 consecutive Pap tests and an HPV test (co-test) within the last 10 years before stopping screening.
When you may need more frequent screenings	If you have a history of cervical cancer or abnormal Pap test results, are HIV-positive, have a weakened immune system, or were exposed to the drug DES before birth, talk to your doctor about how often you should be screened.
If you have had a hysterectomy	You don't need screenings if your surgery was for a benign condition and your cervix was removed. Continue testing if you have a history of cervical cancer or abnormal test results, or if your cervix was not removed.
If you have had the HPV vaccination	You should still follow recommended cervical screenings for your age group.



See your OB/GYN regularly for a routine visit. There are many factors that contribute to your health, and the better your doctor knows you, the better he or she can help you. To find a doctor, go to PIHHealth.org/Doctors

ASK THE EXPERT



Mai-Anh Vuong-Dac MD Family Medicine

📍 15725 E. Whittier Boulevard, Suite 400
Whittier, CA 90603

📞 562.464.5134

Q. Can my diet affect hair loss?

A. Yes. Hair loss, not related to genetics, can be caused by several diet-related factors, including excess sugar and nutrient deficiencies. For example, eating too many simple carbohydrates, like white bread, pasta, cereals, and sweets, or fish high in mercury could increase the risk of hair loss. Consuming too much sugar and oil can also contribute to hair damage and loss.

On the other hand, eating more nutritious foods, especially those high in micronutrients like vitamins B and C, could help prevent hair loss and even make your hair longer, shinier, and stronger.

If you're noticing hair loss or changes in your overall hair health, it's important to visit a healthcare professional to find the root cause of the problem and get the treatment you need.

To find a doctor, go to PIHHealth.org/Doctors

CROSSING THE FINISH LINE

Robotic Surgery Helps 71-Year-Old Marathon Runner Enjoy Life After Prostate Cancer

Jesus Hernandez, 71, started running in his 50s and ran his first marathon in 2009. But when he was diagnosed with prostate cancer in 2022, he thought his running days might be over.

It all started with a simple blood test, requested during his annual physical with primary care physician, Augusto Rodriguez MD, at PIH Health Bellflower Medical Office Building. The bloodwork showed concerning results—elevated PSA (prostate specific antigen), a common indicator of prostate cancer.

Jesus was referred to Gerald Yoon MD, a urologist at PIH Health Urology in Whittier, who performed a tissue biopsy to learn more. The results were conclusive. Jesus had an aggressive form of prostate cancer, which was spreading quickly.



After surgery, PIH Health patient Jesus Hernandez ran in the LA Marathon.



Jesus, proudly wearing his LA Marathon finisher medal, during a visit with PIH Health Urologist Dr. Yoon.

Dr. Yoon recommended a radical prostatectomy (surgical removal of all or part of the prostate gland) using the innovative Da Vinci XI Surgical System.

“This state-of-the-art technology enables robotic-assisted surgery that offers many benefits for both patients and doctors,” said Dr. Yoon. “Surgical procedures that were previously more difficult to perform using traditional surgical methods have now become more accurate and effective. Because the Da Vinci XI technology enables minimally invasive surgery, patients also enjoy quicker recovery, shorter hospital stays and less postoperative pain.”

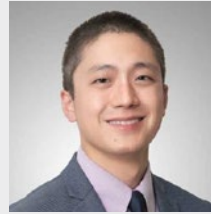
Dr. Yoon performed the surgery at PIH Health Whittier Hospital in July 2022. “This surgery was my first hospital stay in my life and I’m very grateful for the excellent care I received,” said Jesus.

Not only was the cancer removed, Jesus made a full recovery and quickly resumed his favorite pastime. Just eight months after surgery, Jesus ran the 2023 LA Marathon, proving that his strength and stamina hadn’t suffered. Afterward, he proudly visited Dr. Yoon’s office with his medal. A year later, he proved his endurance once again by running the 2024 LA Marathon—this time with his son—and his excellent time qualified him for the Boston Marathon.

According to Jesus, “Dr. Yoon and the entire staff were extremely helpful and supportive, helping me take my first steps post-surgery. They are all angels sent from heaven.”

i For more information, visit PIHHealth.org/Urology

ASK THE EXPERT



Kevin Peng MD Neurotology (Ear Surgery) and Otolaryngology

📍 1245 Wilshire Blvd., South Tower, Suite 480
Los Angeles, CA 90017

📞 213.483.9930

Q. When should I seek treatment for my ear infection?

A. Ear infections affect individuals at any age and can cause significant discomfort. If you experience symptoms such as persistent ear pain or discomfort, drainage from the ear, hearing loss or fever, it’s important to seek treatment. Severe pain lasting more than a few days requires immediate attention from a healthcare professional. Additionally, seek medical assistance if you notice any signs of redness, swelling, or tenderness around the ear.

Delaying treatment could lead to worsening symptoms or potential complications such as a ruptured eardrum or the spread of infection. Treatment options may include antibiotics, ear drops, or other medications depending on your condition.

For more information, visit HouseClinic.com or visit PIHHealth.org/Doctors to find a doctor.



If you're 45 or older, getting a colorectal cancer screening test could save your life.

THE IMPORTANCE OF COLORECTAL CANCER SCREENING

If you're under age 50 you probably haven't given much thought to your risk of developing colorectal cancer. But maybe you should. Getting a colon cancer screening via a colonoscopy can help prevent colon cancer before it starts.

WHEN SHOULD I BEGIN COLORECTAL CANCER SCREENINGS?

While the majority of colon cancer occurs in people who are age 50 or older, cases in younger adults have been rising. Doctors now recommend that people with average risk get screened beginning at age 45. You may have a higher risk of colon cancer if you: have a family history of colorectal cancer or polyps (lumps in the large intestine); have inflammatory bowel diseases; eat a diet high in fat, red meat, or alcohol; and/or have a history of tobacco use.

DO I HAVE OPTIONS WHEN IT COMES TO COLORECTAL CANCER SCREENINGS?

Yes. There are other screening options available, however, if cancer is detected, a colonoscopy will be needed. A colonoscopy is considered the gold standard over other colorectal screenings because it offers more advantages to prevent as well as diagnose colon cancer.

PIH Health Gastroenterology Specialist Alexander Kim DO tells us, "We're finding more and more patients that come in, as young as 45 years old for their first colonoscopy, are having at least one or more polyps removed. These earlier interventions are likely preventing cancer and the new age recommendation of earlier screening is paying off."



WHY IS SCREENING SO IMPORTANT?

Colorectal cancer screenings can find cancer at an early stage, before symptoms may be present. Screenings also detect abnormalities that may become cancerous in the future, such as polyps—which can be easily removed before cancer develops.

Dr. Kim says, "The best thing to do is talk to your doctor about your family history. If you're 45 or older or have a family history of colon cancer, you should schedule an appointment for a colonoscopy. It's best not to delay this screening because it could save your life."



To learn more about colonoscopy or schedule an appointment, visit PIHHealth.org/Colon or call **213.977.4156**



Whittier Mayor Joe Vinitieri (pictured second to left) joins PIH Health stroke care teams as they provide outreach and education at local health fairs and other community events.

STROKE COORDINATORS IMPROVING CARE THROUGH COLLABORATION

Specialized teams guide patients through each step of recovery as part of PIH Health’s award-winning stroke care

Each of PIH Health’s three hospitals have dedicated stroke care teams comprised of expert neurologists, radiologists, pharmacists, lab technicians, and registered nurse coordinators who work together to provide the best possible outcome for a stroke patient—from the time a patient arrives in the emergency department through follow-up care, including rehabilitation to regain skills and abilities. PIH Health stroke care coordinators are registered nurses who provide personal support for each patient, communicating with the medical team overseeing care, helping to navigate appointments, managing medications, and assisting in the patient’s discharge.

PIH Health also offers unique stroke care outreach through a virtual support group that patients, family members, and caregivers can attend for education and encouragement in stroke recovery. Since early stroke detection and treatment are key to improving survival, minimizing disability, and accelerating recovery times, the PIH Health stroke care team regularly attends community health fairs to provide

awareness of stroke warning signs and certain risk factors that increase the likelihood of stroke.

Stroke patients receive expert care at PIH Health. PIH Health Whittier Hospital holds an accredited designation as a comprehensive stroke center. There, they have the resources, staff, and training to treat any kind of stroke. Additionally, the American Heart Association and American Stroke Association has recognized all three PIH Health hospitals with the Get With The Guidelines® – Stroke quality achievement award for each facility’s commitment to providing research-based, high-quality stroke care that supports better outcomes for stroke patients.

“PIH Health is committed to improving care by adhering to the latest treatment guidelines and streamlining processes to ensure timely and proper care for strokes,” says PIH Health System Stroke Medical Director Adrian Burgos MD. “Our stroke coordinators along with the other members of our stroke care teams share their knowledge and provide expert care to ensure more people in our service communities experience longer, healthier lives.”

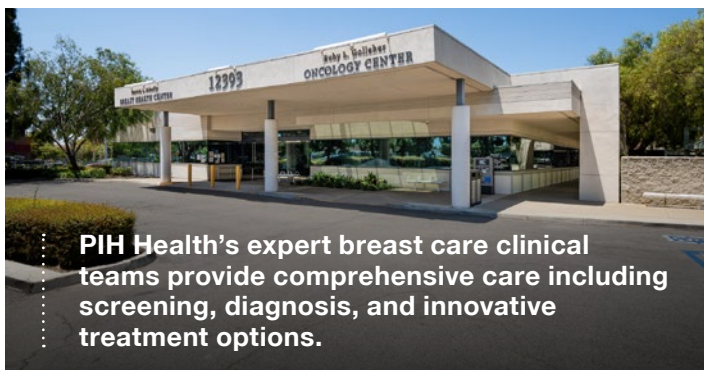


Visit PIHHealth.org/Stroke for more information about the Stroke Program at PIH Health. Visit PIHHealth.org/CommunityBenefit to learn more about PIH Health’s commitment to the community.

COMPLETE AND TRUSTED BREAST HEALTH AND CANCER CARE SERVICES

From Screening to Diagnosis to Survivorship—PIH Health is With You Every Step of the Way

For comprehensive breast cancer prevention, detection, treatment, and all that comes after, PIH Health provides a highly collaborative, multi-disciplinary, and personalized approach to care. We address a wide range of cancer and treatment-related concerns—providing our patients and their families with support throughout their journey.



PIH Health's expert breast care clinical teams provide comprehensive care including screening, diagnosis, and innovative treatment options.

EARLY DETECTION AND DIAGNOSIS

PIH Health knows that early detection helps to give our patients the best possible outcomes. We offer 3D mammograms at PIH Health Breast Health Centers to provide our patients with more accurate mammography to enable earlier breast cancer detection. For patients with an elevated risk of developing breast cancer based on personal and family history, supplemental screening with contrast enhanced breast MRI is available through our breast health centers. Our outstanding team of highly trained physicians are experts in detecting breast cancers and are knowledgeable in all aspects of breast health. Our PIH Health Whittier breast center is recognized by the American College of Radiology as a Designated Comprehensive Breast Imaging Center.

COMPREHENSIVE CARE TEAM AND INNOVATIVE TREATMENT

Should a potential problem be detected, our team is ready to take the next steps in testing and diagnosis and offers coordinated breast cancer treatment, so our patients get the care they need when they need it. Our multidisciplinary care teams stay up to date with the latest advancements in chemotherapy and targeted therapies, and use cutting-edge, effective radiation therapy. We provide access to comprehensive clinical services, the latest technologies, and research at our hospitals, oncology offices, and treatment centers all within the PIH Health network.

SUPPORT AT EVERY STAGE

Our patients can trust they are receiving personalized care tailored specifically to meet their long-term healthcare needs. Throughout active treatment and during life after cancer, PIH Health is here to help our patients' total well-being with our support services and survivorship program. Our wide variety of cancer support services and resources are available to patients and their families to help address concerns, reduce stress, and get access to specialty medical care and services.



For best-in-class breast health care from early detection to remission and beyond, PIH Health is your health and wellness partner. Schedule your mammogram today at PIHHealth.org/Mammogram or call **562.906.5692**

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 or virtual, 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

Phone support for heart disease patients, their families, and caregivers **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

Cervical Cancer: Screening and Prevention

Monday, September 16 from 12:30 - 1:30 pm. Virtual lecture. To RSVP visit PIHHealth.org/CervicalCancerLecture or call **Ext. 12570**

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

Prostate Cancer Screening, Prevention, and Treatment Options

Thursday, September 12 from 3 - 4 pm. Live or virtual Men's Health Seminar. To RSVP visit PIHHealth.org/ProstateScreeningSeminar

Yoga for Healing

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

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

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.

ONLINE APPOINTMENT SCHEDULING



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

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

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 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

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

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

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, Suite 110 562.862.2775
Urgent Care Center, Suite 110 562.904.4430

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

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

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

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 804 213.482.2770
 Internal Medicine, Suite 804 213.482.2770
 General Surgery, Suite 905 213.977.0294
 Pharmacy, Suite 201 213.977.4111

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

Please visit PIHHealth.org/Map to view complete map of PIH Health locations.

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

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

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

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. 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 & 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 203 562.789.5489

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



12401 Washington Blvd.
Whittier, CA 90602
PIHHealth.org

NONPROFIT ORG
U.S. POSTAGE PAID
PERMIT #34
WHITTIER, CA

Healthy Living is produced by the PIH Health Marketing Communications Department. We welcome your comments and suggestions. You may contact us at the phone number or email address below.

If you no longer wish to receive this publication, or if you would like to begin to receive information, please:

- Call **562.698.0811 Ext. 81120** and leave your full name as it appears on this mailing label, or
- Send your full name and mailing address to **MarComm@PIHHealth.org**, or
- Send a letter with your preference, full name and address to PIH Health Marketing Communications, 12401 Washington Blvd., Whittier, CA 90602

Do you want to receive *Healthy Living* by email instead of the printed copy? Visit **PIHHealth.org/HL** to enter your email.

Have a topic or story idea? Please email us at **MarComm@PIHHealth.org**
Information included in *Healthy Living* is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation, or if they have any questions regarding a medical condition or treatment plan.

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**

PIH Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For information (in English, Español, 繁體中文, Tiếng Việt, Tagalog, 한국어, فارسی, 日本語, العربية, हिन्दी, ខ្មែរ, Hmoob, हिंदी, ภาษาไทย) visit **PIHHealth.org**.
© 2024 PIH Health

- [Facebook.com/PIHHealth](https://www.facebook.com/PIHHealth)
- [@PIHHealth](https://twitter.com/PIHHealth)
- [@PIHHealth](https://www.instagram.com/PIHHealth)
- [PIHHealth.org/LinkedIn](https://www.linkedin.com/company/PIHHealth)

PUT YOURSELF FIRST

Schedule your mammogram today for peace of mind tomorrow.
Early detection saves lives.
Your health matters—book your mammogram today!

PIHHealth.org/Mammogram

