

healthy living

FALL 2023/WINTER 2024

FROM YOUR FRIENDS AT PIH HEALTH



**PIH Health Downey Hospital
Marks 10 Years as Part of
PIH Health**

**Routine Mammogram
Helps Woman Resolve Breast
Cancer Quickly**

**A Lasting Legacy:
Grateful Family Gifts Home
to PIH Health Foundation**

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Put Yourself First: Schedule and Keep Your Mammogram Appointment

Getting a yearly mammogram helps doctors spot signs of cancer long before you notice any changes in your breasts. In fact, the chance of surviving breast cancer is better if it's found early. Schedule and keep your mammogram appointment. Getting a mammogram is quick—usually taking 30 minutes or less. Most breast health centers offer a choice of appointment times so you can select a time that is convenient for you.



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

MEDICARE ANNUAL ELECTION PERIOD

Every fall, the U.S. Centers for Medicare & Medicaid Services provides an annual election period (AEP) when Medicare beneficiaries can enroll in a Medicare Advantage (HMO) plan or Medicare Supplemental plan, switch plans, or disenroll. Medicare's 2023 enrollment period is October 15 to December 7. Changes made to your Medicare plan will take effect on January 1, 2024 and remain in place until December 31, 2024.

AEP is a great time to assess your healthcare needs and review your options, especially since Medicare plans and their costs can change from year to year. If you have new medications or have recently been diagnosed with a medical condition, it's important to review your plan to determine if it still fits your needs.

During this time you can select the health plan, doctors, and hospital that work best for you. When you choose a doctor and medical group, you are also choosing the hospital where you will be admitted should you need hospitalization.

If you are currently enrolled with PIH Health Physicians, you have access to the highest quality physicians and hospitals. If not, we encourage you to choose PIH Health during this year's open enrollment.

“At PIH Health, we understand that Medicare plans can be confusing,” said Roberto Madrid MD, vice president of Medical Group Operations at PIH Health Physicians. “We offer resources that help Medicare beneficiaries choose the best plan for them.”

PIH Health will be hosting several Medicare benefits presentations by various health plans and Medicare brokers where you can learn more about changes that will affect Medicare health plans. Please visit our website for a full list of dates and times.



You can also join one of PIH Health's upcoming Medicare Forums, which will include a speaker as well as break-out sessions with representatives from each of the Medicare health plans accepted by PIH Health.

PIH HEALTH WHITTIER HOSPITAL

12401 Washington Blvd., Whittier, CA 90602

Saturday, October 21 and November 4, 2023

(in English and Spanish)

9 am to 12:30 pm

PIH HEALTH DOWNEY HOSPITAL

1500 Brookshire Ave., Downey, CA 90241

Saturday, November 18, 2023

(in English and Spanish)

9 am to 12 noon

PIH HEALTH GOOD SAMARITAN HOSPITAL

637 Lucas Ave., Los Angeles, CA 90017

Moseley Salvatori Conference Center

Palm Oak Room

Saturday, October 14, 2023

(in English and Korean)

9 am to 12 noon

Saturday, November 11, 2023

(in English and Spanish)

9 am to 12:30 pm



For more information or to register, please call **888.365.4450** or visit **PIHHealth.org/Medicare**

PIH HEALTH DOWNEY HOSPITAL MARKS 10 YEARS AS PART OF PIH HEALTH

October 1, 2023 marks the tenth anniversary since Downey Regional Medical Center became part of the PIH Health network as PIH Health Downey Hospital, the second hospital in our growing healthcare system.

Much has changed at the Downey campus over the last decade. The hospital has undergone a number of modernization projects to enhance the facility, advance healthcare, and improve the patient experience, and now earns national recognition annually for its optimal use of information technology, best practices, and excellence in care.

Almost immediately after joining PIH Health, the hospital began a stream of short and long-term projects including updates to its interior and exterior, seismic retrofitting, and improvements to hospital processes. From the welcoming main entrance, spacious and updated waiting areas and hallways, to remodeled patient rooms, cafeteria, and other renovated departments and offices, the Downey hospital has been updated to offer patients and visitors a pleasant and comfortable space to receive the highest quality care and services.

Extensive technological upgrades were also made in the form of the installation of state-of-the-art medical equipment, updates to the hospital's communication and medical software systems, and a modernized wireless infrastructure built to support electronic medical records. These technological enhancements have improved the coordination and delivery of patient care, resulting in more security, accuracy, and efficiency.

Directly across the hospital campus, the Downey medical office building offers robust medical specialties including allergy & immunology, cardiology, digestive health services, hematology & oncology, otolaryngology (ENT), pain management, rheumatology, and a new convenient retail pharmacy.



After several years of work, the hospital nears completion of another long-term project. The multiphase expansion of the 5,000-square-foot Emergency Department (ED) is expected to be completed early 2025.

“PIH Health Downey Hospital has grown to be a leader in improving the health and wellness of the local community over the past decade,” said Dianne Sauco MSN MSHCA RN, PIH Health Downey Hospital chief nursing officer. “As we move forward, we remain focused on growth and continue to expand our services in response to the community’s healthcare needs.”

i To learn more about the history and continued evolution of PIH Health Downey Hospital, please visit PIHHealth.org/History



Retail Pharmacy Now Open at PIH Health Downey Medical Office Building

The Downey community has a new retail pharmacy located at 11480 Brookshire Ave., Suite 102—just across the parking lot from PIH Health Downey Hospital. The pharmacy is open Monday through Friday, 9 am to 5:30 pm and offers the same quality and convenient services as other PIH Health retail pharmacies in Los Angeles, Santa Fe Springs and Whittier.

For more information, visit PIHHealth.org/Pharmacy



**DURING THIS YEAR'S
OPEN ENROLLMENT
REMEMBER PIH HEALTH**

If you're employed full time, you probably receive health insurance through your workplace. Most employer groups have their annual open enrollment period during the fall and early winter seasons with a January 1 effective date. This is a great opportunity to review and change your elective healthcare benefits. Be sure to choose carefully since your selection will determine the quality of care you will receive for the upcoming year.

When you choose a doctor and medical group, you are also choosing the hospital where you will potentially be admitted. Is your current primary care physician affiliated with PIH Health? If not, or if you aren't sure, we encourage you to give us a call so that we can recommend an affiliated primary care physician.

For more information about your insurance options or to see a list of doctors in your area, please visit our website at

PIHHealth.org/Doctors or call us at **888.365.4450**

EARLY DETECTION IS KEY

Routine Mammogram Helps One Woman Catch and Resolve Breast Cancer Quickly

A routine screening mammogram may have saved the life of 76-year-old Patricia Domal. It all started when Patricia received her annual mammogram reminder from PIH Health in October 2022. Her screening result showed an area of concern and to gather more information, the radiologist called her back for an ultrasound and biopsy, which confirmed a diagnosis of early breast cancer.



PIH Health patient Patricia Domal

“I do breast self-exams regularly, but didn’t notice anything,” she said. “However, I did feel like something was ‘off’ in my body—I started seeing changes and began losing weight unexpectedly.”

The radiologist recommended further testing with breast MRI, which detected a small cancer in her other breast as well. After hearing the news, Patricia was in shock and didn’t know what to do next.

That’s where the PIH Health Nurse Navigator was tremendously helpful. Patricia’s nurse navigator answered her questions and coordinated care by setting up all of Patricia’s doctor appointments—from the general surgeon to the oncologist and the plastic surgeon. Based on those discussions, Patricia opted for a double mastectomy.

“When cancer is found in both breasts, a double mastectomy is a good option,” said Samuel Kim MD, PIH Health surgeon. “The surgery removes all breast tissue and can be performed with or without breast reconstruction surgery.”

Two weeks after surgery, Patricia followed up with Jeremy Chuang MD, PIH Health oncologist.

“After running additional tests, we determined that Patricia would not need chemotherapy but would benefit from anti-cancer hormone therapy,” said Dr. Chuang.

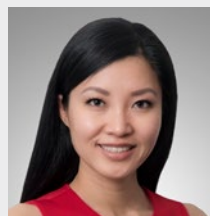
This was a great relief to Patricia, who was anxious to get back to her normal life.

“Today, I’m doing well. Thanks to the excellent care from my doctors and nurses and PIH Health, I have nothing but good things to look forward to,” she said.



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

ASK THE EXPERT



Ji Son MD
Plastic & Reconstructive Surgery

📍 12462 Putnam Street, Suite 501
Whittier, CA 90602

📞 **562.789.5439**

Q. How can I get rid of under-eye bags?

A. Bags under the eyes is an issue that almost everyone faces, whether it’s puffiness or dark circles due to aging, insufficient sleep, genetics, or fluid retention. If the bags under your eyes are bothering you, there are surgical and non-surgical methods to reduce their appearance.

If you experience severe under-eye bags, you may be a candidate for eye rejuvenation surgery such as a lower blepharoplasty—a surgical procedure that involves removal or repositioning of the fat and/or skin underneath the eyes.

Non-surgical treatments such as wrinkle fillers can be injected to fill the under-eye hollows, minimizing the appearance of under-eye bags. Keep in mind that these results are temporary, and you will need to schedule regular injections as necessary.

To learn more about plastic surgery and cosmetic services available at PIH Health, visit PIHHealth.org/PlasticSurgery or call **562.789.5439**

MATTERS OF THE HEART

Surgical Valve Replacement Treats Local Teacher's Congenital Heart Valve Defect

Congenital heart defects—including faulty heart valves—appear in nearly one percent of newborns each year in the United States, which is around 40,000 patients. Marcela Sanchez, a 62-year-old Whittier resident and retired teacher, is included in that number.



Today PIH Health patient Marcela Sanchez shares her story and offers peer-to-peer support to PIH Health Whittier Hospital heart surgery patients and their family members as a Mended Hearts of Whittier Chapter volunteer.

Marcela was born with a faulty aortic valve as well as dextrocardia, a rare condition in which the heart points to the right side of the chest instead of the left. Because of her condition, Marcela had regular checkups with her primary care physician her entire life until she was referred to Sudhaker Nayak MD, a PIH Health cardiologist.

In 2018, after Dr. Nayak conducted her latest angiogram, the results showed that Marcela's heart valve had worsened.

"I remember feeling tired all the time but simply attributed it to my work as a teacher," she said. "I didn't realize my heart valves were the problem."

According to Dr. Nayak, Marcela had critical aortic stenosis—hardening of the aortic valve over time—which makes it difficult for the heart to pump blood to the rest of the body. It needed immediate attention.

Marcela was referred to Eduardo Tovar MD, PIH Health cardiothoracic surgeon, who performed an aortic valve replacement surgery in December 2018.

"Surgical aortic valve replacement is a very common, well-established procedure," explained Dr. Tovar. "More than 182,000 surgical valve procedures are performed across the U.S. each year. It was definitely the right solution for Marcela."

After a successful surgery, Marcela was released from PIH Health Whittier Hospital four days later.

"My recovery was surprisingly easy," said Marcela. "I started walking soon after surgery, and I went to all of my doctor appointments. I also went to cardiac rehab, which really helped in my recovery. I was back to work about six months later."

Marcela continued to work as a teacher until she retired in 2021. Today, she has a clean bill of health thanks to the cardiac team at PIH Health.

WHAT IS HEART VALVE DISEASE?

A healthy heart has four valves that open and close to keep blood flowing in the right direction. When someone has heart valve disease, it means one or more valves don't work as they should—making it difficult for the heart to pump blood through the body.

Heart valve disease may be the result of a birth defect, aging, coronary heart disease, radiation, or even infection. Common symptoms include chest pain, palpitations, fatigue, dizziness, syncope (fainting), and shortness of breath. These symptoms can also be caused by other health problems, so it's best to consult your doctor. Treatment depends on the valve affected and the severity of the disease.



"While medicines may help ease symptoms, they're not a cure," said Peter Fung MD, PIH Health cardiologist. "In certain cases, surgical repair is a

better long-term solution. PIH Health specializes in surgical alternatives such as transcatheter aortic valve replacement (TAVR), transcatheter mitral valve intervention, transcatheter mitral valve replacement (TMVR), balloon valvuloplasty, and mitral valve clipping."

For more information, please visit PIHHealth.org/HeartCare



For more information, please visit PIHHealth.org/HeartCare

REGULAR SCREENINGS: A HEALTHY HABIT FOR ADULTS

It's important to participate in your own health and wellness—and one of the best ways to be proactive is by prioritizing regular health screenings.

A few simple tests and physical examinations with your doctor can detect the early stages of some serious medical conditions like heart disease, diabetes, high cholesterol, and cancer. Prevention and early detection are important for living a longer, fuller life, and at PIH Health, we make it easy to stay on top of your health “to-do” list.

“Regular health screenings can help detect problems early, when your chances for treatment and good outcomes are better,” said Elisabeth Brown MD, family medicine physician at PIH Health Bloomfield Medical Office Building in Santa Fe Springs.
“I encourage patients to take an active role in their healthcare by scheduling screenings and doctor appointments regularly.”



Here's a list of health screenings and their recommended intervals:

Screening	Gender/Age	Exam	Frequency
Annual Wellness Visit	Men & Women	Physical	Annually
Breast Cancer Screening*	Women 40+ years	Mammogram	Annually
Cervical Cancer Screening	Women 21-64 years	Pap Smear	Every 3-5 years**
Colonoscopy Screening	Men & Women 45-75 years	Colonoscopy	Every 10 years***
Lung Cancer Screening	Men & Women 50-80 years†	Lung CT Scan	Annually

*If above average risk, talk to your doctor.

**If normal, per doctor recommendation.

***For average risk individuals; every 3-5 years for high risk individuals.

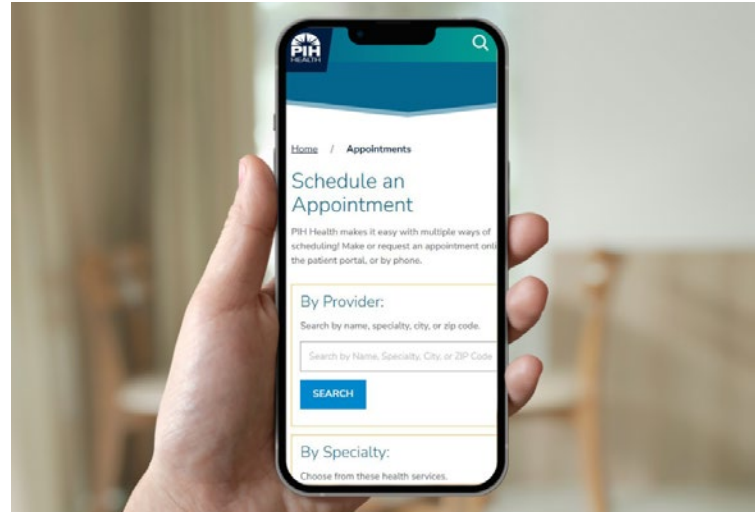
†Current smoker with 20-pack per year history of smoking or have quit within 15 years.

PIH Health is a trusted provider in the community for high-quality medical care, and we offer all the health screenings you need to stay informed about your health. Be sure to check with your insurance company to understand your covered benefits.



Stay up-to-date on important health screenings. Getting routine preventive care can help you stay well and catch problems early, helping you live a longer, healthier life.

i Talk to your primary care physician about what screenings are right for you. For more information, visit PIHHealth.org/Screenings



ONLINE APPOINTMENT SCHEDULING NOW AVAILABLE

Is it time to schedule your next doctor's appointment? PIH Health now offers convenient online scheduling for most PIH Health providers.

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

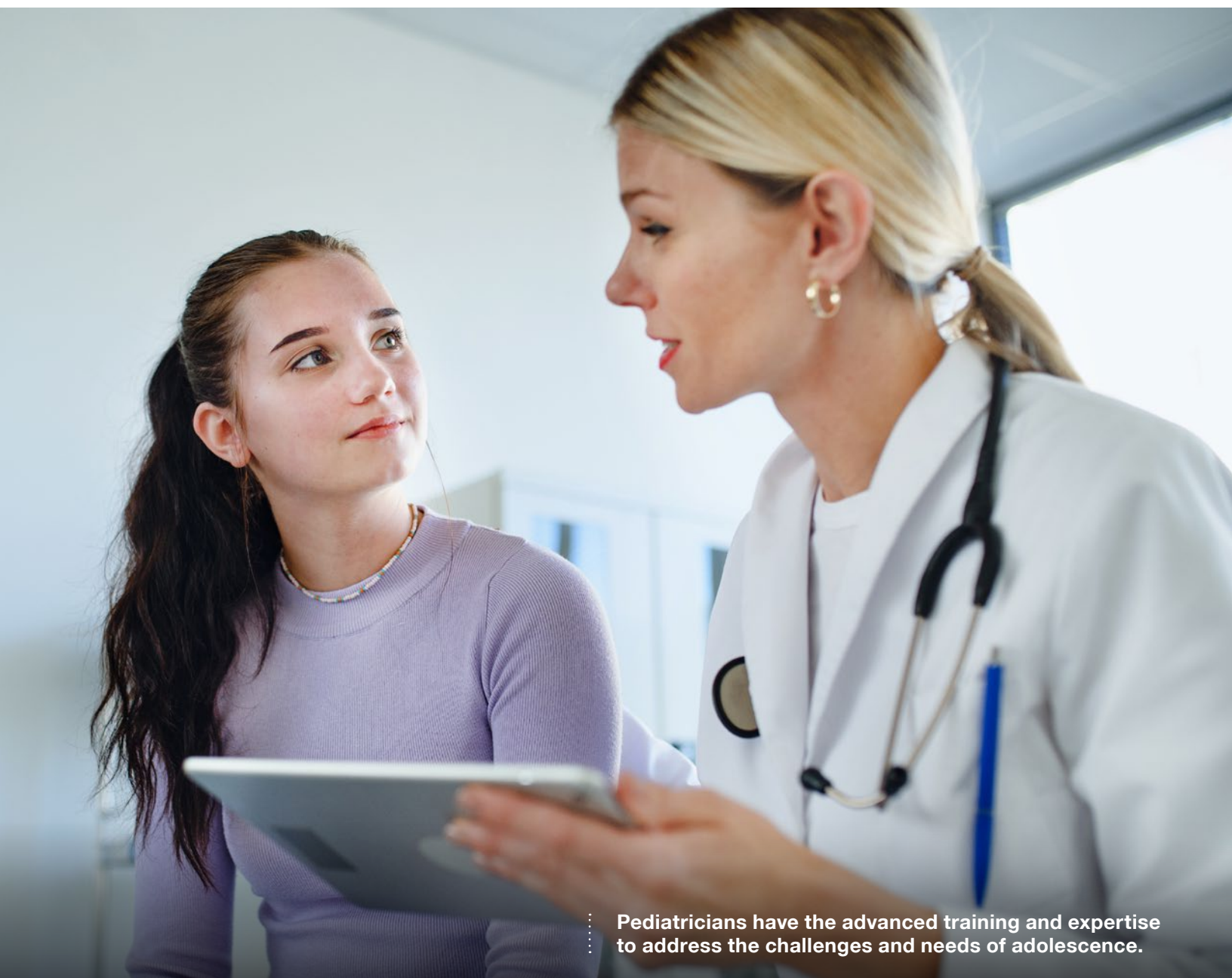


PIH Health makes it easy with multiple ways of scheduling! Appointments can also be scheduled on your Patient Portal by, *Follow My Health*, or, if you wish, over the phone by calling your doctor's office.

WHEN SHOULD KIDS SWITCH FROM A PEDIATRICIAN TO AN ADULT DOCTOR?

Pediatricians have special training in adolescent medicine. Adolescents have special medical needs, which is why many young adults are keeping their pediatricians a bit longer than one would think.

No one said it was easy to be a teenager—or the parent of one. Puberty is just the beginning of a series of physical and emotional changes that impact your child's life. This is just one reason why many parents aren't in a hurry to shift their child to a new doctor during a time of so many other changes.



Pediatricians have the advanced training and expertise to address the challenges and needs of adolescence.

Your child's pediatrician is a valuable resource who knows and understands your child as you navigate through the growing pains of adolescence. Pediatricians also help provide a continuity of care that is essential to good health.

“Teens and young adults have unique needs. If you transfer their care to adult medicine too early, it can become fragmented,” said Ning Yang MD, PIH Health pediatrician in Hacienda Heights. “This is why the best time for your child to change from a pediatric doctor to a primary care specialist is between ages 19-21.”



Pediatricians have special training in adolescent medicine and can address the following issues:

- Proper vaccination of the older child/young adult
- Screening for problems or diseases relevant to this age group
- Sexuality, drug and alcohol use, smoking, media use
- Anxiety or depression
- Menstrual disorders

Parents and children should speak to their pediatrician to help determine the best time to transition care. Depending on your child's health, he or she may be better off seeing a particular type of doctor that can best manage their specific health needs. Additionally, some doctors have age limits on how old patients can be, while other pediatricians may be willing to see patients well into their twenties.



To learn more about Pediatric Care at PIH Health, please visit PIHHealth.org/Peds, or to schedule an appointment with a PIH Health Pediatrician, call **562.947.9399**

ASK THE EXPERT



Isaiah Ho MD Family Medicine

📍 16510 Bloomfield Avenue
Cerritos, CA 90703

📞 562.229.0902

Q. How often should I see my primary care physician (PCP)?

A. Most people know to see their PCP if they're sick, but even if you are in good health you should see your primary care physician once a year for your annual checkup to help you and your physician keep your health on track. Depending on your age, risk factors and current health conditions your PCP may recommend you have multiple checkups throughout the year.

During a routine wellness visit, your PCP will check your height, weight, temperature, blood pressure and pulse rate, and will also review your overall health, medications and lab work. Depending on your age, health background and history your doctor might also suggest different screening tests.

Regular visits with your PCP and screenings can go a long way in helping identify health issues before they become serious. For more information, visit PIHHealth.org/FM

A MILLION DREAMS

PIH Health Foundation Gala Raises \$515,000 to Support Comprehensive Cardiac Care Services

After a three-year hiatus, PIH Health Foundation hosted its black-tie gala “A Million Dreams”. Set among breathtaking views of the Pacific coastline, 665 guests gathered at the exquisite Terranea Resort in Rancho Palos Verdes.

The gala was a resounding success. Thanks to the generosity of our donors, sponsors, guests, and volunteers, \$515,000 in net proceeds was raised to support Comprehensive Cardiac Care Services provided by PIH Health Heart and Vascular Center. This vital source of funding will help us continue our mission of providing the best healthcare to all who enter our doors.

“This year’s gala was truly a dream come true! It was gratifying to see the results of months of hard work by the gala committee and the foundation staff combined with the support of the volunteers who helped us the day of the event. Proceeds from the gala will greatly impact the health of members of our community,” said Mary McCarthy, gala committee chair.

Guests enjoyed the resort ambience, world-class entertainment from West Coast Music of Beverly Hills, silent and live auctions, and a fabulous dinner, all while supporting enhanced cardiac care at all three of our PIH Health hospitals.

PIH Health is a nonprofit healthcare organization and appreciates the support of our community, physicians, and donors for making this event possible. Your contributions, large and small, truly make a difference.

i For more information, please visit PIHHealth.org/Foundation, or to make a contribution to PIH Health Foundation, call **562.967.2745** or email PIHHealth.Foundation@PIHHealth.org



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The Atwood Family

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Medical Staff
Southland Renal Medical Group
Whittier Nephrology Group
Whittier Pathology Medical Group

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Critical Care Medical Group, Inc.

UNDERWRITING

Auction

Brookfield Residential
Peggy Chulack
Whittier Breast Imaging

Centerpieces

Barlow Respiratory Hospital

Champagne

Dr. and Mrs. Michael O'Shea

Décor

Zotec Partners

Dinner

Sam and Beverly Mathis

Graphic Design

Luis Alvarado Design

Opportunity Drawing

Jim and Susan West

Table Chocolates

PIH Health Foundation 2023
Gala Committee



Thank you to PIH Health cardiologists for their generous contributions to the 2023 PIH Health Foundation Gala.



Memories of PIH Health Foundation donor, Luis, and his brother and sister-in-law, Alfonso and Maria Hermo.

A LASTING LEGACY

Exceptional Care Inspires Gift of a Whittier Home

Gifts of generosity can take all shapes and sizes. Sometimes they're even as big as a house.

In fact, Luis “Lou” Hermo honored his late brother and sister-in-law, Alfonso and Maria “Madi” Hermo, by upholding a wish to gift their beloved family home in Whittier to PIH Health Foundation.

Alfonso was only eight when his parents and younger brother Lou immigrated from Spain in 1939. Alfonso became an attorney and later served as a Whittier Municipal Court judge. During embassy duty in Mexico as a US Army Officer, Alfonso met Madi Algorri, a practicing physician whose family also immigrated from Spain. They got married and bought a house in Whittier, where they lived for 40 years.

Through the years, both Alfonso and Madi were patients at PIH Health Whittier Hospital. During Madi’s last few years, she received exceptional care and compassion at the hospital—an experience that left a lasting impression.

After Madi died in 2011, Alfonso and Lou both agreed that the Whittier home would ultimately be left to PIH Health Foundation as a gift of gratitude for the excellent care Madi received there. When Alfonso passed away four years later, Lou inherited the house.

Honoring his brother and sister-in-law’s wishes, Lou reached out to PIH Health Foundation and was pleased to learn that complimentary estate planning services were available through Bob Hoffman at Thompson & Associates. With Bob’s guidance, Lou was able to finalize the plans with his attorney. When Lou passed away in November 2022, the home transferred to PIH Health Foundation.

“There are a variety of ways people can leave a home as part of their estate,” said Nicole Jackson, Director, Major and Planned Gifts. “One way is to commit the gift during your lifetime and still reserve the right to live in the home. This gives you the privilege of living there, while receiving the joy of seeing where your gift is going during your lifetime.”

PIH Health Foundation is so grateful to the Hermo family for their thoughtful planning and generosity.



To learn more about unique ways to give assets to PIH Health Foundation or Thompson and Associates services offered through PIH Health Foundation, visit PIHHealth.org/Foundation



ROSE HOSPICE HOUSE BUILDING REMODEL

Newly Refreshed Spaces Will Offer Serenity
and Compliment Compassionate Patient Care

PIH Health’s hospice program is widely recognized for the outstanding services it provides to patients in their homes and in its two residential facilities—Dove House and Rose House. PIH Health will soon complete 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.

The Rose House is designed to support and meet the needs of terminally ill patients and their families in a home-like environment. Updates to the Rose House are being made to improve and enhance the comprehensive and holistic care the Hospice program offers. Enhancements to the Rose House include redesigned private rooms for each resident, relocation of the nursing station in closer proximity to patient rooms for improved access to care, remodeled bathrooms, new furniture, and refreshed walls with new paint and décor to create a tranquil and serene space.

“The hospice houses have been such a blessing to our community for nearly thirty years, offering a place of dignity, compassion, and inestimable comfort to end-of-life patients,” says Shelly Necke MSN RN, PIH Health vice president of Post-Acute Care Services.

The refresh of the Rose House would not be possible without the generosity of PIH Health Foundation donors who support the improvement and development of the hospice program and the compassionate services it offers the community that are the very heart of PIH Health.

“PIH Health’s investment in this remodel shows how much value we as an organization place on hospice care,” says Necke. We look forward to continuing to help patients and their families find peace, comfort and dignity when they need it most.”



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

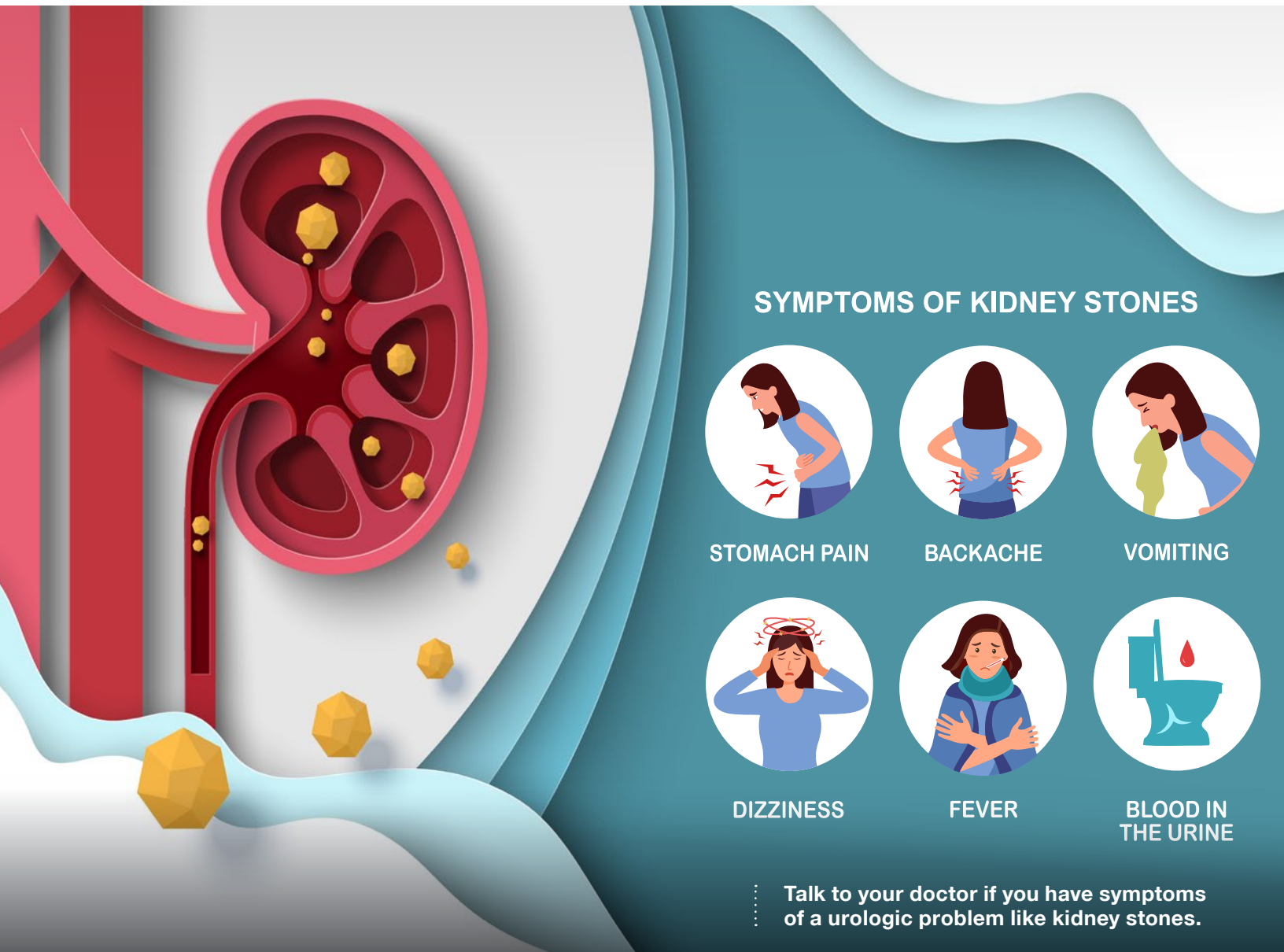
UNDERSTANDING KIDNEY STONES

Common Questions about this Pesky Problem

You may not realize it, but kidney stones are incredibly common. In fact, about 1 in 10 people will pass a kidney stone in their lifetime, and more than three million Americans will likely pass a kidney stone this year.

What are kidney stones?

Kidney stones are hard deposits of minerals and salts that form inside the kidneys where urine is produced. Stones are mainly calcium-based but may involve uric acid crystals or in other rare situations, high amounts of cystine in the urine or be medication induced.



SYMPTOMS OF KIDNEY STONES



STOMACH PAIN



BACKACHE



VOMITING



DIZZINESS



FEVER



BLOOD IN THE URINE

..... Talk to your doctor if you have symptoms of a urologic problem like kidney stones.

What causes them?

While kidney stones often have no single cause, several factors may increase your risk of getting them. Diet, excess body weight, and some medical conditions, such as high blood pressure and diabetes, are among the many causes.

What are the symptoms?

Kidney stones don't usually cause any noticeable symptoms until they begin to move around within the kidney or urinary tract. Once present, the symptoms are obvious. Common symptoms include severe back or abdominal pain, a burning sensation during urination, blood in the urine, nausea, vomiting or a high fever.

How can kidney stones be prevented?

Even with a personal or family history of kidney stones, there are a few things you can do to help prevent them.

“For most people, drinking enough water flushes these chemicals naturally and prevents a stone from forming,” said Vinh Q. Trang MD, PIH Health urologist.



“But for those with a family history, the formation of stones may be inevitable.”

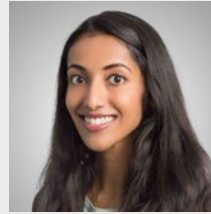
How are kidney stones treated?

“Sometimes stones can be ‘passed’ (eliminated) through normal urination—either naturally or with pain relief medication,” explained Dr. Trang. “Other times, surgery may be required to remove a stone from the ureter or kidney. It all depends on the type of kidney stone and how long it’s been there. It’s best to see your doctor as soon as you feel discomfort.”



Talk to your doctor to learn more. To find a PIH Health Urology specialist, visit PIHHealth.org/Urology or call **562.907.7600**

ASK THE EXPERT



Preeya Goyal MD Digestive Health Services

📍 12291 E. Washington Blvd., Suite 201
Whittier, CA 90606-2549

📞 **562.698.0306**

Q. When should I be worried about chronic constipation?

A. Constipation can be painful and uncomfortable. Symptoms include straining while passing hard stool, bloating or passing fewer than three bowel movements per week. Although it's not unusual to experience constipation, if your constipation lasts for longer than four weeks, you may have chronic constipation.

Drinking more fluids and adjusting your diet to include more fiber is an excellent starting point in seeking relief. But if at-home remedies aren't working for you or your chronic constipation worsens, consult your physician. Keep an eye out for signs that could point to a more serious underlying medical condition such as severe abdominal discomfort, blood in the stool, no bowel movements for more than a week, fever, vomiting, or sudden weight loss.

Please visit PIHHealth.org/Digestive to learn more, or call **562.698.0306** to schedule an appointment with a gastroenterologist (digestive health specialist).

“IT WAS FINALLY TIME”

Former Daycare Owner Regains Active Lifestyle with Robot-Assisted Knee Replacement

An active lifestyle can be hard on the knees. Just ask Linda Gile, 67, who experienced the gnawing pain firsthand. As if raising three active boys wasn't enough, she also ran a child daycare in her home for 20 years—a demanding job that kept her continually busy. Over the years, all that activity took a toll.

“Three years ago, my knee really started hurting a lot,” she said. “I could no longer run around with my grandkids—it was just too painful. I knew that I had arthritis but just never took the time to address it. Once I retired, I finally said ‘enough is enough’ and decided it was time.”

Linda went to see Andrew Luu MD, PIH Health orthopedic surgeon, and X-rays confirmed Linda's severe arthritis. Dr. Luu recommended a total knee replacement, and Linda was 100 percent on board.

Her knee replacement journey began six weeks before surgery with a smartphone app called mymobility®. The app provides step-by-step instructions, daily exercises and helpful reminders to support a patient's surgical preparation and recovery.

“I followed the exercises faithfully,” said Linda. “The app was also very informative, explaining what would happen during surgery and how I could best prepare myself.”



PIH Health patient Linda Gile

Dr. Luu performed Linda's surgery in January 2023 using a sophisticated robotic technology called the ROSA® Knee System.

“During surgery, the ROSA Knee System helps with accurate bone resections by assessing the state of soft tissues to facilitate implant positioning,” explained Dr. Luu. “Data provided by the system’s software assists with complex decision making, and the robotic hardware enables us to control surgical instruments with greater precision and flexibility.”



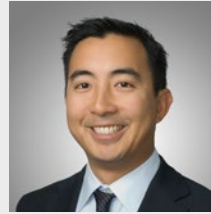
Linda's knee replacement was a complete success. Within a few hours, she was already up and walking, and today, her pain is gone.

“Using the app really strengthened my knee before surgery, which made my recovery so much faster,” she said. “I can’t get over how much better I feel. I should have prioritized this years ago.” Today, she is back to an active life with her grandkids.



To learn more about Orthopedics at PIH Health, including new technology like the ROSA Knee System, visit PIHHealth.org/Ortho

ASK THE EXPERT



Andrew Hsiao MD PIH Health Orthopedic Surgery

📍 12462 Putnam Street, Suite 402
Whittier, CA 90602

📞 562.789.5461

Q. My shoulder is bothering me. When should I see an orthopedic specialist?

A. The shoulder's ball-and-socket joint is held in place by a group of four muscles and tendons. Your shoulder pain can be caused by repeated stress to any of these bones, muscles, or tendons, including arthritis or inflammation, injury or dislocation, or even a fracture.

You can relieve some shoulder pain at home, but some injuries need professional help.

Shoulder pain can be difficult to self-diagnose. You should see a specialist right away if your shoulder looks deformed or out-of-socket, or is swelling suddenly, or if you can't use your shoulder to complete normal activities.

To learn more about PIH Health Orthopedics, please visit PIHHealth.org/Ortho, or to make an appointment, call 562.789.5461

PIH HEALTH PHYSICIANS GIVE BACK TO THE COMMUNITY AND BEYOND

Ophthalmologist Deep Dudeja MD Provides Vision-Restoring Cataract Surgery in Cambodia

PIH Health Ophthalmologist Deep Dudeja MD first traveled on a medical mission trip to India in 2008 with Surgical Eye Expedition (SEE) International, a non-profit created to address the global lack of access to clinical eye care. He continues making mission trips, visiting China, Cambodia, Vietnam, Bolivia and Peru to provide cataract surgery for patients.



Left to Right: Fellow medical mission volunteer, Bharat Patel MD, and PIH Health physicians Sy Oang MD and Deep Dudeja MD on recent mission trip to Cambodia.



Dr. Dudeja performs cataract surgery on patient.

According to the World Health Organization, cataracts are one of the leading causes of treatable blindness, particularly in developing countries. Cataracts develop in one or both eyes when protein builds up in the lens, blocking light and impeding vision.

Dr. Dudeja and his colleagues perform a relatively simple, small-incision surgery that is safe, low-cost and efficient. During the first day of a typical five-day clinic, they examine patients—looking specifically for operable cataracts—and then surgically remove cloudy lens tissue and replace it with a clear implant that helps restore patients' sight, independence and quality of life. Patients are given local anesthesia and are awake for the surgery.

PIH Health internal medicine specialist Sy Oang DO invited Dr. Dudeja to join him on a medical mission trip to Cambodia, Dr. Oang's native country. "We took basic instruments, bandages, eye drops and implants, and the results of our surgical camp were amazing," Dr. Dudeja said.

Dr. Dudeja recently returned to Cambodia and helped perform 49 surgeries and numerous screenings of up to 100 patients a day. Word spread quickly about a free cataract surgery clinic, and people traveled from as far as 300 miles away. When patients' vision is restored following surgery, there is no need for a translator to communicate their joy at having sight again—it is conveyed through tears, hugs and prayers of thankfulness.

"I get more out of these mission trips than I feel I'm giving," said Dr. Dudeja. "I wish I could do more. This motivates me to continue making clinic-based trips as often as possible."

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



SKIP THE FLU, NOT THE SHOT!

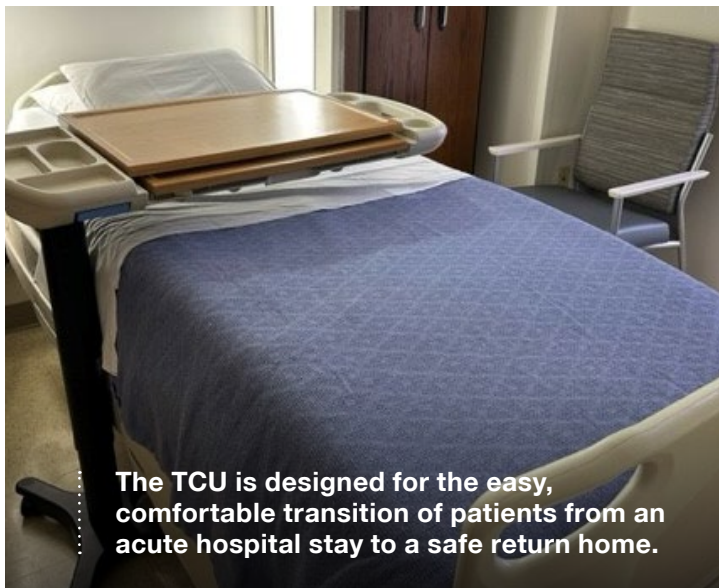
Get your flu shot to protect yourself and others so you can keep living life to the fullest.

Getting a flu shot each year is the best way to protect against the flu. The Centers for Disease Control and Prevention (CDC) recommends that everyone who is six months of age or older should get the flu vaccine every year, especially people who face a higher risk of serious flu-related complications, including adults 65 and older, children under 5, and people with certain health conditions.

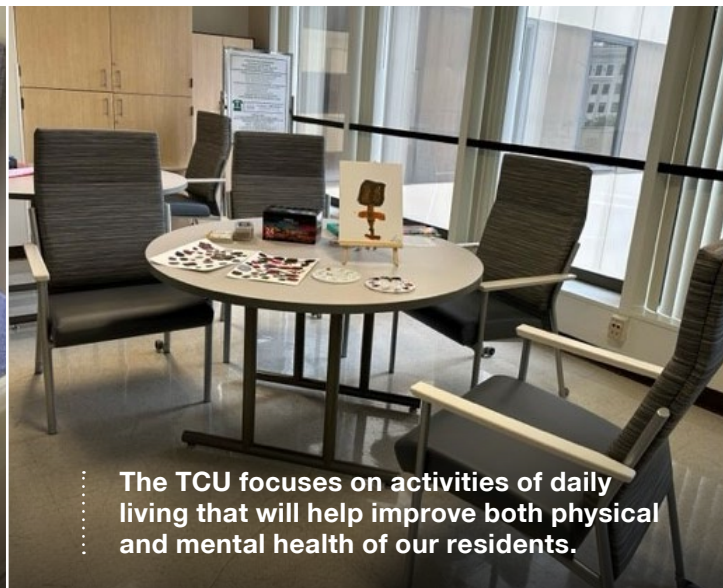
There are several different flu vaccines, and your pharmacist or other healthcare provider can help find the right vaccine for you. Call your doctor's office or visit a local pharmacy to see if you can get your flu shot today!

Please visit PIHHealth.org/Doctors to find a primary care provider or visit PIHHealth.org/Pharmacy for PIH Health retail pharmacy locations and hours.

TRANSITIONAL CARE UNIT IS NOW OPEN AT PIH HEALTH GOOD SAMARITAN HOSPITAL



The TCU is designed for the easy, comfortable transition of patients from an acute hospital stay to a safe return home.



The TCU focuses on activities of daily living that will help improve both physical and mental health of our residents.

A Transitional Care Unit (TCU) has opened at PIH Health Good Samaritan Hospital. Located on the sixth floor of the hospital, the new facility houses 28 licensed beds—with additional beds to be added soon—and offers multi-level healthcare for patients on our hospital campus. The TCU allows PIH Health to continue to care for patients who need additional rehabilitation and transitional care before returning home from a hospital stay. This level of care helps patients build strength to take care of themselves before they return home.

Daily activities in transitional care help patients improve their:

- Ability to care for themselves
- Balance and movement
- Flexibility and coordination
- Strength and stamina
- Thinking, speaking and swallowing

Transitional care also lowers the risk of hospital readmission, reduces complications related to the transfer of care among at-risk populations, and improves patient satisfaction.

PIH Health Good Samaritan Hospital's TCU team is comprised of registered nurses, licensed vocational nurses, certified nursing assistants, a unit secretary, and an activity leader. Clinical oversight is provided by Medical Director Gudars Rhanema MD and Clinical Director Anna Leonard MSN CMSRN. Further support in the unit is provided by PIH Health Good Samaritan Hospital therapists, social workers, and case managers.

“We are excited to offer residents of downtown Los Angeles the services of a skilled nursing facility within a hospital campus,” said Shelly Necke MSN RN, PIH Health vice president of Post-Acute Care Services.



For more information about PIH Health Good Samaritan Hospital's Transitional Care Unit or transitional care at PIH Health, visit PIHHealth.org/TCU

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

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

Virtual 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, virtual, registration required.

Email HospiceGriefSupport@PIHHealth.org or call **562.947.3668**

Living with Loss

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

Understanding Grief

Once a month drop-in support group. Email HospiceGriefSupport@PIHHealth.org or call **562.947.3668**

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. 12570**

Metastatic Cancer Connect

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

Mended Hearts

Third Wednesday of every month, 6 pm. In-person meeting, call **Ext. 12638**

Stroke Support Group

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

CANCER TOPICS

Breast Cancer: Screening Updates

Tuesday, October 3 at 3 pm. Virtual meeting. To RSVP, visit PIHHealth.org/BreastCancerLecture or call **Ext. 12570**

Cervical Cancer: Screening and Prevention

Tuesday, September 19 at 4 pm. Virtual meeting. To RSVP, visit PIHHealth.org/CervicalCancerLecture or call **Ext. 12570**

Great American Smoke Out: Lung Cancer Prevention, Screening and Treatment

Thursday, November 16 at 3 pm. In-person meeting. To RSVP, visit PIHHealth.org/LungCancerLecture

Nutrition Through Survivorship and Beyond

Thursday, September 14 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 Seminar

Tuesday, September 26 at 3 pm. Virtual meeting. To RSVP, visit PIHHealth.org/ProstateScreeningSeminar

Yoga for Healing

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

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



OCTOBER IS BREAST CANCER AWARENESS MONTH

Visit PIHHealth.org/Mammogram to learn more.

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.

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.

COMMUNITY HEALTH RESOURCES

Visit PIHHealth.org/CommunityResources to learn more.

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

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

Cardiology 626.281.8663

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., 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 300 562.904.4475
 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., SUITE 110, DOWNEY, CA 90242

Chiropractic 562.862.2775
 Family Medicine 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

Cardiology, Suite 88 562.967.2741
 Family Medicine, Suite 88 626.964.3040
 Pediatrics, Suite 300 626.964.6012
Urgent Care Center, Suite 88 626.225.4900

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

Eye Care Center, Suite 100 562.694.2500

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

Orthopedics & 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 & 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 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., SUITE 155, LOS ALAMITOS, CA 90720

Chiropractic 562.344.1350
 Internal Medicine 562.344.1350

1245 WILSHIRE BLVD., LOS ANGELES, CA 90017

North Tower

Family Medicine, Suite 307 213.482.2770
 General Surgery, Suite 905 213.977.0294
 Outpatient Imaging, Suite 205 213.977.2140
 Pharmacy, Suite 201 213.977.4111
 Women's Center, Suite 307 213.747.4391

South Tower

Ambulatory Surgery Center, Suite 200 213.977.2169
 Cardiology, Suite 580 213.977.0419
 Cardiology Testing, Suite 570 213.977.7461
 Cardiothoracic & Vascular Surgery, Suite 530 213.483.1055

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
 Radiation Oncology, Suite 101 213.977.2360
 Women's Center, Suite 690 213.977.4190

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

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

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

101 E. BEVERLY BLVD., SUITE 103, MONTEBELLO, CA 90640
 Cardiology 323.728.0655

2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640
 Otolaryngology (ENT) 562.789.5456
Urgent Care Center 562.967.2780

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

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

7777 MILLIKEN AVE., 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
 Rheumatology 562.967.2788
Urgent Care Center 562.967.2830

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

12291 WASHINGTON BLVD., WHITTIER, CA 90606
 Bariatric Surgery, Suite 102 562.789.5444
 Behavioral Health Clinic, Suite 300 562.967.2840
 Digestive Health Services, Suite 201 562.698.0306
 Endocrinology, Suite 205 562.789.5447
 Family Medicine Residency, Suite 500 562.698.2541
 Outpatient GI Center, 4th Floor 562.698.0811 Ext. 18450
 Radiology/Interventional Radiology Clinic, Suite 302 562.906.5572
 Wound Healing Center, Suite 100 562.789.5462

12393 WASHINGTON BLVD., WHITTIER, CA 90606
 Patricia L. Scheifly Breast Health Center 562.906.5692
 Ruby L. Golleher Oncology Center 562.696.5964

12415 WASHINGTON BLVD., WHITTIER, CA 90602
 Same Day Surgery 562.696.3887

12462 PUTNAM ST., WHITTIER, CA 90602
 Audiology, Suite 500 562.789.5456
 Cardiology, Suite 203 562.789.5430
 Dermatology & Aesthetic Medicine Center, Suite 501 562.789.5429
 Diabetes Education & Nutrition, Suite 303 562.698.0811 Ext. 11320
 Hematology & Oncology, Suite 206 562.789.5480
 Laboratory/Blood Draw Station, Suite 101 562.698.0811 Ext. 11130
 Orthopedics & Sports Medicine, Suite 402 562.789.5461
 Otolaryngology (ENT), Suite 500 562.789.5456
 Pain Management, Suite 402 562.789.5466
 Perinatal Center, Suite 303 562.789.5460
 Pharmacy, Suite 105 562.789.5412
 Podiatry, Suite 402 562.789.5464
 Pulmonary, Suite 208 562.789.5470
 Radiology, Suite 101 562.698.0811 Ext. 17071
 Rheumatology, Suite 402 562.967.2788

Surgery
 Cardiothoracic Surgery, Suite 208 562.789.5489
 Colorectal Surgery, Suite 500 562.789.5449
 General Surgery, Suite 500 562.789.5449
 Head & Neck Surgery, Suite 500 562.789.5456
 Mohs Surgery, Suite 501 562.789.5429
 Neurosurgery, Suite 402 562.967.2757
 Plastic Surgery, Suite 501 562.789.5439
 Surgical Oncology, Suite 500 562.789.5449
 Vascular Surgery, Suite 200 562.789.5960
 Women's Center, Suite 303 562.789.5440

12522 E. LAMBERT RD., WHITTIER, CA 90606
 Family Medicine 562.789.5420
 Internal Medicine 562.789.5420

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

15725 E. WHITTIER BLVD., WHITTIER, CA 90603
 Family Medicine, Suite 400 562.947.1669
 Internal Medicine, Suite 500 562.947.3307
 Laboratory/Blood Draw Station, 1st Floor 562.947.8478 Ext. 82127
 Medication Management, Suite 500 562.448.1350
 Pediatrics, Suite 300 562.947.9399

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



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PIHHealth.org

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