

ST. JOHN'S

health

Are You Heart Smart?

Patients with—or at risk for—cardiovascular disease can trust their hearts to St. John's

summer 2009



- _Summer Safety Tips
- _Innovative Treatments for Back Pain
- _Meeting the Needs of Our Community



St. John's Regional Medical Center
St. John's Pleasant Valley Hospital
Members of CHW



T. Michael Murray

State-of-the-Art Care, Just Minutes Away

Dear Reader,

At St. John's, we are proud of the state-of-the-art services we offer—right here in Ventura County. Because you have trusted us for almost 100 years to provide you with quality care, close to home, we know that your well-being and the well-being of the communities we serve must always be at the

forefront of everything we do. For these reasons, we offer programs and services that will impact your life positively, including injury prevention, heart and back health, and community benefit.

In this issue, you will learn how to protect yourself and your loved ones this summer. We offer strategies to help prevent injuries that can occur during summer activities—both indoors and outdoors, highlighting our continued efforts at injury prevention.

You will learn how our experts can help you maintain a healthy heart and how they can heal a heart in need of repair. We present a firsthand account by one of our patients who successfully underwent minimally invasive valve replacement surgery. Read this story, and see how our cardiovascular surgeons were able to help this patient return to doing the things he loved with renewed energy.

You will also read about the innovative services we offer at St. John's Regional Spine Center and how our specialists can help treat back and neck pain using advanced treatment options.

Finally, you will read about how we help families in need through our community outreach programs. I am proud to announce that St. John's provided more than \$58 million in total unsponsored community benefit during fiscal year 2008, as we continue our mission of healing and hope for all who turn to us.

Sincerely,

T. Michael Murray
Ventura Market President
St. John's Regional Medical Center and
St. John's Pleasant Valley Hospital

St. John's Welcomes New Vice President

In March 2009, Anthony "Tony" Loren joined St. John's as vice president of Development for St. John's Healthcare Foundation. Loren is responsible for the development and fund-raising efforts that benefit St. John's Regional Medical Center and St. John's Pleasant Valley Hospital.

"I am pleased to welcome Tony Loren to St. John's team," said Mike Murray, St. John's president. "I am confident that under his leadership, St. John's Healthcare Foundation will continue to successfully support our hospitals and programs, assisting us in advancing our mission of healing."

Loren comes to St. John's from the Doheny Eye Institute, where he worked as vice president of Development and Public Affairs.



Tony Loren

Your Gift Makes a Difference

Please remember St. John's in your estate planning. For more information, call Tony Loren at (805) 988-2721.

New Medical Director of Trauma Services

In March, Brian Kimbrell, MD, FACS, joined St. John's medical team as a medical director of Trauma Services. Dr. Kimbrell's efforts focus on the trauma care offered through the emergency department at St. John's Regional Medical Center (SJRMC) in Oxnard, as we continue to enhance our extensive trauma and emergency services.



Brian Kimbrell, MD

"We are pleased to welcome Dr. Kimbrell to St. John's," says Laurie Bigham, RN, chief nurse executive at SJRMC. "In Ventura County, St. John's is a leader in healthcare, and our continued efforts to enhance our high-quality services underscore our commitment to meeting the healthcare needs of the growing communities we serve, well into the future."

St. John's Regional Medical Center and St. John's Pleasant Valley Hospital
President: T. Michael Murray • Editor: Rita O'Connor • Writer: Sonia Castillo
• Produced by **DCP** www.dcpubs.com

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SUMMER SAFETY TIPS

How to avoid accidents and injuries this summer

The sunny days of summer are filled with alluring activities—swimming, boating, bicycling, road trips—the choices are virtually endless. But with increased opportunities to enjoy the great outdoors come increased risks of injuries or accidents, especially around bodies of water. Drowning is the second leading cause of injury-related death among children 14 and younger, and a few simple precautions will go a long way toward minimizing this risk. Janet O’Leary, RN, trauma program manager at St. John’s Regional Medical Center, shares a few basic tips to help you make the most of summer fun—indoors and out—safely.

Water Safety

- Never leave a child unsupervised around water (including bathtubs, pools, and all bodies of water).
- Be sure to empty bathtubs and buckets immediately after use, and turn portable tubs and buckets upside down when not in use.
- Install a fence around a backyard pool or spa.
- Teach children ages four and older how to swim, using qualified swim instructors.
- Never drink alcohol when caring for children near a pool or body of water.

Boating Safety

- Have personal flotation devices for all passengers on boats.
- Children (and adults who have not taken professional swimming lessons) should wear Coast Guard–approved life preservers or life jackets aboard boats.
- Never drink alcohol when driving a boat or engaging in an activity behind a boat (such as waterskiing).



Safety on Wheels

- Wear a helmet and protective gear, such as elbow pads, knee pads, and wrist guards, when biking, in-line skating, or skateboarding. Studies show that wearing a bicycle helmet can reduce the risk of head injury by as much as 85 percent.
- Make certain your child’s car seat or booster seat is properly installed and that it is used without fail.
- Replace a damaged car seat or booster seat immediately.

Household Safety

- Install window guards in rooms where young children spend time.
- Ensure that heavy furniture and any appliances that sit on top of furniture are securely fastened against the wall. Also be sure that large pieces of furniture and appliances that kids can crawl inside of—chests, dryers, freezers, and refrigerators—are childproof.
- If you have firearms in the house, secure them in a locked cabinet, with the safety locks on, and store ammunition in a separate place.

For more information on safety and injury prevention, call St. John’s Trauma Services Department at (805) 988-2722.



Keeping Heart Disease at Bay: Tips and Tools

Today, heart disease has a worthy adversary—you. By taking the right steps, you can lower your chances of developing cardiovascular problems. To help, St. John's Community Health Education Department offers a range of affordable (or free) programs and services.

Health Screenings

Heart disease doesn't necessarily announce itself with symptoms—especially in its early stages—so getting a true gauge on the state of your health is key. St. John's offers important screenings at various locations throughout the year, including blood pressure checks (free), cholesterol screenings (\$10), blood sugar screenings, and body mass index measurements (free).

Wellness Programs

If you've vowed to make some healthful changes, our expert-led programs will get you on the right track.

It's never too early to develop good habits, and our Eating Smart for Kids class helps the younger set do just that. This three-session class, taught by a nutrition specialist, helps kids ages 10 to 15 learn about healthful eating and how to start an exercise program that fits their lifestyle and needs.

Want to get your cholesterol numbers down? Our Controlling Your Cholesterol class offers smart diet and exercise strategies. For those with diabetes who want to improve their overall health, our three-session Healthful Living with Diabetes workshop provides a great overview of diabetes basics, including self-blood sugar testing,

meal planning, stress management, preventing complications, exercise, and more.

If you're ready to get moving, our Energizers Walking Program might be for you. This supervised morning walking program provides a safe environment in which to get fit. What's more, blood pressure, pulse, blood sugar, and weight checks are offered free of charge to walkers.

Senior Selections

St. John's also offers special programs for seniors, such as Wellness Clinics. At these free, one-stop clinics, visitors can get blood sugar and blood pressure screenings, weight and pulse checks, diabetes screening and monitoring, health and wellness information, and physician referrals. We also offer an Exercise Clinic for seniors, a great way to get the heart pumping and maybe meet some new friends at the same time.

Whatever your goals, our team of experts can help you navigate your way to a healthier, more active future.

For information about the above programs and services, including locations, dates, times, costs, and registration, please call St. John's Community Health Education Department at (805) 988-2865.



STATE OF THE HEART CARE

St. John's offers:

- Minimally invasive valve surgery options
- Expert cardiologists and cardiac surgeons
- Off-pump open-heart surgery
- State-of-the-art catheterization labs
- On-site rehabilitation, education, counseling, and spiritual care

Visit www.stjohnshealth.org for more information.



Trust Your Heart to St. John's

The benefits of minimally invasive valve surgery

In the beginning, Richard Kerns's heart problem signaled itself with occasional shortness of breath. But it wasn't long before the active retiree, who likes to take walks and play golf, was completely sidelined by breathlessness and fatigue. "I had trouble just walking around, so I wasn't able to do the things I wanted to do," says the 77-year-old.

Besides being inconvenient, it was scary. And for Kerns, the experience was only too familiar. In 2007, he'd had the very same symptoms, prompting him to undergo heart surgery to repair a leaky mitral valve at a hospital in another county. Now, just when he thought the problem was behind him, it seemed to be making a comeback.

By this time, Kerns had moved to Oxnard to be closer to his five grown children, so he headed to St. John's, where he met with Richard Declusin, MD, a cardiovascular surgeon. The diagnosis? Kerns's mitral valve repair surgery had failed due to scarring and inflammation around the heart.

"When someone has a leaky valve, the blood doesn't get ejected out of the heart efficiently, so the heart starts to enlarge," Dr. Declusin explains. "That causes other problems such as irregular heartbeats." Because of the scarring around Kerns's heart, however, performing the same valve repair surgery again would be fraught with challenges.

Kerns was certainly due for some good news, and Dr. Declusin was happy to deliver it: St. John's offers minimally invasive valve repair or replacement surgery—in which the faulty heart valve is either replaced or repaired as needed with a tissue or artificial valve—a procedure perfectly suited to Kerns's situation. "St. John's has had the best results in the state for bypass surgery several years in a row, and now we're carrying that tradition on with valve surgery," Dr. Declusin says. "There aren't any other hospitals between Los Angeles and San Francisco that do minimally invasive valve surgery."

After chatting with Dr. Declusin and doing some of his own research, Kerns opted to have the minimally invasive valve

replacement procedure. "I was very happy that the technique involved minimal invasion of the body," Kerns says. "That is really what made me turn the corner."

Minimally invasive valve replacement surgery has several benefits over the traditional procedure. "In open-heart surgery, you open the entire breastbone," Dr. Declusin says, "but minimally invasive valve surgery is done through a little incision under the breast, just an inch and a half long." That translates to less trauma on the body, less chance of infection, less pain, a smaller scar, and quicker recovery.

The minimally invasive approach also gives surgeons a better view of the valve. "This surgery is still done on the pump, but we put the patient on the pump through small incisions in the groin, not by opening the chest," explains Bruce Toporoff, MD, a cardiovascular surgeon at St. John's, who, together with Dr. Declusin, performed Kerns's surgery. "By getting the pump out of the chest and using the small incision under the right breast, we can see the mitral valve beautifully."

Kerns had his surgery in February of 2009, and the procedure went without a hitch. "Amazingly enough, I was walking without any assistance by the fourth day [after surgery]," Kerns says. "I really felt energized. It was remarkable." Within two weeks following minimally invasive surgery, most patients can return to work and even go to the gym. Patients who undergo open-heart surgery typically need to wait six to eight weeks before doing those same activities.

Another benefit of minimally invasive surgery is that patients who have this option tend to get their valves fixed sooner. "In the past, surgery was delayed until later in the disease process because it was so invasive," Dr. Toporoff says. "But as time goes on, the damage that's done can be irreversible, so it's better to fix it early. Minimally invasive mitral valve surgery is a win-win. The surgeon's happy because he has better visibility, but more importantly, the patients are happy because there's little to no pain after the operation, and going forward, they don't have to worry about a valve problem anymore."

ADVANCED CARE IS ONLY MINUTES AWAY

With a nationally recognized cardiac team and top ratings for successful coronary bypass surgery, why go anywhere else? For more information or to find a physician on staff at St. John's, call our Physician Referral Helpline at [1-877-SJ-DOC-4U \(1-877-753-6248\)](tel:1-877-SJ-DOC-4U).



Heart Disease: Are You at Risk?

Understanding—and controlling—the causes of heart disease can help you stay healthy. Following are major risk factors for cardiovascular disease:

Family History

Has Mom or Dad had heart disease? If so, let your doctor know. “If a close family member has premature coronary disease—say, before age 60—you may have inherited that risk,” says David Schmidt, MD, medical director of Cardiology at St. John’s. “There are certain biochemical markers that a physician can test for, and if uncovered, the patient can be put on a specific dietary or medication regimen to reduce long-term risk.”

High Cholesterol

Quick—what is your cholesterol level? If you aren’t sure, an annual lipid test can help you track your numbers. “Your LDL [low-density lipoprotein] should be 100 or lower, and your HDL [high-density lipoprotein] should be 40 or higher—the higher, the better,” says Prithvi Sharma, MD, a cardiologist at St. John’s. If you have multiple risk factors for heart disease, your doctor may recommend controlling these numbers even further.

Elevated Blood Pressure

As your blood pressure heads skyward, so does your risk for heart disease. Ideally, your reading should be below 120/80. “If it isn’t, there is a range of options,” Dr. Sharma says. “Start by exercising; eating the right foods; and avoiding smoking, excessive alcohol, and stress. If your blood pressure is still not controlled, then consider medications based on the rest of your health history.”

Smoking

Tobacco smoke directly damages the lining of the arteries. “When the arteries get damaged, cholesterol and plaque can more easily develop,” Dr. Schmidt explains. “Additionally, tobacco can constrict the arteries and can also lower your ‘good’ cholesterol.”

Diabetes

Diabetes accelerates atherosclerosis (hardening of the arteries) and plaque formation. It is a major culprit not just in heart disease but in all kinds of vascular conditions, including stroke, aneurysms, and kidney failure. The best way to prevent or control type 2 diabetes is to maintain your ideal weight.

Serving Our Community

A summary of St. John's innovative community benefit efforts for 2007 – 2008

On a daily basis, we are reminded that families in our community struggle to meet their basic needs. Oftentimes, parents must choose between paying their rent, buying food or clothing for their children, and taking care of their own health problems. These overwhelming decisions have a serious impact on families, leaving them in search of assistance. Through St. John's health and community outreach programs, families can find the help they need, delivered with compassion and hope.

Take Flor's story, for example. Flor Santana* was referred to St. John's Community Health Education Department after a routine screening revealed that she had unmanaged type 2 diabetes. Flor was unemployed and raising three kids on her own, and faced eviction from her 600-square-foot apartment. She also suffered from Addison's disease and a thyroid disorder. Not surprisingly, she was soon hospitalized with diabetes-related complications. Once admitted to St. John's, Flor was given relevant educational material and enrolled in classes and support groups, including St. John's Chronic Disease Self Management Class, a diabetes support group, and

nutrition classes. She also learned that St. John's offers a Health Ministries Basic Needs program that could assist her. Through this program, Flor qualified for a low-interest loan. In time, she found employment at a local bakery and began to make regular payments on her loan, eventually paying off the entire amount. Flor has expressed how grateful she is to St. John's, as our programs helped her gain a new life for herself and her children.

Flor's is just one of the families that has directly benefited from the programs offered by St. John's Regional Medical Center and St. John's Pleasant Valley Hospital as a service to our community. St. John's provides benefits to the Ventura County community through our outreach programs, charity care, and patient financial assistance, in keeping with our mission to serve and advocate for those in need. St. John's is pleased to report that it provided more than \$58 million in total unsponsored community benefit funds during fiscal year 2008. St. John's is proud to promote health and wellness in our community and to foster healing and hope for all who turn to us.

Developing St. John's Community Benefit Report and Plan

In fiscal year 2008, St. John's evaluated all of its community benefit programs, using a national framework called Advancing the State of the Art in Community Benefit (ASACB). ASACB has established standards for charitable behavior that facilitate institutional engagement, demonstrate alignment with a charitable mission, and increase accountability for performance in the community benefit arena. The framework allows St. John's to focus our community benefit strategy and make efficient and appropriate use of our limited charitable resources.

What Are Our Community's Needs?

We provide aid as a direct response to what our community tells us it most needs. In 2007 – 2008, we found the following issues were the most important among our community:

- Availability of, access to, and cost of healthcare services, with growing community concern for the number of uninsured and underinsured in Ventura County
- Chronic disease management, prevention, and education, with emphasis on obesity, diabetes, HIV/AIDS, heart disease, and cancer (including breast, cervical, and prostate cancer)



- Women’s health services, including perinatal access and education for low-income women (particularly Hispanic women), mammography, and Pap smears
- Adult and child immunizations (up to the age of two; hepatitis A and B; flu and pneumonia vaccinations)
- Children’s and teens’ health and wellness, with concern for obesity, smoking, dental health, alcohol use, teen suicide, teen pregnancy, asthma, and environmental safety issues

Reaching Out with Compassion

St. John’s hospitals engaged in a wide range of activities in 2008 to meet the needs of our community. The following is a sample of St. John’s educational and healthcare programs that provided community benefit in fiscal year 2008.

Prenatal care and maternal/child health: St. John’s Healthy Beginnings Program, which provides bilingual and bicultural prenatal healthcare services for low-income pregnant women and teens, served 328 women and 60 teens in 2008.

Diabetes Initiative: In 2008, St. John’s hospitals’ first community benefit priority was to enhance St. John’s diabetes programs through a multiyear plan to prevent and reduce the impact of diabetes mellitus in our community, by working with community partners. The Diabetes Initiative provided a three-pronged approach: (1) providing physicians and healthcare providers with the latest standards of care for diabetes mellitus diagnosis and management; (2) expanding and enhancing obesity and diabetes prevention programs for youth; and (3) providing education, support, case management, and treatment access for underserved individuals who have been diagnosed with diabetes. Through the advocacy of Congresswoman Lois Capps, St. John’s was awarded \$383,187 in federal funds to expand preventive, educational, and case management diabetes efforts.

Immunizations: In 2008, Shots for Kids, an immunization program for children up to 18 years of age, increased the recommended immunizations compliance percentage of 645 children, whose immunization cards were assessed, from 53 percent to 89 percent compliance, working toward the 2010 Healthy People target goal of 90 percent in Ventura County.

Obesity prevention: With concern for the increase in obesity in Ventura County, particularly among our children and youth, St. John’s has partnered with the Boys & Girls Club of Oxnard and Port Hueneme to teach and encourage healthy behaviors. Titled Starting Healthy Activity and Physical Education (SHAPE), this program is designed to prevent obesity and chronic disease in children and their parents by providing education and social support.

Senior Health Connection: This program provides seniors with tools to improve their health and well-being. Currently, St. John’s Senior Health Connection includes Energizers Walking Program,



English- and Spanish-language diabetes support groups, People with Arthritis Program, exercise classes, free immunization clinics, and driver improvement classes. Collaborative partnerships with other area agencies provide sustained community services for the aging.

St. John’s and the CHW Community Grants Program

Community benefit is also conferred through the Catholic Healthcare West (CHW) Community Grants Program, conducted annually by St. John’s hospitals. The program supports and enhances the advocacy, social justice, and healthier communities efforts of the hospitals and religious sponsors of CHW.

In fiscal year 2007 – 2008, St. John’s awarded more than \$120,000 to the following organizations, which in turn reported over 913,000 lives touched as a result:

- Boys & Girls Club of Camarillo
- Boys & Girls Club of Oxnard and Port Hueneme
- Community Action of Ventura County
- FOOD Share
- Interface Children Family Services
- RAIN Communities
- Rescue Mission Alliance—The Lighthouse Women & Children’s Mission Project, Shelter from the Storm
- Salvation Army of Oxnard/Port Hueneme
- Turning Point Foundation

CHW funding has provided medical support for organizations whose missions are to provide primary healthcare (medical, dental, mental health) services for youths, seniors, and those who are homeless, or at risk of becoming homeless, as well as support for people affected by cancer and HIV/AIDS, and their families.

—

* Name has been changed.



BACK PAIN 101

Sore back getting you down? St. John's Regional Spine Center offers free seminars covering the causes of and latest treatments for back and neck pain. Call (805) 988-7077 for information.

SPINE CENTER MEDICAL TEAM

NEUROSURGERY

Cary Alberstone, MD

ORTHOPEDIC SURGERY

Rocco Calderone, MD

Brian Rudin, MD

Samuel Small, DO

Back on Track

St. John's Regional Spine Center offers much-needed relief for aching backs

Back problems can sneak up gently and then quickly escalate, leaving you immobilized by cringe-inducing pain. What's more, back pain has numerous causes, so getting the right treatment can be a tricky endeavor.

At St. John's Regional Spine Center, a multidisciplinary team provides expert diagnosis of back and neck problems and the most advanced treatments. "Many programs out there offer bits and pieces, but we offer the full spectrum," says Cindy Legge, MPT, director of Rehabilitation Services at St. John's.

Orthopedic surgeons, anesthesiologists, physical therapists, and occupational therapists collaborate to recommend the best possible treatment for each patient. "The center is a one-stop shop, with a dedicated nurse coordinator who streamlines care so nothing falls through the cracks," says Brian Rudin, MD, an orthopedic surgeon at St. John's. "There's no guesswork for the patient because there's one point person that they can talk to and get to know."

So what causes back pain? The No. 1 culprit is overuse—such as heavy lifting and twisting—often coupled with genetics that program the back to wear out. A more rare cause is trauma, due to falls or injuries. "If back pain lasts for a couple of weeks, or if the pain goes down the legs with any numbness, tingling, or weakness, it's time to see a doctor," Dr. Rudin says.

Anyone can make an appointment at the Spine Center, with no physician's referral required. Upon arrival, each patient gets a full evaluation, including diagnostics such as an MRI or nerve tests. Then, a treatment plan is developed.

Many patients can benefit from physical therapy, which may involve exercises to help strengthen the abdomen and back, possibly with ultrasound or electro-stimulation to further stabilize the spine. The therapist can also teach the patient how to lift, bend, and do other activities without overstraining the back.

In some cases, pain medication is prescribed—either oral painkillers or, for pinched nerves, cortisone shots. For significant nerve pain or compression fractures, surgery may be recommended, and the Spine Center offers a range of options.

People with spinal stenosis—in which the spine narrows, pinching nerves—can suffer debilitating leg (sciatic) pain. But surgeons at the Spine Center can perform a minimally invasive procedure under local anesthesia that provides immediate relief. "Spinal stenosis causes

pressure on the spinal nerves, producing pain and numbness, or tingling," says Rocco Calderone, MD, an orthopedic surgeon at St. John's. "One way we treat this condition is by putting spacers between the bones at the back of the spine, reducing pressure on the nerve."

Conditions that affect older adults, such as compressed nerves, can be treated using a minimally invasive procedure called microendoscopic laminectomy (MEL). "When nerves in the spine become compressed, we can insert a microendoscopic camera into the affected area through a small incision to obtain a magnified view of the compressed nerve," says Cary Alberstone, MD, a neurosurgeon at St. John's. "We then remove any material that may be putting pressure on (compressing) the nerve." Patients who undergo the MEL procedure typically experience a quicker recovery, substantial relief of their symptoms, and an improved quality of life, notes Dr. Alberstone.

For patients under 60 years of age who have leg pain from a herniated or slipped disc, a discectomy can help. "We make a one-inch incision and use a microscope to pluck out the disc fragments," Dr. Rudin explains. "The pain usually goes away in the recovery room, and they can go home a few hours after they wake up."

Younger patients with early-stage disc degeneration can benefit from disc replacement, in which the "bad" disc is replaced by an artificial one. "These patients are happy to learn that they have this option because many have been living with intense back pain," Dr. Rudin says. "Once that disc is taken out, they get quick relief."

Another procedure, called kyphoplasty, offers pain relief for older patients with compression fractures caused by osteoporosis, who slip into a bent-forward position as their bones weaken. A small balloon is fed into the bone to expand it to its normal height, and then the space created by the balloon is filled with bone cement, healing the fracture. "It's a very successful back surgery in terms of immediate pain relief and restoration of function," Dr. Calderone says.

For pain caused by an unstable spine, there's minimally invasive spinal fusion. "In this procedure, we go through the side, leaving the muscle and spinal ligaments undisturbed, so it's much less painful. Patients usually have immediate back pain relief and recover in a shorter amount of time," Dr. Calderone says.

Dr. Calderone also notes that while back pain is one of the most common health problems adults can encounter, improved treatment options are available to help address the needs of each patient.

St. John's New Physicians

From July 1, 2008 to February 28, 2009



Neonatology
Maria Anita Abrantes, MD



Radiology
Dean Black, MD



Hematology/Oncology
Chirag Dalsania, MD



Pediatrics
Shiang Do, DO



Family Practice
Laura M. Harman, MD



Pediatrics
Lydia T. Karaman, DO



Emergency Medicine
Ryan Krause, DO



Obstetrics/Gynecology
Patricia Lanter, MD



Radiology
Su-Ann Ng, MD



Internal Medicine
Avan M. Patel, MD



Obstetrics/Gynecology
Edwin Ramirez, MD



General Surgery
Patrick J. Reiten, MD

Need a Doctor?

Call St. John's Physician Referral Helpline at 1-877-SJ-DOC-4U (1-877-753-6248) 24 hours a day, seven days a week. When it comes to excellent care, you do have a choice. We'll provide answers to your questions and help you choose from doctors affiliated with our hospitals. This is a free service.



Infectious Diseases
Omega L. Edwards, MD



Obstetrics/Gynecology
Jodi C. Ferro, MD



Plastic Surgery
Yuly Gorodisky, DO



Family Practice
Henry K. Liao, MD



Obstetrics/Gynecology
Michelle A. Marine, MD



Gastroenterology
Karen Simon, MD



General Surgery
Howard P. Taekman, MD

not pictured

Cogent Hospitalist
Babak Baradar-Bokaie, MD

General/Vascular Surgery
Hillary A. Chollet, MD

Orthopedics
Michael J. Harris, MD

Plastic Surgery
Jason R. Hess, MD

Cogent Hospitalist
Ragaa Ibrahim, MD

Neonatology
Sunhwa J. Kim, MD

Radiology
Giang K. Nguyen, MD

Orthopedics
Jay D. Parkin, MD

Radiology
Eyal Ron, MD

Orthopedics
Brett M. Rosenberg, MD

Orthopedics
Navid M. Ziran, MD

Classes and Programs

Browse this list to find a class or program to improve your health. **Summer 2009**

BABIES FIRST PROGRAMS

St. John's hospitals offer a full array of classes and services to prepare you for the birth of your baby and to help you cope with the challenges of being a new parent. If you are pregnant and eligible for Medi-Cal, call (805) 988-2619. For Spanish-language perinatal education services, call (805) 988-2619.

The following classes and services are offered at St. John's Regional Medical Center (SJRMC) in Oxnard and St. John's Pleasant Valley Hospital (SJPVH) in Camarillo, unless otherwise indicated:

For detailed information, to register in a class, or to request a St. John's Babies First class schedule, please call (805) 988-2784.

Childbirth Programs

Baby Weight Checks: Call (805) 988-2796 for an appointment.

Breastfeeding Class: Getting Started: This class offers information and tips on preparing to breastfeed and getting off to a great start.

Breastfeeding Support Warm Line: Call (805) 988-2796.

Breast Pump Rental Program: Call (805) 988-2796.

Cesarean Birth Class

Childbirth Course: Topics in this six-week-long prepared childbirth course include breathing, relaxation, and coping techniques; nutrition; fetal development; recovery; complications; interventions; cesarean birth; medical options; and basic baby care.

Childbirth Refresher Course: Review of labor and delivery, including breathing, pushing, and relaxation techniques.

Lactation Consultation and/or Support Group: Having trouble breastfeeding and need a lactation consultant? Call (805) 988-2796 for an appointment.

Maternity Tours: Available in English and Spanish.

Mom and Tot Class: For ages 12 months to 24 months.

Mommie and Me Support Group: For ages 0 to 6 months and 6 to 12 months. Offered at SJRMC only. Six-week-long series.

Parenting E-Mail: Sign up for this *free e-mail* service and get support, tips, and advice regarding your baby's developmental milestones on a week-to-week basis. Learn amazing things about your pregnancy and your baby. Also, get answers to many of your questions. Call (805) 988-

2784 to sign up, or register online at www.stjohnshealth.org/parents.

Prenatal Yoga Class (offered at SJRMC only): Develop strength, endurance, and flexibility for a more comfortable pregnancy. Learn basic breathing, progressing relaxation and imagery, and basic strategies to help you cope with labor and birth.

Sibling Class: For ages 2 years and older.

COMMUNITY EDUCATION EVENTS AND PROGRAMS

The following classes and services are offered at SJRMC, unless otherwise indicated. For more information, registration for any of these programs, or Spanish-language health education services, call (805) 988-2865.

Diabetes Horizon 2010 Program: Free diabetes program for people who have visited the hospital as a result of their diabetes. This program offers comprehensive health screening, laboratory tests, education, and support.

Eating Smart for Kids Class: This free nutrition class, for kids 10 to 15 years old, teaches healthy eating and exercise habits.

Eye and Foot Disease Screenings for People with

Diabetes: Free dilated eye and foot screenings for people with diabetes. Call to schedule an appointment.

Free and Low-Cost Health Screenings: Available tests (by appointment only) include cholesterol/HDL ratio and triglycerides, body-fat analysis, blood pressure, blood sugar, hemoglobin (anemia screening), and hemoglobin A1C (for people with diabetes only).

Healthy Living with Diabetes Course: Call to register for this diabetes-management workshop.

Shots for Kids and Adults: Free immunizations for children and low-cost immunizations for adults offered at SJRMC and Camarillo Health Care District.

ST. JOHN'S REGIONAL SPINE CENTER

For more information about this program or to make a reservation, call (805) 988-7077.

Neck and Back Pain Seminar (offered at SJRMC only): Attend this free seminar to learn about the causes of neck and back pain, arthritis, soreness, and morning stiffness, and what you can do about them. You'll hear about the latest treatments, including information about medications, nutrition, and fitness.



CLASSES AND PROGRAMS

ST. JOHN'S CANCER CENTER OF VENTURA COUNTY (CCVC) PROGRAMS

The CCVC provides programs and services for cancer patients who are undergoing treatment or have already completed their treatment. Classes are held at CCVC, 1700 N. Rose Ave., Ste. 145, unless otherwise indicated. There is no cost to attend, although donations are welcome. For more information, call (805) 988-2641.

Colon Cancer Support Group

The Color of Love Group: Art expression group. No artistic ability required.

Exercise is Wise—An After-Breast-Surgery Exercise

Class: For women who have experienced mastectomy, lumpectomy, or reconstructive surgery. Check with your personal physician before starting this program.

Latino Support Group

Look Good, Feel Better Class: Cosponsored by the American Cancer Society. Reservations required.

Lymphedema Education and Screening Clinic

Nutrition Counseling

Prostate Cancer Support Group: For men with prostate cancer—before, during, and after treatment. Spouses and significant others welcome.

Reiki Therapy

Yoga Classes: Gentle Yoga for Your Journey with Cancer, and Feeling Better and Stronger with Yoga.

Support Group for Women with Cancer

The CCVC also offers free wigs, hats, and scarves.

SURGICAL WEIGHT LOSS SUPPORT GROUPS

For information about times and locations, call St. John's Center for Surgical Weight Loss at (805) 981-7305.

General Bariatric Support Group and Clothing Exchange

LAP-BAND® Support Group: For patients or prospective patients of laparoscopic adjustable gastric band placement.

The Winner's Circle Support Group: Deals with adjusting lifestyles and eating habits one year or more after weight loss surgery.

ST. JOHN'S OUTPATIENT THERAPY CENTERS

For more information or to register, call (805) 988-2874.

On Point Balance Six-Week Class: Improve and maintain balance, strength, and flexibility, and reduce risk of falls.

Yoga Class: Come to a yoga class every Wednesday. All levels are welcome.

BEREAVEMENT SUPPORT PROGRAM

Growing through Grief Bereavement Series: St. John's offers a program for those who are experiencing the loss of a loved one. To register, call (805) 988-2891.



St. John's Regional Medical Center
St. John's Pleasant Valley Hospital
 Members of CHW

1600 North Rose Ave.
 Oxnard, CA 93030
 (805) 988-2500

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Our Mission and Values

St. John's, Catholic Healthcare West, and our sponsoring congregations are committed to furthering the healing ministry of Jesus.

OUR MISSION:

We dedicate our resources to:

- _delivering compassionate, high-quality, affordable healthcare services;
- _serving and advocating for our sisters and brothers who are poor and disenfranchised; and
- _partnering with others in the community to improve the quality of life.

OUR VALUES:

We are committed to providing high-quality, affordable healthcare to the communities we serve. Above all else, we value:

- _Dignity
- _Collaboration
- _Justice
- _Stewardship
- _Excellence



Trust Your HEART to St. John's.
Advanced care is only minutes away.

MINIMALLY INVASIVE VALVE SURGERY

Remarkable benefits include:

- Fewer complications
- Faster recovery time
- No visible scar

Nationally Recognized Cardiac Services at St. John's

- Expert Cardiologists and Cardiac Surgeons
- Minimally Invasive Procedures
- Off-Pump Open Heart Surgery
- State-of-the-Art Catheterization Labs
- Onsite rehabilitation, education, counseling and spiritual care
- Support groups

With a nationally recognized cardiac team and top ratings for successful coronary bypass surgery, why go anywhere else?

For more information or to find a physician on staff at St. John's, call our Physician Referral Helpline at **1-877-SJ-DOC-4U (877-753-6248)**.



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Quality Care, Close to Home