

SPRING/SUMMER 2022

healthy living

FROM YOUR FRIENDS AT PIH HEALTH



**Guam Resident Makes
12,000-Mile Journey
to Health**

**Don't Neglect Those
Physician Conversations
(Even When It's Embarrassing)**

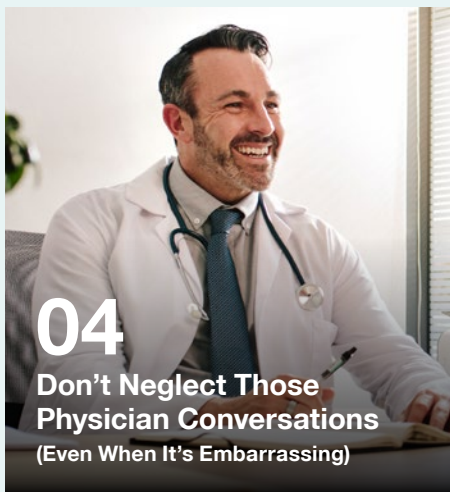
**Woman with Zero
Symptoms Discovers
the Value of Breast Imaging**

FEATURED STORIES



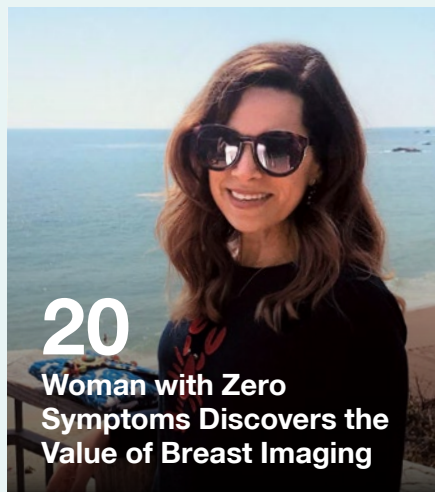
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Exciting News at PIH Health Downey Hospital

NEW EMERGENCY DEPARTMENT LOBBY AND WAITING ROOM OPEN

The Emergency Department (ED) at PIH Health Downey Hospital has opened its doors to a new waiting room and lobby. The new space is more than three times larger than the former waiting room with a drop off area for patients at the front entrance, two new triage rooms for rapid patient

evaluation, three new treatment rooms and a nursing station. The spacious waiting area offers a warm and open environment for patients and visitors. The former ED entrance and waiting room will be closed for construction as a new computed tomography (CT) scanner is installed.





Guam resident Christopher Blas and sister, Bonnie, with Guy Mayeda MD, PIH Health interventional cardiologist.

12,000-MILES TO HEALTH

After facing two life-threatening health issues in his early 40s, Guam resident Christopher Blas knows the value of expert cardiovascular care—but he had to travel a long way to get it.

Christopher’s journey began when he experienced chest pain and went to his community hospital in Guam, a U.S. Territory located 6,000 miles away from Los Angeles in the Western Pacific Ocean. A CT scan revealed an aneurysm that caused a 3-centimeter dissection (tear) in his aorta, the major blood vessel carrying blood from the heart to the body.

Christopher needed a thoracic endovascular aneurysm repair (TEVAR), but the surgery was too advanced for a hospital facility in Guam. Thanks to the International Patient Services Program at PIH Health, Christopher was able to have the repair done at PIH Health Good Samaritan Hospital. He was flown 15 hours by air ambulance to Los Angeles where Guy Mayeda MD, interventional cardiologist, and Ali Gheissari MD, cardiothoracic surgeon, performed the life-saving surgery.

“Acute aortic dissection is a rare, but very lethal cardiovascular condition responsible for about 13,000 deaths per year in the U.S. Twenty percent of patients with an acute aortic dissection die before reaching the hospital and 50% of patients die if not treated within 24 hours,” said Dr. Mayeda.

Two years later during a follow-up appointment in Guam, a CT scan showed a troubling

development—a thoracic graft endoleak at the site of the original dissection.

“An endoleak is a complication that affects about 15 to 25% of patients who undergo TEVAR,” explained Dr. Gheissari. “It means that some amount of blood is still flowing around the graft into the aneurysm cavity.”

Christopher returned to Los Angeles for a second round of treatment. The repair was a success. Today, Christopher is back to his favorite hobbies of driving off-road vehicles and mountain biking.

PIH Health Good Samaritan Hospital has been Guam’s off-island healthcare partner since 1986. Hundreds of patients travel from overseas each year to seek advanced treatment from experienced physicians.

“I traveled to PIH Health Good Samaritan Hospital because I knew I would receive excellent care,” said Christopher. “I had full confidence in the doctors and their expertise. They truly saved my life—not once, but twice.”



To learn more about cardiology and cardiothoracic surgery please visit PIHHealth.org/HeartCare.

DON'T NEGLECT THOSE PHYSICIAN CONVERSATIONS (EVEN WHEN IT'S EMBARRASSING)

How One Patient Finally Solved a Pesky Unexplained Issue

Sometimes, talking to your doctor about a problem can be uncomfortable, if not downright embarrassing. That was certainly the case for Michele, a 39-year-old wife and mother of two, who experienced an unexplained vaginal discharge that occurred on-and-off for years, but simply never went away.



Your PIH Health physician is here to help you feel better. By mentioning all new symptoms, even if you find them embarrassing, you may help your doctor catch a health condition before it becomes serious.

Several physicians told Michele that occasional vaginal discharge is normal, so she didn't worry too much—until it got worse.

After having a hysterectomy to remove a mass on her ovaries, Michele was referred by Samuel Im MD, PIH Health oncologist, to another doctor, Armen Gregorian MD, PIH Health colorectal surgeon, to investigate further. Dr. Gregorian concluded that Michele had developed a rectovaginal fistula—an abnormal connection between the large intestine (rectum) and the vagina, enabling bowel contents to leak through.

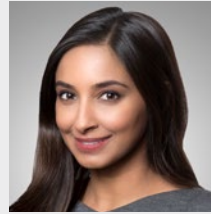
“Rectovaginal fistulas can result from a variety of things—like injury during childbirth, an inflammatory bowel disease like Crohn’s disease, or radiation treatment in the pelvic area,” explained Dr. Gregorian. “Whatever the cause, the condition can cause emotional and physical discomfort, which can impact self-esteem and intimacy. Some rectovaginal fistulas may close on their own, but most need surgical repair.”

Over the course of six months, Michele had two surgeries to repair the fistula. The first involved rectovaginal surgery to remove the fistula and close the tear, plus ileostomy (a procedure that enables waste to leave the body through a surgically created hole called a stoma), giving the area time to heal. Six months later, Michele had a second surgery to remove the ileostomy.

“Dr. Gregorian was so awesome, and he did a great job with my complicated case,” said Michele. “After years of struggling with this issue, I’m finally back to living a normal life. No discharge at all, and I’m back to doing what I love—swimming, living an active lifestyle, and taking fun vacations with my husband and family.”

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

ASK THE EXPERT



Divya Mallam MD

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📞 562.904.4445

Q. Has the age for getting my first colonoscopy changed?

A. In the past, adults who are at average risk for colorectal cancer were advised to start having regular colonoscopies when they turned 50. Today, that age has changed. The U.S. Preventative Services Task Force now recommends that colorectal cancer screenings begin at age 45 due to the rise of colorectal cancer cases among young and middle-aged people.

When you get your first colonoscopy (and how often after that) will depend on your family and personal health history. Talk to your primary care physician to determine the right time for you.

Colorectal cancer is most treatable when found early. Colonoscopies not only detect the disease, but can prevent cancer because precancerous polyps can be removed during the procedure.

For more information or to schedule your colonoscopy, visit PIHHealth.org/Colonoscopy or call 562.967.2656.

INTRODUCING PIH HEALTH AT HOME: A NEW SERVICE FOR THE COMMUNITY

Home Care Option Offers a Wide Variety of
Non-Medical Services



PIH Health at Home provided by 24 Hour Home Care® is a new customized service that provides affordable non-medical home care to individuals needing companionship or assistance with activities of daily living in order to stay independent in their own home.



PIH Health at Home offers
an array of non-medical
services in the comfort
of one's home.

PIH Health at Home can be customized to include:

- **Personal care:** help with hygiene, using the restroom or navigating a home environment
- **Medication reminders:** reminders and monitoring for negative side effects or complications from medications
- **Meal preparation:** grocery shopping assistance, general kitchen safety, cooking and cleaning
- **Respite care:** allows scheduled breaks for family and primary caregivers
- **Companionship:** socialization and engagement in thoughtful and meaningful interactions
- **Transportation:** partnership with RideWith24™ for on-demand rides at any time of day without the use of a smart phone or app

PIH Health at Home caregivers can be available for up to 24 hours a day, seven days a week with an out-of-pocket charge. This allows individuals to retain their independence at home without relying on costly residential homes or assisted living facilities. “We’re so fortunate to offer this service to our community. Often times a person just needs a little bit of human interaction and assistance to prevent an unnecessary hospitalization,” says Shelly Necke, PIH Health vice president of Post-Acute Care Services.

Choosing a home caregiver for yourself or a loved one is an important decision that requires attention. That’s why the hiring process for PIH Health at Home is unique and selective, and each caregiver undergoes a thorough and extensive background check as well as specialized training. To facilitate the best caregiver match, a consultation held early in the decision-making process helps ensure the highest level of compatibility.



To learn more about PIH Health at Home, please call **562.742.3348** or visit **PIHHealth.org/HomeHealth**.



MAKING TOMORROW'S MEDICINE TODAY

ARE YOU INTERESTED IN A CLINICAL TRIAL?

People participate in clinical trials for many reasons. Healthy volunteers often join clinical trials to help others and contribute to moving science forward. People with an illness or disease participate for the possibility of receiving the newest and best drugs, treatment options and patient therapies—long before they become available to the public. Many want to play a more active role in their own healthcare, under the close supervision of doctors and researchers.

“Clinical trials offer hope for many people, and an opportunity to help researchers find better treatments for current and future generations,” said Jennifer Yanovski, PIH Health director of research. “I’m excited to add to the number of clinical trials available to our community this year—and I hope many people will consider participating.”

PIH Health currently has more than 70 clinical trials in various stages in oncology, stroke, cardiovascular, neonatal, peripheral vasculature and other therapeutic areas.

For more information, visit **PIHHealth.org/ClinicalTrials**. To learn more, speak to your physician or email us at **ClinicalTrials@PIHHealth.org**.

SWEET SOUND OF SUCCESS

Tennessee Resident Receives Specialized Care to Remove Inner Ear Tumor

When 53-year-old Philip Atteberry woke up with ringing in his ears in late 2019, he initially suspected allergies. But when the ringing didn't go away and he started developing hearing loss, he went to his primary care physician in Knoxville, Tennessee, who referred him to a local ear, nose and throat (ENT) doctor.



PIH Health patient Philip Atteberry and his wife, Alicia.



A few weeks later, Philip received a steroid shot, but it didn't help. The ENT then recommended an MRI, which revealed an acoustic neuroma.

“Acoustic neuroma is a rare noncancerous tumor that grows slowly from an overproduction of Schwann cells that surround nerve fibers,” explained Gregory Lekovic MD PhD, PIH Health neurosurgeon. “As it grows, the tumor presses on the nerves in the inner ear that control balance and hearing.”

Since the acoustic neuroma was discovered in March 2020—right before the COVID-19 lockdown—and since the tumor was benign and slow-growing, Philip decided to hold off on treatment. But as the year went on, his hearing got worse, so he connected with a friend, who was also treated for this rare condition.

In March 2021, Philip had a video consult with Dr. Lekovic, who reviewed his MRI and recommended surgery to remove the tumor.

“If the tumor gets large enough, it can press against the brain stem,” said Dr. Lekovic. “This can affect neurological function or even become life-threatening.”

Philip decided to proceed with surgery in May 2021 at PIH Health Good Samaritan Hospital with Dr. Lekovic and Kevin Peng MD, PIH Health otolaryngologist. Not only was the surgery a success, Philip recovered quickly enough to enjoy a trip with his wife exploring California sights in July—a trip that was previously postponed due to the pandemic.

“Today I’m feeling great,” said Philip. “I feel very blessed to have had a fantastic surgeon, a wonderful team of physicians, and incredible nurses.”



For more information on ear, nose and throat services, please visit PIHHealth.org/ENT. For more information on neurology services, please visit PIHHealth.org/Neuroscience.

ASK THE EXPERT



Ahl Jeffrey Caseja MD

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Santa Fe Springs, CA 90670

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Q: What glucose numbers indicate type 2 diabetes?

A. There are several ways to diagnose type 2 diabetes, which is the most common form of diabetes. Having type 2 diabetes means your body doesn't use insulin properly. The condition is usually diagnosed using the glycated hemoglobin (A1C) test—a blood test that indicates your average blood sugar level for the past two to three months. Having glycated hemoglobin below 5.7% is normal; 5.7% to 6.4% is diagnosed as prediabetes; and 6.5% or higher on two separate tests indicates diabetes.

If the A1C test isn't available, or if you have certain conditions that interfere with an A1C test, your doctor may use a different test to diagnose diabetes, such as random blood sugar blood test (taken after fasting) or an oral glucose tolerance test (taken after fasting and drinking a sugary liquid at the doctor's office).

For more information, visit PIHHealth.org/Endo.

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TURNING LOVE OF HORSES INTO A GIFT TOWARDS HEALTH

Former Horse Rancher Donates Business Proceeds to PIH Health Foundation

In 1984, Lurene Ross bought a crumbling horse property in Whittier and over time, built it up to become one of the most beloved and iconic horse riding stables and boarding facilities in the Whittier community—L Bar S Ranch.

For 36 years, Lurene happily ran the ranch with her daughter and co-owner, Lori—operating out of the property’s red barn, a historic landmark originally built in 1890. When Lori got married, she and her husband built a home on the property, adding to Lurene’s love of the ranch.

So when Lurene, 81, decided to retire two years ago, relocate and sell the ranch, it was a sad day indeed. But there was a silver lining. The proceeds from the sale enabled her to make significant donations to some of her favorite causes, including PIH Health Foundation.

“PIH Health Whittier Hospital had been my regular hospital for all the decades I lived in Whittier and it provided excellent care through several significant life events,” she said. “It provided care years ago when my young husband had non-Hodgkin

lymphoma—I spent a lot of time there during his illness—and more recently, when I was diagnosed with breast cancer in 2015. Thanks to the 3D mammography machines, my cancerous spot was found very early, and a successful lumpectomy was performed right away. It’s been seven years, and I’m still cancer-free. I couldn’t be more grateful for the entire team and great people at PIH Health.”

Today, Lurene lives in Bear Valley Springs, a mountain community near Tehachapi, Calif. Her love of horses continues—she has six horses living on her 2-acre lot. She’s thrilled that her donation will benefit PIH Health and the Whittier community which she will always hold dear.

“PIH Health has always been one of my favorite places,” she said. “The people there were always so nice—it’s something that I’ll never forget.”



For more information on the numerous ways you can support PIH Health Foundation, visit PIHHealth.org/Support or call 562.967.2745.

2021 Frank Scott Pro/Am Golf Tournament Raises over \$330,000 for a Da Vinci Surgical System

On December 6, 2021, community members and loyal supporters turned out at Friendly Hills Country Club in Whittier for PIH Health Foundation's annual 2021 Frank Scott Pro/AM Golf Tournament. Thank you to our sponsors:

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HIP REPLACEMENT... ME?

Workout Enthusiast Faces Serious Denial About Needing Orthopedic Surgery

Until two years ago, Randy Hew was one of the most active guys you could meet. He worked out at least five times a week, was a competitive runner for more than 30 years, an avid mountain hiker, and played almost every sport there is.

So when he started having sharp pain in his thigh when exercising, which progressed to lower back pain that forced him to stop running, he was truly dumbfounded.

X-rays on Randy's hip showed moderate osteoarthritis and bone spurs, and the lower back revealed nothing remarkable. He did six months of physical therapy and daily stretching exercises with no improvement, and tried chiropractic and acupuncture with no relief. By October 2020 the pain was so intense he had to stop all activities. Sandra Madrid MD, PIH Health primary care physician referred Randy to see an orthopedic specialist.

In November, Andrew Hsiao MD, PIH Health orthopedic specialist, ordered an updated set of X-rays, now revealing severe osteoarthritis in his hip joint. Randy tried a cortisone injection, which generally provides relief for up to six months, but lasted only 14 days for him. In December, Dr. Hsiao concluded that Randy needed a total hip replacement and referred him to Andrew Luu MD, PIH Health orthopedic surgeon, who specializes in anterior joint replacement surgery.

"Randy was a great candidate for anterior hip replacement surgery," said Dr. Luu. "It has several advantages over traditional hip replacement, including less pain, faster recovery, a shorter hospital stay, but most importantly, allows someone as active as him to return to doing the things he enjoys with a lower risk of post-surgical hip dislocation."

Randy's surgery happened in March 2021, and today he's pain-free and happy to be back to his daily exercises.

"From my first consultations with both orthopedists to the actual surgery and recovery, I was truly impressed with the entire staff at PIH Health," said Randy. "Their level of planning, organization and professionalism always made me feel that I was in great hands—my treatment was the absolute best I could ask for."



After surgery, Randy is back to his daily exercises.



PIH Health patient Randy Hew with Andrew Luu MD, PIH Health orthopedic surgeon.

i To schedule an appointment with an orthopedic specialist, call **562.789.5461**. To learn more about orthopedic surgery and our rapid recovery program, please visit **PIHHealth.org/Ortho**.



PIH Health patient Manuel Quispe.

MEDICATION MANAGEMENT HELPS WHITTIER PASTOR MANAGE DIABETES AND WALK AGAIN

Two years ago, Manuel Quispe's diabetes was out of control—but he didn't know it. At the time, the 62-year-old Whittier resident was wheelchair-bound due to a foot ulcer and not in the best health.

One day, severe kidney pain sent Manuel to the emergency department at PIH Health Whittier Hospital. He was treated for his pain and it was recommended that he follow up with a PIH Health primary care physician.

Manuel chose Nelson Dalla Tor MD, a family medicine doctor at the PIH Health Washington Medical Office Building. Manuel and Dr. Dalla Tor learned that they had a lot in common. Dr. Dalla Tor's parents were missionaries in Bolivia where Manuel was a pastor and both Dr. Dalla Tor and Manuel's daughters went to UCLA.

Dr. Dalla Tor referred Manuel to an endocrinologist to manage his diabetes and to Trina Tran PharmD, PIH Health clinical pharmacist in the Medication Management department. "After reviewing Mr. Quispe's medications and speaking with him, I realized that he was struggling with a complex

insulin regimen," said Dr. Tran. "Our team assesses patients' medications to ensure accuracy and appropriateness, and prevent harmful interactions. More importantly, our team supports, develops, and guides patients through complex and comprehensive treatment plans to achieve enhanced health outcomes."

Within the first couple months of working with PIH Health, Manuel's health improved significantly. His blood sugar was better controlled and the foot ulcer healed. He avoided an amputation, gained independence and is now enjoying improved quality of life. He no longer needs a wheelchair and can drive again.

"I love how all of the PIH Health doctors worked together to provide the best healthcare possible—I'm so thankful," said Manuel. "I take less medications and I feel healthier than ever. I'm in the best state of my life."



For more information about medication management, visit PIHHealth.org/Pharmacy.

SEEING THE UNSEEN

Woman with Zero Symptoms Discovers the Value of Breast Imaging

If anyone doubts the power of a routine mammogram to save lives, they should talk with Sara Casillas, a 51-year-old Whittier resident and breast cancer survivor.



PIH Health patient Sara Casillas.

When Sara had her annual mammogram in early 2019 at the PIH Health Breast Health Center Whittier, she had no indication that anything was wrong. Without detectable lumps or family history of cancer, she wasn't worried.

When PIH Health radiologist Kimberly Bickell MD informed Sara that her mammogram detected something and wanted to do a biopsy, Sara was surprised. When she received a breast cancer diagnosis—ductal carcinoma in situ (DCIS), stage 0—Sara was truly shocked.

"I didn't even know there was a stage zero," she said. "Thankfully, I had many treatment options. After reviewing all of them, I chose to have a double-mastectomy. This may seem aggressive to some based on the type of cancer I had, but it made the most sense to me."

Sara's mastectomy was performed by Kenneth Thompson MD, PIH Health surgeon, who worked with John Britto MD, PIH Health plastic surgeon, for Sara's reconstruction.

"One in eight women will be diagnosed with breast cancer in their lifetime, and if you're that one woman, getting a yearly mammogram beginning at age 40 is the key to early detection and the best possible outcome," said James Kuo MD, PIH Health radiologist and co-medical director of the PIH Health Breast Center. "Sara is a great example of how breast imaging is powerful enough to detect cancer at its very early stages."

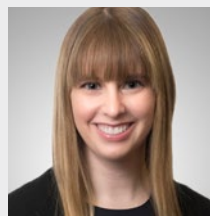
Nearly three years later, Sara is deeply grateful for the expert care she received from the PIH Health team and gives a thoughtful reminder to women everywhere.

"Whatever you do, don't put off your mammogram. A year—or even a month delay—can mean all the difference. Early detection is your best chance of survival. If I had put off my mammogram, I may be telling a very different story today."



For more information on mammograms or breast health at PIH Health, visit PIHHealth.org/Mammogram or call **562.906.5692**.

ASK THE EXPERT



Jessica Weiss DO

📍 1245 Wilshire Boulevard, Suite 703
Los Angeles, CA 90017

📞 213.977.0419

Q. How are heart attacks different for women than men?

A. Many people don't realize that heart attacks often affect women differently than men. First, heart attacks tend to be deadlier in women. This may happen because women are generally older than men when they suffer from heart attacks. Women also tend to think their symptoms are not those of a heart attack so they don't seek immediate care. For many women, a heart attack may feel like a strange discomfort in the back (or other subtle signs that are easy to ignore) instead of crushing chest pain. Lastly, women typically don't respond as well as men to the treatments usually prescribed during or after a heart attack. It takes expert medical care to address these issues specific to women.

For more information on our heart services visit PIHHealth.org/HeartCare.

INVESTING IN A “HEART SMART” COMMUNITY

PIH Health’s Commitment to Cardiovascular Health

Given the heart’s never-ending workload, it’s a wonder it performs so well, for so long, for so many people. But it can also fail—brought down by lack of exercise, a poor diet, smoking, genetics, and more. These sobering statistics from the American Heart Association are enough to give anyone concern:

- Heart disease remains the number one cause of death in the U.S. (based on 2018 data); claiming more lives each year than all forms of cancer and chronic lower respiratory disease combined.
- Approximately every 39 seconds, an American will have a heart attack.



To encourage heart-healthy habits at a young age, PIH Health is investing in prevention through a collaboration with the American Heart Association.

PIH Health is working hard to improve these national statistics—starting here in our own community. Recently, we’ve made significant investments in heart health by acquiring the nationally recognized Los Angeles Cardiology Associates medical group, and through our comprehensive Heart and Vascular Center, which includes screening and diagnosis, specialty care for heart attacks, irregular heart rhythms, heart surgery, interventional cardiology and more.

“Although many people develop some form of cardiovascular disease as they get older, it’s not inevitable,” said Gerald Beckham MD, cardiologist at PIH Health Whittier Hospital. “A healthy lifestyle, especially when started young, goes a long way toward preventing heart disease. But if heart damage does occur, our expert PIH Health team is always here to offer specialized, compassionate care.”

To encourage heart-healthy habits at a young age, PIH Health is also investing in prevention through a collaboration with the American Heart Association, which will provide three local elementary schools with physical and nutrition education, plus playground equipment that promotes exercise and active play.

“The early years play a vital role in the development of healthy behaviors that can carry into adolescence and adulthood,” said Sang-Mi Oh, senior vice president/executive director, American Heart Association Los Angeles. “Collaborations with organizations like PIH Health are important to making a lasting impact and building a foundation of health and wellbeing where our kids spend most of their day.”



NEW LOS ANGELES COMMUNITY PARTNERS

This past year, PIH Health expanded its committee of community stakeholders to include partners serving PIH Health Good Samaritan Hospital’s service area in Los Angeles, including the Koreatown Youth and Community Center, the Office of Los Angeles County Supervisor Hilda Solis, and the Los Angeles Centers for Alcohol and Drug Abuse.

We have supported several local events with our new partners, including vaccination events and a regional food distribution. Also, a new shared space for healthcare workers and the community was built at CultivaLA’s Westlake Community Garden (adjacent to PIH Health Good Samaritan Hospital).

“This space is exactly what we needed to continue healing after the pandemic—a place that builds connections in our community, while promoting health and wellness, nutrition, exercise and education. We look forward to what we can do together.” said Jose Miguel Ruiz, executive director, CultivaLA.

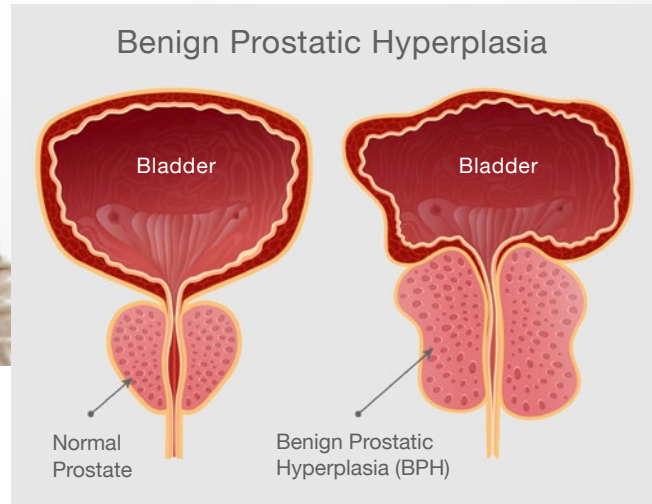
To learn more about PIH Health’s commitment to the community, visit PIHHealth.org/CommunityBenefit.



To learn more about PIH Health’s heart health services, visit PIHHealth.org/HeartCare.



The UroLift procedure offered by PIH Health can be a great choice for men with benign prostatic hyperplasia.



JUST FOR MEN

UroLift® Procedure Brings Welcome Relief for Prostate Gland Enlargement

As men get older, many experience a common condition called benign prostatic hyperplasia (BPH) —also known as prostate gland enlargement.

Because the prostate is located beneath the bladder, when it enlarges it can block urine flow. This can cause uncomfortable urinary problems, such as the urgent need to urinate, a weak urinary stream, inability to completely empty the bladder, and in some cases, kidney infection and bladder stones.

“While this type of prostate enlargement isn’t thought to be a precursor to prostate cancer, many men find the symptoms bothersome and seek treatment,” explains Gerald Yoon MD, PIH Health urologist.

Treatments include medications that relax the bladder or shrink the prostate, surgery, and minimally invasive approaches, like UroLift—a technique that lifts and holds the enlarged prostate tissue out of the way so it no longer blocks the urethra. There’s no cutting, heating or removal of the prostate tissue.

UroLift can be the right choice for men who try and fail with oral BPH medications.

“We perform the UroLift procedure at our Same Day Surgery Center and patients report better urine flow and ability to empty their bladders,” said Dr. Yoon. “UroLift is a great way to get BPH relief without medication or surgery.”



To schedule a consultation with a PIH Health Urology specialist, call **562.907.7600**. Learn more at **PIHHealth.org/Urology**.

Starbucks is Now Open in PIH Health Whittier Hospital Lobby

In the fall of 2021, PIH Health Whittier Hospital welcomed Starbucks. It is located immediately to the left of the main entrance. This is just another way PIH Health is working to improve its patient and visitor experience.

CALENDAR

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

PREGNANCY AND NEW BABY

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

To register, call **Ext. 17541**

SUPPORT GROUPS

Bariatric Support Group

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

Bereavement Support Groups

Healing After Loss

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

Living with Loss

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

Breast and Women's Cancers

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



MARCH IS COLON CANCER AWARENESS MONTH

Visit PIHHealth.org/Screenings to learn more.

Journey Through Cancer

Second Thursday of every month, 11 am - 12:30 pm. Virtual meeting, call **Ext. 12570**

Metastatic Cancer Connect

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

Mended Hearts

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

Stroke Support Group

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

CANCER TOPICS

Cancer Survivorship Workshop

"Overcoming the Fear of Recurrence"

Saturday, March 19, 2022 from 10 am - 12 noon at PIH Health Whittier Hospital Auditorium, call **Ext. 12570** to RSVP

Mind, Body and Spirit Workshop

October 6, 13, 20, 27 at 3 pm at PIH Health Whittier Hospital Lower Level Conference Room, call **Ext. 12896** to RSVP

Oncology Resource Center and Wig Bank

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

SPECIAL TOPICS

Advance Care Planning

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

Smoking Cessation Program

Call **Ext. 12549** to register

SHARE YOUR EXPERIENCE YOUR FEEDBACK IS VALUABLE

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

After a visit at any PIH Health facility, you may receive a questionnaire via email, phone or mail, asking about your experience. We know you are busy, but please let us know how we are doing by providing your valuable feedback.

LIST OF PIH HEALTH SERVICES AND LOCATIONS

11500 BROOKSHIRE AVE., DOWNEY, CA 90241

PIH Health Downey Hospital 562.904.5000

1225 WILSHIRE BLVD., LOS ANGELES, CA 90017

PIH Health Good Samaritan Hospital 213.977.2121

12401 WASHINGTON BLVD., WHITTIER, CA 90602

PIH Health Whittier Hospital 562.698.0811

Optical Shop 562.967.2885

351 E. FOOTHILL BLVD., ARCADIA, CA 91006

Home Health 626.358.3061

10251 ARTESIA BLVD., BELLFLOWER, CA 90706

Family Practice 562.867.8681

Internal Medicine 562.867.8681

Pediatrics 562.867.8681

Radiology

(Ultrasound/Mammography) 562.862.4566

16510 BLOOMFIELD AVE., CERRITOS, CA 90703

Coumadin/Diabetic Center 562.229.0902

Family Practice 562.229.0902

Internal Medicine 562.229.0902

Pediatrics 562.229.0902

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

Cardiology 714.656.2140

11411 BROOKSHIRE AVE., DOWNEY, CA 90241

Family Medicine Residency, Suite 207 562.904.4411

Women's Center, Suite 302 562.904.5151

11420 BROOKSHIRE AVE., DOWNEY, CA 90241

Rehabilitation 562.904.5414

11480 BROOKSHIRE AVE., DOWNEY, CA 90241

Allergy & Immunology, Suite 300 562.977.1690

Cardiology, Suite 204 562.977.1690

Digestive Health, Suite 204 562.904.4445

Endocrinology, Suite 204 562.904.5740

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

Rheumatology, Suite 204 562.904.4466

12214 LAKEWOOD BLVD., SUITE 110, DOWNEY, CA 90242

Chiropractic 562.862.2775

Family Practice 562.862.2775

Infectious Disease 562.862.2775

Internal Medicine 562.862.2775

Pediatrics 562.862.2775

Urgent Care Center 562.904.4430

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

Family Medicine, Suite 88 626.964.3040

Mammography, Suite 88 562.906.5692

Pediatrics, Suite 300 626.964.6012

Urgent Care Center, Suite 88 626.225.4900

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

Eye Care Center, Suite 100 562.694.2500

1400 S. HARBOR BLVD., LA HABRA, CA 90631

Family Medicine 562.967.2790

Orthopedics and Sports Medicine 714.879.3400

Urgent Care Center 562.789.5950

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

Family Medicine 562.597.4181

Pediatrics 562.597.4181

12675 LA MIRADA BLVD., LA MIRADA, CA 90638

Dermatology and Aesthetic Medicine Center, Suite 300 562.967.2851

Eye Care Center, Suite 301 562.967.2870

Family Medicine, Suite 201 562.903.7339

Pediatrics, Suite 401 562.789.5435

Women's Health, Suite 401 562.789.5453

15050 IMPERIAL HWY., LA MIRADA, CA 90638

Home Healthcare 562.902.7757

Hospice 562.947.3668

Palliative Care 562.902.7757

15082 IMPERIAL HWY., LA MIRADA, CA 90638

Chiropractic 562.789.5484

Podiatry 562.967.2805

15088 IMPERIAL HWY., LA MIRADA, CA 90638

Physical and Occupational Therapy 562.906.5560

Speech Therapy 562.906.5560

43723 20TH ST. WEST, LANCASTER, CA 93534

Cardiology 661.674.4222

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

Chiropractic 562.344.1350

Internal Medicine 562.344.1350

Pediatrics 562.344.1350

1245 WILSHIRE BLVD., LOS ANGELES, CA 90017

Ambulatory Surgery Center, Suite 200 213.977.2169

Cardiology, Suite 703 213.977.0419

Cardiology Testing, Suite 711 213.977.0419

Family Medicine, Suite 307 213.482.2770

General Surgery, Suite 905 213.977.0294

Internal Medicine, Suite 307 213.482.2770

Outpatient Imaging, Suite 205 213.977.2140

Pharmacy, Suite 201 213.977.4111

Radiation Oncology, South Tower, Suite 101 213.977.2360

Rheumatology, Suite 307 213.482.2770

Women's Center, Suite 690 213.977.4190

Women's Center Wilshire North, Suite 307 213.747.4391

2100 W. 3RD ST., SUITE 111, LOS ANGELES, CA 90057

PIH Health House Clinic 213.483.9930

2200 W. 3RD ST., SUITE 200, LOS ANGELES, CA 90057**Urgent Care Center** COMING SOON**3663 W. 6TH ST., SUITE 309, LOS ANGELES, CA 90020**

Cardiology 213.387.8200

2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640

Family Medicine 323.728.0321

Otolaryngology (ENT) 562.789.5456

Urgent Care Center 562.967.2780**431 S. BATAVIA ST., SUITE 200, ORANGE, CA 92688**

PIH Health House Clinic 714.516.9570

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

Cardiology 661.274.1777

**7777 MILLIKEN AVE., SUITE 330,
RANCHO CUCAMONGA, CA 91730**

Cardiology 909.883.5315

12400 BLOOMFIELD AVE., SANTA FE SPRINGS, CA 90670

Endocrinology 562.967.2760

Eye Care Center 562.967.2820

Family Medicine 562.789.5434

Neurology 562.967.2801

Orthopedics and Sports Medicine 562.789.5452

Pharmacy 562.967.2810

Urgent Care Center 562.967.2830**4476 TWEEDY BLVD., SOUTH GATE, CA 90280**

Family Practice 323.563.9499

Internal Medicine 323.563.9499

Pediatrics 323.563.9499

Podiatry 323.563.9499

12291 WASHINGTON BLVD., WHITTIER, CA 90606

Behavioral Health Clinic, Suite 300 562.967.2840

Digestive Health Services, Suite 201 562.698.0306

Endocrinology, Suite 205 562.789.5447

Family Medicine Residency, Suite 500 562.698.2541

Laboratory/Blood Draw Station,
Suite 102 562.698.0811 Ext. 18191Outpatient GI Center, 4th Floor 562.698.0811 Ext. 18450Radiology/Interventional Radiology Clinic,
Suite 302 562.906.5572 Opt. 4

Wound Healing Center, Suite 100 562.789.5462

12393 WASHINGTON BLVD., WHITTIER, CA 90606

Patricia L. Scheiffly Breast Health Center 562.906.5692

Ruby L. Golleher Oncology Center 562.696.5964

12415 WASHINGTON BLVD., WHITTIER, CA 90602

Same Day Surgery 562.696.3887

12462 PUTNAM ST., WHITTIER, CA 90602

Audiology, Suite 500 562.789.5456

Cardiology, Suite 203 562.789.5430

Dermatology and Aesthetic Medicine Center,
Suite 501 562.789.5429Diabetes Education and Nutrition,
Suite 303 562.698.0811 Ext. 11320Laboratory/Blood Draw Station,
Suite 101 562.698.0811 Ext. 11130

Oncology, Suite 206 562.789.5480

Orthopedics and Sports Medicine,
Suite 402 562.789.5461

Otolaryngology (ENT), Suite 500 562.789.5456

Pain Management, Suite 402 562.798.5466

Perinatal Center, Suite 303 562.789.5460

Pharmacy, Suite 105 562.789.5412

Podiatry, Suite 402 562.789.5464

Pulmonary, Suite 208 562.789.5470

Radiology, Suite 101 562.698.0811 Ext. 17071

Rheumatology, Suite 402 562.967.2788

Surgery

Bariatric Surgery, Suite 500 562.789.5444

Cardiothoracic Surgery, Suite 208 562.789.5489

Colorectal Surgery, Suite 500 562.789.5449

General Surgery, Suite 500 562.789.5449

Head and Neck Surgery, Suite 500 562.789.5456

Mohs Surgery, Suite 501 562.789.5429

Plastic Surgery, Suite 501 562.789.5439

Surgical Oncology, Suite 500 562.789.5449

Vascular Surgery, Suite 200 562.789.5960

Women's Center, Suite 303 562.789.5440

12522 E. LAMBERT RD., WHITTIER, CA 90606

Family Medicine 562.789.5420

Internal Medicine 562.789.5420

Palliative Care 562.967.2273

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

Urology 562.907.7600

15725 E. WHITTIER BLVD., WHITTIER, CA 90603

Medication Management, Suite 500 562.448.1350

Family Medicine, Suite 400 562.947.1669

Internal Medicine, Suite 500 562.947.3307

Laboratory/Blood Draw Station,
1st Floor 562.947.8478 Ext. 82127

Pediatrics, Suite 300 562.947.9399

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



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Whittier, CA 90602
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**Get in. Get out.
Get well.**

